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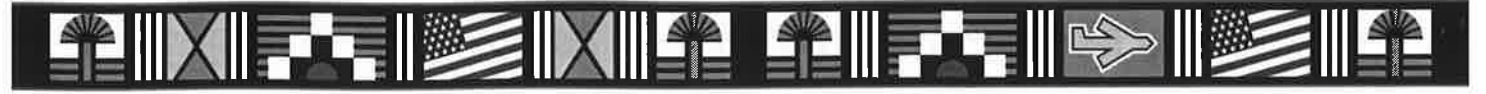
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LLM (Harvard)

Roger is a corporate attorney on the business and technology team at Procopio. He specializes in meeting the critical needs of growth companies in a wide range of legal and business issues including corporate formation, entity selection, corporate governance, contract negotiation, venture capital financing, primary and secondary securities offerings and mergers and acquisitions. To meet his client's diverse business needs he works collaboratively with attorneys from Procopio's intellectual property, real estate, environmental, litigation, trusts and estates and tax practices to provide a seamless, integrated service. Roger is a member of the Investment Conference for the San Diego Software Industry Council, and a member of the Capital Formation Committee for BIOCUM and CommNexus San Diego. He is also a regular speaker on the topic of funding strategies for emerging growth companies and venture capital financing.

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Editor's Message

As I write this message and think of the choice my family made to live in the U.S. so that my children would not have to deal with apartheid and its aftermath, I think too of the choice my sister, Annette, made to live in Israel.

She was 18 when she went traveling to Europe and Israel for the first time and apart from briefly returning to South Africa a year later, has made Israel her home ever since.

Her two sons are my sons' ages. My son, Clive, 21, is a recent graduate from USC with untold opportunities waiting for him as he explores the options facing him with a degree in the Music Industry and many talents both academic and creative. Her son, Adam, 21, on vacation from the IDF and about to be released from duty (in three days' time from the day of writing this) and hopefully not to be called up again in the coming days, as violence escalates and fears mount. Adam, working in an ice-cream parlor on King George, saving for his trip to Thailand, prior to embarking on his studies.

Shane, my second son, 19, contemplating what he needs to furnish his room in his Frat house in Santa Barbara and securing a job for himself in Carpinteria, as he prepares to start his sophomore year at UCSB. Daniel, my 18-year-old nephew, newly initiated as a Paratrooper in the IDF, stationed in the West Bank and hoping that ground troops will not be sent to Gaza or Southern Lebanon.

In my weekly call to Annette, I did feel a sense of guilt as I told her what a great week we just had in Cabo and the problems we had with some of us catching a stomach bug. Minor problems compared to wondering whether Tel Aviv will soon be a target of the Iranian-supplied Hezbollah missiles and whether my sister and her family will have to leave and go south, or move into their bomb shelter.

The guilt is akin to survivor's guilt and I will always remember the letter that Adam wrote to his classmates in Israel in 1991, when, during Operation Desert Storm, there was a fear that there would be poison gas missile attacks launched on Israel and Annette decided that then would be a good time to visit my parents in Cape Town. Adam's letter to his friend (both of them were 7 at the time) said he was sorry he had gone away and left him with the gas masks.

I can only say that it is my ardent hope and deepest wish that by the time we all read this issue of The Reporter, that the intense crisis facing Israel

right now, today, will have passed and that the fighting and deaths will have left Israel in a position of increased security and safety.

Netty, all I can say is that I hope that on Rosh Hashanah this year, when this magazine is circulated through the SAJAC community here in San Diego, and as we celebrate once again, you sit on your Mirpeset in Tel Aviv, with your beautiful flowering orchid and other lovely plants with Ramy and your two handsome, brave and wonderful boys (unless Adam is still on his travels), and look back on these difficult months of summer with relief that they are over and all is well.

It has been my pleasure to edit The Reporter this year and I hope that there is something in this edition that is interesting, uplifting, informative or purely entertaining for you.

With warmest regards,
Marlene Z. Stanger

President's Message



THE TIMES THEY ARE A-CHANGIN'

"Come gather round people..."

Do you remember when South Africans were arriving in San Diego in droves? When as a newcomer you stood in the bread aisle at Ralphs searching for just plain old brown bread? When someone

arrived at your door with a cake or Shabbat welcome basket? When you heard about a family in need and suddenly there were dozens of people anxious to make meals?

We would like to extend a big thank you to Sheldon Cohen and Euro Style Advertising for the superb job they do in co-coordinating the production of our SAJAC Reporter.





SAJAC has a new complexion today. Newcomers total about a dozen since January. The newcomers of yesterday are today's 'seasoned' South African Americans (or are they African Americans?) They are at the forefront of every Jewish institution in the city. They lead missions to Israel, preside over synagogues and sit on every organizational board.

We have arrived.

And while SAJAC alone cannot be credited for this success, it has to be recognized as having been a home-away-from-home for new arrivals, and for helping many integrate into the community.

There is currently a wonderful core of SAJAC volunteers, and there are many tasks to be done: putting this publication together, collating the directory, designing, implementing and updating the website, entering payments, running credit cards, making calls, coordinating or preparing meals, collecting the mail, welcoming newcomers, producing welcome baskets, etc etc.

A special thanks to those volunteers who have given countless hours of their time: Pam Nathan (Past President/Vice president of 5 years), Steve Shulman (professional web expert), Les Kacev (Gemilut Chesed), Moira Berman (Secretary), and 'new' or returning volunteers: Denise Sneag, Glenda Jaffe, Linda Bernstein, Wendy Miller, Tanya Freedman and Rachelle Marcus.

As we move into the 21st century, let's consider the future of SAJAC. Clearly, the welcoming/integration component is not as critical, but there is an ongoing need for gemilut chesed; for keeping in touch through the directory; for staying up-to-date with what is happening in both the community and in Israel. Perhaps we'd like to join the rest of the world by connecting with fellow South Africans through emails, conference calls and the internet.

I believe that each of us is SAJAC. What ever we'd like SAJAC to be, we have to contribute to make it so. Whatever our needs, we have to think less about what we can get from SAJAC and more about what we can give, so that SAJAC stays alive and vibrant for the next generation. We have to decide whether we want the events of yester year such as family day, golf tournaments, barbecues and guest speakers. If so, we have to help make them happen, not expect others to do so.

On the other hand, if SAJAC is 'a-changin' with the times, we all need to decide what shape it's going to take. Let us hear from you about what you'd like to see. If we still have a need for SAJAC, we need new volunteers. If you have been-there-done-that, we'd love to have you back; if you haven't, now's the time. Please contact me at disch1000@aol.com or 858-450-9035 with suggestions or ideas, and let us know how you'd like to help maintain a viable, important ex-South African presence in San Diego.

Diane



AGM

JANUARY 10, 2006

The AGM was held on January 10 at the home of Howard and Diane Schachat. After the 2005 AGM minutes were approved, Pamela Nathan, outgoing president, discussed the new website which brings to fruition all her and the board's objectives for the past year.

Pamela reported on the highly successful family and golf events and thanked Judy Nemzer and Colin Berman who spearheaded them over the past few years. She read the financial report and Steve Shulman, who developed and implemented the new SAJAC website, gave a presentation to explain what to expect and how to use the new site, www.sajac.com.

Steve explained that there would be both members and community sections of the website, and while people would have to log in separately, it would be quite a simple and secure process in which they could pay their dues, post community news and ideas, and update their profiles for the SAJAC directory. He suggested that there might not be a need for SAJAC events per se; just a bulletin board for members to announce community events.

A future objective is to develop a genealogy site where members could post and record family history and events for generations to come.

Pamela handed over the reins to Diane Marks Schachat, who has lived in the US for 29 years and is the third member of her family to be president of SAJAC (after Celia Levy and Sharleen Wollach). Diane thanked Pamela for all her years of service to the SAJAC community, and said that she looked forward to continuing the legacy created before her.

TO ALL PARENTS

I'll lend you for a little time
A child of mine "he said"
For you to love the while she lives
And mourn for when she's dead.

It may be six or seven years
Or thirty two or three
But will you 'til i call her back
Take care of her for me.

She'll bring her charms to gladden you
And should her stay be brief
You'll have her lovely memories
As solace for your grief.

I cannot promise she will stay
Since all from earth return
But there are lessons taught down there
I want this child to learn.

I've looked the wide world over
In my search for teachers true
And from the throngs that crowd life's lanes
I have selected you.

Now, will you give her all the love
Nor think the labour vain
Nor hate me when i come
To call her back again?

I fancied that i heard them say
"Dear lord, thy will be done"
For all the joy thy child shall bring
The risk of grief we'll run.

We'll shelter her with tenderness
We'll love her while we may
And for the happiness we've known
Forever grateful stay.

But should the angels call her
Much sooner than we've planned
We'll brave the bitter grief that comes
And try to understand."

Transcending all other iniquities of our beloved Lauren's death, is that she was not spared to spend several more decades enjoying her precious children. This is incomprehensible, iniquitous and cruel.

We pray that our precious angel feels us in spirit all the time and knows the immense love respect and pride we have for her forever and ever.

Until we meet again we pray that our beloved Lauren will rest in peace.

Joan, ivor, patrick ryenne, jaide. Russell, mandy and will.



Tribute to Gary Kruger

SUBMITTED BY HIS SISTER, BRENDA LURIE.

Not many people realize that the death of a child is NOT in accordance to God's NORMAL scheme of things. It is unnatural. God did not mean for a child to go first - the youngest child of Esther and Lou Kruger. A



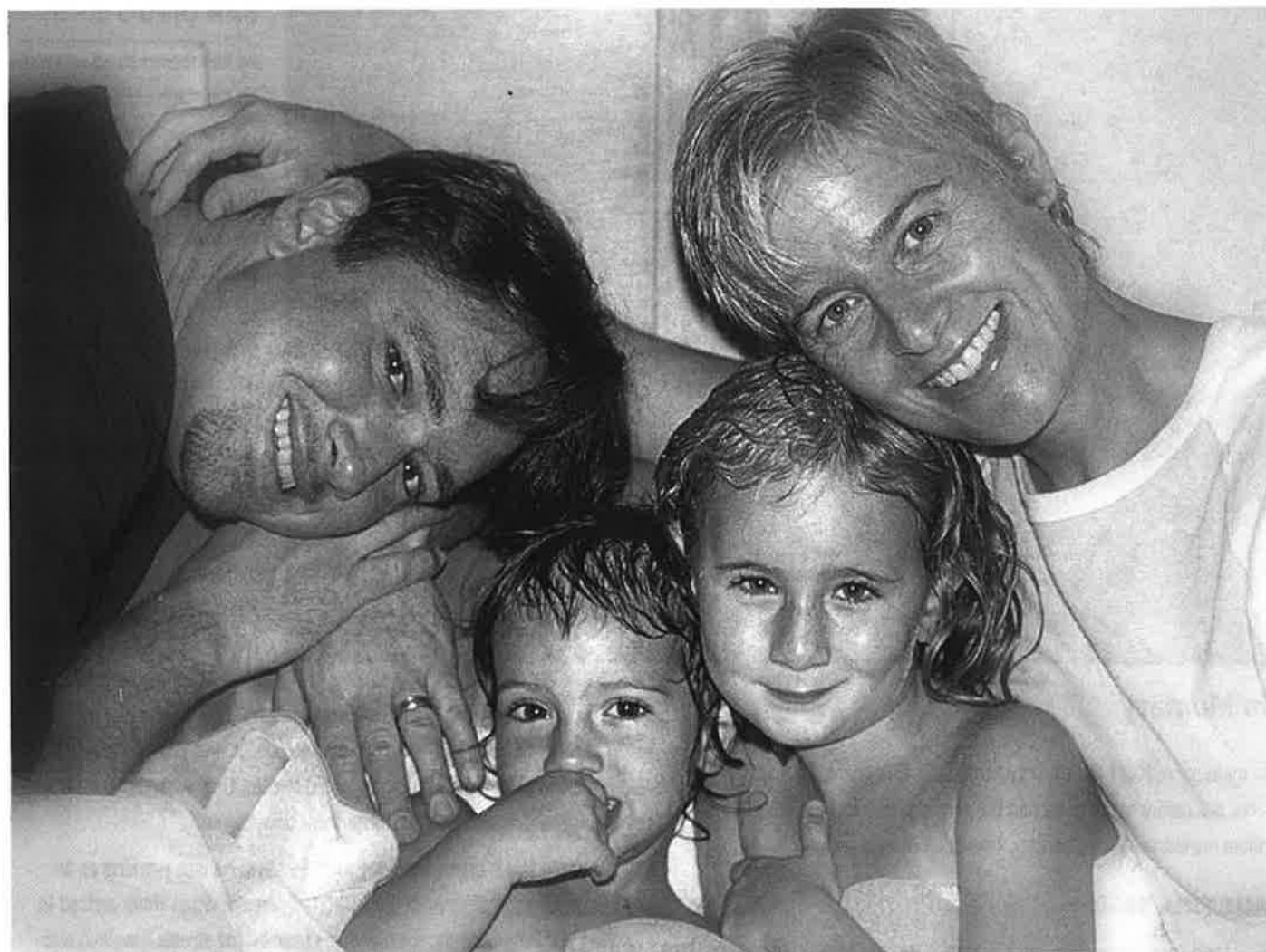
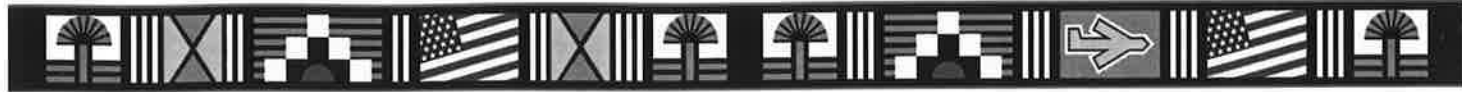
child buries the parent. Not the parent buries the child, and certainly we should not have buried our baby brother, Gary, who had a zest for life, bikes, camping, his family, my mother Esther, my sister Frances, myself. And Errol, his nephew and nieces, Mark and Chris, Caren and Zach, Roxanne and Kate, and his little nachas Ethan, our grandson.

He helped everyone, and nothing was too much. He was always the first one to be there if someone needed something. The Red Cross always called on his blood, "because he had 'special blood'" and he did. I'm sure of that.

His friends from all over the world are devastated by this sudden tragedy and no one can actually wrap it around their brains that this "Live for Life" person is gone.



He moved to the U.S. in 1979 and lived and worked in Los Angeles for all these years. He had a little house in North Hollywood, filled with bikes and little car collections.



The Late Lauren Sue Jacobson Mummy

A tribute to our dearest darling Lauren

July 17, 2006

Eight months have passed since Lauren's tragic, tragic passing. Every day we struggle with trying to understand why this tragedy of tragedies occurred; what the effects are; on whom, and what we can do to alleviate the adverse effects and sadness.

The smoneh esrei prayer says "and you are faithful to resuscitate the dead. Blessed are you hashem, who resuscitates the dead". Precious Lauren, in one of her many brilliant writings, wrote that if she were to die and leave her beloved children "this is not goodbye; merely, see you later in another form".

Whatever way hashem will have it, we will never see, touch and speak with our beloved Lauren in the flesh again. But we will miss her; we will adore her and respect her for eternity.

And we will fulfill her wishes, which we know she would want us to fulfill with every ounce of strength we possess.

Firstly we will take excellent care, in every respect, of her precious children to whom she devoted her life, with love, teaching and by example. We will keep them safe, whole and loved. As Lauren wrote "they are my sunrise and sunset and everything in between is darkness".

Secondly, our immediate family will find more ways of increasingly forging closer ties of love and respect and being a whole and happy family unit.

We promise our cherished Lauren that we will do our utmost to fulfill her wishes.

There is a poem that may help to understand the ways of hashem.



Newcomers

Jeff Katz is 22 years old, and moved from Johannesburg, South Africa about ten years ago. Since that time, he went to high school in San Francisco and college in LA at USC. He recently graduated and had been working with his parents in the bay Area. He just recently moved to La Jolla to start a new job in San Diego. He now works in sales and marketing in a fruit and nut wholesale business. He will also be opening a new branch of the business. Jeff is eager to meet the local community so please call him at (213) 820- 5333.



Ken Hermer has been in San Diego for five years having moved from Johannesburg in 2001, joining his brother and sister in law, Roy and Andrea Hermer and their family. He came from a hospitality and travel background having worked with South Africa's finest private game reserves in a sales and marketing role, the most recent one being Singita Private Game Reserve and Singita Lebombo in the Kruger National Park. He is now joining a Miami-based African specialist tour operator called Karell's African Dream Vacations and from San Diego and will be establishing a luxury travel division for the company, creating tailor-made high-end romantic and unforgettable safari itineraries for East and Southern Africa. In his spare time he loves bird watching, wildlife conservation, walks anywhere in beautiful locations, traveling to remote and tranquil regions, meeting people, classical music and sharing special time with family."



Noa Azoulay was born in Israel and moved to South Africa when she was 4 years old. She moved here 10 years ago and lived for some time in New Mexico. Noa recently married Stuart Slater, who is originally from Boston. Stuart's dad is his is a world-renowned geologist and professor at Scripps. He moved here 15 years ago with his dad's work. Stuart Slater is an Audio Visual Tech and Installer. He is also a musician. Noa is a wedding photographer and has her own business, called Feather Love Weddings. You can find her on line at <http://www.featherloveweddings.com>.

