



## President's Message:

### An Introspective Review.

by Moira Berman



Each year the President praises and thanks the wonderful volunteers and encourages others to sign up for small tasks; the sum of the small cumulative efforts results in a successful community organization.

This year is different – only in that my appreciation for the volunteers goes way beyond the normal “Thank-you”. I relied fully

on the well-oiled machine of volunteers. Just as I needed to focus on some personal commitments, the many volunteers kept things going. Each year, when we think “this year we really don’t have volunteers”, the few reliable members come through, and Pamela magically pulls the rest of the team together.

Over the years SAJAC has evolved. But in the last few years we have endeavored to define our new identity and our mission. More than once Board members have posed the universal question, “What is the meaning of our existence?” Well not quite that existential, but really “what is our new/ updated mission? What should be the strategy to achieve it and what is the best way to execute that strategy?” Board members question SAJAC’s direction and longevity.

And each year we see some spark that tells us SAJAC is still a viable and valuable entity.

I was pondering what the ‘spark’ was this year when I heard that interest in SAJAC from regions outside of San Diego is becoming more significant. The questions from other regions/states have changed from asking why we are not in some other city, to being genuinely interested in how to start a chapter in that other city. If we have outlived our original objective of helping ex-South Africans settle into San Diego, we are perhaps evolving to meet new objectives such as creating community focused groups in many cities across the US – all connected by a single web site.

As local members of the original chapter of SAJAC, ask yourselves what SAJAC means to you, and what direction you believe it should take. The Board can make decisions – but in something as critical as this, broad input is important and appreciated.

Is your interest in SAJAC driven only by the Reporter and/or the Directory? If it is, that is great; and how much

would you miss these publications if they ceased! And they will if we don’t continue to get volunteers willing to make them happen. Are you willing to spend a few hours next year making sure they do get produced? Please contact any board member to let them know.

If your interest extends to the more social aspects of SAJAC, then consider what events you believe could be organized by SAJAC, or what events you are aware of, that members may be interested in attending. Or perhaps take the lead in organizing something – a very exciting and satisfying experience!

Activities this year included: a Tea in honor of all our Helpers, a Card party Luncheon for our Seniors, our annual social event celebrated at Anthology Music venue downtown, a Helen Suzman Retrospective at the San Diego Library and a tour of the Museum of Contemporary Art in La Jolla.

Brian Marcus is chairing our annual event for 2010, scheduled for Oct 10 - an Athol Fugard play & reception at the Repertory theater. This will include an art exhibit by Atara Baker, a member of SAJAC of San Diego, whose art is deeply inspired by the soul of South Africa. Join in and Enjoy!

Special mention of our volunteers - Wendy Miller, Tanya Freedman and Michelle Diamond, who tacitly coordinate the Welcome Wagon and Friendship Committee year in and year out, Alan Wolmer, Mervyn Kodesh and Dennis Davis for helping to produce our Directory, Derek Berghaus and Brian Marks for this amazing Reporter, Glynne Weiner, Alan Lopato and Ilana Goldstone for taking care of our accounting needs & particularly, Tammy Grassi who has proved to be a willing, devoted and very successful ‘jack of all trades’. She has diligently taken care of helping with directory compilation, membership, advertising and everything else.



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## Editors Message

by Brian Marks



It seems like just yesterday that we were putting the last SAJAC Reporter to bed. Time just won't stand still and to think that we have been in the SAJAC publishing business for over 20 years is amazing.

We have outlived Mervyns, Linens and More, Crown Books and the Sharper Image. What's even more amazing is that we now have other communities around the United States writing to us and asking to join the San Diego SAJAC or help them to start a chapter in their back yard.

While some question the relevance of SAJAC others see the value of a community based organization that remembers its heritage and tries to ensure a continuum that will survive.

Yes the mission may have changed from the days of the founding mothers and fathers, but the core remains. A heritage worth preserving, and a community and history that is worth saving and shared with those that come after we leave. The Reporter is an important part of that function and in many ways has been some of the glue that keeps it all together. I am really proud of that.

## Gold is Not The Only Jewish Metal

by Brian Marks

My son Dylan is a drummer. No he does not stand the drum line or strap a bass drum to his chest and march during half time at the football game. Nor does he shu shu the brushes over the snare for a jazz ensemble, or, drum for a cover band that plays Hava Nagila while the bride and groom are lifted eight scary feet above the ground at the Hyatt, Hilton or trendy W downtown.

No he is a Metal Head. He bangs the life out of his drums for a thrash metal band that aggressively uses their music to shout about life and love but more importantly about pain, death and destruction. He loves it and is really good at it Thrash Metal?

Well, if we start with rock music and give it a really good injection of steroids we crank up the action and get to heavy metal. But don't stop there. Up the steroid dosage a healthy

amount, give the music three shots a day and you get to Thrash. It's loud, it's aggressive, and pumps blood through your veins faster than a roller coaster. And even though most guys my age are complaining that the Neil Diamond CD is "just too loud," I happen to love this music and like any other supportive dad who watched 17 years of little league, you can find me at a metal club on many nights, listening to Raise the Guns crank up the volume at gigs from Ocean Beach to Carlsbad.

But there was something a little different last Saturday night. While listening to the band, my mind wondered and I asked myself the question, "how did this nice Jewish boy end up in a head banging environment with tattooed guys who call each other bro and fist pump each other instead of saying hullo.



Dylan Marks

So I did some research and you may not know but, Jews have been playing heavy rock and heavy metal from the beginning. Not only have they been playing metal, but many Jews have been some of the most influential and most revered rock and metal musicians throughout the musical history of this genre.

Behind the masks and make up of Kiss stood three nice Jewish boys...Gene Simmons, Paul Stanley and Bruce Kulik. Anthrax, one of the most aggressive Thrash bands out there is almost a Minyan. Scott Ian, Dan Lilker and Dan Spitz are all Jewish. Dave Mustaine and Marty Friedman of Megadeth are legends, so too is Dee Snider the charismatic star of Twisted Sister, David Lee Roth and Sammy Hagar of Van Halen and Slash, Steve Adler, Ron Thal and Stacii Guns of Guns and Roses are all legends...and Jewish.

But it doesn't stop there. Biohazard, Dream Theater, Poison, Testament, Type O Negative, Death and Disturbed and many bands you probably forbid your kids to listen to are loaded with Jewish musicians who are pioneers, practitioners and leaders in the Metal Band Mania.

So these days when I stuff in my earplugs, and do a little head banging of my own, I look proudly at Dylan the drummer and know that he is part of an independent thinking group of fine musicians who truly march to the beat of a different drummer. It ain't Gershwyn, but he was Jewish too. Imagine that.



## Sajac...Now and Tomorrow

by Pamela Nathan



It amazes me that just the occasional few kind words from random people I bump in to who say how much they appreciate that I give so much of my time to SAJAC is enough to keep me going, year in and year out.

Mind you, its a thankless job. People are rude when you call to remind them of their outstanding dues, or they don't return your phone

calls. They complain because SAJAC didn't acknowledge something that occurred in their lives that we didn't even know about. We constantly ask people to send in news, but few take the time to do so? It's hard to stay abreast of everything without that type of support from the community.

On the bright side, I am thrilled to say that there certainly are a hard core of many active members who always lend a helping hand, who are available to give their home as a venue for an event, who are willing to VOLUNTEER their time, making sure that the yearly presidency, vice presidency and board positions are filled and that the Directory and Reporter are both meticulously executed. Outsiders marvel at the quality of both publications.

In fact, the sense of purpose that motivates me, stays intact That SAJAC - probably in the form of a cyberspace community, may outlive me and provide a way for our generations to come



Selwyn & Ruth Illman, Irvine

to know where they originally came from and be able to make contact with fellow Jewish South Africans.

We know we are a dying entity. Our Jewish parents or grandparents originated somewhere in Europe. They made it to South Africa, had kids who have now relocated in San Diego with our kids and grand kids and within a few more decades,

we won't be here any more. So who will tell our story about South Africa and the active Jewish life that held us together? How will they know anything about their unique heritage? Lithuania to South Africa to USA within a few decades? How are they going to be able to contact other descendants from their same clan?

It's SAJAC! And, in recent months the vision became clearer. It's not just San Diego, but can be nation wide especially since many of our own children no longer live in San Diego!

I'm very excited to tell you that I have been approached by several people all over the US asking me about extending our membership to their part of the world? Why not? I put in a quick call to Leon Snaid, our 'resident' SAJAC attorney, and within minutes he responded. (thank you Leon for your endless support) I received a detailed email from him outlining what needs to be done in order to achieve that.

In essence it boils down to obtaining a one third majority vote from the current members to make it happen. So I encourage you to respond positively when the time for voting arises. That will surely allow SAJAC to perpetuate within the USA at large and make my dream come true.

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## LETTERS TO THE EDITOR



I was interested in keeping touch with the SA Jewish community, and had heard that SAJAC was very active in the SD area - more so than in LA - which I have found out is no longer in existence. I therefore

decided to join in the hope that I would be able to meet and mix with people who came from a similar background, and who were now living in the US.

My health lately has made it a bit of a challenge to travel down to SD and environs in order to attend meetings, etc but I am still hopeful of being able to attend and participate in meetings in the future.

I really enjoyed being included in the fabulous 21st birthday celebration that you had Nov 2008.

Best wishes  
Rod Margo



Hello:

SAJAC seems to have done such a wonderful job of integrating the SA Jewish community in San Diego - and since I spend some time there during the summer, I would like to become a member!

I live in Phoenix and I think it would be a wonderful idea if SAJAC could spread to Phoenix, or incorporate the community here - since we are the "zonies" who invade your wonderful city every summer - and are very fortunate and grateful to be able to do so!

With kind thanks,  
Helen Davis Melmed

*I was very interested to hear that to your knowledge, San Diego is the only SAJAC organization to still be active in the USA.*

*I love the idea of having a larger more 'global' SAJAC so if there's a way for those of us living in Irvine to join you, we would welcome the idea.*

*Please stay in touch and let us know when this idea becomes a reality. There are many ex-SA's living in Irvine and I bet they would welcome the idea as well.*

Love,  
Selwyn & Ruth Illman

Dear Pamela:

I am so thrilled that there are efforts under way to expand SAJAC into Los Angeles. I am very eager to join, and will gather my SA/LA friends to do the same. Please keep me in touch with the status of the progress in this regard.

I look forward to meeting you.

Terry Jordan

Dear Pamela.

I was interested in keeping touch with the SA Jewish community, and had heard that SAJAC was very active in the SD area - more so than in LA. I therefore decided to join in the hope that I would be able to meet and mix with people who came from a similar background, and who were now living in the US. My health lately has made it a bit of a challenge to travel down to SD and environs in order to attend meetings, etc but I am still hopeful of being able to attend and participate in meetings in the future.

Best wishes, Rod



## Newcomers Corner

by Pamela Nathan

**Yaron Lief** was born and raised in Haifa on the Carmel Mountain. His father, Jack Lief, made Aliyah from Cape town, South Africa. His mother Sylvia, came to Israel from Shanghai, China. After growing up in the Israeli Scouts and in the Golani Bridgade in the IDF, Yaron built a career in humanitarian work in international disaster relief, in Ethiopia, Guatemala, El Salvador, India, and others. In the last 7 years Yaron has made San Diego his home.

He has owned Orange Restoration since 2004. The company provides water damage or flood emergency services, mold testing and remediation services, construction & remodeling. Orange Restoration has recently started a carpet cleaning department that can take care of all of your carpet, rug and upholstery cleaning needs.

**Gillian & Phillip Berger** emigrated to the USA in August 1985. They first settled in San Diego, however after 10 months, they relocated to Los Angeles, staying for 23 years.



