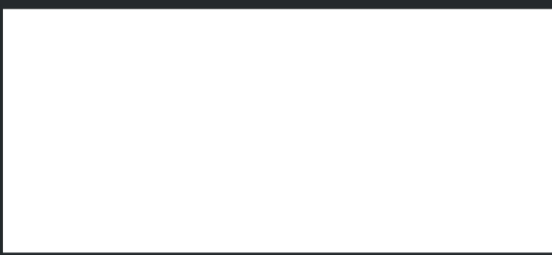


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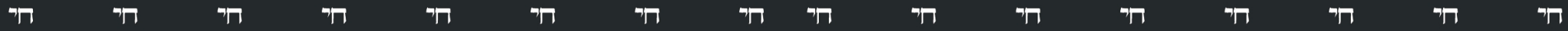
 **SAJAC**
REPORTER

2009



22 Years —
Still Relevant

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The Boer's Dictionary of Computer Terminology

Bit: What mosquitoes did

Byte: What mosquitoes do

Chip: A bar snack

Cursor: The old bloke who swears a lot

Dot Matrix: Oom Jan Matrix's wife

Download: Get the firewood off the bakkie

Email: What the Zulu-speaking maid calls post from the postbox.

Floppy Disk: What you get from lifting too much firewood at once

Hard Drive: Trip back home without any cold beer

Hardware: Real stainless steel knives and forks from Checkers

Internet: Complicated fish net repair method

Keyboard: Where you hang the bakkie and bike keys

Laptop: Where the cat sleeps

Log Off: What you do when the braai is too hot

Log On: How you make the braai hotter

Mail Server: The bloke at the pub who brings the lunch

Mainframe: What holds the shed up

Megabyte: What mosquitoes at the lake do

Microchips: What's left in the bag after you've eaten the chips

Modem: What you did to the lawns

Monitor: Keeping an eye on the braai

Mouse: What eats the grain

Mouse Pad: Where the mouse takes the grain it does not eat

My Space: Your seat at the rugby match

Netscape: When fish maneuvers out of reach of net

Network: When you have to repair your fishing net

Offline: When the pegs don't hold the washing up

Online: When you get the laundry hung out

Resolution: What Van Der Merwe breaks the day after New Year's Eve

Screen: What you shut in the mosquito season

Search Engine: What you do when the bakkie won't go

Server: The person at the pub who brings the lunch

Software: Plastic knives and forks you get at Steers

Speaker: The bloke at the pub who stands up to make a blerry speech

Upgrade: A steep hill

User: The neighbour who keeps borrowing things

Web: What spiders make

Website: The shed (or under the verandah)

Windows: What you shut when it's cold

Yahoo!: What you say when the bakkie does go



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From the Editor's Desk

By Brian Marks

Every year as I sit at my computer to write the editor's message I always search for a pearl of wisdom that will blossom into an idea that has relevance to the SAJAC reader. This year it came easily. While looking for relevance, I thought why not write about relevance itself.



It is no secret that some people feel that SAJAC has run its course. After all, through assimilation, SAJAC has dissolved in many cities that once supported strong organizations and these cities have not fallen off the edge of the earth and dropped into the sea. But these communities have lost something that had meaning and vitality. By keeping SAJAC buoyant and relevant, San Diego is stronger for it.

No, SAJAC is not the same as it was 20 years ago. It does not hold braais and tennis tournaments anymore, but by reshaping and retooling, the organization has matured and remains extremely relevant today. It still welcomes newcomers every month. The anniversary party last year was attended by hundreds of people who relished the opportunity to gather and reassert the essence of community that still nestles strongly in all of us.

But to really assess its relevance, talk to the many who have found a job through SAJAC, or have received financial assistance during hard times or the bereaved who have had an enormous support group to hold their hand through dark and sadder days. Missions change and as time marches along, the role of any organization is to shed its skin and remain relevant.

Yet through all of this, one thing has remained a constant. The SAJAC Reporter has been a window to this community for over 20 years. Somehow, as if by magic, it turns up in mail boxes around Rosh Hashana every year. Reporting, telling stories, reciting poems, recalling history, remembering loved ones, and celebrating the new. I am extremely proud to be associated with this publication and would like to thank the tireless cast of characters who get this publication produced every year. Thank you. Thank you.

A Message from the President

By Moira Berman



I am constantly amazed that SAJAC is my "one-degree of separation" when I hear a South African accent, and suspect the person may be Jewish and then ask if they know about SAJAC. We may know no one else in common but we immediately bond over the SAJAC connection! And we try for another 20 minutes with "do you know...?", "Are you related to ...?", "Well, when were you at Wits...", "Maybe your parents remember..."

That may be the entire conversation, and we may never meet again, but we had such fun for that brief period. And if we do find a common friend in SAJAC then that is the icing on the cake and we can each go our own way con-

tented that "we figured it out."

Of course, SAJAC is much more than finding mates from the old country, as satisfying as that is. SAJAC is about community in general and reaching out to individuals who need services in particular.

In 2007, we asked the question: Is SAJAC still relevant in the community — since the South African Jews seem to be pretty well settled in San Diego? The answer then still resonates now: SAJAC's roles in the community and the services it offers may evolve over time but every year there are needs that would go unmet if not for SAJAC.

Particularly now, financial and other assistance in the form of *Gemilut Chesed* (Acts of Kindness), home-cooked and delivered meals during family illness or loss are ever more welcome.

The newcomer teas to welcome the newly arrived, and the email blasts that continue to keep us connected and up on events, as well as connecting potential employers and employees are all gratefully received.

These services, performed by the ever-willing volunteers make us realize each year just how relevant this organi-



zation is.

Two events from 2008 need a mention: one was a sad event and the other a celebration. Yet both were vivid examples of people coming together to support the community at a meaningful event.

In September, we learned that David Beryl Shapiro had passed away tragically and the whole community came together. Initially, Rabbi Zalman Carlebach was proactive in notifying SAJAC about David's passing. He graciously co-ordinated with David's family in South Africa and Northern California, and officiated at the orthodox ceremony for this terminally ill and penniless, *yiddische bocha* whose dying wish was to be buried with an orthodox ceremony.

And it was achieved all through word of mouth!

Avra Kassar notified Felecia Mandelbaum about the unfortunate circumstance. She, in turn, was instrumental in liaising with Jewish Family Services to provide additional funding, over and above what our SAJAC members had sent in anonymously to support our endeavor. With less than 24 hours notice, 10+ men, perfect strangers, showed up in Imperial Beach, in the middle of a work day, to provide a minyan for our fellow ex pat. Rabbi Carlebach in his eulogy confirmed that the greatest mitzvah that any Jew can perform is 'burying the dead' as there is no way that mitzvah could be returned.

In November, SAJAC celebrated its 21st birthday in style at the home of Pierre and Susie Lotzof. The guests were a veritable who's who in the local Jewish Community and 35% of attendees were not even ex-South Africans. We had representatives from many Jewish organization including UJF, JFS, Jewish Community Foundation, AJE, Seacrest Seniors, and the Chabad Center.

We were thrilled to see Leah Levin, our first SAJAC president, and her husband, Neville, who came down from L.A. Of course the evening could not have happened without our volunteers. Avryl Simon, Brenda Jacobs and Suzie Lotzof went beyond the call of duty to organize the event – from venue decoration, tables, and backdrops, to food. Thank you to Charles Ruben, Rachel and Sammy Barnes & Martin Pamensky for food donations, Dalia Brandt and Ilana Goldstone for decorations, Howard Schachat, Milton Krasner, Hillel Katzeff & their band as well as Drum Café for entertainment, Niki Saloner for sponsoring the magician and to Pamela Nathan for making it all happen! Incidentally, the party was covered by Jewish Journal as the lead article in their April issue.

When 2008 ended, many were looking forward to, "ushering in a new year that economically would be a vast improvement over the previous year" – in particular

the last quarter.

The SAJAC AGM included a guest speaker from San Diego Private Bank – Robert Armstrong – talking about the economy and trying to answer the questions of why and how the financial system let us down, and what was the way forward. SAJAC ushered in changes as well: a new President, with Pamela Nathan as Vice-President and mentor to make sure things continued to operate smoothly, and for which this President is forever grateful.

The AGM itself was very informative, and although Robert couldn't wave a magic wand to correct all the financial ills, he was able to give a perspective on how the financial system downward spiral occurred and give some suggestions for keeping one's finances secure during the downturn – I don't think it was officially the "deepest recession" till the following week!

Everyone who attended the meeting had the opportunity to hear about *Gemilut Chesed* achievements, as well as the policies and guidelines in place for responding to requests for assistance. The thoughtful questions were an indication of the importance that members place on this worthwhile foundation. Suzanne and Brian Marcus shared their knowledge as they share of themselves in running *Gemilut Chesed*.

New in 2009 is the Singles Club for the Jewish Boomer Generation. This group – JSSD – spearheaded by Dale Philips, has taken off like the proverbial rocket, and points to the previously unmet need for a social club for singles to meet and enjoy physical (walking) and cultural (theater, music) activities in an environment devoid of the pressures of dating.

There are many more volunteers who give of their time to make SAJAC the successful organization it is. Singling out just a few who have gone above and beyond the call of duty for SAJAC, either on their own or with teams that they organize, I would like to recognize: Avra Kassar, Michael Hess, Glynne Weiner, Tanya Freedman, Celia Levy, Ilana Goldstone, Alan Lopato, and Selwyn Isakow. And Pamela Nathan for tirelessly organizing, and ensuring that volunteers are set up for the variety of needs, and augmenting or filling in herself when there is a shortage of volunteers.

I also thank the always-excellent Board of Trustees for their time and expertise. As always, SAJAC's success depends on the sum of the volunteers. A small group keeps SAJAC functioning for the many, and the "many" is becoming the "older" generation. It will be exciting to see how the younger generation can take SAJAC in new directions as they discover that their roots are tied up in this fascinating South African Jewish American Community.



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Navigating the College Application Process

College Advice Learned the Hard Way from an Immigrant High School Student

By Danielle Freedman



SATs, ACTs, SAT IIs, extracurricular activities, special interests, unweighted or weighted GPA — the list of college application necessities could go on to fill hundreds of pages. As a newcomer to the college process, it is very stressful and overwhelming.

For most immigrant children, our parents know nothing about the

college application process in the United States. They had one of two main choices, either University of Cape Town if they lived in Cape Town or Wits if they lived in Johannesburg. Well here in the United States, we have thousands of colleges and so many choices.

You must decide if you would like a big, medium or small school; a school in a main city or one in a small college town; what your majors will be; whether you want a large Jewish presence or if you are okay with going to a Catholic denominational school? The questions posed to us in our last years of high school are difficult, confusing, and just downright scary.

This year, I will be entering my final year in high school as a senior at the San Diego Jewish Academy — a private Jewish school in Carmel Valley. My family moved to San Diego when I was eight years old. Both parents knew nothing about the American school system, and to this day, it is still a major learning process.

As I am almost done with high school, I have come to realize that if I had only known a few key elements before I started the actual college application process, I could have saved myself, my sister, and my parents a lot of agonizing hours and money. Here is a short list detailing

things I WISH I would have done prior to my senior year:

1. Upon approaching high school, one has to realize that **from here on out, it counts!** Everything adds up — if you get a C on an assignment, that may weigh heavily on your overall grade in the class, which will definitely weigh heavily on your overall GPA for that year. (For those of you who are like my own parents and may have no clue what GPA stands for, it is your Grade Point Average — an accumulation of all the As through Fs you received in your final grades of ALL your classes in school). For all colleges, your GPA is one of the main criteria upon deciding if you will be accepted or denied.

2. Next, something I wish I would have started early would have been to **read more.** Reading definitely helps you on your SATs, which tests your skills in reading, writing, and mathematics. If you opt out of taking the SAT — my personal choice — you can take the ACT, which is a test that, in my opinion, is geared more to English students who prefer reading. The ACT tests your skills in reading, writing, mathematics, and scientific reasoning.

3. **Extra-curricular activities count** — especially if you are selecting a smaller liberal arts college (rather than a larger state college, e.g. UCSD). Start early, involve yourself in community service projects, begin and succeed at a sport you love, and even better yet, start something of your own (a business, a fundraising group, etc. — colleges love to see students who take initiative!) Make sure to get yourself involved with something you love and stick with it, because consistency is always a positive.

4. Finally, **take a college trip to find out what you like.** Pictures and reviews may be helpful online, but nothing can replace the feeling you get upon entering a college campus. Drag your parents, siblings, and friends and begin a trek of college tours. This will enable you to decide which type of college is right for you.

The one thing I have learned coming from a family of new immigrants is that although the college application process is a very important one, it is still merely one step on the road of many to becoming an adult. Whether you end up at your first choice school or not, this is not the true test of whether you will be successful in the adult world. Your college experience is what you make it. By the end of my high school years, I have come to realize that my college experience will be one that balances having fun and enjoying the experience, with gaining new knowledge about myself and the world around me.

So even though immigrant children have more choices than UCT or Wits, I learned that if you approach the process on a step-by-step basis and get the right advice, the college application process can be made a lot easier and more enjoyable.