Raymond and Vivienne Sebba, were born and grew up in Cape Town. Vivienne's maiden name was Losman. She has a Librarian qualification from UCT, and Raymond's technical field is that of electrochemistry. Raymond was managing director of Sebba and company, a family owned business. They were electroplating specialists and furniture manufacturers, established 1896 and turned 100 in 1996. Raymond was offered a job in Hollywood in 2003, and they lived until 2006, when Raymond was offered a job in Carlsbad CA, applying his over 44 years experience in plating technology to the new field of nanotechnology. They enjoy classical and jazz music and opera. Also like theatre and the movies. They love animals, and have done house/pet sitting professionally in LA. Vivienne' has also done volunteer work in Cape Town with Jewish Welfare Organization. Raymond had already retired in 1996 and was a volunteer at the Cape Town Holocaust center from it's inception and also a volunteer at the Two Oceans Aquarium in Cape Town. They have two sons who live in CA.

Tami and Justin Morris have joined us from Cape Town via Australia where they spent the past 10 years. Justin is an accountant and was transferred to San Diego. They have 3 kids: Matthew is 2, Samantha is 3 and they recently had a baby girl, Isabella.

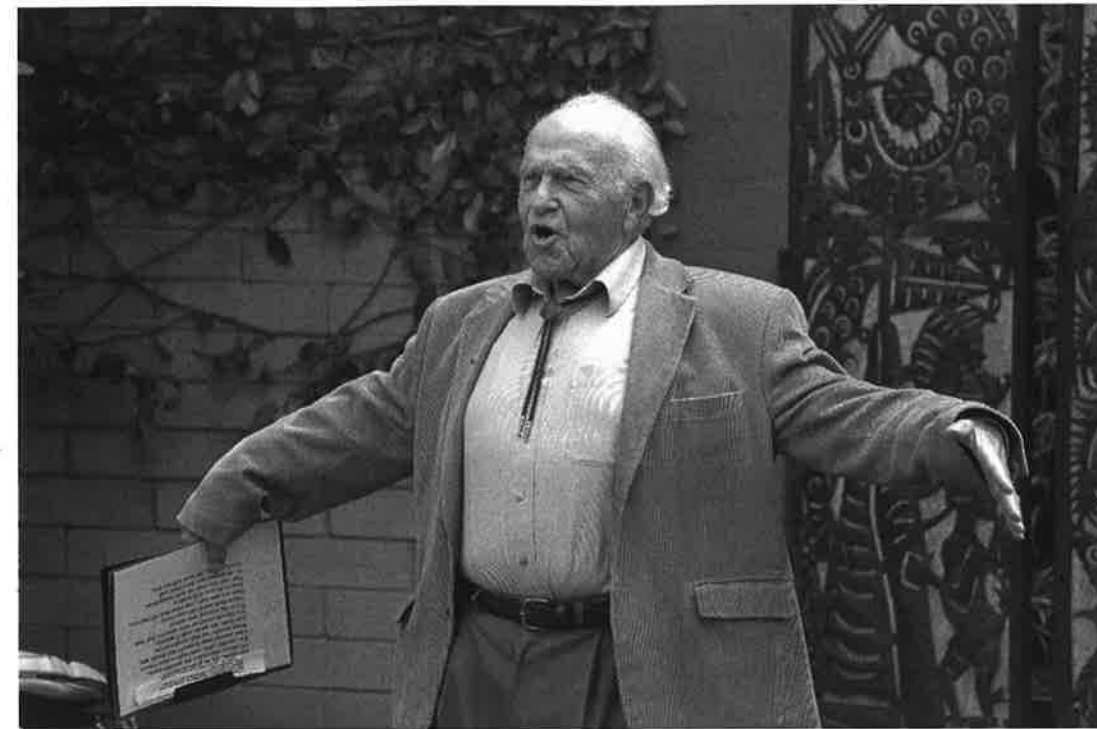
Monique and Jackie Shevel have moved to San Diego from Johannesburg. They have 4 kids – one son of 8, and 3 daughters aged 13, 15, and 16. They are living in Fairbanks.

Lawrence and Andrea Sher moved here from Phoenix. Lawrence came last year and now his wife, Andrea (nee Greenstein) and kids have joined him. Rikki's is 12 and Tracey is 9. Their parents are Phil and Gillian Sher who have lived in La Jolla for many years

Chet and Julia Begis-Fagin have moved here from New York and recently had a baby girl. Julia's parents are Anne and Cliff Bengis they live in Arizona. Julia and her husband Chet lived and worked in New York in the entertainment industry and moved to San Diego last year. Julia now works at Heritage Escrow as the La Jolla rep Chet and Julia's daughter is Ava Ruth Fagin. Here is a link to there website: www.chetandjuliafagin.com/index.html.

SAJAC warmly welcomes as well **Vicki & Daniel Salek Leibowitz and Darryl & Sue Abramson** and their family.

May you all find much happiness in your new home – our wonderful city of San Diego.



In Memory

In memory of **Kurt Reichert** who passed away recently in San Diego – but not before many of us had the privilege of hearing him perform and relate his extraordinary history. This is a brief excerpt

AUSTRIA 1938:

He stood in a large plaza on a sunny Vienna day. Amongst a huge crowd he was a short fellow. And he recalls that he was wearing knee pants, with white socks and brown shoes. As he mingled and jostled for position it's likely you wouldn't have seen the smile on his face that most of us have become used to in these first years of the 21st Century; an impish toothy grin with a scrunched up nose just this side of being silly. But that day as Adolf Hitler's car passed through the great Vienna plaza he was quiet. He took it all in. The joy of some; the profound silence of others: and he had no way of knowing that this day would change his life forever.



SAN DIEGO 2005:

As he recalled these moments on the stage of 6th @ Penn Theatre – where he made his last performances as an actor, it was odd to him that he couldn't recall Hitler doing his infamous salute and yet he could remember what he himself was wearing that day. He can remember that his mother and father were at home, but not what they were doing. His good memory would soon serve him well.

In the three months between Hitler annexing Austria and his family's escape to the United States, he writes 25

poems, deeply moving expressions of his feelings about what is happening to his homeland. He memorizes the poems and then destroys them, to avoid any potential problems at the border. Only when he is on a ship bound for America does he write them down again.

"After the Nazis came, I lost my job," he says. He was working as an assistant stage director at the Josefstadt Theater when Hitler arrived in Vienna. "While waiting for my visa, I roamed the streets. I walked and talked and rode my bicycle around the city. I wanted to record what I saw and felt. The poems are what I call 'dramatic vignettes'. Some had to do with the Jewish experience of waiting in line in front of foreign consulates, waiting for a visa, not knowing where they would end up. Several poems had to do with the Austrian population. Some were sarcastic, written in dialect. One is about the gradual seduction of a young boy. He is promised movie tickets, a free uniform, special rewards, if he helps beat up Jewboys."

Nearly three quarters of a century later, Kurt Reichert, 90, was invited back to his native land to recite his poems in his native language. The occasion was the 75th anniversary of the Max Reinhardt Seminar, the prestigious Viennese theater school he attended a lifetime ago.



16 Things that it Took Me Over 50 Years to Learn

BY DAVE BARRY, NATIONALLY SYNDICATED COLUMNIST

1. Never, under any circumstances, take a sleeping pill and a laxative on the same night.
2. If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be "meetings."
3. There is a very fine line between "hobby" and "mental illness."
4. People who want to share their religious views with you almost never want you to share yours with them.
5. You should not confuse your career with your life.
6. Nobody cares if you can't dance well. Just get up and dance.
7. Never lick a steak knife.
8. The most destructive force in the universe is gossip.
9. You will never find anybody who can give you a clear and compelling reason why we observe daylight savings time.
10. You should never say anything to a woman that even remotely suggests that you think she's pregnant unless you can see an actual baby emerging from her at that moment.
11. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age eleven.
12. The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above average drivers.
13. A person, who is nice to you, but rude to a waiter, is not a nice person. (This is very important. Pay attention. It never fails.)
14. Your friends love you anyway.
15. Never be afraid to try something new. Remember that a lone amateur built the Ark. A large group of professionals built the Titanic.
16. Thought for the day: Men are like fine wine. They start out as grapes, and it's up to the women to stomp the crap out of them until they turn into something acceptable to have dinner with.

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In our fastly changing world including some of our older values , families moving to and living in different countries , there is and always will be something comforting, constant, nurturing and deeply intimate by the sweet simple and undemanding contentedness that was and still is imparted by our Mom . She allowed her vulnerability to touch all of us in different ways . The way in which she carried herself through life , the way in which she warmly reached out is strongly in our memories. What a gift she was and is to all of us with a constancy that will remain where ever she is and wherever we are ALWAYS.

—ZENA COHEN

Fruma Bedil Herring

It is with great sadness that I inform you of the passing of Fruma Bedil Herring, born in Kupiskis, 1908, who passed away on July 25, 2006.

Fruma was one of my father's cousins whom I first came in contact with in 1997 when I went to South Africa.

She was one of five children of Leizer Bedil (Yankel Bedil & Rive Gafanovich) and Zlate Smidt (Elchonon Smidt and Sora Dvorsky).

Her grandfather Elchonon Smidt and his son Nochum Smidt owned the Smidt Mill in Kupiskis, a landmark, which many of you have seen or are familiar with.

She left Kupiskis in the 1920's and settled in Johannesburg, South Africa. Fruma married Leslie Herring, son of Isaac Herring and Nechame Gafanovich, and is survived by her three children: Zena, Norman and Rosalind and numerous grandchildren.



In addition, Fruma was a cousin and close friend of the late Morris Trapido of Johannesburg. She was a lovely and warm person and will be missed by all of her many family and friends.



South African Jewish American Community Hosts English Tea for Newcomers

On Sunday August 27th, South African Jewish American Community (SAJAC) held an English Tea to welcome Ex-South-African newcomers to San Diego. It was graciously hosted in the beautiful Encinitas home of Tracy and John Smaller and was well attended by over 50 newcomers and veterans.

Delectable desserts reminiscent of tea-time in South Africa were served, and guests mingled in the Smaller's magnificent garden with spectacular views. Newly elected SAJAC Co-Presidents Diane Marks Schachat and Glenda Sacks Jaffe welcomed newcomers and encouraged all to become involved in the general San Diego Jewish community.

Many attendees were parents and grandparents who have moved to San Diego to join their families. Others were young parents with children. It was easy to detect the newcomers' children as they still had South African accents. Their parents mingled in the sunshine with teacups, lamingtons and scones in their hands.

SAJAC San Diego provides a social welcome to Jewish ex-South Africans who have moved into the San Diego area, and help them integrate into the American Jewish Community. People of similar backgrounds can experience the warmth and friendship of a familiar group while making the connection and integrating into the general community. SAJAC also provides assistance for those in need, and strives to promote friendly relations

and understanding amongst Jews of all countries.

For more information about SAJAC, please visit www.sajac.com, call 858-450-9035 or email info@sajac.com.



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Spanish Village Art Center

BY SYLVIA SCHMAHMANN

A charming collection of artists' studios, built in Spanish style, the Spanish Village Art Center is surely one of San Diego's best-kept secrets and well worth a visit. It is situated in Village Place (between Balboa Park and the Zoo) opposite the Natural History Museum.

The center was built in 1935 for the second California-Pacific International Exposition, and after this event, was used by artists as studios. During the Second World War, the military took over Balboa Park and the Village. After the war, the artists returned and repaired the damage to the studios, which had been left in ruin.

The Spanish-style buildings flank a very colorful patio with brightly painted paving stones and planters filled with beautiful blooms.

Many artists set up their work on the patio, especially at weekends. Most of the studios are open daily from 11 am to 4 pm and the center, which has been declared a National Historic Landmark, is a great tourist attraction. Visitors find it fascinating to watch artists at work and are enthralled by the great variety of excellent art.

Ed. Note: Sylvia is a Polymer, Clay and Fiber artist and has a studio in the center. She would be delighted for you to visit her there.



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MERCHANT COMMENT — written before the current situation

Dear www.shopinIsrael.com,

In the Rambam's Mishna Torah on the subject of charity, he divides the topic into eight levels. The highest level and form of charity is that of creating or providing an opportunity of livelihood for others.

For many of us in Israel, www.shopinIsrael.com and all the volunteers are angels of light. At a time when many of us in Israel could not see past the darkness, you were there. It was such a tough time and such a helpless situation.

For us, it wasn't just the issue of Parnassa (livelihood). It was much more the feeling of being supported and cared for from afar. It was the feeling that we weren't being deserted, that you all cared.

What is so amazing is that this is not just another Jewish organization project. It was a simple straightforward idea made real by a bunch of wonderful people. So those of us in Israel would like to thank you and everyone involved and all the people who shop on the site. Thank you for everything. Thank you for opening your hearts and for making us feel so special. Thank you for your generosity and kindness. Thank you for being our friends.

Davina Davidson,
Art Judaica by Davidson
www.odedjudaica.cjb.net

Gaia Smith
Gaia Studio
www.gaiajudaica.com



The MicroFoundation: Families Working and Giving Together

(USING A NEW WAY OF COMMUNICATING —OUR LITTLE BLUE BOX)

BY HILLEL KATZEFF

I grew up in Cape Town, and when I compare the way my kids are growing up today in San Diego the contrast is stunning. Back then, there was no Internet, no cell phone, no instant messaging — no SABC TV broadcasts, just a test pattern. Today, the kids are bombarded with a relentless consumerism on TV. Kids today are presented with a world that seems to leave no other choice than instant gratification. With our hectic lives, even having the family eat dinner together is often a struggle. Life seems to be more complicated and speeded up.

What can we as parents do to help our kids understand our values and hopefully share them? I have long thought about how best to help families get together on their values, and have drawn inspiration from my namesake Hillel the Elder's famous question that demands we answer how we are best going to live our lives: "If I am not for myself, who will be for me? And if I am for myself alone, what am I? And if now, When?" It's that last part that really gets me, because if we know what we should do, how can we wait?

I eventually came up with an idea that grew out of my financial planning work with families. I realized that family financial planning without a family understanding its own values was a sterile enterprise. I needed to find a way for families to discover what they stood for, and in the process discovered that even the least well-to-do family could create their own family foundation. I called the process for discovering the values the family wanted to stand for "Our Little Blue Box", and named this new kind of organization, the "MicroFoundation".

The Little Blue Box helps a family work together with the purpose of perpetuating their enduring values and ideals, such as: Tzedaka, Gimuleth Chesed, and others. The process is open-ended — a semi-structured way of communicating, choosing action, and fulfilling a family's ideals across the generations. My hope is that families will use to ask and answer, "What can we, as a family, do to help others?"

THE MICROFOUNDATION

Wealthy families have long had the opportunity to create foundations that can represent a family's values and focus on the contribution that the members of that family want to make. The impact of many of these

family foundations, including the Gates Foundation has been significant. Others have been around for generations, like the Rockefeller Foundation. Recently, Warren Buffett made a gift of \$31 Billion of his fortune to the Gates Foundation, which was both awe-inspiring in character and unfathomable in scale.

At the other end of the financial scale, with the creation of the MicroFoundation there is now a way for all families, regardless of their wealth, to gain the benefits from a family foundation. Using the Little Blue Box process, the family decides who they are and what they stand for in the world, both now and possibly for generations to come. The family MicroFoundation can be funded or can represent the family's time and volunteer commitment. If funded, the entire family decides how the funds are to be gathered, allocated and disbursed over time.

THE LITTLE BLUE BOX PROCESS

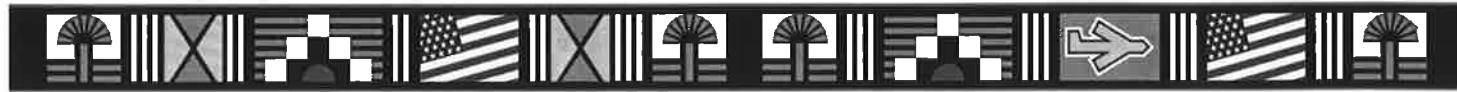
The Blue Box is a simple self-guided process. Periodically, the family convenes in a family circle. At the heart of the kit is an actual Little Blue Box, which helps take the focus off oneself and towards the family as a whole. The kit also includes a Talking Ball that empowers the person holding it to speak uninterrupted. Other contents include a sand timer, guidelines on how to conduct a family circle, and a system for keeping the notes themselves.

Through a series of open-ended questions, everyone in the family takes turns to contribute to the MicroFoundation charter, which becomes the guiding document for the family's MicroFoundation. The family's name and a summary of the family MicroFoundation is affixed to the customized Blue Box as an ongoing reminder of the family's plan. The box may be kept in a visible and prominent place such as in the living room with other family treasures.

OTHER LITTLE BLUE BOX USES

There are many other possible opportunities where the Little Blue Box can help to facilitate communication, including; helping families with younger children discuss and coordinate weekly schedules, or helping to determine how family members can help each other, to becoming aware of potential problems in the family. It may be used during a family crisis to take some of the emotional heat out of the situation.

If your family is anything like mine, rifts may have developed over the years between relatives who don't talk to each other — for various reasons. Sadly, while growing up, I did not get to know some of my cousins because of family rifts. The reasons for the injuries had long been forgotten, but the result persisted.



During a recent visit to Cape Town for my nephew's wedding, I took the opportunity to call all my relatives and invite them one evening for coffee and cake where I was staying. To my pleasant surprise most of my relatives showed up, including uncles and aunts, their children and grandchildren. Everyone was happily chatting while standing around. After a while, I gained their attention and thanked them for coming. Nobody objected when I told that I had come up with a way to help families communicate better and invited them to sit on chairs that I had arranged in a circle.

I placed the Katzeff Family Little Blue Box on the table and removed the Talking Ball and explained that only the person holding the ball could talk, without interruption and everyone would listen. I began the first round by making a positive statement about our family and asked everyone to express how they felt at that moment, using the weather as an analogy — e.g. warm, sunny, foggy and so forth. The ball was passed around from person to person, and everyone spoke.

