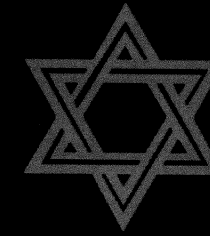


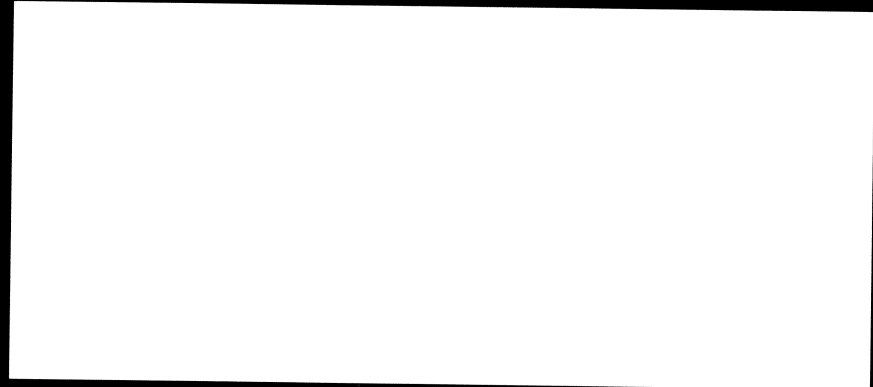
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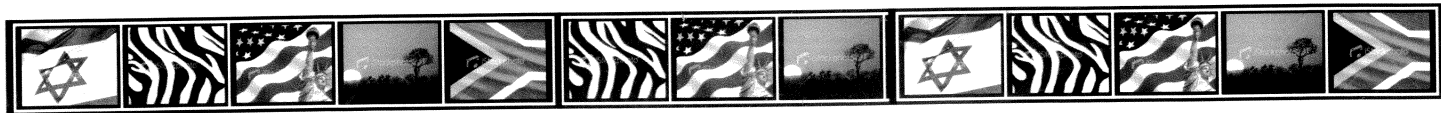


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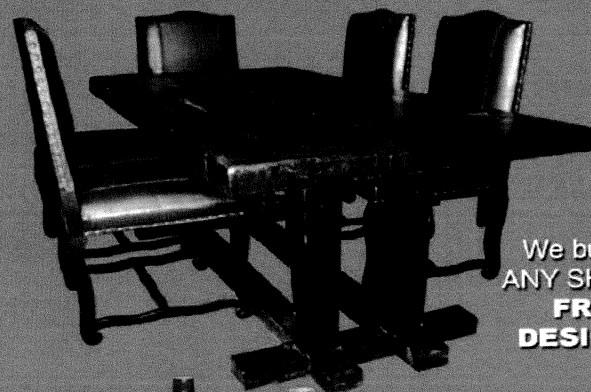
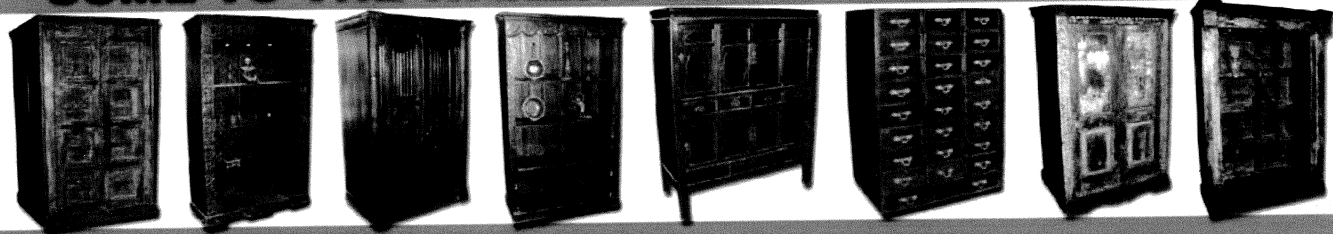
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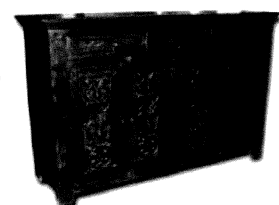
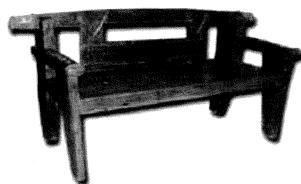
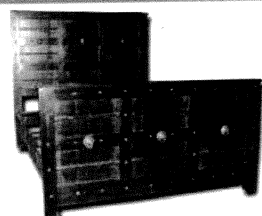
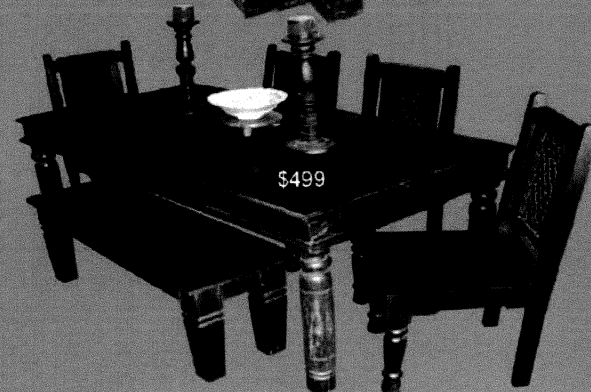
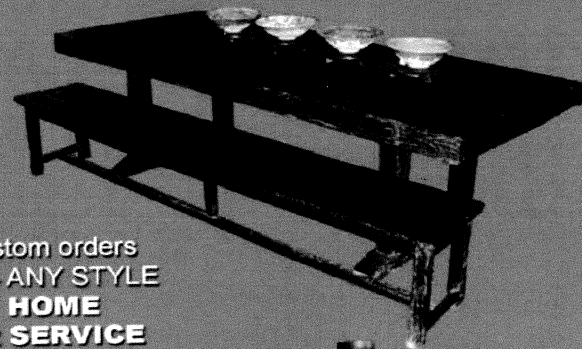
24 Years – Marching Towards The Reunion



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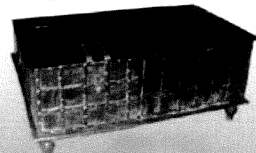
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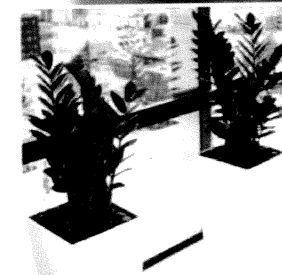
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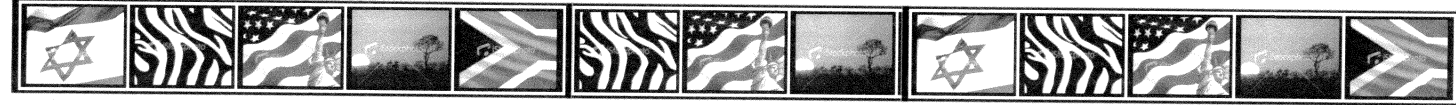
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We Remember

Berry Family Tragedy

By AMY OLIVER



Two brothers left paralysed and sister seriously injured in head-on horror smash that killed both parents. Two brothers have been left paralysed after a horrific head-on collision that killed both their parents. Nine-year-old Peter Berry, his brother Aaron, eight, and their sister Willa, six, who suffered a broken arm in the smash, had last week been on their way home to Texas from a family road trip to Colorado when the tragedy occurred.

The children's mother Robin, 40, had been driving the family's van along Highway 285 in Fort Stockton, when an SUV veered into her lane and hit the car head on. Mrs Berry died instantly while her husband, and the children's father, Joshua, 41, later died in hospital.

The whole family had been wearing seatbelts but the impact had been too severe. The passenger of the SUV Colleen Doyle, 28, also died in the crash. Her husband, 31-year-old Michael Scott Doyle, was taken to University Medical Center in Lubbock in critical condition.

The couple's one-year-old daughter, who had been in the car, was unhurt. Aaron had abdominal

surgery straight after the crash on July 2 to repair lacerations to his internal organs. He then had a second operation where doctors put pins in his lower back to stabilise his spine.

Peter also had a successful spine-stabilising operation, according to the Jewish Herald-Voice.

But both boys will require intensive therapy when they return to live with their aunt and uncle in Houston, but whether they will ever regain movement in their legs remains to be seen.

'There's a lot of uncertainty,' the children's uncle Matt Berry told the Huffington Post. The dynamic for everybody has changed so it's really scary. I've got to be the cheerleader for a long time. It's gonna be a long road to recovery in many ways, but I have a big bright light that I'm seeing at the end of the tunnel and I'm focused on that to make sure these guys have a really good life.'

Mr Berry said the children, who were not told about the death of their parents immediately, were being incredibly strong in such a devastating situation.

'You get inspiration from them,' he said. 'These kids smile when somebody asks to take their picture. Can you imagine being in these kids' shoes? It's pretty incredible how they're dealing with it.'

The family was well known in their local area and Mr and Mrs Berry took part in many activities including a local rodeo and marathon. Their deaths have had a big impact and, after hearing of the terrible tragedy, Texans have dug deep in their pockets to support the children.

More than \$13,000 was raised in a recent bake sale and will be put towards the children's ongoing medical expenses.

'The outpouring of emotions from the community has really helped,' family friend Allen Deutsch said. 'It's an amazing thing.'

Can you help the children? To make a contribution please visit: www.theberrychildren.org



President's Message

by Moira Berman



I looked back at the 2010 President's message - and the saying "what a difference a year makes..." came to mind. SAJAC is always evolving and last year, more so than most years, we found ourselves questioning SAJAC's direction and longevity. Members were attending events in even fewer

numbers than usual, and some events had been dropped from our calendar.

We did, however, remember how well the 21st Birthday party was attended. And the Directory and Reporter continue to be very popular publications, with immediate calls from members if either one doesn't arrive in the mail.

These two factors contributed to the changes in the organization in 2011, and the planning for events during 2011-2012:

- SAJAC charter has been updated to include not just San Diego - but the US. As Ex-South Africans from other cities and states become members, think how much more exciting the directory will be to read. (Yes I know many of you scan it to look for names from the past - people from Sandringham High or Wits - that you didn't know were in San Diego, or the US.)

- As SAJAC United States we have a Facebook page. An invitation to join us on this social media cloud was sent to every SAJAC member. If you have not joined our Facebook group, you can easily do so. Check it out and join us at: <http://www.facebook.com/SAJACUnitedStates>. Remember to click the "LIKE" button.

- And in keeping with the "connect with old friends" theme, our big event for the year is The Colossal S.A. Jewish American Reunion. Save the date: April 20 - 22, 2012. This promises to make the huge 21st Birthday celebration of 2008, seem like a simple Birthday party. We have many events planned for the weekend and the highlight is the Saturday night "Bash". Watch email and Facebook for ongoing updates.

Yes, we have indeed evolved. Last year I wrote: "... 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 website." This year we are seeing this larger community come to fruition and in a better way than I anticipated!

Each year we ask each of you reading this to consider some small way you can volunteer your time to SAJAC. This year I can be more specific. The "Big Bash" weekend will be filled with events. If there is an activity you enjoy and would like to have included, let me know. The small group currently involved in the organizing would love to have additional leaders of activities (a jog, a walk, a yoga class, sightseeing etc etc).

As usual, the president offers praise and thanks to the volunteers who keep this organization running. And this year special thanks go to Pamela Nathan, Leon Snaid, Barry Cohen, Diane Levinson & Tammy Grassi for the upfront idea generation, contemplation and planning of next years' national SAJAC Bash.

Activities this year included: Athol Fugard play & Atara Baker's art exhibition sponsored by our Gemillut Chesed committee, 'Ripple of Hope, RFK in the land of Apartheid' documentary screening, Lorraine Abramson's presentation of her book "My Race" at our AGM held at the JCC & Night at the Lux in July.

Special mention of our volunteers: Avra Kassar, Linda Robinson, Brian & Suzanne Marcus, Tanya Freedman, Celia Levy, Diane Schachat, Wendy Miller, Michelle Diamond, Steven Hyde, Brian Marks, Derek Berghaus, Pamela Nathan & Tammy Grassi. Their tacit contributions to our organization may go unnoticed by the community at large, but do, however provide us with invaluable stability and continuity. They are the back bone of our success.

Thank you for the opportunity to be part of this organized group of volunteers!

Moira Berman

President, SAJAC San Diego



Editors Message

by Brian Marks



As I get older each year there is a certain comfort from things that are familiar and an even more comfortable feeling from things that are reliable. Every year for the past 20 or so, I have worked on the Sajac magazine, and while many of you forget about it and get a nice surprise in the mail around yomtov every year, for me it is one of the time stamps of each year.

Everyone knows that Pam Nathan is the glue that holds it all together, but every year a cast of characters (some new and some old) produce a testimony to the fact that we are all here, that we all do things, that we all care about things and people, that we all work in and for our community, that we all pass along a legacy to the ones that follow.

That makes me proud, and it makes me happy. Even more important it makes me very very comfortable. Enjoy this year's magazine and we will see you all again next year.

Who said "football isn't a game for a nice Jewish boy?"

by Brian Marks

My uncle always joked that a Jewish mechanic was an accountant who knew someone who owned a screwdriver. The same can be said for playing professional football.

Let's be honest, you don't see too many linebackers refusing to play on shabbos. And, among the names in your fantasy team, I am betting that not too many are named Goldstein or Cohen. Yes there have been a few, but the fact is that most Jewish men who are six feet four and weigh three fifty are probably recovering from their third heart attack or are about to sit down to a potroast and an extra helping of lokshen pudding.

But during this recent lock-out by the owners I got to thinking a lot about the size of the game and every time I heard the magic words, 9 billion dollars as in the phrase "the NFL is a 9 billion dollar industry" the same question haunted me over and over again. Where are the Jews?

Now we may not be offensive tackles that can run the 4.8 second 40 yard dash, but when it comes to words like 9 billion dollars, we are

usually in the hunt and some are on the verge of being voted into the Hall of Fame.

Ask any detective and they will tell you --"follow the money", and when you do you will discover that while Jews are not breaking tackles on Sunday afternoon, they are very well represented in the team owners luxury boxes.

At least 10.5 of the NFL owners are Jewish and some argue that it may in fact be 11.5 because there is a question about whether the Denver Broncos owner Pat Bowlen is Jewish. It is noted that he gives very generously to many Jewish causes and several very anti-semitic web sites claim that he is Jewish. Although this cannot be confirmed, I have always been of the opinion that any friend of Israel is a friend of mine...so I'll claim him.

Those not under dispute are the Atlanta Falcolns (Arthur Blank); Oakland Raiders (Al Davis); Tampa Bay Bucs (Malcolm Glazer); New England Patriots (Robert Kraft); Cleveland Browns (Randy Lerner); Philadelphia Eagles (Jeffrie Lurie); Washington Redskins (Dan Snyder); Miami Dolphins (Steve

continued on page 8...



We Remember Freda Swersky

My Ma, My Mom, My Mommy

by Avryl Simon

What words can one use to sum up a mother? There are no words for you were unique, special, and my ma, my mom, my mommy.

From my earliest years I came to understand that you were solid and dependable. You were my teacher, my inspiration, the one to emulate. You were insightful, perceptive, intuitive, and full of understanding and compassion, a champion of the underdog. You had a deep affection for your fellow man.

Your profession was that of teacher, but it was in the home that you truly shined. You taught me so much. How to live the journey of life and of the circle of love.

Mom, you were fiercely loyal, with a deep commitment and devotion to your family and friends. The determination to push on though all of your life's many challenges – from your early childhood disease that kept you bedridden for some years, to the losses of your beloved son Steven, your granddaughter Amanda, your husband Harry and your sisters of blessed memory, to your hearing impairment and the indignations that the handicap brought, to financial struggles and fall from being "the Dutchess" of Springs. You handled life with dignity and grace and your inner strength, resilience and the knowledge of who you were and from whence you came were at your core.

It was the small joys, good times and laugh lines that were important to you as well as the tears. You were a woman of keen intelligence, insight, and in your own words, you were a "realist".

You always gave from your heart and those that were open enough to receive your love were blessed by your ability to give and the true meaning of close friends and loved ones. Even in your last moments you reached out to give in response to Shoshanna Saitowitz, your grandniece's request for details about her grandmother Alma, your oldest sister. With each belabored breath you recalled those memories whilst I furiously typed your stream of consciousness.

Mom, you made a home along your life's many paths for your family, which was always filled with gracious hospitality, style, art and creative endeavors, food cooked, baked and

shared with love, and genuine friends. Your love of Jewish geography and the continuation of our Jewish traditions and heritage were most significant to you.

Dad and you were pioneers. You ventured into businesses together, and always pushed forth with some new ideas or inventions with enthusiasm and resolve. You taught me the value of dreams followed boldly and hopes kept alive, in efforts failed but at least tried, and the significance of things done with effort and pride.

You went back to school to further your education, making the bi-weekly train journey from Springs to Johannesburg, at a time when few women in South Africa were wont to do. You traveled the world and your travels opened your eyes to new ideas and thoughts. You taught me the love of the written word and a turn of phrase, the pleasure and enjoyment from all the arts including theater, dance, music, the beauty of nature, and the love of things crafted by hand.

You were the Matriarch of the family and as such you were held in such high esteem by the offspring of your sisters. Passionate and devoted mother, grandmother, great-grandmother, wife, aunt and friend, your grandchildren and great-grandchildren adored you. You had a very special relationship with Glenn and you taught the meaning of acceptance. The little ones brought you so much light and joy, and my grandchildren Luca, Bianca and Gianni benefited from being the ones close by. You had a keen interest, joy and pride in Vanessa, Russel, Mitchell, Lauren; Saul, Chaya Esther, Rochelle and Yisroel Areye, Ruthi Menachem and Ruchami; Dovie and Yaeli; Rivkah, Shlomo, Tamari, Ayala, Tzvi, and Avi. – your Dynasty as I dubbed them. You led by example.

Mom, you always seemed invincible and there were times I took you for granted or I hurt you. In life there can be no regrets and I will take this opportunity to try harder, to live life more fully in the present moment and endeavor not to take anything or anyone for granted. This is your gift to me.

For me it was truly a gift and my privileged to cradle you in my arms while you labored to give birth to your soul, your beautiful Neshomer. I will always love you, my darling mommy.





We Remember Helen Moss

April 1, 1922 – July 6, 2011

Helen Moss was born in Johannesburg South Africa on April 1st 1922. She was the youngest daughter of Julius and Fanny Lazar. Her sister, the late Molly Lieberthal, was 6 years her senior. She attended Jewish Government Primary School and Athlone High School. During WWII, May 11, 1944 she married Staff Sergeant Albert Morris Moss and celebrated 56 years of marriage until Albert's death in 2000. What an example and lasting legacy their union created for succeeding generations!

Albert and Helen were devoted to their children Jillian and Marion and of course were besotted with their grandchildren Tracey, Tanya and Marc. Their home was a haven for young and old alike, and their generous and warm hospitality was a welcome mat and open invitation to all who crossed the threshold. Helen's homemade biscuits and tea were a sight to behold, even more delicious to taste, and always readily available at "tea time" which in the Moss household was a ritual performed at least four times a day.

