



SAJAC REPORTER

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2014 ISSUE



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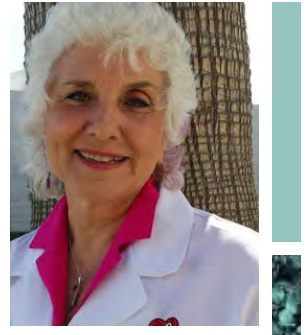
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PRESIDENT'S MESSAGE

BY PAMELA NATHAN



Dear SAJAC members,

When I look back at my president's message last year, I'm faced with the reality that since the last publication, my dearest and most wonderful mom, Seckie Gladstone passed away.

It was June 6, 2013, right after my grandson Sky's barmitzvah. It's hard to imagine that it has been a year since she passed and the grave stone unveiling only last week. I notice that even though she is no longer around, physically, I feel her presence on a daily basis. I continue to sense the love and support that she showered my way. She truly epitomized the characteristics of an 'outstanding' Jewish mother. I'm grateful to have been blessed with such a caring and devoted mom.

I'm thrilled to share that SAJAC's website is about to have a major 'facelift'. For years, we have struggled to find the best way to embark on this major task. Finally, there is light at the end of



and what we'll be able to pass on to our future generations.

A very special thanks goes to all our remarkable volunteers who quietly go about fulfilling their duties; each has an individual way of contributing their services to our organization. You know it comes from their hearts as they do such an amazing job, year in and year out. With smiles on their faces, they help wherever they can. I can't praise them enough.

Last, but certainly not least, a very BIG thank you to all our devoted members for your continued support of our organization. 27 years and still going strong.

I'M THRILLED TO SHARE THAT SAJAC'S WEBSITE IS ABOUT TO HAVE A MAJOR 'FACELIFT'

the tunnel. We will up-date you all as the changes occur. Social media has become prominent in our lives and we're looking forward to using this vehicle to enhance SAJAC's presence, both locally and nationwide. As you may well remember, we modified our bylaws a few years back to obtain nationwide status. Social media is the perfect way to spread the word, increase awareness of our existence and grow our membership. Please let us know if you would like to help make this happen.

My heart is full as I write this message to you. I still maintain an unshakable conviction that our organization represents a very important aspect of our lives as ex South Africans living in the United States of America. We have brought with us, unique values and lifestyle that are echoes from our past. Yet, they will always be cherished as positive reminders of where we came from. They bind us together in a very meaningful way. This is the essence of SAJAC

If you've got any ideas, suggestions or thoughts about social events, let hear from you. Please email us at

SajacSanDiego@gmail.com

Sincerely,
Pamela Nathan



EDITOR'S DESK

BY BRIAN MARKS



At times like these, when Israel and world Jewry are under siege, it is even more important for Jews to stand together and strengthen our sense of community.

For almost 30 years, SAJAC's mission has been based on this sense of community. We have always sought to understand our common history and to use that as a foundation to build an even stronger bond and to create a thriving future for this generation of ex-Southern Africans and the generations to follow.

It has never been more important for Jews to stand together and be counted. It is even more essential that we embrace our roots and proudly shout to the world that we know where we came from, we know who

we are, and we know that we will be stronger tomorrow.

Organizations like SAJAC, that help us to maintain and strengthen our common bonds, have never been more relevant. Our strength, in the face of these many onslaughts has always been to stand shoulder to shoulder. Together we will always win, grow and prosper.

Please enjoy this 2014 SAJAC Reporter. It is a labor of love that would simply never happen without the contributions of countless volunteers, authors, poets, historians, mavens, machas, yentas and demagogues. To all of you who play such an important role in our community....

I tip my hat and applaud. Thank you.

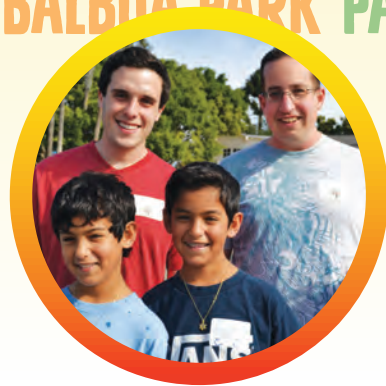
THE TEN COMMANDMENTS

BY AVRIL BUTBUL

I am extremely grateful to HASHEM who has sustained us and let us enjoy a long and happy life together. What did I learn and what can I pass on to my children, grandchildren and future generations?

1. Follow the Ten Commandments.
2. Be kind, appreciate what you have and be content.
3. Strive to improve one-self.
4. Treat all people with respect, especially the elderly.
5. Help people in need. Be charitable and care for the less fortunate. Visit the sick. It is a Mitzvah and good for the soul, theirs and yours.
6. Instead of being critical of people, look for the good values in them. I think this is paramount and a virtue to continue to develop.
7. Remember the anti-Semitism in the world. We have lived through a period of anti-Semitism. We were despised as a people, murdered by the Romans, by the Spanish inquisition, in the Holocaust and so many times in our long history. It is the State of Israel that restored us as a nation. Do not forget it and continue to support the State, it's people and the Jews wherever they are.
8. Get involved in Jewish institutions.
9. Remember your heritage, the families you came from, uphold the tenets of our law.
10. We have lost so many to assimilation especially in the USA. Be Jewish, remain Jewish. Please do not intermarry with other faiths. You can live alongside them in dignity.

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Newcomers CORNER



Carole Eglash-Kosoff

Carole Eglash-Kosoff lives and writes in Valley Village, California. She graduated from UCLA and spent her career teaching, writing, and traveling to more than seventy countries. In 2006, following the death of her husband, mother, and brother within one month, she spent part of two years teaching in the black townships of South Africa.

An avid student of history, she researched the decades preceding and following the Civil War for nearly two years, including time in Louisiana, the setting for her novel, *When Stars Align* (www.whenstarsalign-thebook.com). It is an interracial loves story. *Winds of Change*, a follow-on novel, follows the characters into the decades.

Her most recent book is *Sex, Drugs, & Fashion*, a romp through the New York and Los Angeles fashion industry of the 1980's, where she worked for more than two decades.

Mrs. Eglash-Kosoff often lectures to college and civic groups.

Chelsey Raissen

Chelsey Raissen is the daughter of Lauren (formerly Dermeik) and Anthony Raissen and moved to San Diego in August.

She recently graduated from the University of Southern California in Los Angeles with a Masters in accounting, and is now working in San Diego.

"I absolutely love this area," she said, "And I would really love to get involved in the community."

Chelsey said that she has some family here and a few friends, but would really like to meet new people and make this area feel like home.

Juliann Berens

Juliann is very excited to be living in San Diego. She lives in Carmel Valley.

"I have two degrees and am currently working as a registered nurse at the Outpatient Surgery Center of La Jolla," she recently told SAJAC. "I am also an NCIDQ Certified Interior Designer with 15+ years of experience owning and operating an interior design studio in Tucson.

However, California requires that Juliann sit for the California Interior Design boards before she can practice design here and will be taking this exam in the near future.

Design is her passion and she looks forward to returning to that career.

Single, she was married to a physician and has two fabulous children. Her daughter is a recent graduate from UCSD and her son is a Fulbright Scholar recipient, currently working in Montevideo, Uruguay.

"I'm interested in meeting other Jewish women and men, making lasting friendships and getting involved in the Jewish community," she added.



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Hadassah Harnesses Medicine to Build a Better World



Deena Feinman,
Director of Hadassah
San Diego

Like many South Africans, Hadassah was not on my radar before I started working as Director of the San Diego area 13 years ago.

It surprised me to discover that the hospital in Israel was founded by Americans. In 1912, before women had the right to vote, thirty New York Jewish-women banded together to raise money to set up a small public health station in Palestine. The purpose was to provide maternity care and treat trachoma, a dreaded eye disease rampant in the Middle East. In a few decades, these women built a mass movement, which today is the largest women's organization and largest volunteer organization in the United States with 330,000 members. I found much to admire about Hadassah, even as I was overwhelmed by its staggering scope and expanse.

In Israel, that simple nursing station grew to become Hadassah Medical Organization which has earned an international reputation as one of the leading medical centers in the world. A pioneer in stem cell treatment, it is also among the top three hospitals in the world for the treatment of Parkinson's disease. The organization, now in 26 countries, including China, Japan and Turkey, continues to raise millions of dollars to support the work of the two hospitals in Jerusalem.

One doesn't need a medical background to understand that when patients are cared for with compassion, healing is hastened.

I love that Hadassah continually seeks ways to address the emotional needs of its patients, especially children. Recently, Hadassah created outdoor therapeutic Healing Gardens. When possible, children sit in the gardens while receiving physiotherapy or breathing treatments. In the pediatric oncology unit music therapy is used as an intervention tool for children undergoing chemotherapy. My favorite is the medically trained clowns who distract and entertain children undergoing difficult medical procedures.

Hadassah is an island of peace in a region of turmoil and enmity. Its approach to treatment transcends politics, religion, and geographical boundaries, treating all patients with dignity. Hadassah was nominated for a Nobel Peace Prize "for meeting the standards of equality in the treatment of patients of all nationalities, and for Hadassah's contribution to promotion of the peaceful coexistence of nations".

It was in 2006, that I really learned about Hadassah. My parents had been living in Jerusalem for more than 20 years when on a Friday evening, my mother called. Something was terribly wrong, she never calls on Shabbat. My father was in the intensive care unit, gravely ill with colon cancer. Forty eight

hours later I arrived at the hospital, greeted by a nurse like I was a member of her family. Suddenly the daughter of a patient, Hadassah became a deeply personal experience.

I spent a week with my father, supporting my exhausted mother and pacing the corridors. I was filled with awe many times over. Every wall of the hospital is covered with the names of donors from around the world, some I recognized from San Diego. I was astonished when the surgeon gave us his cell number in case we needed him. Volunteers handed us meals and asked for nothing in return. A few times I had coffee with a woman whose Arab-Israeli mother was lying in a bed next to my father. She had flown in from Jordan the day after I arrived. From two different worlds, we were just two daughters waiting around for some good news. On Shabbat, I was deeply moved as I sat in the *shul* in the basement of the hospital, and saw patients being wheeled in to participate in the service. My father recovered. But a year later, the cancer reappeared. My daughter and I saw him one more time. He spent his last days in the Hospice at Hadassah.

It's a pity that the world does not know more about the reach of Hadassah's humanitarian work. Public health professionals from 90 countries have been trained in the International Masters of Public Health program at Hadassah. Many now serve as health ministers or directors-general of health in their native countries.

In 2007, Hadassah initiated "Operation Abraham," sending medical personal to Swaziland to perform male circumcisions, reducing the risk of HIV infection by 60%. Impressed by the results, the King of Kwazulu invited Hadassah to establish clinics in Natal. In Haiti, Hadassah doctors were some of the first in the world to set up operating tents following the massive earthquake. They delivered the first baby after the quake. His mother named him "Israel."

Locally in San Diego, women of all ages join Hadassah to meet and build social connections with like-minded Jewish women. Members participate in programs with guest speakers, join Hadassah book groups, and even play mahjongg. Women create friendships that last a life-time find intellectual fulfillment, and at the same time, contribute to the betterment of women in the United States and people around the world.

For more information about Hadassah, contact:
Deena Feinman. dfeinman@hadassah.org.
Our website is www.hadassah.org.

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CHRISTOPHER COLUMBUS' JEWISH MOTHER:

"I don't care what you've discovered, you didn't call, you didn't write."