SAJAC Welcomes Its New Members Into the Fold

Tea Event Allows Newcomers to Meet Old and New Members Alike

Celia and Natie Levy hosted the most recent New Comers Tea on March 22, 2009. "Every year, the Newcomers Tea is a highlight of the SAJAC calendar, since it is one of the few events that remains true to the ideals envisioned when SAJAC originally launched over 20 years ago," Celia said. That goal was to make newcomers welcome and to make their move to a new country and a new community as seamless as possible. These events serve as a wonderful opportunity for newcomers to meet older members and other newcomers.

Some of the newcomers we welcomed this past year are listed below:



Karen and Mike Aron have been living in San Diego for almost a year. They left South Africa in 1989, and have lived in Toronto, Dallas, Barbados and Gibraltar. They plan on making San Diego their home for quite a while though. They have four sons: Liam, Joey, Elie and Nadav.

Marc and Tracey Batten immigrated to San Diego as Darren Youngleson (Tracey's brother) moved here over three years ago. Marc's family live in Australia, and Tracey's sister lives in Atlanta. The children go to Torrey Hills Elementary School and will be in Grades 6 and 2 respectively in the fall. Marc is managing a Company "PDPC", a division of Moteng; Tracey manages the kids and the house.

Marc Batten came from Woolsley in the Cape and relocated to Johannesburg as a child. Tracey Youngleson was brought up in Vanderbijlpark (Vaal Triangle), and moved to Johannesburg after Matric. They have been married for 13 years and have two children. Ryan Shane will be 12 and Demi Paige will be 8 later this year. Marc is a huge sportsman, and has been part of a soccer team in San Diego since arriving in December.

Claire Bloom is 26 years old and recently moved to San Diego from Pretoria. She studied Musical Theatre before moving to London for two years. She also teaches dancing. One of the many reasons she decided to live in San Diego is to join her sister and her family.



Margaret and Michael Leeman, and their children, Noah and Rebecca just finished their first year in San Diego, having come from Cape Town in late August 2008. They are experiencing their first very long summer vacation and are trying to figure out what to do for three months.



Michael was transferred to the U.S.A. by a South African company, Clicks to Customers, which specializes in online paid search on Google. Margaret is currently employed by Noah and Rebecca to help them with all the things five- and two-year olds

need and want. Both children completed a year at the JCC and are transferring to Soille Hebrew Day when Noah starts kindergarten in the fall. Their sister lives in San Diego so it's been good to have family around after being on different continents for so long. They love travel, art, good food, walks, books, Bokke, and more.

Beth and Tony Schapera, his wife of eight years, moved to San Diego from the Mammoth Lakes area with their son Noah in July 2007. Tony, a native of Cape Town, is an anesthesiologist with Anesthesiology Consultants of California Medical Group. His wife, Beth, works for Jewish Family Services and coordinates the Jewish Healing Center. Noah, 7, is a 2nd grader and attends San Diego Jewish Academy. In his free time, Tony is an avid pilot and mountain climber. Everyone in his family enjoys outdoor recreation including hiking, backpacking, and skiing.

Eileen and Leon Saitowitz lived in San Diego 30 years ago and then moved to Orange County. Since their two married children, Paul & Margo, have been living



here for a few years and Margo and her husband Aron had a little boy, Eileen and Leon decided to move back to San Diego in December 2008. They have since been blessed with an additional two, new grandchildren!

Leon is originally from Johannesburg, and enjoys reading, walking and being with the kids. He is a business-broker. Eileen is originally from Port Elizabeth, and enjoys similar hobbies to Leon. Eileen has worked part-time for 26 years for an architect in Orange County and is also a nutrition consultant, specializing in weight management.

Other newcomers who have recently joined SAJAC are:

Gavin Band & family;
Dion & Ruth Goldschmidt and their kids Matthew, Jason and Bianca;
Glen & Vanessa (née Simon) Groenig, and their children Luca, Bianca, and Gianni;
Tanya & Hayden Katzenellenbogen, and their son Sam;
Roy & Joan Sable;
Debra Weinberger, and
Lauren Wolman



Meet the New Reporter Crew

By Pamela Nathan

Have you heard of Derek Berghaus and Gil Sery? Probably not. That's because they are amongst our newest members. They deserve a special mention because they have taken on the HUGE responsibility of both collecting materials for and laying out this year's Reporter magazine.

I met Gil for the first time at our Newcomer's Tea at the Levy's home in March 2009. I met Derek for the first time at our Family Day event in May 2009. Both guys were readily willing to offer their expert talents to creating our magazine. You can see from the outcome, what a good job they did. It's hard to really comprehend how many hours of devotion this entails. However, they have been willing to support SAJAC in this endeavor and I appreciate their generosity immensely.

Derek Berghaus relocated from Los Angeles, where he has been living for the past 29 years, to be closer to his family. He has spent the last 15 years in the advertising industry, in print and freelancing as well as permanent positions in advertising agencies and corporate departments. In fact, he is currently looking for new clients and ideally a full-time position. You can see samples of his work as well as his resumé at www.derekbdesign.com. You can also reach him at 858-598-7304.



Gil Sery also lived in Los Angeles where he worked as a script supervisor on several short films, including one with Mickey Rooney and his wife, Jan. He moved down to San Diego three years ago. He now works as a webmaster and search engine optimizer for a company in San Diego. He tells me that he is actively looking for his *beschert* and would welcome any *shadchan* assistance. I am thrilled that he has been able to put his journalism degree to good use editing and laying out this year's Reporter magazine. He hopes you enjoy the finished product.

'SAJAC Has Been A Pleasure'

By LTJG Asher Goldenberg, US Navy

Five months ago I moved to San Diego from Milton, Florida, thirty minutes South of Alabama in the pan handle. I was a Navy pilot fresh out of flight school assigned to Naval Air Station North Island. This was my eleventh move in three years, but still the prospect of moving excited me. Eager to report to my new station, I made the drive as quickly as possible. From the Southern swamps and low-lands, through the expanse of the Texas desert, I made the 2002 mile drive in a little over a day and a half working in shifts with my father. The drive was long, but beautiful. I'll never forget my first look at San Diego driving through a mountain overpass. It was Hollywood screen shot and served as perfect fore shadowing for my time here.



Asher Goldenberg & Pamela Nathan

My involvement in SAJAC was actually a result of my mother. My semi-typical Jewish mom, a California native, was excited about me living in a community where Jewish culture was prevalent and decided to ensure my participation. I was heavily involved with my training, and didn't really make an effort to seek out a Jewish community beyond synagogue. One day, out of the blue, I received a phone call from Pamela Nathan, a SAJAC representative, informing me not only of the existence of SAJAC, but how my mother made the inquiring phone calls on my behalf. A week later I met Pamela in synagogue at Congregation Beth El in La Jolla. We spent Shabbat dinner together and have been friends ever since, meeting almost weekly at synagogue for Shabbat and dinner.

I was born in Johannesburg, South Africa, and have lived in America from the age of nine. For most of my life it was a rarity to meet another South African, much less a South African Jew. SAJAC has been a pleasure. It's good feeling that I belong.

In a few months I will report to my new duty station, HSC-25 the Island Knights, out of Guam. HSC-25 serves as a forward deployed station whose mission consists of medical evacuation to search and rescue to vertical replenishment. My time in San Diego has been incredible. It's an easy place to fall in love with, and I will certainly be back. My deepest thanks to SAJAC, and especially my friend, Pamela Nathan.



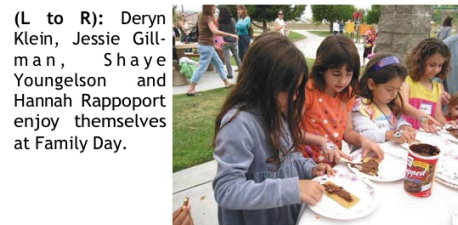
Shalom Baby Members Have Fun with Their Kids at Family Day



Zoe Levin takes time out from Family Day to pose here.



The Sclar Family – Anthony, (left), Devra (middle), and Maxine (right) – is one of the many families who take part in Shalom Baby activities.



(L to R): Deryn Klein, Jessie Gillman, Shaye Youngelson and Hannah Rappoport enjoy themselves at Family Day.



(L to R, Top Row): Katie Cohen, Iris



Judy Renfield and her son, Ethan.



Below: Joel Ehrlich (left) is all smiles here with his daughter, Shira (right) at SAJAC's recent Family Day.



Shalom Baby Continues To Bring Jewish Families Together

By Judy Nemzer

Shalom Baby, San Diego's popular outreach program located at the Lawrence Family JCC, and directed by South African Judy Nemzer continues to thrive.

Now in its 8th year, Shalom Baby draws young Jewish families, from all over the county, to engage in social, educational, developmental and Judaic programming.

Shalom Baby's success rests on community leaders such as its South African founder, Jean Gaylis, the Jewish Community Foundation's vice-president of philanthropy, Charlene Seidel, also South African, and the administrative staff and president of the JCC, all of whom passionately support this valuable program.

A special "thank you" to our devoted South African volunteers: Brenda Abelkop, Laura Abelkop, Michele Black, Belinda Feldman, Jean Gaylis, Yael Edelstein and a huge thanks to Sharon Friedlander for helping assemble the baskets. Welcome Tamara Klein, we are thrilled to have you on board.

Below is a letter from a grateful parent...are you also ready to get involved? To find out how you, your children, or your grandchildren can participate in this program, please contact Judy at (858) 362-1352, or via email at shalombaby@lfjcc.com.

Dear Judy and Jean,

Becoming involved in Shalom Baby really began the start of my life here in San Diego. As a new mom in 2004, not only did I not know anyone Jewish in San Diego, I knew nothing about Jewish activities for children offered here. I didn't even know about the Lawrence Family Jewish Community Center!

Then I received the Shalom Baby basket upon my daughter's arrival. I received a phone call just days after she was born, and soon a lovely lady was at my door and the Shalom Baby basket was in my arms. Overwhelmed with the idea that strangers gave me this darling gift, I savored opening the basket and enjoyed the goodies for the baby. (The tzedakah boxes from the basket still have a home on each child's bedroom shelf).

Really what I did was realize that there was a Jewish community in San Diego! I was quite involved growing up in New

Jersey, and then as an adult in New York, but hadn't reached out here. I feel like I struck a goldmine in Shalom Baby, instant friends with common interests, and a plethora of activities while spending quality time with my children.

Let me catch you up on my Shalom Baby group! Remember the July/August 2004 babies? Well, our big kids turn five years old this summer. We have our little ones that are three years old, all they way down to one and can you believe that we all still get together regularly?

Of course it has evolved over the years and changed from our weekly get-togethers to our most recent plan. The mommies meet every other month for a night out and we actually have time to really catch up. The biggest surprise is that the dads have been meeting every month for a poker night for the past two years! We've just had our yearly planning meeting and decided that our families will meet as a group each month and celebrate a Jewish holiday or share a Shabbat dinner together.

Some of us are leaving preschool and our children are entering public school where they will no longer have a Jewish curriculum. It is so great to see the kids play together. I like how my children know who we are seeing when I say we are meeting up with our Shalom Baby friends and often ask me to recount how we met.

We've been together for five years, through our second pregnancies and beautiful babies in our arms all over again, through challenges and joys, and continually comforted by each other's presence because really, by coincidence, we entered parenthood together and then were all brought together by Shalom Baby.

Judy, thank you for all that you do to create such an incredibly warm loving environment where Jewish families can thrive. Shalom Baby programming continues to get better and even more interesting! I cherish you and am continually amazed at your capacity to bring joy to our community.

Jean, it was a true pleasure to meet you recently. I so appreciate your brilliant dedication bringing Shalom Baby to San Diego.

I am grateful to you both for introducing my family to Shalom Baby. We are so much better for it, so much happier and able to create a fun, Jewish life in our adopted hometown with cherished friends we've met through Shalom Baby that are now like family.

See you at the J,
Rachel Herman

AGM Guest Speaker Discusses Economy

By Robert Armstrong



Our most recent Annual General Meeting convened on January 13th, 2009 and included a very special guest speaker, Mr. Robert Armstrong, CEO of the San Diego Private Bank. In this meeting, Mr. Armstrong detailed the history leading up to our fragile financial services industry, from the Depression Era passing of the Glass-Steagall Act in 1933, establishing the Federal Deposit Insurance Corporation, to the Gramm-Leach-Bliley Act signed in 1999 which allowed bank holding companies to acquire other financial companies.

More importantly, Mr. Armstrong provided his insights on how to navigate through this very difficult environment and what potential challenges still lie ahead. Discussion ranged from the "nationalization" of the financial and automotive sectors of the economy, to the need to stay liquid until markets settle down. The attendees were very interactive and enjoyed an opportunity to explore these very relevant and current issues with Mr. Armstrong.

Did they see it coming? Mr. Armstrong simply states, "I am surrounded by some of the smartest and most successful people in the country. This type of environment inevitably leads to perspective. I was glad to have the opportunity to share this perspective with our friends at SAJAC."

Robert Armstrong is the CEO of San Diego Private Bank, a locally-owned community private bank, headquartered in La Jolla, CA that delivers custom banking solutions to successful individuals.



