

## PRESIDENT'S MESSAGE

BY PAMELA NATHAN

### *2013 has been a memorable time of change for me.*

Here I am in Israel, for the first time in 18 years, surrounded by both Goldman (my mom's side) and Gladstone (my dad's side) families. What an enriching experience!

As you all know, my dear, dear mom passed away June 6, 2013. To be surrounded by my extended family on both sides, by people who knew and loved my mom, and to be able to share Seckie stories (some I did not even know, as they occurred once I had emigrated from SA) is more than one can ask for at a time when sadness penetrates my soul. It has provided amazing and powerful support - words fail me. I feel truly grateful for the experience.

This trip was 'on hold' for a long time. The anticipated date of departure was scheduled many months ago and it actually turned out to be exactly two days after 'shloshim' when the 30 days of mourning was over!

AS MUCH AS I WAS EXPECTING TO FEEL EXTREMELY UNCOMFORTABLE AND ALIENATED WITHIN AN ISLAMIC GATHERING, I WAS NOT. IT HAS CERTAINLY FORCED ME TO RE-THINK MY BELIEFS AND FIND A TOLERANCE FOR ALL PEOPLE.

First week I spent in Turkey. We happened to arrive in Istanbul on the first day of Ramadan. Our hotel was situated adjacent to the Blue Mosque, right in the middle of the festive celebration. There were thousands of people gathered together, sitting on the lawns, blankets spread out with kids running around just hours before the end of their first fasting day. Some were going to the mosque to pray, all dressed appropriately, others dressed in western attire, nothing close to their traditional garb.

I was impressed by the sense of calm and peace that permeated the environment. I have never witnessed such a large gathering of 'religious' people of any kind. The closest experience I could liken it to was a 'tailgate' party prior to a huge sports event. But

this was different. As much as I was expecting to feel extremely uncomfortable and alienated within an Islamic gathering, I was not. It has certainly forced me to re-think my beliefs and find a tolerance for all people.



Across the river, there were protests going on in Gezi Park – which was almost enough reason to cancel this part of my vacation. I'm so happy I didn't. Curiously enough, it was only through reading local coverage of the situation while there, that I got to understand what was really going on. It reinforced my criticism of international news coverage. They paint the worst scenarios and miss the real issues at hand.

This is the first time the common people in Turk have stood up to the government and forced them to hear their voice. No matter what the outcome, they have already achieved their goal. Many just stood up for the less powerful, not for any political reason. Made me think about 'my other life' in SA during the apartheid regime and made me thankful and grateful for US democracy.

The Reporter magazine has been collated, edited, printed and sent for mailing, all during the time of my vacation. So for those of you who often say to me that SAJAC could not function without me, I'm happy to say that it can! There is no doubt in my mind that our responsible committee members will produce an 'outstanding' magazine, a term my mom often used to express herself. I thank them all for their hard work and devotion to perpetuating SAJAC as an organization that connects us to our roots.

Thanks go to you as well for your genuine support of our organization. We would not be here 26 years later if it wasn't for you.

Happy New Year and well over the fast.  
With love and gratitude.

## EDITORS MESSAGE

BY BRIAN MARKS



Every year I sit here trying to think of something brilliant to say that captures the essence of the SAJAC year and what another magazine means to the community. Well this year, every time I stroked the Buddha's belly or rubbed the Magic genie, one phrase kept jumping out -- continuity.

There is something to be said for a community that endures and throughout the years I have been in San Diego, there has nearly always been a SAJAC.

We forget that SAJAC is how we welcome newcomers, how we assist those that run into tough times. That SAJAC visits the elderly, sponsors events

and unfortunately is the one that informs us when those dearest to us in the community pass on.

At the same time we keep our heritage alive and try and teach those that came after us a little about what came before.

Yes, I believe in continuity. It keeps me grounded and tells me where we have been and where we are going. I like that and this latest Sajac magazine once again presents our community to our community. We have been doing this a long time and I am happy to be a part of the continuing continuity of our community. Enjoy!

## I'VE BECOME "ONE OF THOSE"

by Brian Marks

Ever since I can remember I have always tried not to be "one of those".

You know the type.

The person who always has to give their opinion on everything. The one who is the expert on everything and can never understand why everyone else is so stupid that they cannot see things as clearly as they can. The person who can always do a better job than the coach, the CEO, the talk show host. Even the President of the United States.

“ Well it's all been a total waste of time. As much as I tried, I have become exactly one of those. ”

Let's start with some obvious truths that millions of people refuse to see.

The country with the most guns has the most gun murders. I'm sure there is a connection. We rank 51st in life expectancy behind Guam, Kuwait and Lichtenstein but we have the most expensive healthcare system that 30 million people cannot afford. Shouldn't we be looking at something new? Presidents get way too much credit when things go well and too much blame when they don't. Global warming is a reality and it won't get any better until we actually stop doing

the things that caused it in the first place. And, people and states that are pro life are always the biggest advocates for the death penalty.

And that brings me to a whole bunch of things that I know are true.

Anyone should be able to marry anyone they choose. No one should care what Kim Kardashian is wearing and the TSA can do anything they want to make sure that there are no bombs on my plane. The designated hitter is a travesty and no one under par should win the US open. Reality television is the beginning of the end of civilization and everyone who uses the term good instead of well should be ordered into remedial English.

Kate Middleton's baby should be Kate Middleton's business, but everyone should be in favor of the British monarchy. Iron Maiden is definitely the best band in the world and the stalemate in Washington is the fault of the Republicans. Talk show hosts have the best job in the world and movie sequels should be permanently banned. Tiger Woods played better golf when he was sleeping around and since more people die from texting while driving than DUI, we should fine the offenders accordingly. A Law and Order marathon is the best way to spend a rainy Sunday,

and everyone must agree that Barry Manilow has had enough plastic surgery and that every male country singer looks and sounds the same. In addition, San Diego should be five degrees warmer in the summer time and the Aztecs should have better athletic teams.

And then there are those things that will never happen in my lifetime.

The Israeli-Palestinian conflict will not be solved, and we will not balance the budget. The Padres will not win the world-series and we won't take a bullet train to Los Angeles. We will not resolve the abortion issue and will not stop radical Islam from terrorizing the world. Star athletes will always drive under the influence and soccer will never become a major sport. In addition we will never stop people crossing our borders in search of a better life and politicians will never remember that service is more important than re-election.

Yup. Some things are just too obvious. But knowing everything and understanding everything is a terrible burden. It's a lonely job, but someone has to do it.



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## Newcomers CORNER



Reggie Lazarow

I have been in San Diego for just one year and I am loving it. Of course I do have pet loves and also pet hates. But these are universal. On the loving side is the charm and courtesy of fellow San Diegans. It is not always easy to understand the Americans but I guess maybe they always smile so as to hide the fact that they don't understand me!!

Also on the loving side is the delivery service. Things are just left outside the door for one to collect at will. Can you imagine doing that in SA? Not only would the parcel be missing, but probably half one's household too, along with anyone who had the unfortunate mission of interrupting the burglar while he was jimmying open the windows.

On the negative side, everything is sooooo sweet!! Or is it just me? Of course this is the universal part - pill. Containers that have to be pressed down and turned

right!! I miss boerewos and braais. I miss waking up to a ball of orange sunrise and a flame of disappearing sun at eventide I even miss the animated click-clucking of what sounds like a tribal fight and then the raucous laughter and one realized it is only a 2-sided conversation - not on opposite sides of the street but between 2 people walking just underneath my window.

As an ex-Joey all my life and then moving to beachfront Sea Point flat. I miss the hazards of Joeys and the laissez faire attitude of Cape Town. My cousin calls it "the insular Peninsula"

Oh yes, the wonderful phone service and TV - Couldn't find channel for Wimbledon yesterday so phoned Time Warner, and after much negotiating and a blank screen I was put through to a most charming young, Chinese-sounding consultant. She said she was from the Philippines and so the actual call was taken by my savior in the PHILIPPINES. Only in America!!

Eliza Molk



illustration by matt dawson

My name is Eliza Molk, I'm 23 and currently live in Phoenix, Arizona and just graduated from the University of Arizona down in Tucson. I moved to San Diego in mid-August to start law school at USD.

I reached out to SAJAC for many reasons. First off, my dad, Alan Molk,

is South African... He is from a very small town called Heilbron, but he went to medical school at Wits in Joberg. He is currently an emergency room doctor in Phoenix.

I have grown up just LOVING the South African Jews- what can I say, there is something about you guys! You

guys all seem to be so kind, funny, and welcoming. We still have a ton of family in Joberg, Glenhazel and Cape Town... We just went to visit them in May for nearly 3 weeks.

I look forward to connecting with you guys!



Rijon Charne

My name is Rijon and you pronounce it like Dijon mustard with an R. I am a 24 yr old female. Eliza Molk was the one who told me about SAJAC. We are actually thinking of living together for law school.

I have been living with my family in Dallas. I went to undergrad at the University of Texas at Austin. My parents are Michael and Suzette Charne. My mother's maiden name was Suzette Flax. We lived in Sandown, Johannesburg.

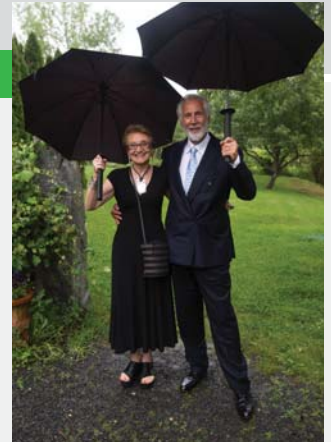
I am so excited to be attending Law School in San Diego. It is like a perfect combination of Cape Town and Sydney, 2 of my favorite places.

## Reena &amp; Jeffrey Racki

Reena and Jeffrey Racki are lucky enough to have recently purchased a very teeny, but beautiful, light- filled courtyard house in La Jolla by renowned architect Rudolph Schindler.

Its called El Pueblo Ribera at 246 Gravilla Street. We are now bi-coastal, living both here and in Washington DC.

Jeffrey, though recently retired from the World Bank is still an active consultant. Reena is still actively practicing architecture specializing in residential architecture and interior design. They have one daughter named Lisa. She is a postdoc at CalTech in biochemistry. Lisa often comes down to their house on weekends to relax in La Jolla.



© Rosalie O'Connor Photography



## Lesley and Roy Davis

Lesley and Roy are delighted to have relocated to San Diego from Phoenix, Arizona. Roy (King David High School/Wits medical school) recently retired as a pathologist in Phoenix where he practiced for 35 years. He lived in Boston before that having immigrated in 1974. He has two beautiful daughters, Kim (married to Matt Senreich) and Shani (married to Kenny Zuckerman) and four stunning grand children all living in Los Angeles. He is enjoying his recent retirement. Lesley (formerly Abelson) lived in San Diego before meeting Roy in 1995. She is happy to be back. Her gorgeous children Jason Abelson (recently engaged to Leahna Berry) and Simone Abelson live in San Diego. Lesley practiced family law and now plays bridge at tournaments around the country. Any bridge partners out there? Lesley is active with ADL on the local and national level. She and Roy are exploring retired life together and are thrilled to discover the many diverse opportunities San Diego has to offer.

## events

### *Seeds of Resiliency*

DIRECTED AND PRODUCED BY SUSAN POLIS  
SCHUTZ AND EDITED BY BRET GRANATO



Seeds of Resiliency, was directed and produced by Susan Polis Schutz and Edited by Bret Granato helps us to understand that our darkest moments can contain a shining light.

The film introduces us to twelve diverse people who have survived tragedies and challenges by having great hope and helping others.

We meet a young boy who is in the Guinness book of records for performing flips in his wheelchair; a man who escaped war-torn Uganda and now assists other refugees; a Korean professor who recently became a quadriplegic, but does not consider himself unfortunate; and a survivor of the Holocaust, our very own expat, Fanny Krasner Leibowitz who believes that "the worst can bring out the best in us." Fanny and her family were in the audience of the premiere showing on March 28th, 2012. SAJAC representatives were honored to be invited to the showing that was later open for public viewing on KPBS. It made us feel very proud.

In the filmmaker's unique style, these uplifting portraits are told without the intrusion of a narrator. You will feel as if you are sitting in the same room with these people as they inspire and teach us to draw out the resilience within ourselves. It really inspires and teaches us to draw out the resilience within ourselves.

If you haven't seen the  
documentary it's well  
worth while

### The Chesed Home Project.



*Our Annual General Meeting took place on Tuesday, January 22nd, 2013 at 6.30 p.m.*

Fern Siegel was our guest speaker. The topic of her presentation was: The Chesed Home Project.

Fern Siegel, organizer of Hope Village spoke on their Chesed Home project, a home of loving kindness, for adults living with a mental illness. Fern is a past president of Jewish Family Service and Temple Emanu-El, and is co chair of the mental health committee of JFS. Her passion is helping these adults and their families by providing a safe, nurturing, and supportive environment. She shared information about the development of Chesed Home and why there is such a need for it in our Jewish community.