Helen was the matriarch of a house that was meticulously cared for, she was a perfectionist in whatever she did and demanded excellence of herself – her garden was magnificent and resembled a very well-manicured park; her knitting and embroidery could be compared to machine-made garments and she donated countless articles to the less fortunate and especially disadvantaged children; a handwriting that was copperplate; cooking and baking that were gourmet; and her love of art and crafts resulted in specimens that still grace her children and grandchildren's homes. She loved music and was self-taught on the piano - and this passion was really helpful to her in the latter years and brought her much pleasure. She always looked as if she had stepped out of Vogue, whether she was going shopping at the supermarket or attending a formal wedding. She had a tiny petite frame and feet that forgot to grow. Her small feet made her the heroine of the neighborhood because all the little girls could dress up in high-heeled shoes that fitted them perfectly. She created a chest in the garage that housed all her used shoes, bags and feather boas and everyone knew where to come to pretend they were on Project Runway, long before the program became so popular. She had a great sense of humor, with a ready smile for all.

Unfortunately, her life was peppered with illness and hard times, but her feisty demeanor gave her the strength to fight whatever came her way. At age 9 she lost her dad, and she and her sister were left with the burden of a sickly mom who suffered from asthma. She was forced to leave school early to contribute to the family coffers. At age 25 she contracted polio that rendered her completely paralysed and the prognosis was not promising, but no-one was ready for the fight for survival that Helen displayed even at that tender age.

Jillian was only 18 months old at the time, and Helen often mentioned that really motivated her to a complete and remarkable recovery. She did countless exercises to regain her sight, and ambulation from muscles that had lost their tone and strength. In order to pay back expenses, she worked for our house doctor, and there she learned skills that would enable her to help other people in need. After two years, she was miraculously ready to finish what she started – her family was complete with the birth of Marion.

Helen, having learned all those medical skills as the Doctor's "nurse", devoted her life to helping, caring and visiting the sick, and was a kind of lone woman hospice, long before it became such a famous and necessary institution.

When a neighbor needed morphine at night when the pain of cancer could not wait until morning, Helen was there to administer it; when her "brother" needed a wound dressed, Helen was available to do that too. She cared for her mother Fanny Lazar, and mother-in-law Ray Moss, in her home until they both passed away. It was fitting that she was then nursed by an exemplary staff at Seacrest Village Encinitas, when it was her turn to be cared for.

She also set aside time for her community, and worked as a volunteer for Temple Shalom in Johannesburg for many years, with the same gusto and perfection as she did everything else in her life.

Helen's life was one of dignity, grace, strength and amazing fortitude against all kinds of odds. Inside that petite frame lay the courage and tenacity of a giant, and the fierce protectiveness of a lioness for her family. Her life was her family, and she welcomed with great pride her three grandchildren. She spent time with them and lived vicariously through them enjoying all the simple pleasures that made them happy, and of course the bigger events that created such pride as each of them attained pinnacles of success in their young lives. Her son-in-law Ken Levi, affectionately known as the "silver fox", was an unbelievable anchor in her life and his devotion to her was a great comfort for all of us.

The saddest thing for us was that even though Bobba, as she was known to all, was physically here, she was not able to attend some of the most important events that she had looked forward to her whole life. She never witnessed the marriages of any of her grandchildren, Tracey to Harper, Tanya to Dan, and Marc to Bridget. But her long overdue wait for a great grandchild culminated in her meeting recently with Jacob Aiden Kennedy. It was all she could have hoped for as he settled into her atrophied arms that suddenly and miraculously softened into a protective shield around the baby named for her beloved Albert. Both Jakey and his great bobba lay side by side in peace for about 45 minutes. Bobba Helen then made her preparations to leave her beloved brood safe in the knowledge that everyone had come full circle. Then with the same grace, dignity and courage that marked her life, she peacefully left on her journey. She left, as she lived her life, on her terms and we all wish her a safe and peaceful passage.



SAJAC Event

Marching Toward Reunion.

By Pamela Nathan

As we head into celebration of 25 years of service in this community, we know very well that our members' needs are ever changing. Aside from perpetuating the successful programs that we provide locally, we have taken a big leap forward by modifying our legal name to be 'SAJAC' instead of 'SAJAC San Diego'. Why? Because we realize that the time has come to think outside of our immediate community, it's time to open our membership up to all Jewish expats living anywhere in the USA.

So, to launch nation-wide membership, we are extending invitations to communities all over the country to come and enjoy the first reunion ever held for Jewish expats in the USA. We want to commemorate 25 successful years in America's Finest City, by providing a weekend of entertainment and fun like only we, SAJAC San Diego, know how. I'm thrilled to say that even though its only been a few weeks into the planning, we've already received overwhelming support. Our members are proving to be generous, innovative and willing to participate; they're ready to amplify our organization in magnitude.

We want the event to be affordable to everyone. That is why we are only charging a basic registration fee of \$75 which permits our guests to attend Saturday night food & entertainment, as well as entitle our visitors to San Diego to 1 year's SAJAC family membership. We are importing Barry Hilton, the hilarious South African comedian, to keep us laughing. As for all the other activities throughout the weekend, either they're FREE or there's an individual cost to participate in that particular activity. You and your friends may choose from a wide variety of fun available.

Save These Dates

Here's what we have planned so far. Of course, it keeps expanding as potential activities are added with more & more people becoming involved. Please remember, if you feel inspired to take a more active role when you read this, simply email us immediately and let us know what you have in mind - info@sajac.com is ALWAYS a good email address to use.

The first ever Colossal Reunion will take place Friday to Sunday 20-22 April 2012.

Friday night dinners will be held all over the city. Groups vary in size and focus. Some are based on geographical areas like Muizenberg, Saxonwold, East Rand, Sydenham, Glenhazel, Sandton, Durban and so on; then there are Habonim, King David school alumni, and Chabadniks as well; Glat Kasher dinners are also being hosted. There's even talk that, for those who wish to participate, 'Skyping' in to a central location to create a communal experience will also happen.

Chabad downtown will be a hub for Chabadniks to congregate and participate in services and meals. Rabbi Zalman Carlebach is your contact person.

Colin Berman has offered to organize the golf. David Kahn is organizing a game of soccer. Tennis is another option, as well as biking, hiking and a guided walk in Torrey Pines Reserve with one of their docents. Leon Snaid is offering a class in the art of Bonsai. Jody Abel's talent is expressed through the cooking class she is conducting. Spa treatments at Beauty Kliniek as well as massage will also be available. Lorraine Abramson will share her new book "My Race". Jennifer Broomberg is looking to do a performing arts workshop.

We also want to be able to offer places to stay for our out-of-town guests, either in private homes or in hotels that Celia Levy will help them to book. So if you're open to having house guests, let us know as soon as possible. As things unfold we will keep you informed of all new developments.

SAVE THE DATE – Friday, Saturday & Sunday - April 20-22 2012. It's party time!



LETTERS TO THE EDITOR

Dear Ms. Berman,

In reviewing your personal and business directory 2011 and 2012, I was disappointed to note that the Friends of the IDF was not mentioned among other organizations. I think that the overwhelming majority of your members would agree that the Friends of the IDF is a most important charitable organization and deserves mention at least as prominent as the other organizations that you have mentioned.

I am therefore taking the liberty of providing you with the applicable information for the Friends of the IDF San Diego Chapter and I hope that it will not be overlooked in the future.

Very truly yours,
Norman L. Smith



Newcomers Corner

by Pamela Nathan

My personal involvement with SAJAC has been since its inception 24 years ago. Initially, my only commitment was to write a blurb about the newcomers in our then, quarterly Reporter Magazine. At that time, I would be given the names and phone numbers of the new immigrants (email was not in existence yet) and call and chat with the our newly arrived expats.

My calls were almost always jubilantly received. Newcomers, then, rarely had friends and family in San Diego. As an inquiring, chatty person, I was welcomed into long conversations with them about all sorts of things. I tried fervently to make notes of all they said while I was talking to them.

As I became more proficient at my task, I wrote down a few pertinent questions that would give me the kind of information I was looking for and so I streamlined my lengthy conversations to ones that were less taxing and yet meaningful for both parties engaged in conversation.



Roy Zetisky, Seckie Gladstone, Pamela Nathan, Jenna & Leica Zetisky

The unique phenomenum that seemed to persist throughout the years, (and for those of you who have been reading the Reporter for that long, you can attest to the fact) time and time again, I would discover that there was 'some' connection that I had with the newbies, sometimes distant family, sometimes friends of friends, people who lived in my neighborhood.... something or other.

Well now I have my latest edition to this historical saga! In August of last year I received an email from a distant cousin of my mom, Seckie Gladstone, who happens to live in New York. He has been gathering genealogical information about the Ossip family for many years now. I have never met him, but throughout the years he has diligently sent us hard copies



Submitted by Leah Levin

ORIGIN OF THE WORD 'KITKE'

Another view by Isaac Reznik:

“Although the word ‘kitke’ is from a Polish word meaning ‘twisted’, it was never used as such in Europe in the 1800s to describe a Shabbat bread, known as ‘challah’.

“The twisted challah was already mentioned in the Talmud some several hundred years before, and was baked for special occasions, as well as the Shabbat. This was to enhance the appearance of the bread on the Shabbat and Yomtov table.

“When many of the Jews fled from Eastern Europe to evade the pogroms and settled in either England, America, South Africa and what was then known as Palestine, the name ‘kitke’ was never used to describe the challah.

“The immigrants arrived in South Africa after the Kimberly diamond fields were discovered in 1867, but then many left for the Witwatersrand in the Transvaal for the gold rush - 1886 onwards.

“In Kimberly there were Hottentots and Koi ethnic groups, from the Griqualand territory, who were servants of some Jewish fami-

lies. Many of these Jewish families then came to the Transvaal, and the small mining camp known as Ferreira'sdorp (in Johannesburg). They brought their servants with them.

“As there were no bakeries, all challahs for Shabbat and Yomtov were baked in private homes.

“The majority of the womenfolk had long plaited hair, and they would often be seen plaiting the hair of their children as well. The Koi servants saw this plaiting, and alluded to their word for twist which is ‘kitkoi’.

“The Koi servants would then deliver the challahs to the various Jewish households and tell them that they were delivering the kitkois. This word was soon to become the formal name for challahs and eventually known as kitkes.

“If Jews from South Africa travel anywhere in the world, they never ask for challahs but for kitkes.

“If Jews visit or live in Israel, Australia, Canada or England and asks for kitke, immediately they are told they must be from South Africa.’



...continued from Pg 59

come in with the quantitative skills, but do they have the interpersonal skills? You can provide soft skills training programs that equip them to better deal with people. This training can round out the person to work effectively within the team.

The third is the need to build a team. To invest in your people you will need to understand the value of a team culture. The leader moves the team culture from "me" to "we". We live in an individualistic culture and moving the focus to the team is counter to the norm.

How do these aspects manifest themselves in employee-

owned businesses? The responsibility has an additional dimension. Not only does the employee need their job description but they also need to understand their role as an owner of the enterprise. The range of training that is available for the employee ownership aspect of the position is vast. Is there a greater example of team than that in the employee-owned company? Not only is everyone in the team together, but they are all co-owners.

The biggest threats are favoritism and diversity. How to manage these within a team is always a challenge but is essential to team building. If you are serious about success as a leader and want an unbeatable return on investment, make sure you invest in your people.

A FAIRY STORY

by Joan Sable



Once upon a time, quite recently in fact, we were on a beautiful journey from Zurich to Locarno in the observer car of a most comfortable train. The mountains and the lakes and little villages along the way were so lovely they didn't look real. Waterfalls tumbled down rocky ravines into the rivers flowing below and there were tiny traces of snow at the very tip of the mountains — sometimes so close to the train that it was difficult to see the top.

Our friends met us at the station, and their house was perched on the side of a mountain overlooking the lake, which wound off between the mountains into the distance

This beautiful area is on the Italian border and we were driven along the lake into Italy where we ate grandly at the Ristorante Milano and then explored the little town nearby. The next morning we visited a very comprehensive Bottero exhibition in another small town and refreshed ourselves in a delightful coffee shop where we couldn't resist the delicious pastries.

Lunch was at the lake, and then back to Zurich on the same comfortable train. We took a taxi from the station to an airport hotel to spend a restful night before our early morning flight home.

Relaxed? You bet. Until I realised that I didn't have my handbag! MY HANDBAG!!! Who loses a handbag? Me. I flew out of the hotel to try and stop the taxi---- but he'd gone. The police at the airport were most friendly and helpful, but didn't hold out much hope for their turn of the bag.

THE BAG!!! It contained my passport, money, credit cards, driving licence, cellphone, a nice pen and lovely wallet, eye glasses, and even some Springliwhole nut chocolate. My life!!!

It took over 3 hours of phone calls to cancel everything and I definitely didn't sleep well in the few hours that were left of the night.

My green card and police report saw me out of Switzerland and back into the USA where I continued my cancellations and renewals. Phew! Exactly one week later I received a parcel-----from Switzerland! It said "contents handbag". And THERE IT WAS! With everything just as I had left it.

NOTHING WAS MISSING. Not one thing. I was breathless. What a miracle! This was a real life fairy story.

The name and address of the sender was on the box, and a very charming young lady at the Swiss consulate gave me the matching phone number in Zurich.

I was lucky enough to find the sender at home. He didn't speak English very well, but said "It's alright Mrs Sable". It's alright!"

I hope you don't mind" he said, "but I took a little cash from the bag to pay the postage". Dear Mr M., you took the trouble to mail the bag back to me. Intact. I am so grateful.

And I hope that you will be as happy with my surprise as I was with your's.

FYI: Mr M was our taxi driver who drove us from Zurich station to the hotel.



of family trees, one that I have framed in my house and also emailed charts that have become more and more complex.

So on this particular night, the email that I received from him was requesting that if we knew of any updates to our particular 'branch' of the family, that it would help him a lot if we would send him the updates. Who knows why I felt so committed to fulfil his wishes that night. It was late. I was tired. Yet, I took a quick glance at our 'limb' to see what was missing.

Hmm Barbara's family had grown a lot -- many more grandchildren, and my cousin in South Africa had passed away and her kid's information was missing ... soon I was totally engrossed in the process. About 2 hours later, I pressed the 'send' icon on my computer, and exhausted, fell fast asleep.

The next morning, there was an email from Chayim.

He wrote:

...thanks for the update.

By the way, our cousins from our great aunt, Sprinza, Roy Zetisky and his family have been in California for a while, and may still be there. They may be in San Diego now. Roy may be working on a film. His daughter, Leica, posted lots of beautiful photos on Facebook.

He goes onThis is what Roy posted on Facebook: "I am Director of Photography on this profound & unusual film starring Edward Furlong, Rene Moran and Bokeem Woodbine and featuring Leandra Terrazzano & Emma Cameron amongst others. Thanks to the support of a very talented cast and an incredible LA crew this little gem written and directed by Alano Massi is sure to fetch some awards. An honor to work with you all."

Little cousin Roy! I hadn't seen him since my wedding in 1967. He was about 6 at that time. No! We had lost touch. My mom and his dad's family shared a house when they first lived in Pretoria!

So 8.00 am on Sept 2, I sent an email to Roy:

.... Just heard from our cousin Ken who is diligently keeping track of our family tree - that you are in California! How amazing! Where?

Let's meet?

At 9.02 am on Sept 2, I get a reply email:

Hi Pamela,

Wow, I can't believe it...this is great...would love to meet up with you guys. We are in Frisco at the moment, heading to Santa Barbara for a couple of days and then down to San Diego, where we hope to be for a few weeks. Our daughters, Jenna & Leica are moving to SD and we are here to help find them an apartment and settle them in.

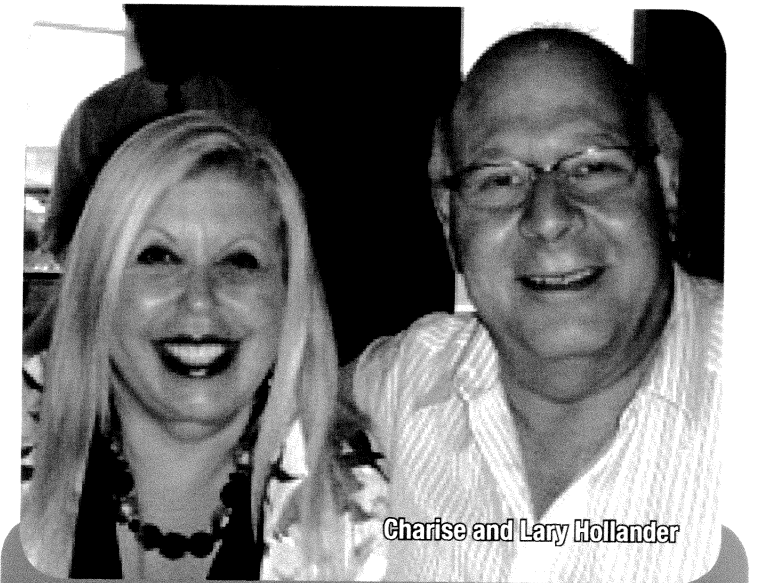
Please send me your phone number so we can chat.

Regards, Roy

The rest is history now!

Roy and Linda and their 2 fabulous daughters came down to San Diego. They visited my mom, spent Rosh Hashanah dinner with us and we proceeded to have several blessed days in San Diego, catching up after 44 years!

Jenna and Leica moved into an apartment around the corner from me. They both attended our newcomers tea that took place just a few weeks after they arrived. Leica has subsequently returned to Cape Town for a few months, but Jenna is here. She has made many friends, secured a great job, so busy that I hardly get to see her anymore.



Charise and Larry Hollander

Charise and Larry Hollander decided to move to San Diego from Florida to escape the brutal heat and to be close to family and friends here. They are newlyweds and enjoying their wonderful old and new friends here. Charise has two sons living in SA. Joel in Cape Town and Mark in Johannesburg and her mother Glenda Bernstein in her hometown of Durban. Larry has three children living in California, Justin in Orange County, Rachel in Hollywood and Jon in San Francisco. Charise has discovered the local bridge clubs and is enjoying her weekly games. Larry is preparing to become licensed in real estate and will continue his career here in business management or real estate and business brokerage. He enjoys golf and tennis. They look forward to a wonderful life together here.

Other newcomers to San Diego are:
Ravin & Dalene Bloom
Deon & Oshrat Schaffer.



SAJAC Event

Gemilut Chesed Benefit @ The Lyceum

by Brian Marcus

Sunday, October 10, 2010.

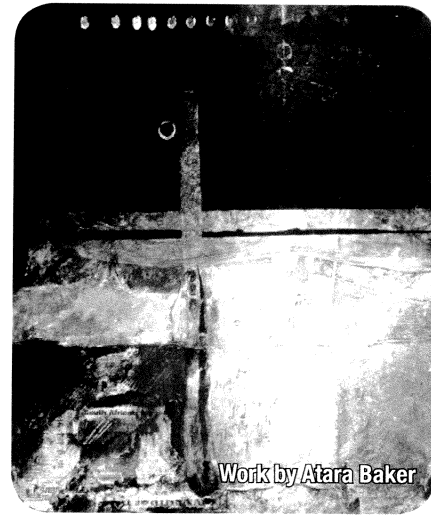
The centerpiece of the program was the production of "A Road to Mecca", an award-winning play by Athol Fugard.