When Phil retired in December of 2007, they decided to come back to San Diego and enjoy what San Diego had to offer - less traffic! They go up to LA often to visit their daughter and 4 grandchildren in Hidden Hills and a son in Santa Monica. They also have a daughter and two grandsons living in Rancho Penasquitas. They will celebrate their 25th year in the USA in August.

**Ingrid and Dennis Davis** came to live in San Diego from Johannesburg at the beginning of 2010. They have one son Neil, who lives in Johannesburg and is married to my cousin, Renee Michaelis' (nee Grevler)

They have another son Jonathan, who lives in Sydney. Ingrid works with Jackie Shevel and Darren Yougelson at GHIS. Dennis is retired, playing some bowls, golf and enjoying the good life in sunny San Diego.

**Joel and Barbie Dorfman** and their 3 kids Jess 13, Samantha 10 and Rikki, arrived from Johannesburg to San Diego in August.

Barbi and Joel both have degrees in Computer Science and Barbi worked in that field for many years before "retiring" to become a Mom. Joel is involved in a company importing and manufacturing satellite and terrestrial satellite reception equipment.

Joel enjoys photography, scuba diving, cycling, shooting, fishing, alternative energy projects, DIY and more. Barbi is a very accomplished mosaic artist having attended international courses and running a small studio teaching and doing some commission work. She has also dabbled in painting and ceramics.

Their daughter, Jess's big love is horse riding, while Samantha is their actress and enjoys performing on stage. Rikki is still discovering!

The Dorfans chose San Diego for the climate and the large ex SA Jewish community who they say have been very supportive and welcoming.



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# Jewish Singles San Diego

by Dale Phillips



I launched Jewish Singles in San Diego under the auspices of SAJAC in April 2009. The club offers 50 & 60 year olds the opportunity to meet others through a variety of social functions.

Thanks to the financial assistance of our benevolent benefactor, Bertie Woolf, JSSD has become a successful singles club.

The web site: [www.jsinglesd.com](http://www.jsinglesd.com), write-ups in the San Diego Jewish Journal, paid advertisements and our links to Jewish organizations, attract many new members. Before going to press, there were 370 members on our email list. It is amazing to realize that there are so many single Jewish people in such a narrow age group.

The success of the club is partly attributable to it NOT being a dating club, but a social club, where single people feel at ease going out in groups to various activities. Having said that, some serious relationships have formed and this is both rewarding and a bonus.

Events are held virtually every weekend and range from going to dinner at restaurants to Symphony concerts, theater, museums, movies, picnics and concerts at the beach, memorable Shabbat dinners and games evenings at members' homes.

The latest club activity is 'shul hopping.' The Rabbi usually welcomes JSSD members and mention is made of the club in the Friday night bulletin. We have enjoyed some musical Shabbat services, and our attendance at synagogues facilitates our getting to know various congregations.

One of our gracious members opened her home one Sunday in May, for our First Birthday BBQ. One member wrote on the web site: " Dale, thanks for a great party with a great turn out, nice people... way to go. You have created a great group."

Several members enjoyed the outing to the Getty Center in May, where we were privy to an exhibit of the da Vinci drawings, French Impressionist paintings, the famous architecture of the museum and landscaped garden. I was struck by the sight of bougainvillea tree trunks supported by metal struts, topped by a plateau of pink flowers. For me, the piece de resistance, was the Henry Moore sculptures in the garden. Of course, I reverted to my role of the teacher, making sure that everyone was accounted for and having a good time.

In the coming months I hope to arrange a trip to the Museum of Tolerance, and on the lighter side, a visit to the

Farmers' Market. With a pretty full schedule of concerts and plays already in store, I am hard put to find a weekend to make group travel plans to Mexico and Shelter Island.

JSSD and SAJAC are proud of one of our members, Rod Margo, who was awarded the prestigious Global award: 'Aviation Lawyer of the Year'. Rod's excellence in aviation earned him the award, which is publicized in 'The International Who's Who of Business Lawyers 2010,' and covers over 100 countries. Well done Rod!

Whilst organizing the club has turned out to be a 7 day a week job, I have enjoyed meeting Jewish singles who have gravitated to San Diego.

The club has filled a need in the Jewish community. If you know Jewish singles in their 50s or 60s, who would like to join the JSSD club, they can email me at [dale123phillips@yahoo.com](mailto:dale123phillips@yahoo.com) or go to our web site at [www.jsinglesd.com](http://www.jsinglesd.com)

Dale Phillips



Getty Museum



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## Parrots for Life

by Genna Malcangio (15 years old)



For years the arcane avian creatures that hold a place in Earth's biosphere have engrossed me, to the point of enchanted thoughts of flight and freedom. Since I was a little girl, there has always been a parrot sharing my room at one point or another. I would rather not say my family has owned some truly lovely birds, more readily relaying that some truly lovely birds

have owned my family. A parrot's upkeep is a lot of work and, depending on the species, they need three hours of attention a day. But hold your trust in someone who has had 15 years of experience, and let me tell you it is all worth it.

Rather than a bark or whine of greeting when you get home after a long days work, you are saluted with a cheerful hello and happy head bob. While many animals choose to change partners every year, parrots remain faithful to one mate for life, placing them among the most loyal of pets. Although parrots can occupy themselves for hours at a time, humans as a race need to remember they were meant to fly free. As someone once told me...

**God loved birds and gave them trees;  
Man loved birds and gave them cages.**

The fact of the matter being only someone who has the time to spare should invest in a parrot, many of whom live 50 plus years.

For me it all started the first time we walked into a bird store. My dad had an intelligent African Grey at the time and parrots require monthly nail and wing clippings. At the time it was enough just to feel their silky smooth feathers, and eventually, the musty odor of molting smelt like roses to me. Unfortunately the African Grey turned out to be a one person bird, and my dad had to let him go in fear for his family

My first parrot was a petite green parrot let. Only three inches, these feisty birds pack a lot of personality into a small package. After a month of joy shared by pet and owner, tragedy struck. Kyle passed in the middle of the night without a sound and for no apparent reason.

After a year relieved of parrot duties, my sister purchased a Senegal who still lives with us today. Part of the Africa species, Senegals' grow to about six inches long and make great companion parrots. Picasso was donned on my sister's Senegal for his painted feathers.

Watching my sister adore her companion sparked a new love for parrots in me and my dad. My dad chose to share the rest of his life with another bird of the African species, a Cape parrot, recently renamed Brown-necked parrot when two sub-species of the Cape parrot were discovered. Max is now the love of his life and goes to work with him every day, visiting different houses to the delight of clients.

After a few months the combined love was too much for me to handle. No longer did the bird store fill where a parrots affection should be. After extensive research, I snatched up an unsuspecting Jardine's parrot, and named him Rio. Jardine's are also part of the African species, and we enjoyed the different beeps and whistles heard in separate rooms while Max, Rio, and Picasso talked with each other. Regrettably Rio was not the perfect parrot I had dreamed of. He packed some hard bites into his eight inch frame. After attempted training and socializing, everyone was afraid of the little guy. Ashamed and heart-broken, I returned Rio to the shop. Hopefully a loving and nurturing person will give him a home away from the stresses of family life.

Rio left a hole in my heart that needed filling. I read countless articles on the temperament and nature of Cockatoo's, deciding to expand our family of only African species. My eyes rested on an angelic; snow white Bare-eyed Cockatoo only three months old.

Now a healthy young parrot, Peaches earned her name from the pink tint found underneath the white feathers on the crest of her head and the yellow shade of her fanning tail, truly peachy colors. She enjoys cuddling, chewing, and destroying objects lying around my room. The family loves her and hopefully this home is her last.

Once a parrot free residence, the Macungie flock has increased by three playful chatterboxes. Our lives have taken a turn for the better so long as we share a roof with the parrots that make life so enjoyable. For all the bird lovers out there, while caution is advised, parrots joy with a large mess. If there is nothing wood of value in your house a parrot is perfect for you.



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## Is Your Child Falling Behind?

by Suzanne Marcus PhD, Psychologist



As parents, and as a society, we are often plagued with fear that our children are at risk of falling behind. Over the past 20 years, there has been an increasing market for “educational” toys and products such as vocabulary-enriching computers for tots. Companies that manufacture educational toys such as Leap Frog

and Mattel have seen sales quadruple between 2000 and 2006.

This national fear of your child falling behind is evident too in the elementary schools via increased standardized testing and a push for content to be taught at ever-earlier grade levels. Should we question the expectation that all children should learn to read in Kindergarten? Should we be endorsing an educational system that has pushed Kindergarteners to spend nearly 3 hours per day on reading and math and less than half an hour each day on play?

Should we as parents be pushing our children from activity to activity whether it is organized sports, or educational computer games?

For most adults today, kindergarten was a time for playing with blocks, dress up, or make believe activities. According to psychologist, David Elkind PhD of Tufts University, children today have 8 fewer hours of free unstructured playtime a week than they had 20 years ago.

Why is play so important?

Research by Hirsh-Pasek and others provide evidence that children learn best in their early years through play. ( Laura Schultz PhD, a psychologist at the Early Childhood Lab at Mass Institute of Technology found that preschoolers are like rational little scientists in their learning approach. )

Elkind, in his classic book, written in 1981, “The Hurried Child”, warned against trying to push children into academics and adulthood too soon. 28 years later, the hurrying has only accelerated. His latest book, “The Power of Play” (2007), focuses on how children are losing free unstructured playtime.

While learning to read and write is critical, we are losing sight of the importance of learning skills such as creativity, critical thinking, and the ability to learn from failure, all best learned through play.

If we want our children to be ready with skills for a globalised society, we need to stop pushing structured learning tools and structured activities to the exclusion of allowing for spontaneous play activities.

Your practical parenting instinct is correct! TRUST IT!

- So put down the flash cards and play blocks with your children
- Read to your children daily as children will learn a rich vocabulary by hearing books read out loud
- Encourage make-believe play and imaginary play as it gives children practice in working with others
- Imaginary play allows children to substitute on object, like a toy hammer, for another, like a phone, thereby learning knowledge of symbols, and laying the foundation for reading and math. Playful learning leads to literacy and math skills.

A study by Hirsh-Pasek found that there are no differences in academic achievement by 1st grade between children who had gone to “academic preschools” and those who had gone to play oriented preschools. On the other hand, the study did find that children from “academic” preschools were MORE ANXIOUS!

As a practicing psychologist, I have observed over the past 25 years an increasing trend of anxiety prevalent in preschoolers and elementary school aged children. As parents and grandparents, give your children the space and time to explore and play...Research and practice demonstrates it definitely pays off!

Suzanne Marcus is a psychologist located in La Jolla in private practice for over 25 years. She works with families, children and teens experiencing anxiety, depression, and chronic illness. This article was abstracted from Monitor in Psychology, September 2009.

*Suzanne Marcus, psychologist, is located in La Jolla in private practice for over 25 years. She works with families, children and teens experiencing anxiety, depression, and chronic illness. Article abstracted from “Monitor in Psychology” September 2009 edition.*



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## SAJAC EVENT: Helen Suzman: Retrospective at The Central Library, October 2009

by Susan Marcus



In October 2009, San Diego's downtown Central Library hosted the traveling exhibition, "Helen Suzman: Fighter for Human Rights". Helen Suzman was regarded as the iconic leader who devoted her life to the fight against apartheid.