You may visit their website [www.chesedhome.org](http://www.chesedhome.org) to learn more.

Guess where?

## events

### “Standing Together with Israel”

SAJAC community attended the event “Standing Together with Israel” at the Museum of Contemporary Art La Jolla hosted by “Pray for the Peace of Israel.” Audrey Jacobs said farewell to all her friends and supporters as director of Stand With Us and together with her dear friend and colleague Brett “Bird” Matson, a powerful Christian Zionist leader, they combined with major Christian and Jewish leaders to stand with Israel and thank her, Audrey Jacobs, and StandWithUs for their continued efforts.

Audrey Jacobs wrote:

Changing Roles with StandWithUs...  
Dear Friends, As you know strengthening Israel is in my heart. In 2010 Michael Lurie and I founded the San Diego Israel Coalition to empower the San Diego community to stand with Israel in the community, support students on campus and tell Israel's remarkable story. We were blessed to find the powerful global Israel education organization, StandWithUs, who took in our members



and guided us to build an amazing, thriving chapter in San Diego.

**I am deeply committed to StandWithUs and its mission, and will continue to be however I have a unique opportunity to further help Israel in an incredible way.**

This spring I will join renowned Israeli entrepreneur and venture capitalist Jonathan Medved in his new Israel-based venture, OurCrowd, a crowdfunding-VC company that enables a accredited investors to invest in Israeli startups. My new role will be Vice President of Investor Relations/Americas working from a base in San Diego supporting investors from Canada to South America.

Though I will be leaving the role as director, I will be enthusiastically joining StandWithUs San Diego as a board member. In the mean time, I will be working very closely with the board and the search committee on managing the transition and training a new director.

I am deeply grateful for my staff, board and every donor, volunteer, colleague and member who have helped create this amazing foundation for the StandWithUs San Diego chapter. Together we have empowered thousands of people to stand with Israel on campus, in the community and in the media. I am firmly committed to work with StandWithUs to continue our productivity and momentum.

Jonathan Medved's is a legendary Zionist, Israel advocate and generous philanthropist who is a long time supporter of StandWithUs. Though OurCrowd, as part of its corporate responsibility program, Jonathan will be designating StandWithUs as one of its company's non profits beneficiaries. In this way, I will always be looking after the health of StandWithUs, the premier global Israel Advocacy and educational organization, telling Israel's story throughout the world.

Thank you for your support of StandWithUs and for standing with Israel.

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Shalom Baby and PJ Library, programs of the Lawrence Family Jewish Community Center, are thriving in San Diego!

## Shalom baby Turns 12

Vivien Dean, Shalom Baby North County Coordinator, is thrilled to share that the expansion into North County is flourishing. The success of these programs is made possible by very generous donations from the Leichtag Foundation and the Viterbi Family Foundation of the Jewish Community Foundation of San Diego. Community leader, Charlene Seidle, the Jewish Community Foundation's Vice President of Philanthropy, has been a huge supporter of these outreach programs to Jewish and intermarried families with newborns through 7 year olds. This ensures that the entire county is served.

North County families are appreciative that there is a stronger Jewish presence fostering outreach, social, educational, and cultural programming in areas such as Encinitas, San Marcos, and Carlsbad.

In the following letter, Lee Gouldner validates the success and growth of yiddishkeit in North County: "This is a thank you and also a shout out to the Leichtag Foundation. I wanted to thank all of you for your time, generosity and unbelievable programming that my girls have had an opportunity to experience advantage in North County since my twin girls were born almost 3 years ago.

"As a single Jewish mom, raising twins it is exciting. Finding a way for them to embrace their Jewish heritage and bring them up to understand what it means to be Jewish and participate in Jewish customs and festivals was very daunting to me. I don't live in a particularly Jewish neighborhood, and I don't have a Jewish social network here .

"Your programs at the PJ library, the baby book club, the Oceanside Story Time, and the numerous events you put on around North County have been a game changer for me. Besides giving us amazing books to sing and read, you gave me the courage to start to introduce Shabbat in our household. We light the candles and say the prayers and drink purple juice. On Friday night, Sasha said the prayer on-her-own. I was amazed.

"We play Jewish songs in our car, and the PJ library offerings are our favorites. When my kids request Hallelujah or Baruch Havdalah, I feel proud, thankful and hopeful that they will embrace their heritage as much as I do.

"I have started to feel connected to the Jewish community within San Diego and that is so cool. I no longer feel intimidated and fee that I now have a game plan on how to bring my kids up as practicing Jews without being overwhelmed .

"Thanks is a very small word, but you have changed three lives. The saying goes , "change a life and you will change the world". You have.

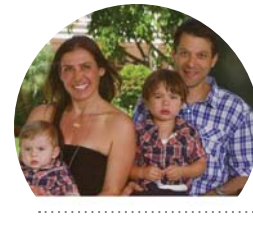
Judy Nemzer, Shalom Baby and PJ Library Coordinator, shared that she receives letters of thanks and appreciation like this on a regular basis. A special "thank you" to our devoted South African volunteers: Brenda Abelkop, Michelle Black, Yael Edelstein, Belinda Feldman, Sharon Friedlander, Tamara Klein and Karen Wolmer for making such a huge contribution to our Shalom Baby program.

Many of my play-  
group buddies are now  
my best friends.

Lindy, Matt and  
Louis Rinkey



Jayde, Oran and  
Mika Elmaleh



Gina, Ryan, Jaden  
and Asher Goldstein



Daniella, Larry and  
Maya Hofreiter



Shaloha, Gary  
and Ayelet Aires

To find out how you, your children, or your grandchildren can participate in Shalom Baby/PJ Library classes, events, activities, special holiday programs or receive a beautiful, FREE, high quality book with Jewish content each month from PJ Library, please contact:  
**Judy Nemzer at [shalombaby@lfjcc.com](mailto:shalombaby@lfjcc.com) or Vivien Dean at [shalombabycounty@lfjcc.com](mailto:shalombabycounty@lfjcc.com).**

## ZIMBABWE'S WORLDWIDE COMMUNITY CAN NOW VISIT TOMBSTONES ON-LINE

BY DAVE BLOOM

The Zimbabwe and Zambian Jewish communities have launched a web site that aims to celebrate over 114 years of Jewish Communities in Zimbabwe and Zambia and help record the history and details of a unique period for the benefit of both current and future generations. It also allows Zimbabwe ex-pats to visit the tombstones of their loved ones on-line.

From a peak of some 7,500 Jews in the early 1970s - the total Zimbabwe Jewish community in 2008 is approximately 200 souls (from 294 in 2005). This is the story of once vibrant communities that settled for many different reasons in what was originally Rhodesia - later to become Zimbabwe as well as Northern Rhodesia - later to become Zambia.

**Time however, is of the essence as the numbers of those that can "tell the story" and the remaining community dwindles.**

The initial tasks will be to collect data on the Jewish cemeteries in Zimbabwe, marriage records, synagogue

records and other community records. It is also intended to have every Tombstone photographed, in all the Cemeteries of Harare, Bulawayo and the smaller towns. The cemeteries in Bulawayo, Harare, Harare Warren Hills, Kadoma and Kwe Kwe are already on-line.

Much of the other work will be done voluntarily. Donations and contributions of material from interested people to help both fund the cost of these activities and enrich the content for the benefit of future generations are most welcome.

This site aims to become the central repository of digitized archives for the Zimbabwe Jewish Community for genealogical and other research.

IF YOU CAN HELP PLEASE CONTACT US BY  
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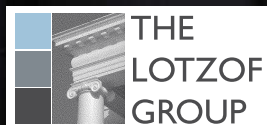
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# This Is Our Home



by Nicole Bernstein

We moved around a lot when I was a kid. And by a lot, I mean 14 different times: 14 towns, with 14 new schools in 14 years.

We weren't military, but we did live the same kind of nomadic lifestyle thanks to my dad's job as contract engineer.

The monotony and isolation of having to migrate once a year was not something I really understood as a child. But there was one silver lining – the one constant we had growing up – the one thing we could always count on.

Our yearly trips back home to Israel for the summer.

I use the word home to describe Israel because that's what it was for us - my parents immigrated to America from Israel in 1971 (well before I was born), and even though my dad's career was in the USA, our extended family was in Israel.

We would stuff our suitcases full of gifts from America and board a string of flights that would, after many hours of traveling, bring us back home to Israel for the summer.

## I remember the butterflies in my stomach as we boarded our final international leg headed for Ben Gurion Airport.

How each time we landed on Israeli soil, the other passengers, with tears in their eyes, would burst into spontaneous cheers and clapping, and faint traces of "shalom aleichem" could be heard from the far corners of the plane.

I remember that the air smelled different in Israel. Distinct. It was dusty there, very busy and exciting, and loud.

And the heat was intense – I remember feeling the sweat dripping down the back of my knee as my uncle worked out how to load six overstuffed suitcases into a 1983 Renault.

Everything about Israel amazed and excited us. The best part was always being outside with our cousins and all their friends. There were kids everywhere! Riding bikes, going to the beach, in parks with soccer balls, and even just running around in the grass playing tag – Israel was the best place ever.

It was a simpler time, filled with trips to the chof yam (beach),

hikes and tiyulim (trips) to hidden waterfalls in the Galilee with my cousins. Daylong picnics along the shores of the Kineret, where my uncles would play sheshbesh (backgammon) in green foldout chairs, and the kids would eat soft pitas stuffed with homemade schnitzel, hummus and sliced tomatoes for lunch.

To me, this was home.

To everyone else in the world in the 80's, it was the modern State of Israel. It was a young, vibrant nation of people who had survived exile, the diaspora, the holocaust, wars and unspeakable hardships to somehow reunite in their ancestral home, against impossible odds.

It was championed by many nations as a place where miracles happen, and it was a source of pride for Jews all over the world.

It was a nation that had defended itself bravely over and over and over again when attacked, and then readily offered to return the precious and scarce land it so desperately needed in exchange for something even more precious: peace.

It was a nation that had proven to the world that the desire to survive, to live and prosper, to grow and succeed, to protect your country, and to give your children a safe and secure future was more important than anything in the world.

*Fast-forward to 2013.*

The UN has passed more resolutions condemning Israel than any other country in the world. More than Iran, Iraq, North Korea, the Sudan, Syria and Pakistan combined..

Anti-Israel sentiment and anti-Jewish rhetoric is considered mainstream, and legitimate.

On college campuses across America, especially in California, organized anti-Israel, (and by extension anti-Jewish) lobby groups are calling for, and successfully voting in bills that outline Boycott, Divestment and Sanctions (BDS) policies against Israel, and companies that do business with Israel.

What if those anti-Israel lobbyists succeed, and what if Israel ceases to be. What will be the consequence?

First, it is the only democratic nation in the Middle East. Israel is America's only true ally in a sea of anti-American Islamist fundamentalism and jihadists.

But the loss would go much deeper than that.

Boycotting Israel means boycotting 65 years of the world's most amazing breakthroughs in the medicine, science, technology, sustainable energy, power, and agriculture.

Israel isn't just my home, it's also home to some of the world's most influential and life-saving inventions that help people all over the world beat cancer, survive heart attacks, operate

## THIS IS OUR HOME (CONTINUED)

Israel isn't just my home, it's also home to some of the world's most influential and life-saving inventions that help people all over the world beat cancer, survive heart attacks, operate cellular technology, run laptops, access voice mail, and ease the symptoms of Parkinson's disease. They irrigate drought afflicted deserts, fight famine with new ways to grow wheat and corn and help feed millions of starving people.

### Anti-Israel sentiment and anti-Jewish rhetoric is considered mainstream, and legitimate.

When a natural disaster strikes, Israel's experts in trauma, medicine and humanitarian relief are always the first responders, pulling survivors from the rubble of earthquakes and saving lives after hurricanes, tsunamis, and tornados. When the Boston Terror attack shocked the world, American authorities relied on Israeli technology and Israeli anti-terrorists experts to close in on the culprits and bring justice to the victims.

Would any of that exist if Israel didn't exist?

The idea is incomprehensible for me. But the destruction of the State and the people of Israel is the one and only goal of the anti-Israel movement. It is the one thing we can never allow to happen. Not ever.

After years of vacationing and living in Israel, I have decided to actively do something about it; and in June I became the San Diego regional director for StandWithUs, a global non-profit organization

working towards educating the public about the true face, soul and spirit of Israel.

We are committed to being on college campuses and in our local communities across the country – to denounce the hate rhetoric and promote a peaceful coexistence. We work to highlight Israel and to promote its successes, to showcase Israel's immense contribution to the future of this world and to teach younger generations what Israel is really all about.