Pamela Nathan L.Ac., B.A.
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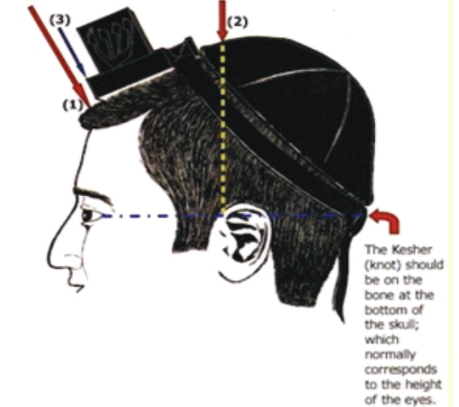
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What The Chinese Discovered About Tefillin

Furthest point forward! No part of the Tefillin may pass this point!
Furthest point back- No part of the Tefillin may pass this point!



The Chinese discovered the medical treatment of using needles to heal when they are inserted at certain points in the body. They have mapped out and named all the points of the body Du 24 - Du 70 - Du 23, and so on. The *Chinese Journal of Medicine* - to which everyone important in the field of acupuncture subscribes - published an absolutely astonishing article.

The non-Jewish author of the main article in Volume 70 of the *Journal* deals solely with the tefillin of the Jewish people. The article conclusively establishes that the contact and pressure points covered by the head tefillin - front and back - and hand tefillin - arm and hand - are exactly those points at which the acupuncture needles are inserted in order "to increase spirituality and to purify thoughts."

Reverse that statement to read: The acupuncture needles are inserted in those points, which are exactly where a Jew puts on tefillin.

In the opinion of the expert who wrote the article, these are the only acupuncture points that will achieve this result [to increase spirituality and to purify thoughts] which, in addition to following the Torah's command to place the tefillin on the arm (hand) and head as a sign that HASHEM brought us out of Egypt with a strong hand, is likely the reason that Jews put on tefillin.



Club Mitzvah: Making A Difference in the Lives of the Less Privileged

By Danielle Freedman



We all go through life with a daily routine — our tall non-fat lattes in the morning to our 6:30 gym workouts at night. Rarely do we get a chance to take a real

look at the world and realize what is really going on.

Sure, we see the Israeli/Arab conflict a couple of nights a week on CNN, or read up on the changes in the economy in the local newspaper, but how often do we ever think about the people who are in real need, the people that do not have a voice and must rely on others for support. Does our support go further than a blank check or a bundle of gently worn clothes? For the girls of Club Mitzvah, it does.

I started Club Mitzvah to make a difference in the lives of those who are less fortunate. Along with the kind assistance of Nikki Saloner, I have been organizing this group for over 4 years now.

The idea for Club Mitzvah started about four summers ago, when my family and I took a trip back to South Africa to see family and friends. We decided to go on a day trip to a poorer part of Johannesburg named Soweto.

We were guided by a friendly black woman who took us into the heart of Soweto. We came to a small one bedroom townhouse, where a family of eight warmly welcomed us inside. We could tell they had nothing but the clothes on their backs, and yet, they were still so hospitable and giving. After eating a full meal with them, I realized that although this family had nothing, they were still trying to improve their lives and better themselves.

This trip opened my eyes to a world outside of my typical San Diego life. I realized that there are so many terrible things going on in the world today, including in the United States.

Upon returning to San Diego, I decided it was time for a change. We live a privileged life in San Diego and many go through each day without considering the welfare of

others. So, I decided to create a group focusing on community service amongst San Diegans and eventually hoped to connect back with our roots in South Africa.

Over the past few years we have done many activities throughout San Diego benefitting a range of people. We have handed out Christmas presents to children at a homeless shelter, socialized and sang with the elders at Seacrest Village, distributed food to needy military families, and most recently, started a pen-pal friendship with an organization for AIDS-infected orphans in our homeland, South Africa.

My goal for this group of girls was to help them realize the benefits of community service. I have seen the maturation of young girls into educated teenagers. They have grown in kindness, compassion, and generosity.

As I approach my senior year in high school, and the beginning of my journey to college, I have two wishes for Club Mitzvah. Firstly, I hope that my final year shall be our most successful one, and I hope that when I leave for college, the group will continue to grow and for the girls to realize the gains to be had from maintaining such a group.

For further information about Club Mitzvah or to make a donation, please contact Danielle Freedman or Nikki Saloner at Clubmitzvah@yahoo.com.



The members of Club Mitzvah are (L to R): Michal Erez, Kelly Gavson, Alexa Freedman, Danielle Freedman, (center), Marcia Jaffe, Lauren Berman, & Jenna Saloner.

DID YOU KNOW?

Soweto is actually a syllabic abbreviation, meaning the word gets its name from the first syllable of each of its words. It stands for "South Western Townships".



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FIDF: Help Look Out for the Soldiers Who Look Out for Israel

By Julian Josephson

The Friends of the Israeli Defense Forces (FIDF) San Diego Chapter will celebrate its second anniversary this July. During the past two years the Chapter added 1,000 donors whose support contributes meaningfully to the well-being of the brave soldiers of Israel that defend the State of Israel and the Jewish People.

All contributions are utilized solely for the purpose designated by the applicable donor. The FIDF provides a wide range of methods of supporting the brave soldiers of Israel to fit the needs and goals of any particular donor.

These programs include:

IMPACT! This scholarship program provides scholarships for higher education or vocational training for soldiers from a disadvantaged socio-economic background.

DIGNITY. This program distributes critical aid that enables deserving, young soldiers to have food on their plates, pay their bills, and help keep their families afloat.

LEGACY. This program assists families of fallen soldiers, including by providing the opportunity for their families to attend summer camps.

SPIRIT. This program focuses on the preservation of the mental well-being of combat soldiers after long periods of life-threatening combat service, and enables them to enjoy fun and carefree breaks.

In addition, major donations have been directed to very important and beneficial capital projects providing specific facilities, including rest and recreation centers, education centers and programs, soldiers' homes, sports centers, fitness rooms, mobile gyms, club rooms, mobile recreational clubs, and synagogues.

We also support "lone soldiers," a specific designation given to soldiers serving in the IDF who come from all over the world without their families; soldiers from low social economic families, and the IMPACT! scholarship program.

The IMPACT! program enables donors to provide deserving soldiers with a scholarship to attend a college or university. Soldiers who would otherwise not be able to receive an education perform community service in return. Fifty of our San Diego donors currently provide four-year scholarships to 62 new students. In the last two years, we succeeded in raising \$3 million dollars.

Our chapter's most outstanding and successful innovation is its unique and extraordinary missions to Israel. In

less than two years, we have conducted eight missions to Israel. Our mission participants have become major supporters of the FIDF and remain actively committed to Israel and its soldiers. Our mission is to facilitate visits to sensitive military bases and the opportunity to gain unique insights and, most importantly, to personally interact with Israel's "secret weapon" – its soldiers of all ranks, including members of the General's Staff.

We are hosting two more missions this year; one in October and one in November, and are planning four to five missions for next year. We will be hosting the Musical Ensemble of the IDF in San Diego for a special Hannukah concert on Sunday, December 13th.

Our Chairman is Julian Josephson and the Executive Director is Reuven Meir. For more information about our activities, missions to Israel, donations and anything else, please contact our office at sandiego@israelsoldiers.org, or call (858) 652-0637. You can also contact Reuven Meir directly at reuven.meir@israelsoldiers.org, or on his cell phone at (858)-539-5589.



Julian Josephson and the members of the March 2009 Mission pose with an IDF pilot in front of an F-15 plane.



Julian Josephson and participants of the FIDF June 2009 Mission to Israel pose together in front of a helicopter.





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Benny Friedman Show Gives Audiences 'A Taste of Eternity'

By Rabbi Zalman Carlebach



A Taste of Eternity: Shabbat in Song was held at the Lyceum Theatre on Monday, June 15, 2009. The sound of music filled the auditorium. It was a musical tour through the sounds and sights of the Jewish day of rest, Shabbat. "We wanted people to experience everything they know about Shabbat in a way they've never been able to," said Rabbi Zalman Carlebach of Chabad Downtown, who sponsored the event.

Hassidic star Benny Friedman, (above) whose celebration of the Jewish calendar was a highlight of the 2008 Jewish Arts Festival, returned to perform, teach, and share the most beautiful and eternal melodies and stories of Shabbos. Benny touched the hearts and souls of many. It was a poignant, exuberant show.



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Warren Frank: A Case Study in Determination

By Shawn Alladio



Warren Frank began training in partnership with Ryan Levinson this spring to take on the grueling 60-mile offshore endurance jewel, the 'LB2CAT', or 'Long Beach to Catalina' Jet Ski Race. This race took place on July 12, 2009.

Together, Frank and Levinson comprise the new 'Physically Challenged' racer category that RPM Racing included in their 2009 LB2CAT competition lineup.

I, a PWCoffshore.com pro racer and boating safety instructor, along with fellow racers, Mike Arnold — who will be competing under the new 'Military' Division — and Mark Gerner have been coaching them. Training sessions are either on the Colorado River, off the coast of San Diego, or Camp Pendleton further north in Oceanside, California.

These athletes take their training program seriously from gear checks, to water conditions, communications and their overall set up. I have participated in many athletes' professional development, however this is the first time in my career I am able to say that I now comprehend the pure aspect passion that transcends racing itself. Their focus and determination is a way of true being, something we can all find a deeper commitment to the meaning and purpose of living a truer expression of life's potential.

These men personify going the distance. We are proud of these AWA [American Watercraft Association] members and how they live their lives through the example of courage. These members of the Challenged Athletes Foundation [CAF] are leading by example, not only to the CAF community, but their outreach is a fountain that brings able-bodied people into a more profound respect for the mindset of a champion, you won't forget Warren Frank anytime soon..

A while before the race was held, I got the opportunity to interview Warren Frank.

SA: Tell me what watercraft you use and are there any modifications?

WF: My personal watercraft brand and make is Seadoo RXT 2006 — stock with no modifications.

SA: How many years have you been riding a PWC

[Personal Watercraft]?

WF: Since Kawasaki brought out the 440 standup. I got a brand new one while still living in South Africa around 1979.



Warren Frank in action on his Seadoo personal watercraft.

SA: What other sports do you participate in?

WF: Triathlon, Mountain Bike, Road Running

SA: Have you ever raced a Jet Ski before?

WF: I have never raced a Jet Ski, but I plan to start with the LB2CAT in July, racing from Long Beach to Catalina Island and back.

SA: What kind of training do you do?

WF: Mountain Biking, Running, Weights and riding my personal watercraft.

SA: Tell me about your supporting programs and projects, charities or associations you support:

WF: I am active with CAF. They raise money and give grants to physically-challenged athletes to compete in any sport.

SA: Please tell me your story.

WF: I moved to San Diego from South Africa in 1984. I'm married with 2 kids. I import and manufacture rustic wood furniture from India and retail it out of a huge warehouse outlet. My website is www.SanDiegoRustic.com.

In 1997, I was riding a dirt bike at Occotillo Wells, two hours from San Diego and I crashed into a dune buggy. At the time it wasn't a bad accident at all. I thought I had a badly broken ankle



Warren Frank adjusts part of his prosthetic leg.



San Diego Teens Do Tikkun Olam in South Africa

By Robyn Shifren



San Diego teens, Gabriel and Jesse Mandell, spent an exciting several weeks this summer working with orphans and vulnerable children in South Africa. As young men deeply connected to the country of their birth, they wished to work with Africa's most vulnerable people. They became involved with MaAfrica Tikkun, a Jewish-led initiative launched by Dr. Bertie Lubner, and the late Chief Rabbi Cyril Harris. Nelson Mandela is Patron-in-Chief, as he

has been since the organization's inception in 1994.

MaAfrica Tikkun is a non-profit, non-governmental organization (NGO) that works toward the transformation of South African communities by caring for at-risk children and orphans in townships. As an NGO, MaAfrica Tikkun creates community centers, and embarks on projects, while encouraging and enabling local communities to assume leadership and personal investment in these projects, thereby empowering the community to continue helping itself.

To celebrate their heritage as South African Jewish people, Gabriel, a West Coast Regional Board Member of Young Judaea, and his brother Jesse, experienced and explored the Jewish and African values of *Tzedakah* and *Ubuntu* (community warmth and sharing) that encompass the vision of MaAfrica Tikkun. While in SA, these enthusiastic young men assisted members of MaAfrica Tikkun in caring for vulnerable children, whose population has increased dramati-



Jesse (left) and Gabriel Mandell (right) did charity work in South Africa this summer helping MaAfrica Tikkun.



cally due to parental unemployment, incapacity, and death from HIV/AIDS.

Gabriel and Jesse spent time working with youth in Orange Farm. Then they spent several days with the Early Childhood Development in Diepsloot. Finally, they worked on the Tikkun Youth Program. These experiences exposed them to a wide range of realities, as they contrasted the riches of their lives in Southern California with its array of food, sports, entertainment, healthcare, guiding adults and mentors, to the lives of the children for which they were caring. This challenge has indelibly marked them with compassion, and will help form their actions and practices for years to come.

Your generous donations matter. Please visit www.maafrikatikkun.org.za, click on the "What You Can Do" tab, and then click on the American flag on the right side of the screen. Donations made in US dollars are tax deductible, and all donations are welcome.



Above and Left: Just three of the many children that Jesse and Gabriel Mandell encountered while working for MaAfrica Tikkun, a Jewish-led non-profit in South Africa.