MONA LISA'S JEWISH MOTHER:

"After all the money your father and I spent on braces, this you call a smile?"

NAPOLEON'S JEWISH MOTHER:

"You're not hiding your report card? Show me! Take your hand out of your jacket and show me!"

MICHELANGELO'S JEWISH MOTHER:

"A ceiling you paint? Not good enough for you the walls, like the other children? Do you know how hard it is to get that schmutz off the ceiling?"





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Shalom Baby/PJ Library at the Lawrence Family Jewish Community Center

Shalom baby

The JCC's Shalom Baby/PJ Library program is thrilled to announce the creation of an exciting, kid-oriented mitzvah program, "Mitzvah Kids: Making Kids Into Menschen."

This program was created in response to the limited or nonexistence of opportunities for younger children in our area to "give back" to their community. Most of the available projects are for older children. Mitzvah Kids will address this disparity by creating fun and engaging mitzvah-oriented activities for children between the ages 4 and 8. Anticipated activities will include bringing cards to residents at Seacrest and singing songs around the holidays; coordinating with the Hand Up Food Pantry to create age-appropriate opportunities for kids to serve that organization; working with a local animal shelter; conducting beach- and park-clean ups with the children; along with many other ideas. The goal is for the activities to be as hands-on as possible for the children, so that they can be engaged in this experience. Most activities will take place on Sundays at 1:00.

The program's inaugural event took place on Sunday, September 7th at the JCC. Participating children created "mitzvah bags" for those who are less fortunate in our community. The kids used large Ziploc bags and filled them with essentials that might be helpful to someone living on the streets: granola bars or other portable food, water,

toothbrushes and toothpaste, sanitizing wipes, clean socks, as well as a small insert card that lists various outreach resources in the area (homeless shelters, domestic abuse hotlines, etc.). In addition, music, refreshments, storytelling and crafts were provided as well as giving the children an opportunity to make their very own "mitzvah cape." Mitzvah Kids received an incredible response to this program, with over 100 children and parents participating.

The creators of Mitzvah Kids hope that, as families become involved in this project, it becomes not just a "special occasion" when they are doing something wonderful for the community, but rather a routine part of their lives - something that the children simply expect to do every few weeks. We all are so very lucky in what we have and in the comfort and security that we enjoy. It is our duty as parents to teach our children to appreciate how very fortunate they are.

Anyone who would like more information about Mitzvah Kids, including information about how to attend any Mitzvah Kids events or make donations to support the program, can contact:

Jessica Fink (jkbenenso@gmail.com),
Judy Nemzer (shalombaby@lfjcc.com) or
Vivien Dean (shalombabyncounty@lfjcc.com)

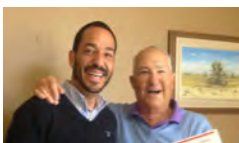


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ADELE SCHNEIDER

*MEDICAL DIRECTOR, VICTOR CENTER FOR JEWISH GENETIC DISEASES,
EINSTEIN MEDICAL CENTER PHILADELPHIA*

BEFORE YOU BREAK THE GLASS, LEARN ABOUT JEWISH GENETIC DISEASE SCREENING.

WEDDINGS ARE HAPPY OCCASIONS WITH MANY TRADITIONS ASSOCIATED WITH THE CELEBRATION. OF COURSE, THE PARENTS OF THE BRIDE AND GROOM ARE THINKING, QUIETLY, ABOUT THEIR FUTURE GRAND CHILDREN, BUT WHO THINKS ABOUT SCREENING FOR JEWISH GENETIC DISEASES FIRST?

ABOUT ONE IN THREE ASHKENAZI JEWS IS A CARRIER FOR AT LEAST ONE OF MORE THAN 19 DISEASES THAT OCCUR AT A HIGH CARRIER RATE IN THIS POPULATION.

A CARRIER IS A HEALTHY PERSON WHO CARRIES ONE ALTERED OR MUTATED GENE OF THE PAIR FOR A PARTICULAR CONDITION. THE ONLY RISK FOR A CARRIER IS TO PASS ON THIS GENE TO THEIR OFFSPRING. THIS IS NO BIG DEAL UNLESS BOTH MEMBERS OF THE COUPLE ARE CARRIERS FOR A MUTATION IN THE SAME DISEASE-CAUSING GENE. IN THIS SITUATION THE COUPLE HAS A 25% CHANCE WITH EACH PREGNANCY TO HAVE A CHILD WITH THE DISORDER. SO YOU MIGHT SAY, WHY WOULD I WANT TO KNOW THIS SCARY INFORMATION AT THIS JOYOUS TIME?

IN THE CASE OF SCREENING FOR JEWISH GENETIC DISEASES LIKE TAY-SACHS, CANAVAN DISEASE, FAMILIAL DYSAUTONOMIA AND MANY OTHER SERIOUS CONDITIONS, TESTING BEFORE PREGNANCY IS OPTIMAL. ONCE TESTED AND WITH INFORMATION IN HAND ABOUT ONE'S CARRIER STATUS, TALKING TO A GENETIC COUNSELOR WILL PROVIDE THE INDIVIDUAL OR COUPLE WITH INFORMATION ABOUT FAMILY PLANNING OPTIONS. ALL YOU NEED FOR TESTING IS A SIMPLE BLOOD TEST. IF YOU ARE PART OF AN

INTERMARRIED COUPLE YOU MUST STILL GET TESTED. THESE DISEASES OCCUR IN THE GENERAL POPULATION AS WELL (LESS COMMONLY) BUT TEST THE JEWISH PARTNER FIRST THEN TALK TO A GENETIC COUNSELOR WHO WILL HELP TEST THE NON-JEWISH PARTNER IF NECESSARY.

JUDAISM IS A VERY "SMART" RELIGION WHEN IT COMES TO REPRODUCTIVE OPTIONS. IF A COUPLE KNOWS THEY ARE BOTH CARRIERS FOR THE SAME CONDITION BEFORE PREGNANCY THEY HAVE THE OPTION OF PRE-IMPLANTATION GENETIC TESTING. THIS PROCEDURE IS COUPLED WITH IN VITROFERTILIZATION (IVF). ON DAY 3 OF EMBRYONIC DEVELOPMENT IN THE LAB, OR THE 8 CELL STAGE, ONE CELL OF EACH EMBRYO IS REMOVED FOR TESTING. CLEARLY YOU HAVE TO KNOW WHAT YOU ARE TESTING FOR WHEN YOU HAVE ONLY ONE CELL TO WORK WITH SO THE VALUE OF EARLY GENETIC SCREENING IS CLEAR. ONCE THE TESTING OF EMBRYOS IS DONE, ONLY THE HEALTHY EMBRYOS ARE IMPLANTED. THIS PROCEDURE IS ACCEPTABLE TO ALL GROUPS WITHIN JUDAISM AND THERE IS NO ISSUE WITH DISCARDING THE UNHEALTHY EMBRYOS. IN JUDAISM THE EMBRYO HAS NO STANDING WHEN NOT IN THE BODY OF THE MOTHER AND FOR THE FIRST 40 DAYS OF PREGNANCY. SO WHEN I AM ASKED, WHY WOULD ANYONE WANT TO KNOW THIS "BAD NEWS", I RESPOND THAT IT IS REALLY GOOD NEWS.

FIRSTLY ASHKENAZI JEWS KNOW WHAT TO GET SCREENED FOR AND MANY LABS HAVE THIS TESTING AVAILABLE. OFTEN IT IS COVERED BY INSURANCE.

WHEN YOU ARE IDENTIFIED AS A CARRIER, YOU KNOW YOUR RISK AND CAN ACT BY SEEKING GENETIC COUNSELING AND LEARNING WHAT THE BEST TESTING OPTIONS ARE FOR YOU AND YOUR FAMILY. THIS IS DEFINITELY NOT A CASE OF "IGNORANCE IS BLISS" BUT RATHER KNOWLEDGE IS POWER!

FOR MORE INFORMATION ABOUT JEWISH GENETIC DISEASES SCREENING AND TO HELP YOU FIND A GENETIC COUNSELOR NEAR YOU, CHECK OUT WWW.VICTORCENTERS.ORG OR EMAIL INFO@VICTORCENTERS.ORG.



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Nat Bregman, Nelson Mandela, and Lazer Sidelsky at a reunion in 1998. (Courtesy of South African Jewish Board of Deputies)

Nelson Mandela Was a Revolutionary —

and These Jews Made Common Cause With Him

WITH A NEW BIOPIC COMMEMORATING HIS LONG STRUGGLE AGAINST APARTHEID, REMEMBERING THE CHILDREN OF EUROPEAN REFUGEES WHO HELPED

In 1963, after South African police arrested six Jews and seven blacks in a raid on an African National Congress hideout in the Johannesburg suburb of Rivonia—a sweep that eventually landed Nelson Mandela in prison for more than 25 years—a white nationalist newspaper asked whether Jews were unhappy in South Africa. The community’s Board of Deputies responded unequivocally that the opposite was true, promising that South Africa’s Jews were loyal and patriotic. “No part of the community can or should be asked to accept responsibility” for the actions of a few, the board insisted in its official reply.

In time, of course, Mandela became a hero,

SOUTH AFRICA’S JEWS WERE LOYAL AND PATRIOTIC.

and the actions of those few became a point of pride for South African Jews. Beginning with his years at Johannesburg’s more or less integrated University of the Witwatersrand—aka “Wits”—and later as an apprentice to a Jewish law firm, Nelson Mandela had a political life that was profoundly intertwined with those of Jewish activists who, to varying degrees, found in their Jewish identity the imperative to object to a system that, while almost completely welcoming to them, treated blacks in a way that many of these children of European refugees found discomfiting and familiar.

While most South Africa Jews took the silent, implicitly conservative position of the Board of Deputies, the great majority of white South Africans involved in “the struggle” were Jewish. Many were Communists. Most were lawyers.

A few had money. But all faced what has been described as a “double marginality”: not fully accepted as white, while also alienated from an organized Jewish community beholden to the powers that be.

That so many Jews surrendered the comforts of their own relatively privileged lives—indeed, in at least one case, surrendered life itself—to join Mandela and the ANC, though they had little material stake relative to their black comrades, is in itself a testament to the radical legacy these Jews brought with them out of Europe to the other end of the globe. With a new film starring Idris Elba recounting Mandela’s long struggle, we look at those Jews who stood with him, and marched with him, every step of way.



Lazer Sidelsky with Nelson Mandela.

Lazar Sidelsky, the South African-born son of refugees from Lithuania, grew up in the Transvaal highlands and paid his way through Wits by playing violin in a jazz band called Skoenie and his Connecticut Yankees. By the early 1940s, he was partner in one of Johannesburg’s biggest law firms, where he ran a program helping black South Africans get mortgages they were otherwise denied. One day in 1942, an ANC member named Walter Sisulu brought in Nelson Mandela, then 24, whom Sidelsky hired as an articled clerk, enabling Mandela to qualify as an

attorney—a radical move for an established firm at the time. “It was a Jewish firm,” Mandela later wrote in his memoir, *Long Walk to Freedom*, “and in my experience I have found Jews to be more broad-minded than most whites on issues of race and politics, perhaps because they themselves have historically been victims of prejudice.” Mandela worked at Sidelsky’s firm while earning a B.A. by mail order and later while studying law at Wits. In 1952, Sidelsky loaned Mandela seed money to start South Africa’s first black law practice, and when Mandela married his second wife Winnie in 1957, he brought the wedding procession past Sidelsky’s home as a sign of respect. At a kosher lunch in Mandela’s home a few years before Sidelsky’s death in 2002, at 90, the first black president of South Africa still referred to his former mentor as “Boss.”