I invite and welcome you to join StandWithUs at our events and see how your involvement can help stop the call for the destruction of Israel. Help support a peaceful future so that we really can live in a better, safer world.

To get involved with StandWithUs or support its efforts, email: [nicoleb@standwithus.com](mailto:nicoleb@standwithus.com) or call 858-202-1818



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I grew up in the exquisite natural setting of the The 'Bowl of Cape Town' between the Mountain and the sea in sunny South Africa. Here on the slopes of Table Mountain our home faced north and we were always enveloped by a superabundance of natural light and surrounded by beautiful mountains, with views of Table Bay and an easily accessible, compact historic city center with pedestrian friendly, small scaled streets.

I landed up as a post-grad student of architecture and city planning at the Massachusetts Institute of Technology and was cross registered at both Harvard and MIT. Though the academics were absolutely extraordinary (I got a profound architectural education taught by famous architects and urbanists), I very soon experienced the winter blues. During the very long white-out blizzards of Boston, I longed for clear crisp sunlight and all things green. Everything living seemed to have died out completely during the long and very dark winters.

I have always been interested in how our environment and our homes and buildings affect our mood, particularly with regard to their quality of light and form. I read one of Sir Winston Churchill's speeches in which he aptly said, "We shape our buildings, and afterwards our buildings shape us". This resonated deeply with me.

When I came to Washington DC and was introduced to Norman Rosenthal's work at NIH, I was fascinated with his pioneering research into seasonal affective disorder ( SAD), and the effect that a lack of light had on our mood during the winter months. Rosenthal also pioneered the use of artificial light as a substitute for daylight.

One of the prime motivating design strategies I have developed as an architect is to connect people to the free resources of natural light and the beauty of the natural environment. I am using a few distinctly different projects I designed to illustrate these concepts.



The first, recently featured in the Washington Post, is the gut remodeling of a late 19th century row house in Adams Morgan in downtown Washington, DC. In a row house or townhouse, the windows and outside spaces are limited to the ends of the house. My strategy was to empty out some of the intruding interior walls that blocked the daylight and views. I took a very dark and cramped space and in a very simple Zen way...emptied it of all extraneous elements opening it to the south light and enhanced a small rear lovely courtyard with its single tree.

"The house was very long and dark," says Racki, whose D.C. office is in the Chevy Chase Arcade. "An addition would have made it even longer and darker. We decided to strategically erase walls to open the space to light."





The third is a house I designed in Alexandria Virginia on a large and very beautiful site with mature trees in a neighborhood of low scaled houses. There was a small existing stone building to which I added 5 small buildings each with special views of the trees and natural light.

The final project is a unique site with 180 degree water views on a tributary of the Chesapeake Bay. This project utilized an extraordinary palette of light, water and trees There is a serenity ,peace and calmness that is all pervasive here.



The second is a house in Cleveland Park, DC. The homeowner, a Museum Director, said that the remodeling and additions have basically transformed the way he lives, and that even the delivery people comment on how pleasant sit is to visit his home.

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*Sir Winston Churchill*



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# PRESIDENT OBAMA CHALLENGES SOUTH AFRICA ON RECENT PRESIDENTIAL TRIP

.....  
Brian Marks



President Barack Obama challenged young Africans to shore up progress on the continent that rests on a “fragile foundation,” summoning them to fulfill South Africa’s beloved former leader Nelson Mandela’s vision of equality and opportunity.

The president’s remarks at the University of Cape Town capped an emotional day that included a visit to the Robben Island prison where Mandela spent 18 of his 27 years in prison. The 94-year-old anti-apartheid hero has been hospitalized for weeks, with his deteriorating condition serving as both a distraction and an inspiration to Obama throughout his weeklong trip to Africa.

“Nelson Mandela showed us that one man’s courage can move the world,” Obama said, flanked by a diverse group of young people during his evening speech.

In deeply personal remarks, the U.S. president spoke of standing in Mandela’s cramped prison cell Sunday with his two young daughters, Malia and Sasha.

“Seeing them stand within the walls that once surrounded Nelson Mandela, I knew this was an experience they would never forget,” he said. “I knew they now appreciated a little bit more that Madiba and other had made for freedom,” Obama added, referring to Mandela by his clan name.

Obama address came nearly 50 years after

Robert F. Kennedy delivered his famous “Ripple of Hope” speech at the same university, an address that Obama aides said helped inspire the president’s remarks. Kennedy’s speech, delivered soon after Mandela was sentenced to prison, called on young people to launch a fight against injustice, creating ripples of hope that would “build a current which can sweep down the mightiest walls of oppression and resistance.”

## The emotional centerpiece of Obama’s day was his visit to Robben Island.

Laying out his own vision for development on the continent where his father was born, Obama said the U.S. seeks “a partnership that empowers Africans to access greater opportunity in their own lives.” much of the responsibility for finishing the work started by Mandela and his contemporaries. “Ultimately I believe Africans should make up their own minds about what serves African interests,” he said. “We trust your judgment, the judgment of ordinary people. We believe that when you control your destiny, if you got a handle on your governments then governments will promote freedom and opportunity, because that will serve you.”

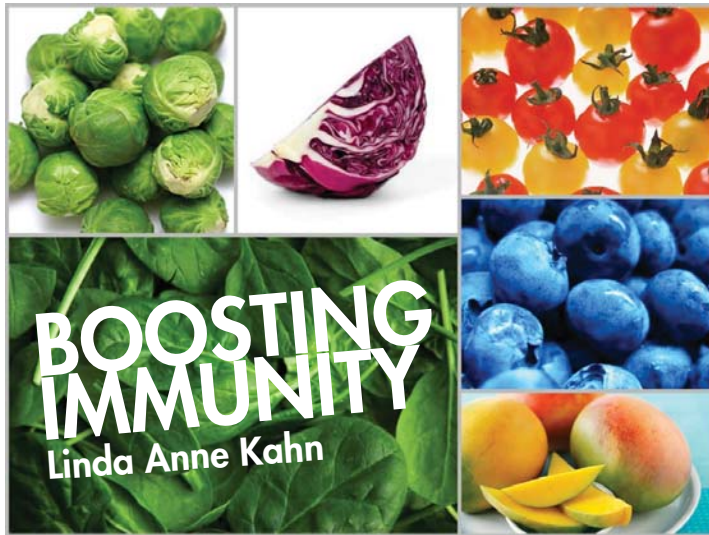
Despite his focus on building an Africa that can rely on itself, Obama also said the United

States would make no apologies for backing efforts to stand up for human dignity on the continent. As long as parts of Africa are ravaged by war, he said, democracy and economic opportunity can’t take hold.

The emotional centerpiece of Obama’s day was his visit to Robben Island. He was guided on his tour by 83-year-old South African politician Ahmed Kathrada, who was held at the prison for nearly two decades and guided Obama on his 2006 visit to the prison as a U.S. senator.

“On behalf of our family, we’re deeply humbled to stand where men of such courage faced down injustice and refused to yield. The world is grateful for the heroes of Robben Island, who remind us that no shackles or cells can match the strength of the human spirit,” Obama wrote in the guest book in the prison courtyard, his U.S. Secret Service agents standing watch in the old guard tower above.

Under sunshine and clear, blue skies, Obama, first lady Michelle Obama and daughters Malia and Sasha took in the expansive view of the quarry, a huge crater with views of the rusty guard tower from where Mandela was watched. Obama commented on the “hard labor” Mandela endured and asked Kathrada to remind his daughters how long Mandela was in prison.



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every week, take a walk in nature, exercise daily, listen to tranquil music, laugh more and be totally present to your life.

Eat a diet that is rich in a variety of vegetables (including green leafy ones), fresh fruits, whole grains, beans, nuts, and seeds as these all contain nutrients that can boost immunity .

**Eckart Tolle wrote: “All you really need to do is accept this moment fully. You are then at ease in the here and now and at ease with yourself.”**

Include in your diet: Cruciferous vegetables (broccoli, cabbage, bok choy, collard greens, kale, cauliflower, daikon, mustard greens) as well as sulfur (SH) rich vegetables such as onions and garlic, as these increase levels of glutathione. Glutathione is an important antioxidant, and helps the immune system fight infections and prevent cancer. It is also a powerful detoxifier that eliminates carcinogens. Poor diet, pollution, toxins , medications, stress, trauma, aging, infections and radiation all deplete glutathione levels in the body. Glutathione is a powerful antioxidant vital to many functions in the body including liver and brain function Other glutathione-rich foods are asparagus, spinach, avocado, squash, melons, grapefruit and peaches.

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.....  
*Linda-Anne Kahn helps people achieve balance of the body, mind and spirit. She is a certified Manual Lymph Drainage Therapist and Nationally certified Lymphedema Specialist and Clinical Aromatherapist.*



**T**he long-term activation of the stress-response system — and the subsequent overexposure to cortisol and other stress hormones — can disrupt almost all your body’s processes. This puts you at increased risk of numerous health problems, including, heart disease, diabetes, depression, digestive issues and more.

Stressful events are a fact of life. You may not be able to change your current situation, but you can take steps to manage the impact that these events have on you. You can learn to identify what stresses you out. You can learn how to take control of some stress-inducing circumstances, and take care of yourself physically and emotionally in the face of these stressful situations. Stress lowers your resistance and makes you more vulnerable to illness and disease. Prolonged stress lower immunity and affects your health.

Steps you can take to improve immune system function. The first goal is to take a look at your lifestyle. See if there is anything that may be interfering with your body’s ability to fend off illness:

- Chronic or severe stress
- Excessive consumption of alcohol
- Exposure to environmental toxins
- Cigarette smoke
- Lack of exercise
- Poor sleep quality
- Repressed dissatisfaction, anger or rage

Stress suppresses immunity by stimulating the sympathetic nervous system. This is a part of the autonomic nervous system that is responsible for the fight-or-flight response. It is essential to try to reduce the amount of stress in your life, for a properly functioning immune system.

The basic strategy for stress reduction is to find positive, relaxing ways of releasing excess tension and help your autonomic nervous system function under parasympathetic control. Have a lymphatic massage

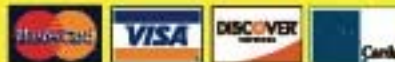
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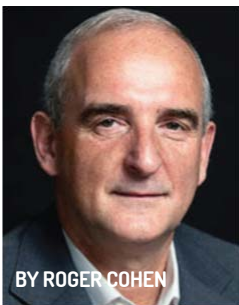


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# dreaming of Mandela



BY ROGER COHEN

(Reprinted courtesy of New York Times)

**LONDON** — The South African living for my family was easy. The staff changed the nappies. The houseboys brought the braziers

to the right glow for the braai. Two gardeners were employed, one for the roses and one for the rest. When dinner ended the bell was rung, either by hand or by pressure of the foot on a buzzer beneath the carpet. A black servant would appear dressed in a white outfit. My grandfather, Laurie Adler, and his friends donned their whites for Sunday lunch, preceded by a cocktail of “gin and two” (one third gin, one third Cinzano Bianco, one third Cinzano Rosso and “and full to the brim with ice”), before ambling off to play bowls.

At picnics on Table Mountain, a beret on his head, socks pulled up almost to his knee, Laurie would plunge a knife into the pale green watermelons, making a series of incisions before, with a flourish, allowing the succulent fruit to fall open in oozing red bloom. We feasted and left a trail of eggshells and bitten-out watermelon rind.

And on Robben Island, without watch or clock, Mandela maps time on the wall of his cell.

A particularity of the apartheid system was that blacks were kept at a distance except in the most intimate of settings, the home. They cooked and cleared away; they washed and darned and dusted; and they coddled white children. After the Shabbat meal on Friday night guests might leave some small token of appreciation on the kitchen counter (“Shame, I don’t have much change”) or slip a few rand into a calloused black hand.

Elsewhere lay the Africa of the Africans — the natives as they were often called — the distant

townships of dust and dirt where water was drawn from a communal spigot, and homes consisted of a single room, and clothes were patched together from scraps of passed-down fabric, and the alleys were full of the stale stench of urine. I could smell the hardship in the sweat of the houseboys and see it in the yellowish tint of their eyes.

And on Robben Island, Mandela records on a South African Tourism desk calendar the humiliations inflicted by white prison warders.

A relative told me his first political memory from the early 1950s was of a great tide of black walkers streaming from Alexandra township — “like the Jews leaving Egypt,” he said, but of course no liberation awaited. The blacks were protesting against a one-penny hike in bus fares. Moenie worry nie, Laurie always insisted — don’t worry. He had been born in South Africa in 1899, my grandmother Flossie in 1900. They should know.