Once the Talking Ball came back to me, I asked the question: "What can we do to have better communication in our family?" Each person then took turns talking. It was very moving to hear the responses, including some grandchildren who stated that they didn't even know that they had relatives, or that they only had vague memories of the relatives (even though they lived in the same city). There were many tears shed that evening. After the family circle had concluded, one uncle pulled me aside. He said that he would make the effort to stay in touch and then promised to call my mother (his sister) in Israel.

My mother was surprised to hear from her brother who she hadn't talked with in many years. The Little Blue Box process made it possible for their relationship to be rekindled and helped to mend our family tear. In the days and weeks after that family circle, I realize that if the Little Blue Box could help my family, perhaps it could help others.

Currently, the MicroFoundation concept is being used with Bar and Bat Mitzvah families at Congregation Beth El with the blessing of the Rabbi. The goal is to enhance the family experience during the B'nei Mitzvah year — and beyond. As part of the yearlong program, they will answer important questions during their family circle such as: "What can we do, as family, to commemorate the occasion of the B'nei Mitzvah?" "How can we involve the entire family in the meaningfulness of the experience in the days leading up to and after the actual event?"

The feedback has been very encouraging. One comment made: "It's amazing how empowered (the kids) feel when holding the Talking Ball. They become very expressive and we (the parents) have to listen."

YOUR HELP IS REQUESTED

The Little Blue Box process and MicroFoundation are new concepts and ways of communicating. They holds the potential to improve communication within families and even transform the families that use it. However, the present challenge is to spread the word. If you and your family are interested in learning more and would be willing to be part of a pilot program of SAJAC families trying the MicroFoundation please contact Hillel Katzeff at: 858-550-0425 or hillel@OurLittleBlueBox.org.

More information about Our Little Blue Box can be found at www.OurLittleBlueBox.org.

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What we CAN do—www.shopinIsrael.com!

BY JANE SCHER

www.shopinIsrael.com is the culmination of the vision of a small group of volunteers in San Diego, California with strong and longtime links to Israel. Disturbed by reports of the significant impact of the Second Intifada and continued terrorist activities on Israeli tourism and business, these committed people foresaw a way to support the Israel economy through the power of the Internet.

One of the site's ongoing and most important goals has been to try to offer support to Israeli citizens, struggling to lead normal lives in the face of an extended, abnormal situation.

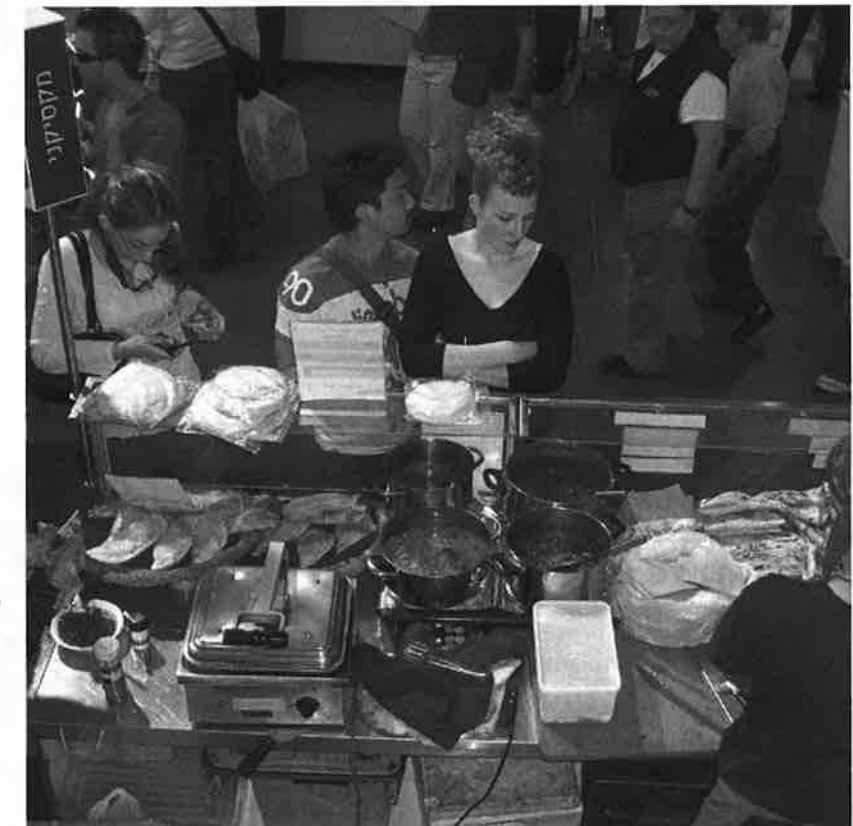
One hundred percent of the proceeds of each sale go directly to the merchants. The costs of the site are underwritten by tax-deductible contributions from donors. The site continues to be run by a team of about 10 volunteers, based in San Diego, California. The site opened in February 2002 with 15 listings. Currently, more than 660 Israeli merchants are listed including retail businesses, professional services, manufacturers, artists and jewelers. Since the site opened, ShopInIsrael has brought almost one million shoppers directly to the merchants in Israel.

The mission of the site has remained multi-faceted and includes assisting Israeli merchants to directly reach customers around the world, facilitating global access to superior and unique Israeli products, bringing Israeli businesses into an International marketplace, boosting the Israeli economy, providing employment opportunities, elevating morale and dignity and building Israel/Diaspora relations

Merchants are shipping products around the world to unexpected desti-

nations like the Netherlands, France, Belgium, Japan, Germany, Poland, Mexico, Singapore, India and many others, and to the more predictable Australia, UK and the USA.

www.shopinIsrael.com is repeatedly recognized and thanked by the merchants for offering a warm, friendly, efficient, unique and invaluable service. We expected that as tourism increased, the need for the site would diminish and we would close down. www.shopinIsrael.com was not intended to be a long term project. The site was constructed very simply by a 14-year old during a crisis to enable world-wide friends of Israel to support the Israeli economy by shopping in Israel from their homes. To



our surprise, four and a half years later, the site is being used more than ever before.

As the situation in Israel fluctuates, we continually renew our commitment to all Israelis and to the merchants listed on www.shopinIsrael.com. Our hearts are always with our people, as we continue to face the challenges ahead together. At this time of reflection, entering Rosh Hashanah, we are joined in solidarity and prayer as we yearn and hope for a safe and peaceful future.

In good times, and in bad times, this site links us

with the Israeli community. Many of the merchants have told us repeatedly that the site allows them the dignity of continuing their work, supporting their families and employing others. It has also shown them that they are not alone, that people on the other side of the world care and are connected to them. Many of the transactions become conversations and often turn into friendships

Let's buy birthday gifts in advance, hostess gifts for next Shabbat, and children's gifts for Chanukah, RIGHT NOW, FROM ISRAEL! How about the new set of towels you've been meaning to purchase? The extra T-shirts your kid needs for camp? The honey jar that's almost empty? This is a practical, down-to-earth, unmistakable token of our support for

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HEALTHY NEW YEAR!”

TSOTSI RULES

A special showing of the Oscar-winning South African film *Tsotsi* was hosted by the National Geographic Society on February 16, co-sponsored by the South African Embassy and the film's US distributor, Miramax.

Director Gavin Wood and star Patrick Chweneyagae were introduced to the packed house by Counselor for Public Diplomacy Tshepo Mazibuko, who said that after years of “suffocating inside the laws of apartheid,” the South African film industry was “reveling in new life.” The film had such an impact that the embassy was asked to arrange a second screening at the U.S. Department of State.

Tsotsi, based on a story by playwright Athol Fugard, paints a gritty picture of gangster life in South Africa's second economy. “The ghastliness portrayed in *Tsotsi* exists,” Ambassador Masekela said. “But so does the redemption. This, for us, is an age of hope.” One source of hope is the country's burgeoning film industry. Following last year's nomination for *Yesterday*, *Tsotsi* was the second South African film to catch Oscar's eye in as many years.

You Are Proudly South African When...

- You produce a R100 note instead of your driver's license when stopped by a traffic officer
- You can do your monthly shopping on the pavement
- You have to hire a security guard whenever you park your car
- You can count the national soccer team's scores with no fingers
- To get free electricity you have to pay a connection fee of R750
- Hijacking cars is a profession
- You can pay your tuition fees by holding up a sign at a traffic light
- The petrol in your tank may be worth more than your car
- More people vote in a local reality TV show than in a local election
- People have the most wonderful names: Christmas, Goodwill, Pretty, Wednesday, Blessing, Brilliant, Gift, Precious, Innocence and Given
- “Now now” can mean anything from a minute to a month
- You continue to wait after a traffic light has turned to green to make way for taxis traveling in the opposite direction
- Traveling at 120 km/h you're the slowest vehicle on the highway

Back to Wits for a Medical School Reunion

BY DR. FRANKLIN GAYLIS

I had not been back to South Africa for 10 years and had not given much thought to making a trip back. Our lives are well established in the USA and I have few ties to South Africa except for family. Having attended medical school at Wits and specialized in the US, I consider myself somewhat of a hybrid-trained physician. The exceptional basic clinical training in medicine I received at Wits has given me and many other colleagues a great foundation for practicing medicine. I will never forget and forever be grateful for the outstanding bedside clinical training I received from great clinical teachers at Wits like Mike Kew, Tom Bothwell, Harry Seftel, Charles Kaplan, and Hymie Gaylis - to name a few.

When I learned of the medical school reunion for the years 1945 through 2005 celebrating every 5th year including my dad's graduation year 1945 and mine, 1980, I felt this need to go “home” and participate in the celebration of our outstanding medical school which gave me and every Wits medical school graduate a solid foundation for the practice of medicine. An added bonus was the honoring of Professor Phillip V. Tobias' autobiography, “Into the Past.” I consider Professor Tobias, past Head of Anatomy, Paleo-Anthropology, and Dean of our medical school, a mentor and great educator and humanist.

With this opportunity to reminisce about our formative years of medical training with old friends, as well as to see family and explore our South African roots with my folks, travel preparations were rapidly made.

THE REUNION

The reunion started with a lunch at a restaurant for each year celebrating their respective reunion. Our class, celebrating our 25th year since graduation met at a restaurant called Moyos in Melrose Arch. Colin Kahanowitz did a great job in coordinating our class of 1980. Dad's class of 1945 was not meeting as there was only one other of his classmates at the reunion, Mimmie Moller. So Dad joined me and 14 of my classmates for a great lunch at Moyos. We arrived a little early and toured the restaurant including the restrooms while waiting for all to arrive. The doors of the rest rooms were very interesting especially from a urological point of view. There was little doubt which was the mens. The door had a carving of a man whose phallus reached below his knees! (See photo)

My classmates began to trickle in. How we had all changed, some more than others. We are all certainly getting older. Some were quite large and others like Hennie Pieterse, now an orthopedic surgeon, looked

in great shape. This was an incredible time, seeing people who once spent a considerable amount of time together studying during six grueling years of medical school. Most of us had not seen each other for 25 years. Everyone immediately connected, hugged, joked about each other as well as all of our colleagues who could not be there. Our class was wonderful in making Dad feel part of the group. Wallie in particular mentioned how great it was learning vascular surgery and clinical examination from my dad. Classmate Jackie Shevel attended and I learned of his tremendous success in the hospital industry, apparently having developed and owned the largest hospital company in South Africa. Jackie will soon be moving to San Diego. Everyone was so happy to catch up with one other, it felt like rewinding 25 years and being back at medical school. I came away from lunch with a great feeling having connected with many people with whom I shared a great experience, studying medicine at Wits. This was just the beginning of wonderful medical school reunion.

After the lunch reunion which set the tone for the rest of the week, we had the honor and privilege of listening to Nobel Laureate, Dr. Sidney Brenner, give the keynote speech at Wits Medical School.

The lecture, called the Orenstein Lecture, was in honor of Dr. W. Orenstein, who left Russia many years ago and worked in public health in South America where he helped develop the means to stop the spread of Yellow Fever. He was brought to South Africa to help the mines contain disease using public health approaches and gained great recognition for his great accomplishments. As I listened to the introductions, I thought to myself, “Here I am back at Wits listening to a Nobel Laureate giving the honorary lecture to a brilliant man who has been nominated for the Nobel Prize three, (Professor Phillip Tobias), and the honorary lecture is named after a great physician, Dr. Walt Orenstein. What made the moment so much greater is that all three of these most accomplished doctors are or were Jewish.

Dr Brenner was introduced by the Vice Chancellor of the medical school. What an amazing man who has made great discoveries. I learned much about these accomplished individuals in that not only are they doctors but humanists who have done wonderful things for people far beyond the field of science and medicine. Both Dr. Brenner and Prof. Tobias were deeply involved in the fight against Apartheid and the reason Dr. Brenner left South Africa, returned briefly, and left again was a result of his intolerance of the political system.

He worked with Crick, of Watson and Crick fame (Nobel Prize winners for discovering the double helix structure of DNA), at Cambridge for 20



years and received the Nobel prize for his work on RNA, the transcript of DNA. A small man walking with a cane, he took the podium without a note, without a slide and spoke for an hour without an UM! His speech was filled with humor and great insight into life. His message was that we should not focus on the blueprint of life, our genetic code, but rather on our environment that affects our genes and causes disease, for example obesity with all its secondary effects diabetes, heart disease, high blood pressure etc. Instead of so much focus on developing drugs from genetic research, he suggested we put more effort into changing our culture, impressive coming from a famous scientist whose life has been dedicated to the study of our genes and their control of life and effect on disease. He emphasized the problem we all are encountering with MRSA (Multiresistant Resistant Staphylococcus Aureus) where bacteria become resistant to antibiotics due to our abuse of antibiotic therapy. Dr. Brenner's insights into life and our future were thought provoking as he emphasized the basics of disease like overeating and smoking, rather than complex modern scientific treatment of disease.

The quips in his talk were brilliant. One comment that greatly impressed me coming from this great basic scientist, was "instead of concentrating on the new concept of translational research, from the laboratory bench to the patient's bedside, we should concentrate on the reverse scientific study, from bedside to bench." So provocative and yet so basic, what Dr. Brenner I believe was telling us was that we should not forget our clinical skills and the power of observation of disease our patients suffer from and to use this information to take back to the laboratory and develop treatments for these diseases. My impression was that he discounted to some degree the importance and hope for genetic research in the treatment of diseases like diabetes and suggested that we rather focus more on changing our culture to impact the epidemic of obesity which we know causes so many cases of this disease.

After the talk, Dad and I had an opportunity to catch up with Prof. Tobias, a long-time friend of our family. Despite recently celebrating his 80th birthday, Prof. Tobias' mind is as sharp as ever. I have always regarded Prof. Tobias as a mentor, a man so brilliant and accomplished, but yet so humble. We caught up shared some family updates for only a few minutes as so many people wanted to talk to him.

The following day was a symposium dedicated to the cover up of the asbestosis impact on the miners and their families. I briefly glanced at a paper on the subject and appreciated the human and financial costs of asbestosis lung disease and how it negatively impacted the miners and their families. I did not attend the symposium as I wanted to catch

up with family. Dad as usual did not want to miss a second of the medical symposium and attended the morning alone. I joined Dad for the afternoon symposium dedicated to the HIV/AIDS epidemic. The lectures were presented in the auditorium at the medical school. Great memories suddenly appeared in my mind from 25 years ago as an intern in surgery with Prof. Myburg whom I sat next to for the lecture series. We were the first group to work in the "New Gen". I remembered giving one of the first presentations in this auditorium on Venous Air Embolism. Prof Myburg was his normal erudite self and I caught up with his current position and families' news. Dad sat with us as we listened to three great presentations on the HIV/AIDS epidemic.

The first, by Professor Gray, originally from Boksborg, got Dad so excited as he was born in Boksborg. Professor Gray, a young pediatrician gave a brilliant presentation on the issues surrounding HIV transmission and the local efforts to develop a vaccine which to date have not been very successful. Together with her colleagues at UCT they appear to be pioneering HIV vaccine development internationally. Following Prof. Gray's presentation, Prof. Glenn Cross, a hematologist, also from Boksborg, spoke on the criteria to institute treatment for HIV infection. Prof Glenn Cross a world leader in HIV research works with the Center for Disease Control (CDC) in the US and the World Health Organization and is pioneering the development of a modified white blood cell count to prompt starting HIV treatment.

Following these two talks, a professor of gynecology working at Baragwa-

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Unusual Commemoration of Golden Wedding Anniversary

Prior to moving to California to be with their family, Barbara and Selwyn Lurie lived in Raanana, Israel, for 11 years and donated a park (Gan Alon) to the Municipality of Raanana in memory of their son. The dedication ceremony took place in April 1994 in the presence of Zeev Bielski who was then Mayor of Raanana. The park is situated in Rehov Hativat Givati opposite Raanana Gardens where they lived.

In 2005, on the occasion of their Golden Wedding anniversary, Barbara and Selwyn made a further donation to the Municipality for the installation of electrical lighting in Gan Alon. This will enable local residents to make use of the park particularly during the hot summer evenings and will also increase the security in the area.

A ceremony took place at Gan Alon in November 2005 last to mark the occasion. Both Selwyn and Lydia Weitzman, International Relations Coordinator of the Municipality of Raanana, addressed the gathering after which all present were invited across the road for tea and coffee and refreshments to Barbara and Selwyn's rented apartment adjacent to the building in which they used to live.