'dosomethingNOW' to Help Needy Kids in South Africa

By Howard Schachat

Harve Meskin is a man of passion. Whether he's on the road cycling with the intensity of a Lance Armstrong wannabe or taking care of patients in his own "In Treatment" world, Harve shows he is serious and cares. So it came as no surprise when early in 2008 he and his wife Letty discussed meaningful ways to give back to those less fortunate around the world. A bicycle (commonplace in most American households) would mean so much to anyone living in underdeveloped areas in Africa — a means to work, get educated and stay healthy.....all things we take for granted.

Not being ones to procrastinate, Harve and Letty formed a non-profit called "dosomethingNOW!" and recruited likeminded individuals to come on board. Joe Zwass and Michael Horvitz (both Americans) as well as Laurence Bloch, Howard & Diane Schachat, and Carole Marks (ex-Southern Africans) all responded to the call.

South Africa was selected as the first destination and through a series of fundraisers in San Diego — (including one celebrating the 25th Anniversary of Laurence and Rahleen Bloch's Leatherock® Belt and Handbag Factory), other donations, and the work of individuals committed to the project — enough was raised to get the first delivery started.

Howard contacted his cousin, Gavin Schachat, who happened to head up the projects division of Rotary in Sea Point (Cape Town). It was concluded that this connection would provide stability, credibility and adequate follow-up to any donations of bikes. Gavin recommended Bicycle Empowerment Network (BEN), an organization working with the South African Government to distribute one million bikes to the needy, to facilitate the procurement of bikes. The stage was set.

So it was in April 2009 that Howard and Diane took off for Cape Town, and with Gavin and BEN representatives, handed over the first shipment of bikes to the school principal of Ocean View High School, located in an underprivileged area outside Cape Town. The students were extremely excited, and they were reminded that to keep the bikes, they would have to prove themselves through good grades, consistency, and trust.

Recently, a post-event cheese and wine fundraiser was held at Zanzibar Restaurant in Downtown San Diego where a wonderful selection of South African wines was sampled.

dosomethingNOW! is still in its infancy, and anyone interested in finding out more or donating their time or money (or both) should contact them at www.do-something-now.info. Their main website, do-something-now.org, is under construction.



dosomethingNOW! donated 31 bicycles worth R50,000 (about \$6,500) to Ocean View High School students in April 2009. At the handoff were (L to R) Howard and Diane Schachat of dosomethingNOW!, Ocean View High students Alroy Yon, Eugene Matthuys, Faahizah Callaghan, and Gideon Schachat of Sea Point Rotary Club with learner Nikita Smith.



Some of the 31 bicycles that dosomethingNOW — working with the Bicycle Empowerment Network — donated to Ocean View High School in Cape Town, South Africa.



and would be healed in about six weeks. I was taken to the hospital in nearby Brawley where I underwent surgery where they screwed a metal tube into my fibular. Two days after that I was taken by ambulance to Scripps Memorial Hospital in La Jolla.

I underwent another surgery where they screwed 4" x 8" bolts into my leg (external fixator) from the knee down to the foot to hold my broken bones from moving. The skin on my leg was all melting off from the impact and that's the reason they couldn't put a cast on me.

After about 6 months and no bone union they removed the external fixator and I went in for more surgery. They cut a huge hole in my hip and removed bone and put it into my ankle hoping the cracked bones would join but still nothing. After a few weeks I developed a very bad fever and went back to hospital to find out that I had a bone infection.

To contain the infection in my ankle and to not let it spread, I again had surgery where they inserted a small IV tube running from the entrance of my heart and the other end came out of a hole in my chest.

Twice a day, I had to carry around a fanny pack which pumped a nasty solution of drugs into my blood system. After a few months of giving myself the IV twice a day, I had lost a ton of weight and had some very unpleasant side effects.

I then went to UCLA to get a second opinion from a team of specialists who basically told me that they could try and save my leg with 3 more years of similar surgeries and procedures, 50% chance of healing and if my ankle would heal it would be frozen in a 90 deg. position which meant no running, walking with a bad limp, no walking up or down stairs foot over foot etc.

In my mind, I made the choice the second they gave me my options: amputation. I still did further research. I went to a local prosthetic company — RGP — and met other active amputees my age. At the same time, I met with other people that had a similar break in the same area with bone infections like myself. I even met a guy that was on crutches for 15 years, trying to save his leg with a bone infection.

I scheduled the surgery, had my leg amputated, [and] left the hospital the next day. On the way home, I stopped by the doctors office where he pulled on the tube sticking out of my chest, and about 2 feet of tubing came out of me! Once my infected ankle was gone, there was no reason to pump the poisonous drugs — very similar to chemotherapy — into me anymore. Six weeks later, I was fitted with a prosthesis and 2 months after my amputation, I competed in my first road bike race.

Since my amputation, I've become much more active competing in running races, mountain bike races, triathlons, one-man outrigger races and soon PWC races.

SA: What inspires you?

WF: Other challenged athletes that are worse off than myself, but still kick butt at the sport they love.

SA: What advice can you give to the world?

WF: You can't cry over spilled milk. Suck it up, move on, and have fun doing it!

SA: How do you motivate others?

WF: Being a below-knee amputee, I like showing people that if I can do it — whatever sport I'm competing in at the time — then so can they. Maybe they're a little out of shape, a little overweight, disabled in some way or just plain unmotivated. Once they see someone that "seems" in a worse position than themselves, I think it gives them motivation to get off the sofa and become active. I get the same motivation watching other disabled athletes compete.

After the interview, Frank not only competed in the LB2CAT, he became the PWC Offshore Challenged Racer 2009 National Champion, a title he will hold for one year. However, despite making history by being the first ever Challenged Athlete PWC Champion, Frank is not one to rest on his laurels.

"I came 16th overall," he said in an article for American Watercraft on their website. "My time was good but I could have done MUCH better. Next race, I'm not going to be so tense with my hands at the start, and I need to do some serious forearm workouts in the gym."

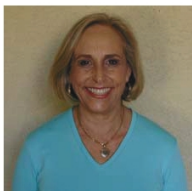


(L to R): Mike Arnold, Shawn Aladio, Ryan Levinson, and PWC Offshore Challenged Racer 2009 National Champion Warren Frank all competed in the LB2CAT PWC offshore race held in July.



Meet Jewish Singles in San Diego

By Dale Phillips



Three weeks after immigrating to San Diego in April 2008, I became a SAJAC committee member. One year later, I launched the 50's and 60's singles club, which is now called JSSD (Jewish Singles in San Diego).

As a single woman, I became acutely aware of the need to socialize with singles in my age group. This seemed a likely alternative to JDATE® and all its Internet competitors. What better way to socialize, than to get out and meet other singles?!

JSSD is NOT a dating club. Its aim is to let its members socialize and form smaller groups with other like-minded singles who have similar interests, sports or hobbies.

Being cognizant of the present economic situation, there is no membership fee for joining the club, which I run on a voluntary basis.

Our present and future activities include, but are not limited to: "Walk the Talk" on Sundays, followed by coffee; dinners out; Game Evenings; theatre outings; movies; musical events, like the Summer Pops Festival; Jazz Evenings; group travel, such as a trip to Yosemite National Park, and beach parties.

I encourage you all to spread the word. The club is already a successful venture with 189 members and continuing to grow quickly.

Do you know someone who might be interested? Tell him/her to email me at dale123phillips@yahoo.com. Our motto is 'You snooze. You lose!'



Dale Phillips (center) and other JSSD club members enjoy one of the club's many interesting activities.



JSSD members at one of the club's activities.



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SAJAC's Gemilut Chesed Program

By Helene Bortz



Rambam taught: The best way to give is to support someone by giving him a gift, or a loan, or entering into a partnership with him, or creating a job for him, until he no longer needs to depend on others (Mishneh Torah Laws of Gifts to the Poor 10:7-14).

Since its early years, SAJAC San Diego has operated a Gemilut Chesed (Acts of Kindness in Hebrew) program as part of its char-ter to help expatriate South Africans, that may have fallen upon hard times or may just need assistance to get going.

The Gemilut Chesed program has two components: The first is assistance by utilizing the SAJAC network for resources. This can include short term assistance with meals, transportation and jobs. To meet these needs, SAJAC is always available to utilize its network of ex-South Africans. We will email our membership outlining the type of help needed and put people together that may be available to help.

The second component of our Gemilut Chesed program is financial assistance. The financial assistance that is available is funded annually by member contributions. This allows SAJAC to make interest-free loans to fellow ex-South Africans who may need short-term financial assistance. The financial assistance program is open to any legal resident of San Diego County that is a member or child or grandchild of a member of SAJAC, with a demonstrated financial need.

The maximum funding per family is \$6,000, until the loan is repaid according to the agreed upon terms. Typical funding per type of case is as follows:

Medical Emergency.....	up to \$6,000
Disaster Relief.....	up to \$4,000
Funeral.....	up to \$3,000
Wedding.....	up to \$3,500
Newcomers assistance.....	up to \$3,000
Loss of Job / Income Reduction..	\$1,500/month; \$6,000 max.

Applicants are required to complete all the paperwork demonstrating financial need and execute an agreement to repay. In most cases collateral is required. The SAJAC Gemilut Chesed is a confidential subcommittee of SAJAC and is headed by Brian and Suzanne Marcus. They can be reached via email at brinnimarcus@gmail.com.

We thank all those members who have generously donated, and continue to donate their time and resources to the Gemilut Chesed program. This allows SAJAC to continue to serve as an extended family and warm community to those in need.

Gemilut Chesed Program Expands

In the true spirit of Gemilut Chesed, we are proud to announce and applaud the opening of San Diego's newly-established G'Mach or Jewish Gift Closet, a center for donated items for those in need. The inspiration and driving effort behind it comes from our fellow SAJAC member, Helene Bortz, assisted by Myrice Goldberg. Helene has patiently waited for an office space to come available for use and in June, 2009, it became a reality.

As Jews we are reminded that the highest mitzvah is to help those in financial need with dignity and anonymity, including the mitzvah of providing for a wedding. At this difficult economic juncture, with job layoffs and many Jewish families who are struggling to provide for their families or make a wedding for a daughter or son, the G'Mach comes at an auspicious time.

Those more fortunate in the community have the opportunity now to donate bridal wear, including accessories, formal dresses for the retinue, and table center pieces. Other items that will be welcomed include small new electrical appliances, Judaica, and unwanted household gifts. The G'Mach is also accepting donations of children's toys, sporting goods, and gently-used clothing for women, men, and children. Receipts for tax purposes will be provided. All items are distributed for free, except wedding gowns that will have a nominal rental charge.

Please support Helene in her efforts by spreading the word to those that are in need and those able to donate a bridal item or any of the above listed items. The help of the South African community can go a long way in making this a very successful venture.

We applaud the efforts of our SAJAC members who are volunteering their time to provide this wonderful service. Please call Helene Bortz at (858) 452-6205 if you have any questions.

Drop off times are Wednesdays between 10:00 a.m. and 1:00p.m., and on the last Wednesday of the month, between 7:00 p.m. and 10:00 p.m. at 6827 Nancy Ridge Drive, San Diego, CA 92121

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Mermaid

A Poem by Zena Cohen



"That's mermaids hair,"
said I

"Oh really?!"
said she,
as we side by side
from the curved pier
gaze below,
watching long green
ribboned strands, emerald.
Anchored, rooted amongst rocks
streaming, snaking in myriads,
in shallow shimmering water.

Dolphins, partnering
dancing in the distance.

Seals lounging lazy --- side by side
basking, brown black
dappled designs
motionless mounds
lumbering lumps towards
the oceans crawling edge.

Leap — effortless ease
rolling grace
a seal
arching into the water deep.

A flash, a flick
glimmering gold
a waving wand
a tail
disappearing
gone....
concentric circles
rolling remaining.

Mysterious mermaid,
are you there?

DID YOU KNOW?

In August 2009, Kiryat Yam in Israel offered a \$1M reward to anyone who could prove the existence of a mermaid there.



Bike Through Israel For the Kids



Make preparations for the bicycling experience of a lifetime while helping our friends in Israel secure the future for their children, by participating in the second annual Bike for Sha'ar Negev event, April 10 – 18, 2010.

In April of 2009, the first Bike for Sha'ar HaNegev riders rode from Israel's northern border to San Diego's sister community of Sha'ar HaNegev. While experiencing the ride of a lifetime, these committed riders raised more than \$100,000 to support the building of an educational village in one of the country's most valuable regions.

Join us as we learn the history of Israel while making a difference. Please contact the Bike for Sha'ar HaNegev coordinators for more information:

You can visit them on the web at www.bikeisrael2010.com, via email at info@bikeisrael2010.com, or by phone at (858) 578-3444 (ask for Bike Israel information).

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To help sustain Wits as a great institution of higher education and cutting-edge research, all Wits alumni residing in the USA have the opportunity to support Wits through tax-deductible gifts to the Wits Fund. You can find Wits Fund on the Web at www.WitsFund.org.



ChaiSouthAfrica: Caring for South Africa's Residential Home Jews

By Sharleen Wollach



In its heyday, South Africa was home to as many as 125,000 Jews. However, recently that number has dropped to somewhere in the range of 60-75,000. The loss of Jews living in South Africa has had a profound effect on its community and its institutions. The level of philanthropy has decreased, and the local Jewish community is unable to fully support all their facilities to the extent that they did previously.

As you may know, ChaiSouthAfrica's (ChaiSA's) aim is to support Jewish Residential Homes in South Africa. These houses "care for Jews in a secure environment," some of whom have mental challenges or simply do not have anybody to care for them.