Athol Fugard's inspiring portrait of the aging artist in an isolated South African village is considered by many to be his finest work. 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.

The play was brilliantly executed and touched many hearts of the 60 SAJAC members in attendance.

To complement the play, the life and art of San Diego artist Atara Baker, a member of SAJAC of San Diego, was featured. The presentation of her work and Q & A that followed demonstrated that her art is deeply inspired by the soul of South Africa. She continues to sell her works from her studio in San Diego.

Along with delicious snacks by Charles Rubin and wonderful company, this evening was memorable. The net proceeds of the evening raised \$250 to the SAJAC Gemilut Chesed fund.



Work by Atara Baker



Audience



Brian Marcus



Atara Baker



A New Rabbi Has Returned Home.



Born in South Africa but raised here in San Diego, Daniel Bortz (son of David & Helene) left the University of California, Santa Barbara to pursue Judaic studies in Jerusalem in 2006. During his years abroad, he wrote weekly emails on Jewish topics to hundreds of people, which can be found at QuilloftheSoul.Blogspot.com

Now he's returned home as an ordained Rabbi, on a mission to improve the Jewish activities & opportunities offered for teenagers in the city.

"I'm excited to be here and hope to make a positive impact & difference for the teens here. I remember not so long ago growing up as a teenager here, and know how hard it is at that stage in life. There needs to be fun & enriching outlets outside of school to socialize with fellow Jews, make a difference, all while learning & feeling the relevance Judaism has for me in 2011."

This fall, Rabbi Daniel will be launching various, exciting new ventures for the Jewish Teens of San Diego, including a community service group to help the needy of the community, a San Diego & San Dieguito foreign language accredited Hebrew High School, Bar & Bat Mitzvah classes, private tutoring, and fun events, activities & trips on weekends. Rabbi Daniel will also be visiting local Jewish clubs at public schools once-a-week to bring together Jewish students. One of his goals is to create a teen center with a cafe where teens can hang out and meet.

He is asking the assistance of parents to promote this project by sharing this with any Jewish friends who have children aged 11 - 18. Please forward this info to anyone who may be interested in organizing a parlor meeting in their area where he could come and speak, or interested in registering their children in Hebrew High, participating in the community service programs or in any of the other activities offered. To see more, please visit: JteenSD.com or email Rabbi Dan at: Jyouthsd@gmail.com.

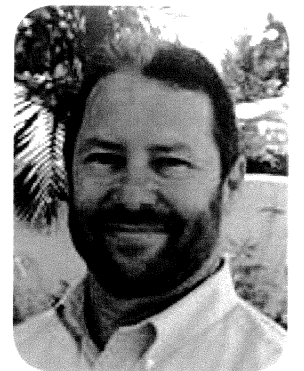
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Most Treasured Investment

By David Levy



The people in your business determine your success. This was found true once again; this time by Harvard Business School (HBS) and it's Service-Profit Chain. That is why HBS keeps reminding leaders to create a positive work environment. It leads to greater service and more loyal customers and that eventually leads to higher profits. Even in the most driven capitalist environment, you need to remember to invest in your people. We repeatedly get confirmation from studies that this focus on a positive work environment is accentuated in employee-owned companies and that this inevitably leads to an improvement in bottom line profitability.

Leaders that are the most effective and that produce the best results are those that invest both time and money in their people. Their priority is to focus on their team and they make sure that the team gets sufficient recognition and reward. There are three basic issues to examine that answer the question, "How do I build the people for whom I am responsible?"

First is responsibility. When appointing people, make sure that they have a clear job description detailing their responsibilities. This needs to be in place before they start.

Second is identifying training needs. Very often people

continued on... Pg 60



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HASIDIC REGGAE STAR? BELIEVE IT

By PAUL SAITOWITZ / The Press-Enterprise

If life is a journey, Matisyahu has earned his share of frequent-flyer miles. As both an orthodox Jew and a burgeoning star in the reggae world, Matisyahu has practically reinvented his identity to get to where he is now.

Born Matthew Miller in West Chester, Pa., in 1979, Matisyahu was not always open to a spiritual awakening. He attended Hebrew school as a youngster a few times a week, but his parents were not particularly observant. More than anything, he found the classes to be a drag.

He sought spiritual refuge in music -- a quest he would follow for years. By 14, he was a dread-locked, Birkenstock-wearing member of the Grateful Dead's aptly titled legion of fans, the "Deadheads." However, his tastes widened, and he found himself drawn to the soulful sounds of Bob Marley and other reggae artists.

Matisyahu, born Matthew Miller, has gone from following the Grateful Dead to following in the footsteps of Bob Marley.

"There was an undercurrent to the reggae music of that era that was very spiritual and attractive to me," he said over the phone from his Crown Heights, N.Y., home. "It had a very strong flow of emotion."

Matisyahu attended high school in White Plains, N.Y., but felt more at ease slapping the bongos in a cafeteria drum circle than in the classroom. The structured environment didn't jibe with his spiritual needs, so in 11th grade he decided to escape to the picturesque mountains of Colorado.

Immersed in the grandeur of the Rocky Mountains, he realized there must be something deeper. That spiritual awakening piqued his curiosity in his Jewish roots.

He traveled to Israel to explore his heritage as well as its religious framework. He was fascinated, but still not committed to it as a lifestyle.

"That trip was turning point, but it was just part of the path I was on to becoming religious. There wasn't just one prevailing thing," he said.

When he returned from Israel, he felt a spiritual void in his life. It was too much for him to bear so he dropped out of his school and began following jam rockers Phish around the country. He started to harness his love for music and compose his own songs.

When he returned, he finished high school at a wilderness institute in Bend, Ore., that encouraged the arts. He began performing his hip-hop laced reggae at open mics on a weekly basis. Still, his connection to Judaism remained strong.

Matisyahu eventually returned to New York City where he attended art school and found a hippy-friendly synagogue that nourished his spiritual appetite. He spent his time working on music and delving further into Judaism. He met a Hasidic rabbi with the Chabad sect who had a great influence on him. He found himself studying the Torah with Chabad rabbis, growing a beard and donning the movement's traditional black hat and black coat.



"I embraced the movement and it really embraced me," he said. "I just connected with it, and decided to be a full part of it."

All the while he was putting a band together and honing his reggae chops. With the band in place, Matisyahu began playing all around New York City, and his surprisingly soulful voice and spiritual lyrics meshed well with audiences. In observance of the Jewish sabbath, he refrained from playing shows after sundown Friday night to sundown Saturday night.

At first, his new religious brethren were a bit skeptical. "Once they saw the response people had to the music, they were all for it," he said.

**Rosh Hashannah
Wishes, 5711**

from all of us at SAJAC



...continued from Page 2

Ross); Minnesota Vikings (Zygi Wilf); and St Louis Rams (Chip Rosenbloom).

There is a small question mark about the Baltimore Ravens. Steve Biscotti is listed as owner but his 49% share is less than the stake of the Modell family. The New York Giants account for the half share. Steve Tisch is a half owner of the team.

And then there are friends.

Woody Johnson the owner of the Jets, who is not Jewish, was the owner who successfully complained to the NFL last year about scheduling his first two home games during the high holy days. And although the Giants are half owned by Jews, the Jets have always been considered the more Jewish of the New York franchises because their previous owners were Jewish and they came into the league via the very Jewish AFL.

I guess if you want to give a prize to a Jewish

owned franchise, the Vikings are owned by a Holocaust survivor and that should mean something to everyone.

So is the game better for the fact that a third of the owners are Jewish? I don't know if it changes my outlook on the game or about the management.

I still can't understand why a financial genius like Dan Snyder offers a ridiculous contract to Albert Haynesworth, or why Al Davis continues to wear his Elvis style jumpsuit on a Sunday afternoon. But it does make one dream become closer to reality.

I have always thought that while watching the game in the dead of winter with snow all around and frost biting at my earlobes, it would be nice to watch the game with a nice hot bowl of matzoh ball soup.

Umm....yes. Now that's what I call a touch down.



SAJAC Event

Wrong Side Of The Bus at the San Diego Jewish Film Festival

by Len Lazarus

The film is a documentary about the life of Sidney Bloch who grew up in South Africa, attended UCT Medical School and immigrated to Australia in 1964 at the age of 23 because of the country's racist system. Sid visited South Africa in 2004 to show his son, Aaron what it was like growing up there and more importantly he hoped to resolve issues that had been on his conscience for forty years.

The issues on Sid's conscience were:

1. As immigrants from Eastern Europe where Jews were oppressed, Jews were now part of the white minority who were the oppressors of the Black majority. In this position, should Sid and the whole Jewish community have done more to help the oppressed blacks?

2. Most Jews, while not supporting the Apartheid system, were beneficiaries of the system. By not actively opposing the system, was this the same as colluding with the system?

3. What could we as individuals and as a Jewish community have done to change the system?

Audience questions asked after the film:

1. Is Apartheid comparable to the Holocaust?

My answer: Yes, they both involve human rights abuses. Apartheid was the state sponsored oppression and domination by one racial group over another. The Holocaust initially was the same as Apartheid, but later evolved into genocide, the state sponsored extermination of the Jews and others. The difference between the two was the degree of the abuse.

2. Should the whites, especially the Jews, have done more to oppose Apartheid?

My answer: Yes. Jews, because of their history of oppression and persecution should have been more

sensitive to the plight of the Blacks, and even though most Jews opposed Apartheid, and many of the anti-Apartheid activists were Jewish, I believe the Jewish community as a whole should have been more involved in the fight against Apartheid and less as "bystanders" to the system.

3. Why did I leave South Africa?

My answer: I did not want to be part of the racist regime. In addition, because of the history of Jewish persecution, and because I was expecting an uprising from the oppressed people, I did not want to have to leave the country as a refugee.

4. In the documentary they refer to the flight of the Whites from South Africa as the "chicken run". Do I feel this term was appropriate? Should the Jews have remained in South Africa to help the oppressed and rebuild the country?

My answer: Yes, the term "chicken run" is appropriate? However, we have a history in Europe where those who remained and did not flee were slaughtered, the Jews who did flee before the Holocaust were considered smart, not chickens.

5. Do I feel guilt at not having done more to oppose Apartheid?

My answer: Yes. However, without placing myself at risk, I do not know what I could have done.



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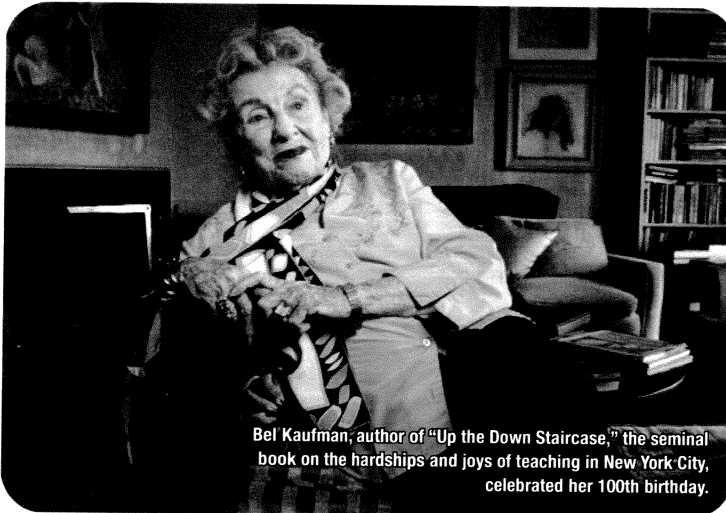
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At 100, Still a Teacher, and Quite a Character

By JOSEPH BERGER

When Bel Kaufman sits you down on her sofa and asks, are you comfortable? The right answer, she reminds you, requires a Yiddish inflection, a shrug and the words, I make a living.



Bel Kaufman, author of "Up the Down Staircase," the seminal book on the hardships and joys of teaching in New York City, celebrated her 100th birthday.

At 100 years old, Ms. Kaufman is still shpritzing jokes, Jewish and otherwise, which is in her genes. Her grandfather was the great Yiddish storyteller Sholem Aleichem, a writer who was able to squeeze heartbreaking humor out of the most threadbare deprivation and wove the bittersweet Tevye stories that became the source for Fiddler on the Roof.

This year, Ms. Kaufman did something more than tell jokes. She became one of the few adjunct professors in her age cohort and taught a course on Jewish humor at Hunter College, her alma mater. One of the jokes the class dissected:

The Frenchman says: I'm tired and thirsty. I must have wine. The German says: I'm tired and thirsty. I must have beer. The Jew says: I'm tired and thirsty. I must have diabetes.

We were not just telling jokes, Ms. Kaufman said in her book-lined Park Avenue study, her eyes glinting mischievously. We were investigating why so many comedians are Jewish and so many Jewish jokes are so self-accusing.

It goes back to immigration from the shtetl, from that poverty, and because the Jew was the object of so much opprobrium and hatred, she said. The jokes were a defense mechanism: We're going to talk about ourselves in a more damaging way than you could.

Her first triple-digit birthday party was Tuesday, and Ms. Kaufman was honored by Hunter, with a medley of playfully reconstructed songs from Fiddler, and other honors coming from the National Yiddish Theater-Folksbiene and the Dutch Treat Club.

Ms. Kaufman was 5 when her grandfather died, on May 13, 1916, and she believes she is the last person alive who remembers him and his impish humor.

I remember his laugh; I remember his hand when we walked, she said. He used to say the tighter I hold on to his hand, the better he will write. He wrote me a letter which I treasure: I'm writing you this letter to ask you to hurry and grow up and learn to write so you can write me a letter. In order to grow up, it is necessary to drink milk and eat soup and vegetables and fewer candies.

Ms. Kaufman graduated from Hunter in 1934, just 11 years after emigrating from the Soviet Union as a 12-year-old and being forced to start in first grade. Born in Berlin, she was raised in Odessa and Kiev, and the Russian Revolution was the background music of her childhood.

Dead bodies were frozen in peculiar positions on the street, she recalled. People ate bread made of the shells of peas because there was no flour. But a child has no basis for comparison. Doesn't every child step over dead bodies? I didn't know any different.

Ms. Kaufman's hard work and the watchful eye of a demanding father led to a master's degree in literature from Columbia and teaching jobs at a series of public high schools. Her 20-year odyssey became the springboard out of her grandfather's shadow. In 1965, she published "Up the Down Staircase", a novel about a new teacher very much like Ms. Kaufman who struggles to keep up her spirits in a school crowded with more than a few hopeful but ornery students and where memo-happy principals issue rules like not walking- up the down staircase.

It spent 64 weeks on The New York Times's best-seller list and led to Ms. Kaufman's second career as a speaker.

Ms. Kaufman, who is recovering from a broken rib, refused to have her photograph taken until she changed into a more elegant turquoise blouse, scarf and earrings. But, without vanity, she described herself as having been a wonderful teacher.

Yet she recalled how difficult it was to get fully certified by a byzantine school bureaucracy. The examiners had her explain a sonnet by Edna St. Vincent Millay, and told her afterward she had given a poor interpretation. Having been blocked once before because of a trace of a greenhorn accent, she refused to be stopped a second time. So she did what any true aspirant would have done: she wrote a letter to Ms. Millay and had her evaluate her interpretation.

You gave a much better explanation of it than I myself should have, the poet wrote back, and the chastened examiners saved face by urging Ms. Kaufman to try for the license again.

She now meets former students who are grandparents. Indeed, she cannot believe that she has a son, Jonathan Goldstine, 69, who is a retired professor of computer science, and a daughter, Thea, a psychologist, who is 67. Ms. Kaufman lives with her second husband, Sidney J. Gluck, 94, who runs the Sholem Aleichem Memorial Foundation.

He likes older women, Ms. Kaufman said with a chuckle.

Now that her rib is healing, Ms. Kaufman intends to resume her hobby dancing mambos and tangos at a local school. Her determination helps explain how she made it to 100, though she does not think it is such a big deal.

It must have happened gradually, while I wasn't looking, she said. I feel no different than I felt at 99, 98 or 97. Just because you live a long time, you get all this attention. Just because you survived? Of course, I survived a lot.



REUNION

By Marlene Davis Stanger

When three siblings live on three different continents with an aging parent at the home base, it becomes inevitable that the parental home becomes the meeting point for all reunions.

But what about the next generation, the first cousins who do not grow up with one another and who may not be visiting granny at the same time? And what happens when life, economics, family demands, and other strategic factors do not support a regular meeting of the cousins?

My younger son, Shane, and his first cousins, Adam and Daniel, were reunited in July this year for the first time in more than 15 years. The last time they met, front baby teeth were missing, childhood territories were being staked out and, the "otherness" of one another - language barriers, accents, immaturity, all shaped the memories of that interaction.

So when Shane informed us that he had booked for Birthright to travel to Israel in mid-July, the excitement was palpable across the continents and my sister Annette and I, and our mom and brother in Cape Town, vicariously through us, anticipated this incredible, long overdue reunion.

Annette had seen Shane a decade earlier at his Barmitzvah in Muizenberg, but the cousins, all men, had yet to meet as adults.

First, the shopping - what to buy for his cousins. Shane settled on the same cotton long sleeved Ts he had bought for himself. I took care of the gifts for his aunt. Then the departure. Then the planning for the reunion. Shabbat in Tel Aviv.

Come Saturday morning, on a hot, humid Tel Aviv day when half the city was still asleep, Annette and family pulled up in front of Shane's hotel, and there he was, waiting outside for them. If you keep in mind that my sister and I are close beyond words then you can get some of the emotion that went into this reunion. There had, of course, been FB communication, but it just is not the same as the sparks of recognition as dimples like Uncle Stan, chin like this one, eyes like that one are acknowledged in the discovery of shared family traits.

Four hours later, Shane rejoined his Birthright group for a tour of Rabin Square, secure in the knowledge that he had bonded with his Israeli brothers, his other mother, and his proud uncle. And his soon to be sister - Adam's fiancé, Shiri.

Adam is getting married in November, on Thanksgiving Day. Unfortunately, not all the first cousins will be there.

But this precious reunion will be the first of many that the cousins are going to have to forge for themselves as the six grandchildren of Pearl and the late Abe Davis, well-known and well-loved from the Muizenberg of so many people's social history, work out the Cape Town, San Diego, Tel Aviv locations which are and will be home-from-home for all of them and their significant others, as the years go by.



Adam Simantov, Shane Stanger, Daniel Simantov.

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A Cooking Adventure

by Jodi Abel

Lajollacooks4u is offering Sajac member's a very special gourmet cooking and dining experience in honor of the Reunion Weekend for Sunday, April 22nd, 2012

Experience one of La Jolla's top attractions where you will be guided on a unique culinary adventure! Begin your journey with a gourmet olive oil and salt tasting to whet your palate and then venture out to Chef Jodi's very own private, organic garden. Harvest what is seasonal and fresh and learn all about the fresh herbs you'll use.

Chef Jodi will then guide you through a fabulous culinary experience that will inspire you to recreate this incredible six course meal when you are back in your kitchen. Enjoy the fruits of your labor with a six course meal and wines that have been carefully selected to accompany your meal.

Lajollacooks4u is the perfect activity for Corporate Team Building, special occasions and for those who simply love food and cooking. We specialize in Californian Cuisine and customize our menus to meet a variety of different palettes. We take great pride in being rated the top attraction in La Jolla on Trip Advisor!