They had also marked the occasion on their anniversary date, June 5, 2005, by donating a new Sefer Torah from Israel to their synagogue in Carmel Valley - Kehillat Ahavat Yisrael (See picture and separate article about this Congregation.) They are founder members of this kehilla which was established three years ago as the first modern Orthodox community in San Diego.

Gan Alon

Excerpt from Address by Selwyn Lurie at Gan Alon ceremony in Raanana on November 24, 2005 recorded from video of the event)

Welcome everyone—it's great to see such a good attendance this afternoon at such short notice. Both Barbara and I really appreciate you coming along to join in this little celebration.

On April 3, 1994 Barbara and I stood here with our family and Ze'ev Bielski, who was then Mayor of Raanana, on the occasion of the dedication of Gan Alon in memory of our son who was born in Israel when we lived in Ashkelon from 1955—1958, some 50 years ago. Those were the first three years of our marriage—I at that stage was the chief executive of the Ashkelon project, planning and building Israel's first scientifically planned garden city. They were great years for us. I dealt with Golda Meir who was Minister of Labor at the time as housing and planning came under Misrad Ha'avodah and I also had two meetings with Ben Gurion, who was then the Prime Minister. They were great days for us, which are

history now, but we remember them very well because we were newly married at the time and made Ashkelon our first home.

The idea of creating this little park in memory of Alon was not only very meaningful for us but gave all those living in the area a facility which previously did not exist - we lived in Raanana Gardens opposite, as many of you know, for 11 years and moved to San Diego in California 5 years ago to join our family there.

In June this year we celebrated our Golden Wedding anniversary and marked the occasion by donating a new Sefer Torah from Beit Shemesh (which was written by one scribe who took thirteen months to do it) to our shul in San Diego. Because of our close association with Israel (I first visited the then Palestine in 1943, a very long time ago, during World War II) and Raanana in particular, we felt we should also mark the occasion by enhancing Gan Alon.

We thought by making a further donation to the Irya for the installation of lighting would not only make it more pleasant for people to sit out in the park on hot summer evenings, but would also improve the security of the area.

And so we negotiated accordingly with the Irya - plans and specifications were drawn up and sent to us in San Diego for approval and the necessary financial arrangements were made.

In this connection we must thank Lydia Weitzman, International Relations Coordinator of the Municipality of Raanana, for all her cooperation over the past six months, with whom all email communication was made (I think I drove her meshuga with all the emails going backwards and forwards every Monday and Thursday!) Lydia in turn dealt with the various departments concerned—technical, gardens, financial, etc.—and as you can see, I think it was all worthwhile.

On Tuesday, Barbara and I had a meeting with the new Mayor, Nahum Hofree, who I am sure will continue the development of Raanana as one of the leading cities in Israel, in terms of quality of life, communal activities and community involvement of its citizens. It is really different from other cities in Israel and I think that Nahum is the sort of guy who will carry on the good work started by Zeev. We certainly had one thing in common—he was a helicopter pilot in the Israel Air Force and I was a World War II combat fighter pilot - so we could speak the same language.

Today is Thanksgiving Day in the United States where we now live and so it seems very appropriate today to extend thanks to the Mayor and City Council for agreeing to accept our donation for this project.

Jenifer Broomberg

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Aunt Yetta's 22 Rules for Jewish Living

Never take a front-row seat at a bris.

If you can't say something nice, say it in Yiddish.

The High Holidays have nothing to do with marijuana.

And what's wrong with dry turkey?

A good kugel sinks in mercury.

Pork is forbidden, but a pig in a blanket makes a nice hors d'oeuvre.

Always whisper the names of diseases.

One mitzvah can change the world; two will just make you tired.

Never leave a restaurant empty-handed.

The o!important Jewish holidays are the ones on which alternate-side-of-the-street parking is suspended.

A bad matzoh ball makes a good paperweight.

Without Jewish mothers, who would need therapy?

According to Jewish dietary law, pork and shellfish may be eaten only in Chinese restaurants.

If you are going to whisper at the movies, make sure it's loud enough for everyone else to hear.

No meal is complete without leftovers.

If you have to ask the price, you can't afford it. But if you can make sure you tell everybody what you paid.

The only good thing more important than a good education is a good parking spot at the mall.

WASPs leave and never say good-bye. Jews say good-bye and never leave.

If you don't eat it, it will kill me.

Anything worth saying is worth repeating a thousand times.

Laugh now, but one day you'll be driving a big Cadillac and eating dinner at four in the afternoon.

There comes a time in every man's life when he must stand up and tell his mother that he is an adult. This usually happens around age 45.

nath, spoke on the sexual aspects of HIV and presented the demographics of the disease, which were quite horrifying. It tends to be a disease of young women who are mostly monogamous and infected by men who have multiple partners attributed to social circumstances e.g. working on the mines and in poverty with nothing else to do but to have sex. He said "when you have no work, or money to go to the shabeens to drink, or to buy drugs, all they have for pleasure is sex and masturbation gets boring."

Despite the educational efforts to use condoms, infection is still rampant. Approximately 5 million people are infected with the HIV virus in South Africa out of a total population of 45 million. About 8% of 15-year-old girls are HIV positive and 33% of 22-year-old woman have the virus. He discussed milk transmission and the issues of resistance, which is somewhat of a problem as well as research they are doing to prevent maternal fetal transmission.

Several members of the audience commented, one of which was "are we not fighting a losing battle against HIV?" The reply was that if what is being done was not done, the situation would be much worse. Other points raised included the financial costs of dealing with the AIDS epidemic, the issues of politics and how the political leadership, particularly in the health administration, has failed to acknowledge the fundamentals behind the epidemic. This was a sobering session that gave me a glimpse as to how different the medical problems are in South Africa compared to the U.S. and other first world countries. A striking difference in containing this international epidemic is that education about safe sex has impacted the disease in first world countries but not in most of Africa.

Following the AIDS symposium, we attended a cocktail party honoring Prof. Tobias and the 4th launching of his autobiography. While walking down to the Adler museum, we bumped into Prof. Tobias walking slowly to the function. Dad and I strolled with him and caught up on the days' events. The event was held in the foyer of the Adler Museum. Several hundred people attended and Prof. Tobias began signing copies of his book. He was introduced by the vice chancellor of the medical school who spoke of him with great fondness. "I love this man, in fact I adore this man," were his affectionate comments of Prof. Tobias who has a tremendous fan club including myself.

Prof. Tobias then spoke in his typical eloquent manner with great detail, humor and sheer brilliance. He touched on the thought provoking comments by Sidney Brenner, a close friend of his, and commented on the importance of the past, which has bearing on the future. This comment is included in the foreword of the autobiography by Dr. Brenner and reaffirms my belief that knowing our roots is important in understand-

ing who we are and where we may be heading. Prof. Tobias spoke on the importance of serendipity and how great finds are made by keeping an open mind to observe, especially when not looking specifically for what you may find. The example he gave was his find at Marula Caves where he was studying the fascinating roots system of a tree that led him into a cave where he found artifacts from 50 to 100 thousand years ago (detailed in his book). He joked that an example of serendipity is "when searching for a needle in a haystack, you find the farmer's daughter." He expressed great thanks to Wits and all the support he had received especially from the 10,000 students who he has taught over the years. We stood in line with hundreds of others waiting for him to sign our books.

Several other events held included: a trip to the Sterkfontein Caves, a tour of Baragwanath Hospital and a visit to the Apartheid Museum and an opportunity to see the original fossils found in Southern Africa by numerous researchers over the years including Professors Raymond Dart and Prof. Tobias himself.

The reunion concluded with a dinner at the Sandton Sun. Approximately 250 physicians, wives and significant others attended a great event where physicians who had graduated over the past 60 years joined together to honor Wits Medical School, a school in my personal opinion ranked in the same league as the best in the world. Many of my old teachers were there including Bokkie Rabinowitz from Baragwanath whom I will forever remember once advising me and my "firm" of medical students to "engage your mind before your mouth." I have passed this advice on more than one occasion to our children. It was wonderful to meet many junior faculty who helped us get through our grueling internship year like Tony Goldman, who was the registrar in Professor Bothwell's ward, and now practices Cardiology in Tampa, Florida. The evening was all about meeting so many people one had not seen in over a quarter of century. Much has happened during the past 25 years, however, relationships which were once strong and linked through the study, teaching and practice of the wonderful profession of Medicine at an outstanding institution, the University of Witwatersrand Medical School suddenly were as close as they were 25 years ago. I felt honored and grateful to be part of this noble profession and institution.



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Selwyn and Barbara with the Mayor of Raanana, Nahum Hofree

Barbara and Selwyn (holding the Torah) under the chupa leading the procession, all singing and dancing, towards the entrance of the shul. Holding up the front of the chupah are sons Doron (left) and Michael (right) with daughter Adina next to him.



Selwyn & Barbara at the Gan Alon lighting ceremony in Raanana



The dedication plaque at the lighting ceremony in Gan Alon

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Who was Harry Bingham and why is he getting a stamp?

Just an interesting piece of evidence of the curious behavior of the Roosevelt administration toward the Jews during WWII—

A few months ago, Secretary of State Colin Powell gave a posthumous award for "constructive dissent" to Hiram (or Harry) Bingham, IV. For over fifty years, the State Department resisted any attempt to honor Bingham. For them he was an insubordinate member of the US diplomatic service, a dangerous maverick who was eventually demoted. Now, after his death, he has been officially recognized as a hero.

Bingham came from an illustrious family. His father (on whom the fictional character Indiana Jones was based) was the archeologist who unearthed the Inca City of Machu Picchu, Peru, in 1911. Harry entered the US diplomatic service and, in 1939, was posted to Marseilles, France, as American Vice-Consul.

The USA was then neutral and, not wishing to annoy Marshal Petain's puppet Vichy regime, President Roosevelt's government ordered its representatives in Marseilles not to grant visas to any Jews. Bingham found this policy immoral and, risking his career, did all in his power to undermine it.

In defiance of his bosses in Washington, he granted over 2,500 USA visas to Jewish and other refugees, including the artists Marc Chagall and Max Ernst and the family of the writer Thomas Mann. He also sheltered Jews in his Marseilles home, and obtained forged identity papers to help Jews in their dangerous journeys across Europe. He worked with the French underground to smuggle Jews out of France into Franco's Spain or across the Mediterranean and even contributed to their expenses out of his own pocket. In 1941, Washington lost patience with him. He was sent to Argentina, where later he continued to annoy his superiors by reporting on the movements of Nazi war criminals.

Eventually, he was forced out of the American diplomatic service completely. Bingham died almost penniless in 1988. Little was known of his extraordinary activities until his on found some letters in his belongings after his death. He has now been honored by many groups and organizations including the United Nations and the State of Israel.

SUBMITTED VIA INTERNET.

What Are We Doing to our Children?

BY DEBRA L. JEDEIKIN MA, LMFT



In our honest attempt to give them what we think they need we are giving our children everything they want. We are taking away from them the important experience of longing. We are too afraid that they will be uncomfortable or worse, unhappy. We don't want them to experience any adversity of any kind... ever.

What stays inside has to come out sometime.

Middle Class America is currently experiencing a crisis. Nationwide research indicates clearly that our high school graduates from coast to coast are ill equipped to deal with the real world. Instead we find our youth, our future, lacking in self-esteem, in emotional intelligence and not feeling very confident about the road ahead. This is becoming a deep concern of educators and sociologists.

In general the graduates experience fear rather than excitement about the future and at best are self-centered, unworldly and lack ambition. At worst however this malaise is resulting in the highest rate of both late teen depression and suicide rates that this country has seen. Sadly our suburban teenagers are often narcissistic and lack strong character.

Dan Kindlon, author of "Too Much of a Good Thing" speaks about how we give too much and expect too little of our children. Dr. Mel Levine, innovative psychiatrist and educator, agrees that our high school graduates are facing life with too few tools.

What has happened? I believe that immigrants (and we are many) have issues that link with this culture of indulgence. We want it to be as good as it was or could have been in our countries of origin. We do not want our children to be deprived in any way as the result of our decisions. And we want them to be able to integrate so we follow the dominant culture often to their detriment. This all operates I believe at an unconscious level.

In affluent America parents of young children seem to be afraid to set appropriate limits and boundaries and they shy away from discipline. It is not correct to have lengthy discussions with a small child. After the first short sentence we have lost their attention...they simply don't get it. This results in confused and tyrannical two year olds, terrifying three year olds and dictatorial four year olds. Small children do not like to have so much power...it scares them and they don't know what to do with it. So...they act out, behave badly and seek out negative attention as a way of securing a parameter, any parameter. And then...negative attention becomes much more desirable than positive attention as it is more intense, more immediate. And so the cycle continues. At this point no one in the

home is having much fun. Another concern is that this kind of behavior has been indicated as a precursor to later risk taking behaviors such as substance abuse, eating disorders and sexual promiscuity.

Let us help our children by giving them appropriate responsibilities and not only privileges at every stage of their young lives. We need to let them know that we expect them to be the best people they can be.

Our youngest children learn how to respond to interpersonal situations by modeling on us and later through peer interactions. It is important that we teach them social skills, that we show them empathy so that they can develop compassion for others and for the planet. Those with high levels of emotional intelligence (E.Q.) have been shown to have more far reaching success later in Life than those with a high IQ.

Careers and relationships are both more satisfying and more fruitful for these individuals so while instilling a healthy sense of competition in our children is important we need to balance it. "Nice Guy Finishes Last" is a thing of the past.

The family is the microcosm from which our children move into the real world.

We teach our children how to be part of a family at the dining room table as we take turns to talk and respond.

They learn responsibility through tasks. They learn that to make something happen takes effort and cooperation. And then they enjoy the satisfaction that comes with doing something well as part of a team. Let us not deprive them of these valuable gifts by having so little expectation of them. The ability to work in a team and getting along with others is factored highly at any job interview apart from being a great asset in a marriage!

In the same way children learn how to resolve conflicts through their sibling relationships and friendships. We need to teach our children how to resolve conflicts, move forward and let go of resentment.

Our children need to know that they are amongst the most highly privileged tiny point of a percent of the world's population. Encouraging mitzvot at home and community service can help them understand this concept. It is our duty to impart this information.

So the next time you say "NO" remember how truly helpful this is to them!

Being responsible parents means providing our children with the tools to live their lives fully by giving them what they need and not simply what they want.

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found that a sample including one hundred Reform and unaffiliated Jewish participants would breed a mere eighteen Jews, three generations down the line. In staggering contrast, the same sized sample of Orthodox Jews results in 2,585 Jews in the fourth generation.

Regardless of whether non-traditional Judaism departs from Durkheim's sacred canopy, it remains as valid as traditional Judaism which, in contract, fits Durkheim's theory so aptly. When it comes to the dilemma of Jewish posterity, we have also seen that a religion cannot survive if it does not contain enough substance through religious practice to sustain future generations. Ultimately, the question of authenticity among the two groups becomes irrelevant as both traditional and non-traditional Judaism accomplish the same goal, the prime purpose of a religion—that is, aiding in the individual pursuit of meaning and happiness, in the here and now.

Just Like Ourselves

I don't understand the hype about gay, race, color!
Who cares if our skin is white, yellow, black, brown!
We enjoy the difference in the color of our eyes—blue, green, brown!
We enjoy the difference in the color of our hair—gold, red, gray!
Why the reaction to the color of our skin!?

Who cares if we are Christian, Muslim or French,
if a man loves a woman
or a woman a man!
Surely its the love that matters!
Who cares if a man loves a man or a woman a woman?!
Isn't it the love that matters!

Simply before us is another human being
Nobly, joyfully, humbly, angrily maybe sadly too—just like
ourselves!
Simply before us is another human being
with dreams, potentials, possibilities
lying dormant deep within—just like ourselves!

There too, before us is another human being
with two legs, two arms, two eyes
thirty three spinal vertebrae—just like ourselves.
Above all—before us is a soul with a pulsing heart aching to love
reach out—and touch another
just like ourselves!

ZENA COHEN

Listen, listen hear its song

You can't put a stop cap on love!
Voluminous volcanoes spewing
sparks
amidst red-rimmed layered lava;
The earth quakes, quivers
in its path.

Whirling, twirling tornadoes—
hurricanes vortex the vales, the sky,
at the resistance of its power
of its path;
leaving
emptiness
in its wake
no-thing—
space
silence

The song of the starting
echoes its whispering beauty
across the vast plain.

Listen, listen hear its voice—
its sound whistling
dancing
through the hills
through the cragged mountains
through the trees
snaking in the willowing winding
wind
echoing

a soft soft breath
a baby's breath
delicate
—a moths wing fluttering
a feathered blink of an eyelid.

Listen, listen hear its song
it's love
it's love

The sleepy stars
twinkle in the twilight
at the golden smile of the moon.

A falling flashing star
a fast flash
an arrow light
sparkling
the
yellow white

blue black
sky
dancing its chaotic splendor

Hear it, feel it
listen deeply—
as it

brushes
flushes
your cheek
its tender touch
its love
—its love.

ZENA COHEN





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Chai South Africa Update

BY CLAIRE ELLMAN

Once again this year has been a very busy one for ChaiSouthAfrica with many hundreds of donors all over the world who have made a difference in the lives of the over 1500 residents in the Jewish homes for the aged, mentally handicapped and ill and the "children in need" in Southern Africa that ChaiSouthAfrica supports. Since last Rosh Hashanah Chai USA distributed over \$250,000 to the homes. We are grateful to those many donors from San Diego who have made donations this past year. Our tribute campaign and monthly "stop orders" continue to be well supported and we appreciate and THANK YOU for all your donations. Chai Canada and Euro Chai have also sent large sums of money and all these funds have been used to provide essential services to the 12 homes we support in Southern Africa. The homes are so grateful for whatever we are able to send them. Our growth continues to be conditional on adding names to our database so once again we urge you to give us the names, addresses and contact info of your family and friends living OUTSIDE of Southern Africa. Please email us at chaisouthafrica@aol.com with your wedding, barmitzvah, contact lists- YOUR help can make a difference.