With the help of SAJAC member, Norman Sarkin, the San Diego Public Library Foundation hosted an opening reception with a private viewing of the exhibit and New Central Library model, plus remarks by Etienne van Straaten, Political Consul, Consulate-General of South Africa, Joan Sable a personal friend of Helen Suzman, and Dr. Ivan Evans, UCSD Associate Professor of Sociology. Library Foundation Chair, Judith Harris, Library Foundation CEO, Jay Hill, and Library Director, Deborah Barrow, also spoke.

Helen Suzman was a member of the South African Parliament for 36 years and the sole opposition voice condemning apartheid during the 13-year period (1961-1974) when she was the governing body's only member of the Progressive Party. Organized by the Isaac and Jessie Kaplan Centre for Jewish Studies and Research at the University of Cape Town, this inspiring exhibition explores nearly four decades of Suzman's life and vision through photographs, personal letters, quotations from speeches and news articles to capture her work, courage and her voice.



Pamela Nathan & Bella Suchet



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Brian Malk



## Helen Suzman

by John Sable

Helen was a wonderful friend, always warm and welcoming and bright and loyal, but she didn't tolerate fools. She spoke her mind, but never gave offence unless she intended to.

One day in parliament, President P.W. Botha who was a great bully said, "I'm afraid the honourable member for Houghton doesn't like me very much" and Helen interjected "What do you mean I don't like you? I loathe you!" Helens fight against apartheid was courageous and determined and respected all over the world.

She was unafraid and a rallying point for those who sought justice and those who needed help. She visited Nelson Mandela on Robin Island and demanded an improvement in conditions there. She and He certainly didn't agree on everything but they became fast friends and greatly respected one another. Mandela would sometimes phone Helen to say that he would like to come for dinner and would she please give him some of that lovely stew that she made.

Helen was also supportive and loyal to Winnie Mandela. When Winnie was isolated under house arrest in Brandfort, Helen visited her. On one occasion, the secret police followed her home, and she was really afraid that they would push her little car off the road. That was the only time she could recall being frightened. Helens name, address and phone number were in the telephone book and on most days when she opened her mail, there were requests for help. She meticulously replied to everyone. She helped many lucky people and was tenacious and determined to obtain a good result.

She drove into the most dangerous places-during the day and at night, and had a complete disregard for her own safety. One day, during a transport strike helping people home from work and she said to one man "You wouldn't kill me would you?" and the reply was "No Helen, I wouldn't, but somebody else might."

After she died, many of those she helped came to pay their respects, and many were people she had never spoken about to anyone. She had a wonderful sense of humour, great wit and repartee, which were highly respected and even feared by her opponents.

The nats loved to attack Helen in Parliament. One day a female member of Parliament was shaking her finger at Helen and giving her a lecture. "And what " she asked "were your forebears doing while mine were trekking in ox wagons over mountains and fighting way across rivers in heat and freezing cold, to bring the Book to the people?" "Oh yes" said Helen "I know that book, we wrote it!"

Although she had 29 Doctorates and was made a Dame of the British Empire, she didn't have the grand manners and didn't tolerate people who put on airs. She sat on many important committee's and headed the Helen Suzman Foundation, and treated everyone in the same manner. She attracted people like a magnet and was greatly sought after.

She often gave interviews to the press and on the radio and if she was bullied `a la Tim Sebastian on his BBC Show, her friends were very upset. But she just laughed it off.

Helen travelled widely and had important visitors from around the globe who sometimes stayed with her. They respected her views but disagreeing with Helen could be great fun and highly informative. She never used her and didn't dwell on such events as standing in a muddy field surrounded by people who had just been

and to help someone who appealed for assistance. She always said, "I don't speak about anything that I haven't experienced myself."

Helen loved her home and her 3 dogs. The 2 little ones were adorable. Her large black Great Dane Benji had a nasty habit of going behind you and taking a mouthful of what you were wearing- and you said a mighty prayer that he wouldn't go deeper. Benji would sit on the setee with Helen with his head on her chest. He chewed important papers and lost her reading glasses in the garden- and she adored him.

Shortly before her 90th birthday she got out of her bed in the middle of the night to see who was banging on her window. She fell and broke her hip, and lay on the floor for hours until someone found her in the morning. She joked about loosing her independence, but really didn't like it at all.

During her recovery Stellenbosch University honored her with her 29th doctorate. (She had received the previous 28 from prestigious institutions all over the world.) She got to her seat with difficulty, and the gallant Chancellor walked over to her to present her with her award.

At her 90th birthday party, hundreds of invited guests came to honour her, and she welcomed everyone by name. Following the tributes to her work with the community, she spoke from her wheel chair and wove her usual magic. It was a marvelous party-a tribute to a great Lady, and had that special quality that parties have when everyone wants to be there. Towards the end, Helen was tired and getting bored. "My work is finished" she said, "but there is still a lot of work to be done."

A couple of days before she died, she said she couldn't understand why she wanted to sleep all the time. She had been a woman of such endless energy. The day before she died, she apologized for "being such a bore."

Helen died on New Years Day 2009. I remember her small soft hands, her pretty face with the mischievous blue eyes, her wit and sense of humour, the firm and the serious discussions and the fact that she never felt any self pity at all.

Helen was a realist.

She was very down to earth and had a deep sympathy for those in need.

We remember you with pride Helen!



## A Weekend Celebration To Benefit Challenged Athletes

The Aspen Medical Products San Diego Triathlon Challenge (SDTC) is a half-distance triathlon event that will change your life while benefitting the Challenged Athletes Foundation (CAF). Over the past 17 years, CAF has served to provide people with physical disabilities the funds and support they need to live an active lifestyle and compete in sports. Our flagship event features world-class challenged athletes, professional triathletes, celebrities and other able-bodied participants on one of the most breathtaking courses in the country. Set in beautiful La Jolla, SDTC features a festival of events that has something to offer for everyone. In addition to the triathlon, a 1.2 mile swim, 56 mile bike and 13.1 mile run, which participants can compete as an individual or on relay team, the weekend celebration includes: the Frog's Fitness Tour de Cove, a four and half hour spinathon (register as an individual or on a relay team); the Kaiser Permanente Thrive 5K Fitness Walk, the Wawanesa Family Fun Zone, and the Celebration of Abilities Dinner showcasing CAF's amazing athletes and their achievements.

### Participants of this first-class event receive:

- One of the most scenic, challenging and inspirational triathlon experiences in the country
- Opportunity to compete alongside challenged athletes
- A banquet-style dinner showcasing CAF's amazing athletes and their achievements.
- A goodie bag filled with incredible athletic gear, worth more than \$350.
- A chance to fund raise for awesome incentives and help "change lives."



The San Diego Triathlon Challenge is more than a race. It's an experience you'll never forget! Bring your friends and family and be a part of the weekend celebration that will change lives, one athlete at a time. For more information about The Challenged Athletes Organization, please visit us at [www.challengedathletes.org](http://www.challengedathletes.org).



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# The Meaning of Shalom Baby—one mom’s perspective.

Lori Carnot

## Shalom Baby Continues to Thrive.....

Shalom Baby has become a household name in our San Diego Jewish Community. Founded by Jean Gaylis and coordinated by Judy Nemzer, hundreds of Shalom Baby baskets are delivered each year. We could not run the Shalom Baby program without our very efficient, friendly and dedicated volunteers who personally welcome these babies into the community.

Located at the Lawrence Family JCC, Shalom Baby offers programs such as infant massage, sleep solutions workshops, baby book club, celebrations of the Jewish holidays and much more. Play groups are a popular way for the moms to help with a smooth transition into motherhood as well as the opportunity to meet other new parents and form lasting friendships.

The PJ Library, funded by the Viterbi Family Foundation of the Jewish Community Foundation in San Diego has been a huge success, thanks to the tireless efforts of Charlene Seidel, vice president of Philanthropy of the Jewish Community Foundation. Each month children receive an age appropriate book with a Jewish theme. This program has received wonderful feedback and parents have commented that this is the start of their children’s Jewish library. We are thrilled to have this program in our community which is an affiliate of the Harold Grinspoon Foundation.

Shalom Baby is always looking to welcome new babies into our community. If you or someone else you know is expecting a baby or if you would like to volunteer for Shalom Baby, please contact Judy Nemzer at shalombaby@lfjcc.com or 858.362.1352

Thanks to our Shalom Baby volunteers who have traveled near and far welcoming Jewish babies into our San Diego Jewish community.

In a word, gratitude. As a new mom in San Diego, I went through, what can only be termed now as “post natal depression.” Of course at the time, you don’t think in such clinical terms. At

the time, you simply think- I cannot do this. I cannot take care of this baby. There was too much I did not know to expect, that I did not know how to handle and that I simple did not know how to do. Then, I joined the Summer Baby 2006 group through the JCC Outreach Program run by the one and only, Judy Nemzer. This group of new moms, mostly first timers, still remains a strong “playgroup” some four years later.

I thank Shalom Baby for giving me this group of women with similar fears, similar obsessions and similar levels of sleep deprivation. We met mostly weekly, sometimes more, and talked to each other, supported each other and let each other know that everything we felt, and everything we feared was real and normal. My daughter is now a four-year-old beauty, both in body and spirit. We remain close to a number of the women and children from the original playgroup. Many of us have had seconds, and some brave ones, thirds. What is most wonderful is that, while we are now experienced and confident mothers, we share similar fears, similar obsessions and similar levels of sleep deprivation.

What I also found through Shalom Baby was a reconnection with my traditional Jewish roots. I was raised in a modern orthodox home in Long Island, New York and after many years of living away from home, I found myself quite removed from the Jewish community. Although I married a wonderful Jewish man, we observed very little. The connection with the Shalom Baby group rekindled the Jewish spirit in our home. We now have two daughters (the second as beautiful as the first), and I am looking forward to teaching our girls all that my parents, especially my mom, taught me: the beauty of lighting Shabbat candles, the joy of preparing for each holiday, and the delicious smell of a cooking brisket. I can only pray that these basics will be instilled in them the way they remained within me.

So, I want to thank you, Judy, and Shalom Baby, for the friends I have made and maintained. You gave me hope, made it all a little easier, and after years brought back the smell of fresh Challah to my home on Friday night.





## SAJAC Gemilut Chesed Program:

by Brian Marcus



*Rambam taught: The best way to give is to support someone by "giving him a gift, or a loan, or entering into 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).*

One of the greatest assets of maintaining our SAJAC in San Diego is the benefit of having a caring network

that those-in-need can benefit from in many different ways.

Since its early years, SAJAC of San Diego has operated a Gemilut Chesed (Acts of Kindness) program as part of its charter to help expatriate South Africans, that may have fallen upon hard times or may simply 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 that may be 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 or income reduction: \$1,500 per month for a maximum of \$6,000**

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 sub committee of SAJAC and is headed by Brian and Suzanne Marcus. They can be reached via email at [brinnimarcus@gmail.com](mailto:brinnimarcus@gmail.com).

In these hard economic times demands on all are much greater. This year we would like to use the opportunity of the

SAJAC annual event to raise additional funds for the Gemilut Chesed fund. The Annual event will be on October 10 at the San Diego Repertory Theater, a special SAJAC evening at a play by Athol Fugard. By supporting this event you will be supporting the work of the Gemilut Chesed fund.

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.

*Rabbi Eleazar said, "The reward that is paid for giving charity is directly related to the kindness with which it is given" (Babylonian Talmud, Sukkot 49b).*



**An active South African Expat Social Club right here in paradise.**

The South African Expat Social Club in San Diego with "338" active members and "112" organized events and outings over the last five years has become successful largely due to the ongoing participation of it's members.

The club is all about enjoying great events, meeting new people and making new friends. The organizers arrange fantastic events and activities such as winery tours, sports activities, social nights, braais, getaway tours, comedy, parties, live music and restaurant outings. Where we do all the arranging, booking and all you need to do is come along and have the time of your life.