Nat Bregman, a cousin of Lazar Sidelsky, became a clerk at Sidelsky’s firm the year before Mandela joined. The building had segregated elevators, but Bregman, a member of the Communist Party, rode with Mandela on the one reserved for blacks. In his memoir, Mandela describes Bregman—“Natie”—as his first white friend. Bregman schlepped his skeptical friend to Communist get-togethers in the early years of their friendship—gatherings populated almost entirely by blacks and Jews—but while Mandela was impressed by the “lively and gregarious group of people who did not seem to pay attention to color at all,” he later wrote that he was put off by the Party’s “antipathy to religion” and emphasis on class rather than race. As time went on, Bregman became religiously observant, moonlighting from his legal career

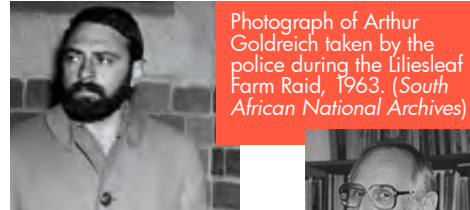
as a comedian at weddings and bar mitzvahs and particularly renowned for his imitations of Winston Churchill and Franklin Roosevelt. Bregman died of kidney failure in 2011.



Bregman and his daughter Adina with Nelson Mandela, 2010. (*The Star*)

Arthur Goldreich was born in 1929 to a family proud to belong to the Anglo-Jewish elite. At the school he attended in the northern Transvaal province, a German-language instructor once passed out Hitler Youth magazines, prompting young Arthur to write to Prime Minister Jan Smuts asking permission to be taught Hebrew instead—a wish Smuts granted. Goldreich began studying architecture, but in May 1948—the same month the National Party won parliamentary elections, commencing the era of official apartheid in South Africa—he sailed to Israel on a small boat, packed with Holocaust survivors, to join the Palmach. In 1954, he returned to South Africa and joined the underground Communist Party. A notorious dandy, Goldreich wore tweeds and riding boots and hung around the polo club, but it was all a cover: Goldreich's Gatsby-like persona allowed him to travel the world raising money for the ANC and provided the perfect cover for purchasing a farm outside Johannesburg from which the ANC's militia wing, the Umkhonto we Sizwe—translated as "Spear of the Nation"—could plan and execute a campaign of violence against the state. Mandela moved to the farm, called Liliesleaf, in 1961, disguising himself as a gardener. After the 1963 raid on the farm, the government called Goldreich "the largest fish netted"—partly because of his role in drafting battle plans, based on his experience with the Palmach, but also because of the prevailing assumption that it was Jews like him who were encouraging blacks to rebel. Goldreich avoided trial alongside Mandela by bribing a guard with 4,000 rand—the kid wanted a new Studebaker—and fleeing to Tanzania. Goldreich eventually settled in Herzliya, Israel,

and he founded the architecture department at the Bezalel Academy of Arts and Design in Jerusalem. He later became deeply critical of Israel's treatment of the Palestinians, describing the occupation of the West Bank and Gaza as "bantustanism" in an interview with the *Guardian*. Goldreich died in Tel Aviv in 2011.



Photograph of Arthur Goldreich taken by the police during the Liliesleaf Farm Raid, 1963. (*South African National Archives*)

Harold Wolpe
(*South African History Online*)

Harold Wolpe became politicized after participating in a Socialist-Zionist youth project of teaching at a local night school for blacks, where he witnessed firsthand the dehumanizing effects of a racist society. He befriended Mandela and other activists while studying law at Wits and became one of Mandela's primary lawyers beginning with the seminal 1955 political summit, the Congress of the People—filing a lawsuit to bar the police from the premises—to Mandela's final arrest about a year before the raid on the Liliesleaf farm, when Wolpe himself was detained before escaping with Goldreich. Wolpe settled in England and became a sociologist, writing a highly influential 1972 paper, "Capitalism and Cheap Labor-Power in South Africa," which melded the political and economic criticisms of the regime by demonstrating how apartheid effectively suppressed the development of an urban proletariat and therefore differed in kind, not only in degree, from ordinary racial segregation. Dan O'Meara, a South African activist and historian now based at the Université du Québec à Montréal, has written that Wolpe's work "quite literally reshaped the way in which vast numbers of people saw apartheid South Africa, and in doing so, made a huge contribution to doing away with it." Wolpe moved back to South Africa in 1991 and directed education policy at the University of the Western Cape until he died at the age of 70 in 1996.



The historic first-ever meeting between Mandela and the Jewish communal leadership in June 1990. Back row, left to right: Solly Sacks (Chairman SA Zionist Federation), the Hon. Abe Abrahamson (President SA Zionist Federation), Michael Katz (President SA Jewish Board of Deputies), Thabo Mbeki, Yusuf Surtees. Front, left to right: Helen Suzman, Mandela, Chief Rabbi Cyril Harris, Advocate Isie Maisels. (*South African Jewish Board of Deputies*)

Yossel Mashel Slovo, known as Joe, joined the Communist Party in 1942 and then lied about his age to join the South African army, with which he fought in Italy. After the war, Slovo became active in the radical Springbok Legion veterans' association and studied law at Wits, where he met Mandela. Just before graduating, he married Ruth First, the daughter of a Communist Party leader. "We took off half an hour from our respective offices to get married," he later wrote in an unfinished autobiography, according to the recent book *Ruth First and Joe Slovo in the War Against Apartheid*. Their home served as a center for radical organizing, discussion, and parties. When the police conducted one of their regular searches of the house in the 1950s, they confiscated a copy of *Stendhal's The Red and the Black* solely because of the title. Indeed, Joe was the primary link between the Communist Party and ANC in the late 1950s and was Mandela's partner in organizing the Umkhonto we Sizwe militia. Both Slovo and First were arrested and prosecuted in the Treason Trial of 1956, which was partially conducted in a converted Pretoria synagogue—the only record of either First or Slovo having ever entered one. Abroad at the time of the Liliesleaf raid in 1963, Slovo was eventually joined in London by First and their children. Though in his early years he was an ardent Stalinist—much more so than First—by the late 1980s Slovo had become more critical of "socialism without democracy."

CONTINUED ON FOLLOWING PAGE...

NELSON MANDELA REVOLUTIONARY CONTINUED...

Returning to the country in 1990 after Mandela was released and the prohibition on the Communist Party was lifted, Slovo crafted the power-sharing agreement credited with making the transition to majority rule after the end of apartheid in 1994 relatively smooth. Mandela, Slovo's last visitor the night before he died in 1995, delivered an emotional eulogy at the memorial service. At the gathering, Khoisan X, a black activist a generation younger than Mandela, recalled hearing his son's friend once ask, after seeing a photo of him and Slovo together, "Why is your father shaking hands with a white man?" The son answered: "That's no white man. That's Joe Slovo."

Joe Slovo speaks at the 2nd ANC National Consultative Conference, 1985. (ANC Archives)



Ruth First (*Workmen's Circle/Arbeiter Ring*)

Ruth First was born in 1925 to Latvian immigrants who had helped found South Africa's Communist Party. The first in her family to attend college, First—described by her best friend as "sharp-tongued and shy"—founded the Progressive Students' League at Wits, where she also befriended Mandela, whom she later described as "good-looking, very proud, very dignified, very prickly, rather sensitive, perhaps even arrogant." Often compared to Rosa Luxembourg for her devotion to the struggle, First edited and wrote for various radical newspapers throughout the 1940s and 1950s, and was active in revolutionary politics. In 1963, First was arrested at the Wits library and endured a four-month detention, which she wrote about in a memoir, *117 Days*. First's Xhosa comrades called her *yimazi ephah neenkati*—a mare that keeps up with the stallions. While exiled in London, First became a United Nations observer to Africa and edited Mandela's writings and speeches into a book, *No Easy Walk to Freedom*. In 1977, she moved with Slovo to Maputo, Mozambique, where she lectured

and remained active in the anti-apartheid movement. First was in her office at the Eduardo Mondlane University in Maputo on August 17, 1982, when she opened a package addressed to her—sent, it turned out, by the South African security agents. It exploded in her face. She was 57.

James Kantor was one of Johannesburg's most famous lawyers in the 1950s. He wore English suits, drove American cars, and lived in a big house with a pool and a Portuguese chef. Described by First as a "socialite yachtsman," Kantor dated models—until he married one, Barbara. But his sister was married to Harold Wolpe. Though Kantor claimed in his memoir not to know Wolpe was engaged in illegal activities—specifically, laundering money to help Goldreich purchase the Lileleaf farm—he hired Wolpe at James Kantor & Partners, enough to make him accessory to the conspiracy, as far as the state was concerned. After the Rivonia raid, with Wolpe in jail, Kantor served as Mandela's lawyer until he, too, was arrested—just after Goldreich and Wolpe's escape. It was assumed by many in the movement that Kantor, who up until that point had not been a member of the resistance movement, was being held hostage until the escapees returned. In jail, he shared a cell with Mandela, who agreed to be godfather to Kantor's child. On the morning the judge in the trial, Quartus De Wet, was to issue a ruling on the motion for Kantor's release, Mandela found Kantor pacing up and down their shared cell. Mandela suggested they exchange ties for good luck. When De Wet dropped the charges against him, Kantor raised his borrowed tie toward Mandela "as a kind of salute and farewell," Mandela wrote in *Long Walk to Freedom*. After his release, Kantor renounced the legal profession and moved to London, where he died of a heart attack in 1974, just 47 years old.



James Kantor



Helen Suzman, University of Michigan

Helen Suzman, née Gavronsky, was for many years the only member of the South African Parliament opposed to apartheid. She was frequently the target of sexist and anti-Semitic attacks—"Go back to Israel!" she was told, though she was born in the South African mining town of Germiston—as well as subject to eavesdropping by the security forces, which she foiled by loudly blowing a whistle into the mouthpiece of her phone. Once, when a parliamentary colleague said her line of questioning was embarrassing the country, Suzman shot back, "It is not my questions that embarrass South Africa; it is your answers." Exercising her parliamentary privileges, she paid eight visits to Mandela in prison, bringing international attention and legitimacy to his cause. Suzman was distant from the Jewish establishment and critical of its silence on apartheid, according to the historian Gideon Shimoni, and when the Board of Deputies presented Suzman with its annual humanitarian award in 2007, she said flatly, "It's about time." Though twice nominated for the Nobel Peace Prize, she was heavily criticized for her opposition to sanctions and divestment—"I don't see how wrecking the economy of the country will insure a more stable and just society," she said—and pursued by accusations of prolonging apartheid by participating in a blatantly unjust political system, which made her enemies inside and outside South Africa. Suzman died on New Year's Day 2009.

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Jewish BIGPals Highlighted at SAJAC AGM

Diane Marks Schachat

Jewish BIGPals was invited to present at the SAJAC AGM on January 27, 2014 at the beautiful home of Roy and Leslie Davis. As with most Jewish organizations in San Diego and the world, South Africans continue to be some of the most active members in the program.