With our spectacular views and indoor and outdoor kitchens we offer a very unique venue for this special Sajak Reunion Weekend!

Our class will begin at 10:00 am on Sunday, April 22, 2012 and conclude at 2:30 pm.

Space is limited so kindly register as soon as possible. Please go to www.sajac.eventbrite.com to sign up for the weekend and make your reservation for this class. It's \$200 per person and we need a minimum of 4 people attending to hold the class.

This includes your private hands-on cooking class, six course meal with wines as well as recipe and menu booklet.



Jodi Abel



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home sales, increasing 33.8 percent from May but down 34.2 percent from June of last year.

SOUTHERN CALIFORNIA: More than 20,532 home were sold in San Diego, Los Angeles, Riverside, Ventura, San Bernardino and Orange counties in June, up 11.6 percent from May but down 14 percent June 2010. The month-over-month increase is more than usual for May-to-June. DataQuick officials said on average, sales between those months have gone up 6.2 percent since 1988, when the company began to track housing data.

June's median price for all six counties was \$285,000, up 1.8 percent from May but down 5 percent from one year ago. "Today's median is also suppressed somewhat by abnormally low sales of newly built homes, which typically sell for more than resale homes," this month's DataQuick report said.

Interest rates over the last 20 years: FHLMC Rates On 30-Year Fixed-Rate Mortgages over the last 20 years according to Freddie Mac were at a 9.35% in 1991 to 4.66% in this quarter of 2011.

10 Tips to help your house Sell.

1. Get rid of clutter. Throw out or file stacks of newspapers and magazines. Pack away most of your small decorative items. Store clothing you are not using so closets seem roomier. Clean out the garage.
2. Wash your windows and screens to let more light into the interior.
3. Keep everything extra clean. Wash fingerprints from light switch plates. Mop and wax floors. Clean the stove and refrigerator. A clean house makes a better first impression and convinces buyers that the home has been well cared for.
4. Get rid of smells. Clean carpeting and drapes to eliminate cooking odors, smoke, and pet smells. Open the windows.
5. Put higher wattage bulbs in light sockets to make rooms seem brighter, especially basements and other dark rooms. Replace any burnt-out bulbs
6. Make minor repairs that can create a bad impression. Small problems, such as sticky doors, torn screens, cracked caulking, or a dripping faucet, may seem trivial, but they'll give buyers the impression that the house isn't well maintained.
7. Tidy your yard. Cut the grass, rake the leaves, trim the bushes, and edge the walks. Put a pot or two of bright flowers near the entryway.
8. Patch holes in your driveway and reapply sealant, if applicable
9. Clean your gutters.
10. Polish your front doorknob and door numbers.

Backing Up Your Important Data

by Roy Slavin

Members of the pre X-Generation will remember when we had shelves filled with books, photograph albums, stacks of vinyl records, cassette tapes, CD's and Video's. Boxes with letters, and file cabinets filled with letters, documents, & papers of all types. Even the Fax was an incredible invention.

For many of us, this is ancient technology belonging to another era. Today almost everything is digital or can be converted to a digital format.

So many positive things have resulted from the new innovations; entire new industries have been created. However one of the challenges for anyone with digital data is the risk of losing it. Many of us think "It won't happen to me". But more accurately stated it is not a question of if, but more about just how badly will you be affected when it does happen.

Every business and organization can experience a serious incident which can prevent it from continuing normal operations. This can happen any day at any time. The potential causes are many and varied;- earthquake, fire, flood, explosion, computer malfunction, accident, grievous act... the list is endless.

Typically for individuals the loss of digital images and other important data, is unfortunate but usually does not have significant financial consequences. It can be painful but not catastrophic. However, statistics show that many smaller businesses suffering data loss do not survive. Even if their critical data can be recreated from hard copy records, industry sources estimate the cost of recreating data could run more than \$10,000.00 per Gigabyte.

Many businesses & private people do back up their data, using tape backup, USB drives or external hard drives. Any backup method is better than no backup at all. The first challenge of these methods is who is responsible for ensuring that backups are run every day. Second, where are these backups stored? Thirdly, how many days worth of data backups are kept?

In business, very often we find an employee at a lower level is responsible for these backups, and no one really knows if the correct data is being backed up. Usually the businesses find this out when it's too late.

In recent years many online data backup services are filling an important space in the IT business. Data Backup is a critical component of any Business Continuation Plan.

For the typical private or home user, there are several websites offering services for very little money. Consider this as insurance money well spent, happy you have it when you needed it.



Real Estate Update.

By Linda Bernstein, Century 21 Award.



The top 5 headlines in Real Estate in the first half of 2011 (KCM crew)

1. The Government Wants out of the Mortgage Business. Talks of closing Fannie Mae and Freddie Mac to the proposed Quality Residential Mortgage guidelines suggest strongly that the government wants to significantly reduce their role in mortgages.

2. Despite early headlines sales are increasing.

Following the tax credit for new home buyers which expired in April 2010 a collapse in the housing market was predicted. Pending sales are doing well and the National Association of Realtors is upbeat.

3. Amid warnings of a "double-dip" prices began to stabilize.

Just as these new projections were made available, some pricing indices announced that values actually increased (though by a rather minimal percentage).

Foreclosures were delayed longer than originally projected.

Distressed properties (foreclosures and short sales) have a major impact on the values of all properties in an area. Because of paperwork challenges, the flow of these properties to the market was virtually shut off. This is a major reason why prices seemed to recover: there were fewer discounted properties available for sale.. Most now believe that the banks are within 60-90 days of releasing this inventory and that prices will again begin to soften

5. Main stream media begins to announce that "now is the time to buy".

Main Stream Media Begins to Announce "Now Is the Time to Buy!" Wall Street Journal, CBS Money Watch, NPR are calling readership to consider buying now with historic

lows in interest rates and prices down.

June Housing numbers are in for San Diego Home prices and sales in San Diego County were up in June from May but down from one year ago.

Here's a breakdown of the major housing categories, based on the real-estate tracker's monthly report:

ALL HOMES: The median price in June was \$330,000, up 1.7 percent from May but down 1.6 percent from a year ago. It's the 25th straight month the median price for all home types has been in the \$300,000 to \$340,000 range. The county peaked at \$517,500 in Nov. 2005. June sales increased 11.6 percent from May but were down 11.4 percent from a year ago.

RESALE HOMES: This makes up the bulk of monthly sales. Prices slid 1.1 percent from May to \$365,000 and fell 3.9 percent from the same time last year. Month-over-month, sales increased 12.2 percent to 2,196 but fell 4.6 percent year-over-year.

RESALE CONDOS: June's median price was \$220,000, up 4.8 percent from May and up 0.3 percent from one year ago. Sales increased to 971, or 5.3 percent from May, but were down 16.5 percent year-over-year.

NEW HOMES: This category, the smallest slice of sales, showed the highest month-over-month increases in sales and prices among the categories. The median price in June was \$502,000, up 24.2 percent from May and up 16.5 percent from one year ago. There were 277 new-



Where is the San Diego Real Estate Market Going?

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Book Review



The Right Stuff

by Michael Sears and Stanley Trollip

Two South Africans - Michael Sears and Stanley Trollip who write together under the name Michael Stanley - discuss how they became authors of a successful mystery series.

We've been friends a very long time. It goes back to when Stanley lived in Minneapolis and Michael used to spend time there on sabbatical from Wits University. We would get together and plan our next trip into a wild part of southern Africa. On one such trip to the Chobe National Park in Botswana, we watched a pack of hyenas kill and consume a wildebeest. After a short time, nothing was left except the horns and the hoofs. What a great way of getting rid of a dead body! we thought. Put it out for hyenas - everything destroyed. No body, no case.

It took us twenty years to get round to developing a plot that worked with that scenario. We started writing it in 2003 and it took us three years before the characters were properly developed and the plot managed to sneak around all the dead ends and blank patches. We were pretty amazed that we got it finished and even more amazed when we got a great agent and a top publisher (HarperCollins in New York).

Our protagonist is a hefty policeman in the Botswana CID in Gaborone - likes his food, loves his family, but is

single minded about solving crimes. His nickname is Kubu - Hippo in the Setswana language - and he has a lot of those characteristics. The New York Times summed him up: "Kubu is also hugely appealing—big and solid and smart enough to grasp all angles of this mystery. Readers may be lured to Africa by the landscape, but it takes a great character like Kubu to win our loyalty."

A Carrion Death went on to be short-listed for four prizes for best first mystery novel and made the LA Times best ten list for 2008. Needless to say we were flabbergasted!

We're often asked how we write fiction together. It's pretty unusual, although there are some very successful writing duos in the mystery genre. Frankly, we knew so little about writing fiction when we started out that we didn't realize that it was odd! Now we just have so much fun together than we can't imagine writing any other way. The way it works is that we design the plot together (often over

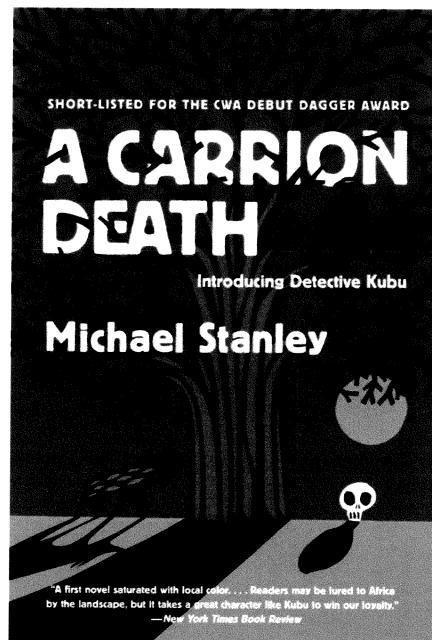
Skype because Stanley still spends much of his time in the US and Michael lives in Johannesburg), then we each do a first draft of a piece, swap them by email, edit, swap back and keep going till we're both happy. Surprisingly, somehow, it seems to work.

Death of the Mantis is our latest book and it will be out in September. Its backstory is the plight of the Bushman peoples of the Kalahari and their struggle to preserve their culture in the modern world.

We'll both be in San Diego at Mysterious Galaxy #302, 7051 Clairemont Mesa Blvd, San Diego on October 13th at 7PM

to launch the new novel, talk about our books and writing together, and share our experiences in Botswana, South Africa and Zimbabwe. We'd love to meet you and chat.

And since it is Rosh Hashanah, we'd like to give away a book. The first person who contacts us at www.detectivekubu.com will receive a signed first edition of A Carrion Death. Just indicate that you are a SAJAC member and give your mailing address.



helicopters and saw Israel from the sky all the way to the northern-most point at Mount Hermon. The Hermon Base is an Intelligence Unit built deep into the mountain. From the vista point on the mountain top, we could see how close Syria was. From Hermon, we flew to visit the "Nachshon" infantry battalion located on the Lebanese border. This battalion is a part of a Kfir Brigade and their role would be to thwart any major incursion by Hezbollah into Israel. Our visit to this unit took place right at the fence where 2 IDF soldiers were abducted by Hezbollah in 2006 which triggered the Second Lebanon War. From our vantage point we were able to clearly view Lebanese villages in Lebanon which have been mostly occupied by Hezbollah terrorists in anticipation of another round of fighting with Israel.

Our day ended with a visit to the Havat Hashomer Base in the north. This amazing army base is dedicated to dealing with difficult high school drop-outs, boys from broken homes, and generally young men who just do not want to be conscripted. We met Lt. Col. Alaa Aburukun, a dedicated and enthusiastic Druze Commander and four graduates of this ten week program. One of them is aspiring to join the parachute brigade. This program enjoys a 95% success rate, mostly due to the army's innovation that every officer working with these soldiers is a woman. At dinner we had a most interesting discussion with Orit Mofaz, head of the Israel Scouts Organization, and her husband, Lt. Gen. (Ret.) Shaul Mofaz, former Chief of the General Staff, former Defense Minister, a Member of the Knesset, and senior leader of the Kadima Party.

On Wednesday we were privileged to visit the Sayeret Matkal, the most elite unit in the IDF which reports directly to the Chief of the General Staff of the IDF. We then visited the Yahalom Engineering Special Forces Unit and ended our mission at the Headquarters of 8200 Signal Intelligence Unit of the IDF, where we shared in a solidarity ceremony to honor the San Diego Chapter's contributions to the welfare of the soldiers.

We were warmly received by commanders and soldiers alike at every army base we visited. The IDF is to be commended for the wonderful work they do. For the soldiers, these solidarity visits are incredibly powerful. We came away in awe of these young men and women who defend our homeland and with a deeper understanding and respect for Israel's challenges that lie ahead.



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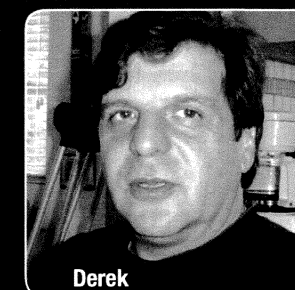
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Friends Of The Israel Defense Force - San Diego Chapter Mission

By Avra and Barry Kassar

The IDF is one of Israeli society's most prominent institutions, influencing the country's economy, culture and political scene. This May we participated in the Friends of the Israel Defense Force – San Diego Mission. This was a unique opportunity to experience Israel beyond its cultural and historic landmarks - through the eyes of its soldiers. We also received inside access to IDF bases and events, and met with IDF soldiers and commanders, dignitaries, and some of Israel's highest-ranking leaders.

This amazing mission reinforced for us the bravery and courage of the soldiers of the IDF who are always on the alert to protect Israel. This was a small and intimate mission organized by Julian Josephson. Julian is National President of the FIDF in the USA. Through the missions he has led, millions of dollars have been raised to enhance the medical and recreational facilities on many of Israel's Army bases.



We began our mission in Jerusalem with a visit to the Kotel, followed by a Kabbalat Shabbat dinner at the King David Hotel. The next day we participated in a comprehensive and strategic geo-political tour of Jerusalem and its surrounds, led by Avi Melamed, a graduate of the Program for Outstanding Leadership of the Carmel Institute for Military Research. Using excellent maps and visits to strategic points, Avi reinforced for us how closely Jewish

and Arab communities are intertwined in the periphery of Jerusalem. That night at dinner we had a fascinating discussion with a leading left wing journalist from Ha'aretz.

On Sunday morning we visited the Knesset to meet with Lt. Gen. (Ret.) Moshe "Bogie" Ya'alon, who was former Chief of the General Staff, and is currently Vice Prime Minister, and sitting in his office, we came to appreciate the awesome responsibilities of these dedicated heroes who run the army and the country.

We then went to the West Bank to visit the Chatmar Shomron Brigade. A few miles from the base, we transferred to an armored personnel carrier, and passed through many small Arab villages on the West Bank. The Commander at Chatmar Shomron briefed us on the massacre of the Fogel family that took place recently in nearby Itamar, clearly visible from the base.

We then drove to Duvdevan, an Elite Special Forces unit within the Israel Defense Forces, noted for conducting undercover operations against militants in urban areas. During these operations, Duvdevan soldiers typically drive modified civilian vehicles and wear Arab civilian clothes as a disguise. That night, at dinner in Tel Aviv, we met with a very grateful graduate of the FIDF scholarship program. Several local families in San Diego fund individual graduates of the army to a four year college program.

The FIDF also has a Lone Soldier program. We met a South African 'lone soldier' from Johannesburg, who was very grateful to the FIDF for its financial aid in facilitating a visit to his family. This would not have been possible without the assistance of the FIDF.

On Monday we visited the Palmachim Air Force base and watched soldiers launching and flying Drones, unmanned reconnaissance aircraft that play a vital role in Israel's defense. We then drove to Nachal Oz along the Gaza border, and visited the 9th Armor Battalion where we saw the Merkava 4 Tank. We were also briefed about the "Trophy", designed to supplement the armor of both light and heavy Armored fighting vehicle"armored fighting vehicles. The Trophy intercepts and destroys incoming missiles and rockets with a shotgun-like blast. Our day ended with a visit the 414 Field Intelligence Unit at the Gaza Observation viewpoint on the Gaza Border, near Sderot. This security vista point was used by the CNN during "Operation Cast Lead." We were honored to have dinner that night, with special guest Brigadier General 'N', the Commander of the 8200 Signal Intelligence Unit of the IDF.

Tuesday was a very special day. We boarded two



Life Goes On

by Genna Malcangio

I sit in the corner,
arms wrapped around my legs,
hands interlocked,
head between my knees,
staring at the floor.
Toes cold against the tile,
back curved in surrender,
in hunger, in loss,
in heed of what could have been,
in a house once called home.
Glaring white walls,
empty counters and bare floors,
abandoned property,
void of reminders from happier times,
just as it should be.
Trying to deflect the pain,
barely gripping to reality,
lost in memories of the past,
yet the present not forgotten,
for pain and regret remain constant.
Sunshine floods the porch,
dawn meeting black night,
beyond the window sill,
beyond the white walls,
beyond the choking gorge of
my entrapped mind.
While I sit in the corner,
head down and hands clasped,
daylight filling the room,
nostalgic and yearning for antiquity,
life goes on without me.

A Poem

Another spot in an apartment block
Vacated by a cancer call
Non chalant and matter of fact
It took what it wanted then went off making other calls

Now I just want to visit I just want call
But I know these options are no options at all
We had no real defense for this one sided war

But hey mama you just blew me away with your will to fight
You never gave up even when I saw no light
Tomorrow was going to be better you were pretty sure
Worrying if I had eaten
Just before cancer finally closed your door

Chorus:

So people bounce love around like a big
bouncing ball
Throw your love in the air
And don't let it fall
Cause that's what its about at the end of it all. X2

Hey Mama my kids are all growing
and they are learning so much

They know how to get up

When they accidentally fall

Something you taught me

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Eat Your Way To Fitness & Health By Becoming Nutritionally Aware

by Eileen Saitowitz *Certified Nutrition Consultant*

What is fiber?

Known in the past as roughage or bulk, total dietary fiber is a new term for a number of plant materials which are relatively indigestible in the human digestive tract. They include materials that are soluble or insoluble in water.

The insoluble fibers are found largely in wheat bran and beans and tend to promote regularity. They may be protective against a number of gastrointestinal diseases. The soluble fibers include pectins, gums, and mucilages, and are found in fruits, vegetables and whole grains, including oats, rice, legumes (beans, peas), apples, etc. They appear important in tending to lower blood cholesterol levels and slow down the rate at which sugar is absorbed from the intestine.

How can fiber help to lower cholesterol?

As your food begins the process of digestion, your body secretes compounds called bile acids into the gastrointestinal tract to help absorb fats. Cholesterol is a principal component of bile acids. Researchers believe that soluble fibers bind cholesterol rich bile acids and cause them to be excreted from the body when they would otherwise be reabsorbed. As cholesterol from the blood circulates through the liver, it is pulled out to manufacture more bile acids to replenish those that have been excreted. With less cholesterol in the blood, there is less for plaque to form on the walls to the arteries that lead to the heart and the brain.

How can fiber help you to lose weight?

Fibrous foods provide bulk to help keep you feeling comfortably full and satisfied longer, decreasing swings in blood sugar that make dieters weak, tired and irritable. Fiber can help you consume less without the desire to continuously snack and stack up needless calories.