To join the club, visit us @ [www.meetup.com/saffasclub/](http://www.meetup.com/saffasclub/) or our Facebook page @ [www.facebook.com/group.php?gid=79653255672](http://www.facebook.com/group.php?gid=79653255672)





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## SAJAC Anniversary Party: Anthology

November 2009

SAJAC's annual social event was held at Anthology, San Diego's acclaimed new live music venue & fine dining restaurant. It is a fabulous, modern, supper club with an American cuisine.

It was a Tuesday evening - happy hour event. Anthology offered us both a light fare bar/lounge menu as well as a full dinner menu. The food was great - and there was plenty of it.

Members and their friends of all different age groups attended. It was a lovely, informal evening of good conversation, food, music and drinks.

There were several tables that were set aside for our SAJAC event. We even managed to clear a space and create our own dance floor right next to where we were sitting. To add to it all - it was wonderful to celebrate Barry Cohen's birthday with all our friends there as well.



Howard & Diane Schacht



## SAJAC ANNUAL EVENT

OCTOBER 10 2010, LYCEUM THEATRE

### OUR SOUTH AFRICAN ARTISTIC HERITAGE



SAJAC is pleased to announce a very exciting program for this year's annual event, to be held at the Lyceum Theater on Sunday evening, October 10, 2010. The centerpiece of the program is the production of "A road to Mecca", an award-winning play by Athol Fugard.

As many may know, Athol Fugard is now a resident of San Diego, and the San Diego Repertory Theater is pleased to be presenting this South African themed play, based on the life of the South African artist, Helen Elizabeth Martins ('Miss Helen').

Tony Award® winner Athol Fugard's inspiring portrait of the aging artist in an isolated South African village is considered by many to be his finest work. TIME Magazine calls it his "wisest, most balanced and most nearly universal play."

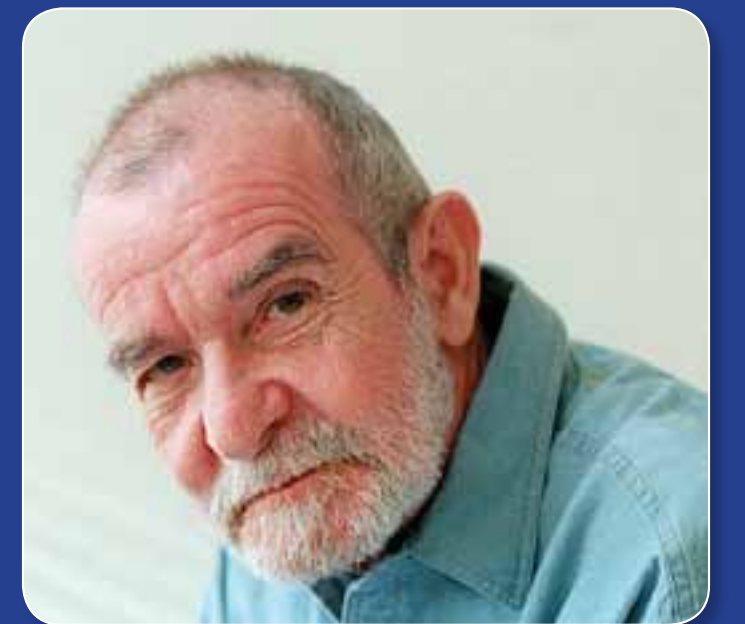
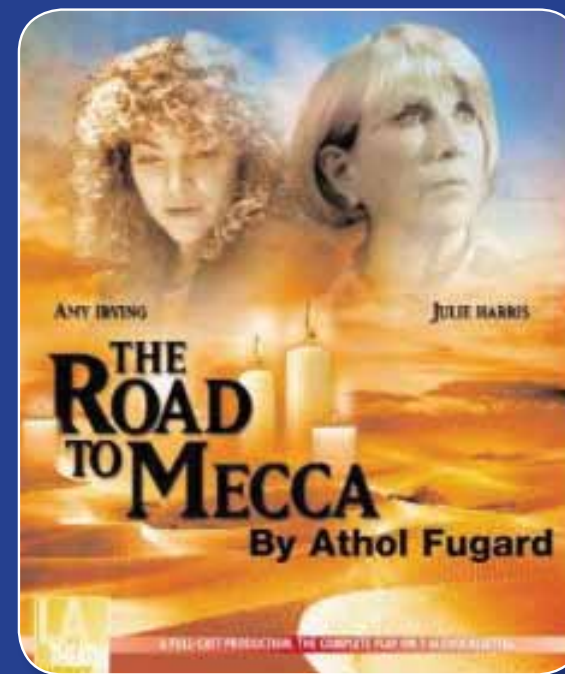
Miss Helen is a reclusive widow who has created her own "Mecca" by meticulously decorating her home and front yard with a cacophony of candles, mermaids, wisemen, peacocks and pyramids. The neighbors can't stop wondering "why?" Into Helen's quiet life enters a young teacher with a secret agenda

and a local clergyman with a plan to get Helen to sign away her home and her freedom. The trio clashes in a battle for Helen's soul and her future. The stage fills with crystalline light as two women learn to trust themselves and each other in this beautiful story about friendship and freedom.

To complement the play, we will be highlighting the life and art of San Diego artist Atara Baker, a member of SAJAC of San Diego, whose art is deeply inspired by the soul of South Africa, and by her experience and training in South Africa.

Along with delicious snacks and wonderful company, this evening promises to be memorable. And on top of that, we hope to raise much needed funds for the SAJAC Gemilut Chesed fund, with the proceeds of this event.

Please offer to help make this yet another sensational SAJAC event. Contact Brian Marcus, the program chair, at 858 245-7867 or bmarcus2@san.rr.com. Invite your friends and family & let's make it an evening of entertainment to be remembered by all of us.





## Let's blow our vuvuzelas for a bright South African future

**“The World Cup has given the host nation renewed pride and hope for the future” says Boris Johnson.**



I wish you could have come with me yesterday as I ran through the delightful district of Westcliff, one of the richest square miles in Africa. The sun was taking the chill off the winter morning. The sky was blue.

Among the trees, on either side of the well-kept street, I passed the kinds of homes you normally associate with Beverly Hills. Here was the honey-stoned palazzo of a diamond executive.

There was the schloss of the most successful boob-job exponent in the neighbourhood.

Each villa was the size of a country club, and through every set of gates you could see the carob-shaded tennis court or the ultramarine ping of the sunlight on the pool. Every property overtly proclaimed the determination of the haves to resist the depredations of the have-nots. Fixed to the wall beside virtually every nine-foot impregnable gate was a sign announcing that any intruder would be met with an “Armed Response”.

I wish you could have been there, to soak up the splendor of the lives of the affluent Johannesburg professionals. Then I wish you could have come with

me to another neighborhood, a township called Cape Flats, nor far from Cape Town. Then you would have understood the vast economic disparity of South Africa - the wealth gap that helps to prompt the security fences of Westcliff.

Here there was no tarmac on the streets. No one had cleared up the piles of rubbish. No one had painted the battered grey breeze blocks of the flats or mended the panes in the washing-hung windows.

A nice one-eyed woman called Mary took us in to see her flat, and though she was immensely proud of her two chipped-eared china dogs, and though her lino floor shone with mopping, she had almost none of the amenities that are taken for granted by the poorest families in modern Britain.

She had no hot water. She had no cooker except for a couple of electric rings. She had no system of heating or air conditioning, and though Mary and her family were avidly following the World Cup, they were listening to the



commentary on a crackling old radio. They had no television, and nor did any of the neighbors.

Above all, she had no job, and neither did her husband. It was years since he had last worked as an upholsterer for motor cars, and the same applied to all the hundreds of other men and women who swarmed out of their flats to welcome the delegation from London.

They had no job, and no hope of a job - and yet these people, Mary and her neighbors, were lucky by the standards of many in South Africa. Mary lives in breeze-block luxury compared with the inhabitants of the “informal settlements” - shantytowns to you and me - of which there are 230 in the vicinity of Cape Town alone, providing homes to about 500,000 people in a population of 3.5 million.



It is when you have such inequality, and such grinding poverty, you cannot be surprised that some pessimists have asked whether it was sensible for South Africa to take on the difficulty and expense of hosting the World Cup. That is why I have spent the past few days posing the legacy question to just about everyone I have met.

What happens on July 12, after the captain of the winning team has waved the Jules Rimet trophy in his sweaty palm? What will people say when the last fan has traipsed home and the last journalist has composed his last philippic against his defeated national team and when the last vuvuzela has parped its last melancholy parp? What will this World Cup leave for South Africa?

The World Cup not only gave jobs and skills and hope to thousands of local people. The tournament gave an absolute deadline to South Africa for the introduction and improvement of all kinds of infrastructure - not just sports grounds, but roads and bridges and airports and bus lanes that would otherwise not have been built and which will benefit the country for decades to come. Above all, the World Cup has given this country something intangible but priceless: a deep sense of pride that it has taken on something difficult and done it well.

When they look at themselves in the approving mirror of world opinion, South Africans of every race agree that the first African World Cup is a joyous success, and that success breeds



confidence. The rand is rising. South Africans who left for Australia or Canada are starting to return to a country whose banking system largely escaped the recent crisis.

The sheer number of visitors - about half a million - will help to open the eyes of the world to South Africa and its potential for trade and investment; and get this - crime, the crime that has been supposed to be one of the drawbacks of living here, is down 90 per cent in central Cape Town, and there has not been a single serious incident of crime or violence in any of the fan parks.

Of course there will be disappointments, and no one could pretend that the World Cup will solve the economic or political problems of the country. But it offers a sense of unity and confidence to a place with a tragic past. It should help to build the taxpayer base that is so essential to narrowing the wealth gap.

It gives potential wealth creators at least some of the infrastructure they need. Fifa took an inspired decision to give the World Cup to South Africa, and South Africa has responded brilliantly.

### Truly a once in a life time experience.

It was fantastic to be with my 12 and 16 year old kids and each of us enjoying it equally. The Fan walk? Smiles, songs, music, dancing and minstrels.

The Fan zone? Waka Waka; it's time for Africa. The vibe at the games? Unbelievably electric; consider this, the Vuvus where merely a distant background noise.

David Wachtel (Los Angeles)



### Cape Town

I miss my scary early morning alarm. I miss my late night rude awakening. I miss my afternoon loud siesta shock. We all miss the now infamous war cry of the most famous instrument of 2010, the vuvuzela. The multicoloured vuvuzela of World Cup 2010 was a case of ‘Do or Die’, if you didn’t take the incessantly loud vibration of it into the heart of your very soul, you were going to have an unpleasantly noisy month indeed. The vuvuzelas piercing into the core of Table Mountain daily for a whole month during World Cup Soccer, were like a call, in this case a revered holy call, to join a new light shining in South Africa: to step out of your daily routine and to take part in the 2010 World Cup in every single way available. I was one of the reluctant (now embarrassingly so) South Africans who said we couldn't do it. And do it we did! The events were so streamlined, so seamless, it felt like Africa as a whole had at last found its unique drum beat that has pride and success as its new-born rhythm. It was was one of those rare times in South Africa when our essence truly shone.

Reminiscent of the electric elation on the day of 11th February 1990 when Madiba was released from 27 years in prison, the overwhelming joy in April 1994 when the first South African democratic elections were held and the wild euphoria of the Springboks World Cup Rugby victory on 24th June 1995; the World Cup Soccer 2010 gave us the opportunity to feel that sense of aliveness and undeniable success once again. We as South Africans need to learn how to sustain this magical energy that we are so clever at creating, however never up until now sustaining long term. This is the legacy we must now commit to, because when we create magic, we create it like no one else can. The vuvuzela was our personal war cry to the world ‘We Can Do It’, and do it we more than did!