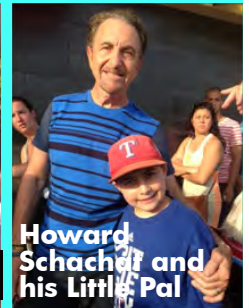
The program is an individualized mentoring program designed to match Jewish children (ages 6-17) with adult mentors in the community. "Big Pals" help their "Little Pals" feel connected to the Jewish community, support their sense of self-esteem, and improve their overall functioning in school and at home.

"Little Pals" are healthy, well-adjusted children raised by grandparents, single parents, same-sex couples, or those who could just use the support of an additional role model to enhance their lives and give them a different perspective on the world.

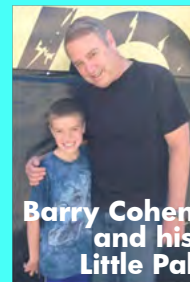
If you have a child, or know of any children that could enjoy some free time with thoroughly screened, trained, and supervised adult Jewish mentors, give **Jewish BIGPals** a call at **858-637-3090** or visit **www.jfssd.org/bigpals**.



Simone and her Little Pal



Howard Schachat and his Little Pal



Barry Cohen and his Little Pal



Ali Gordon and her Little Pal

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"Linda was an amazing agent. Her suggestions to make the house more attractive were "spot on". This was a probate sale and our lawyer was very impressed with Linda's knowledge and professionalism." L.A

"Thank you for all your help, Linda. You made selling our previous home and buying our current one easy. You'll be the only person we recommend to friends and family when they need a real estate agent." P.H. and C.H

"Her attention to detail made sure that all parties were up to date as the transaction proceeded. We cannot imagine a more hard working, professional agent. She is exactly the closer we had in mind. We would absolutely use her again in the future." J.R. and S.I

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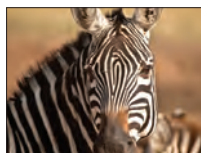


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PLAYING SOCCER AND BEING JEWISH IN A STRANGE LAND *By Linda Bernstein*

A San Diego soccer player living in Norway, unites with a Jewish Family from Oslo.

How did this union take place?

My son, Rhett Bernstein, is an accomplished center back who

has been playing professional soccer in Norway for the past four years. Following your dream requires stepping-out-of-the-box sometimes, even going to distant lands, far from friends and family.

Rhett was the CIF player of the year during his senior high school year. He played for the La Jolla Nomads and then went on to Brown University where he starred as a centre back. He was nominated twice as a candidate for the Hermann Trophy, the most prestigious award given to college soccer players. He was also College Player of the Week and on the Ivy First team. Rhett was invited to the MLS combine and an injury kept him from the trials. Rhett represented the USA in the 2008 Maccabi Games.

Now, because the population in Norway is very small, a young Jewish boy (and total soccer fan) named Yuval was watching soccer highlights on TV one night, two and half years ago he saw a player with the last name Bernstein. Yuval told



his dad Richard, that he thought there was a Jewish player in the Norwegian league and they must contact him. Richard found a way to contact Rhett and invited him to join their family for Rosh Hashanah and to go to the synagogue with them.

This was the start of a wonderful friendship for Rhett in Oslo. The Hercz family included him for all Jewish holidays and took a keen interest in his game. The family told me that Rhett has been a good and positive inspiration for Yuval.

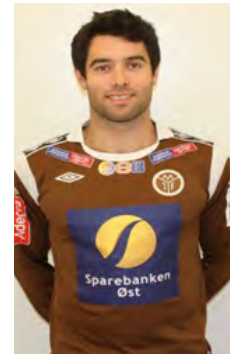
We had the pleasure of meeting Richard Hercz and his son Yuval on my first trip to Oslo this past May. I was overwhelmed by the hospitality offered us and we got to see some incredible sights with father and son. They accompanied us to both Rhett's soccer games. It was so heart-warming seeing the interest they have in Rhett's soccer and Yuval is his biggest fan.

We were intrigued and fascinated with the history of Richard's father Imre who emigrated to Norway in 1952. Richard sent me the following information:

"My father was Imre Hercz (10 March 1929 – 24 July 2011) He was a Jewish Hungarian-Norwegian physician and public debater.

He was born in Transylvania and spent his childhood in Nagyvárad, in the Hungarian part of Romania. At the age of 15, he was deported to Auschwitz concentration camp in May 1944, later to Vernichtungslager Kaufbeuren and then to Dachau concentration camp. He survived.

After being hospitalized in Amberg for five and a half years, he recovered and emigrated to Norway in 1952 as one of several Jewish Holocaust-survivors accepted to Norway with substantial grants from the Norwegian government. He finished his secondary education in 1955 and graduated from the University of Oslo with a medical degree in 1961. He worked in Tønsberg, Vinstra and Brumunddal from 1962 to 1970, before opening a medical clinic in Høvik in 1971. He resided in Nesbru, and later moved to Høvik.



He was well known for his public stands on health policy, but even more so in the national debates on defamation and anti-Semitism. He held several public lectures for school students.

In February 2009 he won a ruling from Pressens Faglige Utvalg, where a comedian on national TV 2 was admonished for defamation and breach of the Ethical Code of Practice for the Norwegian Press. In June 2011 he was awarded the King's Medal of Merit. He was 82 years of age, when he died and was one of the oldest practicing doctors in Norway.

Today there are about 1500 Jews living in Norway. In June 2004 Chabad-Lubavitch established permanent residence in Oslo, serving Jews throughout the country.



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Brad Pitt's South African Family

Charlize Theron is nie die enigste Hollywood-ster met familie in Suid-Afrika nie. Na jare in die geheim het dit nou bekend geword dat die akteur Brad Pitt nog vier ander broers het. Hulle bly almal in Suid-Afrika. Die oudste broer is n boer in die Vrystaat en sy naam is Mielie Pitt. Die tweede oudste broer werk in Brakpan as 'mechanic' en sy naam is Tap Pitt. Die derde oudste broer is n vlieënier en sy naam is KockPitt. Die vierde boet is heeltemal van koers af en skreeu blykbaar vir die SHARKS en sy naam is Stu Pitt.

THE BEST KEPT SECRET IN OPTOMETRY

HOW IS VISION AND LEARNING RELATED?



DANA DEAN

As an adult, have you never read a book cover to cover? Wondered why you don't always comprehend what you read? Or, have your eyes burn or become irritated and feel dry when using a computer?

Have you ever wondered why your child is smart in everything but school? Or why your child has 20/20 eyesight but may not be able to read or comprehend easily? And why your child has 20/20 eyesight but can't catch, hit or kick a ball? If you answered yes to one or more of these questions, this information may change your life or your child's life.

I was 28 years old before I had my vision properly evaluated and although I became a doctor, I suffered tremendously through schooling, barely obtaining my dream.

This should not happen to you or your child. As a behavioral optometrist I am able to assess not only whether you have 20/20 eyesight but her you or your child may also have other inefficient visual skills that may be affecting the ability to learn efficiently but also the ability to read.

While ophthalmologists perform eye surgery, most optometrists evaluate eyesight and manage disease. I am one of only 850 behavioral optometrists in the country who in addition to the basic work that all optometrists, also evaluate the functions of the visual system that influence reading and learning.

The good news is that when we find these types of deficits, we can treat them and often eliminate them through the use of a program called Vision Therapy.

Vision Therapy re-teaches the visual system to perform at its peak level and eliminate many vision/learning related issues. We do not teach reading and writing, but we help the visual system get organized so that learning can take place. I specialize in evaluating the function of the visual system beyond 20/20 eyesight which will effect learning at any level.

The four most commonly misdiagnosed visual skills that are overlooked during a routine eye exam are:

- **Tracking** - The ability to be able to move both eyes smoothly across a page when reading. This has nothing to do with eye muscle strength but the ability of the brain and eyes to work together at a conscious level of efficiency and increase the ability to learn. Symptoms of this type of problem are losing one's place when reading, skipping words and lines and rereading the same line.

- **Convergence** - The ability of both eyes to be able to point to a single point in space, like, words on a page. Symptoms of this may include double vision, headaches when reading and a difficulty in maintaining concentration while in school for the whole day, or at work at a computer.

Convergence problems are often misdiagnosed as attention problems. One-third of all children diagnosed with ADHD have a convergence issue that is often overlooked. These types of issues have nothing to do with muscle strength. Convergence insufficiency can be successfully treated with vision therapy.

- **Focusing near and far** - This is the ability to shift one's focus from a desk to the blackboard and back again, maintaining

clarity and concentration throughout the task.

If this system is sluggish, symptoms include such as blur for both near and far vision, headaches that get worse during the day, fatigue when reading or copying school work. Muscle strength is not the culprit. In vision therapy we teach the brain where to look in space, enabling the patient to perform this task easily and efficiently.

- **Binocularity** - The ability to use your two eyes together. Convergence is an example of this visual skill but binocularity is necessary to use the visual system to obtain information from the world around them.

If this system is not working efficiently, depth perception becomes an issue which greatly affects the ability to play sports. Vision therapy helps an athlete to perform at peak level.

Children experiencing visual issues that are treatable will never truly reach their academic potential regardless of what school they attend. Each child should have a developmental assessment by a developmental/behavioral optometrist before first grade to assess whether they can benefit from vision therapy.

Many self esteem and peer pressure issues can often be avoided with the correct diagnosis. It is also never too late for adults to have a similar assessment.

Dana Dean is a professional optometrist specializing in Vision Therapy.
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But the Ravden's see Finch's as more than "just a restaurant" - a community hub where locals can meet and kick back in a relaxed inviting setting. Groups like the WWW - the Wednesday Women's Wag - meets every Wednesday at noon for lunch and conversation with a table topic to kick

things off. Mondays from 6:30- 7:30pm enjoy WINE 101 - guided wine tastings and paired bites in Finch's intimate wine bar.

Summer Specials like Mondays with Mario, Tapas Tuesdays, Cheap Date Night, and All Night Happy Hour on Thursday keep locals happy. And music lovers enjoy live jazz on the patio Thursday, Friday, Saturdays nights.

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GEORGE WASHINGTON'S JEWISH MOTHER:

"Next time I catch you throwing money across the Potomac, you can kiss your allowance good-bye!"

BILL GATES' JEWISH MOTHER:

"It would have killed you to become a doctor?"

MOSES' JEWISH MOTHER:

"Desert, schmesert! Where have you really been for the last forty years?"

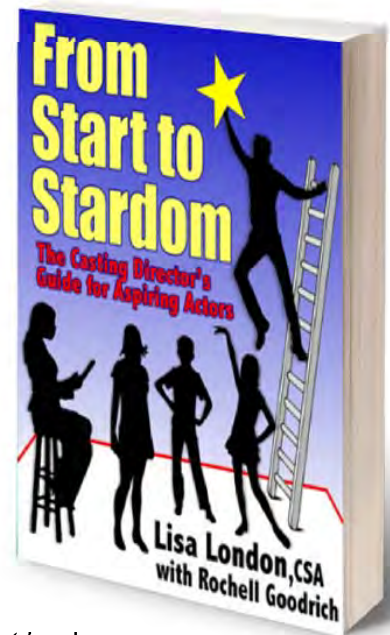


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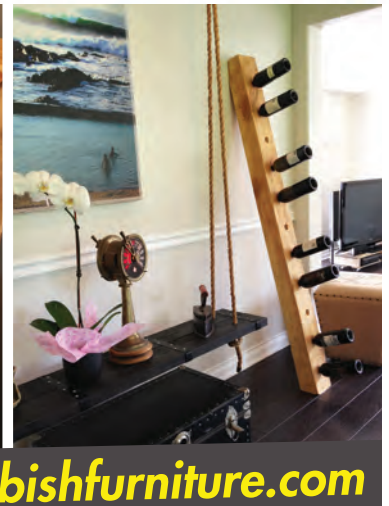
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It's really just anti-Semitism...again!