Carbohydrates equal energy – cut carbohydrates from the diet as crash diets do – and you cut stamina and energy. Metabolism drops as the body tries to conserve weight when too few calories are consumed. Adequate fiber in the diet combined with regular exercise – even a brisk walk every other day can help keep pounds dropping, by speeding up your metabolism.

Weight loss can help to lower blood pressure and decrease cholesterol and blood triglyceride levels – factors that can reduce the risk of heart disease and other life threatening diseases.

Despite the known benefits of a fiber-rich diet, Americans continue to fall short. Scientists urge us to consume 25 to 30 grams of fiber a day, but the average intake is only 7 to 10 grams daily.

If you want to be fit and healthy, NO diet will change your eating habits-so try to maximize your daily fiber intake and get rid of all REFINED carbohydrates from your pantry. You will achieve wonderful results!

The Immigrant Attitude

By Leon Snaid

"It almost seems that nobody can hate America as much as native Americans. America needs more immigrants to love and cherish it."

Eric Hoffer (1902-1983) was an American social writer. He authored ten books and won the Presidential Medal of Freedom in February 1983.

I have always been grateful that the United States adopted me 30 years ago. One of the high points of my life was the day I took the Oath of Allegiance and became a citizen of this amazing country.

It always surprises me to hear native born U.S. citizens attacking their country or for seeing it as less than it is.

If I had my way I would insist that every 12th grader attend a Naturalization ceremony to see, hear and feel the joy expressed by our nation's newly inducted citizens.

The excitement that permeates the ceremony is so intense that it may, in fact, be contagious. Imagine an entirely new generation of Americans infected with the immigrant attitude towards their land?

Eric Hoffer died, when the term "globalization" was limited to economic and trade issues. Today this term has expanded to include a political and social meaning, a new world order, where we are all the same and must accommodate and tolerate everyone, everywhere. We must work to become "one."

While the motto of the USA is "E Pluribus Unum"-meaning "Out of Many, One," it should be cherished that "one" in this case is one people of the USA.

This country is different. We must be proud to be different. Our Constitution, beliefs and principles are different. We are a light unto the world. If our identity is obliterated in this new world order of globalization, then where will the nations of the world look towards for example of freedom and righteousness? What will become of us?



enough, mortgage payments aren't being made and the house is repossessed, car lease payments are not made and the cars are repossessed, contents of the house are put into storage, storage is not being paid and everything gets auctioned off. There are some variations but the end result was that a number of Jewish families were living in substandard conditions when they approached us. One family was sleeping on the floor for 6 months, another ate standing because they had no table nor chairs etc... During the past year, the G'mach furnished several houses and countless nurseries. It is an advantage that we are able to visit them in their homes where they open up to us and we get to know them personally so that we are able to better care for them.

Although some funding is available to the poor in the San Diego Jewish Community, requests need to go through a process and be evaluated before funds can be allocated. The G'mach steps in to address those difficult situations that require a more immediate response. Car breaks down and money is needed for repairs in order to transport children to school and get to work on that day. The baby is allergic to the formula that is given for free and there's no budget for store bought formula. A frantic woman who was attending a court hearing to get some child support finds that her car has been towed away while the proceedings took twice the time expected and she was not allowed to leave the court room. There is no money for this month gas bill, electricity has been cut off, phone service has been cut off which was the only means to find a job, a respiratory infection that has been left untreated because there is no health coverage, no money for a medical consult or medications, turns into bronchitis, which will turn into pneumonia if not addressed immediately, a tooth abscess etc... the list is endless as there are so many daily crises that arise when money is very scarce.

The G'mach also distributes money for food. Although there is free food available at various locations, it is almost always perishables. People cannot live on canned foods alone, they need to be able to buy fruit, vegetables, meat, chicken, fish, eggs and they also need to celebrate the holidays in a dignified manner. Before Passover, we donated substantial gift cards to a large number of families who didn't have the means to buy what is required for a seder in their home.

Most of the time, we collect used goods but when we cannot find them, we have to buy them. We also partner with the JCC preschool, Shalom baby and SDJA who run drives for the G'mach and we involve as many youngsters as possible, talking at SDJA's middle school and high school about social responsibility. We also offer internship to students.

If you look at our website, do not get fooled by the "exchange place" tone of its description of services. This is the image we have deliberately created in order to preserve the dignity of the people we care for. We didn't want a stigma to be attached to a visit to the G'mach and it should always be perceived as a place for everyone, not just the poor. As a result, we have also been serving others in the community such as grandparents who borrow strollers and toys when their grandkids visits or centerpieces for their parties. And it is just fine that way.

The G'mach has been a wonderful resource to the community and it has literally saved many who were "falling between the cracks". It is operated entirely by volunteers without any overheads. Unfortunately the friend who donated the space rented it out and the G'mach found itself without a home.

A very long search for donated alternative space (1000sq ft

and up of warehouse) has yielded no results but we will keep looking until we find a new home from where we can continue to serve the community. As an alternative, we are looking into purchasing a trailer office that could be parked behind a centrally located building or organizing a yearly fundraising to finance the rental of a facility.

If you think you can help us find space or would like to volunteer, please contact Helene Bortz at (858) 452-6205 cell (858) 231-1537.





G'Mach

by Helene Bortz



For starters, I would like to refer you to our website www.sdgmach.com which gives an outline of what the Gmach is about.

It opened in June 2009 at a time when the economic downturn was taking a severe toll on the members of our community who were in a low income bracket. The original intent was to create a place where Jews who have things that are of no use to them donate them to be distributed to those in need.

The concept took off like fire. As soon as we established ourself in donated space in Sorrento Valley and advertised what we were doing through agencies, Day Schools, Synagogues etc... and of course by word of mouth, donations came pouring in. Without fail, those donating to the G'mach expressed their satisfaction at finally having the opportunity to donate to Jewish families, which they had not been able to do in the past.

The items we stored were mainly clothing, shoes, toiletries, children equipment, small electrical appliances, certain items of furniture and unwanted gifts; all things that no agency was providing. We also dedicated a space for bridal gowns, formal wear and center pieces with the plan of creating a full Simcha service for those who cannot afford to pay for theirs.

We observed that at first, the majority of our "customers" were single mothers whose priority was finding clothes and shoes for their children and young families who needed strollers, cribs, car seats etc... After the women had collected what they needed for their children, they would browse for themselves in wonderment. We witnessed many instances where these women started crying

when we told them that they could take as many shirts, skirts, shoes they wanted and that it was all for free. For many of them, the little money they had, was spent on their children, and they hadn't bought anything for themselves in years.

Any small luxury meant a lot. For example, we discovered that they wouldn't think of attending a wedding or other life cycle events simply because they had no gift to bring. Little girls of 12 who had a number of friends celebrating their Bat Mitzvah, couldn't attend their friends' parties for that same reason. The Gmach collected from the more fortunate little girls who had received gifts they had no use for and redistributed them. The same applied to boys.

The people we served represented the whole spectrum of San Diego jewelry. Many unaffiliated, others reform, conservative or orthodox. Some had been seeking help from agencies but in the majority they were too embarrassed to do so or they felt that their predicament was temporary. We also received many referrals from JFS to provide their clients with services they themselves do not offer.

A connection was made with Judaica stores and all pieces of Judaica donated to the G'mach were given to the Russian project of JFS at the request of the person in charge of the project. She wanted those families to have basic Judaica items in their house, ie: a seder plate, a kiddush cup, some adult and children books explaining the Jewish holidays etc...

Because of the presence of UCSD nearby, regular visitors to the G'mach included students and Israeli families on a post doctorate program, living on a very limited Sabbatical salary.

As the G'mach became better known, we began to address a more pressing need, that of Jewish families residing in San Diego which I would qualify as "destitute". The same sad scenario unfolded over and over: father loses his job because of the economy, finds it very hard to get back on the market because of his age, goes into depression. Mother's salary is inadequate. Soon



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HANG IN AND KEEP SMILING ... IT'S CONTAGIOUS!!

by Rabbi Zalman Carlebach

Why do we see so many smiles at this time of the year? Have you ever wondered why there is that twinkle in the eye of the man in the corner? The springy step of the lady at Ralphs? The elfish grin of little children as they peep at visitors who unexpectedly drop in?

Could it be that the man on the corner has just decided that he isn't in such a big hurry to attend his meeting after all, because he'll have a holiday coming shortly? Could it be that the steps of the lady at Ralphs are springy because she just decided on the perfect gift for her son? Could the children be hoping each visitor has come with a new toy for them?

Why do we see so many smiles around this time of the year? Could it be the big project is nearing completion? Or the parking garage has more vacant slots? Or the stores are finally putting on sale, the very thing on your spouse's wish list?

Well, whatever your smile, I can tell you what generates mine. It has been a great year because of your hard work and creativity. You are a bright, innovative group of wonderful Jewish men & women that gives it all, every day of the year. The origins of our feelings and celebrations at this time of

the year are religious. But these feelings do not have to stop at our door. Why am I smiling? Is it too far-fetched to believe that the High Holy Days, with its many mitzvot we perform could spread month to month, until throughout the year we would share the same smiles, same warmth and same spirit of Yiddishkeit for every day of this coming year?

Here is another reason why can resolve to keep smiling into the New Year. The Lubavitcher Rebbe, Rabbi Menachem Mendel Schneerson launched a grassroots uprising against the exile. He proposed that each and every Jew consider it his or her personal responsibility to bring about a better world, through increasing our acts of goodness and kindness!! When we are positive, ignore all the evil and negative influence around us and pass our smiles around, we are able to change our entire environment. So as you walk down the street, go shopping, pick your kids up from school, or come home from a hard day at work, remember the Aibishter (hashem) has given us the gift of happiness. Instead of relying on the rabbis and saints to bring Mashiah, perfect our surroundings and world, we all must roll up our sleeves and do our share. Maimonides (Laws of Teshuvah 3:4) states: One should always view the good and evil in himself and this world as if in perfect balance. Should he perform one mitzvah he will tip the scales in favor of the good and bring salvation and deliverance to himself and the entire world. May G-d bless us and keep us and shower the blessings of a very happy and healthy New Year both physically & spiritually. Shana Tova.



A KETUBAH WITH LOVE

by Diane Marks Schachat

When my son Ryan and his wonderful bride-to-be Lisa asked me whether I would consider designing the ketubah for their June 2011 wedding, I was honored at the thought of creating a gift of love for my children that would forever adorn the walls of their home. Then panic set in. How on earth could I take on such an awesome task? This was no painting that could be discarded if it wasn't up to scratch.



Then I remembered seeing Avril Butbul's article in last year's SAJAC Reporter and was inspired to ask her to guide me through the project. She immediately agreed and we excitedly set up a weekly schedule for me to come in and paint in her studio. What a rich, spiritual and moving experience it turned out to be! Just having Avril's guidance gave me confidence as I performed this sacred undertaking of designing, sketching and painting the ketubah.

I initially ordered the script from www.ketubah.com, where I was given the option to purchase any version of the Hebrew from alternative reform to Chabad to secular humanistic. I chose the Orthodox with English version, and sent in the Hebrew names, location and other details. Two weeks later

I received a 20" x 20" white canvas with the script engraved in an 8" circle in the center.

Week after week, I researched, planned, sketched and ultimately painted the entire piece just in time for the wedding day on 6-5-11, when Ryan, Lisa and Rabbi Chaim Seidler-Feller signed and validated it before witnesses.

Symbols on the ketubah include the the skyline of Jerusalem where Ryan and Lisa originally met, Shabbat candles, the chuppah (designed and built by Lisa's father) and the ocean at La Jolla Shores where they were married. At the reception I explained, "On your ketubah there is a quote from Song of Songs that says, 'Ani l'dodi v'dodi li,' I am my beloved's and my beloved is mine. It also takes a phrase from your sheva brachot, 'kol sasson v'kol simcha, the sound of joy and the sound of happiness.'"

As Ryan and Lisa continue from their wedding day and beyond, my prayer for them is to go forth together as individuals, and also as each other's beloved, dancing to the sounds of joy and the songs of happiness. I will always be comforted knowing that the messages of the ketubah will forever be etched on the walls of their home.





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SAJAC Event

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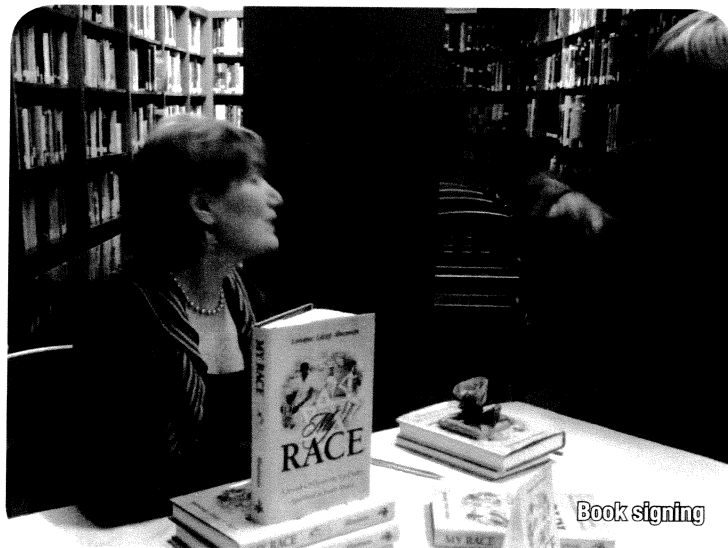
by Lorraine Lotzof Abramson



Lorraine Abramson



Moira Berman & Lorraine Abramson



Book signing

Not only was it welcome relief to leave New York for a few days in January and come to sunny San Diego, but I had the opportunity of meeting up with friends I hadn't seen in years. I also met many new friends that night at the beautiful JCC of San Diego.

In my book I write about my grandparents who fled Lithuania and Latvia due to the oppression of the Jews and went to South Africa. However they were now in another oppressive society, namely apartheid. Except this time they found themselves on the same side as the oppressors by virtue of their white skin. How we lived in that society and dealt with that situation, given the history of our people, is part of my story.

I hope to attend the sajac expat weekend in April 2012 and I look forward to doing another speaking engagement for those whom I didn't meet on my last visit.

For an overview of my memoir, please click on my website: www.lorrainesbook.com

Just beyond this area is the Little Red House. It, too, has a queen bed as well 2 roll-up futons for kids, fully equipped kitchen and small bathroom with shower. TV, DVD & radio are included.

It's only a 10 minute walk to town & a great 'jumping off' point to visit neighboring Tombstone, Karchner Caverns, the bird sanctuary and state parks. Guests may rent either house separately or together. They are available for overnight, weekend, weekly & monthly rental. The Front House is pet friendly too. Rates vary. To read more about these homes log onto www.BisbeeRental.com email AboveBeyondRental@gmail.com

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Little Red House Interior

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Front House - Dining area and colorful kitchen



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A Place In The Sun



Front House

Imagine having to be in a strange town while your loved one has an extended hospital stay, and you had no phone, no car, none of the normal day-to-day items that you needed to make the adjustment. While it doesn't seem likely that this situation could turn positive, according to her published review, it was not only possible for a guest of Bisbee's Above and Beyond Rentals, it turned out to be a great experience!

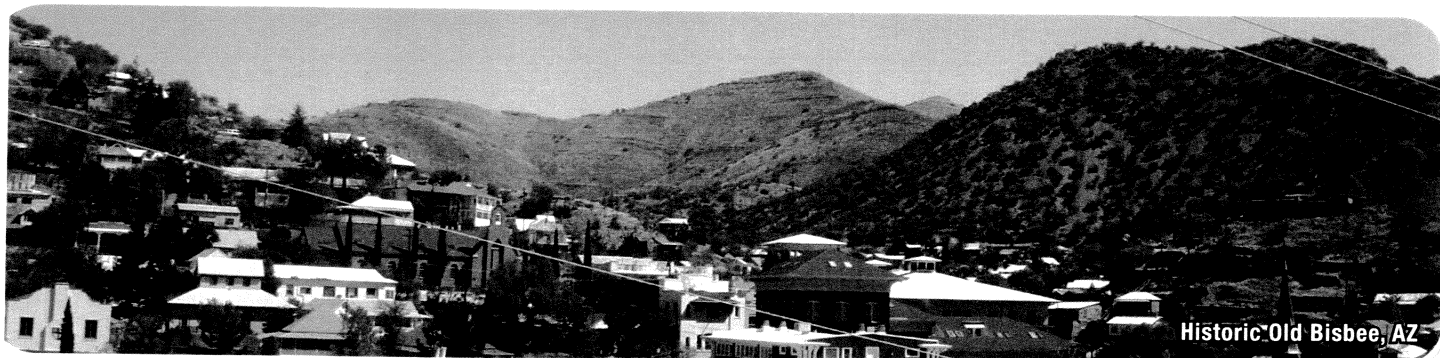
Pamela Nathan, the property's owner, isn't surprised that the rental property, which includes a main house and a studio apartment in back, had such an effect on her recent guest. She feels that way too! The acupuncturist/psychologist was guided to historic Bisbee by her dear friend & travel companion of 26 years, Mike Buckley, who raved to her about his experience in this quaint mining town. Unfortunately, he passed away suddenly a month later, leaving her to explore the magical wonders of Old Bisbee on her own.

She herself often conducts week long or weekend classes in holistic approaches to health care like acupuncture, homeopathy and nutrition. She also runs stress management workshops. Pamela says that the property is ideal for any group that would like to conduct their own seminars and/or meetings. It is also a perfect, private location for families who require adequate room and amenities for a family vacation or reunion. Artists, who create retreats with colleagues, have used this unique rental to take pleasure in this unusual colony town.

The charming Front House is a historic home with no stairs to climb and parking right outside the front door - a rare advantage in Old Bisbee. Inside the house, visitors will find two bedrooms with queen beds plus a convertible sofa bed in the living room. It's a very spacious living & dining area equipped with TV and DVD player and a large variety of movies for those nights when you'd rather stay home and relax. Cable TV & internet access is also available. The house boasts hardwood floors throughout, plus double paned windows that block out sound from street activity.

The fully-equipped, colorful kitchen is a delight to cook in. It encourages longer stays for those who plan to be in Bisbee on a month or two basis. The bathroom comes with tub and shower plus hair dryer. There's also a laundry room with full size washer, dryer, iron and ironing board to add comfort to your stay.

Out the back door between the Front House and the Little Red House is a sheltered lanai, which is an ideal cozy spot for coffee in the morning. The adjacent, secluded deck has a charcoal barbeque, patio furniture and a long, cushioned bench that is perfect for lounging - a wonderful way to enjoy Bisbee's mild climate in privacy.