Andrea Berghouse





## The Anomaly that is Knysna

by Moira Berman

The Guesthouse, cute as it was, had no air-conditioning; and the weather was hot and somewhat sticky. I figured I would use the fan and open the windows. Then I noticed that the windows had no "burglar bars" and was wondering about surviving a hot night in a closed room. The Guesthouse owner told me it was perfectly safe to leave the windows open – that the island I was on (Leisure Isle) has its own security patrol. This made me only slightly less anxious; even in San Diego we would not leave ground floor windows open, but I was pretty jet lagged and sleep was more inviting than fretting.

This was the first of many little experiences that made me realize that Knysna is like a little bubble in the otherwise pretty dangerous place that is the new South Africa. It didn't take me long to relax and become almost complacent about the safe environment. I went jogging around the island early in the morning, (nodding to the security guards who patrolled the island). I drove around Knysna and the surrounding areas as though it was Coronado. Every so often something would make me remember to be cautious; like heading to Buffels Baai early one morning intending to hike about 8 miles. Realizing there were no other hikers around, and the start of the hike looked to be a couple of miles in tall brush, I went back to my island for a safe jog.

There were many reminders that not everyone, even in Knysna, lives the good life. I found myself offering rides to Black women in a variety of circumstances – in and around the Knysna area. The circumstances of each incident were as though I was meant to be in that place at that time in order to help them out, and to come away with mixed emotions about life in South Africa. At the same time it renewed my love of the country.

One incident stands out. I was driving back from Buffels Baai (the aborted hike), and I saw an older woman at a bus stop with a young baby and a little boy about four or five. I don't recall if she was hitching or if I just stopped. Perhaps the little kid was thumbing. She was very grateful and insisted on sitting in the back seat with the kids. This brought back strong memories and emotions of the days of apartheid – which I quickly put aside. The woman was taking the baby (her grand-daughter) to the clinic. She cares for the two children so her daughter can work. She told me that the trip to the clinic is an all day activity that starts early in the morning. The lines are long and she takes multiple busses back home. Routes and schedules are neither convenient nor reliable.

In some ways I was reminded of Southern California where we are unaware of the difficulties people experience who have to take public transport to get around and get to their jobs. With all the affluence in Knysna, the situation is very similar. It is an expensive, tourist town, with exclusive boutiques and sophisticated restaurants; and for the most part people are oblivious to the plight of those who perform the jobs that keep the hotels and restaurants operational, and the parks neat and clean. The woman in my car called me "madam". I attributed this to her age – old habits die hard! I was pleased to find that this was not the case with younger black women, nor with the Zimbabwean woman I assisted.

The scenery was still breathtaking and I did feel as though I had found a slice of paradise. Knysna has grown up since I drove through 20 years ago when it really was "The Wilderness". Many of the original "New Age" residents still live there and maintain their off the grid existence they built years ago; others have embraced some of the luxuries that Knysna affords; and all covet the safe environment of the area, and the still pristine beauty.



The end of my trip was a pretty rude awakening. I had flown into George to get to Knysna, and to return I drove to Cape Town to catch my flight to the US. This included a night in Cape Town at an upscale Guesthouse in Green Point. Here the Manager warned me not to leave anything in the car overnight – not even the radio – and to be aware of everything around me when I returned from dinner (great fish restaurant by the way – "Godfather"). Suddenly the old fears returned. I was back in the real South Africa for a few hours before leaving for my safe existence in San Diego.

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## Message From To All Sajac Members.

Peter Louis

My wife Lynn and I have lived in San Diego since 1990 and before that in Florida since 1982, it amazes me that the Jewish community of San Diego has such a small number of unaffiliated



Jews. I believe that there are about 4,000 South African Jewish families that live here, a little different from Orlando Florida where there were about 15 families. The information that I have is about 83% of the Jews in San Diego are unaffiliated. The exact opposite of what we knew in South Africa. I never knew a Jew that was not affiliated to a congregation.

I understand the difference between the cost there and the cost here but each and every congregation would welcome you into their community and would reduce your dues relative to your financial ability. As the President of Congregation Bethel in La Jolla, I know that we would do that. Feel free to contact me and we can talk confidentially about it. My em address is HYPERLINK "mailto:president@congregationbethel.com"

This week's Torah portion states that age old adage. Man does not live by bread alone. Obviously 'bread' does not refer colloquially to bread but to the Manna from heaven, meaning sustenance, money and symbolically all material things. But for satisfaction to be lasting it must be more than material, it must be spiritual.

We all need to make a contribution to society beyond our selfish needs and being a member of a congregation supports the community and enhances your life's work both physically and spiritually.

We don't have the Jewish Old Aged Home like the one in Sandringham Johannesburg but we do have the Senior Center run under the auspices of Jewish Family Services. It is a place for seniors to go to and to feel needed and alive. So if you know of any senior who needs transportation we can help with that and the cost is minimal. This is wonderful for all seniors and provides a place for them to hang out and joll. There are lots of landmen there, so everyone will feel at home.

Please call our wonderful Aviva [858.550.5998] and arrange for your parents, your friends and even you to visit and enjoy the hospitality, food and entertainment that we have to offer.

Remember that you are the present but your children are the future of the Jewish community so I am asking each and every one of you to become affiliated, for their sake and for the future of the Jewish community.

Rosh Hashanah is here again and I would like to wish each and every one of you a Shana Tova and a Gmar Gamitamah Tova.

## I Remember Helen Suzman

by Norman Sarkin

SAJAC has asked me to write a few words about the visit of the photo exhibition of the late Helen Suzman to San Diego. This photo exhibition was originally organized by the Kaplan Center for Jewish Studies in Capetown and sent around the world as Helen Suzman was indeed "a fighter for human rights" with a world class reputation.

Heather and I and two of our Mexican friends, Jamie and Sylvia Liverant, were on a trip to South Africa while Helen was still alive and we visited Parliament the day she was giving an Anti-Apartheid address. We were most fortunate to witness this event.

When I was a young man, Helen Suzman was a M.P. and quite famous. As I grew older, she became well known around the world and on this trip she was definitely the famous Helen Suzman Apartheid Fighter,

Every election year my car and my driver were placed at her disposal to ferry voters in Johannesburg wherever she wanted them to go. She was the only member of the Progressive Party and hers was the lone voice in Parliament in South Africa where she was a member for 36 years.

I think all ex-South Africans should be extraordinarily proud of her community work and the activities that she inspired in South Africa.





## Investor Green Card Popularity Surges

### Filings Almost Double for EB-5 visas

By Leon Snaid\*

The EB-5 visa program gives green cards to foreign investors who invest \$1m in a commercial enterprise that will create jobs for 10 people. The amount is reduced to \$500K in rural and high unemployment areas.

Regional Centers are investment opportunities that are approved by the USCIS for such investments. When people hear that the Immigration Service first must approve the investment opportunity before it is designated as a Regional Center for EB-5 visa petitions, they assume that their investment will be safe and that they are guaranteed green cards. In reality, all the Immigration Service is saying by granting Regional Center status is that if everything goes according to the business plan, each investment will generate jobs for 10 workers.

The USCIS disclosed at an EB-5 Visa Stakeholder Meeting in June, 2010 that there were more petitions for green cards through the EB-5 Visa category in the first 7 months of this fiscal year than in the entire 2009 fiscal year. Investments in Regional Centers accounted for approximately 90-95% of these petitions.

According to the USCIS they received 1100 EB-5 visa petitions from October 2009 to May 2010 and approved 955 of such petitions.

The petitioner initially receives a two-year Conditional Green Card and at the second anniversary must prove that the business is operating according to the business plan and the money remains invested.

#### Choice of Regional Centers Expands

There are now ninety-four Regional Centers in which an investment can lead to EB-5 visa green cards for foreign investors and their families. The Immigration Service recently published their new list, which includes 29 California Regional Centers. In March 2007 there were only 17 active Regional Centers.

An investment in a Regional Center is becoming an attractive way to get permanent residence, if you have the money. The amount of the investment has not increased in 20 years, but potential investors must be careful. An investment in a Regional Center does not guarantee a green card through the EB-5 visa program.

Regional Centers offer flexibility to an investor. For example, a person may invest in one of the California Regional Centers, while operating a business in Vermont or retiring in Florida. Parents may lend money to their children for the initial investment.



#### Which are the best Regional Centers to invest in?

The choice of investment opportunities in Regional Centers has swelled and people should select investments that suit their investment strategies and which they believe will yield the best results. There are many types of Regional Centers, which include investment opportunities in hospitality, warehousing, real estate, agriculture, manufacture and even the motion picture production.

An investor should consider the types of investments that appeal to him or her. Why would someone invest in vineyards or motion pictures if they do not know the first thing about them?



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#### Source of Funds

There are many issues in the EB-5 visa. What is particularly important is the source of the funds. You must be sure that the source of the funds for the investment qualifies for the EB-visa. Money that is borrowed on the security of the investment or cash that comes from an investor's corporation does not qualify. The investment must be made directly by the investor. The proof of the source of the funds is critical.

It is possible for the funds to pass through various banking accounts, provided it is possible to trace the funds as being from the investor.

#### Due Diligence

A person must make specific inquiries with the Regional Center that relate to the likelihood of the business being successful and the probabilities of the investment resulting in a green card.

It is essential to use the services of professionals, because once the money is invested, the investor has very little control over the business. While the EB-5 visa requires an investor to have policy-making decisions, an investor's input is minimal, when there are many investors.

\*Author: Leon Snaid is a Certified Immigration Law Specialist, who is certified by the State Bar of California's Board of Legal Specialization. [www.snaid.com](http://www.snaid.com)

Warning: The information in the above article is not legal advice and should not be acted upon without first consulting with an attorney.



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## Is this a good time to buy?

### What is the latest update in the San Diego Real Estate Market:

by Linda Bernstein

Home prices during the last quarter in San Diego continued rising, and showed the second highest annual increase since April 2009, according to the 20-city Standard & Poor's/Case-Shiller home price index.

San Diego's median price for all sales continued rising in May and hit \$340,000, up 15.3 percent from May 2009, according to a mid-June report from La Jolla-based MDA DataQuick. That price was far off the peak for the local market in early 2006, when the median price reached nearly \$572,000.

Reported in the San Diego Union Tribune, home prices in S. California have risen at the fastest pace in 5 years. The story says, "Home prices throughout Southern California rose by 22.5 percent in May, the highest year-over-year jump in five years, MDA DataQuick reported Tuesday." Much of this has been attributed to the tax credits and other stimulus programs the government has instituted, and many feel that going forward the economy and job market will be the driving force, not interest rates or government sponsored programs.

Here are some current inventory statistics that might interest you: In Carmel Valley there are currently 189 single families on the market. The lowest priced home is at \$569,900 and the highest priced is at \$11,500,000. The median price is at \$1,249,000 for a 5 br 4 ba 3500 sf home.

In La Jolla there are 285 active single families on the market with the lowest priced home at \$749,000 and the

highest one with 15,000 sf is a 7 br 14 ba on the market for \$42,000,000. This home is on Camino de la Costa. The median priced home is priced at \$2,465,000.

#### Mortgages:

Right now interest rates are the story and are at historic lows. Mortgage rates fell slightly the past week, with three of the four rates Freddie Mac tracks, including the 30-year fixed-rate, falling to record lows, according to Freddie Mac's weekly survey of mortgage rates. The 30-year fixed-rate mortgage averaged 4.69% for the week ended Thursday, down from the prior week's 4.75% average and 5.42% a year ago. Rates on 15-year fixed dropped to 4.13% from 4.2% and 4.87%, respectively. Whew...that was a mouth full!