BRIAN MARKS

When I was growing up in Zimbabwe, being called a Jew-Boy was reason enough to meet on the Weinberg's lawn three blocks from Kumalo Junior School and go seven rounds with kids like Timmy McCallister and the bad boys from Tate House.

Back then, I always felt an undercurrent of anti-Semitism just beneath the surface ready to pounce. After all, the Bulawayo Country club didn't allow Jewish members, and the Bulawayo City Club was even stricter about who it let in through its Colonial doors. In fact, my dad's nickname at Caledon High was "Christ Killer". So it wasn't our imagination; it was a reality.

My generation was not that far removed from Hitler's Germany, and even though we did not experience the Holocaust, we certainly experienced anti-Semitism in one way or another most of our lives. For those of us who lived in Southern Africa, our entire socio-economic and political structure was based on labels, definitions and classifications. We were Jewish, or non-Jewish, white, black, colored or Indian. We were taught to see people within these classifications and most of us have spent our entire lives trying to unshackle ourselves from a system which never saw anyone as just another person.

Many of us moved to America in pursuit of a better future and I personally aspired to live in a society that did not judge people by the color of their skin but as Martin Luther King said, "By the content of their character."

America had its own racial history but was doing everything in its power to move on. Europe lived through the Holocaust and Nazi genocide, and it too appeared to push race and prejudice aside, embracing a political correctness that seemed too strong to ever allow anything like that to happen again. "Never Again" became the rallying cry from Germany to Israel and I think I actually believed it. Or at least I believed that everyone else believed it.

I was wrong.

I never understood how closely this rabid anti-Semitism lay beneath the surface of international respectability, and how easy it has been for this vitriolic anti-Jewish sentiment to surface and flourish around the world.

The world's reaction to Israel's defense of her own borders, (when threatened by Hamas, a terrorist group that has one of the worst records for human rights and civil liberties anywhere in the world) has absolutely nothing to do with Israel and Hamas. It is simply a "moral" justification for anti-Semitism to rear its ugly head and to allow a



forum for hatred and prejudice.

Where are the protests for the 200 children kidnapped by Boko Haram? Where are the boycotts against those who shot down 300 civilians in the Ukraine? Where are the United Nations' condemnations against ISIS? Where are the claims of war crimes in Syria, Iraq and Iran? It appears that so long as a Jew is not involved, these acts of terror and murder do not pierce the world's conscience or sense of justice and fair play.

I am a Zionist who believes strongly in the sanctity of Israel; however I am not an apologist for Israel, nor am I a person who looks beyond Israel's faults and mistakes. I do not hold Israel "blameless" in its dealings with the West, the Middle East or Gaza. But, when it comes to the survival of the Jewish State, I do not believe that it is possible to do what is necessary to survive, and also win the public relations war.

Amid the calls for boycotts, the undisguised bias of the United Nations and the anti-Israel marches in almost every major city, what is most interesting to me is how quickly the rage shifted from Israel to "Kill the Jews". The hysteria and vitriol is aimed at the Jews, not Israel, and it soon became clear that the facts and the truth were not important.

The three Israeli kids kidnapped and murdered were long forgotten. No one remembers the thousands of rockets fired indiscriminately at civilians, nor the tunnels that open Israel to daily terrorist attacks. Instead, what becomes important is how quickly we can use terms like, genocide and ethnic cleansing, which have little meaning in this context, but are guaranteed to fire up the anti-Semitic rockets, which the naive world swallows.

I guess that through all this I have realized that we Jews are really on our own...again. Sure Israel has the support of the United States, and most of the Western world will begrudgingly stand behind Israel, so long as she is fighting against terrorists who may threaten their own way of life. India will hold the occasional pro Israel rally...and so will Denmark, (who always does the right thing with the Jews.)

But as the naiveté of Europe and the rest of the world continue to ignore the threat Islam poses to world peace, and as each country allows Islam to grab a greater hold on its society, this support for Israel will become an even greater question mark.

So, Israel must do what she has to do.

I hope she holds herself and her soldiers to a higher ethical standard, but she has to forget the editorials of the New York Times, ignore the pundits of CNN, laugh at the opinions of Jimmy Carter and forge forward with what is best for Israel -- and what guarantees her survival. For in the end, it will be up to the Jews of this world to make sure that it is ...Never Again.



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The Golden Oldies Reggie Lasarow

"This seems to be the age of the oldies. Is it "golden oldies"?"

I believe the term is now "seniors", which of course is a euphemism for "old"...

But 'they' say the new 50s is now the 40s. The 50s, the new 40s, 60s the new 50s and 70 and up - well it doesn't matter. What really matters is getting there!

We hear all the old jokes about memory loss and hearing loss!

What did you say?

And as for memories, well I can tell you stories of yesteryear (but of Course, that's long-term and it is the short-term that matters).

Well, I had a friend who was 39 for 11 years, and another friend who went to the South of France to forget that the big seven 0 never happened. And as for the gigantic 80s, well, do you know anyone who ever got there?

It seems as though the world stopped moving after 79. Even then it took more than 10 years to get from 60 to 70 and most people have to use an abacus to calculate date, times and years.

They say it's all in the mind - age that is, but according to the hilarious emails I get, that's not the only place it affects one.

You know all those willowy 5'6" females 5'9" with tottering heels, who are now, suddenly, 5'2" and who hold on to anything available so as not to give themselves a black eye when picking up a dropped article.

Oh well, I am so very thankful to Hashem for bringing me to the age of - let me think on this one!

The sun is shining and I'm here in this glorious San Diego -- with my wonderful family.

JTEEN ENTERS ITS 4th YEAR



JTEEN of San Diego, led by South African and San Diego resident Rabbi Daniel Bortz is adding exciting new programming for the coming year!

JTEEN's focus is primarily aimed at High School Jewish students and this year they are offering:

- A weekly Jewish philosophy discussion class for high school students, honors accredited by the SDJA. It's fun and interesting and is geared to engage teenagers on every day topics close to their hearts. One of JTEEN's students, Sasha Pines, was awarded the National JLI Teen award on August 7th in Chicago! This course looks great on a college resume as well. A monthly program began last year, JSTEP: Jewish Social Teen Entrepreneurship Program, where top speakers address the teens about business and philanthropy.
- Monthly community service projects, Holiday Parties, concerts, Friday Night dinners, and more!
- Rabbi Bortz visits Public schools every week throughout the city to engage the students in Jewish clubs, including CCA, Torrey Pines, La Jolla High, Francis Parker, and others. If your child is interested in attending, please contact Rabbi Dan. If you would like to help sponsor pizza or ice cream for one week or month, it would be greatly appreciated.
- Rabbi Bortz is helping to organize the 1st ever Shabbos Project (A South African project for the worldwide Jewish Community to experience one Shabbos together) here in San Diego, on October 24-25. If you are interested in taking part or helping, please let him know.
- Many Bar and Bat Mitzvah tutoring slots are full, but please contact the Rabbi if you are interested for your child and he will try to accommodate them.

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Bobba's Bulkas

Adapted by Orna Purkin
from Bobba Skuy's Bulkas

Like many Jews in South Africa, it was our family tradition to break the fast on Yom Kippur with a warm bulka (yeast bun). Waiting in anticipation to bite into Auntie Phyllie's fresh-baked Cinnamon Bulkas made the fast all the more torturous.

When I moved to Los Angeles, my friend Dina's mom, Rita Blogg—who used to take in all the stragglers for the holidays—gave me a taste of home with these mouth-watering buns. They were passed down from her Bobba Skuy who grew up in a little shtetl in Latvia. Nothing brings me such joy as making them with my little Aja, and continuing our own special family tradition.

Orna Purkin (Shifren) is the founder of OrnaBakes where she shares (mostly) healthy recipes, and weight loss tips.



Visit
www.ornabakes.com
for detailed instructions,
pics, and YouTube clip on
how to make them

Ingredients

- 1 cup butter, salted (plus more for brushing and greasing bowl)
- $\frac{3}{4}$ cup granulated sugar + $\frac{1}{2}$ teaspoon for proofing yeast
- $1\frac{1}{2}$ cups whole milk
- Cinnamon Sugar: $\frac{3}{4}$ cup sugar, 2 tablespoons cinnamon
- 1 tablespoon butter, softened (for greasing the bowl)
- Melted butter for brushing (about $\frac{1}{2}$ cup)
- 4 large eggs, room temperature, lightly beaten with a fork
- 8 - 9 cups all-purpose flour, plus more for board
- 2 x $\frac{1}{4}$ oz envelopes active dry yeast
- 1 teaspoon salt
- $\frac{1}{4}$ cup warm water



Instructions (Yields 32)

- Set oven rack to the middle. Line 2 baking sheets with parchment paper.
- Dissolve top 3 ingredients (butter, sugar, milk) in a small saucepan over low heat; set aside to cool to lukewarm. (Do not boil—just warm milk till butter melts.)
- While it cools, stir $\frac{1}{2}$ teaspoon sugar and yeast into $\frac{1}{4}$ cup warm water—like very warm bath water. (100 degrees F on an instant read thermometer.) Let stand 10 minutes till foamy. If yeast doesn't get bubbly toss and start again!
- Kneading the dough: Put 5 cups of flour in mixing bowl of your mixer, fitted with the paddle beater. Make a well in the flour and add yeast, beaten eggs and warm milk mixture. Mix on lowest speed just until combined and smooth, 1 - 2 minutes. Scrape bowl and paddle.
- Change to dough hook. Add salt, and two more cups of flour, one at a time (with mixer off) and mix on low (Cuisinart #2) until each is incorporated. If dough is too sticky or doesn't form a loose ball that cleans the sides of the bowl, tap more flour on the side of the bowl - $\frac{1}{2}$ cup at a time, with mixer running, until fully incorporated. The dough should be slightly sticky and soft, or the bulkas will be heavy. Knead each addition until completely worked in to the dough.
- When dough clings to hook, knead for about ten minutes until dough is smooth and elastic. (Cuisinart #3) Stop motor occasionally and poke dough to check for firmness and stickiness. Scrape bowl and turn dough over to incorporate all the flour. Knead just until it feels smooth and elastic and is no longer sticky.
- Remove dough from bowl and form into a ball. Place in large bowl greased with butter. Turn over once to grease top. Cover with plastic wrap and rise until double in size in a warm place, free from draughts, about 1 - 2 $\frac{1}{2}$ hours.
- Once doubled in size, push your fist into the center of the dough; fold the outside edges into the center to fully deflate it. Flour board just enough that dough doesn't stick. Divide dough in half with a bench scraper. Return one half to bowl, cover, and refrigerate.
- Working with half the dough: Divide in half again, and work with one piece at a time, keeping the other one covered. Gently shape into a rough rectangle. Slice in half, lengthwise. Divide each piece into 4 pieces; cutting off one piece at a time, 2 - 2 $\frac{1}{2}$ oz each, keeping the rest covered. Don't make them too big or once they rise and bake they'll be huge.
- Roll each piece into a ball, and with the craggy side up, push down into your palm to form a round, about 4 inches wide and $\frac{1}{4}$ inch thick. Place smooth bottom side on prepared baking sheets, covered loosely with plastic.
- Melt 2 tablespoons butter in the microwave. Brush with melted butter and sprinkle with cinnamon sugar. ($\frac{1}{2}$ - 1 teaspoon each.) With a sharp knife, slit each round from the center to the edge. Fold one third of the circle on top of another third, and then fold the remaining third on top of that, to form a 3-layered triangle.
- Combine all 16 on one baking sheet, about an inch apart because they'll spread and rise more in the oven. Cover loosely with plastic wrap and allow to rise again (not quite double), 20 - 30 minutes. Meanwhile, preheat the oven to 350 degrees F (180 C). When risen, brush the tops generously with melted butter (2 tablespoons) and sprinkle liberally with cinnamon sugar.
- Bake 16 to 22 minutes until brown and not doughy in the middle. Rotate pans halfway. If the tops get too brown cover loosely with foil. If the bottoms get too brown place another baking sheet underneath. Transfer parchment to wire racks immediately to cool.
- Serve warm. Reheat at 350 degree F for about 5 minutes, loosely covered with foil.