Historic Old Bisbee, AZ



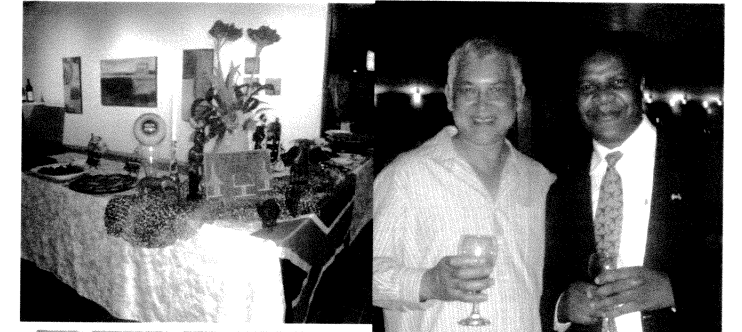
Deli-SA, Delicious South African Foods



Graham & Mary-Louise Perkettt saw the need for South African food within their community. Twelve years ago "Perky's Foods" was formed as a small home-based business. Graham & Mary-Louise Perkettt worked hard and with the result had to expand their business, to service the needs of the South African Community. "Deli-S.A" was then formed three years ago due to the increase in demand for South African cuisine.

It has now become a family business with their three children Roscoe & Courtney, who are currently studying Business & Marketing to help expand Deli-S.A & their youngest daughter, Savanah, who is 7 years old and has a great passion for cooking and talking to customers. Deli-S.A works closely with the South African Consulate catering their events. Graham & Mary-Louise Perkettt were personal cooks for Athol Fugard & Marianne McDonald for 2 years.

Deli-S.A is a retail store stocking the best South African foods: Biltong, DryWors, Borewors, Meat & Veggie pies, Curry's, Sausage Rolls, Samosas, Fudge, Milktart, Brandy tart, Lamingtons, Bobotie, Cottage pie, Tomatoe Bredie, Crunchies. Not only is Deli-S.A. a retail store, they also have an online business shipping food throughout the country. Every Saturday Deli-S.A serves lunch. You can find traditional favorites such as Fish & Chips, Bunny Chows, Curry & Rice, Mixed Grill and Borewors Rolls. And from time to time there is live entertainment. Deli-S.A is located at 8360 Clairemont Mesa Blvd. You are able to reach them at (858) 694-0212. "We would like to thank everyone for all their support over the years." says Graham.



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Smart Homes

by Ryan Lipkovicus

Home automation is no longer reserved for the rich and famous. With the entry of more economical options into the marketplace, everyday families can now integrate and automate all aspects of their homes. Using an in-wall touchpanel or iPad, lighting, music, TV, HVAC and a host of other features can be controlled at a touch of a button. Imagine having one button to turn off all your lights, TVs, music and drawing your shades at the end of the day. Or scheduling your thermostat to turn on and off at certain temperatures.

The opportunities are truly endless. In fact all of the features can now be controlled from anywhere an internet connection is available. This means from your smart phone, laptop, tablet, or pc. Owners of smart homes with remote monitoring can enjoy the peace of mind that comes with the ability to check security cameras from work, while on vacation, or even from their smartphone while on the go. They can check that the alarm is on, garage door is closed, and if lights in the home are turned off. For added security, smart homes can be programmed to away mode, telling the home that you are on vacation and activating programmed security features. Your home can then turn on and off lights in different rooms, open and close shades, and even turn on and off the TV in the evening.

Having a smart security system fools burglars and vandals looking for homes that are left unattended or vacant while their owners are away for business or pleasure. Home automation is truly the future of how we live.

Lux@Night

July 20, 2011

SAJAC Event

On July 20th, 2011, Lux@Night extended a personal invitation to the members of the SAJAC to join their Wednesday night event. We had the opportunity to see the carved lime wood figure, "Five," created by the final artist-in-residence of the 2010/2011 Season, South African sculptor Claudette Schreuders, during her residency.

Lux Art Institute redefines the museum experience to make art more accessible. At Lux, you don't just see finished works of art; you see the artistic process first-hand, engaging with internationally recognized artists in a working studio environment.

We saw Schreuders' thoughtfully rendered pieces and lithographs in the studio, listened to live music by Tori Roze and The Hot Mess performing on the outdoor bandstand, and indulged in some of the delicious fare offered by The Flippin' Pizza Truck onsite that evening.



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Whatever Happened to Baby Gertrude?

A South Africa we don't all know about

by Sharleen Wollach

When Gertrude was born with severe mental handicaps, her parents committed to taking care of her at home. They did not want her to go to an institution where she may not feel loved and cared for. Her mother, Mary, decided not to have any other children so that she could immediately dedicate her life to Gertrude and attend to all her needs. For 30 years, Mary and her husband Solly devoted their time, attention and resources to Gertrude's care. They were people of modest means, did not have 'servants,' and Solly traveled often as a salesman. They did what they could for Gertrude by enrolling her in a special school – and when she was too old for school, they ensured that she participated in any activities she was capable of doing. Every day, Gertrude would be taken to Astra Centre, the Jewish employment opportunity for the mentally challenged. It was here that Gertrude would get a chance to work. She would pack candles in a box. It was all she could do.

When Gertrude was 30, her father passed away suddenly of a massive heart attack. Mary was alone, and her only income was a very modest pension from Solly, which was not enough to support two people. Mary made the heartbreaking but necessary decision to enroll Gertrude at Glendale Home for the Jewish Handicapped in Cape Town, knowing that she would have a kind and nurturing Jewish environment and that her physical, medical and mental needs would be taken care of. For the next 10 years, Mary took two buses every week to visit Gertrude at Glendale.

Mary suffered a stroke at the age of 60. Because she could no longer take care of herself, she was admitted to Highlands House, the home for the Jewish Aged, as she did not have the finances to go anywhere else.

Gertrude missed seeing her mother and would cry to the caregivers at Glendale, as she did not understand why her mother never came to visit her. Her caregivers would have her draw Rosh Hashanah and Pesach cards each year and send them to Mary at Highlands. This was their only contact.

Three years later, Mary died, and Gertrude was left with no one. She was an only child, her parents' siblings had long since passed, and the only home she knew was Glendale.

That was 17 years ago! Today, Gertrude is 60, an aging woman who recently required a mastectomy. She still lives at Glendale, where the facility has undergone many changes over the last few decades. Originally built as a home for children, the residents are all now adults, with new and unique needs. They now suffer from geriatric and other aging diseases and ailments. They have trouble walking, they often are incontinent, and they require 24-hour attention, as they tend to wander beyond their buildings and must be carefully

monitored. But they are happy – they sing, they dance, they draw and they play with the animals that are brought there every month for therapy. They do artwork, work with clay, play the piano and prepare for and enjoy all the Jewish holidays.

These are the residents that ChaiSouthAfrica is working so hard to support. Glendale and Highlands House are just two of the facilities that residents like Gertrude and Mary call home, and they do not have the means to pay the cost of their upkeep.

Please take a moment to recognize your good fortune: that we have the opportunity to open our hearts and our wallets to this amazing community of caregivers in Southern Africa who have devoted their careers to helping the aged, the mentally challenged and children in need in 12 different homes around the country.

Please send in a donation now – for you, for your children, in honor of your parents, or to simply remember that we can – for we are truly blessed.

Shana Tova!



Friends of Highlands House

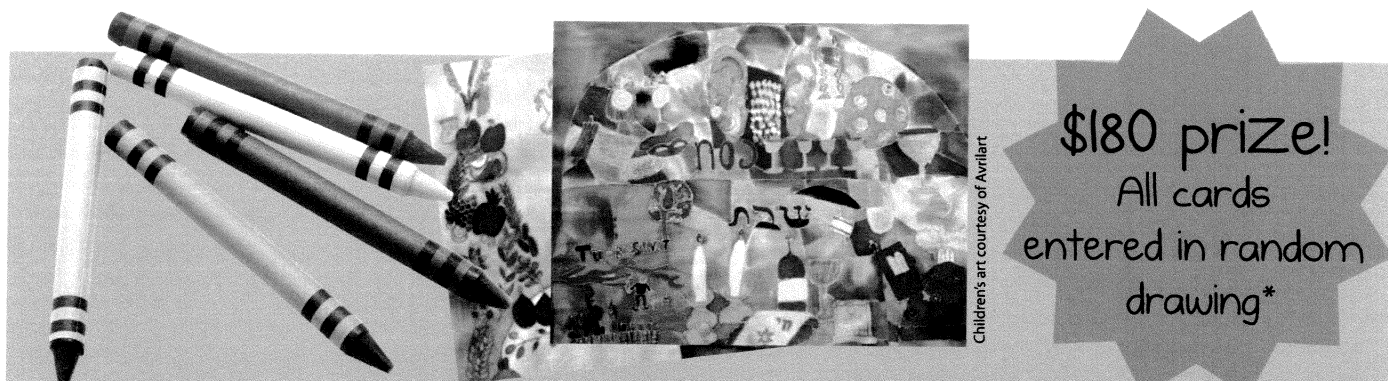


Friends at Glendale



ChaiSouthAfrica supports 1,200 Jewish South Africans every year!

Let's let them know they are not alone and wish them a Chag Sameach!



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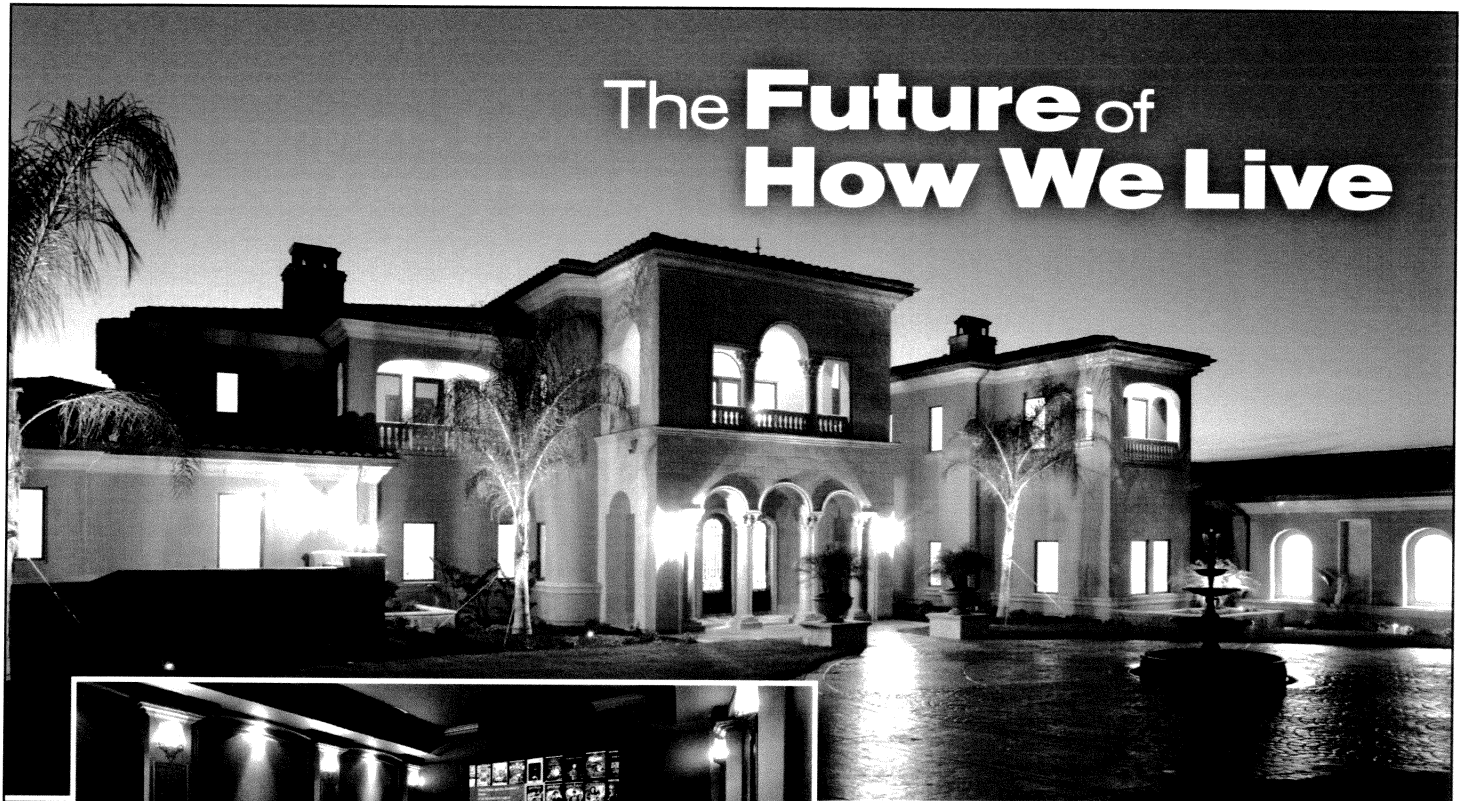
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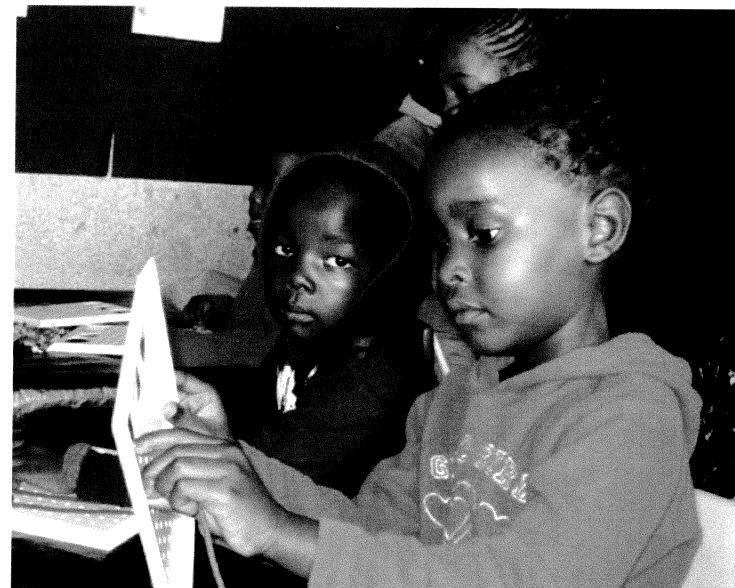
by Robyn Shifren

It has been two years since young men from San Diego, Gabriel and Jesse Mandell, spent their summer holiday working with orphans and vulnerable children in South Africa. They returned to their home and felt a deep connection, which they have brought back with them to the USA.

Ma Afrika Tikkun has now rebranded into Afrika Tikkun. It is a Jewish-led initiative launched by Dr. Bertie Lubner and the late Chief Rabbi Cyril Harris. Nelson Mandela is Patron-in-Chief. Afrika Tikkun is a non-governmental, non-profit organization that works toward the transformation of South African communities by caring for at-risk children and orphans in townships. As an NGO, Afrika Tikkun creates Community Centers of Excellence where the Holistic Development Model is implemented. This model focuses on the development of children from birth until they become contributing citizens. The organization runs five major programs out of its six Community Centres

of Excellence – Family Support Services, Primary Health Care, Nutrition and Food Security, Early Childhood Development and Child and Youth Development.

Since Gabriel, now attending Tulane in New Orleans, and his brother Jesse, a junior at Canyon Crest Academy, spent last summer working in Orange Farm and Diepsloot, there have been many major developments. There has



“Illegal Money” Used to Get Green Cards

By Leon Snaid

The investment green card (EB-5 visa) requires proof that a person made a personal investment of \$500,000 in a Regional Center, which will create 10 direct or indirect jobs.

Investors must prove that the money was lawfully obtained by the investor to avoid money laundering. However, the United States does not concern itself with the exchange control laws of other nations. So, as long as a person is able to trace the money trail of the investment, the investment will qualify for the green card.

Many of the investors in Regional Centers are citizens of the Peoples' Republic of China (“PRC”). One of the ways that PRC citizens move money to the USA is for the investor to open an account in his/her personal name in Hong Kong (“HK”). The investor then gives a number of friends and family members a portion of the funds for the investment and they in turn separately send these funds from the PRC to HK. The total amount of the funds in the investor's personal HK account are then directly remitted to the escrow account of the Regional Center in the U.S.A.

Signed declarations by each remitter of funds are required explaining their relationship to the investor and that they assisted in remitting the investor's funds for the Regional Center investment. It is highly recommended that the investor use an international accounting firm to prepare an “Account of Source of Funds,” which documents everything and traces the money trail.

This may sound like the U.S is condoning the breaking of foreign laws, but the U.S is not an enforcer of the laws of other countries.

On the other hand, it is unlikely that the USCIS will allow money that was lawfully earned in a foreign country in a way that is unlawful or immoral

in the USA. Consider a Dutch citizen, who earned the funds through operating a legal brothel in the Netherlands. Even in the highly unlikely event that the USCIS approved such an investment, the person would ultimately be denied a green card, because of his/her involvement in prostitution.

NOTE: The information in this article is of a general nature and may not be relied upon as legal advice. Leon Snaid has been certified as an Immigration Law Specialist by the State Bar of California's Board of Legal Specialization. He has been rated as a “Pre-eminent Lawyer” by his peers through Martindale-Hubbell. He has practiced immigration and business law in San Diego for 29 years.

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SAJAC Event

Ripple of Hope

by Linda and Fane Robinson

In November, 2010 SAJAC held a viewing of "Ripple of Hope - RFK IN THE LAND OF APARTHEID" at the home of Linda and Fane Robinson. This was the first showing of this documentary containing archival footage of this historic trip. After interviewing in South Africa and the United States, filmmakers Larry Shore and Tami Gold tell the little known story of Robert Kennedy's 1966 visit to South Africa during the worst years of Apartheid. The film evokes the connections between the American Civil Rights Movement and the Anti-Apartheid Movement in South Africa. The filmmakers find witness to this special moment in time through the sights and sounds of present day South Africa.

"RFK IN THE LAND OF APARTHEID" follows Senator Kennedy to the site of his famous "Ripple of Hope" speech at the University of Cape Town and his encounter with Afrikaans students at Stellenbosch, a predominantly pro-Apartheid university at that time.

A high point of the film is Kennedy's meeting with one of the lesser known giants of African history - the banned President of the African National Congress and Nobel Peace Prize winner, Chief Albert Lutuli - living then under house arrest in a remote rural area of South Africa. The film makers traveled with Robert Kennedy to Soweto, South Africa's largest black township, where he meets thousands of people and gives voice to Chief Lutuli's silenced call for a free South Africa.

We witness Kennedy publicly challenging the dominant Cold War ideology that anti-Communism, espoused by repressive regimes like that in South Africa, should be the only factor determining American foreign policy.

With an original sound track by American musician Jason Moran and voices from the University of Cape Town Africa Choir, the film tells

an unusual story through the words and actions of an American politician whose legacy continues to advance human rights around the world.

Approximately 30 people attended and we were all fascinated with the movie and particularly the impact John F Kennedy had on the non-European population in that troubled country. This heterogeneous group displayed much hope for themselves and the country.

Helen Davis Melmed, who recently became a SAJAC member, supplied the movie for the evening. Helen is a talented silversmith. She brought a display of her unique silver jewelry that she creates working out of her home in Phoenix, Arizona. Her recently created silver Kiddush cups and a mezuzah were selected to be included in juried "500 Judaica 2011" - a diverse & global collection of handmade Jewish ritual art pieces.