Please see a letter we recently received from Glendale who celebrated a special milestone last month.

40 YEARS OF CARING GLENDALE HOME, CAPE TOWN

When Glendale opened its doors 40 years ago to six needy residents it was not envisaged the tremendous impact it would have on the Western Cape Community. Few realised the importance of establishing such a residential facility or to the extent it would be utilised in the years to come. Glendale had embarked on the unknown.

The Intellectually Disabled was an unknown factor. One of the reasons being they were not visible, and unknown to the general public, because of the stigma they had to endure, which has thankfully now been eliminated and they have taken their rightful place amongst their brothers and sisters.

One must subscribe to the fact, that for a community to function adequately, two of the fundamental and greatest tenets of Jewish teachings must be practised. Tzedakah (financial and material charity) and Gemilut Chassidim (deeds of loving kindness). One cannot apportion importance to these two ideologies for each member of the community should take responsibility and contribute accordingly in this regard .

The numeral 40 has many synergies connected with Jewish history. The flood, which lasted for 40 days, forced Noah to seek sanctuary on the Ark, as the first Glendale residents did 40 years ago when they entered the portals of their sanctuary.

Moses spent three periods of 40 days, on the mountain and on his descent provided mankind with the greatest gift ever, the Torah. Glendale has spent 40 fruitful years and it is hoped the next two 40-year periods will be as rewarding and as meaningful. The roman letters for 40 is XL and this can be construed as an abbreviation of the word excellence which relates to the service Glendale has successfully provided these past 40 years.

To celebrate this milestone, which is one of great significance, Glendale hosted a gala dinner on the 8th August, 2006 in Cape Town. This was a celebration of dedicated love and the blessed satisfaction that the community with the help of partners like ChaiSouthAfrica are helping to provide a better quality of life for the now 63 residents who have made Glendale their permanent Home. How fortunate we are to have been able in the past and for the future to express the true tenets of Jewish tradition, Tzedakah and Gemilut Chassidim.

In retrospect, "we are our brother's keeper."



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work, Elementary Forms of Religious Life, claims that religious belief systems presume a bipartite universe which classifies all things into two categories: the profane and sacred. Traditional practice of Judaism fits Durkheim's model of religion wholly with its practitioner's adherence to the myriad of commandments. The 613 commandments of Judaism, believed to be dictated from G-d to the Jewish people, are divided into positive and negative commandments—that which one should do, and that which one should refrain from doing.

Berger also discussed the symbol of the "sacred canopy" of a religious system which "imposes order on the entire universe, on life itself, and thereby holds chaos at bay. The sacred canopy is allegedly necessary to cultivate meaning in one's life as well as to avoid the realm chaos and disorder.

In interviews several traditional orthodox Jews mentioned how keeping the Shabbat, helped them develop a sense of holiness or sacred in their lives. One interviewee shared, "The disorder outside of my own life is the pain and suffering that exists in the world. Therefore the canopy is a place where one finds that safe spot, the retreat, the sacred on a regular basis because it is provided by the framework of our religion with the weekly Shabbat and the punctuation of the year by the religious holidays." As one of the interviewees plainly said: "Judaism dictates what goes inside and outside the canopy. One hundred percent. I think that's the whole purpose of it."

In direct contrast to traditional Judaism, non-traditional Judaism is a relatively new phenomenon that, in many ways, departs from the supposed

trappings of a religious system with the distinction between the sacred and profane. When asked the question of what makes up their sacred or profane realm, or how they cultivate meaning in their lives, the non-traditional interviewees responded with a range of answers including: children, work, relationships with friends and family, playing Irish music, being in nature, and "those things that you suppose will out-last you." Several of the interviews mentioned they derived meaning from what Lynn Davidman termed, "Golden Rule Judaism," to do unto others as you would have them do unto you. While Judaism may inform the framework in which many non-traditional Jews construct their life, it does not provide the same strictness of structure regarding the sacred and profane that is present in traditional Judaism—it is rather, as one interviewee said, "ephemerally there."



[I]s there valid concern for the survival of the Judaism in the face of ongoing reforms to religious practice? Non-traditional Jews seem to believe just the opposite: not only is there no basis for such concern, rather Judaism is flourishing because of such reforms.

Most traditional Jews in my study believe that the only way for the Jewish religion to remain through the generations is, "to adopt a Torah lifestyle and live within the confines of it."

As studies over the past century show, it appears that an extraordinary disintegration or "silent Holocaust" which stems from within the home and community of American Jews is now in progress. The reason for this decimation can be attributed to three national trends: growing intermarriage rates, low birth rate, and minimal levels of Jewish education. The sole subset of the American Jewish population that contradicts each of these trends is the Orthodox Jews. Statistics show that over the past several decades, the intermarriage rate of unaffiliated Jews has doubled to 72% and Reform Jews have tripled to 53%. The Orthodox have reversed this trend with an intermarriage rate that has fallen from 10% to 3%. In the way of birthrate, the Orthodox family averages 6.4 children per household, while a reform or unaffiliated Jewish family manage a meager 1.72. Lastly, Orthodox families provide their children with at least 12 years of Jewish education while Reform families peak at four to eight years of Hebrew school, much of which is part time. Clearly, the Orthodox Judaism's stronger commitment to a higher level of Jewish education and observance breeds a lower likelihood of intermarriage and ultimately assimilation. In a formulation of statistics, "Will Your Grandchildren Be Jewish?" it was

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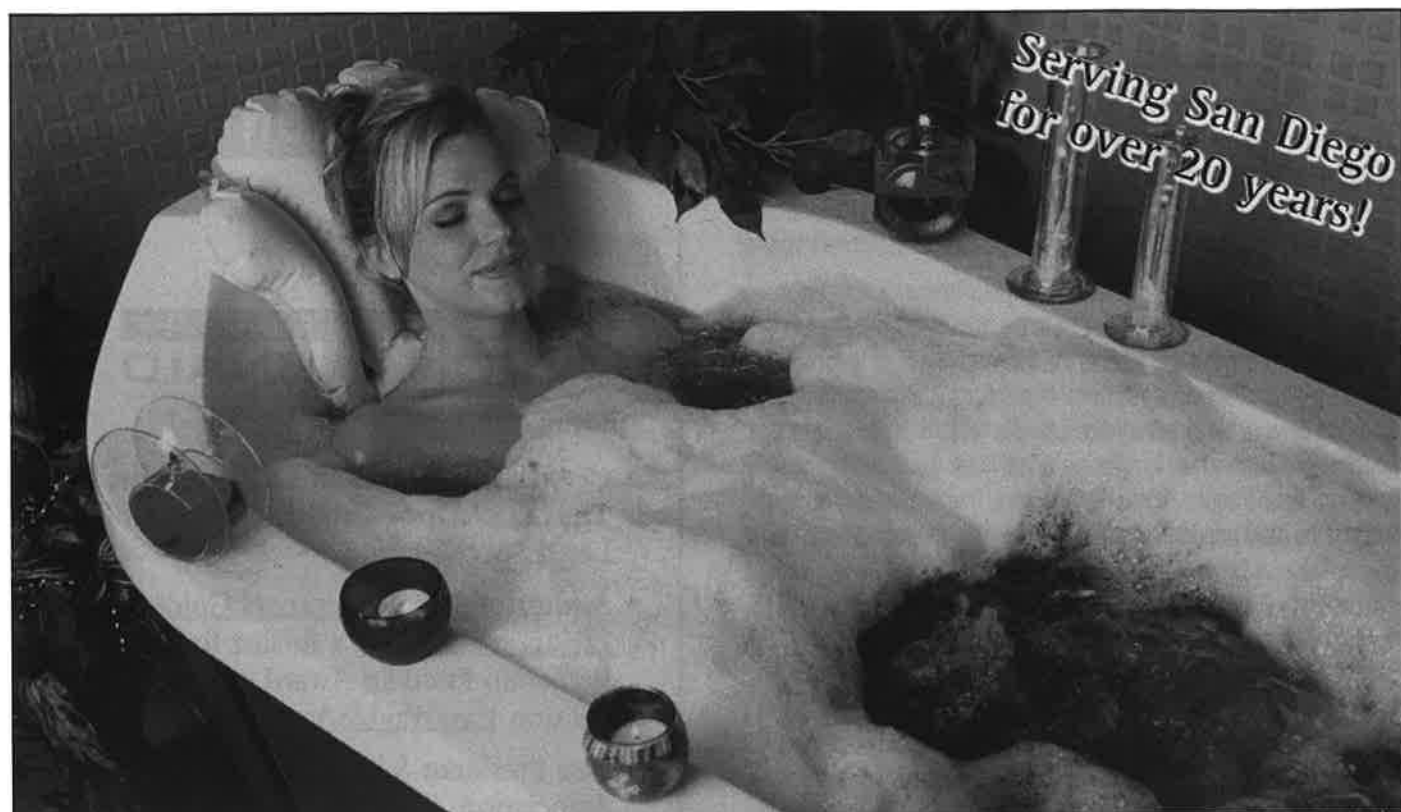
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- The last time you visited the coast you paid more in speeding fines and toll fees than you did for the entire holiday
- You paint your car's registration on the roof
- You have to take your own linen with you if you are admitted to a government hospital
- You have to prove that you don't need a loan to get one
- wPrisoners go on strike
- You don't stop at a red traffic light, in case somebody hijacks your car
- You consider it a good month if you only get mugged once

Getting Help in Our Community

With our focus on the community, we all know that sometimes even our most loving and supporting friendships that many of us with the SAJAC community experience, cannot provide the help we need to deal with certain problems. Sometimes it is necessary to look for help from a professional source. All of us know of the existence of Jewish Family Service of San Diego, but not everyone is aware of the incredible work they do in our community or the extent of their work so we are highlighting this organization in this year's issue.

Jewish Family Service (JFS) was founded in 1918 by a consortium of women's clubs who sought to address the myriad of human needs of the time. Today, JFS is a comprehensive social service organization with nine locations throughout San Diego County and an office in Palm Desert, serving the Coachella Valley. From its early grassroots origins, the agency now serves over 31,000 people annually. Programs and services include: Adoption; Case Management; Counseling; Crisis Services; Family Violence; HIV; Jewish Connections; Refugee Resettlement; Older Adult/Senior Services; Parenting, Youth & School-based Services; and Training/Education.



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and forms of worship, with the introduction of regular sermons, prayer in the vernacular, mixed seating, choirs, instrumental music, and the elimination of textual references to the return to Zion. Evidently, the Jewish Enlightenment heralded a time where change was seen as desirable and modernity as the norm; for many, adaptation and reform appeared to be the only viable option for the Jews as the floodgates of secularism opened.

The appeal of the American tradition of religious tolerance attracted many Haskalah and Reform Jews to America in the mid 19th century. It is important to keep in mind that most of the Jews arriving in America at this time were extensively more traditional in practice than the non-traditional American Jews of today. Nonetheless, further reforms of Jewish practice were instated upon arrival in America, which aided the process of assimilation and secularization. These reforms were, "the final break with tradition and the most important symbolically, since it eliminated the principal visual difference between Jewish and Protestant worship." Also, rituals such as dietary laws were eradicated by the Reform movement. The famous "trefa (non kosher) banquet" at Cincinnati's highland house on July 11th, 1883 represents how far the new American Jews had strayed from their not-so-distant past living in the ghetto. The dinner was in honor of the first graduating class of Hebrew University, the first American rabbinic training school, and the "menu included littleneck clams, soft shell crabs, oysters, and shrimp..."

The departure from traditional Judaism in America can be deemed unique when one considers the widespread popularity of Reform Judaism in the U.S. compared with the rest of the world. This difference could possibly be explained by the distinction between the natures of the societies each religious denomination developed in. While the proponents of the Jewish Enlightenment in Europe wished to create a new kind of Jew, they did not envision a secularized individual but rather one imbued with traditional Judaism while simultaneously immersed in European culture. This was not the case for the Jewish reformers of America who strove to "normalize" the Jews to become more like gentiles for whom religion was not obligatory but a matter of personal choice. Thus, with the growth of the Jewish Reform movement, American Jews began to "see themselves first and foremost as individuals who are free to use their own authority when deciding about the ways they express their Jewishness." Today, Jewish traditions are similarly viewed as options for many non-traditional Jews: maintained if perceived as advantageous, modified if they make only partial sense, and discarded if they are seen as outdated or illogical.

The non-traditional community of America is in striking contrast to Orthodox Jews who consider all religious law to be divinely originated and binding—far from a matter of personal choice. History has produced two extremely divergent strands of the Jewish faith based in traditional and non-traditionalism respectively.

The traditional form of Judaism has existed for several thousands of years and fulfills the standard definition of religion provided by sociologists of religion such as Emile Durkheim and Peter Berger. Durkheim in his

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BIOGRAPHY

Leon Snaid was admitted as an attorney in South Africa in 1971. He lived in Israel for two years before returning to South Africa where he commenced practicing for his own account in 1973. He immigrated to San Diego in 1981, passed the California Bar Exam and has practiced Immigration Law since 1982.

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Judaism – Following the Traditions of Old or Embracing the Changes?

BY MEGAN MARCUS



Megan Marcus, daughter of Brian and Suzanne of La Jolla, who wrote so eloquently and movingly in the Reporter in 2004 about her visit to Auschwitz and Israel, has written a well-researched and thought-provoking paper for her SOCIOLOGY OF RELIGION

class at U.C. Berkeley, where she will be a Junior next year. This is an edited excerpt from her term paper (for which we hope she received an A.)

In order to understand the underlying disparities between traditional versus non-traditional Jews today, one must explore the original departure from traditional Judaism, which occurred throughout Europe in part as a result of the Jewish Enlightenment. Before the 19th century, Jews did not hold equal rights as citizens in Europe. Anti-Semitism, which ranged from antipathy to violent hatred, was largely due to religious difference and manifest in sporadic persecutions and expulsions. To the average European, Jews were considered to be, "A people dwelling apart, with a culture and set of mores at variance with those of the peoples among whom they dwelt." Jews were looked down upon as crude, boorish, and morally and culturally inferior. The negative attitude of the outside world toward the Jews, as well as their strikingly different lifestyle, created pressures for Jewish communities to live in ghettos. Until granted emancipation status at various stages throughout the 19th century, Jewish communities throughout Europe lived in isolated enclaves and were able to maintain collective identity, individual faith, and religious practice in daily life.

The Jewish Enlightenment or Haskalah was a movement that swept through Europe from the 1770s to the 1880s and commenced the move away from Jewish traditionalism. Much like the European Enlightenment, the Haskalah sought to liberate the individual from the constraints of society. In the Jewish context, this translated to liberating Jews from the confining apparatus of the traditional Jewish community. The Haskalah "called for increased secularization of Jewish life through secular learning, a concern for aesthetics, and linguistic assimilation, all in the cause of speeding Jewish emancipation." The average Enlightened Jew of the time strove to, "Be a Jew at home and a person in the streets" by restricting religion to the private sphere so that Judaism was no longer an all-encompassing aspect of life. During this time, modern Jewish schools with secular curricula were opened and Judaism was rid of some of its national and ethnic aspects through reforms. Reformers of Judaism during the late 19th century "denied divine authorship of the Torah, declared only those biblical laws that are easily understood to be binding, and stated that the rest of Halakhah (Jewish law) need no longer be viewed as normative" ("Reform Judaism"). Other reforms included modification of the traditional liturgy

Its mission is to strengthen the individual, enhance the family, protect the vulnerable, with human services based on Jewish values.

It has an extensive range of programs and services including the following:

ADOPTION ALLIANCE

Adoption Alliance of San Diego supports and assists individuals and families as they consider adoption, once they begin the adoptive process, and throughout the adoptive child's growth and development with his/her new family. The program offers comprehensive adoption services including: pre-adoption counseling, the preparation of international homestudy reports, post-placement services, pre and post adoption support groups, infertility support, a resource lending library, seminars focusing on issues relevant to adoption and infertility, and licensed therapists to focus on any issues that may arise during the process of expanding one's family through adoption. Adoption Alliance is licensed in San Diego, Orange, Riverside, San Bernardino, and Imperial Counties. Individuals and couples are served, regardless of ethnicity, gender, marital status, religion, sexual orientation, or race. For more information, please consult the Adoption Alliance Website at www.adoptionalliancesd.org or call Program Coordinator, Dana Naughton at 760-944-7855.

SUPPORTING JEWISH SINGLE PARENTS

Supporting Jewish Single Parents (SJSP) is an innovative program funded by the Jewish Women's Foundation and created to meet the needs of Jewish single parents in San Diego. With supportive and advocacy services that foster connection and inclusion of Jewish single parents in the San Diego Jewish, SJSP has already served over 100 single parent families in the 21 months since its inception. One parent stated, "it is comforting to know that the Supporting Jewish Single Parents program is there when I need assistance. Whether it is supporting an emotional crisis or just wanting to network with other single parents, I know that there is assistance in times of need."

Another grateful parent remarked, "I think SJSP is a great resource for single parents whether you get involved with the activities they do, or you just need the knowledge you can contact SJSP with any question. SJSP has been there to help me and they will be happy to help you too!"

Supporting Jewish Single Parents has a comprehensive website of important community information and event happenings. Visit www.supportingjssp.org for more information, or call Dawn Lieberman at (760) 944-7855.