Many of ChaiSA donors no longer reside in South Africa. However, this does not mean that they do not feel compelled to donate and support the Jews who are still living there.

Even non -South Africans like Rachel Blazer, 12, at her Bat-Mitzvah demonstrated the importance of giving charity through the theme of her party. Her theme was "Around the World" and after careful consideration, she chose eleven different charities for her guests to donate to, one specifically being ChaiSA. Among the money that Rachel raised, she chose to generously donate an additional amount of her own money.

There are many ongoing projects that our donors support, including the Rosecourt / Vriende Home renovations. It is anticipated that their building will be completed by July/August. The new Rosecourt will provide accommodation for 10 residents, and the additional group home, which is being built on the same property, will provide assisted living accommodations for an additional seven residents.

The Cape Town Highlands House and Oranjia Home are also undergoing renovations, and our support goes towards tasks such as upgrading programs, fixing leaky roofs, extending the dining room, and installing air conditioning in the administrative offices. Renovations to the Oranjia Home in Cape Town will include creating a new Frank Ave house which will have enough space for 10 residential children plus several daycare children.

In Pretoria, Jaffa House had their 20th anniversary and donors to ChaiSA received a plaque thanking them for all the support they have given to the organization. While in Durban, a mad hatter tea party was one of their many social activities and in Zimbabwe, Savyon lodge continues to make remarkable progress in the most difficult conditions.



The new Rosecourt home under construction will provide accommodation for 10 residents. An additional home on the same grounds will provide assisted living for seven more residents.

The Chevra Kadisha in Johannesburg oversees all the Jewish Residential Homes and is continuously working on projects to improve their conditions which currently include replacing all the mattresses. Sandringham Gardens, Sandringham Lodge, Arcadia, Selwyn Segal and Our Parents home have growing needs and we are delighted to participate in their projects.

There is no doubt that the homes supported by ChaiSA are truly extraordinary places. As one family member of a Savyon resident recently wrote, "There is exceptional care, delicious meals and teas...[and] wonderful people at Savyon." The same applies to all of the homes ChaiSA supports.

All the homes are currently in need of digital cameras, to keep us up to date with their programs, to be able to download photos for overseas family members, and to ensure that their stories are captured often. If you know anyone that can help us with securing these simple cameras we would appreciate it.

This is a 'taste' of ChaiSouthAfrica. Please help us grow, build, and progress in a meaningful and generous way. Consider assisting our newly formed San Diego Chapter with any of our various projects. When one of our volunteers calls you during our phonathon, please respond kindly and generously. Reach into your heart and remember that in doing so, you are touching the heart of a resident in South Africa.



Residents at a Mad Hatters' Tea Party at the Beth Shalom Jewish residential home — just one of the many homes that Chai-SouthAfrica supports.



this day

WHO REMEMBERS?

Observatory café where boys played pinball and they had 'Pennyline Sweets' where you could buy 2 for a penny and cafés had Jukeboxes. Remember the old 78 records (those were in the fifties though) and then the LPs - wow, and when those came out we thought we'd died and gone to Heaven, and the 45 speed records. Cassettes, and tape recorders, reel-to-reel tape-recorders (I still have one).

Boys had a way of walking, hands in pockets, only the thumbs visible and rolled from side to side with a sort of rolling gait, and the more they rolled as they walked, the more macho they felt!

Who remembers ????. Debras (Schmaltz), and when a tub of Yoghurt cost 8c, and an Appletizer cost the same, a bar of Cadburys chocolate cost 5c and there was a chocolate bar called "Honeycrisp" also for 5c, and you could get a Toasted Cheese for 15c. Stamps cost 2½ cents. If you left the envelope open, it was cheaper. Airletter forms in green, airmail writing paper, airmail envelopes and Basildon Bond writing paper.

BIKERS and the Hell's Angels, wearing black leather jackets, chains and the peace sign often around their necks, roaring down Pretoria St and Kotze St on Harley Davidsons making a helluva racket, some of the more nervous Biker girls precariously hanging onto their boyfriend's backs, but "the in girls" didn't hold on, they somehow balanced themselves by placing their hands nonchalantly behind the seat, looking around, throwing their hair back, with a "don't-sig-with-me" look, lazer-beam-eyes, -looking-out-through-thick-black-fringes, and a tattoo here and there.

HAIRSTYLES AND FASHION

We dyed our hair black with Palette where you dropped a white tablet into some black gunky muck and we all had pitch black hair. The Blacker your hair, the more "sharp" you were. We teased it and wore it in Wings, and the bigger the Wings were, the more "with it" you were. And remember the stiff petticoats under your many Flared skirts, and cat-eye glasses? Helanca stove-pipes, in all colours. Studded Belts, Box Pleated skirts, and ID Bracelets (with your boyfriend's name engraved on the inside), Plaid pinafores came later on, and a ridiculous little narrow velvet bow on a clip or hairgrip which we found a space for in the teased bird's nest, usually just to the back of the fringe. And also a thin chiffon scarf tied around the hair. White high-heeled shoes (I wouldn't be seen dead in half the things we wore then)

My Mom always said that my hair was like a Bird's Nest at the back, but then I didn't have eyes at the back of my head, (just as well). Boys wore their hair sleeked back with Brylcreem and Vitalis and all bought their t-shirts from the Skipper Bar. (Arnie, Mervyn, Earle and Barry Sacks) Black t-shirts with thin white and red stripes around the neck. And a corresponding white tee-shirt, with black and red stripes. If you didn't have one of those, you were not one of the "in" boys!!!!

And then girls started to iron their hair. I remember my Mother used to plonk my head onto the ironing board, and put a brown paper bag on top of it, and iron away until I had sleek straight

hair, but then the minute it rained, I looked at though someone has plugged me into an electric socket.... Durbs did the same to all those who had out-of-control hair - Frizzed them out in 2 minutes flat, in fact as soon as you got to Van Reenen's Pass into Natal, you knew you were there because your hair suddenly was on its own mission.

Who Whirled their hair????? *Oy, a bittereh gelechter!* We whirled it one way, then the other way, and you had dead straight hair (until you hit the 505 Club and the first thing you'd notice is that your fringe was just "not there" anymore) and the rest of your poor hair style was all moving in different directions. If it was raining, and you opened your front door, bang went the straight hair.

Remember those little DOEKs we wore on our head when we went to Durbs. I have a photo of myself wearing one.

COME ON GIRLS

Who used to sleep with curlers/rollers in their hair!! and who remembers using the inside of a toilet roll as an emergency roller???????? And all this lot would be covered over by a hairnet. Of course morning brought a splitter-of-a-headache from the curlers digging into your head. Anyone remember? Bet you do!!! I DO!! There you are, the big ADMIT..... What on EARTH did we look like? I don't even want to think about it.

I always say that if I have to come back in another life, I want to come back as ME but with dead straight hair. Second choice, I wouldn't mind coming back as one of my spoilt-out-of-control Dachshunds either (but the straight haired type, not the wiry haired) (ha ha)

Lekker Bly, Skatties and Alles van die Beste.

Anne Lapedus (Brest). one of the "SIXTIES ROCKERS" ... still ROCKING ON !!!!

Uitlander, no more!!!!

Editor's Note: *Anne has many more remembrances to share that had to be edited for space. If you want more, please contact her for the rest. Her contact information is listed below.*

CONTACT DETAILS

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Telephone: 082.452.7166 and 011.783.2237.



(L to R): Julie Marcus Lapedus, Anne Lapedus Brest, Robert Lapedus, and Sharon Lapedus in 2007.



Letters to the Editor

Feeling the Love

Dear SAJAC,

I write as an outsider on two fronts: firstly I am an Australian whose connection to the South African Jewish Community goes back almost 30 years and who is currently deeply attached to a remarkable lady from P.E. who now calls San Diego home. Secondly, my only attachment to San Diego and the US comes via my partner and the remarkable group of former South Africans in the community, who have welcomed me into their lives like no other community. On to the party.

Having been around this community for at least a year prior to the event, I fully expected a big show as I was told that this was the one event that the community celebrated with some style and panache. I was not disappointed.

Susie Lotzoff and the band played long and hard, and the food, displaying all the tastes of Africa, was spectacular. Best of all, however, was the bonhomie evidenced by the community in the beautiful surrounds that are the Lotzoff home.

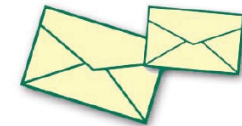
Many thanks to the Lotzoffs for allowing the community to party at their home and the organisational committee who put the programme together.

One caveat, given that the event is primarily a secular celebration of the South African Jewish presence in San Diego, perhaps this needs to be kept foremost in the Organizer's mind next time such an event is planned.

Sincerely,
Michael Baldwin



Michael Baldwin and Sue Edelstein are proof that some long-distance relationships do work out for the best.



Thanks for the Jol Down Memory Lane

Dear SAJAC,

The SAJAC 21st Anniversary celebration was very special indeed and I was so pleased to be part of it. Not only did it allow us all to take a trip down memory lane and reminisce about days gone by, it also allowed all of us — both South Africans and Americans — to enjoy great company and food in a wonderful setting. The Lotzof house was the perfect venue and the South African-themed evening was a huge success. Everyone really enjoyed themselves. Here's to another 21 years of SAJAC!

Sincerely,
Tamara Klein



SAJAC Comes of Age, Celebrates 21 Years in Style



L to R: JJ Sturbeck, Marjory Kaplan, Claire Ellman, Pamela Nathan, Colin Scher, Helene Bortz & Jane Scher



Above (L to R): Diane Batzofin, Alan Binder, Terry Austerlitz, Monique Shevel and Susan Abramson help to celebrate SAJAC's 21st anniversary celebration.



A drummer from Drum Café (**above**) and a magician (**right**) provided entertainment for the night's festivities, here with Ken Hermer.



Larry & Janet Acheatel



Michael & Ruth Rassler



Above: Norman & Sharleen Wollach, Leah & Neville Levine. **Below Left:** Julian Frank & Eli Kaufman. **Below Right:** An overhead view of the party.



(L to R): Freda Swersky, Mona & Jack Solomon



Remembrances of A Bygone Era Memories of People, Places and Things That Could Happen "Only in South Africa"

By Anne Lapedus Brest

On the 4th February 1961, when I was 14 years old, and my brother Robert was 11, our family came to live in Jhb.

We had left Ireland, land of our birth, leaving behind our beloved Grandparents, family, friends, and a very special and never-to-be-forgotten little furry friend, to start a new life in South Africa, land of Sunshine and Golden opportunity..... The Goldenh Medina.....

We came out on the "Edinburgh Castle", arriving Cape Town 2nd Feb 1961. We did a day tour of Chapmans Peak Drive, Muizenberg, went to somewhere called the "Red Sails" and visited our Sakinofsky/Yodaiken family in Tamboerskloof.

We arrived at Park Station (4th Feb 1961), Jhb, hot and dishevelled after a nightmarish train ride, breaking down in De Aar and dying of heat.

We lived in Becker Street, Yeoville, Robert went to K.E.S and I went to Barnato Park (aka Johannesburg Girls' High) in Berea. Robert was in Cadets, I played hockey, and bunked school (with Gilda Goldblatt!!)

Our next-door neighbours were Michael and Sandra Golding, Zena and Teddy Cohen lived in Becker Street also and Ronnie and Nigel Baskin lived in Yeo Street near the Richters - Selma and Charles Richter.

Girls at Barnato Park lived in mainly Hillbrow, Berea, Yeoville, Bellevue, Houghton, Orchards, Melrose and Dunkeld. After school, many of us would catch the 19 bus from Tudhope Avenue Brea to Raleigh Street, Yeoville, but many girls were collected by beautifully coiffed and bee-hived mothers with long painted nails, arriving to collect them in huge fancy Chevrolets, with big cats' eye tail-lights.

ONLY IN SOUTH AFRICA

Oy, but I had to get used to so many new expressions: "See you this arvy, Hey?" and "See you just now, Annie" (I learnt the hard way that "Just Now" didn't mean immediately)

"There's the new girl in Form 3, Shame!!" "My sister's baby is so cute, Shame!
People would give me directions and tell me to turn at the robot.

Can I lend your book?

Whatever I said, the girls would answer "Is it?"

The shul is full of KUGELS.

Why did the bus-conductor call us all "Donkey" when he collected our tickets???? "Thank you,... Donkey" and the Klippies would say it in a high-pitched voice. "Thank you, donkeeeeeeeyyyyyyyyyyy"

You MUST come visit this arvy, see? You MUST go and see Cliff Richard at the Collosseum. You MUST buy the latest Elvis



THEN: Anne Lapedus (now Brest), Molly Robinson (now Nadler) & Gilda Goldblatt (now Galvad) back in 1961.



NOW: Anne Brest, Molly Nadler, & Gilda Galvad in 2009.

Presley record. MUST, MUST, MUST (only in South Africa! Say that "MUST" to people overseas, they think you are a control freak). (took me a while to get used to it!!)

I must have been a real "chrack" in those days, coming from Ireland, funny clothes, and even funnier out-of-control curly hair, and an accent nobody could understand. I found it hard to make friends, but I eventually palled up with Gilda Goldblatt (now Galvad), (daughter of Leslie (Z'l) and Mona Voloshen Goldblatt (O'h)) from Webb Street. Leslie (Z'l) was a Choirester in Wolmarans Street Shul) and Gilda and I have remained friends to



It's Still A Buyer's Market, But for How Long?