-- >

## FIVE REASONS TO LOOK INTO PRE-NEED JEWISH BURIAL ARRANGEMENTS



**1** PREVENTS ADDITIONAL EMOTIONAL STRAIN TO FAMILY MEMBERS.

**2** THE TALMUD GUARANTEES "ONE WHO PREPARES HIS / HER KOSHER BURIAL IN GOOD HEALTH IS REWARDED WITH LONG LIFE."

**3** SIGNIFICANT MONETARY SAVINGS OVER AT-NEED BURIAL COSTS

**4** SAN DIEGO BURIAL PLOTS HAVE INCREASED ON AVERAGE 7.5% ANNUALLY OVER THE PAST SEVEN YEARS.

**5** THE ABILITY TO CREATE FAMILY OR SPOUSAL PLOTS

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**For more information, contact Rabbi Yisroel Dinerman at 619.788.7272 or ydinerman@chasd.org**

South Africa was as good a place as any for a Jew to live in the 20th century. A friend of the family let slip a sentiment widely felt but seldom articulated: "Thank God for the blacks. If not for them it would be us." Jews on the whole kept their heads down; better just to keep stumm. Flossie voted for Helen Suzman's anti-apartheid

aware of the corpse-filled ditches of the Europe they had fled, the knowledge of the 69 blacks cut down at Sharpeville in 1960 was discomfiting. But this was not genocide, after all. Most, with conspicuous exceptions (more proportionately among Jews than any other white South Africans), looked away.

even a life sentence can condemn a man to abandon the mastery of his soul.

I have been dreaming of Mandela. An old idea: He who touches one human being touches all humanity. I have been murmuring his name: He broke the cycle of conflict by placing the future above the past, humanity above vengeance.

**"Thank God for the blacks. If not for them it would be us."**

Progressive Party and then prayed the National Party remained in power. She was not alone in such genteel hypocrisy.

And on Robben Island, Mandela cultivates not hatred — that would be too easy for the whites — but the power of patience and perseverance.

The blacks were a form of protection. If you are busy persecuting tens of millions of blacks you do not have much time left over for tens of thousands of Jews. For South African Jews,

Why think of a black man in a cell for his just beliefs when you could gaze at the canopy of purple-blue jacaranda blossom over the avenues of Johannesburg? Everything seemed untroubled, unless you caught a glimpse of ragged black men being herded into police vans. Then a cousin might say, "I suppose they don't have their passes. Enjoy the swimming pools, next year they will be red with blood."

And on Robben Island, Mandela learns that not

He reminded us of what is most precious in Jewish ethics: What is hateful to yourself, do not do to your fellow man — or, as the Mosaic book says many times, you are to treat the stranger well for "you were a stranger in a strange land." Repair the world. Be a light unto nations.

The truth is we did not deserve him. We could not even imagine him. But, as I learned young in South Africa, the human spirit can avert even inevitable catastrophe.

# Thoughts of Rosh Hashana

BY RABBI ZALMAN CARLEBACH



With the new year just around the corner, this is a time for reflection and renewal, How we spend our money is usually a pretty good barometer of where our priorities lie. And this applies equally whether the money is plentiful or scarce.

After the birth of Yitzchak, his half-brother Ishmael behaves threateningly towards him and Sarah finds it necessary to ask Avraham to banish Ishmael from the family home. Together with his mother, Hagar, they wander the desert. Soon they run out of water.

And the water in the leather flask was finished and she cast off the boy beneath one of the bushes. (Genesis 21:15)

So let me ask you what would be called a typical klotz kasha, or a seemingly obvious but, nonetheless, stupid question. If the flask is empty, why throw away the child? Throw away the empty flask!

It would appear then that when our food supply is depleted and finance is in short supply, the first ones to suffer may be our children. The bank balance is low? How can we even think of a Jewish Day School education? The tuition fees are so expensive. Instead of denying ourselves creature comforts we deem non-negotiable, we sacrifice our children's Jewish upbringing in the name of economics.

It's like the old story of the Jewish mother who came from Eastern Europe (Lithuania) to join her son in America and was horrified to see he had shaved of his beard and cast off his yarmulke. "What happened to you, my Yankele?" she asked. "Mama," he says, "America is not the shtetl." And when she saw him going to work on Shabbos, again he told her America was different. And when she opened the fridge and discovered all kinds of trief she never saw in a Jewish kitchen, again he explained that America was not the same as "back home." Eventually, when it was all getting too much, she asked him, "Yankele, tell your old mother the truth. Are you still circumcised?"

It's not only an old shtetl story. It's happening right now. People emigrated away from crime and danger to come to the land of the free. But emigrating is expensive and

with limited resources one must make choices and prioritize. Many chose to do without Jewish schooling. The rest is history. Bad history. Without a Jewish education young people wander about wondering why they should not be doing what their contemporaries are doing. And the money we saved in school fees is now going to doctors, psychologists, or G-d forbid, drug rehab centers.



Even in Israel, we have to be discriminating when choosing a community. If the other kids on the block are riding their bikes on Yom Kippur, why shouldn't your child? And if you insist and they feel denied, they may opt out altogether.

Kids need stability and an environment with a healthy value system. No matter how tempting or secure other seemingly greener pastures may be, before making a move we ought to consider the spiritual security system our children will need to survive and thrive-as Jews. Just because the bottle may be empty, don't throw away the child.

  
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## Natie and Celia Levy - *A Tribute*

Natie and Celia Levy had a very difficult decision to make when their eldest daughter Diane was living in Columbia, South Carolina and their youngest daughter Sharleen returned from an extended visit to the US and proclaimed that she wanted to live there.

Should they sell everything they worked 50 years to build in a city where they had lived their entire married. Should they leave a community they had both contributed to, and that depended on them? Can they leave their son David and his wife Melanie and move to the United States, or, should they remain in South Africa?

As is their customary practice, they reflected and came to a difficult realization. Given the circumstances in South Africa at that time, and the fact that they strongly expected, maybe secretly hoped, that their children would all immigrate, they decided to take the opportunity before them and move. This decision was made with a proclamation - "if we want to live near our children and grandchildren we have to go to where we think they will be."

Well, they were right, and though the road to this moment has been filled with challenges, sickness and heartache, it has overflowed with joy.

Nate and Celia moved to San Diego where Celia's brother and sister-in-law Selwyn and Barbara Klein were already settled and they started their new life. Though a qualified pharmacist and commercial realtor in South Africa, Nate settled in and went to work with Selwyn in his developing sheepskin business. Many years later, Nate returned to his realtor work and has made a mark for himself in this city

as a patient, experienced and knowledgeable representative for his clients.

Celia, who was a seasoned entrepreneur in Durban in the giftware business, returned to her love of travel and remains one of the finest travel consultants in this city. Together with Nate she has traveled to over 100 countries on countless cruises, tours and adventures. They have skied, river rafted, been in hot air balloons, flown on sea planes, helicopters and just about every other moving vehicle imaginable.

As avid tennis and bridge players Nate and Celia quickly made friends. They started volunteering and before long were well entrenched in this amazing San Diego Jewish community. Celia was the first Vice President of SAJAC and both her daughters have subsequently been President. David has been the Gabbai at Adat Yeshurun for many years and as a family they have exemplified community service and Tikkun Olam. They have served San Diego with their generosity and hospitality, and have always ensured that they set good examples for those around them. They continue to be leaders and role models.

Gran and Bobs as they are known to their grandchildren, have the perfect partnership, holding hands, laughing together, supporting each other, playing gin together, appreciating life together, crying together and most of all, celebrating together. Recently, 32 years after arriving in San Diego, Nate and Celia celebrated their 60th wedding anniversary; an accomplishment not realized by many and a milestone revered by us all.

Surrounded by their children, grandchildren and all their wonderful friends and family, Nate

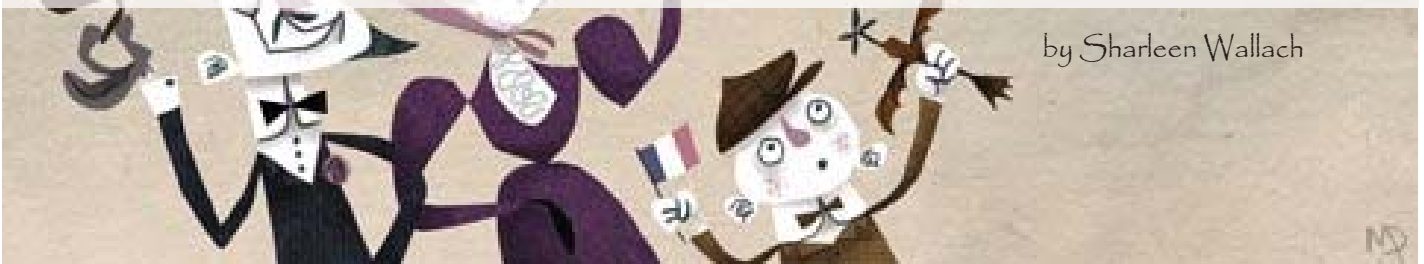
and Celia were honored, cheered, supported and envied as they celebrated Simcha's this year and years past. Ten years ago as they sailed the Mediterranean with their family and celebrated their 50th, they vowed to do it again for their 60th and so they did! Thirteen of them including 4 of their grandchildren, Ryan, Lisa, Adam and Lee travelled to Alaska together. This family demonstrates that they treasure their time as a cohesive unit, a family that exemplifies the Jewish values they hold dear, and a family that has been guided by kindness, compassion, and a very deep bond to each other.

In the mid 1980's Celia and Selwyn's mom, Ray Klein came to San Diego from Durban and was well known to our community. At that time, the Levy's were one of very few that could boast having four generations in this city. Today, Celia and Nate, matriarch and patriarch of four generations, miss having their 3 beautiful great grandchildren, who live in Israel, closer.

So how does one recognize accomplishments that have taken a lifetime to build? How does one acknowledge the greatest of very humble people? How does one salute an incredible couple? Well I think it says it best in the Talmud, "Whoever practices charity and justice fills the world with loving kindnesses. Nate and Celia have filled their world with loving kindness and for that we are extremely grateful. We do not need to salute them, we do not need to send gifts or throw parties for them, we do not need to make speeches for them, but we can continue their legacy of filling the world with loving kindness, which is the highest, most esteemed way we can honor them.

Mom and Dad - we salute you.

by Sharleen Wallach







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# PASSION for Your WORK

Kahlil Gibran said: "Work is love made visible". Do you feel that way? If not, I may have some ideas for you.

We all want to do something that we enjoy and add value to others at the same time.

Stanford Payne points out that research shows that only roughly 5% of people work their passions. It further shows that only about 20% of people are happy with what they do or where they do it.

I once heard that the way to decide what you want to do is find your passion and then pursue it. Society has conditioned us to separate work from passion and to accept higher salaries instead of being more content. Employee ownership has a unique role in this regard. Employee-owned companies are more likely to provide a participative environment where employee growth and involvement are encouraged. They span the spectrum of size and industry. So, it may be a good idea to add an additional factor to the qualifications of companies which are the subject of one's job search - is this a participative environment?

*Enjoy the journey.  
Your success will be  
amazing.*

That's not the only solution though?

If you are one of the 5% who works their passion, make a decision to serve as a mentor to your friends, family or colleagues. Share some of your experiences and successes in achieving your dreams and career goals. If you are one of the unsatisfied 95%, do you stay where you are or do you take charge of your career and look to make yourself happier?

We've all heard the story about the person who pursues their passion and talent and starts a business. They love designing

jewelry and have been doing it at their kitchen table for years. Their friends convince them that their products are so good that they must start a business. They find a location and open for business.

After three months, they realize that they are doing everything but following their passion – they're worrying about sales, cash flow, suppliers and staff. What happened to designing the jewelry?

## SETTING GOALS

Once again you need to make some decisions. You need to answer some questions such as:

- If I won the lottery tonight, how would I spend my days?
- What would I like to do and be okay not getting paid?
- What are my real likes?
- And dislikes?

You should now work to connect your passion and your goals.

## STRATEGY FOR SUCCESS

Decide what needs to happen to get you from where you are to where you want to be.

For example, in the case of our jewelry designer some additional steps that they may need to consider before they open a store are:

- Market Research
- Timeline
- Finances
- Location
- Work/Life balance
- Mental readiness



PASSION  
for Your  
WORK

Whether it's opening your dream business or finding the position of your dreams, designing your personal strategy increases your likelihood of success.

## FOLLOW THROUGH

Too many great strategies lie unfulfilled. You must be committed to completing your daily, weekly and monthly actions. Bring a close friend on board to help keep you focused and on goal. Check off each step as you achieve it.

### Success

When you reach the point of having achieved your goals, you'll be able to count yourself in the lucky 5%. You may have found that dream position where your coworkers are your fellow owners. Or, who knows, your success may be accentuated when your new business embraces its employees and includes them in ownership.

Enjoy the journey. Your success will be amazing.



David Levy  
David Levy is the principal  
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## JTeen // Rabbi Daniel Bortz

B"H

Entering its 3rd year, Jteen of San Diego is a non-profit organization for the Jewish youth of our city, run by Rabbi Daniel Bortz, son of David and Helene.