JEWISH HEALING CENTER

The Jewish Healing Center is dedicated to providing Jewish spiritual care to those living with illness, to those caring for the ill, and to the bereaved through direct service, education and training, and information and referral. In addition the Jewish healing center provides resources, workshops and retreats for the spiritual well-being of our Jewish community. Call 858-674-6441 for supportive services. To volunteer, call 619-574-2597

CRISIS CASE MANAGEMENT & PSYCHIATRIC CASE MANAGEMENT PROGRAMS

JFS provides case management services with the goal of providing the necessary resources, referrals and services critical to the physical, emotional and spiritual wellbeing of the clients. Case managers work with clients to formulate plans addressing immediate and long term goals. Recommendations are based on active participation by the clients in order to maximize the benefits of our services. For more information, contact the Intake Coordinator toll free at (877) 537-1818.

CHAVERIM

Matches a trained community volunteer with someone diagnosed with a mental illness. Chaverim means Friends. Loneliness, failure, fear and loss of self-esteem are universal experiences of those that suffer from mental illness. A caring friend can help to restore some joy and help to a life that is often devoid of both. A volunteer will meet with their friend on a regular basis to enjoy activities such as movies, sports, shopping, walking or coffee and a chat. All persons participating in the program are screened, trained, matched and supervised by JFS staff. For more information, contact Psychiatric Case Manager, Hallie Roth, 619-291-0473.

COUNSELING

There are times when everyone feels alone, hopeless or overwhelmed. The counselors at Jewish Family Service (JFS) can help you see problems from a new perspective. Even with longstanding problems, talking with a therapist can help you discover new ways of coping and growing. It offers a wide range of counseling services including: Brief, Problem Focused Therapy, Longer Term Therapy tailored to meet individual needs; Individual Therapy (for children, adolescents and adults); Couples Counseling; Family Therapy; Group Therapy; Mood Disorder Groups (for anyone with depression, anxiety or bi-polar disorder); Women in Transition Support Groups (for women experiencing a major change in their life circumstances: relationship transition, career change or job



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ART SCENE

Grace Phillips, renowned artist and calligrapher, has exhibited her award-winning paintings and calligraphy both in the U.S.A. and abroad, and has had several one-woman shows.

Grace Phillips was born in South Africa and for the past 20 years has resided in San Diego, California. Since coming to the United States she has been very much involved in the art world, and was President of the El Cajon Art Association, and Vice-President of the San Diego Watercolor Society.

Grace developed her skills in calligraphy and amongst her commissions are Illuminated Scrolls of Honor for dignitaries, V.I.P.'s and State Presidents, as well as the frontispiece of the International Philatelic Society's presentation book to Her Majesty Queen Elizabeth II.

Since coming to America, Grace has been inspired by the colors and shapes of nature and has painted magnificent florals in watercolor, oils, acrylics, mixed media and even collages. Her other passions are rooftops and architecture, and whenever she travels she captures the feeling of cityscapes whether in New York City, Old Town, San Diego, Tokyo or Paris.

Grace's love of calligraphy and botanicals is seen in a poster she designed called "THE HERBAL ABCEDARIUM" featuring herbs and spices. It is published in the BRUCE MCGAW GRAPHICS





Back in to town. We found the home where Mom and Doreen were born. She recalled where her budgie

cage was located. A modest home, as was the second Lotzof home we visited. While taking photos of the home, the owner came out and asked if we want to buy the house. Not quite we answered but that we were interested at looking the family house. We were invited in and mom recognized her bedroom, the room in which her dad, late Grandpa Frank died, the chandeliers her mom Ida had bought and several other items in the home.

The owner of the house told us "when the Jews left Heilbron, the town died."

On to the Shul. The curator opened the museum for us and also remembered mom's name. The shul is now a museum documenting the history of Heilbron and the surrounding country. So much history I learned about the Boer war and the concentration camps in Heilbron. The English built these concentration camps and many Afrikaners died in these camps. The English strategy of demolishing the homes and burning the farms of the Afrikaner men while in battle, to break their spirit, was unknown to me as was the treatment of the Afrikaner women folk and their children.

As we meandered through the museum we came across the original Aron Kodesh, Bimah, and machzorim that were used in the original shul. The local community had preserved the key components of the shul and done it extremely well. It was heartening to see how much care they had put into preserving the history of the Jewish Community in Heilbron. What amazed me was how similar the shul was to the shul we found in Ludza, Latvia some four years ago. Our grandparents and the local Jewish community obviously recreated a synagogue with which they were familiar from Eastern Europe.

A display cabinet located in the "Jewish Quarter" of the museum prominently displayed pictures of my grandfather Frank's brother Mike Lotzof and his wife, Aida and children, Lennie and Mildred. The Lotzofs who were a large family in Heilbron featured quite prominently in the museum. Mom found a school magazine with a photo of her tennis team. She recalled winning the Free State tennis championship when she was 15 or 16 years of age with Winnie Crous.

We left the museum and went for tea and a sandwich at the only local tea garden located in a nursery. So rural and quiet and people so friendly. It was so different from the pace of life in the US. The chickens were running under the table. This was total relaxation from a hectic schedule.

Off to the local cemetery located right next to the squatter camp. As we entered the Jewish part of the cemetery, mom immediately picked out her late dad, Frank Lotzof's tombstone. It featured prominently as it was intentionally built to be one of the tallest to represent a great man according to mom. We saw mom's baby brother Hymie Lotzof's grave. He died at one month.

We left Heilbron with a great sense of accomplishment. I felt the same feelings as I did after leaving Ludza in Latvia. I had connected with those who had a great influence on both me and my family. I had discovered my roots which will be recorded for future generations to be aware of and hopefully some will enjoy reading

about their heritage and about those whose actions have for large part given us what we have today. I have always felt that just as we acknowledge the Patriarchs and Matriarchs of our Jewish heritage, we should remember our families' Patriarchs and Matriarchs. What a great opportunity to share this experience with my mom and dad. Visiting their homes where they were born

and grew up was very special just as we visited Ludza with late Uncle Dave Lotzof, the shtetl were he and grandpa Frank were born.

It became apparent to me again how Jews have impacted their new countries when being forced to leave their homes. This story has repeated itself, Eastern Europe, South Africa, United States of America, all in just one hundred years. The lessons to be learned from our past, both recent and remote, are many.



loss, change in lifestyle, "empty nest", or care taking responsibilities due to the illness or death of a parent or loved one); Separation and Divorce Groups; Stress Reduction Groups; Domestic Violence Support Groups (see information about Project SARAH below); and Psychotherapy Groups. All groups are facilitated by professional therapists in one of three offices located in Hillcrest, Encinitas or Rancho Bernardo. New participants are welcome at any time. Group fees are also on a sliding scale.

For further information or to set up an appointment please call 877-537-1818.

PROGRAMS FOR CHILDREN AND FAMILIES

JFS offers a number of programs for children and families, including The Systematic Training for Effective Parenting Program which enhances family relationships for all ages and YAD (Youth Assessment and Development)—an early intervention program for Jewish preschools providing support to parents and teachers of young children. CHAMP, a child abuse prevention program collaborates with schools countywide to break the cycle of abuse that is so prevalent in our culture today. The Mentoring Mothers program matches mature adult women with teenage mothers attending school and also addresses the issue of child abuse. Wisdom Alliance is an intergenerational project that pairs senior citizens with children 1-4 years to help them with school readiness. Please call 760-944-7855 for information on all parenting, youth and school-based programs.

PROJECT SARAH (DOMESTIC VIOLENCE)

As the only Jewish program in the community specifically reaching out to survivors of domestic violence, Project SARAH (Stop Abusive Relationships At Home) is providing individual and group counseling, crisis intervention, access to financial resources, and advocacy to survivors of domestic abuse. The issue of domestic violence however, cannot be addressed single-handedly and requires a community-wide response. This fact was driven home when a client recently told Lauren Gross that "my rabbi really saved my life". Fortunately, when she described to her rabbi the patterns of power and control instituted by her husband, the rabbi recognized that these behaviors were so commonly associated with abuse. As a result, he did not respond with denial and blame. He did not send her home to restore "shalom bayit". Instead, he acknowledged the challenges she and her children were facing and referred her to Project SARAH for help. By Rabbis, Jewish doctors, Jewish attorneys, teachers, friends and neighbors acknowledging the signs of domestic violence, survivors suffering in silence will be allowed to come forward and access the assistance they much need and deserve.

"Jewish men abuse their wives?" Lauren Gross hears variations of this question when she informs friends, family and members of the community that she run a domestic violence outreach program through Jewish Family Services. In fact, between 25%-33% of American Jewish families experience some form of family violence and abuse occurs at the same rates across all Jewish religious movements. The reality is that abuse does not discriminate against race, religion, socioeconomic status, or sexual orientation. For many, it is difficult to imagine the women sitting next to us in Shabbat services, our neighbors, or our children's pre-school teachers are experiencing anything but "Shalom Bayit"—peace in their home. The myth that the Jewish community is immune to physical, emotional, sexual and financial abuse actually perpetuates the secrecy and inhibits Jewish women from seeking help because it means exposing the problem and possibly being stigmatized. In fact, Jewish women tend to stay in abusive relationships for 5-7 years longer than the general population. Therefore, "the myth that Jews do not abuse their spouses must be shattered" as Rabbi Abraham Twerski accurately proclaims in "The Shame Borne in Silence"(1996).

If your partner has pushed or shoved you, kept you from using the phone or visiting friends/relatives, insulted or humiliated you in private or public, destroyed your property, withheld your access to joint finances, caused you to feel fearful in any way, you may be experiencing domestic violence. For information or to receive assistance, call Lauren Gross, LCSW, the Project SARAH coordinator @ 619-291-0473 x108.

HEBREW FREE LOAN ASSOCIATION

The San Diego Hebrew Free Loan Association was formed to serve the Jewish community of greater San Diego. It is an affiliate of JFS and its purpose is to give economic aid through loans without interest or other charges. It makes these loans to families or individuals residing in San Diego. As recipients repay their loans, loan funds are replenished, thus the loan funds remain a perpetual source of aid to others in need. For information contact 619-229-2649

OLDER ADULT SERVICES INFORMATION AND REFERRAL FOR SENIORS

JFS offers extensive programs for the elderly with a central number to call and discuss the senior programs -- (619) 574-2595. JFS is not just a destination for a range of social activities in various locations in the County, it also provides services in the senior's homes. It helps seniors and their families and friends find the support and answers to the challenges of aging.



HIV SERVICES

The JFS HIV Early Intervention Program provides HIV counseling, testing and early intervention services to participants of County-funded alcohol and drug treatment and recovery programs. Substance abusers are at greater risk of contracting HIV due to a variety of risk factors such as needle sharing and using poor judgment relative to safer sex practices while "under the influence" of alcohol or controlled substances.

This program provides educational information to more than 7,000 individuals over the course of a year in an effort to prevent the spread of HIV infection. We also provide on-site testing where trained counselors offer HIV testing and counseling at substance abuse treatment facilities, providing 4,000 HIV tests annually.

For participants who test positive, we provide an array of "early intervention" services. Such services include case management, linkages to appropriate medical and other supportive services, education to prevent transmission of the virus, and a behavioral modification program. The behavioral modification component addresses issues around medication compliance and maintaining sobriety and recovery from substance abuse.

Only individuals enrolled in County-funded alcohol and drug treatment and recovery programs are eligible with one exception. If you or someone you know is HIV+ and has a substance abuse problem, we can help. The only requirement is that you agree to participate in a County treatment or recovery program.

The program is located at 2700 Adams Avenue in the Normal Heights area of San Diego. The phone number is 619.325.0522. All services are confidential.

VOLUNTEERS AND VOLUNTEERING OPPORTUNITIES

JFS volunteers are an integral part of JFS programs. Its programs would not be what they are without volunteers. Call 619-574-2597 to learn how you can volunteer -- enrich your life and the lives of others.

Current Immigration Issues and How to Deal with Them

BY MARLENE Z. STANGER

This article is not intended to provide immigration advice so if you have questions, comments or concerns, please be sure to call an immigration lawyer.

During 2006 the immigration debate once again reared its head and massive marches took place throughout the country as hundreds of thousands of people, both legally and illegally in the U.S., took to the streets.

As an immigration lawyer, I heard the same complaints from many people, typically from recent immigrants or those in the process of applying for their green cards. These comments, to summarize, were something like this: "It's not fair that we have to (had to) wait in line to get green cards while all those people who are here illegally will get their citizenship without doing a thing."

This is not the case.

Neither the House nor the Senate bills that were passed in response to the national demand for comprehensive immigration legislation offer a free pass to the 11-12 million people living and working in this country illegally.

The House bill is one that purely concentrates on enforcement and the Senate Bill is the one that proposes a guest worker program and earned legalization, along with legal immigration reform and changes. But at the time of writing this article, there was talk of working out a compromise. If new immigration legislation is passed, we will have an article and analysis about this next year.

The one thing that many of our fellow South Africans did encounter this year, was that the quota for H-1B's was reached in record time. H-1B is the nonimmigrant category that permits professionals to come and work in the U.S. It is the category for specialty occupations in which a job has to require at least a Bachelor's Degree related to the work to be performed. In its infinite wisdom, Congress passed legislation a few years back that reduced the number of H-1B's available in a fiscal year from 195,000 to 65,000.*

Granted, the quota was not always that high, but employers became used to the idea of being able to hire foreign employees without having to worry that perhaps a project would have to be cancelled if the cap was suddenly reached. Congress did subsequently concede that numbers were not enough to meet the demands of U.S. employers, so it legislated



A visit to a South African "shtetl" – Heilbron

My wife Jean and I together with my mom and dad, Rhoda and Hymie Gaylis, returned to South Africa primarily for our Wits Medical School reunion, to see family and of great importance and interest to me, to visit Boksburg where my paternal grandparents Bennie and Minnie Gaylis married and started their family, and Heilbron, where my maternal grandparents, Frank and Ida Lotzof, married and started their family. This was an opportunity I could not pass up, a visit to the "shtetl" Heilbron, where my mom Rhoda was born and lived for 18 years.

Some 10 years ago I realized that I and most of my family knew little of their immediate past which prompted my interest in genealogy. Where in Eastern Europe did our grandparents once live, when did they emigrate to South Africa, where and how did they live and what was it like in South Africa when my parents grew up in towns like Heilbron and Boksburg. In July of 2001, Jean and I together with our cousins Lorraine (nee Lotzof) her husband Richard Abramson, Lorraine's late dad, David Lotzof and her daughter Jill visited Latvia and Lithuania. That trip was one of the greatest experiences of my life when we found the shtetls where our family once lived, the home and synagogue of our great-grandfather Avsi Lotzof, and family alive in the shtetl Ludza in remote Latvia. Now the opportunity arose to visit the South African "shtetls" with my folks Rhoda and Hymie.

Off to Heilbron. Mom and her late sister Doreen were born in this little dorp known as Heilbron. We took the Bloemfontein highway to Sasolburg and then to Heilbron. The Lotzof brothers, Frank, Mike and Jack began their farming lives in this town many years ago. I had heard about the cattle farming, Mike being gored by a bull and dying at an auction. Heilbron was the starting point of our immediate family in South Africa. I had heard so much about Mom's life in Heilbron, the farm, her cousins, smoking with the boys at age 4 years (not for long), learning music (both she and Doreen), learning to play tennis with the most unorthodox grip and so forth. Mom was a Free State tennis champion in her day. The other well-known female sports star in our family was Lorraine Abramson, nee Lotzof, who became a Springbok runner and grew up in Reitz, near Heilbron. Lorraine's late Dad, Uncle Dave also farmed nearby. I only got to know Uncle Dave a year before he passed away and will be forever grateful to know this special man. He gave me great insight into my late grandfather, Frank (Afroim – his name in Ludza, Latvia). I got a glimpse from him of how these Lotzof farmers likely were, big strong men who faced great adversity coming to South Africa as young people and made a success of their lives giving our parents and us a foundation to succeed in our lives.



We took a wrong turn and got off the highway, so we had to take the old Vereeniging road to Heilbron. It added a half an hour travel time but we saw some of the country and the great changes in Vereeniging. We passed 3 Rivers on the way, the area where the Shapiro's once lived. On

to Heilbron, we approached the outskirts and mom finally recognized the old mill on the hill. A squatter camp was located at the outskirts of town. We entered the town and mom immediately recognized the roads. Down the main road we traveled looking for the shul. After about a mile we came across a distinguished looking building which was the Heilbron Shul, built in 1912 by the 46 Jewish families of Heilbron. The shul had been converted to a museum called the Riemland Museum. Fortunately it opens on a Tuesday and Friday, we happened to visit on Tuesday. While waiting for the museum to open, we visited late Grandpa Frank's farm, Skietkraal. Mom immediately recognized the farm. All that remained were two sheds and the trees near the stream where she remembered playing. While standing at the gate of the farm, she recalled jumping off a runaway horse at the age of 12 years and breaking her wrist. It was emotionally important for her to see the farm where she spent a good part of her childhood and that belonged to her late dad with whom she was very close.





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About a week before our deadline, I received a call from Midge Kellen. I don't run into Midge too often, but when she had a little restaurant and catering business in downtown La Jolla, I made a few special trips there to eat her incredible food. And last year I bought the most delicious Romany Cream cookies from her during her fundraising campaign (see the 2005 Reporter.) The first time I tasted her food was at a Bat Mitzvah at Congregation Beth Am about 8 years ago. I don't remember too many details of the event other than the catering—brilliant! Midge wanted to take an ad for her catering business whereby she will come to your home, cook for as many hours as you want her to, and prepare an array of dishes for you and your family – this will

be of particular interest to those who keep kosher and cannot find the kind of gourmet foods they want in the store. A full day's cooking will yield a full freezer. I told my son, Clive, that I was talking to Midge and reminded him where he had met her. He told me to tell Midge he would write the copy for her ad.—Ed.