By Linda Bernstein



Friends and clients are asking if this is a good time to buy or sell a home or to buy investment property. Even though I do not have a crystal ball, I am encouraged about the San Diego real estate market. If you are thinking of selling, inventory is down. If you are thinking of buying, prices are around what they were in 2004.

People often ask, "when will we see the end of the buyers market?" The end is when there is

competitive bidding, prices start to go up, and inventory falls. Personally, I have recently seen competition on offers I have presented and on listings I currently hold. The encouraging news is, in the areas I primarily service in coastal San Diego, I find that my fellow realtors concur with this observation.

Local Home Sales Rise in May

Home sales in California rose by about 3 percent from April to May of this year and are up more than 18 percent from the same time last year, according to a real estate tracking firm.

Let us look at three popular areas for South Africans living in San Diego. The statistics tell the story: homes are selling. In Carmel Valley 224 single family homes are currently listed; 64 listings are currently in escrow. There were 145 reported sales in the last 6 months ranging from \$485,000 to \$8,250,000. In La Jolla 294 single family homes are currently listed with 39 homes in escrow. There were 91 sales in the last 6 months from \$515,000 to \$17,350,000. The median La Jolla price is \$2,300,000 for a 4 bedroom, 4 bath, 3100 square-foot home. In the Golden Triangle there are only 27 single family homes currently listed and 14 in escrow. In the last 6 months, 37 homes were sold ranging from \$310,000 to \$920,000.

Foreclosures Offer Investment Opportunities

I have noticed an increase in the request from my buyers for foreclosed properties as investments. I have been negotiating primarily in the under \$500,000 foreclosure market in areas such as Mira Mesa, Mission Valley, downtown, and Carlsbad. My experience in working with banks on real estate owned properties (REO's /foreclosures) is that the properties are well-priced and that the banks normally respond within days. If you are considering entering this market, know it well in order to give the best offer and have your financing finalized.

People often ask how a bank-owned, foreclosed property differs from a short sale. A short sale is initially negotiated with the homeowner and then submitted to the bank for approval. Buying a short sale can be frustrating for the buyer because it might

take weeks or months and is dependent on the willingness of the bank to accept the price. Until such time as the bank has accepted the offer, this home remains on the market for all potential buyers. The percentage of short sales converting to final sales is often not encouraging, whereas buying foreclosures might be more attractive to the investor.

It is being reported that there is now increasing distress in the high-end market. Expensive areas such as Rancho Santa Fe, Point Loma, and Solana Beach have recently reported record levels of defaults. In Carmel Valley, where the median sale price this year is \$676,500, there were 44 default notices in May, up from 14 in May 2008. Although the foreclosures could mean more inventory in the higher end of the market, qualified buyers still may have difficulty securing financing. Jumbo loans of more than \$697,500 have become very difficult to obtain. Loans that are available tend to carry relatively-high interest rates with stringent credit and underwriting standards.

Living Trusts Are A Must

When I list homes I often notice that sellers frequently do not have their homes identified as being in a family living trust. If your property is not already in a family trust, I strongly advise that you discuss this with your attorney and accountant.

The most common reasons to hold a property in a trust are to minimize or postpone death taxes, avoiding a time consuming and expensive probate, and to protect property from attack by certain unsecured creditors.

"If you wait for the robins, spring will be over." This recent quote from Warren Buffet about the stock market might also encourage one to take advantage of the San Diego real estate market.

Linda Bernstein has 25 years experience as a Top Producer with Century 21. She represents buyers & sellers in San Diego.



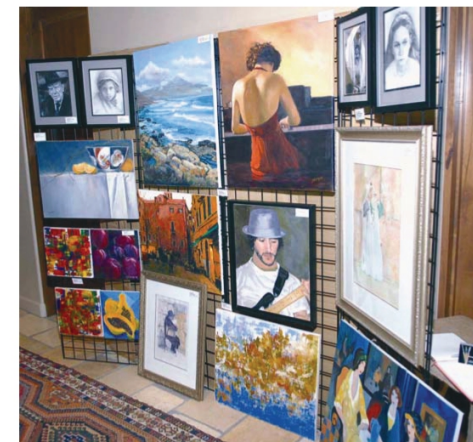
The front of one of the homes that Linda has dealt with.



Ray Herz & Geoff Phillips



Barbara & Selwyn Lurie



Above: Terry Austerlitz's art was for sale at the party.



The adults weren't the only ones enjoying themselves. Kicking it old school are (L to R): Erin Amyer, David Aires, Shawn Shevel, Garrison Laser & Elan Lotzof



Rod Margo & SAJAC President Moira Berman



Tammy Rubin and Danielle Freedman



(L to R): Joe Gross, Morris Wainstein, Hymie & Rhoda Gaylis



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How Does One Get A Green Card?

By Leon Snaid



The USA has an annual quota on the number of green cards it gives out to immigrants in the various categories that qualify for green cards. The annual quota is for the fiscal year of the USA, namely October 1-September 30.

There are the family categories (or as they are known, the "Family Preferences", e.g. Sons and daughters of U.S. citizens, spouses of permanent residents, etc.) and the Employment categories ("Employment Preferences", e.g. People of extraordinary ability in the sciences; People with Bachelor's degrees whose skills are in short supply in the USA etc.)

Priority Dates and How They Work

In most of these "Preferences" there is a backlog, which means that there are more people who are eligible to get green cards, than there are green cards available from the quota each year. So there are lines in the different categories.

When a person applies for permanent residence in one of these categories, the date of the application is basically his/her "priority date." This is provided that the application is ultimately approved.

So a person's application may be approved, but because of the backlogged quota system in most of the Preferences, there probably will not be a green card available at that time.

The Front of the Line

So how does a person know when they are at the front of the line to get their green cards? Each month the State Department issues the Visa Bulletin, which informs the public, which people in the various preferences are at the front of the line to get their permanent residency.

The State Department does not mention the people by name, but rather gives the priority dates that are "current."

When a person's priority date is current, they are *entitled* to file for the final processing for their permanent residence (green cards.)

Guestimates on Current Priority Dates

I have carefully used the word "guesstimates," and not "estimates," because the only information that is available in the Visa Bulletin is how long the person, who now at the front of the line had to wait to get there.

So if a person's priority date is June 1, 2005 and their priority became current on June 1, 2009, they had to wait in the line for 4 years in their preference category. This information does not guarantee that someone, who applies in the exact same preference category on June 1, 2009, will have to wait the same

amount of time. There could be many more people in front of the person, who applies on June 1, 2009, than were in front of the person who applied in June 2005.

The calculation is further complicated by the fact that there is a limit on the number of green cards that may be given to any particular country in any given year. For the most part all countries are equally backed up, except China, India, Mexico and the Philippines, which are backed up further.

Leon Snaid is a Certified Immigration Law Specialist, who has been certified by the State Bar of California's Board of Legal Specialization. He has practiced law in San Diego for 27 years.



An immigrant family on Ellis Island sees the Statue of Liberty.



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Changes in Allergy Management Give Hope to Needle-Phobic

By Ivor Emanuel, M.D.



If you are one of those people with bad allergies and need weekly allergy shots, sublingual "under the tongue" Immunotherapy (SLIT) may be just the answer, particularly if your schedule is busy or you hate "needles".

Immunotherapy or allergy desensitization is a natural treatment that allows the body to adapt to the allergens (pollen animal dander, dust mites and mold) that cause inhalant allergies. Until recently the only way

to receive immunotherapy was through allergy shots. Sublingual allergy drops contain the same "vaccine" found in shots, except because it is safer, the drops can be self administered at home, thereby eliminating weekly doctor office visits.

While now widely used in Europe, SLIT has had a slower uptake in the US. One of the early adopters and pioneers of this technique in the US has been Dr. Ivor Emanuel of San Francisco. Ivor received his medical degree at Wits and did his residency in New York City. He specializes in ear, nose, and throat as well as allergy, and has been in practice in San Francisco since 1978. He has been using SLIT with great success for over 20 years.

Active in clinical research, he has just published an article dealing with the under-utilization and the benefits of SLIT in the May 2009 issue of the *Otolaryngology/Head and Neck Journal*.

Ivor has no doubt that SLIT's major benefit is to children, since besides being safe and convenient, it is painless and easy to administer. He believes that SLIT, coupled with newer allergy blood testing technologies, will finally reduce allergy testing and treatment to just one small needle stick.

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DID YOU KNOW?

- A Jew named Dr. Abraham Waksman coined the term, "antibiotics".
- The doctor hailed as the Father of Pediatrics, Dr. Abraham Jacobi, was a Jew.
- A Polish Jew named Casimir Funk, who pioneered a new field of medical research, gave us the term, "vitamins".
- Dr. Simon Baruch, a Jewish surgeon, performed the first successful appendicitis operation.



Linda Bernstein
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- 4 SAN DIEGO BURIAL PLOTS HAVE INCREASED ON AVERAGE 7.5% ANNUALLY OVER THE PAST SEVEN YEARS.
- 5 THE ABILITY TO CREATE FAMILY OR SPOUSAL PLOTS

A public awareness campaign for the sanctity of traditional Jewish Burial The Garden of Eden Sections San Diego County's Centrally located traditional Jewish Cemetery under the auspices of the Chevra Kadisha - Jewish Burial Society. Jewish custom and tradition is fully adhered to. For more information please contact Rabbi Yisroel Dinnerman (619) 788 7272 or Jewishburial@hotmail.com

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FUNK (continued from page 38)

roots of the Smilga family and was in the process of writing a book as a tribute to his heritage...to the story of his Bobba and Zaida, who influenced his early life. He studied the history of the Jews in Europe at that time to provide an authentic background to his portrayal.

He studied philosophy and science and was involved in research related to the plasma of the universe. He tried to explain some of this to me but gave up in despair!

I wish I could do more justice to his brilliance, and leave a better legacy to his achievements, to his commitment, dedication and bravery in the way he pursued his studies in the face of enormous challenges. I hope that some of his work may yet be published, and his life's work acknowledged.

He was always looking for ways to help those in need, and to share his limited resources. I can personally attest to this. He took in my daughter Renay when she needed help and a place to stay, and she felt loved and supported.

David fought his Goliath on a daily basis — throughout his mammoth struggle he remained true to himself.

I remember him for his gentleness, his fortitude and his life long search and longing for an authentic connection to his roots and his family.

May he rest in peace.

I would like to thank Rabbi Carlebach for all that he has done to give David the burial he wanted. In David's words, written many years ago, "My hope is to be buried the Orthodox Jewish way, wrapped in a shroud...where I'll be among my own." Thanks to Am Israel Mortuary, Chabad, SAJAC, The JSF and David's friends for their contributions that have made this possible.

It is at times like this that one is reminded of how important it is to be part of a Jewish community.

SAJAC would like to offer its sincere condolences to David Shapiro's family and to all the other members who have lost loved ones in the past year.

May G-d comfort you together with all the other mourners of Zion and Jerusalem.

MEEHAN (continued from page 38)

departure from South Africa, his journey to Israel and his studies at Ohr Sameach yeshiva and Hebrew University. Finally, he came to Santa Monica California, and to his last place of residence, San Diego.

In San Diego, David pursued his studies and continued to take classes with me in humanities and British literature. Along the way, he pulled me into his love of computers. More than one coffee shop visit was spent pouring over the details of the latest Mac software application. He often helped me with presentations; notably, one on the Dead Sea Scrolls when they were on exhibit in San Diego, and his own remarkable summary of Judaic history in the ancient world. Over the course of his friendship, he shared with me many writings, scholarly and creative, and questions always led to more research and answers.

David also honored me with the details of his life, his abrupt departure from South Africa, his social and spiritual journey in Israel, and finally his challenges living with illness and poverty. One thread that tied together the multiple facets of his character was an intense longing to connect to matters of the spirit, G-d, and his own reflection of the human experience.

David had serious challenges to his health and recognized the value of meditation and his spiritual practice in healing. He shared meditation techniques with others struggling with chronic illness. As he faced more serious challenges to his health, his absence became worrisome. Yet each time he returned, he came back with new vigor for learning and life. Eventually, he let go of his plans to pursue physics as he began to number his days.

He found solace in returning to his Judaic roots, and he still planned to transfer and continue in Hebrew Studies. In the midst of his own health issues, he found time to help raise funds for Israeli citizens displaced and injured by attacks. His writing focused on researching his family history, as well as on developing his screenplay about the boys who escaped the Lublin Ghetto and went to live in the forest.

David's fierce integrity about making his own choices, socially, intellectually, and spiritually were grounded in an equally strong commitment to our common humanity. David's life, a rock, reminds me of the concrete nature of human compassion resisting steadfastly against human indifference. His gentle spirit reminds us never to assume, judge, or overlook, and always to act from the heart.



WE REMEMBER



By Bernice Funk
David's cousin

Can I do justice with these words to someone who was so deep in his thinking, so focused on finding his way that I am not sure I fully understood, appreciated or even really knew him?

David sent me this quote from *The Meaning of Compassion*, written by His Holiness the Dalai Lama. Perhaps these words sum up the manner in which he tried to live his life:

“Genuine compassion is based not on our own projections and expectations, but rather on the rights of the other: irrespective of whether another person is a close friend or an enemy, as long as that person wishes for peace and happiness and wishes to overcome suffering, then on that basis we develop genuine concern for his or her problem. This is genuine compassion.”