Jteen offers social, educational, and community service oriented programming for all ages, primarily high school. There is a weekly accredited class on Jewish ethics and modern day issues that are attended by dozens of teens. They take place at private homes in Carmel Valley, La Jolla and University City. Every Jewish holiday has a themed party not to be missed.

Rabbi Bortz helps to run high school Jewish clubs at CCA, TPHS, LCC, LJHS, Francis Parker, and UCHS, with pizza, discussion and projects. There are constant community service projects, including an annual soccer tournament to raise money for our local community charity, the Parkinson's Wellness Fund. There is a leadership board of teens that help to decide programming and take leadership roles in the community. A new program will be starting in the fall, entitled: "J-STEP" - Jewish Social Teen Entrepreneurship Program, where speakers will inspire teens to be proactive in both business and helping others with their proceeds. There will also be adult classes beginning this year.

If you know of a child who may be interested in any of the above mentioned, please do not hesitate to contact Rabbi Bortz at: 858-888-6810 or JyouthSD@gmail.com

## Hatches, Matches and Despatches

Sajac would like to recognize life cycle events such a Births, Engagements, Weddings and Bereavements

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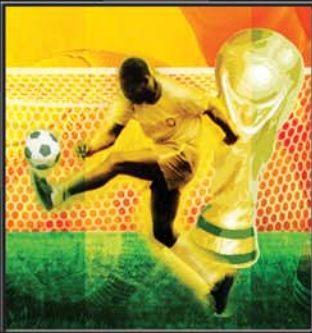
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# Maccabi Games 2013



The Maccabiah Games, also known as the “Jewish Olympics,” is the world’s largest international Jewish athletic competition. Indeed, over 160,000 hotel rooms in the capital have already been booked, estimated to generate over NIS 200 million. This year’s events are expected to attract roughly 30,000 spectators and host 9,000 athletes from over 70 countries, making it the largest Maccabiah Games in history.

Traditionally held in Tel Aviv, this year Jerusalem will host all three of the game’s main events: Thursday’s opening ceremony on July 18th, the Youth Event at Sultan’s Pool on July 25 and the closing celebration on July 30.

## **The Maccabiah Games, also known as the “Jewish Olympics,” is the world’s largest international Jewish athletic competition**

On Sunday, July 14, Jerusalem Mayor Nir Barkat welcomed an elite group of USA Maccabiah athletes to the Israeli capital.

The mayor sat down at a table in his office and introduced himself to the largest delegation at this year’s games, including 2012/13 BSL-winning basketball coach Brad Greenberg, two-time Olympic gold-medalist swimmer Garrett Weber-Gale and President of Maccabi USA Ron Carner. He said, “For me the Maccabi games in Jerusalem is a really good excuse, if you like, to fulfill the role Jerusalem played two and three thousand years ago as the center of the Jewish people.”

The USA is sent over 1,000 athletes to the Games this year. Many athletes in attendance on Sunday said this was their first time in Israel.

-->



Garrett Weber-Gale, U.S. Olympic swimmer and two-time gold medalist at the 2008 Beijing Olympics, carried the American flag for the opening ceremony at the 19th Maccabiah Games in Jerusalem July 17



Brazilian soccer legend Zico, who played for Brazil in three World Cups and is regarded as one of the country's greatest ever players, will attend the Maccabiah's Opening Ceremony on Thursday as a guest of honor of the Brazilian delegation. He said "I'm happy to be coming to Israel. It will be very interesting to experience the Maccabiah. I feel close to the Jews in Brazil and especially in Rio and I'm delighted to be part of the Maccabiah."



# PLAY BY PLAY

## RUGBY 7S



	JUNIORS	OPEN	PARALYMPICS	MASTERS
	USA RESULT	 GOLD:1	 SILVER:0	 BRONZE:0
	SOUTH AFRICA RESULT	 GOLD:0	 SILVER:0	 BRONZE:1
	ISRAEL RESULT	 GOLD:0	 SILVER:1	 BRONZE:0

The USA has won the Gold Medal in Rugby 7s in the Maccabiah Games in Israel.

The USA, which started the day 0-1-1 after tying South Africa and losing to Israel, made the Gold Medal game by defeating Great Britain 35-0.

That set up a final against 3-0 Israel, who looked exceptionally fit and powerful in allowing only one try in the first three games.

But the USA squad looked capable of scoring at any time, and surged down the wing in the opening moments. After keeping the ball in the Israel end for a time, the USA put captain Dallen Stanford over the line for a try and a 5-0 lead.

Israel came right back with a nicely-taken weakside move off a scrum. Israel led 7-5.

That's how the half ended. The USA had chances to score, but knocked the ball on at crucial moments.

In the second half, the Americans looked far more relaxed against a very physical Israel team. A brilliant long-range movement put Willie Rudman over under the posts. Taylor Howden's kick made it 12-7. Then a turnover by the USA defense put Joe Cohen in at the corner to make it 17-7.

But Israel replied, against punishing a knock-on in the USA end and scoring from a scrum. That made it 17-14 with time left.

Again the USA knocked on in their half. But good defense forced a turnover, and a high tackle penalty against Israel gave the Americans the chance to kick to touch. They did, got a free kick at that lineout, and kicked to touch to end the game. USA 17 Israel 14.

It was a superb effort by Israel, who shut out both South Africa and Great Britain. They were fit, physical, and quick, but the USA showed a little more rugby acumen, led by tournament MVP Dallen Stanford, and that was the difference.

South Africa defeated Great Britain 19-12 for the bronze.



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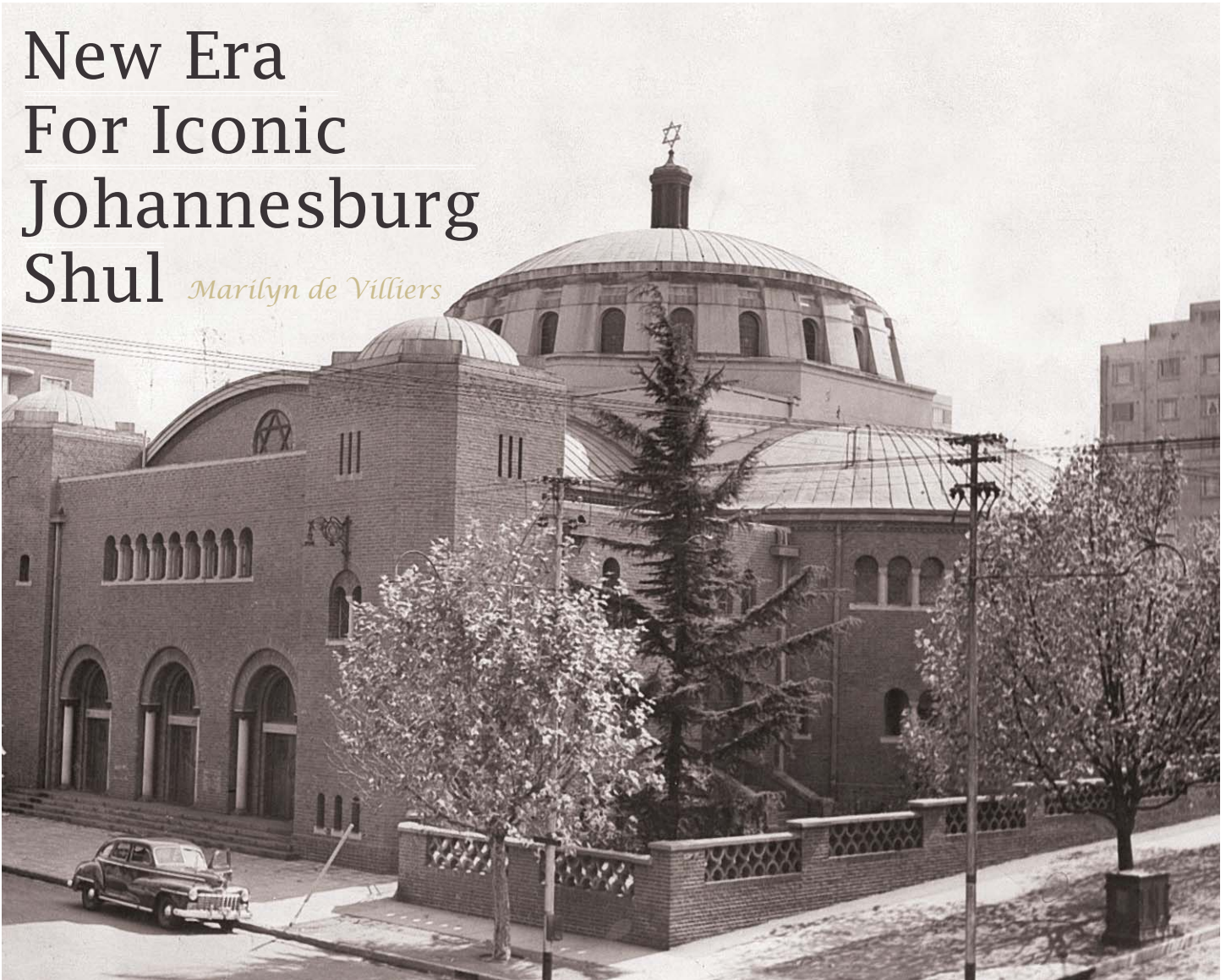
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# New Era For Iconic Johannesburg Shul

*Marilyn de Villiers*



Some 600 people braved the cold evening weather this week to celebrate the centenary of one of Johannesburg's iconic buildings - the Great Synagogue in Wolmerans Street - and to mark the start of a new era in its history.

members of the congregation on his way to a Sabbath service. The congregation fought for survival and despite opposition from various quarters, moved in to its new home - the Great Park Synagogue in Houghton - in 2000.

congregation's latest project: the construction of a new Banquet and Convention Centre alongside the new synagogue.

"Thanks to the tenacity of a small group of people who refused to let their heritage die, Great Park is

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*"Great Park holds a special place in the hearts of thousands of Johannesburg's Jews..."*

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The Great Synagogue closed its doors in November 1994 following the murder of one of the dwindling

At this week's centenary banquet at the Sandton Sun, Great Park's Rabbi Dovid Hazdan unveiled plans for the

flourishing and continues to make a significant contribution not only to the Jewish community, but to

the community of Johannesburg at large,” he said.

Other speakers at the event - South Africa’s Chief Rabbi Dr Warren Goldstein and Chief Rabbi Lord Jonathan Sacks of Great Britain - said Great Park was a metaphor for South African Jewry as a whole which is flourishing despite having gone through a difficult period in the 1980s and 1990s.

Lord Sacks added that the importance of the celebration went beyond the physical building: “G-d doesn’t live in buildings - He lives in the hearts and minds of the people who build the buildings... A synagogue is not just a place where you go to pray - it’s the place where you become the person you might be.”



Although the Great Park congregation itself dates back to 1887, the foundation stone for the Wolmerans Street building - inspired by Istanbul’s famous Byzantine Hagia Sophia - was laid in August 1913.

“Great Park holds a special place in the hearts of thousands of Johannesburg’s Jews, which is why it continues to thrive - albeit in a different location - to this day,” Rabbi Hazdan said.

Renowned author, historian and Jewish communal professional, David Saks has recounted the dramatic history of The Great Park Synagogue in an immensely readable and often humorous, 160-page coffee table

book which provides answers to many of the questions, legends and myths that have grown up around the synagogue and its congregation over the years.

A few copies of the book are still available. These can be obtained from the shul at a cost of R1500 (or US\$215.00; €150; Aus\$215; UK £125). All proceeds will go to charity. Email [sachi@greatpark.co.za](mailto:sachi@greatpark.co.za).



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*“Thanks to the tenacity of a small group of people who refused to let their heritage die, Great Park is flourishing and continues to make a significant contribution not only to the Jewish community, but to the community of Johannesburg at large,” he said.*

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# CHANUKAH JAM 2013

*Presented by the San Diego Jewish Men's Choir  
Ruth Weber — Artistic Director*

**When:** Sunday, November 24, 2013 • 3:00 PM to 5:00 PM

**Where:** The Garfield Theater — Lawrence Family JCC  
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*Participants:*

Mayor Bob Filner  
The J\*Company On The Town  
Congregation Beth Am Choir  
San Diego Jewish Men's Choir  
Violinist: Ondrej Lewit

Shir Chadash Klezmer Ensemble  
Zimriya Temple Emanu-El Choir  
Yochanan Winston and the Beth El Ensemble  
Doron Peisic Band  
Cantorial Soloists: Aleksandr Agamirzov,  
Larry Kornit, Jeff Wayne, Cheri Weiss



# Life in Jewish Southern Africa:

## Powered by ChaiSouthAfrica

### Durban



**Beth Shalom** has much to celebrate, including their oldest resident, Rose Simpson! At 104, Rose participates in the home's activities and is in good health.