Lenders consider two ratios: front-end and back-end. The front-end is your mortgage payment, plus taxes and insurance divided by your monthly salary. The back-end adds your monthly debt payments to your PITI payment before dividing that total figure by your salary. A 50% debt ratio is a high ratio. A high debt ratio means you may not qualify for the loan. If you should find an unscrupulous lender that is willing to fund such a loan, you may not be able to afford to feed yourself, even if you eat dirt.

#### To Buy or to Rent:

Fannie Mae's National Housing survey found that 65% of Americans prefer to own a home than rent one. House prices are lower and mortgage prices are fabulous. Higher rentals have made the difference between buying and renting less significant in the last few years. Homeowners qualify for tax breaks most notably mortgage interest and property tax deductions. Whereas buying a home might offer you more stability and protect you against rate increases, this will be the hugest financial investment you will make. Foreclosures, short sales and motivated sellers are enticing reasons to consider buying investment properties as well.

Homeowners, if you have not already done so, this IS AN excellent time to refinance your home.

If you are about to become a homeowner, the supply is up, the demand is down and you can get a great mortgage and an excellent price on a home. Best of luck with your home shopping.

If you are about to become a homeowner, the supply is up, the demand is down and you can get a great mortgage and an excellent price on a home. Best of luck with your home shopping.



## Museum Event May 2010

by Janet Rostovsky

Janet Rostovsky led a group of SAJAC members through the Museum of Contemporary Art on Sunday 23 May, 2010 of the current exhibits. Janet says that it was the best art that has been brought into the museum in the last 25 years. The collection of the Museum of Contemporary Art San Diego includes more than 4,000 works created after 1950, representing a variety of media and genres: painting, sculpture, works on paper, photography, video, and installation. MCASD is known for collecting works by promising emerging artists and under-recognized, mid-career artists, as well as by major figures in international contemporary art.



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## Muizenberg – The Shtetl by the Sea

by Hedy Davis

Many ex-Muizenbergers and friends of Muizenberg generously contributed memoirs and photographs to the Memories of Muizenberg Exhibition currently on at the Jewish Museum in Cape Town, but many did not respond at the time and may have more than a few regrets.



Now Hedy I Davis, Chief Researcher on that Project, Editor of the comprehensive photo caption document detailing over 1250 images received and the Coordinator of the exhibition text, is engaged in writing a book, tentatively titled, 'The Shtetl by the

Sea'. It will incorporate much of the material that it was not possible to include in the Exhibition, the many wonderful memoirs received with the permission of those who sent them in, and historical research into the Jewish Community of Muizenberg in which she is currently engaged.

There is great interest in the early beginnings of the vibrant village that Muizenberg became, and particulars of when grandparents and parents arrived there, are urgently required. Information about everyday life is sought, describing how the village annually changed from the bustling premier holiday resort in South Africa to a quiet community where life went on regardless in the off season. It is in recording the smallest details of that way of life, that we ensure a treasure house of stories is not lost to future generations.

All those who have not submitted their memoirs are invited to do so to [hedy.davis@gmail.com](mailto:hedy.davis@gmail.com) or alternately to Hedy Davis, P.O.Box 909, Wendywood, South Africa, 2144.



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## The Amy Biehl Story!

by Pam Levy

Amy Biehl was an American exchange student, on a Fulbright Scholarship, at the University of the Western Cape, Community Law Center, South Africa, in 1993. Amy was an altruistic, idealistic, American anti-Apartheid activist. She helped develop voter education and registration programs for the first multiracial, democratic election in South Africa, which was approaching in April 1994.

Amy was passionate and committed to achieving democracy and political empowerment for all South Africans. She also focused on the role of women in this process. While studying the larger social issues in South Africa, Amy socialized with the people she was trying to help. Amy was a high achiever and graduated from prestigious Stanford University with honors. But

the Amy I had the privilege of knowing, was humble and affable. She always stood at the back of our Pantsula Dance class in her shorts and converse. Our dance class was taught by Dawn Langdon, at Jazzart Dance Studio in Cape Town. It was one of the only multiracial dance studios during the Apartheid years. Sometimes, Amy would ask me for help with the dance steps. After all, African Street Dance was very different to the ballet classes she had grown up with in Newport Beach, California.

I was privileged to say goodbye to Amy after her last dance class at Jazzart. I still remember hugging her goodbye by the steps. She was due to return to America that very week, to see her family again, and further her promising academic career.

Doing good deeds for others came naturally to Amy. She would frequently give rides home to her fellow students. On August 25, 1993, Amy was driving three friends home to Guguletu Township. She was tragically and brutally murdered, in an act of racial violence, ironically by the very people she was so committed to serving. To quote Nelson Mandela, "She made our aspirations her own and lost her life in the turmoil of our transition as the new South Africa struggled to be born in the dying moments of Apartheid. Through her, our peoples have also shared the pain of confronting a terrible past as we take the path of reconciliation and healing of our nation."

Amy's parents founded the Amy Biehl Foundation in her honor. It is a non-profit organization in Cape Town, South Africa, aimed at ending crime and violence, by providing after-school programs in the townships around Cape Town. Activities include dance, music, art, drama,

sport, computers, reading, and HIV/AIDS prevention programs.

In an enormous act of forgiveness, Amy's parents reconciled with two of Amy's four murderers. They now work for the Amy Biehl Foundation. This has turned their lives around so much, that they commented that the game of rugby is too violent, when watching the movie "Invictus" with Amy's mother, Linda Biehl. I am saddened by Amy's death to this day. We can all honor her memory, by donating to her foundation at [www.amybiehl.co.za](http://www.amybiehl.co.za) and continuing her life's dream of promoting world peace, justice, democracy and equal education for all.



Amy Biehl



Pamela Levy



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## Economically Speaking: The Next Ten Years.

by Tess Schlesinger

In a world where half the economists are saying that we are facing a world depression for the next decade, and the other half are saying that the recession will be behind us shortly, it's difficult to know which way to hedge one's bets.

Dr. Darryl Robert Schoon, author of *How to Survive the Crises and Prosper in the Process*, maintains that investors who have the money should be focusing on gold, and those that don't have the money, need to be building friends and networks because the coming years are going to demand every arrow in their arsenal to survive.

Of course, if this is mere pessimism, then there is no need for any drastic action. Then, simply waiting it out, will ensure that there's enough to pay the credit cards, the mortgage, the car, and all the other paraphernalia of modern life. However, even if the economy does recover, the degree of debt owed by the federal government, many states and too many private individuals to count, has reached a point where many believe that it is not possible for these debts to be repaid, and that if repayment is attempted, it would mean a very sparse diet for everybody for the next two or three generations.

The question for many who are facing a scenario they have neither anticipated, nor faced before, is what to do. There are three different groups of people, and solutions will differ. Of course, there are many different solutions, and some are more creative than others.

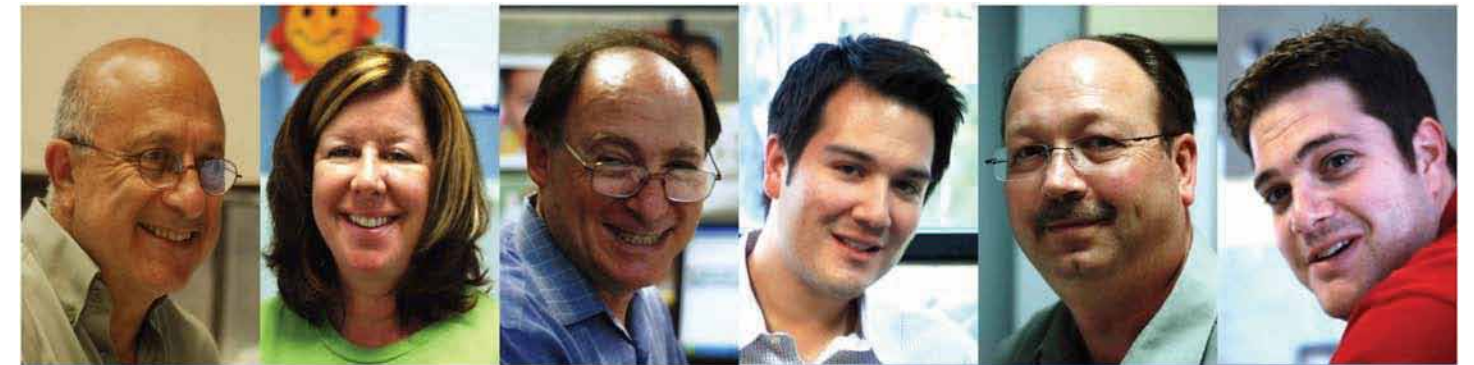
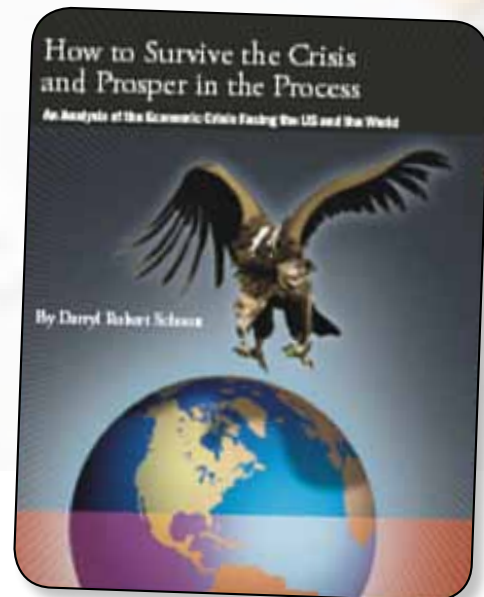
Those that have the wherewith to invest in gold, should do so. According to Bloomberg ([www.bloomberg.com](http://www.bloomberg.com)), speculators are buying gold to such a degree that the mines cannot keep up with them. So, this needs to be acted on promptly.

Those that lost money and have never been without it, face a situation that is more frightening, as this is a situation not only outside their experience, but for which they never developed skills. Two generations ago, there was a proverb, well known then, to cut one's coat according to one's cloth. What it essentially meant was

that one didn't spend more than one had. For the past three decades, using a similar analogy, it's as if there were so many rolls of cloth that it wasn't necessary to take care in the cutting of one's coat. If an error was made, there was always more cloth coming in. This state of affairs continued for so long that it was presumed by some to be the norm, and therefore, they never learnt to cut a coat efficiently.

There is nothing for it then but to learn to cut a coat according to the cloth available. That will take lessons from grandma. Learning to make pirate bone soup may be a new experience for those accustomed to eating steak at the finest restaurants most nights of the week, but it may be necessary in order to bring the budget down to manageable levels and survive. Eating pirate bone soup may not be as bad as it sounds, though. It's all about the company!

For those who were living on pirate bone soup, anyway, there's a silver lining to this cloud. Their expertise is going to be highly desired. Now's the time to write that book on how to survive on \$10 a day and live and love and laugh, anyway.



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## BIOGRAPHY

Pamela Levy is a Cape Town, South African born singer, songwriter, guitarist, now living in San Diego, California. Her African roots were the seed inspiration for her CD "Love's Evolution."

"Love's Evolution" is a positive, uplifting CD that appeals to people of all ages. The songs have catchy melodies, complex 3-part harmonies, and tasteful instrumentation. The CD features a unique, well-crafted blend of jazz, Latin jazz, pop and folk, with textures of rock, funk, blues and reggae.

Pamela Levy's CD is an autobiographical album, tracing the evolution of immature love to true love, becoming a mother, and living life on two different continents: Africa and North America.