Looking back over David's life, I can see the thread of spirituality interwoven in his search for this truth, in the way he lived, and in how he related to his family and his friends.

David was a sensitive, intelligent, aware person who never stopped searching. From a young age he had a yearning to know who he was, and where he came from. This often got him into trouble with those of us who didn't understand him.

He left South Africa as a protest to serving in the army and spent several years studying in a Yeshiva in Israel. He moved on to make his home in America where he set up a place of refuge for troubled teenagers.

Illness intervened and curtailed his work but his passion for knowledge knew no bounds. He researched the

See **FUNK** on page 39

By Elizabeth Meehan
David's friend and college professor

David Shapiro, an incredibly intelligent, sensitive and caring man, first crossed my path while he was a student at San Diego City College. Unassuming and quiet, he caught my attention when I read his first assignment for an English 101 class, and realized that his skills far surpassed the entry level requirements for the course. I queried him, and he insisted he wanted to work on his writing, and had plans to transfer. His bright mind was focused on physics and the hope for breakthroughs in clean energy production: "an even more radical design for a plasma fusion tokamak." David's mental energy crossed the disciplines. He also hoped to contribute to Judaic Studies, and write stories and screenplays.

He was beyond the curriculum of the course, nonetheless I accepted his reasons out of a selfish desire to have such a bright light in the classroom and because in his unobtrusive way he quickly involved the participation of his classmates through his ability to link the classroom focus on global issues with his own life, and with the experiences of others.

Having grown up in South Africa, he developed a strong desire for racial justice. David's life became a template that helped motivate others to research and learn. He provided research topics on Africa's political history, and in his quiet way invoked the curiosity of other students.

He shared his own student days in Johannesburg, and how he and others came to participate in the struggle of young Black African students for basic rights. He set aside his private privilege and helped tutor students so they could pass their exams while resisting apartheid. His own participation in the resistance led to his abrupt

See **MEEHAN** on page 39



Dealing with Anxious Kids in Tough Times

By Debra L. Jedeikin, MA (Clin. Psych.)
Licensed Family & Marriage Therapist



It has been a very tough year for many. More and more people are seeking professional help because they are feeling anxious, depressed, and very insecure about the future.

As parents we try hard to hide these feelings from our children in order to protect them. Despite our efforts, our children feel the tension and may become anxious themselves. Symptoms of anxiety in children include a sudden fear of sleeping alone,

bedwetting after being dry, increased irritability, difficulty separating from parents or caregivers, attempts to avoid social contact and other mood and behavioral changes. Anxiety is often revealed through physical symptoms such as headaches, stomach trouble and dizziness.

Fortunately, most children respond quickly to therapeutic interventions such as Cognitive Behavioral Therapy and Play Therapy.

Cognitive Behavioral Therapy: A combination of cognitive and behavioral therapies, this approach helps people change negative thought patterns, beliefs, and behaviors so they can manage symptoms and enjoy more productive, less stressful lives.

Play Therapy: Geared toward young children, play therapy uses a variety of activities such as artwork, clay and puppets, story-telling, board games and more in order to establish communication with the therapist and then resolve problems. Play allows the child to express and resolve difficulties.

Self Help: There is much that you can do to help your children master their anxiety and develop coping skills for life's future challenges.

The message we need to give our children, even our youngest learners, is that "Stuff Happens!" The trick is to know how to deal with it in a constructive manner. Our children are scrupulous observers of our behavior. Many self-help options and resources are available for both children and adults. Summer is a wonderful opportunity to spend some time with your children in a variety of different ways:

Respect your Body! Physical health through regular exercise and good eating habits is very important in maintaining a balanced state of mind. Linked with exercise is the need to learn how to relax, which many of us, in our frenetic lives, have forgotten. Do this with your kids. It's a sure win-win!

Cultivate Optimism! A fair amount of scientific evidence now suggests that being optimistic contributes to good health, both mental and physical. Teach your children how to look at life with a 'glass half full' attitude.

Become Mindful! Jon Kabat-Zinn developed Mindfulness-Based Stress Reduction and has brought this practice into the mainstream over the last three decades. Many psychotherapists are using the practice of mindfulness as a new tool. In brief, the practice of mindfulness was developed out of eastern meditation and involves becoming aware of one's thinking process in a non-judgmental way.

Do something nice for yourself! (Self-nurturing) Hobbies, interests, 'doing something different' and being creative are all proven stress relievers. Challenge yourself to paint a picture, hike up a mountain, learn to surf or visit a town to which you have never been. Include your children in one of these new pursuits!

Get connected! The feeling of being emotionally connected to a significant other, a family or group is an immediate stress buster. Working on your communication style will help your relationships significantly. Teach your children how to manage their anger and frustration and how to quickly move on from a conflictual situation. Use role-playing as a way to teach this. It's fun! Regular family 'meetings' encourage open discussion and the experience of belonging.

Empower! Help yourself and your children to learn how to solve problems. Stop to breathe before you think; before you act.

Remember! Providing a sense of hope is most important in developing resilient well-adjusted children.



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Are We, As A Society, Richer but Poorer?

Does the Price We Pay for Technological
Advancement Come at Too High A Cost?

By Brian Marks



These sure are interesting times.

We Google, we Twitter, we blog, we e-mail, and we text. We're attached to our iPods, and we each have a Bluetooth stuck in our ear. We're on MySpace, on Facebook and on YouTube. We carry a laptop that fits into an envelope, and we can conduct a full day of business, on our Blackber-

rys, without leaving the bunker on the fourth hole of our favorite golf course.

No doubt about it. We are technologically rich.

If we measured this era against any era in the history of man, 2009 would lead the Forbes 400 in the most technologically advanced society of all time. No doubt about it. Technologically, we are "rich beyond our dreams". So why is it that amongst all this technological wealth, I am feeling a little sad, a little nostalgic, and definitely...a lot poorer.

I guess that the art of compromise means that Newton was right. To every action there is an equal and opposite reaction. In today's world, that means every time we gain something, somewhere along the line we lost something to compromise. It's what we have lost that makes me feel poorer.

I sat at a restaurant recently and watched a family dine. The father ate, the mother was on the phone, the daughter texted and the son listened to music. I am sure they honestly felt they were spending time together as a family. I didn't, and they weren't. Where was the conversation, the social interplay, the acknowledgement of common threads and the arguments against consensus? The exchange of ideas was replaced by an isolationism that left them poorer and me sadder. And I find this isolationism the saddest part of all.

How can one replace the time spent in a local mom-and-pop bookstore with the clinical convenience of Amazon dot com. Spending hours among the stacks, paging through volumes, whether as a child or adult, are experi-

ences and memories that last a lifetime. Who cannot remember the excitement we felt knowing that the next Beatles album was arriving at the record store tomorrow, and that we could immerse ourselves in the musical playground of Target Records the whole Saturday morning? Thumbing through albums, listening to cuts on the headphones, looking at posters and ogling the girls was part of a rich social experience that downloading has made easier, simpler, more efficient and cheaper...but definitely poorer.

Now let's not see me for what I am not. I am not an old-fashioned, behind-the-times, anti-technology hippy who thinks that everything modern is a curse and that everything in the "old days" was better.

On the contrary, I marvel at technology and would never wish to have lived in any other era. I simply feel that we are paying a tremendous price for the technology we seek.

The instantaneousness of news has led to a shallowness that applauds appeal over substance and ordains the "not ever to be great" while glossing over the "really great." The insatiable appetite for appeal leaves analysis to the petty, makes shock value more worthwhile than quality, and makes instant heroes of those unworthy to carry the real heroes' shoes. What is really frightening is that it makes politics about sound bites and not about people. But I think my greatest concern is the change in the actual social fabric that technology brings to every household.

eHarmony might be a very efficient way to meet a mate, but does it compensate for that shyness and smile you feel when eyeing that special someone from across the room? Can being offered a glass of champagne at the Gucci store ever be replaced by buying a bag online? Or can playing video games ever replace a few hours at the corner café playing pinball or foosball with your mates? No. No. And no!

And that's all I am saying. I love technology, but I love humanity more. I love the convenience, but I hate its dehumanizing impersonal disposition. I love its advantages, but I hate its consequences. More than that, I fear that the little joys we felt before are being lost — one by one — and that once they are gone, they are gone forever. That makes me sad, because a lot of what we are losing was worth keeping. And that does makes the world a lot poorer.

DID YOU KNOW?

A 2004 study found that Americans today have 1/3 fewer close friends than they did almost 25 years ago, in 1985, before the introduction of the Internet.



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Reuniting with My Jewish Heritage

By Daniel Rietti



I grew up for most of my childhood in Brazil, and was raised Catholic. When I was 11, my family moved to the U.S. and I continued with my Catholic upbringing. Eventually I met my wife, a South African Jew who was raised most of her life in Texas.

As we became more serious and the idea of marriage came up, I began to look at Judaism seriously and started taking an interest in my own history, which I later found out had significant Jewish roots. A week before our wedding, my conversion was complete and I was officially Jewish.

Through the years, I have explored my own family history and have discovered that my father's side of the family was, and for many distant family members, are still Jewish. Not to go into great detail, but it turns out that I have a distant cousin who is a practicing rabbi in New York.

By connecting with this family, I have also learned a great deal about my family's history from as far back as the 1300's. My last name is Rietti — an Italian name with deep Italian/Jewish roots. It seems as though I am a direct descendent of Moses Ben Isaac Da Rieti, an Italian Jew who lived from 1388-1460. What I found out about Moses Rieti fascinated me.

Moses was an Italian scholar, physician, and poet. He practiced as a physician until the death of his father in 1422. Under the papacy of Eugene IV, Moses went to Rome where he held the position of Chief Rabbi to the local community and later the private physician to Pope Pius II.

I have also heard from relatives that when St. Francis of Assisi was going blind, he was advised to see

Moses, who cured him of his blindness. For this reason, the town of Rieti names a street after him by his nickname "Il Maestro Gaio." The street is called La Strada del Maestro Gaio.

As I mentioned above, Moses was also a poet and at the age of 24, he wrote his most famous work, the *Mikdash Me'at* (*Miniature Sanctuary*), which was a parody of Dante's *Divine Comedy*. This work made him famous in many circles, especially in the Jewish community where Moses was often referred to as the "Hebrew Dante" and "Master of Poets."

The complete text of *Mikdash Me'at* was published in 1851 by J. Goldenthal, with an introduction in both Italian and Hebrew. Towards the end of his life, Moses abandoned poetry and devoted his life to philosophy. However, he did live long enough to hear parts of poetic works sung in synagogues throughout Italy.

I have thoroughly enjoyed learning about my family's history and look forward to uncovering more of my Jewish roots. Hopefully, one day soon I can visit the town of Rieti and take a stroll down La Strada del Maestro Gaio in honor of my famous relative.

DID YOU KNOW?

David Bowie's mother is Jewish; his father is not. One of Bowie's album covers discusses his Jewish ancestry. He released an album in 2002 titled "Heathen" (the English translation of the Hebrew word "Goy"). His real name is David Robert Jones.

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Protect Your PC from Big Brother...and Everyone Else

By Barry Picker

As with any security system, no installation is completely impenetrable. However, the more difficult you make it for an intruder to access, the more likely it becomes that an intruder will select an easier target. Additionally, there are certain trade-offs between convenience and protection. The extent to which you choose to secure your system should be guided by the value of the information stored and the likelihood that someone may attempt to access your data.

Step 1 – Don't Let Anyone In...Unless You Know Who They Are

While this is easier to control with a wired system, the convenience of wireless access adds some additional risk. If you use a wireless data point, make sure that wireless access is password protected.

If your wireless router has been set up by your internet provider, it is likely that they may have used your account number or telephone number as the password. This practice is common knowledge and the information could be readily determined by looking at discarded bills which most people conveniently place unshredded outside their drive on trash day.

It is best to replace this password with one that is neither known to your cable provider nor printed on your statements. Security can be further enhanced by choosing a more sophisticated password protocol and/or hiding your network identification. It is also possible to allow access only to specific computers using their MAC address. (unique identifier assigned to each network adapter)

Step 2 – Use a Firewall

A firewall is a part of your system or software designed to block unauthorized access. Many routers have a built in firewall, additionally Windows and Internet Security software suites also have firewalls. Ensure that either the Windows firewall or your Security software firewall is active. Occasionally, firewalls may need to be disabled to install software or allow temporary access. Ensure that they are reactivated after this process.

Step 3 – Internet Security

Defense against malicious programs is critical to the security of your system. Your antivirus/internet security suite is an integral part of your security. Due to the volume and frequency of new viruses, and spyware, it is imperative that your security software is updated on a

daily basis. While it is common to perform a limited scan on a daily basis, a full system scan should also be periodically performed. Usually the software can be set up to automatically check for updates daily and to run a full system scan weekly. Generally, it is preferable to have these functions performed at night or when the computer is not in use.

Step 4 – Be Alert

A common method of identity theft occurs via email, this can be easily prevented by following some simple rules:

- Do not open any suspicious emails. Review the subject line, and look for incorrect spelling.
- If you do open an email that is not from a trusted source, do not open any attachments in the email.
- If the email is junk, do not click on the link provided to request removal from the mailing list unless it is from a reputable source. This will only confirm to the sender that the Email address is valid.
- If you receive an email that appears to be from a trusted source (your bank for example), do not click or cut and paste the link provided to take you to their web page, rather type the URL directly into the Address Bar in your browser.