### Pretoria

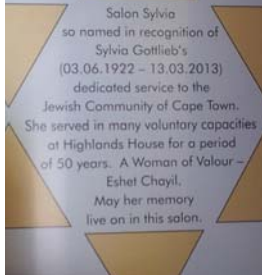


Ronny Silberman

Mark Isaacs

**Jaffa** bids farewell to a man of many talents, **Ronny Silberman**, and is pleased to welcome its new Executive Director, **Mark Isaacs**.

### Cape Town



The Susman Lifestyle Centre has been endowed in memory of David Susman, who helped ensure the high standards of **Highlands House**.

Salon Sylvia is the legacy of Sylvia Gottlieb, and a place where **Highlands House** residents can feel spoiled and well taken care of.

**Oranjia Jewish Child & Youth Care Centre** needs a new car. Now, their 18-year old van takes 10 children to school, therapy, the doctor, extracurricular activities and back home, often over 40 miles away.

### Johannesburg



This past spring a very special woman and her family generously hosted residents from **Selwyn Segal** for lunch at Nando's in honor of her dad's yahrtzeit.

### Zimbabwe



In the Jewish school, "Carmel," Muslims and Christians sing Hava Nagila. Yet, there are no Jewish students. This once grand Jewish community is dwindling, despite the students embracing the Jewish curriculum.

Adapted from our summer newsletter. Find the full stories at [www.chaisouthafrica.com](http://www.chaisouthafrica.com).  
ChaiSouthAfrica contact: Mandy Katz • 858.279.2740 • [chaisa@jcfсандiego.org](mailto:chaisa@jcfсандiego.org)





## SAN DIEGO PRIVATE BANK MERGES WITH CORONADO FIRST BANK

Selwyn Isakow

Now that the merger between San Diego Private Bank and Coronado First Bank is complete, San Diego Private Bank's footprint for high-touch personal service banking has expanded from facilities in La Jolla, San Marcos and Newport to include Downtown San Diego and Coronado offices.

As always, much of the bank's business continues to be conducted by Private Bankers at client's homes and businesses or through in-house courier service. But geographic coverage is just one of the many exciting changes the bank now offers.

"The combined bank has approximately \$300 million in total assets with capital well in excess of regulatory "highly capitalized" requirements" said Maria P. Kunac,

President and CEO of the combined bank. "As such, the bank can offer larger loans, broadened products and services, including investor real estate and construction loans, together with the same, efficient and friendly bankers meeting your needs and our strong commitment to customer service. Our business banking capabilities have expanded and we have grown our government supported loan business through Small Business Administration programs and export-import offerings through the Ex-Im Bank guarantee program."



In many financial institutions today, service with a smile has become a rarity. Customer service representatives have been replaced with generic solutions offered via a maze of telephone prompts or a pattern of point-and-click buttons on a website.

Selwyn Isakow, Chairman of the Bank said, "San Diego Private Bank stands by our beliefs and focuses on delivering highly personalized customer service to our clients."

SDPB's approach to banking revolves around strong relationship building with a relationship manager and tailored products and services to meet the needs of each client. The Bank respects the communities it serves and strives to maintain a high level of leadership. Isakow continued, "We of course offer industry standard internet banking, automated bill paying services, remote capture devices for deposits from home of office as well as access to most ATMs worldwide in conjunction with our personalized service."

San Diego Private Bank is proud of its support for SAJAC and its banking relationships with many SAJAC members. Selwyn Isakow remains Chairman and David Ellman continues as a Board Director of the combined bank and several other ex-South Africans sit on our Community Advisory Board. As such the bank is aware of the needs and expectations of SAJAC members, including confidentiality, creativity, transition banking needs and personalized service.

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## S.D. JEWISH MEN'S CHOIR TO RELEASE DEBUT ALBUM

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BY RUTH WEBER

Many of us grew up listening to majestic four-part choral arrangements of Jewish liturgical music sung during the High Holy Days and Shabbat services. These compositions, by renowned Jewish composers such as Lewandowski and Naumberg, are not heard much these days, and the San Diego Jewish Men's Choir (SDJMC) is going to great lengths to ensure that this music is preserved.

The San Diego Jewish Men's Choir will soon release its debut album, *Heritage*, which highlights historically significant Jewish choral music, and includes representative Hebrew, Ladino, Cantorial and Yiddish works. The choir, in existence now for over 15 years and presently under the direction of Ruth Weber, performs throughout the Southern California area at festivals, concerts, community events, weddings, etc. *Heritage* fulfills part of the choir's mission to preserve and promote Jewish choral music. They recently

affiliated with the Los Angeles non-profit organization, The Center for Jewish Culture and Creativity, which shares similar goals. Funding for this CD project was obtained through private donations and through the successful completion of a Kickstarter.com fundraising campaign.

As part of their outreach efforts the choir will sponsor a Chanukah JAM music and art festival. The festival will be held at the Garfield Theater of the Lawrence Family JCC in La Jolla California, on Nov. 24, 2013 at 3:00 p.m. The event, which will include the official release of the choirs' album, will bring Jewish performing groups from throughout the greater San Diego area together under one roof. It will also include the presentation of awards for the original hand-made table-top menorah competition. Tickets for this event are available at the JCC box office.

*Official album release at...*  
**CHANUKAH JAM**

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**WHERE: GARFIELD  
THEATER //  
THE LAWRENCE  
FAMILY JCC IN LA  
JOLLA**

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**WHEN: NOV. 24,  
2013 AT 3:00 P.M.**

# Confused about Medicare?

by Yael Amyer



Do you feel like you are back in pre-school learning the a,b, c's when it comes to understanding Medicare? Are you overwhelmed by all the mail and solicitation you receive constantly?

Many of my clients are so thankful and appreciative after we meet for about 30 minutes to help "simplify" the options. At that stage they feel confident in making an informed decision on what route to take with the important decision of their health care needs.

Many are concerned about how the Affordable Health Care Act will affect Medicare. With the final phase of reform looming as of January 1, 2014, Americans are still wondering "How will these changes affect my Medicare benefits?"

*In my opinion, Medicare advantage plans will not be heavily impacted - I expect benefits to remain very much the same.*

However, many of the smaller carriers are expected to exit the market.

If you happen to be one of those that receives a letter stating that your insurance company is exiting the market, this would be a perfect opportunity to check with a certified representative.

Many of my clients are so thankful after sending you 30 minutes to "understand options" instead of reading through stacks and stacks of brochures and mail, that make no sense.

It really is quite simple once it is explained in a way that is easy to understand.

As most of you already know, open enrollment starts October 15 and ends December 7th. During this time I recommend that you shop around each year because new benefits become available.

Easy ways to shop around:

1. meet with an agent
2. Attend community meetings

Tip: Use an agent that is contracted with several plans (not just one or 2 carriers)

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When I was asked if I could share my experience about my time in Israel through the Birthright program, it was very difficult for me to come up with words describing the experience as a whole. Rather, in my case, I felt that only a few of the events that took place were much more meaningful to me, than others.

Let me start by mentioning that I am 22 years old and have never been to Israel before. My Mother has never traveled to Israel and two years ago my Father, at age fifty-seven, went there for the first time. Growing up, I have always heard such wonderful things about the country as a whole. People would say to me, "Matthew, the culture, the vibe, the unity, the Judaism, the beaches, the food, the nightlife, the history, the landmarks, you are going to love it!" No doubt that hearing this on a weekly basis from multiple friends and family members, this most certainly increased my overall expectations coming into the trip. Overall, looking back, my experience in Israel was incredible. However, I want to share with you my journey and thoughts on a few of the activities we were able to do.

**THE KOTEL, ALSO KNOWN AS THE WESTERN WALL, WAS BY FAR THE MOST EXCITING, EXHILARATING, SPIRITUAL, MOVING, EMOTIONAL PLACE I HAVE EVER VISITED.**

The Kotel, also known as the Western Wall, was by far the most exciting, exhilarating, spiritual, moving, emotional place I have ever visited. We arrived on Friday afternoon just before Shabbat would begin. A few friends and I were able to lay tefillin and recite the Shema before approaching the wall. We each had the opportunity to write a few words on a small note and place it in the wall cracks. Now when we got to the Kotel, I did not feel much emotion or connection. All that went through my head was "Wow, this is really it. This is pretty surreal." However, when I walked up to the wall, took a small breath, closed my eyes and placed my hand on it, I felt a warm electric jolt run down my body, from the hairs on my neck all the way down my spine to my toes. I immediately felt so comfortable and connected with Hashem. I knew that whatever I said, in that moment, I was being heard. I said my "piece" and then placed my note in an open crack. I gave my friends a hug and tried to share that energy with them.

We went back to the wall that night for Shabbat, which was an incredible sight. Tons of men and women, singing, dancing,

praying, laughing and crying. Women on the right, men on the left. That night made me think. I thought to myself, "what really makes me feel proud to be Jewish is the fact that one night a week, we as a people, can stop what we're doing from our busy lives and come together as a whole". Nowhere else in the world do you find this type of unity. I feel blessed that I had the opportunity to see it first hand and experience this. It was truly a special moment that I will never forget and hope to do again soon.

One more event that I experienced was my visit to the Israeli Independence Hall in Tel Aviv. I won't go into detail about the museum, rather share my thoughts and what I took away. For those of you who don't know, in this museum (what was originally Independence Hall), on 14 May 1948, David Ben-Gurion declared Israel a free Jewish State. This made a big impact on me because on that day it was not announced that Israel was an Israeli state, but a Jewish state. This was now officially the home for Jews. It was very special for me to hear this and sit



in the same room and in the same seats where this profound announcement was made. Just knowing that across the world from my home in San Diego, California is a true home away from home where I am always welcomed and wanted.

Overall my experience in Israel was incredible. Do I feel more Jewish now that I have visited the holy land? In all honesty, no. Partly due to my Jewish upbringing and already strong connection towards Judaism. However, this trip really reinforced to me that being Jewish is truly an honor and I must never lose sight of the values and tradition we all share. Birthright did an excellent job in "planting a seed" in me on what Israel is all about and I most certainly want to travel back every few years. I believe that every Jew should go to Israel, once in their life. Just make it happen. Although when I came back, I wanted nothing to do with shawarmas, schnitzel, hummus, diced cucumbers, olives and falafel I have to admit, I am missing them all.



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# Born in the RSA - and big in the USA

Mail & Guardian Mobile

Most say the same thing. They came to the United States either to avoid army conscription or apartheid itself in the late 1980s. They planned to stay for just a few years, but they stayed on.

A quarter century later, this small generation of South African immigrants has risen to break through, en masse, into such key leadership roles that they're changing the US.

YouTube, PayPal, SolarCity, epigenetic cancer therapy and intelligent Mars robots exist only because of these expats: one of them has led the transition from PCs to cloud computing; another leads the US's top business school; and another is replacing the space shuttle.

But they've done it as individuals, and – with the notable exception of commercial spaceflight pioneer Elon Musk – almost invisibly.

In December, the Silicon Valley Business Journal made a remarkable statement regarding four of their first five winners of the US's high-tech chief executive officer awards, which feature competition from the likes of Google's Larry Page.

It said: "Here's something interesting about our executive of the year awards, something that hadn't occurred to us at the time that these four executives were selected – they are all originally from South Africa."

In Silicon Valley alone, South African-born high-tech chief executives include Vinny Lingham, founder of Yola and Gylft; Willem van Biljon, co-founder of Nimbula; and Pieter de Villiers, founder and chief executive of Clickatell, the world's largest online text messaging service.

And these weren't even among the award winners. Those include Gauteng brothers Lyndon and Peter Rive, who have built the US's largest provider of residential clean energy, and Paul Maritz, the outgoing chief executive of cloud computing giant VMware, who was schooled in KwaZulu-Natal.

## Impact

South African immigrants in the US number only 83 000 – a "small number even for a big city", says Professor Nancy Foner, an expert on immigration achievement at the City University of New York.

So small, she says, that there are almost no figures or studies on their impact.

Yet new South African networking organisations, such as the Sable Accelerator in California, are springing up as South



Africans are suddenly appearing in front of microphones as chief executives and university deans and scientific research team leaders.

Apart from well-established South African communities in places such as San Diego, or the tight group of professional golfers in Florida, South Africans don't network the way they do in the United Kingdom.

Instead, mutual recognition often happens like this: "Hey, that guy running the University of Notre Dame seems to have a Saffer accent.

## Reportedly worth R2-billion, Matthews was recently declared the US's most successful touring act of the decade.

Come to think of it, so does the dean of Stanford Graduate School of Business. Ja, and what about the guy who was in charge of California's High-Speed Rail Authority? And with a name like Mahlangu-Ngcobo, that elections judge in Maryland has gotta be from home."

Some are fairly well known. Pik Botha's grandson, Roelof, has been ranked as high as 22nd on the Forbes Midas list of venture capitalists, having funded the launch of YouTube in 2005.