Anyone wanting to see her collection should please contact her at 480 226-0571

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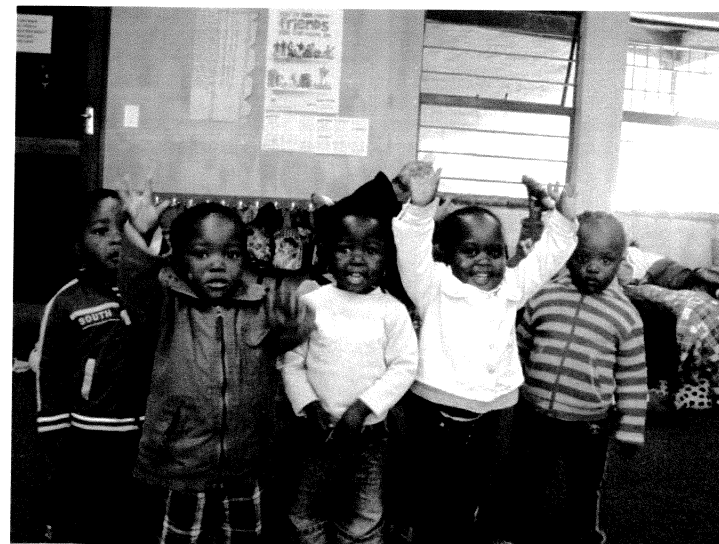


been an extension to the kitchen (which feeds 500 children and sickly people per day) and there is now a canteen and two more classrooms at the Early Childhood Development Centre in Diepsloot to cater for 200 children.

The sports hall is now complete in Orange Farm as is the Child and Youth Development Centre, which consists of a library, computer lab, arts and culture hub, sports and recreational hub as well as life skills and counseling facilities.

At present, the Hillbrow Pre-School is preparing to be moved into a new premises where it can be expanded and a Child and Youth Development Centre can be added to the array of services offered to this impoverished community that is riddled with drug abuse and prostitution. Afrika Tikkun is working hard to ensure the children do not succumb to the fates of many of their parents by following the Holistic Development Model.

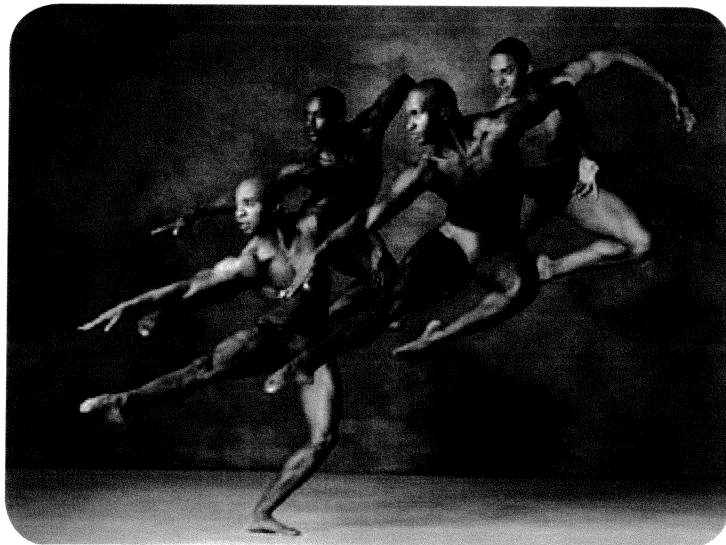
You can be part of this development of communities in South Africa. Visit www.afrikatikkun.org 'What you can do' Click on USA flag (donations in \$USA are tax deductible). Just \$166.66 per month (\$2000.00 a year), supports a child in need providing daily meals, monthly food parcels, school uniforms, psychosocial support and shack renovation to stabilize the family's environment.





Lets Bring Dignity Back To The Performance

by Robyn Shifren



What a gift 'So You Think You Can Dance' has been for dance. It is just the infusion needed to restimulate interest in this wonderful, difficult and complex art form. Just as Pavarotti had repopularized opera by singing with artists like Freddie Mercury in 'Barcelona', "So You Think You Can Dance" has reconnected the layperson with what was once considered an elitist art form. Suddenly everyone is tuned in- men woman, children, teens, those that dance, those that have never been in a studio.

But here in lies my dilemma. With contestants being forced to be more and more spectacular each passing week, we have seen an explosion of tricks and gimmicks. The dancer seems to need to perfect steps rather than aim for a rounded technique. My question is: Is dance moving from being an art form, a theatrical experience towards being a sport? Surely if dance was to be relegated to a sport it would be the ultimate sport. With every muscle being stretched, strengthened and tested, the dancer's body is a fine tuned instrument. Yet being mechanically perfect is not all. It is the artistry that separates the great dancers from the others. It is the understanding of, and interpreting of, the nuances and subtleties of music and emotional motivation that creates such artistry.

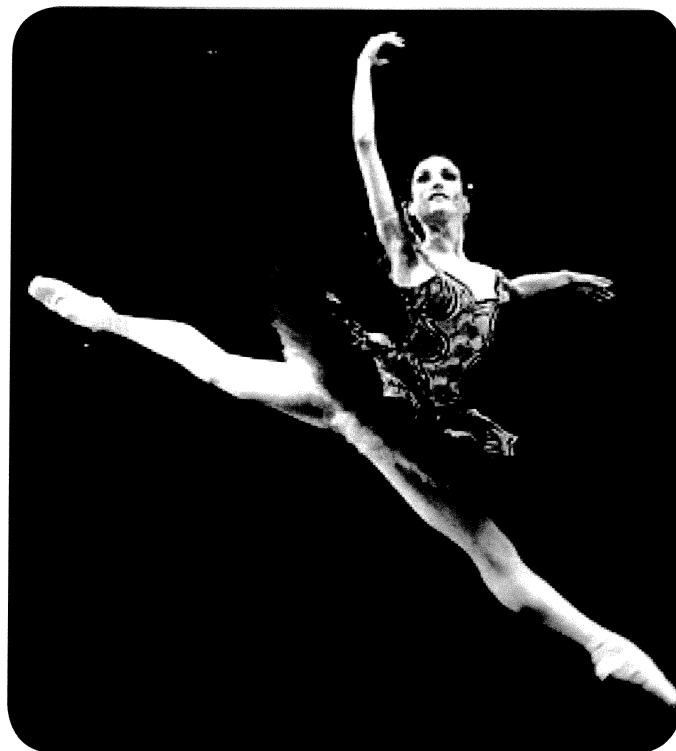
There is a plethora of dance studios that now enter the competition circuit- with what are usually fairly large teams entering first local, then regional and finally national competition. It seems to me that the goals are to win that particular round. What about the long-term perfection of

technique and foundation? Where has that disappeared in the class work? And what is the final ambition of the student? Is it just to win the national competition? And if so, what then?

If competing for now is the student's goal, then that is fine. However, the student is hoping to go further with their dance- to perhaps use it as a career or as part of a career in musical theatre or teaching, then I foresee problems ahead. So many young dancers are missing out on the very fundamentals that every dancer must have in order to be a really good dancer. That is, hours perfecting barre work, center practice and body placement. The hours spent really strengthening the torso and legs to be able to really master the art. Like scales for a pianist, technique is both repetitive and often unstimulating, but absolutely imperative to any training.

And what about the theatrical aspect of dance? With more studios doing recitals and competitions the whole atmosphere is somewhat reminiscent of a ball game with shouts of "Go Sammy" or "I love you Michaela" being shouted from the audience. What has happened to the ethics and etiquette that made theatre so glorious. The respect given to the dancer who has worked hundreds of hours to be as perfect as possible?

With the new growth and fascination in all dance forms has come an unparalleled surge in new dance studios. Good ones, bad ones and mediocre ones. This leaves the parent as confused as ever. Without experience, does a



THE PRIVATE EYE WHO WEARS A SKULLCAP

Joe Levin isn't your typical private investigator, said Jed Lipinski in The New York Times. An Orthodox Jew, Levin has carved a niche for himself investigating various Orthodox-related crimes and infidelities.

A decade ago, he started his company, T.O.T. Private Investigation, and began trailing his subjects around the world, from synagogues to strip clubs. The company's acronym stands for a Yiddish expression. "It means 'Put your tuchis on the table,'" says Levin. "In other words, 'Show me the proof.'"

Though he typically wears the fedora and black frock of the Hasidim, he sometimes dons stocking caps and sports jerseys as disguises. He knows the unspoken codes of the community, which enables him to infiltrate insular Orthodox groups without raising eyebrows. It's an advantage that works every day except the Sabbath, when he hires non Jews to fill in until sundown. "Saturday is a very busy day for mischief inside the Hasidic world. Everyone thinks we're sleeping. But in reality we're wide awake."

Investigating wrongdoing, he concedes, can be distressing for a man of faith. "I want to believe that there are good people in the world. But when I go to work every day and I see what I see, it's a very big challenge for me."

Mallorca, Spain, Legacy of the Inquisition:

Descendents of Jews who were forced to convert to Catholicism during the Inquisition have been recognized by Israeli rabbinical authorities as Jews. The Chuetas are descended from the Spanish island's Jewish inhabitants, who were persecuted so severely by Spanish Catholics that by 1435 all of them had either been killed or forcibly converted to Catholicism. Because the Chuetas have tended to marry among themselves, the rabbis said, they can be considered Jews. "The best revenge on the Inquisition," said Michael Freund, head of an Israeli group that seeks out "lost" Jews around the world, "would be to bring as many of these people as possible back to their roots and back to their people bring as many of these people as possible back to their roots and back to their people."

Source: The Week, 22 July 2011

FIVE REASONS TO LOOK INTO PRE-NEED JEWISH BURIAL ARRANGEMENTS



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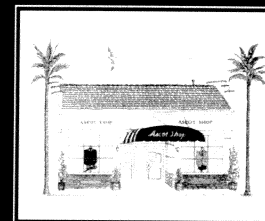


parent really know the standard of dance being taught?
I love the fact that children are able to get up on stage and dance, regardless of their talent or level and that they get to wear the pretty costumes and make up. I love the excitement of seeing these young dancers backstage, doing what every dancer dreams of doing- dancing in front of a real audience with lights, cues and music. In so many places, even today, its often only the most talented dancers in each school that are chosen to perform, leaving the majority of children with just the dream of being able to be up on stage. Here in the U.S.A. every child is given that privilege, (as long as they are able to pay the often excessive fees). I cherish that in a studio there could be 30 or more dance numbers and that every genre of dance is represented. I would however, like to see this balanced with more focus on the fundamental of dance, and with parents being more aware of what their child's studio is actually offering, in terms of technical level. And yes, I love that Sammy is able to dance in jazz, ballet, hip-hop and even tap dances on stage, but please, please lets bring dignity back to the performance.

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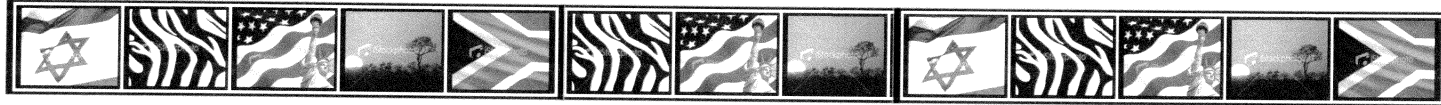
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The Financial Markets and our Material Wellbeing

by Ivor Jacobson

What is the lie of the land three years after the deepest recession since 1929/1933 hit the USA?

A. The Macro Scene.

Presently the world is effectively one market place. Communications, travel and reliance upon one another applies. Clearly, as in any co-operative environment there are winners and losers and these will change from time to time. China is a beginner in the universe of world economies as formerly it played little part; Britain, having "ruled the waves" for centuries, is only in the top 6 world economies today. And the USA is on the road to handing over its leadership position.

Europe is in a poor state. The European monetary system (the Euro) has not gained the traction that was expected and its future is still uncertain. Many European countries are in a poor state: Greece, Portugal, Ireland, several Eastern European examples and even Italy and Spain.

Asia is faring well as it is the world's factory- the Western world buys their goods and the USA pays them in US dollars, which they lend back to the USA; otherwise the Asian countries couldn't continue to grow their economies. Asia now owns and/or controls a meaningful portion of the USA's businesses, natural resources, and hence future. As always, when the USA sneezes the whole world gets a cold. Hence, even Asia is thereby adversely affected at present.

South America is gauged on a case-by-case basis, with some laggards. But the noticeable success is Brazil, which still is not a world force. Africa has made little progress. Britain is suffering from several ailments.

How do we recover?

This lies in job and wealth creation, thus spurring on the Capitalism that created great nations in the first place. This will carry the rising tide.

In the USA, banks are not lending; the most credit-worthy society has no appetite or need for loans and all others are deemed uncreditworthy; housing prices keep falling -- the drop is 25% to 30% in market value to date; massive foreclosures and sales of real estate held are being held back so the banks don't, by their own actions, increase their losses; lay-offs are increasing at the present time even as recovery hopes are kindled; the equity markets evidence nosebleed prices for certain unprofitable technology stocks, reminiscent of the Nasdaq collapse in 2001. People have short memories -- they say, "Oh, but this time it is different!" Leopards don't change their spots!

"Hard money lenders" are stepping into the banks' shoes at much extra cost to the borrower who, being unable to finance, would otherwise suffer even more if they did not borrow from them.

Terrorism is a scourge throughout the world. It kills innocent people and causes unproductive effort and requires vast sums of money to safeguard us against it. We have to fight it with all the power the civilized world can muster and rid the world of ruthless despotic leaders.

Civil insurrection in Egypt, Syria, Libya, Somalia etc. is upsetting the world's stability, even though it is necessary and helps in the long run.

B. Employment

Unemployment rates worldwide are economically debilitating and the enemy of economic progress. Businesses are not hiring due to the uncertainty of the future, and they have no intention of so doing in the foreseeable future. They are utilizing temp workers as a short term, non-commitment stopgap.

In the USA we are at 9% unemployment, a percentage that America frowned upon whilst Europe ran at this rate for decades. Productivity, the capitalist spirit regained, and less government involvement in the economy hold the key. Hamstrung businesses, directed by political aspirations, will harm, not help. It is important to give capitalists their heads. In the process, law and order and legislation to control and punish perpetrators of crimes must never stop.

Break the vicious cycle. Stimulating consumption will lead to the need for greater production, leading to greater employment, leading to more consumption; and so the process gains momentum, in turn leading to greater employment and wealth.

How do we break the vicious cycle? Increase taxes at the point of consumption, such as sales tax; increase direct taxes on yearly earnings above \$300,000; marginally lower income tax rates on incomes below \$60,000; and above all, tax the tax evaders, including illegal immigrants who escape taxes yet live on Social Welfare. Presently top income earners (between 5% and 10% of the US population) pay between 70% and 80% of the total direct taxes paid, and this percentage will increase.

3. Cost of Living.

The cost of living is rising where it hurts most: health costs, fuel, energy, and above all, the professional fees charged by white- and blue-collar workers are out of control. Control them by regulation if need be; they are capitalists and will experience a reduction in their abnormally high incomes that they presently earn, but they will not reduce consumption commensurately.

Above all, legislate that the loser in litigation pays all costs. I believe that the USA's "legal industry" has gross



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revenue equating with that of the auto industry. This is shocking! This is thus because anyone, even someone with an inequitable case, can sue another, knowing that if the opponent cannot pay egregious legal fees he will capitulate; and if the aggressor fails, he pays only his fees, leaving his opponent licking his wounds.

Let these people lose a few cases and pay their opponents' costs, and see what happens to lawsuits and the courts' workload. And watch the capitalist spirit get crushed, as people fear being sued.

4. The Heritage we leave our children.

Government Debt. The USA owes the world \$13 trillion (\$13,000,000,000,000) -- yes 12 zeros! This is debt that it can pay in one way only -- trash the greenback. The dollar has crashed in value and is still crashing. And so the US pays back the loans it took from the rest of the world such that the lender gets back only a percent of the face value of its loan amount, and in its local currency. Meantime the USA is paying with inflated green backs, caused by inflation. So watch out for inflation as soon as our unemployment rate gets down to its historical norms of 3% to 4%.

5. The Deficit.

What the USA owes on its balance sheet is either increased or reduced each year, depending on whether expenditure exceeds income or vice versa. This is not different from a common household budget.

The USA can't increase revenue until our recession is over; otherwise it kills the goose that lays the golden egg. Cutting expenditure is the only way. But this is a knife that has to be used as a surgeon does in open-heart surgery.

Spending money on spade-ready projects (which are not actually spade-ready) is probably not the way to go. But it would be better to cut defense-related and health care items, which are the two biggest government budget items, followed closely by interest on our \$13T debt. Heavy expenditure on defense and health care could actually wait until the USA is again rich enough to afford to reinstate current levels. And invest money so as to earn a fair return, not in buying our own government bonds at a marginal real return. The newfound income will pay a fair amount of our health care costs (such as Social Security).

So what do we do?

Sit on your hands until the dust settles and the road ahead, throughout the world, is clearer or..... If you have the wherewithal, ability, time, skill and nerves to ride the rapids, take advantage of the great opportunities that are available. But be careful. You are as good as your first mistake.

ivorjacobson@santafeadvisors.com

South African Charity Hosts Event In San Diego



In July, 2011, Starfish Greathearts Foundation hosted 40 guests at the Paradise Grille Restaurant in Del Mar.

Starfish, who funds and supports children in South Africa who are orphaned and made vulnerable by HIV/AIDS, was in San Diego to spread awareness of their organization as part of their strategy to develop a presence on the West Coast.

Among others, the evening was attended by members of SAJAC who enjoyed meeting fellow SA expats and hearing about the work Starfish is doing to turn the tide on AIDS in South Africa.

Kristy Gordon, CEO of Starfish USA hosted the evening; and food and drinks were sponsored by Investec Asset Management.

Starfish plans to become active in participating in local sporting and other events to raise funds for these vulnerable children and grow their network of supporters.

Starfish currently funds nearly 29,000 children and wants to give EVERY orphaned child: life, hope and opportunity.

www.starfishcharity.org
usainfo@starfishcharity.org

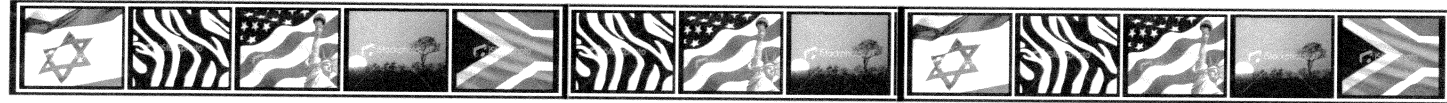
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Council in San Diego Jewish Academy

A program with the Ojai Foundation
by Hillel Katzeff

Several years ago, I learned about a process of respectful communication that helps participants take turns to listen actively to others and share their story from their heart. I learned that this process, known as Council, may have a positive effect on people by actually listening to one another. Unlike, the instant communication in today's business world, this process slows things down.

After experiencing Council and successfully engaging in it with my own extended family, I introduced the Ojai Foundation, a not-for-profit that has been teaching Council to private and public schools in Los Angeles for the past 25 years, to the San Diego Jewish Academy. Dr. Jeff Davis, principal of the Maimonides upper school and Jill Quigley – Dean of Student Affairs immediately saw the potential of Council for their students and have agreed to a Council pilot program in the SDJA for the 2011/2012 academic year.

The Council process draws on the Jewish tradition of Havurah (Ma'agal Hakshava) and Farbrengen (story telling gatherings) among other worldwide cultural dialogic practices to open a conversation among students by inviting them to engage in a conversation.