It is common for scammers to send an email that looks like it came from your bank. When you click on the link you are taken to a web page that appears to be the login page for your financial institution and is used by the scammer to capture your username and password.

- Do not respond to any email requests for your username, password, personal or account details. No reputable institution would request confidential information by email.

Web pages can also be a source of identity theft or other malicious activity:

- Pay attention to any warnings from search engines or your security software.
- Never enter credit card or account details in a site that is not secure. A secure site generally has a small padlock icon in the bottom right corner of the browser status bar.

Step 5 – Be Careful in Public

Travelling always represents a risk as we need to sign on



to unfamiliar networks or use unsecured public access points. When signing on to these networks, always designated them as "Public" connection, this will prevent your files from being shared with other users. Try to avoid entering passwords and financial or personal information when using public or unfamiliar networks as this data can easily be captured by miscreants.

Finally, Step 6 – Use Common Sense

Bill Gates is not going to pay you dollars for every person you forward the email to, Sony won't give you a free laptop for forwarding the email to 20 people, and the Nigerian government surely have their own Swiss Bank accounts. The old adage that "if it sounds too good to be true, it is" certainly applies to the modern computing world.



Some Useful Computer Sites

Mail2Web.com — This site lets you check your email and send email for free from any computer, anywhere in the world that has Internet access. Just enter your email address, and your password, and the site knows exactly which email address you want and accesses it for you.

While this site does not have a padlock icon, as the above article mentioned, I can honestly say that I have used this site for years and have never had any security problems with it. Nevertheless, remember to use caution.

Snopes.com — Is that chain letter real? How did it start? Are its claims really true? This site will help you answer all those questions and more. From Nigerian letter scams to emails that claim to bring you luck to urban legends, this site reveals the origins and truth behind the latest and weirdest chain letter emails and scams. So before you pass on your next chain letter to a friend, visit this site first to see if the email's claims are true or false.

Tucows.com — A free site with lots of rated, categorized, PC & Macintosh software and shareware (try-before-you-buy programs) available for you to download.

— Gil Sery

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Dance Your Way Around San Diego

By Tessa Schlesinger



It was tough for a while, getting to know people in San Diego. Immigration is always like that. First one has to worry about a place to stay and getting settled. Then one has to worry about the work and the money. And finally, one gets to making new friends and find new interests.

About two years ago, I returned to the dance scene. I had always loved dancing in South Africa — ballroom and Latin American. I hadn't danced for two decades, though, and didn't have that much confidence. I needn't have worried, though. I found body memory plays its part, and what I didn't know, someone was always willing to teach me.

My first venue was the Patti Wells Dance Studio which has hosted the Jitterbug Club for more than two decades. It was fun! It runs each Sunday evening from 7 pm to 9.30 pm and is attended by over 100 single baby boomers. It didn't take long to get into the swing of things (there's a free lesson attached) and I became a regular pretty much immediately. My own personal opinion is that Patti's Jitterbug Club is the best dance option of the week.

After that, I experimented. There was the San Diego Swing Dance Club that hosted a free West Coast Swing dance lesson on Sunday afternoons between 3 and 4, and then dancing until 7 pm. It was also a well-attended event — once more, for the older crowd.

My next discovery was Synergy Dance Zone on Miramar Road. This was a younger crowd — very much UCSD. Dances were held on Fridays and Saturday nights and while the younger crowd was out in full force, there were still baby boomers doing the waltz, the tango, the quick-step, the salsa, the hustle, the west coast swing...did I leave anything out? And, naturally, there was a free lesson attached.

Needless to say, in a very short time, with all those free lessons, helpful partners, and a wide choice of dancing, I made friends quickly. I also became more fit and dropped 10 lbs! What's not to like?

At this point, I dance at many of the dance studios around San Diego. However, I'm slowly spreading my wings and going to clubs and pubs. I've discovered that many of the people I met at the various dance studios also go to these places, so it's quite comfortable for me to walk in on my own because there's always somebody I know who's happy to have me at their table.

Currently, the places that I have visited that fall into this category are Humphreys on a Monday night, Rileys on a Thursday night, Belly Up on Friday evenings, and Mo's on a Monday night. The first three are swing venues (Jitterbug and West Coast), the last Salsa. The lesson on Monday nights (between 8 and 9) is particularly good — and it's free! I'm thinking of exploring salsa at the Marriot and Cafe Savoy as I've heard good reports. There are many salsa venues in San Diego and it's a good dance to learn if you are not yet familiar with it.

Dancing is fun, and I love this more formalized way of dancing. While I realize that many prefer the freeform way of dancing, somehow I never took to it. I also think that when there are definite steps and routines, it's far easier to learn than the combined spontaneity and body movement necessary for good freeform dancing.

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What All Men 18-25 Need To Know to Avoid Legal Problems

By Leon Snaid

Most people think that only people who voluntarily enlist in the military can be called upon to fight for the USA in the event of a war. This is not true.

The USA relies on its enlisted military to defend the country. However, there is an obligation to register with the Selective Service System between the ages of 18 and 25.

Selective Service is the way the U.S. Government prepares for a military crisis. A person is not inducted into the military by registering, but may be drafted in a military crisis. More information can be found online at <http://www.sss.gov>.

The law requires every resident in the USA between these ages to register, including illegal aliens living in the USA. You do not require a social security number to do so. Tourists, students and members of a diplomatic corps or trade mission and their families need not register.

If you are eligible to seek naturalization, are younger than 31, and fail to register when you were required to do so, you will find yourself being denied U.S. citizenship through naturalization.

It is possible to apply for naturalization five years after you were still eligible to register, namely after you turn 31, if you failed to register beforehand. However, you must provide good reasons why you did not register, when you should have done so.

Leon Snaid is a Certified Immigration Law Specialist, who has been certified by the State Bar of California's Board of Legal Specialization; he is rated as a Pre-eminent Lawyer by Martindale Hubbell, the oldest legal directory in the USA and has practiced Business and Immigration Law in San Diego for 27 years.



LTJG Asher Goldenberg standing next to the MH-60S Knighthawk helicopter out of HSC-3, Naval Air Station North Island



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SAVE THE DATE!
November 10

DATE: November 10th, 2009
TIME: 6:30 p.m. - 9:30 p.m.
EVENT: Happy Hour @ Anthology

Anthology is a casually sophisticated and comfortable place to gather in downtown San Diego. Have a great cocktail, enjoy friends, and enjoy an intimate, up-close music experience with some of the finest artists in the world. Invite your friends and let's have yet another successful SAJAC event.

SAVE THE DATE!
November 10

The King of Beasts...and Security

A shop owner in Brakpan, South Africa was tired of people breaking into his shop, so he came up with the idea of shaving his dog to look like a lion. Everyone in South Africa recognizes a lion. Now he has no problem with thugs!

South African ingenuity at its best — we call it "*n Boer maak 'n plan*"!



Family Day A Huge Success

By Pamela Nathan



Our Family Day Celebration, co-hosted with Shalom Baby, was held at Torrey Hills Community Park on Sunday, May 17, 2009. In spite of the fact that the weather was overcast and threatening rain, the event was a huge success.

Fortunately, our 'scouts' were up and out very early. They were able to secure our use of the tables and start setting up at our ideal location. By the time I arrived, with grandchildren, Sky and Nikka Frank, and mom, Seckie Gladstone, all bundled in the car, set-up was well on the way and everyone involved was rearing to go. Seckie was stationed at the welcome table to greet our guests. Sky and Nikka were put to work immediately, unloading and unpacking all the stuff from my car. I realized how things had changed since the first Family Day event. Sky was only a few months old then; Nikka not yet born. Now both were old enough to help and be of service to our community.

The kids and parents alike loved Mr. John from Radical Reptiles. He had everyone's full attention as he introduced us all to his family of reptile 'friends'. There was so much to learn and experience — both the kids and their parents were completely enthralled.

Our clown was surrounded by happy, giggling kids until the moment she left. She painted flowers, butterflies, and other decorations on the children's faces and arms — and they kept coming back for more. One little boy asked to look like Spiderman and within minutes had his face painted completely RED. His mom was horrified, so the clown cleaned him up with no effort at all, and painted a small Spiderman on his cheek instead.

Our Jumpy was very well received. We had kids from all over the park come join us. Children of all ages enjoyed playing in it and going down the inflatable slide. Then there were giant bubbles to blow, cookies to decorate and a sticker art project, what more could you ask for?

A big thanks to Judy Nemzer from Shalom Baby and Tamara Klein for co-coordinating the event and also to Danielle Freedman and her friends from Club Mitzvah, who helped us throughout the morning. We were thrilled to see how so many families donated books and clothing for Club Mitzvah's kids in a South African orphanage.

We all had a great time and look forward to seeing you all at our next family day! See photo spread on page 26.



SAJAC Holds Family Day at Torrey Hills Park



Above: John the Reptile Man & Brennan Klein show off a reptilian friend of theirs.

Below: Ann Lipschitz with her grandson.



Nikka Frank (right) & friends are entertained by a clown.



SAJAC families enjoying themselves at the Reptile Show.



A clown makes balloon animals for the younger kids.



Mimi Gross & son, Sammy



Kim Aires & daughter, Kyra



(L to R): Darren & Beryl Youngleson, Tracey Batten, Nechama & Rabbi Zalman Carlebach reunite at Family Day.



SAJAC: An Organization Is Born

By Norman Sarkin

In the beginning, there was Los Angeles, and then came Irvine. Some say that Miami followed, but that was the "Springbok Club" — similar, but not quite the same as SAJAC.

It all started in Los Angeles with Charles Schnaid, Dennis Abramson, Martin Shandling and others. Charles was the first Chairman, for about 3 years, followed by Dennis who was the chair for 2 years and then came Martin Shandling. Then there were a whole slew of folks who ran the now-defunct SAJAC Los Angeles.

Why do I mention these three by name? Easy, they were, and still are, all friends and clients of mine when I lived in Palos Verdes. We lived there from 1979 to 1981 and SAJAC in Los Angeles was born at about that time.

We came to live in La Jolla, without our son Alan who went from Palos Verdes to work on a kibbutz, Mishmar Haemek, near Haifa, where he stayed for 2 years. I was prevailed upon by Charles, in particular, to start a SAJAC in San Diego, as Irvine had started — copycat fashion at their insistence, "no way," said I; "To run SAJAC correctly is a full time job, but I promise to look for somebody who can do the job properly."

As luck would have it, we became friendly with Leah and Neville Levin. Leah is an incredibly capable lady and with a certain amount of persuasion she undertook to organize the San Diego SAJAC. She did such a terrific job that it is the only SAJAC still flourishing in the United States. But don't think it was a pushover to start.

We thought that, because of the aims and objectives of SAJAC, we should invite some UJF people too! She put together a great committee amongst who, at the very first meeting at Leah's house one evening, were Celia Levy, Mervyn and Sandi Kodesh, Les and Glenda Kacev, Ronnie Diamond, Michael Silverman, Felicia Mandelbaum, Merle Datnow, Pam and Neville Berman, Steve Abramson and me.

As you can see by the names, most if not all, are still very active with community volunteer work with Federation, Jewish Family Services, the JACC Nierman School and Shuls in San Diego and La Jolla, amongst other organizations.

We have had some wonderful chairpersons in our SAJAC — should I not say Leah's SAJAC? — after all, she was the strength behind it all.

We have been going for 22 years now and at the time of writing, had our 21st Annual General Meeting. Sadly, Celia Levy and I were the only two "old warhorses" who attended.

Every chairperson has worked hard, as is evidenced by the current strength of SAJAC. The focus has not changed, but the modus operandi has. We now use the Internet, which did not exist then. (We were extraordinarily good at running phone banks then.) Now most messages are sent via email, and it is very effective. Pamela Nathan is probably responsible for this method. But we must hasten to add a vote of thanks to Brian Marks also for his marvelous editing of our SAJAC magazine.



Leah (left) and Neville Levin (right) at SAJAC's 21st Celebration party. Leah became SAJAC San Diego's first president...after some persuasion from Norman Sarkin.





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Left: Pamela Nathan, Staci Klein, Melissa Harris



Below: Dana Dean, Tamara Klein, Lara Gilman



Left: Janith Jaffe, Alan & Staci Katz



Right: Clive Gross, Greg & Kate Spiro



(L to R): Robyn & David Kahn, Sandy Kodesh, & Mandy Katz (top), Daniel Katz & Cindy Dykstra (bottom row)



Above Left: Layla Jaffe & her grandmother Ethel Seidel; Above Right: Derek Berghaus & Sky Frank



Selwyn Klein (left), Barbara Klein (middle), and Staci Klein (right) celebrated SAJAC's Family Day together.



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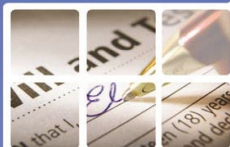
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Roger is a corporate and securities partner on the business and technology team at Procopio and leader of the Emerging Growth & Technology practice group. He specializes in meeting the critical needs of growth companies in a wide range of legal and 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 regular speaker on the topic of funding strategies for emerging growth companies and venture capital financing.



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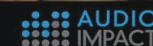
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