Among the celebrity conscription-dodgers, singer Dave Matthews probably heads the pack. Reportedly worth R2-billion, Matthews was recently declared the US's most successful touring act of the decade.

## Remarkable anonymity

But most have risen to the cutting edge of American business with remarkable anonymity.

Former Illovo schoolboy Steven Collis, almost unnoticed, has taken the reins of healthcare wholesaling company AmerisourceBergen, listed 29th on the Fortune 500, with 13000 employees, and annual revenues of an almost ridiculous R600-billion.

## It's the same story in science.

The single greatest breakthrough in cancer treatment in recent years – epigenetic therapy – has been credited to Stellenbosch's Peter Jones, who now runs a major research centre in California.

And another South African, Dr Liam Pedersen, has grabbed what could be the most exotic job in the US. He leads a Nasa research team to develop the brains of "intelligent" space robots that will explore the solar system in search of extraterrestrial life. And to test his "autonomous navigation" systems, Pedersen (42) gets to test the robots in places like Antarctica and alpine lakes in the Andes.

In terms of sheer impact for Africa among transplants, it's a draw between expats Dr Trevor Mundel and Nomvimi Meriwether.

A former Soweto businesswoman, Meriwether – now owner of Meticulous Tours travel agency in Washington DC – is the co-founder of a multimillion-dollar health and basic education charity in Southern Africa, the Meriwether Foundation.

## Astonishing over-achievement

She told the Mail & Guardian that her fundraising clout in the US enjoyed a major boost in December when her daughter – South African-born Nana Meriwether (27) – won the Miss USA crown.

"We are meeting governors, presidents, billionaires, so the plight of [South Africa's] most vulnerable children is being heard where it counts," she said.

Mundel, from Johannesburg, has been appointed as president of global health for the Bill & Melinda Gates Foundation with a grant budget of about R130-billion, and a brief of nothing less than to eradicate polio and malaria from the Earth.

But it's when you consider a professional field as specific as immigration law that the astonishing over-achievement of this group becomes clear. Bernie Wolfsdorf – another conscription dodger – has been named "the most highly rated immigration lawyer in the world" for the past three years by the peer-reviewed International Who's Who of Business Lawyers, and South Africa's Daryl Buffenstein is a former president of the American Immigration Lawyers Association.

## The poster-child for the 1980s immigration generation is Musk, the founder of Tesla Motors and SpaceX

In the same field, Chris Wright, a transplant from Johannesburg, is described as “Hollywood’s go-to lawyer” – somehow securing “genius” work visas for everyone from Piers Morgan to Playboy playmate Shera Bechar. The “O-1” work visa is normally reserved for foreigners of “extraordinary ability”, including Nobel prize winners, but Wright has controversially expanded its use to include celebrities.

South African lawyers have not yet broken through, as a group, as judges in the US’s highest courts, the way they have in, say, Western Australia. But Margaret Marshall (68), a former student leader at Wits, recently retired as chief justice of Massachusetts, where, in a landmark case in 2003, she was the first justice in the US to grant gay couples the right to marry.

Compared to the US’s business world, expatriates have underachieved in Hollywood itself, but its modest breakthrough artists include Charlize Theron, District 9’s Sharlto Copley and Stelio Savante, who both co-produced and cracked a role opposite Matthew Perry in the comedy *The Whole Banana* last year.

### Building and innovating

The poster-child for the 1980s immigration generation is Musk, the founder of Tesla Motors and SpaceX – the rocket company charged with leading the replacement of the space shuttle. In an earlier interview, he told me he left the country in 1988 because the South African Defence Force promised to be “an amazing waste of time”.

He also said that South African TV was so bad in the 1980s that he was forced to read, and that off-the-shelf consumer options – such as amateur rocket kits – were so limited that he was forced to learn how to build and innovate on his own.

John Affleck-Graves, executive vice-president of Notre Dame, Collis and Wright were among those who told me they credit their education for much of their success, but offered few other

clues as to why South Africans had risen so sharply.

Professor Foner says white South Africans, in particular, had “invisibly” risen to the top.

“South Africans [in the US] have gone unnoticed, especially the majority who are white, for whom there were few cultural barriers, if any,” she said. “But I have noticed that South Africans move right into elite circles in the US, immediately, and look where they’ve gone.”

Donovan Neale-May, founder of the Sable Accelerator, says the 1980s South African immigrant generation was unique in that they did not take advantage of contacts and mobility through “ethnic communities” in the US, “as, say, Indian entrepreneurs have done so effectively”.

Instead, Neale-May says the conscription-avoidance generation had simply outcompeted American professionals with a multitasking combination of management talent, drive and pioneering vision.

### Overwhelmingly white phenomenon

South African emigration to the US has been an overwhelmingly white phenomenon. According to the Migration Policy Institute in Washington DC, only 14% of South African immigrants – about 11 000 – are black.

And they’ve had to travel a far more difficult road, says Foner. Yet a number of black South Africans have made New World leaps that are, if anything, closer to the purest form of the “American Dream” than their rich white countrymen.

Among the exiles who remained in the US, Mahlangu-Ngcobo is one who has emerged as a national force in both government health policy and theology. She has testified on healthcare for the government’s Congressional Black Caucus and, during the violent tumult in Liberia in 1997, she led a workshop there on violence against women.

The author of nine books – including research works on Aids and gender equality –

Mahlangu-Ngcobo lectures on public health, and has founded both a US church and an international ministry.

Gift Ngoepe, the first black South African to be offered a professional baseball contract, is one of a more recent immigrant generation to the New World.

### Unlikely sporting story

He discovered baseball when his mother took a job as domestic worker at the Randburg Mets clubhouse. A tiny room inside it later became his home, and he simply practiced against a wall until he was noticed by coaches and, later, a US mentor. Now, he plays professionally as a shortstop within the Pittsburgh Pirates organisation.

Richman Mahlangu (49) has a similarly unlikely sporting story, but, in pursuing it, has carved out a classic, John Steinbeck-style American tale. He fled apartheid itself at the same time that Musk and others were fleeing conscription.

Mahlangu’s “hook” into the US was a sports scholarship, after he literally discovered the sport of tennis when he found a broken tennis racket on a dusty street in Durban’s Lamontville township in the 1970s. He says that, as with Ngoepe, a local professional coach was so taken by his diligent practice with that racket that he offered free lessons, and, eventually, an introduction to a US mentor.

Living in Las Vegas, Mahlangu has since achieved neither riches nor professional-level excellence in his sport. Instead, he has coached his two sons to the point where, last year, they were both recruited for scholarships by Ivy League universities. His youngest son, Yannik (17), has held a national rank of ninth for his age group and his eldest, Nicholas – now on his way to Harvard – has starred with Andre Agassi in a TV ad.

“For me, as an immigrant, this chance for my sons is my satisfaction,” he tells me, in a line that could have been inscribed on Ellis Island.

# Do Something Now uses pedal power to enhance South African lives

by Brian Marks



In some part of the world it does not take much to change someone's life. In South Africa the simple act of owning a bicycle can transform a life and open up possibilities that those living in the west cannot even imagine.

For some it is the opportunity to attend school that was too far to walk. To a nurse it could mean taking healthcare to villages that were too far to visit. To a merchant it can make their business viable.

Do Something Now! began in 2008 as the vision of Dr. Harve Meskin as a way to begin to address some of the problems found in many of the underdeveloped areas of the world.

**Their mission is to provide bicycles to underprivileged people living in impoverished areas throughout the world.**

This will facilitate their ability to obtain essential services; clean water, medical care, education, firewood, or aid in bringing goods to market. Owning a bicycle enriches their lives and their communities.

"Due to a lack of infrastructure, a villager has to carry their essential items of daily living to and from their homes by walking., said

Meskin. "Bicycles are a simple, sustainable, and inexpensive method to enhance their lives by expanding their range and access to essential services. Bicycles can provide an increase in independence and empower individuals, families, and communities. With a bicycle, an individual can travel at least 4 times as far in the same amount of time as someone on foot, with 5 times the carrying capacity".

Do Something Now's first shipment of bicycles occurred in April of 2009 to students from a school on the outskirts of Capetown, South Africa. Their goal is to deliver at least 5,000 bicycles to deserving recipients in these areas. The bicycles are especially designed for use in rural areas with rough roads with coaster brakes and thick thorn-resistant tires. At present delivery of these bicycles cost about \$150 each.

**To make a donation or for more information on Do Something Now please visit their website at : [do-something-now.org](http://do-something-now.org)**



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(Mishneh Torah Laws of Gifts to the Poor 10:7-14).

## THE GREATEST GIFT ON EARTH

Brian Marcus

**Since** the beginning of SAJAC over 20 years ago, one of its missions has been to help fellow SA Jews in financial crises through providing interest free emergency loans. The Gemilut Chesed fund is funded by our members to help those in need of emergency funds, advanced as loans.

This year we were witness to the power and effectiveness of this program. A beneficiary of the fund from several years back was now in a favorable financial position to make a very generous contribution to the fund, accompanied by a heartfelt note which expressed gratitude to the SAJAC community for "being there" when help was needed most. This type of giving back is testimony to the durability and effectiveness of this SAJAC program. It is for all the reasons expressed in this heartfelt note that we continue this very Jewish program for our fellow SA Jews.

Another unique opportunity presented for SAJAC Gemilut Chesed this year was our new alliance with the SAN DIEGO GIFT CLOSET ( the G'MACH). The GMACH is headed by two incredible SAJAC members Helene Bortz and Myrice Goldberg. The GMACH is open to ALL San Diego Jews in need, and gives away household items and provides a host of other emergency needs programs. Over the past year we have developed an outstanding symbiotic relationship with the GMACH. The GMACH has been a resource for our needy ex South Africans that we have helped out, and likewise, SA clients of the GMACH have received help from SAJAC through the generosity of our members. The GMACH is a community wide institution well deserving of our collective support. (Phone 858 549 1877 for more information)

SAJAC Gemilut Chesed is pleased to announce that we have continued to make a meaningful difference in the lives of those that we can help. We have extended loans that have helped individuals



in desperate financial positions and we have referred people to community resources when we have been unable to help. We also appreciate the meaningful and helpful responses from our members when we have had people desperately seeking employment. Please do not take these requests lightly when you get those emails from the Gemilut Chesed committee. You know you can make a huge difference in someone's life in helping them get on their feet! And please continue to make your voluntary contribution to the Gemilut Chesed Fund. The fund does not get any money from your regular dues and depends on your voluntary contribution to the fund.

Applicants for the interest free loans are required to complete all the paperwork demonstrating financial need and execute an agreement to repay. In most cases collateral is required. The SAJAC Gemilut Chesed is a confidential subcommittee of SAJAC and is headed by Brian Marcus.

Contact via email at [brinnimarcus@gmail.com](mailto:brinnimarcus@gmail.com).

RABBI ELEAZAR SAID, "THE REWARD THAT IS PAID FOR GIVING CHARITY IS DIRECTLY RELATED TO THE KINDNESS WITH WHICH IT IS GIVEN".



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On September 5, 2001, CNN reported that President Vicente Fox of Mexico had come to Washington to meet with President George W. Bush and was requesting full amnesty for the Mexicans living in the U.S. illegally. President Bush had the idea that those Mexicans on the temporary worker program could become legal residents. This was the gap they had to bridge, but immigration reform was on the cards, as was some kind of amnesty for people living in the U.S. illegally. But the planes hit, the world changed and any thought of overhauling the immigration policy in the U.S. disappeared. That is, until it surfaced again in during this administration.

Immigration reform rose to the top of President Obama's agenda and this year, the so-called "Team of Eight" comprised of four Democratic and four Republican Senators, spent a few intense weeks at the beginning of summer thrashing out proposals and amendments that resulted in the passage of S.744 – the Border Security, Economic Opportunity, and Immigration Modernization Act. This is the Senate's comprehensive immigration reform bill. As this magazine goes to press, the House is battling through its own approach to immigration reform and by the end of Fall, we will see how the landscape has changed with respect to immigration.

But certain changes have happened already and whether you support the politics, policies, moral or ethical bases for these changes, the lives of many people have already been impacted and the beneficiaries are elated.

In the much anticipated and long-awaited Supreme Court decision in *United States v. Windsor*, the court struck down a provision of the 17-year-old Defense of Marriage Act (DOMA) that denies federal benefits – like Social Security benefits or the ability to file joint tax returns – to same-sex couples legally married, in a 5-4 decision.

Justice Anthony Kennedy wrote, on behalf of the majority, that "DOMA is unconstitutional as a deprivation of the liberty of the person protected by the Fifth Amendment."

Since marriage between same sex couples is legal in several states as well as in many countries abroad, South Africa among them, the immigration implications of this are massive. Now, married same sex couples are legally able to file for immigration benefits on exactly the same basis as married hetero couples. This is because immigration law falls under Federal law.