"Midge Kellen put together the best catering I've ever had. I was an intern in the Molecular Biology department at The Scripps Research Institute the summer after I graduated from Torrey Pines High in 2002. Midge catered the reception for new interns. Let me just say that from sushi rolls to the platters of pretty much everything else you can try to think of, the food was perfect. And there she stood, talking

with friends in the invited crowd, and when I was introduced to her I almost didn't believe she'd whipped up the whole thing by herself. But she's it. The caterer. The only one I'd ever seriously consider calling if I were having an event. I've enjoyed eating as much only at the Beverly Hills Hotel and Beverly Wilshire. But Midge is in San Diego. And she could seriously give them a run for their money."

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to create an additional 20,000 H-1B's for the foreign graduates of U.S. universities who obtain advanced degrees in this country.

The fiscal year starts on October 1, and the immigration service will accept applications for the following fiscal year, six months in advance. Thus on April 1 each year, there is the huge rush by immigration attorneys to file H-1B petitions on behalf of their clients to be assured of getting in before the quota is reached.

On May 26th this year, the quota for the 65,000 was reached. Thus, in less than two months and four months before the start of the 2007 fiscal year, that was it! At the time of writing this, there were still about 3,000 H-1B's left for those with Masters' degrees or higher from U.S. universities, but everyone else was out of luck.

The talk is that Congress may legislate to make more H-1B's available during the 2007 fiscal year that starts this October, but meanwhile, many in our SAJAC community have been personally affected by the cap being reached so early.

When it comes to finding ways to move to the U.S. to live and to work, the H-1B is known as the way for professionals to get a foothold in this country. But when faced with the cap situation, it raises certain questions, most importantly, "What other options exist for me?" Typically a short-term solution will be needed, until numbers become available again, but other options should be explored too.

A nonimmigrant visa enables a person to come here on a temporary basis, but not all nonimmigrant visas authorize a person to work here. Nonimmigrant categories are all designated by an alphabetical letter and, in the past, The Reporter has featured articles about specific nonimmigrant categories that permit employment in the U.S., including the L-1 intracompany transferee category, and the R-1 religious worker category. You may not have heard about the O or the P categories, but depending on the person and his or her qualifications and accomplishments, one of these categories may be the right option.

If you are trying to find a way to bring a family member or friend over to the U.S. and you cannot proceed with the option you thought was available (such as where the H-1B cap was reached), it is important to go through the alphabet with your attorney because you may find a solution that you did not expect.

Finally, one question I get asked very frequently, particularly by South Africans with green cards who do not live here, is "Is my Green Card safe if I travel to the U.S. every year to see my family but I continue to live in South Africa?" My advice to them is to make sure they apply for a re-entry permit before they depart from the U.S. because this will permit them

to be out of the country for up to two years, without abandoning their residence. The continued eligibility for permanent resident status rests on the intent of the green card holder. The green card holder must have the intent to live permanently in the U.S. If they are away for six months or more, they have the burden of proof that they did not intend to abandon their permanent residence, and if they are away for a year or more, they are presumed to have abandoned their intent to live here.

The post-9/11 Patriot Act talked about this issue and it may come to pass in the future that the immigration service no longer accepts re-entry permits and will impose stricter requirements on green card holders to actually live in the U.S. But this is not the case right now.

*This number is reduced by 6,000 because 3,000 H-1B's are set aside each fiscal year for the nationals of Chile and of Singapore based on an agreement concluded with each country and President Bush.

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- The employees dance in front of the building to show how unhappy they are
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- You get cold easily. Anything below 16 degrees Celsius is Arctic weather
- You call a bathing suit a "swimming costume"
- You know what Rooibos Tea is, even if you've never had any
- You can sing your national anthem in four languages, and you have no idea what it means in any of them
- You know someone who knows someone who has met Nelson Mandela
- You go to "braais" (barbecues) regularly, where you eat boerewors (long meaty sausage-type thing) and swim, sometimes simultaneously
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H.O.P.E.

BY MAYA AMOILS

As a group of teenage girls growing up in Cincinnati, Ohio, where everyday materiality is often taken for granted, we realized just how lucky we are to have the lives we do. Knowing that others aren't quite as fortunate, we decided to give back and so began our non-profit program, H.O.P.E. (Help Other People Endure)

In the spring of 2003 our intentions began to manifest. My parents, Drs. Steven and Sandy Amoil, are from South Africa, and my aunt and uncle, Chris and Carol Anne Mumby, own the Little Switzerland Resort in the Drakensberg. Carol Anne had long desired to help the residents of the nearby village of Langkloof. Langkloof is a village that has been ravaged by poverty, malnutrition and AIDS. We feel that it is impor-

tant to view AIDS from a global perspective. Not only does this disease affect third world communities, but it is costing millions of American and global health care dollars. This generation of children is more likely to continue in the cycle of disease and poverty unless we give them the tools necessary to make a change. A natural partnership between us developed.

Excited by our new plans, we sold t-shirts at our school. In 2004, I traveled to Langkloof with clothes, toys and the \$2,000 we had raised to meet the kids. In conjunction with my aunt and uncle we developed a feeding program that we could fund to provide the orphaned children of Langkloof with one substantial meal per day. I returned to America more enthusiastic about H.O.P.E. than ever before. I told my friends about my experiences with such passion that they too were eager to make an even bigger difference. Our goal was to raise \$5,000 to build a playground for the children in 2005.

In 2005, people were so supportive of what we were doing that we soon surpassed our goal by \$145,000. Our ideas began to grow and we soon felt responsible for uplifting the entire community of Langkloof. Our feeding program rapidly grew from 60 children a day to 350. In addition, we created a non-profit organization in South Africa to carry out the work, and a special fund at The Health Foundation Fund to pay for the work.

Our 3-Year Goal which we know we can accomplish are:

- Continue feeding children of Langkloof one substantial meal every day.
- Continue renovations adjacent to pre-school and playground in order to create a community center where children can learn, be fed, play and be cared for in a safe, friendly environment.
- Community center will have running water, flushing toilets and improved kitchen area to serve the daily meals.
- A security fence will be installed in order to ensure safety and protection of the property.
- To improve the vegetable garden to create a hydroponic tunnel so that vegetables can be grown year round.
- To build a chicken coop that will provide chickens and eggs for the feeding program.
- This will enable us to teach the children about agricultural self-sufficiency at an early age.
- Continue yearly trips with H.O.P.E. members in order to provide real-life role models for the children that will encourage the importance of education, AIDS prevention, and provide aspirations to break the vicious cycle of poverty and disease.
- To develop a working farm and install an irrigation system on the 125 acres of land donated by Christopher Mumby which will belong to the community.
- This will employ approximately 125 members of the Langkloof community, boost the local economy, and ultimately its profits will be able to sustain the Langkloof community center and feeding program.

Our Dreams which we hope can come true:

- To provide adult education classes that will include hygiene, AIDS awareness and English literacy at the Langkloof community center.
- To provide financial aid and education scholarships for selected children.
- To provide improved medical services for the local community.
- To replicate our project in similar, nearby communities.

In order to achieve our 3-year goals and make this project self-sustaining we will need to raise an additional \$300,000. Everyone can help with a small commitment.

Please help make a huge difference in the lives of these children. You can help to create a successful, self-sustaining community, which will serve as a model for future projects. We believe that together we can make a difference in this world.

Tax-deductible donations may be made directly to:
The Health Foundation Fund—H.O.P.E Project
c/o BeneFactorsew, 312 Walnut Street, Suite 3560, Cincinnati, OH 45202

To volunteer or for information on getting involved with H.O.P.E., contact a H.O.P.E. member at SouthAfricaHOPE@aol.com or visit www.SouthAfricaHOPE.org.



high clarity

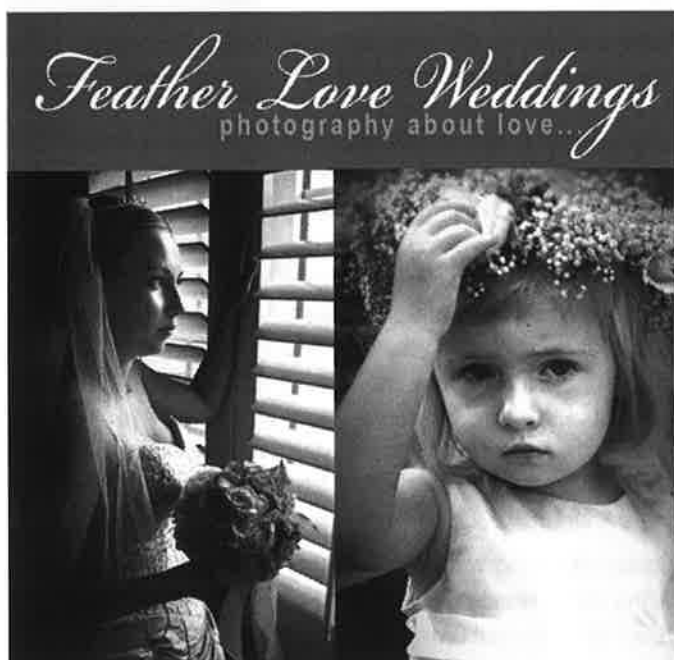
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It's the Service that Counts



First Modern Orthodox Congregation in San Diego

BY SELWYN LURIE

Kehillat Ahavat Yisrael (Congregation for the Love of Israel) was started three years ago by a small group of former South Africans who felt there was a deep need in Carmel Valley for a modern orthodox congregation, not previously available in San Diego.

Although congregants were initially South Africans, they now comprise not only U.S.-born citizens, but families from Mexico, South America, Israel, and other countries, as well as the original core of South Africans. All persons are very welcome irrespective of past backgrounds or affiliations.

The first Friday night service was held on June 13, 2003 (Shabbat Sivan 14, 5763) at the home of Michael & Vanessa Lurie at 4708 Keswick Court in Carmel Valley and three weeks later on the Hazaka of the congregation, the first siddurim were donated. These were the brown covered Artscroll siddurim as at that stage we did not know that the prayer for the State of Israel was excluded from these books. We subsequently purchased only the black covered Artscroll siddurim which are identical except that they include the prayer for the State of Israel.

Weekly Friday night services continued at Michael and Vanessa's home until the end of January, 2004 with Michael giving the drosha, explanations during the service, etc. and Gary Lewis acting as chazan. As at that stage the congregation had grown too large to be accommodated at Keswick Court, it was decided to relocate to more spacious premises. Negotiations with the San Diego Jewish Academy (SDJA) resulted in a lease being concluded for services to be held in the Bet Midrash of the SDJA's Carmel Valley campus from February 1, 2004 from which date Shabbat morning services as well as services for all Chagim have also been held.

During 2004, Kehillat Ahavat Yisrael was registered in Sacramento as a religious non-profit corporation and also with the Internal Revenue Service (IRS) and State of California Franchise Tax Board so that all donations to the kehilla are tax deductible.

A Sefer Torah was made available on loan from one of the members and during this period a large quantity of siddurim, chumashim and machzorim were donated. A new Sefer Torah was subsequently donated to the congregation when a Siyyum Hatorah was held to mark the occasion. At that stage an Aron Hakodesh and a Ner Tamid were also donated.

Rav Menashe East was appointed Rabbi of the congregation in August, 2005 when he and his wife, Donna, were welcomed to San Diego. Raised in New York, Rav Menashe and Donna East are protégés of the renowned Rabbi Avi Weiss, Rabbi of the Institute of Riverdale and founder of Yeshivat Chovevei Torah, one of the most exciting new innovations in modern Orthodox Rabbinical schools in recent years.

Kehillat Ahavat Yisrael stands apart from other congregations in San Diego by following the path of modern Orthodox Judaism.

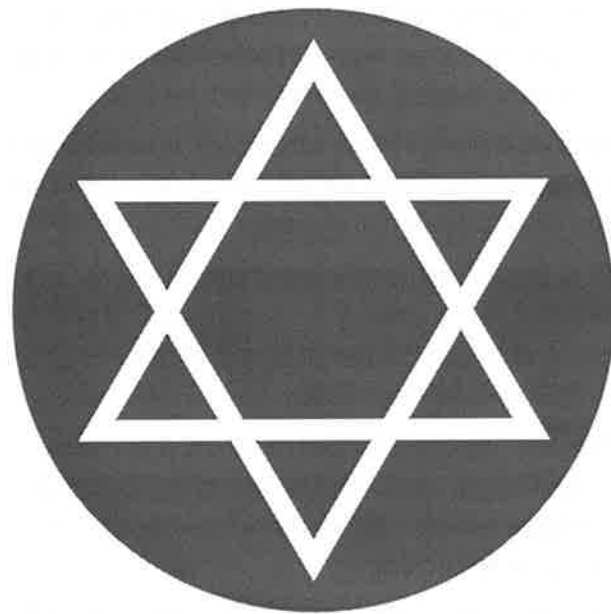
- We align with the modern Orthodox movement, represented by Edah in the United States and the moderate religious Zionist movement in Israel.
- We are deeply committed to Torah and halacha (Jewish law) and believe in continual adaptation and innovation within that halachic framework. For example, modern Orthodox leaders are pioneering a new vision for the role of women within the community.
- We believe in playing a full role as leaders and participants in society, including business, politics, academics, the arts and sciences, and value secular knowledge and education.
- We are deeply committed to the State of Israel, and see the creation of the State of Israel as a result of divine providence. We're strong proponents of aliyah, and of full participation in building the state, including service in the Israel Defense Forces.
- We believe in the unity and respect the diversity of Klal Yisrael—all the Jewish people - and join with our brothers and sisters of all denominations in loving mutual acceptance to work together to build the future of the Jewish people.

We are a small, informal, close community. We share each other's lives, joys and sorrows, learning together, celebrating together. We welcome visitors and new members, and want to create a loving, caring kehilla where everyone feels accepted, nurtured, supported and appreciated.

As the only modern orthodox congregation in San Diego, our philosophy and services are similar to those to which South Africans have been accustomed as against the more extreme black hat orthodox concept where the land of Israel is accepted but not the State of Israel.

In addressing the congregation on the third anniversary of the kehilla, Rav Menashe emphasized that "until 3 years ago, there was not a kehilla that encouraged your kids to lead a full Jewish life while pursuing a degree in electrical engineering or an MBA. There was not a community that opened its arms to all types of Jews, reform, conservative, unobservant, atheist and said you have a place here implicitly, uncondition-

**L'SHANAH TOVAH
AND WELL OVER THE FAST
TO ALL SAJAC MEMBERS.**



“MAY WE ALL BE
INSCRIBED FOR A HAPPY,
HEALTHY NEW YEAR!”

ally. This is a place that appreciates the need to fully engage in many worlds at once; a place that encourages its congregants to do business with their kippot proudly on their heads; to play sports like a ben and bat Yisrael. Here, we sanctify the secular.

Until three years ago, the San Diego Jewish community had not had a working partnership from all the denominations. This community came in and said: 'if we want Judaism to thrive as we know it, we must all work together'. Rather than offend and divide the Jewish community, this Kehilla has been educating. When the musical festival recently began on Shabbat, our participating congregants expressed their upset at that basic insensitivity. Our local pluralistic, community day school would not have an Orthodox rabbi on staff if not for this kehilla. Until three years ago, this community did not have the advocates and teachers of awareness and communal dialogue as it does now. This kehilla raises the sen-

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Photocharity has been interactive with the homeless children. Based on the feedback from the Storefront staff and the kids themselves – Photocharity has provided and funded many programs. These include an after school music program, called TNT (Thursday Night Teens). Many original songs have been written by the children and have been featured on a debut CD. The lyrics of many of the songs are profound and moving. Some Photocharity volunteers bring their skills and knowledge to help mentor or teach art, music etc. It is astounding and

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heart-warming to witness the transformation that some of these children experience. Sometimes as dramatic a change as going from being suicidal to radiating life with future promise.

The Storefront does some wonderful work. However, it is an Emergency shelter featuring 20 beds, where the children can live for a period of up one year only or until they reach the majority age of 18. In order to provide a home beyond a year for those that show great promise through their actions



– Photocharity with SDYCS has committed to buying and refurbishing a home near the Storefront to accommodate the longer term needs of about 18 children.

Photocharity will raise the money for the building, conversion and the cost of operating the programs in this home tentatively called the “Photocharity House”. It is estimated to cost about \$1,000,000 to buy and renovate the

building and about \$600,000 a year to fund its operations, which will include individual mentoring, arts and music programs. It will take approximately \$18,000,000 to fully endow the operations and programming for the House.