PARTNERS IN TORAH

Comes to San Diego

BUILDING KNOWLEDGE, FRIENDSHIPS AND BRIDGES by Selwyn Isakow

It is difficult to describe the intellectual, spiritual and learning experience of being in a beautiful study hall surrounded by books, texts and reference materials. Add the sounds of partners and small groups of people discussing different subjects, enthusiastically debating points of view and inquiring about facts and theories, all within a Jewish context and it is intellectually invigorating.

Partners San Diego is an independent local organization that utilizes the prayer hall at Congregation Adat Yeshurun in La Jolla for an hour every Monday night at 8pm. Men and women are invited to learn one-on-one with a chavruta (study partner) for a traditional yeshiva study experience. There are chavrutas and mentors for all levels of knowledge and observance. Anyone looking to probe a Jewish topic of their choice at any level, whether affiliated or non-affiliated with any Jewish organization, is welcome to attend. Coffee, sodas and cakes are available and there is absolutely no cost to participate.

Participants customize their learning experience at their own pace, stopping for questions, comments and discussion. Study partners may choose to learn: Torah; Prophets; Talmud; Jewish History; Jewish Philosophy; or any other subject in which they are interested. In addition, the program provides a catalog of over a hundred structured syllabi for those uncertain of a subject to study. Topics as varied as the Purpose of Man in this World, The Jewish Understanding of God, Reincarnation, The Jewish View of Ecology and the Environment and festival or holiday specific programs have been studied by different partners. Discussions on the weekly Torah portion and Pirkei Avos (Ethics of Our Fathers) are often overheard.

But sometimes partners just discuss what is happening in the news or at home and assessing the implications in a Jewish philosophical, theological or historical framework. "I look forward to Monday evenings when I can meet my chavaruta, Rabbi Ertel, and delve into resolving an issue of the day or week and comfortably enjoy knowledgeable answers for an uplifting hour or so... in a Torah atmosphere," said David Ellman, a regular participant in the Partners program.

Once a month, Rabbi Lenore Bohm holds a shiur on subjects of specific interest to women, with visual aids, questions and discussions. Rabbi Wohlgelemer can be found weekly in deep discussion and analysis of one or other subject with his chavrutas, a married couple. Other Rabbis, teachers and mentors from schools, colleges and various congregations are heard vigorously conversing about Torah or life insights with their study partners. And then, during the last five minutes of each study session, everyone is quiet and attentive as one of the participants share, with insight and clarity, a message about the weekly parshah (Torah portion).

"This learning experience has brought my husband and I even closer together," said Wendy Burk, CEO of Cadence Travel. "We actually have deep philosophical conversations with each other about the concepts discussed weekly with our chavruta." Her husband Harold Frysh continued, "The Partners program allows us to explore Jewish philosophy on subjects meaningful to us."

The program is based on the successful Partners in Torah program started by Yeshiva Beth Yehuda in Detroit in the mid-nineties. I was fortunate to be one of three pairs of study partners when we first started, and the program grew to 400 people studying at the Yeshiva weekly. This program truly cut across all levels of observance, knowledge, congregations and organizations and transformed the whole Detroit Jewish community by building one relationship at a time.

"I look forward to Monday evenings when I can meet my chavruta, Rabbi Ertel, and delve into resolving an issue of the day or week and comfortably enjoy knowledgeable answers for an uplifting hour or so... in a Torah atmosphere."

"Our San Diego program has three primary objectives," said Adam Kushnir, Program Director of Partners in Torah – San Diego. "They are to: build personal knowledge through study; build personal and intellectual relationships through study partners; and build bridges among Jews of all persuasions and organizations in the community through studying as a group. We strive to empower Jews of all backgrounds and affiliations to maximize their potential for a meaningful Jewish life and build an informed, united and timeless San Diego Jewish community." Kushnir continued, "This program is designed to supplement, not replace, learning with a favorite Rabbi at a synagogue or at another educational organization."



If you are interested in participating, even for one session, please contact Adam Kushnir at: partnersintorahsd@gmail.com

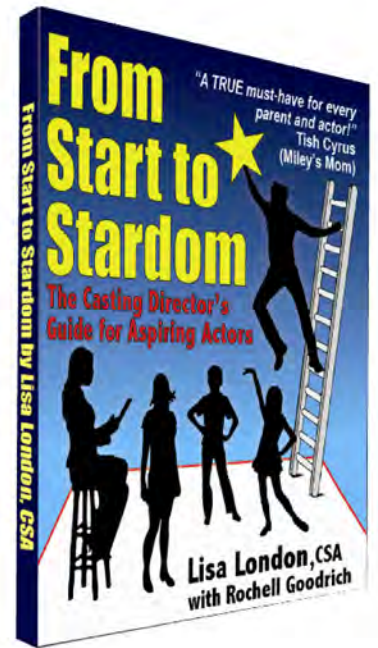
From Start to Stardom

By Rochell Goodrich

Does your child want to act in film or TV?

If there was just one book designed to teach young actors how to look and act like a professional and the steps to take in order to achieve success in Film and TV, *From Start to Stardom* is that book. Written by famed Casting Director, Lisa London (she discovered Miley Cyrus and many others), *From Start to Stardom* clearly spells out in precise detail such things as how to get a good head shot that works best for you; how to create a resume even if you have little to no credits; when and how to get a manager and agent; how to prepare for auditions; how to walk into and exit from the audition room and so on.

Professional secrets that take some actors years to learn the hard way and which can make all the difference between success and failure are spelled out in detail. Highly positive in tone, this is a perfect book for anyone thinking about pursuing a career in acting. It can help the newbie decide if they really want to work that hard and help the passionate amateur focus their efforts on doing the things that work. Available from Amazon.com Hard copy (\$19.95) or as an eBook (\$9.95). For more information www.fromstarttostardom.com



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Gemilut Chesed helps South Africans in need



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.

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. Thanks for your continued support!

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 to secure the loan.

The SAJAC Gemilut Chesed is a confidential subcommittee of SAJAC and is headed by Brian Marcus.

Real Estate Market toughens in San Diego... *but it's still a good time to buy!*

BY LINDA BERNSTEIN



California home sales eased slightly in May as a shortage of homes and housing affordability concerns held back would-be-home buyers, according to the C.A.R. (California Association of Realtors)

“Since last summer, the market has been transitioning to a slower pace of sales, somewhat higher inventory and less upward pressure on prices” according to C.A.R. President, Kevin Brown. Generally speaking buyers felt less urgency to buy as affordability has become an issue and lending standards remain tight. However, a recent surge in mortgage applications, due partially to declining interest rates, may indicate that higher housing demand can be expected in coming months.

“Houses are expensive and wages are not going up”

Mark Goldman, a loan officer and real-estate lecturer at SDSU, said the price run-up was completed in 2013 and the market was returning to normal. “Maybe it was just taking a breath. Houses are expensive and wages are not going up” he said. Goldman says he sees annual appreciation on the way down to roughly 3.5 percent. He said it it’s still a good time to buy because values have already recovered as much as they will in the near term. It’s different for investors, he said because buying doesn’t pencil out for a big gain.

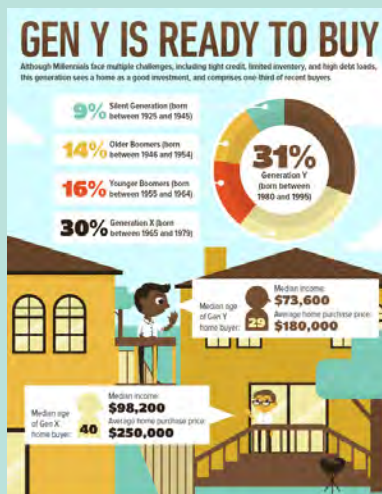
Following rapid home price appreciation, tightening inventory of distressed

properties and increased mortgage interest rates, the volume of investor purchases has slowed down by about a third from last year. Investors coupled with international buyers created a very competitive market for traditional buyers. Both investors and international buyers, often times, are able to purchase properties with cash, thus are not subject to the stricter mortgage lending environment. C.A.R.’s 2013 International Client Survey shows that international home buyers who worked with a REALTOR® purchased a property with all cash in almost 80 percent of transactions. They also generally had a much higher income, with the median at \$260,000, compared to a median annual income of approximately \$100,000 for traditional buyers. Most of the international buyers in California come from Asian countries, primarily. While investor demand is waning, demand from international buyers is still relatively strong in some parts of California.

Unfortunately and for the reasons just mentioned, the biggest missing component in the current market is the traditional buyer, and especially the first-time buyer—many of whom are still living at home with their parents. California, in fact, has the highest share of young people still living with their parents. The share of young adults living with their parents in California is slightly under 40 percent. This is up from the historical average of about 30 percent.

Nevertheless, an improving job market will give some much needed support to traditional home buyers.

California’s employment numbers showed solid growth for February, in addition to the upward revisions to last year’s numbers. (C.A.R.) Thinking of buying, now? House payments are still significantly below what they were at the peak. A monthly payment for a median priced home at the peak was \$3,668, while a median priced home today requires a payment of \$2,233. That’s almost a 40 percent lower monthly payment than at the peak of the housing market in 2007.



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COINCIDENTALLY, THIS YEAR'S SAJAC REPORTER WAS DESIGNED BY ORAN ELMALEH / OE CREATIVE



Jenifer Broomberg

FROM THE CANVAS TO THE HUMAN BODY

Jenifer Broomberg, a professional painter and sculptor with extensive training in anatomy and classical proportions of the face is now using her artistic knowledge and experience to enhance her client's features with Permanent Makeup.

She designs natural or more elaborate permanent eyeliner and brows to the client's personal preference and creates fuller, more beautiful lips.

"I can camouflage scars and skin pigmentation problems by using my training in color theory. My many years of experience in painting allow me to match pigments perfectly to the client's skin tones," she said.

Jenifer offers her services at no cost to breast cancer patients who have undergone mastectomy or breast reconstruction surgery by redesigning and re-pigmenting the areola to look completely natural again. She camouflages hair loss by pigmenting the scalp to match the client's natural hair. He also uses Collagen Induction Therapy for wrinkles, scars, dark spots, sun damage, acne scarring, and stretch marks.



IF THEY HAD JEWISH MOTHERS

THOMAS EDISON'S JEWISH MOTHER:

"Okay, so I'm proud that you invented the electric light bulb. Now turn it off already and go to sleep!"