Prior to this, the immigration situation was problematic for same sex couples. For example, take the high level Australian executive who came to head up a small U.S. company on an L-1 intra-company transfer visa, while his partner obtained a domestic partner B-1/2 visitor's visa. This

Now, married same sex  
couples are legally able to  
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married hetero couples.

domestic partnership visa is available to all couples that can prove they have lived together for at least a year before one of them comes to the U.S. to work. But when the company needed to apply for its executive for a green card because they needed him to head up their team permanently, he had to decline because his partner – same sex – was unable to immigrate with him.

Another major change that happened this year is Deferred Action for Childhood Arrivals or DACA. This law gave the opportunity for thousands of young people who were brought to the U.S. illegally by their parents, to work legally in the U.S. Those eligible were able to get a work authorization card valid for a year. Not all will agree with this politically, but the ability for a scholar, student, or graduate, or GED holder to be able to work legally in the U.S. was a major weight of their shoulders. They had to be at least 15-years old, been present in the U.S. continuously for the past six years, at least, and came here before reaching the age of 16. They also had to comply with other eligibility requirements.

At the cornerstone of the comprehensive immigration reform activity that is currently in full swing in the House, and that propelled the Senate bill to passage, is the compromise reached by the politicians.

Granting a path to citizenship to people living here illegally has been anathema to

many and yet, the politicians would like to attract the growing Hispanic vote and this is the ethnic group that is comprised of the highest percentage of those here illegally. From a bipartisan perspective, many see the porous border as a massive problem with people and drugs still being able to enter the U.S. illegally and undeterred. So the quid pro quos were stirred into the mix and the very lengthy and detailed Senate bill is comprised of a mixture of border security provisions, complete with unmanned drones and border fencing; a long, slow path to legality for those here illegally (hastened for the DACA cases); and many components affecting nonimmigrant and immigrant visas.

One of the interesting things about the proposed Senate bill is that the architects of this bill have noted the brain drain that has occurs when foreign advanced degree graduates of U.S. universities complete their studies. To counter this, those in the science, technology, engineering and math disciplines (STEM), with Master's or Ph.D. degrees, will be able to bypass the recruitment step in the green card process if they have a job offer from a U.S. employer. Further, the long backlogs to be able to get a green card for those in entry-level non-STEM professional positions, or for those with degrees from overseas, will be largely overcome by eliminating per country limits for green cards and by excluding a significant number of people from the numeric limitations. Right now, each fiscal year, there are 140,000 migrant visas available to people in five employment-based categories. This number is divided per category and again, per country of birth, with no more than 7 percent of available immigrant visas in any given category given to the nationals of any one country. Depending on which features of the Senate bill remain, if immigration reform passes at all, dependent family members will be taken out of the count as will everyone in the employment-based first preference category – this covers people with extraordinary ability, outstanding researchers and managers or executives transferring from multinational entities abroad to work permanently for a related corporate entity in the U.S.

There are many other proposals contained in the very complex and detailed Senate bill and at this point, we do not know how immigration reform will play out in the House. But watch this space next year, and I will let you know!

# We Remember



SECKIE GLADSTONE

BY ROBBI SORIANO

My Dear Gags,

I feel blessed to have had you in my life for so many years.

You have left me with beautiful memories that I will carry with me.

You were an incredible woman whom I will always admire.

What stands out most for me was your simple approach to life.

It was the simple pleasures that made you happy.

Whether it was a card game of rummy, or eating delicious home-made pizza at your apartment

in Johannesburg, coming to hang out at my home in Los Angeles, and in the last few years

my visits to you for a game of tile rummy. It was always with a big smile and your kind eyes.

That is what you have taught me and that is what I will carry with me.

I Love you.

BY BELLA SUCHET

I am a volunteer for Jewish Family Services. We run a senior center in University City..... Our seniors are incredible .... in particular I would like to make mention of a very special lady who comes to our center on a regular basis.

She is Seckie Gladstone, the mother of our SAJAC presi-dent, Pamela Nathan and her sister, Barbara Klein. Seckie is an inspiration to us all and a joy to behold. She is always immaculately attired, clothes matching, and a smile that makes everyone feel so, so, special.

When asked "How are you?" She always responds with a positive reply.

This year Seckie celebrated her 91st birthday, surrounded by her ENTIRE family. Yes, all her children, grandchildren and great grandchildren live in either San Diego or Los Angeles, an extremely rare and special circumstance for any ex- South African living abroad. How blessed she is!

To what does she contribute her good health and healthy attitude towards life? She says she doesn't know, although she acknowledges the genetic influence as her dad lived to 94.

I think we must add her lifestyle! She meditates for 20 minutes twice a day, every single day without fail. She does not drink alcohol, or coffee, but uses a barley grain combo from the health store instead. She does not drink any milk, only soy or rice milk. She walks, unassisted, for 10-15 minutes and does stretch-ing exercises daily. She is an avid reader, all the bookclub books get passed to her as well.

She watches two soap operas daily and can tell you all about them in the finest detail. She also plays an excellent game of bridge twice a week, which keeps her mind razor sharp.

Then there's the regular appointment with the hairdresser and manicurist as well as the occasional kaluki game when she's not too busy playing with her great grandchildren which she does at least 4 times a week. She bends down to sit on the floor with them, effortlessly, and participates in whatever they are doing, talking to them and interacting with them in their play. It is a pleasure to observe.

Keep up the good work, Seckie. We love you.

BY SELWYN KLEIN

Family and Friends,

I knew Seckie for half her life - some 50 years. I remember the first time I went to her's and

Reuben Gladstone's house to meet Barbara. Shortly after that night and having established myself as something of a potential prospect. I received a message that my hair was way too bushy and that I should get a haircut as soon as possible- incidentally an issue of not great impact to me in later life.

After Barbara and I got married we loved spending time in Seckie's home in which I felt totally warm and welcome. I grew extremely attached to Reuben, particularly since I had lost my own father almost a decade earlier. -->





CONTINUED FROM PREVIOUS PAGE

In 1968 Reuben passed away and Seckie came to live with Barbara and myself for the next year

which provided Barbara the close contact to provide her with support and comfort.

Our family always enjoyed having Seckie close to us and in our company and we vacationed

together every year in South Africa, Europe and elsewhere. After we emigrated to the United States in 1977 Seckie stayed with us twice a year for the next 25 years when she visited the family.

Her innate kindness and good nature attracted us and everyone else to her.

Seckie was also the calmest and most optimistic person I ever knew. She had this overriding

confidence and expectation that given time, all things would work out well. I remember often relating to her some matter or another about which I was deeply worried, she would always answer "I am sure it will be better tomorrow or next week" and it usually was.

She was a person deeply content with her life's circumstances from which she extracted every pleasure and never envied what others had or did. A lesson well worth learning.

Great credit goes to Pamela, for the constant care, nurturing and attention she provided for Seckie for the last 10 years of her life. Seckie was the fortunate recipient of every spray, vitamin and supplement known to the homeopathic & naturopathic world - obviously to good effect.

We all loved Seckie dearly and will miss her very much.

As I sat down today to write a few words about my Gags there are so many memories.

We would be here all day if I were to share them all with you.

The words that best describe Gaga- elegant, graceful, petite, kind, loving, warm, dainty, and caring.



## LILEEN KRAMER

BY DAVID KRAMER

Lileen Kramer loved respected her long life an inspiration to her family and friends everywhere; her recent years in San Diego a happy closing chapter.

## GERTIE LURIE

BY JAYDE ELMALEH

*Gertie Lurie born March 8 1926 passed away January 9, 2013*

Was a lovely lady who is sorely missed by her children, grandchildren, sister and friends.

My grandmother & I shared our love for theatre, movies and of course tea time!

I would speak to my gran every day or so & remember her yelling at me if more than two days went by without a phone call. She really enjoyed our phone conversations and more so loved my visits where we would catch up on our news and she would tell me stories from her past. I would call her on the days I would visit to give her a "heads up" that I was around the corner and she would always reply with "I'm putting on the kettle!"

Just days before her passing, I was fortunate enough to have my gran come to my baby shower, as usual she looked fabulous and she truly enjoyed herself. Our last phone conversation was of her complimenting me on such a wonderful shower. I'm sad she never got to meet Mika (my daughter) in person because I was most looking forward to taking



her over to see her great granny & would imagine holding my daughters hand walking up the steps on our weekly visit, knowing we would be met with a smiling great granny, wide-stretched arms to embrace her, overjoyed to spend time with her great granddaughter.

Mika was born only a month after she passed away, unfortunately.

However, I will be sharing stories of her late great granny with her, when she's old enough to understand and together Mika & I will continue to see plays, have tea together and chat and all the while I'll think of my late Granny Gertie.

Rest in peace Gran.

You are missed.



# We Remember

## **We Remember Helen Bloch**

*A woman of courage, conviction and compassion.*

*April 6th 1926 - August 24th 2012*



BY LAURENCE BLOCH

My mother, the third of seven children was born Helen Horwitz in East London, South Africa to Lithuanian immigrant parents. Being the oldest daughter she always took on a protective role to her younger siblings.

Her childhood in East London was always full of many activities and was very social. She was a good all rounder, a sports woman and always loved to dance.

She met my father Hubert on the tennis court at her family home and it was a love set. They were married in 1951 and together moved to Sheffield England for 3 years where my father specialized in Radiology. During this time she completed a Cordon Bleu cooking course which we all enjoyed throughout the years.

I was born in England and was the first of three children. Returning to East London in 1954 by boat to give birth to her second child, Nigel, the family moved back into her parent's home to save money. During this period she learned the building industry from her four brothers and become a property

developer which was very unusual for a woman in the 1950's. She built our home in 1956 in which our family lived until my parents retired to Cape Town in 1986.

The following quote in the local Daily Dispatch newspaper entitled "The House that Mrs. Bloch Built" summed up her accomplishment up as follows.

"Now she can bake a babka, bounce the baby, or build a block of flats without batting an eyelid."

In 1957 her third child, Michelle was born and without much pause continued with her building and property management business, juggling family life, numerous charities and entertaining her family and friends by providing many fine meals.

She was a formidable force and set a great example for her children and grandchildren.

She never had a bad word to say about anyone and always tried to help those less fortunate than herself.

My mother's brother Howard recently recounted the following two stories concerning his sister's sense of caring for others.

Howard was forced to dismiss his maid Florence after numerous incidents because her husband, who also lived on his premises was an abusive drunk and posed a threat to his young children when he was not around. After my uncle immigrated to Canada, Florence had a car accident in which she lost one of her legs and as a result could no longer continue doing house work. Somehow one day she showed up at our house asking for help. My mother gave it some thought and decided to buy her a hand operated sewing machine and paid for lessons so that Florence would be able to make and alter clothes. In this way Florence managed to support herself.

The other incident was the charity to rehabilitate ex-prisoners which my

Mother joined. She managed to obtain a dilapidated house for this project and worked tirelessly approaching local businesses to get them to donate various items to fix and furnish the house so that the ex-prisoners would have a place to stay until they were able to get back onto their feet.

My mother continued to live in Sea Point, Cape Town until her immigration to San Diego in 1993 after my father died. She lived independently for many years in La Jolla where she had close friends whom she enjoyed driving around on outings and to numerous cultural events. She was very active during this period always looking forward to her daily walks and twice weekly visits to the wonderful and caring community at the Chabba Senior Center.

Our family was fortunate to have many good and loving years together. She managed to spend time with her children, in-laws and grandchildren, Laurence, Rahleen and Gabriel, Nigel, Gabby, Jed and Savannah, Michelle, Hilton, Marc and Carly.

She was a guiding light to us all with her love, wisdom, sound advice, compassion, grace, dignity and generosity.

With the onset of Alzheimer's she managed to live in her apartment for a few years with the help of caregivers. Eventually she moved to Olivenhain guest house where she lived for seven years before passing away. Despite the loss of ability to walk and talk, she always had a dignified demeanor and was much loved and admired by her caregivers. She was a fighter to the bitter end and only let go and died peacefully minutes after the Rabbi visited her.

Mom, you were a remarkable woman of courage, conviction and compassion.

Your legacy and indomitable spirit lives on.

# LIVING FENG SHUI

by Zena Cohen



Live life unfettered  
Be life uncluttered

Be brave ; ride the wave  
Surf the tide ; enjoy the ride

Be the Goddess streaming  
on a white horse  
The purity of no force

earth

Do not hide ; turn the tide  
Let sacredness abide

Be the river of intelligence  
Just drop pretense - no offence

Draw on common sense  
Certainly no nonsense

wood

Dive deep  
and yes weep

Be tough  
and yes laugh

Be silent  
In the moment

water

Skillfully steer life's course  
Perceive its source

Find the power within  
That's where its always been

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Love is what it's all about

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