Pamela Levy's music has had air play on Radio Afrodisia, which is based in Hollywood, L.A. You can tune in from 2:00pm - 4:00pm on a Saturday afternoon. For those of you living in L.A., tune in on KPFK 90.7 FM. If you live in San Diego, or anywhere else in the world, go to the web link [www.kpfk.org](http://www.kpfk.org) to tune in. Radio Afrodisia is hosted by radio personality and D.J., Nnamdi Moweta, who promotes African and African influenced music, and highlights African musicians performing in other areas of the world.

Visit Pamela's website at [www.pamelalevy.com](http://www.pamelalevy.com), where you can hear a clip from one of the broadcasts. If you would like to purchase her CD online, click on the CD Baby link.



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## Art Camp

by Avril Butbul

Who would have thought years ago when Roland Goldberg drove me and his sister Adi and a bunch of friends down to Cape Town for our annual summer vacation that 30 years later I would get to teach Justine at summer camp, Lara and my daughter Dani would share an ice skating party (born in 2 different nursing homes on the same day) and now I would have the joy of teaching very talented Nicole Goldberg in my summer camp....not to mention that my parents Morris and Bessie are very close friends with Myrice's parents Shirley and Harold ... very small world is it not.



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- 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 Dinerman (619) 788 7272 or [ydineman@chasd.org](mailto:ydineman@chasd.org)

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## Interview with the Founders of Chai South Africa

by Sharleen Wollach



children have never visited.

What I do have, are the warmest of memories growing up Jewish in South Africa. Thankfully there are people like Claire Ellman, Charles Jaffe and David and Felicia Mandelbaum who, have remembered to take care of that past. I asked our founders a few questions. Here is an excerpt. For the full interview, visit [www.chaisouthafrica.com](http://www.chaisouthafrica.com).

### What was your inspiration for creating ChaiSA?

**David Mandelbaum:** I was inspired by a great person, Stanley Rothbart who was the Chairman of The Selwyn Segal Hostel.  
**Claire Ellman:** If we could get the word out about how critical it is for us to maintain our support of these institutions, the ex-  
**Charles Jaffe:** I was on the committee at Highlands House and was acutely aware of the needs of the various homes.

### What was your initial vision for ChaiSA? How has it changed?

**Felicia Mandelbaum:** The initial vision was to raise money at the lowest possible cost to ex-pats throughout the States.

**CE:** To educate people about the needs of the homes

**CJ:** We wanted to ask ex-pats to donate \$18 and then spread the word.

### What affiliations do you have to the homes that we support?

**DM:** I have an older brother, Ronnie, who lives in Sandringham Gardens.

**CE:** My great aunt was a founder of Glendale in the 1950's - my gran was in Highlands House 30 years ago

**CJ:** I was a committee member of Highlands House in Cape Town,

### Where do you see ChaiSA in 5 years?

**FM:** I would like to see us becoming more active in the Canadian and Australian markets,

**CE:** I'd love to see our success in San Diego replicated in other cities throughout the US.

**CJ:** I see social networking playing a bigger role. I would like to see our data base increased substantially.

I have lived here in San Diego for almost 30 years. I have little connection to South Africa. I am blessed with all my family right here and have not had any family member who has needed the services of the homes we support. I have not returned there annually and my

### If there was one thing you would like the community to be aware of – what would it be?

**David and Felicia:** The generations that have emigrated have upset the natural balance of those that are able to support the needy.

**CE:** I'd like everyone to know that we need their help in spreading the word.

**CJ:** Every \$18 makes a difference and we have an opportunity to help residents live a dignified Jewish life.

This organization would not be as vibrant, effective or cost effective without the enormous effort made by all those involved and we'd like to thank all our donors both here in the US and abroad. We'd like to thank all our wonderful committee members, phonathon and administrative volunteers, everyone at Golden State Graphics and The Mail business, and all the staff at Jewish Community Foundation.

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## My Personal Race Report—2010 LB2CAT

### Long Beach to Catalina and Back 56 miles non stop 18 July 2010

by Warren Frank

Friday I picked up my Jet ski at Dana Point after getting a new supercharger installed. It died 3 months ago and I haven't had any water training since. The only reason I'm doing the race is because I don't want to let my team mates down... but I wasn't really feeling it. When I do something I want to be at my best. I don't want to have an average finish, I want to do well.

While I was camping in the pits at Long Beach Shawn Alladio shows up with her 4 rescue Jet skis and asked me if I want to join her and 2 others for a quick little ride. Hesitantly I say yes. As we're launching the skis all I'm wearing is my helmet, goggle and race boots. No back support, no neck brace, no gloves, no wet suit, no GPS, no radio. I was shocked when Shawn told me "don't worry we'll only go 1/2 way to Catalina and back". It was blazing hot at the launch ramp, and the water seemed flat and calm.

As soon as we got out the harbor the ocean was quite wild. Big swells and lots of chop. Every 5-10 seconds was like someone throwing a full bucket of water in my face. Shawn stopped us every few miles and made us look back at land making us familiar with certain land marks so that we didn't have to waste fractions of a second each time we had to glance at our GPS's during the race. Once Catalina Island was in sight she pointed out more land marks. Once we turned around I was very happy, tired and relieved because I didn't want to get more fatigued than I already was. The race was in 12 hours.

At 9 am on race morning about 48 of us lined up at the

starting line and the flag goes up. I hit the gas and everyone was speeding out of the harbor towards the ocean. I kept telling myself "remember to breath and save your arms" I had to keep remembering to keep my body forward over the bars to keep my hands and forearms from cramping like in previous races. As we got into deep water the ocean became rougher and the fog kept getting thicker, I looked down at my 2 GPS's and they're both dead. I thought my race was over and I may even get lost in this stuff. Luckily another racer was to my left so I might as well stick with him if I have any hope of making it to the island. Once Catalina was in sight we were both about 3 miles off course and had to go left along the island to get to the turnaround boat.

By this time the sky was clear and I started heading back to the mainland. I started following another group of racers but they were too fast for me and once we got back into the fog I was totally lost. I stopped twice to try and power up the GPS's but they still didn't work so I pressed on. Suddenly I saw 3 guys coming straight for me in the dense fog. I realized that I had actually made a huge U turn and I was going the wrong way so I followed them and started to speed up and pass them but had no idea which way was home. I saw off in the distance a 40' offshore racing boat heading back to long beach so I following it as best as I could but it was too fast. Just then I saw the hills of the mainland though the whiteness and I realize I'm about 5 miles from the finish. In my mind I'm thanking my lucky stars for warm up race I did the previous day. Without Shawn's knowledge that she shared with me I would have been totally lost. I was happy to be done with zero training on the water and thought I finished somewhere near the back end of the pack.

When we sat down at the award ceremony I wasn't really paying attention and heard my name being called and people clapping. The 1st award was for the top 10 finishers and to my total amazement I finished in 10th position. I honestly couldn't believe it.



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## We Remember

### In Memoriam Selwyn Schachat

By Phillips Schachat

Selwyn was the real deal, the whole package and a tzadik to us all. He enjoyed life to the fullest, always seeing the glass full. He was so special and formed a unique bond with everyone who entered his space. Kind, compassionate, gentle and humble, he touched us all. Selwyn quiet and discreet rocked our world and now he has shocked our world. Our lives were forever changed in that one phone call from his wonderful mother in law. Selwyn will be honored in so many ways and missed every day. He was always passionate about everything and everyone. When you spoke, he listened with his eyes and acted from his instinct which was so powerful -- but always put us at ease.

He spoke daily to his Mom and put so much emphasis on his parents wellbeing -never forgetting a birthday, an anniversary or just being there as a sounding board. He cherished them wholeheartedly and used them as the role model and a stepping stone for his own joint parenting to Alex and Joey. He loved Cari and her entire supportive family and was a proud "chosen". Family life meant everything to Selwyn whether it was his or yours. He embraced us all and none of us will ever understand why Selwyn was only here for a time and too few seasons. Selwyn is hard to mention in the past tense. We all share the sadness. This vibrant mensch opened so many doors for so many people.

Selwyn was involved in many projects, the most recent was close to completion with a Shabbaton at Beth Jacob in LA which will now run annually with his learned Rabbi's and mentors in his blessed memory. He loved observing Shabbat and his pride of place was sitting at the head of his family table and introducing Alex to his spiritual Chevra and Rabbonim

To his 2 sons, Alex and Joey, Cari, Mom and Dad,

Janine, Michael and boys, Gideon and Jared, the elation of family reunions will always have a void, so unbearable to visualize.

By Howard Schachat

Rabbi Elazar ben Azariah used to say: Anyone whose wisdom exceeds his good deeds, to what shall he be likened?

To a tree whose branches are numerous but whose roots are few; then the wind comes and uproots it and turns it upside down; as it is said: "And he shall be like an isolated tree in an arid land and shall not see when good comes; he shall dwell on parched soil in the wilderness, on a salted land, uninhabited."

But one whose good deeds exceed his wisdom, to what is he likened? - to a tree whose branches are numerous; even if all the winds in the world were to come and blow against it, they could not budge it from its place; as it is said: "And he shall be like a tree planted by waters, toward the stream spreading its roots, and it shall not notice the heat's arrival, and its foliage shall be fresh; in the year of drought it shall not worry, nor shall it cease from yielding fruit."

Selwyn's roots of good deeds went deep. Whether as a devoted son, loving husband, doting father, loyal brother, uncle, nephew, cousin or friend, Selwyn's acts of loving kindness and caring were

above and beyond. Everyone felt special in his presence. As an example, I received this email from my 23 year old nephew Adam Wollach (Adam's email):

I'm so sorry to hear of Selwyn's passing. He's one of the sweetest, kindest men I've known. Selwyn gave me my first real live sound gig at a SAJAC function at Beth El. I had the opportunity to work with Leon Mobley, Jack Johnson's percussionist, who I've kept in contact with ever since. The night gave me confidence in my love of audio and encouraged me onto the path I'm currently following. I'll always be grateful to him for allowing me to be a part of that great night.

continued...





...continued

Selwyn Schachat was the best man at my wedding. But Selwyn was also the best man to everyone who knew him and those he associated with. Nothing was too much trouble; no distance was too great; no task too difficult.

Many lives are spent building monuments to success: accumulating bigger homes, cars, bank balances and other material things. Few build monuments comprising relationships, good deeds, humility and kindness to others. These are the bricks with which Selwyn built his enduring monument - and they will never cease from bearing fruit.

**Prayers for Selwyn Schachat: July 6, 2010**

On behalf of Selwyn's parents Louis and Charlotte and sisters Philippa and Janine, I would like to thank you all for attending tonight to pay respect to the person and beauty of Shmuel ben Tzvi Leib of blessed memory. I've no doubt Selwyn, with his special way of connecting others would have loved seeing so many of his friends and family gathered together in one place.

**In Pirkei Avot Chapter 3 verse 22:**

**Rabbi Elazar ben Azariah used to say: Anyone whose wisdom exceeds his good deeds, to what shall he be likened?**

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Selwyn accomplished more in his brief 47 years on earth than most achieve in a regular lifetime. We were all privileged to have been part of that.



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## We Remember

### JACK SOLOMON

May 27, 1922 - May 31, 2010

by Sue Swersky

Jack Solomon was born in Cape Town South Africa on May 27th, 1922. He was the only child of Sophie (Boorstein) and Reuben Solomon. Jack attended Sea Point Boys High School and grew up on Avenue Fresnaye in Sea Point. During WWII he was stationed in North Africa in the Air Force. Jack met Mona in Cape Town in 1951 when she moved to South Africa from London, with her sister Helene and her parents. They were married in 1952 and celebrated 57 years of marriage last November.