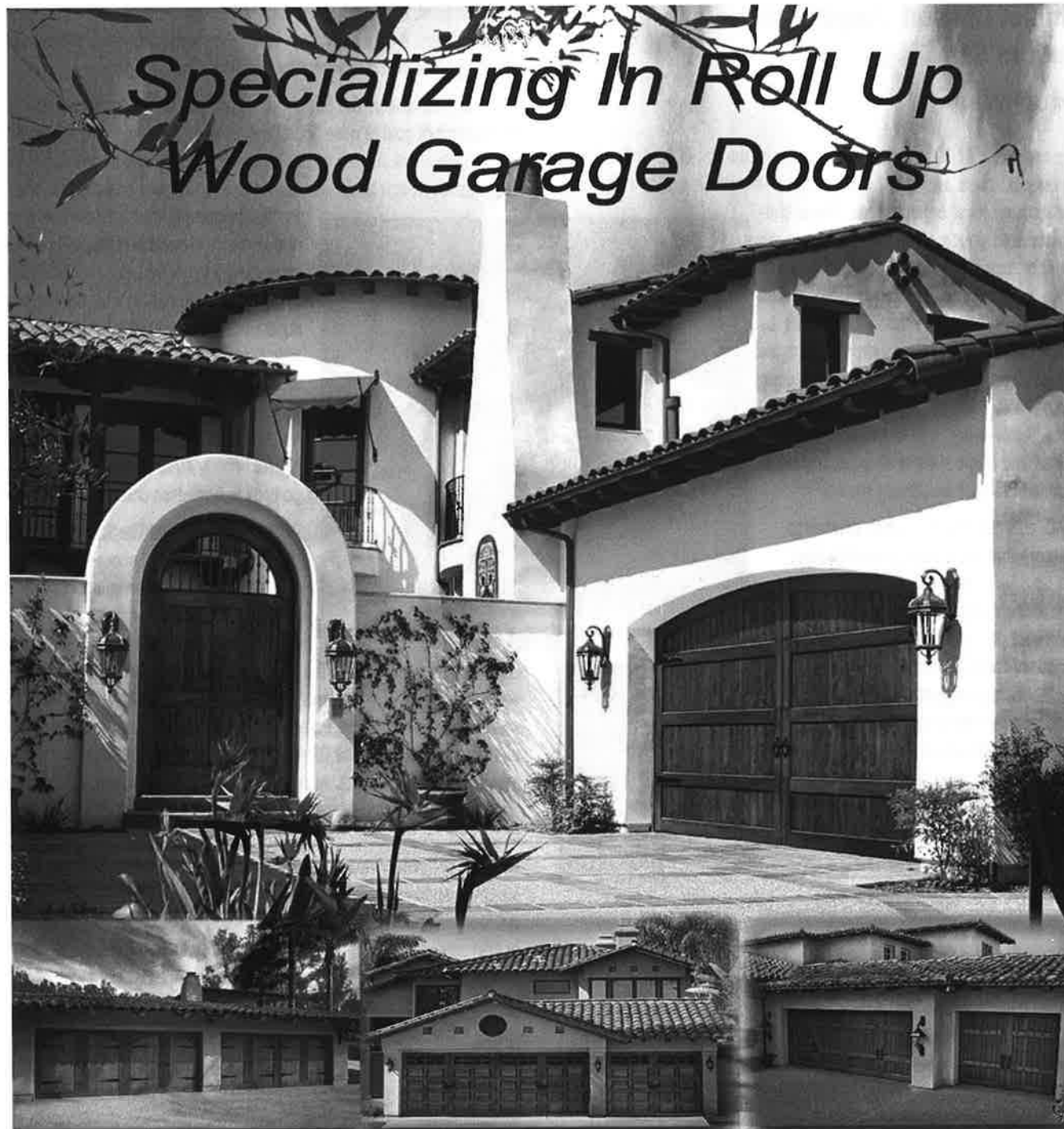


There have been several South African expats who have volunteered with Photocharity during the past five years. Personally, I am very proud to be part of the organization since Day One and have served on the Board of Directors for four years. I presently serve as its Planned Giving Director. My mission is to encourage those with means and who are touched by children’s issues to take action. Contact us to schedule a time to visit the Storefront to see it first hand – it can be a life-changing experience. Please, let us know if you would like to be involved, either by volunteering your time or by making a present or future gift of property. It may become the foundation to the endowment or help pay for breakfast for the kids for the coming year.



Contact information: www.photocharity.org
Jeffrey Sitcov, Founder: 760-967-3665
Hillel Katzeff, Planned Giving: 858-550-0425

Photos starting at top left: Eve Seles and her band; Ron Marcus and Linda Katzeff at the fund raiser on April 30th; Jeffrey Sitcov - Photocharity founder listens to event program on stage at Humphreys; Headliner Tommy Castro on stage with Rachele Danto and some of the Storefront youth; Eve Seles and her band. All photos by Hillel



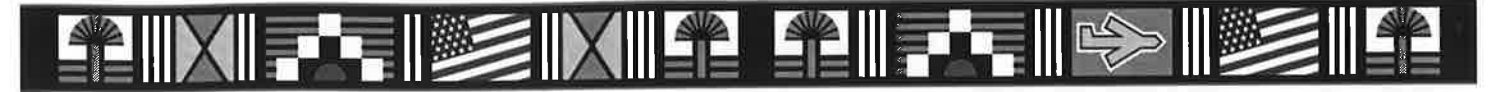
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sitivity for the mitzvot ben adam lechaveiro, between person and fellow person...

Until 3 years ago, not a single entire orthodox community, rabbi and congregants, in San Diego recognized the divinity of the State of Israel. On Shabbat morning, no one else faces G-d with the doors of the Holy Ark wide open, saying: 'We are living in Messianic times and our brothers and sisters in Israel are fulfilling the Messianic dream. So G-d, You must bless that land!' No other shul would say a prayer on behalf of our Chayalim and Chayalot; our 18 year old children defending our Homeland with their lives, for us.

That is why this Kehilla is so vitally important and why everyone here is so important for Judaism as we know it!"

The Board was appointed from the founders of the congregation as follows:

President: Michael Lurie

Marketing: Ian Aires

Programs: Gary Lewis

Catering: Barbara Lurie

Finance & Administration: Selwyn Lurie

Membership & Fundraising: Geoff Patz

Services are held on Friday nights at 6.30 pm and Saturday mornings at 9.30 am.

It is planned to hold a general meeting of members before the end of 2006 to adopt a new constitution and bylaws to take effect from January 1, 2007, the beginning of the new financial year.

Details of learning programs and community activities and other information are included in our weekly email bulletin sent to all members and friends of the kehilla. Rav Menashe may be contacted at (858) 605-1111.

When asked how he liked working with a bunch of South Africans, Rav Menashe responded "The South African community has made me a believer in the potential of the San Diego Jewish community. You can be a stranger in a strange land and still effect mighty change and growth. These South Africans, more accurately—these Jews—are builders."

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Gimulet Chesed: Helping Homeless Youth in San Diego

BY HILLEL KATZEFF

There are about 2,500 homeless children under the age of 18 in San Diego with only 30 beds available for these homeless youth on an emergency basis through local organizations. These children, some as young as 12 or 13 and through no fault of their own find themselves having to survive on the street. Some are from broken homes where they have been kicked out by abusive parents. Many are on drugs; some are gay and some use "survival sex", prostituting themselves to make it from day to day. These are the "throw-away" kids of our society. It is a very sad and tragic statement, especially since the United States is an affluent society.

SAJAC, as a community, is truly blessed to have more than most and the families that make up SAJAC have chosen to live in San Diego as their adopted home. While it is a magnificent part of the world, reminiscent of the splendor of Cape Town, we must be mindful of the many problems that exist here – and that affect our own lives. Many of us have not lost sight of our good fortune and what we can do to help others in need. Many are making a difference by giving back with acts of "loving kindness."

Photocharity, a not-for-profit, 501 c 3 organization is an example of one such organization that is made up of volunteers (like myself) and is tackling the problem of homeless youth in San Diego head-on.

Founded over five years ago, by Buffalo, New York, transplant Jeffrey Sitcov, the organization has steadily been growing. The original idea was to raise money and awareness through auctioning off photographs of celebrities – hence the name Photocharity. The name stuck; now it has come to mean bringing "light" and hope to homeless children.

Jeffrey and I met 15 years ago when we both were volunteering. We instantly become good friends. Anyone meeting him for the first time realizes that his enthusiasm, passion and drive for causes he believes in is deeply rooted. Children's issues have personally affected him, as it has for many of us. "They are our future!" Sitcov says of children. After extensively researching and conducting due diligence on various organizations whose missions are to help children in San Diego, Photocharity partnered with

The Storefront, a 20-bed emergency shelter for children under the age of 18 in Hillcrest. It is part of larger non-government, not-for profit called San Diego Youth and Community Services (SDYCS).

The relationship with The Storefront began over five years ago, with Photocharity's goal to raise \$5,000 using a music concert featuring local talent and a silent auction designed to raise money and awareness to the organization. Much to our surprise over \$35,000 was raised! From that

modest beginning, Photocharity has organized annual "Concerts of Hope" events at increasingly larger venues. The April 30th, 2006 event at Humphrey's on Shelter Island raised over \$150,000 with over a thousand people in attendance. Cumulatively, since its formation, Photocharity has raised a staggering \$1,500,000! The organization has grown and includes its first employee. Approximately 79% of the gross revenues go back to homeless children in San Diego.

Photocharity selected The Storefront because of their reputation and success in helping to place homeless children in a long-term safe environment. The Storefront pioneered an outreach program, which has been copied by

other communities around the country. It involves training and dispatching volunteers nightly to find the homeless kids and offer them everything from, sandwiches to socks and from condoms to the safety and relative comfort of a dormitory bed at The Storefront. Usually, it takes a while to build up a friendship with these kids who are victimized on the streets and who sadly come to realize that they seemingly can't trust anyone. Since they are kids, they dress like any other kids and are "invisible" to most people. The trained outreach volunteers wear blue windbreakers to differentiate themselves from others when they patrol the streets of San Diego at night. The homeless kids get to know that these are people that can be trusted and that won't abuse or take advantage of them. Two years ago, Photocharity bought the van that is used by the Outreach volunteers, who are sometimes not much older than the homeless youth themselves.

Once the homeless children are safely in the Storefront, professionals evaluate them. They may stay at the Storefront so long as they don't use drugs and must either attend the Monarch School or earn their GED (high school equivalence diploma) – and not break other common sense rules. Photocharity has paid for the breakfast of these children during each of the past five years and has funded the salaries of social workers.



Eve Seles & her band perform at the Photocharity event



Hillel Katzeff and Ron Marcus – two of the many Photocharity volunteers working at the event



Headliner Tommy Castro on stage with Rachele Danto and some of the Storefront youth



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Shul committees should be made up of three members, two of whom should be absent at every meeting.
2. Sign over the urinal in a bathroom at Hebrew University:
"The future of the Jewish people is in your hands."
3. My mother is a typical Jewish mother... Once she was on jury duty. They sent her home. She insisted SHE was guilty.
4. Any time a person goes into a delicatessen and orders a pastrami on white bread, somewhere a Jew dies.
5. It was mealtime during a flight on El Al. "Would you like dinner?" the flight attendant asked Moshe, seated in front. "What are my choices?" Moshe asked. "Yes or no," she replied.
6. An elderly Jewish man is knocked down by a car and is brought to the local hospital. A pretty nurse tucks him into bed and says, "Mr. Gevarter, are you comfortable?" Gevarter replies, "I make a nice living..."
7. A rabbi was opening his mail one morning. Taking a single sheet of paper from an envelope he found written on it only one word: "shmuck." At the next Friday night service, the Rabbi announced, "I have known many people who have written letters and forgot to sign their names, but this week I received a letter from someone who signed his name... and forgot to write a letter.
8. Three Jewish women get together for lunch. As they are being seated in the restaurant, one takes a deep breath and gives a long, slow "oy." The second takes a deep breath as well and lets out a long, slow "oy." The third takes a deep breath and says impatiently, "Girls, I thought we agreed that we weren't going to talk about our children."
9. And one final favorite: A waiter comes over to a table full of Jewish women and asks, "Is anything all right?"

Pamela's 60th Simchat Chochmah Celebration – June 4th, 2006

BY PAMELA NATHAN

On June 4th, 2006 I celebrated my 60th birthday with a Simchat Chochmah ceremony that was conducted at Beth El Temple in La Jolla. Rabbi Phillip Graubart officiated the ritual, together with Cantor Deborah Davis and the San Diego Men's Choir accompanied by Rhoda Gaylis. They provided the music and uplifting spiritual songs and psalms throughout the ceremony. As Marcia Spiegel, says: "If we don't mark the milestones in our life with a celebration, it is as if these life passages never happened."

Many have asked – What is a Simchat Chochmah? A Simchat Chochmah, translated from Hebrew to "Joy of Wisdom", is a ceremony to celebrate the transition from mid-life, as you could call it, to more 'mature' years, years of mastery so to speak. It was actually really strange for me to think about myself as having reached my "mature years". I still feel like a kid inside and continue to wonder what it's going to be like when I grow up.

"Timbrels and Torahs, a documentary film, was my inspiration. I saw it 6 years ago, if you can believe it, at the local Jewish Film Festival. At that time, I left AMC theatres in a flood of tears. I was so moved emotionally by what I had seen that I made an internal commitment to myself at that time. I wanted to have a ceremony like that when I turned 60.

The first woman to create the ceremony was the late Savina Teubal, a biblical scholar and founding president of 'Sarah's Tent', in Southern California, in 1986, together with Rabbi Dvorah Setel and Debbie Friedman, the well-known Jewish singer and songwriter. The ceremony was based on biblical stories and in it Savina included reading from the torah, a blessing, a name change, a tree-planting ceremony, and an acceptance of mortality, for which she chose to put on a kittel, the traditional burial garment, to acknowledge that this celebration was also the beginning of the last chapter of her life.

I followed Savina's ceremony in all its aspects except the name change. Firstly, I read from the torah. What a truly inspiring experience that was. As Rabbi Graubart gently rolled out the torah scroll, I proudly identified the portion that I was to read, even without the vowels present. I realized then how much I had learned during my time of preparation. The melody filled the sanctuary. Wow, for the first time, I could really sing!

Then my family, all 40 members present, who had come from far and wide – Australia to New York, all gathered under my mom's beautiful hand-embroidered tablecloth to receive their blessing. Tears streamed

down my mom's face when I called her up to pay tribute to her, reading the beautiful words that Bella Suchet had written about her when she celebrated her 90th birthday 4years ago.

I had vacillated with idea of changing my name for quite some time. Then, as it would happen, about a month before the event, I emailed Miriam Chaya, one of the ladies who was interviewed in the film. Miriam stood out in my mind as she had a strong and clear message. I knew I could count on her for sound advice. My main question to her at the time was – "Miriam, I understand the meaning of the kittel and why I will be putting it on, but, what do I talk about at that time of the ceremony?"

Her response to me was simply to put on my kittel and meditate while I was wearing it. That was easy as I have had a strong meditation practice for the past 33 years. I immediately did what she recommended. The experience was monumental. Almost immediately, I reached a profound and deep meditative state and had a 'déjà vu' of a previous time being in a huge house on Linksfield Ridge, Johannesburg. That was followed by a clear vision of my grandmother, Pesel, after whom I was named. There she stood, larger than life. There was to be no name changing, it was as if she was there to remind me of that. Then my late grandfather and my late dad, who had passed away 38 years ago, appeared as the image of Pesel dissipated. The Hebrew letters inscribed on my dad's tombstone poured out in a magnificent, luminous stream.

Instantaneously, it all came together. It became very clear to me why I was so drawn to having the ceremony in the first place. Here was the driving force behind it all. It was my way of reconnecting to my heritage, both on a personal and spiritual level. I could see myself clearly in my family lineage.... Here were those who had passed on before me and here were those descendants who were to follow. What a profound experience. Thank you Miriam!

Can you imagine my delight when Miriam responded positively to my invitation to come down from Berkley to be present at the ceremony? She was the crowning glory, the cherry on the top of the cake. She arrived on Saturday, the day before the ceremony. We bonded instantly. It was as if we had known one another in a previous lifetime. By the time Miriam left on Monday it was obvious to me that this was no chance meeting. She has become a mentor to me. She is someone who is leading me towards greater spiritual depth and understanding. Maybe this the real reason for the ceremony?

The ceremony was followed by an afternoon tea party also held at the Beth El. The hall was filled with delicious foods, playful dancers and a cacophony of sound that was created by the intense 'schmoozing' of 150 odd guests, who were catching up. Some of them had not seen one another for 15-20 years.

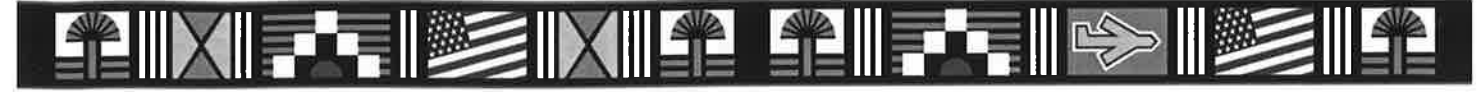


For one brief moment, I looked around me and marveled at what I saw. I have lived in San Diego for 28 years. Here was my clan, my community of people, both family and friends, all connected together as a result of knowing me. This feeling of connection ballooned even further when I presented a slide show of photos that I had taken of all the people who were present, at some time in my 60 years of knowing them. Scanning the photos and compiling the collages was a time-intensive 'labor of love', to say the least. It took endless hours to complete. But, it was worth every minute. It was my way of saying 'thank you' to everyone for being present to bear witness to this special event that was so meaningful to me.

I have to admit that a 'shift' has occurred in me since the ceremony. Its hard to put my finger on its full implication, which I'm sure will unfold as time passes. I do find myself feeling more 'present' in every moment. I also find myself singing my torah portion while I'm driving – proudly acknowledging that I am a descendent of a Cohan and reciting the 'Birkat Cohanim' with verve.

I certainly hope that more women in San Diego will be encouraged to mark their life transition with a Simchat Chochmah ceremony. I look forward to this rite of passage, which allows women to participate in Jewish rituals, becoming a part of mainstream Judaism just as baby namings and Bat mitzvahs are accepted rituals for girls today.

SAJAC will soon be hosting an event where Miriam will be in town to present her movie that was the source of my inspiration. We will send out an email to let you know when and where this will be.



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