PAUL REVERE'S JEWISH MOTHER:

"I don't care where you think you have to go, young man, midnight is long past your bedtime!"

Aromatherapy for Adrenal Fatigue

By Linda Anne Kahn HHP CLT-LANA CCN CIDESCO Clinical Aromatherapist



When a person is exposed to intense or prolonged stress, the body reacts and the adrenal glands become overworked and “fatigued”. This occurs when the adrenal glands are unable to keep pace with the demands of the perpetual “fight or flight” arousal. Chronic stress produces an excess of the adrenal hormone, Cortisol which can negatively affect our immune system, blood sugar levels and blood pressure.

The main symptom of adrenal fatigue is a fatigue that is not relieved by sleep and people suffering from adrenal fatigue often need to drink coffee, sodas and other stimulants to start their day.

Symptoms of stress are physical, mental, emotional and behavioral.

These symptoms may include depression, irritability, anger, aggression, weight gain (especially in the abdomen), difficulty concentrating, feelings of being overwhelmed, headaches, indigestion, constipation or diarrhea, chronic minor ailments, odd aches and pains, palpitations and lethargy. You may also find yourself craving foods or sweets, being less social, unable to make decisions, procrastinating at work or avoiding responsibilities, wanting to cry, losing patience with loved ones and developing addictive behaviors and a pessimistic view of life.

Poor dietary choices in addition to overwork can also contribute to this condition.

It is important to recharge, and do something that inspires or rejuvenates you on a daily basis. Re-evaluate your life, make some changes to your daily schedule and try to reduce some of the stress from your life.

Linda-Anne Kahn is the owner of the Beauty Kliniek Aromatherapy Day Spa and Wellness Center.

TIPS TO KEEP YOUR BODY IN BALANCE AND AVOID ADRENAL STRESS

- walk at the ocean
- meditate
- schedule time for a massage
- take a yoga class
- spend time with someone you love
- exercise daily

Make dietary changes

- eat leafy greens daily or make green smoothies
- add vegetables and fruits to your diet.
- eliminate refined and processed foods
- avoid fast foods

Aromatherapy for adrenal fatigue

- A blend of essential oils of spruce, pine and rosemary in a carrier oil of grapeseed oil can be massaged over the lower back for energy.
- A blend of nutmeg, lavender, sweet orange and valerian in a base of jojoba oil can help to give a good night’s sleep.
- Essential oil of lemon, basil and clary sage can be diffused at your workstation or in your home to help with concentration.



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Transferring South African money abroad is subject to SARB and SARS regulations. South Africans have one opportunity per calendar year to do so via:

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Foreign Investment Allowance (FIA) – R4million per adult, per annum; requires SARS Tax Clearance Certificates.

Unclaimed policies, retirement annuities and pension funds

2008 legislation allows expats to cash-in and transfer full capital value of unclaimed policies before retirement age 55.

+R1 billion in unclaimed South African policies

- Do you have paid-up policies you're not aware of?
- Are you the beneficiary of a policy from a deceased testator?
- Beneficiary of a third party policy ceded to you?

Emigration from South Africa in plain English

Emigration is often misunderstood – "I emigrated from South Africa when I received my visa to enter Australia." Emigration - the word used when SARB changes your status to *non-resident*, without affecting your birthright, citizenship or the right to retain a South African passport.

In order to cash-in unclaimed policies one needs to emigrate.

On Death and Taxes

- Receiving a South African income may have tax implications in Australia.
- Holding assets in different countries will have an impact on your estate.
- South African inherited assets may be blocked by the Reserve Bank.
- A last will and testament in both countries is an absolute must!

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DOES YOUR WEBSITE ACCURATELY REPRESENT YOUR BUSINESS? Alex Phillips

Do you have a website?

If someone were to ask you what the purpose was of your site what would you say? Most business owners feel that they simply need a website in order to remain cutting edge and have a presence online. This leaves too much to luck and chance.

Every website needs a purpose, a strategy and an objective. Your design, your content and your placement should all have a strategy behind them. Most people never stop and consider the importance of the strategy behind their online identity and unfortunately it costs them business every single day. Most digital web companies will provide the bare minimum when it comes to web design because they know that business owners aren't aware of the importance of these details.

Ask yourself:

- Does my website accurately reflect the quality of my service?
- Does it emulate the passion I put into my work... everyday?
- Does it embody the personality and charm that energizes my customers?

If not, I strongly urge you to look at your website as if it was your one and only opportunity for potential clients to gauge the quality of your business, your passion and your performance. See your website with fresh eyes and coldly analyze how your website looks to strangers who had never seen it before.

Most potential clients will not pick up the phone to speak to someone at your office in order to qualify their first impression. They will simply move on to the next site.

Put the same detail and passion into your website that you put into your work day, and your website will start to really represent your company.

Beehive Web Solutions located in San Diego, is a Web Consulting service that helps put your online vision into reality.

Alex Phillips is CEO of Beehive Web Solutions.



DOES YOUR MERCHANT PROCESSOR CARE ABOUT YOUR BUSINESS GOALS? Alex Phillips

Most business owners take it for granted that they are going to pay excess fees from their merchant provider – and think there is nothing they can do about it. Others believe they are given the best rate and blindly accept that there's no room for improvement.

In my years of experience in collections and operations, I saw that most processing companies merely viewed their clients as numbers on a spreadsheet adding to their revenue. They had no genuine interest, no sincere attention to detail and no ambition to help their customers succeed.

If you're like most business owners I'm sure you've seen how the game is played. In time they will lower your rate a little bit and you end up switching processors every few years hoping to find a company that will help your business thrive and achieve your goals.

Look for a company that stands out in the industry for genuine customer service and appreciation. The company should give you the lowest processing fees possible from the beginning so you can use that extra income to help grow your business. Finding a processing company that takes your calls, responds immediately to any issues and goes the extra mile is what will guarantee that you get the best service every time.

If you are interested in learning what a customer service oriented Merchant Service company can do for your business, contact Sunlit Merchant Services.

www.sunlitmerchantservices.com

Alex is the CEO of Sunlit Merchant Services.

PROSECUTE UN FOR CRIMES AGAINST ISRAEL

BY MAX BERNADINER

For many years Israel has informed UN officials on Hamas getting UN permission to use UN facilities in Gaza for military purposes: schools and other buildings as weaponry arsenals and shelters for Hamas terrorists; UN school yards for launching rockets in Israel; UN vehicles for transportation of weapons and Hamas terrorists.

Regardless of these numerous well-known facts, UN officials have been doing nothing to correct the problem. The obvious question is: why Hamas got a license for using UN facilities as military strictures to attack Israeli civilians firing thousands of rockets with only the goal to kill. Even more, UN blames Israel for self-defense and for protecting Israeli

population from systematic rocket attacks for decades. UN regularly threatens Israel with political sanctions for defending the country from terrorists that have openly declared that their final solution for Israel is elimination of the State of Israel from her historic land and extermination entire Israeli population. This makes UN officials accessory to Nazi style crimes.



The above is not exceptional cases. During Lebanon war UN representative in Lebanon provided Hezbollah with UN vehicles for transportation of weapons and Hezbollah terrorists. The United Nations Interim Force in Lebanon (UNIFIL) allows Hezbollah to set up positions next to UNFIL units, in effect using UNIFIL as human shields against Israeli counterstrikes. UNIFIL's collaborated with terrorists in kidnapping and murder of three Israeli soldiers, and the subsequent cover-up with great help from UN Secretary-General Kofi Annan.

So, the bottom line: UN officials have committed criminal acts against Israel for

decades. UN crimes shall be thoroughly investigated by an independent commission. The result of investigation shall be broadly published. The perpetrators shall be arrested and admitted to the ICC for prosecution depending on severity of crimes. There is a list of officials who shall be prosecuted as they have provided material support and help to Islamo fascist organizations Hamas and Hezbollah to commit the above crimes resulted in murder of thousands people, including children:

Kofi Annan, former Secretary-General
Ban Ki moon, current Secretary General
Jan Eliasson, Deputy Secretary-General
Pierre Krähenbühl, Commissioner General of the UN Relief and Works Agency for Palestine Refugees in the Near East (UNRWA)

Robert Serry, Special Coordinator for the Middle East Peace Process

Leila Zerrougui, Special Representative of the Secretary-General for Children and Armed Conflict

John Ging, Operations Director at the Office for the Coordination of Humanitarian Affairs (OCHA)

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FRIENDS OF THE ISRAELI DEFENSE FORCES (IDF)

BY NORMAN SMITH

The profound importance of the Israel Defense Force is demonstrated yet again in Operation Protective Edge initiated to counter the thousands of rockets launched against Israel's communities, towns, and cities, deliberately targeting its civilians.

As always, IDF soldiers displayed selfless devotion and courage, extraordinary capabilities, and willingness to sacrifice to prevent Hamas from achieving its goal of inflicting enormous loss of life and injury to Israeli civilians. Among other resources employed is the Iron Dome missile defense system, developed jointly with the United States and manned by IDF soldiers whose diligent expertise intercepted hundreds of rockets that would otherwise have landed in heavily populated areas, causing unimaginable losses.

The IDF initially limited its efforts to surgical strikes aimed at degrading Hamas' missile launch sites and storage facilities and command and control operations to avoid inflicting harm on civilians despite Hamas intentionally using its own people as human shields. Consistent with its "Purity of Arms" doctrine, the IDF has gone to unprecedented lengths to avoid civilian casualties including evacuating civilians by phone and leaflets and dropping harmless noisemaking devices to frighten civilians away from potential targets and even abandoning missions when a risk to civilians was identified. Unfortunately, Hamas coerces civilians not to leave proposed target areas thereby causing most civilian casualties.

The Israeli government's cease fire attempts were spurned by Hamas despite two unilateral cease fires honored by the State of Israel. Instead, Hamas intensified its attack by infiltrating terrorists into kibbutzim located on the Gaza border. One can only imagine the devastation these terrorists would have wrought had they not been intercepted and destroyed by the IDF. The Israeli government was left with no alternative but to authorize

the IDF to launch a ground offensive to destroy the tunnels, degrade Hamas' capabilities and impose a sustainable calm for the people of Israel. Tragically, the ground invasion has resulted in the loss of IDF officers and soldiers. Consistent with the IDF leadership doctrine of "Acharei" (Follow Me), a disproportionate number of officers, including senior officers, are among the many casualties. A review of the backgrounds of those fallen heroes and their families provides some measure of the immense loss to the nation and the Jewish People.

The IDF has called up approximately 56,000 reservists to ensure that the government is provided a full range of options to combat Hamas terrorism. More reservists are likely to be called up. Even if an acceptable cease fire is agreed upon, the IDF will have to remain in the field to ensure observance and to enforce its terms preserving the safety of the State of Israel. In addition to the tragic loss of life and devastating injuries soldiers have suffered and will continue to suffer, soldiers and their families lives will continue to be severely disrupted by long absences from their homes, children, spouses and work, not to mention the inevitable danger and stress. These soldiers deserve and need our support.

The Friends of the IDF has a unique single purpose which is to provide programs geared to directly benefit IDF soldiers in the most meaningful ways and designed to enable everyone to contribute and participate; irrespective of financial ability. The FIDF is also responsible for the Lone Soldier program having approximately 3,000 young soldiers from all over the world currently serving in the IDF. Tragically, two Lone Soldiers from the United States supported by FIDF, First Sergeant Nissim Sean Carmeli, 22 (z.l.) and Sergeant Max Steinberg, 24 (z.l.) both of whom served in an elite unit, recently



perished in combat. Because only a few family members would otherwise have been present, more than 20,000 Israeli's attended Nissim and Max's funerals in Israel thereby demonstrating Israeli's profound appreciation for Lone Soldiers.