Jack and Mona lived in Newlands, Cape Town and had three children Sue, Peter and Louise. Jack loved Cape Town and was very involved in sports. He loved to walk to Newlands and watch rugby or cricket depending on the season. In Cape Town Jack was a business and property broker. He and Mona were also very involved in the Lions Club and played competitive bridge. Jack was an avid reader and also had a great passion for archaeology, photography and tracing family genealogy on the computer.

After Sue's husband Steven passed away suddenly in 1991, Mona and Jack made a decision to move to San Diego to help Sue raise her 3 children Russel, Mitchell and Lauren, who was one month old at the time. They became completely involved in their grandchildren's lives - Jack helping with carpools, extra murals and homework while Mona was babysitting. Jack said many times that the greatest joy of his life was being involved in the lives of his grandchildren. To Russel, Mitchell and Lauren he was so much more than a grandfather, he was a father and a role model. He attended all their sports matches: soccer, baseball, basketball, tennis, Laurens plays and dance recitals, and drove them to their various after school activities, cheering for them on the sidelines at all their games, rarely missing any. Russel, Mitchell and

Lauren also credit him for teaching them golf, photography, magic tricks, card games, fishing and then with great patience and nerves of steel, teaching each of them to drive.

Jack was thoughtful, kind, sincere, gentle, quiet, honorable and humble and with all of that he also had a wonderful sense of humor and a very quick wit. He had a way of connecting with everyone from 2 to 102, because he took a genuine interest in people. He was easy to talk to and a great listener. Everywhere he went in the neighborhood people would greet him.

To Jack and Mona loved getting together with the entire family when their son Peter, daughter-in-law Mary and grandson Eric would come to visit them from Santa Monica. Whenever his grandchildren walked into the room Jack's face would light up.

Jack loved and adored Mona who took great care of him, particularly the past five years when he was diagnosed with many different ailments, going to the ER and hospital multiple times. Each time he would come home and bounce back. The doctors were always amazed every time he recovered. Just three days before

he passed away he said "I can't understand why I can't kick this" (recover). In his mind he never saw himself as ill, and even when his body was shutting down, he expected to recover just like he had done so many times before. It was his positive attitude, and his strong motivation not to leave the family that he loved so much, that kept him going for so long and against all odds. He never complained and was always so appreciative of anything that was done for him.

The legacy that Jack has left behind is not only in all that he did, but also in one of his passions, photography. He has left his family with the treasure of so many wonderful and special memories, in the thousands of photographs that he took on all occasions throughout his life.

Four days before he passed away Jack turned 88 or "agt-entagtig" "as he liked to tell everyone who called to wish him from South Africa, Australia, Israel, the UK and his many San Diego friends. He said "if they can take the time to call me then I can make the effort to speak to them". In his last few hours, Jack waited for his nephew Anthony Hollis to arrive from Australia to see him. His mind was clear as the family gathered together one last time with Jack, and Anthony's visit completed it all for him.

At his funeral Jack's grandchildren expressed so poignantly the incredible influence he had on their lives, how much he had taught them, the love and admiration they had for him. Afterwards many people said that they would love to be spoken of and remembered in such high regard and that Jack's life inspired them too.

Jack Solomon, husband, father, grandfather, role-model, mentor and friend, will be sorely missed by his loving wife Mona, children, grandchildren, friends and family. He will always be remembered with such love and fondness. His family will continue to celebrate his life by following in his very special footsteps and honoring his memory and the incredible legacy that he left behind. He was One in a Million!

Mona Solomon, Sue, Russel, Mitchell and Lauren Swersky Would Like To Thank The Sajak Community For Their Sympathy, The Cards And Messages And The Wonderful Support Received On Jack's Passing. We Are So Fortunate To Live Among Such A Kind And Caring Community.



Lauren Swersky, Mary Edwards, Mona Solomon, Jack Solomon, Russel Swersky, Steve Smidt, Sue Swersky, Peter Solomon, Eric Solomon, Mitchell Swersky

**Mona Solomon, Sue, Russel, Mitchell and Lauren Swersky Would Like To Thank The Sajak Community For Their Sympathy, The Cards And Messages And The Wonderful Support Received On Jack's Passing. We Are So Fortunate To Live Among Such A Kind And Caring Community.**



## In Memoriam Martin Datnow

by Amanda Datnow



Martin Datnow, 67, passed away peacefully on April 17, 2010 in San Diego, surrounded by family. He fought a courageous battle with pancreatic cancer, which he was diagnosed with three months prior to his passing. Born October 3, 1942 in Johannesburg, South Africa, he was the eldest son of Hymie and Mavis Datnow. Martin immigrated to the United States in 1978, moving first to Denver, and then to San Diego in 1988.

Martin was an incredibly loyal family man. He was very devoted to Marina, his lifelong love and wife of 44 years. He was also an amazing father and was very involved in the lives of his son and daughter and grandchildren. He took great joy in his relationships with his brothers, as well as his extended family of nieces and nephews.

Martin had an incredible empathy for others and sense of generosity. He taught many people how to live life with passion. He had an incredible zest for life and got the most out of every day. One of his greatest joys was sharing good food with family and friends. He also loved to travel and experience different cultures and languages. He had many international friends and colleagues throughout his life and regularly read about exotic travel locations around the globe.

Martin was also passionate about his work. He spent many years in plastic manufacturing, but the pinnacle of his career was the past nine years at Mercedes Benz of San Diego. Some called him "the Babe Ruth of car sales." His customers were very important to him, and he developed special relationships with a great many of them who came to know him well over the years.

He is survived by his wife Marina, his brothers Brian and Colin, his children Marc and Amanda, and his grandchildren Will and Lucy. His family hopes that his passion for life, generous spirit, and sense of compassion can live on in all of those who knew him.

## SAJAC Magazine



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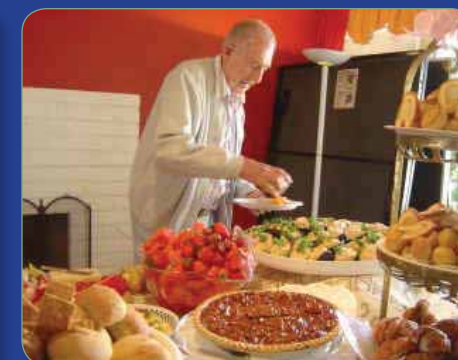
# SAJAC Card Party

by Bella Suchet

November 15th 2009 dawned to a beautiful sunny day, and my hard working crew and myself arrived at Pamela Nathans club house to prepare for a fun day of good food, good friends, good cards and lots of fun.

What a great day we all had, it was everything of the above, and I would personally like to thank all the wonderful people who participated and helped to make this function the success that it was.

Thank you SAJAC and in particular Pamela Nathan for making all this possible and always thinking of new ways to keep us ex South Africans together...We love you.



# SAJAC Event - Helper's Tribute Tea

by Dalia jacobs-Brandt.

Just to mention a few that attended: Pamela Nathan, Seckie Gladstone, Renee Frank, Tamara Klein, Steve & Danielle Shulman, Linda Ann & David Kahn and family, Sheldon Cohen, Brian Marks, Marlene Stanger, Dale Phillips, Gil Sery, Diane & Howard Schachat, Glenda Jaffe, Sharleen Wollach, Wendy Miller, Susie Lotzoff, Jeff & Ros Wolmer, Alan & Karen Wolmer, our hosts, John and Tracey Smaller and Moira Berman, our president.

While we were enjoying some time in the pool, the mood suddenly changed. Sadly we were distracted by a terrible accident that happened below the Smaller's property. The sound of sirens and the continuous commotion drew our attention to a car that managed to wrap itself around a pole. We did have the privilege of watching the life light helicopter land in the middle of the road in a rescue attempt. The whole experience made us all realize how very precious our time together is. Needless to say the afternoon was filled with good food, thanks, laughs and memories.

Thanks again all, Dalia jacobs-Brandt.





## The Barmitzvah Dilemma: Tikkun Olam (Heal the world) VS. Ahavat Yisrael (Love of Israel, love of Jews)

by Leon Snaid



The title of this article gives the impression that Jews must choose between the commandments of Tikkun Olam (Heal the World) or Ahavat Yisrael (Love of Israel, Love of Jews) this is not my intention.

Since immigrating to this country almost 30 years ago I have had the pleasure of davening in Hassidic,

Orthodox, Conservative and Progressive Reform shuls on a regular basis, at one time or another. This may give the impression that I am one confused spiritual puppy, but if I must defend my position of diverse affiliations, I can only say that I do not know from whence Mashiach will appear.

As a regular attendee at these different shuls, I believe that I am qualified to pass opinions on two issues. Firstly, where you will find the best bar/ bat mitzvah (“Barmitzvah”) kiddush and secondly, what Jews-Coming-of-Age believe is important. The latter is the essence of this brief rant.

The words “Tikkun Olam” are standard vernacular for Barmitzvah children at too many congregations, while “Ahavat Yisrael” is rarely heard. There is an unbridled passion to heal the world and projects abound that will improve the lives of non-Jews and Jews alike. In fact, American Jewry has created a brigade of human refrigerators, who are dedicated to stopping global warming, notwithstanding the fact that the jury is still out on what could be voodoo science.

Now don’t get me wrong, Tikkun Olam is admirable, no essential, no imperative to Jewish life, BUT what happened to the commandment of Ahavat Yisrael? Where did that go?

Should we not inculcate in our Jews-Coming-of-Age the necessity to identify front and center with the needs of Jews? Has Israel become chopped liver? While Jews are committed to the commandment of “heal the world” (Tikkun Olam), Jews must not ignore the commandment of love of Jews, love of Israel (Ahavat Yisrael)

These two commandments must be balanced and guidance on such balance may be gleaned from our great sage, Hillel: “If I am not for myself, then who will be for me? (Ahavat Yisrael). If I am only for myself, then what am

I? (Tikkun Olam) If not now, when?” (Do it Now), Now is the time to teach our children the importance of Israel.

Moslem students at American universities are loud and aggressive. Jewish students are silent. Jews do have power and strength, but their steel has been tempered by the moral teaching of Tikkun Olam. Their steel is molded into shovels to build a better world.

But now is the time to forge blades to attack our enemies. Jews-Coming-of-Age should be taught to be bold in their Jewishness. Israel has been battered and beaten by unrelenting brutes. Bullies only respect strength and power. Pleading to play nicely didn’t work on the playground, why would it work now? Get in their faces NOW.

Among these blackguards creep certain white collar journalists, who profess to intellectualize, but who are really disguising their white hoods under their splatters of dark ink. Get in their faces NOW. Politicians who impale Israel with their forked-tongues must be stopped. Get in their faces NOW. Yes, there are many projects and activities, where Jews-Coming-of Age can express Ahavat Yisrael.

In Israel, Jews have a homeland that insures that Jews will live, when others would watch our slaughter.

A safe Israel gives American Jews a safe America.

### Jewish Oscar winners

The following lists Jewish actors and actresses who received this award:

- 1929-30 Norma Shearer The Divorcee (convert)
- 1936 Paul Muni The Story of Louis Pasteur
- 1936 Luise Rainer The Great Ziegfeld
- 1937 Luise Rainer The Good Earth
- 1950 Judy Holliday Born Yesterday
- 1967 Rod Steiger In the Heat of the Night
- 1968 Barbra Streisand (tie) Funny Girl
- 1977 Richard Dreyfuss The Goodbye Girl
- 1979 Dustin Hoffman Kramer vs. Kramer
- 1986 Marlee Matlin Children of a Lesser God
- 1988 Dustin Hoffman Rain Man
- 2002 Adrien Brody The Pianist