Council is a formal, structured process that includes sitting in a circle and passing a "talking piece" (an object used to identify the speaker) in response to a prompt from the facilitators. In the classroom, teachers and students might develop their own intentions (guidelines) or use the "four intentions" of council, as developed by students and facilitators associated with The Ojai Foundation:

- To listen from the heart: practicing the "art of receptivity;" suspending judgment and opinion
- To speak from the heart and with heart: learning to "speak into the listening"
- To speak spontaneously without planning and only when holding a "talking piece"
- To "keep it lean" or get to the "heart of the matter" so everyone has time with the talking piece

The basis for Council dialogue in SDJA will be content from the Judaic Studies curriculum viewed through the

lens of SDJA's 10 Principles. These are: Menschlichkeit, accountability, character, citizenship, compassion, environmental consciousness, honesty, responsibility, wellness, kavanah.

To be clear, Council is not about "teaching" these values; rather, Council is a process whereby these values are formed and developed, through practicing the intentions to "speak and listen from the heart."

True empathy develops when an individual is able to fully hear the story of another, without interrupting with word or thought, and with an open heart and a willingness to suspend judgment.

An overview of the Council Pilot program

In August 2011, two teachers selected from the Judaic Studies department and the Dean of Students from the Maimonides upper school will be trained by representatives of the Ojai Foundation to facilitate the Council. Beginning in the fall, 7th, 8th and 12th graders will begin to participate biweekly in Council during their Judaic Studies class.

The trained teachers/facilitators will help create ceremony and tradition for student/participants as they enter and exit Council during the class period.

In November, the seniors will participate in a retreat off-campus to develop on-campus leaders. Upon their return, the seniors will interact with the 7th and 8th graders in Council.

Over the course of the year the program will be assessed and at the end of the school year the program will be formally evaluated as to its effectiveness. If successful, Council may become part of the curriculum for all grades at SDJA in subsequent years.

To find out more about this program, google "Council in Schools" and watch a video from the Ojai Foundation about the how Council is making a difference in the lives of children.

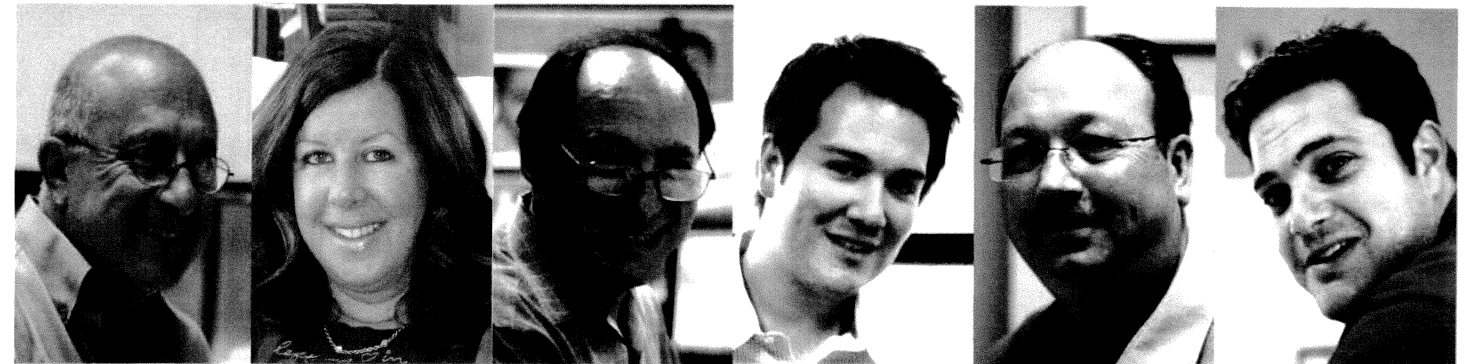
To find out how you can help and make Council part of your family's life, contact: Hillel Katzeff, (858) 254-9530 Hillkat18@gmail.com.

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MOISHE HOUSE

by Dovi Kacev

“Ag, shame hey! Romy just moved to San Diego and has nowhere to go for a lekker Shabbat dinner.”

“Ja man, ever since Gary moved back from varsity, he has had a moer of a time meeting other Jewish young adults in a heimish environment.”

Have no fear, Moishe House is here!

Since the dawn of SAJAC, San Diego has been a great place for South African Jews to settle and raise a family. It is a nice, calm city with a pleasant climate and pace of life, which is perfect for raising children. A distinct pattern has emerged, in which as those children reach university age they leave town looking for new adventures during their young adulthood and only return when they are ready to settle down themselves. Meanwhile, San Diego's quality of life is very attractive to young adults reared elsewhere. As a result, there is a disconnect between Jewish young adults and the rest of the community. As a result of this dynamic, Moishe House San Diego opened its doors in October 2010 to create and foster a community of young adults in which people can comfortably connect to their culture and with one another.

The goal of Moishe House is to create a meaningful experience for Jews in their mid-twenties and early thirties and to engage them on their own terms. Globally, there are 37 houses in 14 countries, including seven in Eastern Europe and in the former Soviet Union, where Judaism is being reborn after generations of persecution. Moishe House San Diego has four residents, Natalie Speare, Noah Ben-Aderet, Jonathan Goldstone, and Dovi Kacev, who are committed to creating a comfortable environment and are excited to see the community grow. The house hosts five to seven events every month, which can be found on their Google calendar (http://moishehouse.org/houses_c.asp?HouseID=59) and their Facebook

page (www.facebook.com/mhousesd). The events range in content from surfing and yoga to bone marrow drives and discussions with local rabbis. The most popular events tend to be the bimonthly potluck Shabbat dinners, which average between 30 and 50 attendees.



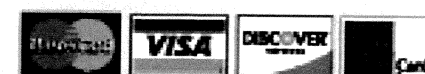
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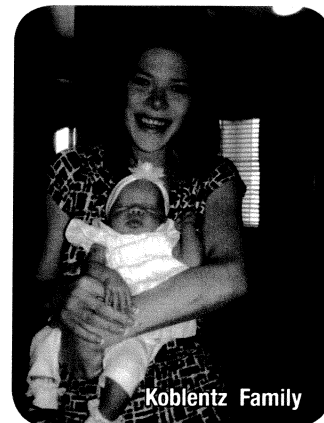
Shalom Baby and The PJ Library, recognized as two vital and successful outreach programs of the Lawrence Family Jewish Community Center, JACOBS FAMILY CAMPUS are thriving in our local Jewish community. "One of the reasons they are so successful," reports Judy Nemzer, Shalom Baby and PJ Library Coordinator, is that we are responding to what first-time Jewish parents have shared in national focus groups and surveys that they wanted to make Jewish friends where they are the most comfortable — a playground, a café, a library, a home. Shalom Baby's very popular playgroups, are one example of how San Diego has responded to this research."

Making these programs more available to North County audiences, a widely diverse and quickly growing Jewish population is of ever increasing importance to the JCC. Judy states, "We are striving to expand these programs into the North County region, increasing overall numbers served both in inland and coastal neighborhoods including Camp Pendleton. We will be developing and offering new Shalom Baby playgroups, programs and activities for babies, children, moms, dads, and families.

To ensure our success in North County, we are pleased and proud to welcome Vivien Dean as the new Assistant Coordinator for North County San Diego. Vivien was born in South Africa and has lived in San Diego for over 30 years. She and her husband Brian have three daughters, all who have been directly involved with Shalom Baby and The PJ Library. "She is a great agent to create community," says Judy, we are thrilled to have her join our team. Vivien's enthusiasm, drive and creativity are only a few of her outstanding qualities that will help benefit Shalom Baby and PJ Library programs tremendously." Vivien has been an active member of the JCC since she was nine. She attended day camps, worked as a counselor, served as the chapter president of the B'nai B'rith youth group and volunteered as a room parent and the Judaic Chair for the Nierman Preschool.

"I feel so at home at the JCC and I want other families to feel that way too!"

A huge thank you to Charlene Seidle, Vice President of Philanthropy of the Jewish Community Foundation of San Diego for working so tirelessly in making our dream come true. Thank you to the Leichtag Family Foundation for their very generous donation and for making all this possible! They have also provided for eleven hundred new children, ages 6 months to 5 ½ years, to become members of the PJ Library. Imagine the excitement on the children's faces when they go to the mailbox and see big white envelopes with their names on them. They love the quality, Jewish, age-appropriate books and music they receive and the parents appreciate these special gifts which transmit Jewish values. Fifteen hundred children, over the past 3 years have benefited from participation in this most amazing opportunity generously funded by



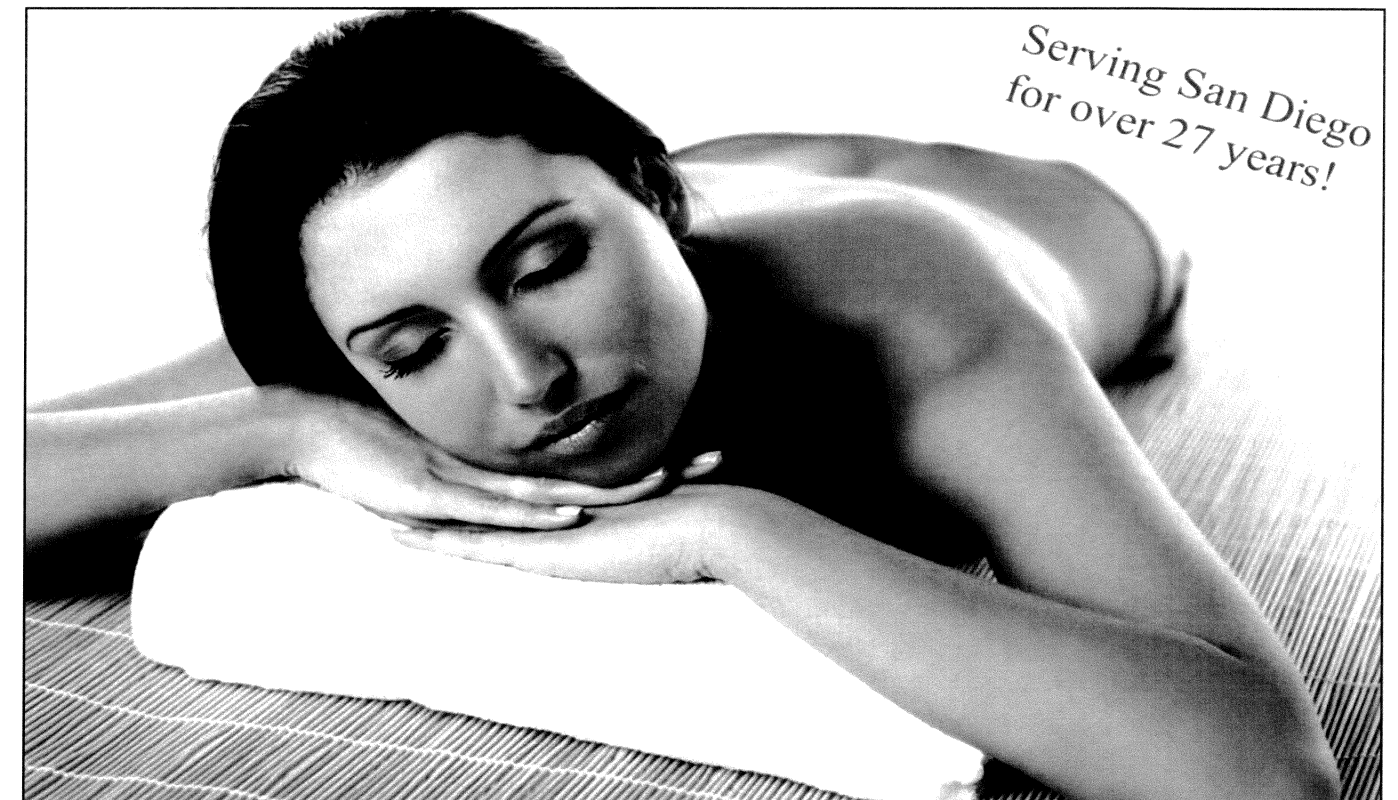
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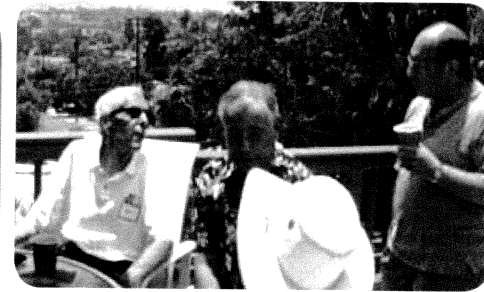
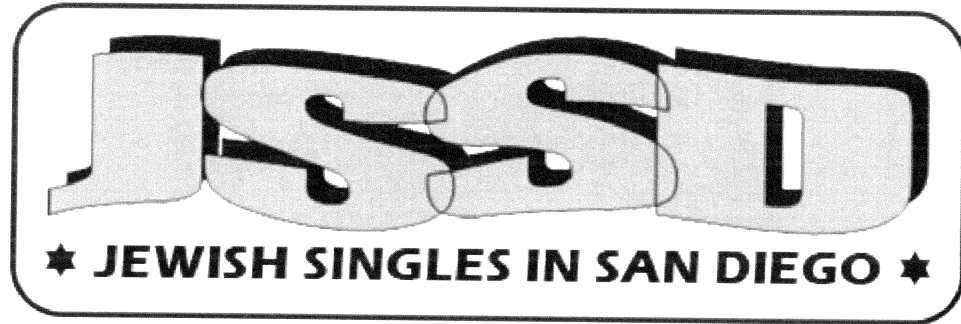


Beauty Kliniek
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Best of Citysearch



Jewish Singles in San Diego is a club for singles in their fifties and sixties. JSSD is not a dating club, but rather a club to socialize, go out with other like-minded singles and have fun. There are currently over 370 JSSD

members on the email list. Our motto is, "You snooze. You lose."

Activities include:

- Walking
- Museums
- Concerts
- Shabbat Dinners
- Travel
- Theater
- Dinner at Restaurants
- Art Galleries
- Jazz Evenings
- Games Evenings
- Movies
- Parties

Dale is taking a hiatus from running JSSD due to pressing family health issues. You may continue to remain in touch with Dale by e-mail at: jsinglessd@gmail.com.

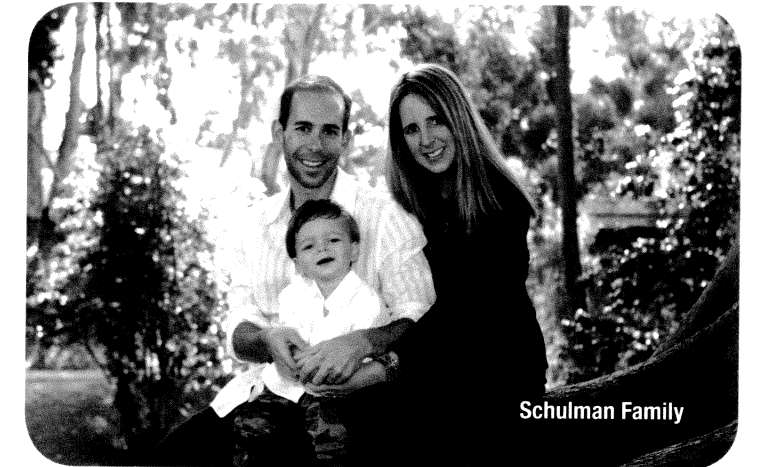


the Viterbi Family Foundation of the Jewish Community Foundation of San Diego.

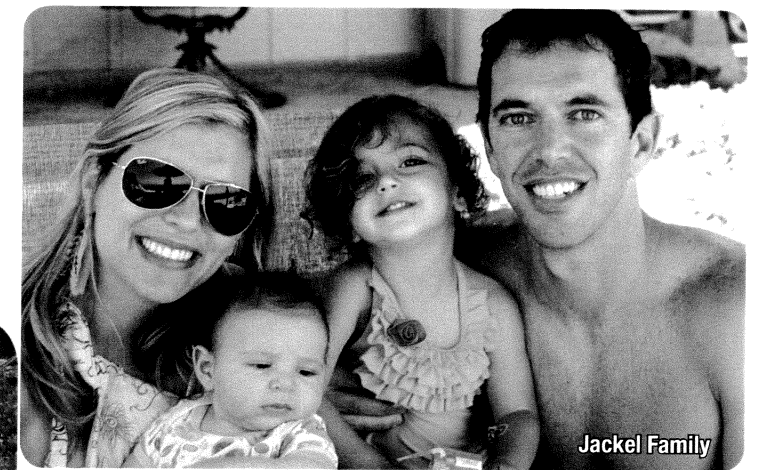
Shalom Baby's success rests on community leaders such as its South African founder, Jean Gaylis as well as our very devoted South African volunteers: Brenda Abelkop, Michele Black, Yael Edelstein, Belinda Feldman, Sharon Friedlander and Tamara Klein. Thank you to all of you, it's people like you that help make a program the success that it is.

Time and time again, the JCC hears from our new North County participants, 'if you bring it, we will come.' "We're coming and we are looking forward to serving the youngest members and their families and make them feel a part of our wonderful great Jewish community in San Diego," Vivien enthusiastically declared.

For more information about Shalom Baby and PJ Library, please contact Judy Nemzer mail to: shalombaby@lfjcc.com or Vivien Dean at shalombabyncounty@lfjcc.com



Schulman Family



Jackel Family



Varon Family



Friedman Family

BE A BIG PAL

Jewish BIGPals matches Jewish adult mentors with Jewish children from single-parent or non-traditional families. Mentors provide friendship, companionship, and life-enriching experiences to the children they mentor, enhancing their growth and development and helping them achieve their full potential. Big Pals support the children in facing life transitions and help them develop positive self-images, new behaviors, and coping skills.

FOR MORE INFORMATION:

http://www.sandiego.networkofcare.org/mh/resource/agencydetail.cfm?pid=JewishBIGPalsforBoysandGirls_61_2_0



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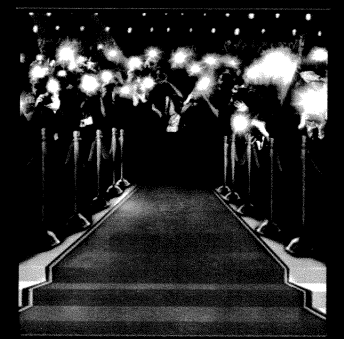
Theatre and Dance



Bar Mitzvahs



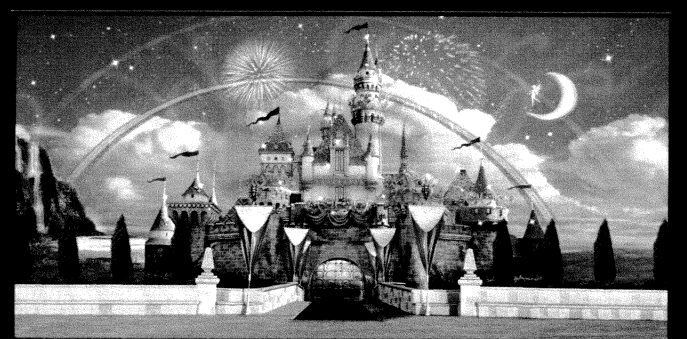
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Trade Shows



Graduations



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