Each and every FIDF supporter stands shoulder to shoulder with the brave soldiers carrying out dangerous and complex operations necessary to protect the State of Israel. This vital support sends an important message of U.S. support and solidarity and includes much needed care packages, R&R facilities, call centers and support for Lone Soldiers and financial assistance to families who will suffer financial hardship, and many more programs.

PLEASE HELP SEND OUR BRAVE SOLDIERS OF THE STATE OF ISRAEL THE VITAL MESSAGE THAT WE HAVE CLOSED RANKS BEHIND THEM BY CONTRIBUTING TO THE FIDF AT FIDF.ORG/ DONATE OR BY CALLING (858) 926-3210.



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Help make the Shabbos Project a reality in San Diego

By **Selwyn Isakow**

For those of you who haven't heard of it, I want to introduce you to the unique and totally inspiring Shabbos Project that took place in South Africa in October of last year. The aim is to unite world Jewry in observing one Shabbat together.

It was met with so much success and, incredibly tens of thousands of Jews in South Africa came together and took part in the project. To experience a feeling of it, you can hear all about this absolutely

inspirational event. On you tube at the link <https://www.youtube.com/watch?v=xhfe-MZcCjE>

With your help, we can do it here in San Diego. So far, 170 cities worldwide have committed to taking part on October 24-25, 2014. We too, can be instrumental in bringing this fantastic idea to fruition.

You are invited to help plan, create, and make this happen, and to convince all our neighbors that this is something very worthwhile, exciting, and valuable for us all. To be successful we will need many, many volunteers. Please come to one of the informational meetings

The first meeting will be held on

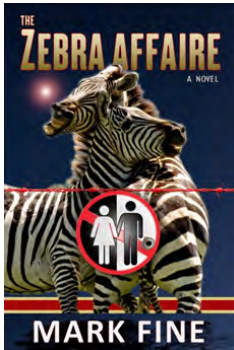
Thursday Aug, 14 at 6 pm at San Diego Private Bank, 9404 Genesee Ave, Suite 100, La Jolla 92037. (There will also be a call-in number for those who request conference call participation).

An alternative meeting for those unable to attend on Thursday will be held on Sunday Aug. 17th at a venue to be announced.

RSVP:
Selwyn Isakow
Selwyn@shabbossandiego.org
248-672-1900

Robyn Lichter:
robyn@shabbossandiego.org
858-775-6087

ABOUT BOOKS



CRITICS AND READERS RAVE ABOUT THE ZEBRA AFFAIRE BY MARK FINE

IT'S SPRING 1976. A black man from Malawi and a white woman of Afrikaner heritage make an unlikely union that shocks the nation. Orders are given to stop their illicit romance. As passion

faces naked prejudice, Elsa and Stanwell are hunted down by a maniacal agent bent on enforcing the dictates of a racist regime. Set in a South Africa already in turmoil—with rioting students, warring tribes, crippling sanctions, and under the ever-watchful eye of the newly introduced state television service—the desperate couple fights a sometimes lonely battle against the forces of segregation and tribal mistrust.

All sides across the color-divide are represented in a great canvas embodying the South African experience; from the Anglo-Boer War at the turn of the last century to the bloody 1976 Soweto Riots, and from a mine one-mile deep beneath the City of Gold to the harsh wilds of the African bush. In this compelling and vivid story of an interracial couple's painful journey in an unaccepting world, the guilt, cruelty, and hypocrisy of their fellow citizens are exposed; as the nation wages a deadly struggle for freedom . . . and eventual redemption in the guise of prisoner #46664, Nelson Mandela.

Readers and critics are raving about this glimpse into the darker times in South Africa's racial history

"I see Pulitzer Prize material here. Mark Fine creates a portrait of South African life in 1976 that could easily be compared to many of William Faulkner novels in value to the arts and scholars. The difference between Fine and Faulkner is the ease of which one can read this. *The Sound and the Fury* is dense and often confusing, but *The Zebra Affaire* achieves the same amount of social value as Faulkner's *Fury* without demanding that the reader wade through pages without periods let alone paragraphs." JEANNE MARY ALLEN

"Mark Fine has succeeded in writing a thrilling novel, I could not help thinking of Mark Twain's early American books, which not only enthralled but were so full of important historical information. This book should be part of the required reading material, in all higher institutions of learning." C. BALLARD

"*The Zebra Affaire*" is a must-read novel for those of you who don't know enough about South Africa in the 70's. Within the 350 odd pages one can get a true sense of what it must have been like for both people of color and their masters. For an expat, a former South African, it will take you back to a time when South Africa was the world's pariah. Though the nostalgia will overwhelm you; the places, the foods, even the local vernacular will tug at your heartstrings. But once reminded of those bleak days you will be thankful you chose to leave. I sincerely hope to find this book in the Museum of Tolerance bookstore and other venues that champion human rights and dignity. Yes, it's that important! DOMINIQUE MARTINE



A BEAUTIFUL FAMILY: A STARTLING TALE OF SEXUAL ABUSE IN THE SOUTH AFRICAN JEWISH COMMUNITY BY MARILYN COHEN DE VILLIERS



South Africa has been dubbed the rape and child abuse capital of the world. It's been estimated that one person (woman, girl or child) is raped every four minutes somewhere in the country. Every year there are media campaigns to highlight this scourge. There are also innumerable discussions and articles about family violence and sexual abuse in the media.

However, much of the focus is directed at South Africa's deprived communities, because we all "know" that rape, incest and other forms of abuse are a consequence of poverty, overcrowding, lack of education and poor social infrastructure. Things "like that" just don't happen in the relatively affluent communities – and certainly not in the Jewish community. Or do they?

In her hard hitting, fast moving – and at time humorous – novel, Marilyn Cohen de Villiers takes us to Israel, London and South Africa while peeling away the facade of the beautiful, wealthy, admired Silverman family.

"I got the idea for the theme of *A Beautiful Family* from my local police station commander who told my husband (a member of the Community Police Forum) that the high incidence of family violence in the orthodox Jewish community in Johannesburg's northern suburbs was a huge problem. I've lived in the area all my life; I'm Jewish; I regard myself as relatively well informed; and I was shocked. My first reaction was: Jews don't do that," Marilyn said.

"So I did some research into the subject and realized that this was an issue that needed to be talked about within the community – and probably in most Jewish communities around the world, if my research was anything to go by. However, I didn't want to write yet another dark saga about victims of abuse. I wanted to dig deeper; to tell the story of both the abused and the abuser; to try and understand the who, how and why of abuse."

A Beautiful Family opens with the mysterious death of socialite/philanthropist Brenda Silverman. The story spans 40 years with the truth about the beautiful family and Brenda's death recounted through the perspectives of seven characters: Brenda and Alan Silverman and their children Yair and Aviva; anti-apartheid activist Annette Davies; British millionaire Ben Shapiro; and Johannesburg newspaper reporter Tracy Jacobs.

A Beautiful Family debuted on Amazon and Kobo in June 2014.

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TOMORROW TRUST BELIEVES IN A “HAND-UP” NOT A “HAND-OUT”

The Tomorrow Trust is a South African based non-profit organization that supports orphaned and vulnerable children and youth to achieve their educational goals as part of an exit strategy from charity.

The Trust does this by providing holistic care and aligning with like-minded partners (government, corporate, donors, schools, educators, care organizations) to collectively create sustainable opportunities for orphans and vulnerable children and youth to improve their current socio-economic circumstances.

The Tomorrow Trust was founded in 2005 by Ms Kim Normand-Feinberg, who is currently the CEO.

Ms. Normand-Feinberg, was born in South Africa and started in the arts. She played an important role in the South African Human Rights and Education space for the past 24 years. She ran and represented Survivors of the Shoah Visual History foundation in South Africa for 18 years and was the Founding Director of the Apartheid Museum. She became an Ashoka Fellow through her work starting the Tolerance foundation and now the Tomorrow Trust.

“We believe in a hand up that empowers and emancipates these children from poverty rather than a hand out that keeps them entrenched in charity,” said MS. Feinberg recently.

“Our vision is to be the leading non-governmental organization that makes a meaningful and sustainable impact on the lives of orphaned and vulnerable children throughout their educational journey and allows them to reach their full potential,” she added.

The Tomorrow Trust’s mission is to enable these children to become self-sustaining and proactive members of society.

Originally, Ms. Normand-Feinberg, provided assistance to orphaned and vulnerable youth with post-secondary education, but she soon realized that their academic results were not indicative of their real potential. Furthermore, their results prohibited them access to a post-secondary education.

As a result extensive research was undertaken by the Tomorrow Trust.

“The results indicated that South African primary school children had poor literacy and numeracy as well as poor English language skills mathematics, science, biology, accounting and English skills,” said Normand-Feinberg.

“Educators had difficulty understanding the curriculum, and lacked the knowledge and technical skills to work in under-resourced schools and large classrooms. With this information, it was necessary to address the core issues in order to achieve our objectives. This is how the Tomorrow Trust support programs were developed,” she said.

“We believe in a hand up that empowers and emancipates these children from poverty rather than a hand out that keeps them entrenched in charity,”

Tomorrow Trust which was started 9 yrs ago is tapping into the amazing potential of these children and has seen remarkable results. Their programs have taken children from 30% in Grade 10 to distinctions in Grade 12. Over 137 Alumni are now working at top companies with 3 Alumni completing their Masters degrees.

“Yes these young, inspirational, committed young people are indeed breaking the shackles of generational poverty and are showing how powerful they actually are,” added Normand-Feinberg.



Fact\$ of Life:

Teaching Children

about Dollar\$ and \$ense

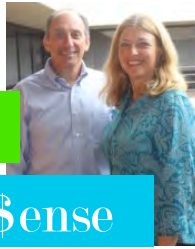


Photo by Ashley Mackin

By: Hillel Katzeff and Glenda Sacks

How should parents talk to their children about money?

For many adults, discussing money issues is more taboo than the topics of religion or sex. If this is true, then how are parents supposed to engage with their children in a discussion of important financial planning issues, such as saving for college? It can be a very difficult conversation. How do parents deal with their own fear or anxiety over money without scaring their kids? Today, college student loan debt exceeds more than a trillion dollars.

So, how will your kids learn to navigate the world of money? Who will teach them important survival skills?

Financial planner, Hillel Katzeff, and educator and single mom, Glenda Sacks, have collaborated on a new way for parents to teach children about dollar\$ and \$ense. They have developed a class to guide parents to start conversations about financial literacy with their kids.

Here are some tips from Hillel and Glenda:

1. Start communicating early

Even for children at pre-school ages (1-5 years of age), you can find opportunities for "teaching moments" and encourage "positive experiences with money" with your child. Find ways to say a qualified "yes" to your precocious toddler rather than "no". Instead of a one-slot piggy bank, give them one with four slots to: "Spend", "Save", "Invest" and "Donate" the money. Then, help them put an appropriate amount of their pocket money into each slot. They will quickly learn to understand what each means.

2. Identify your parenting style

Every parent has their own parenting style that is usually based on personality and what was learned as a child. If you are highly organize and use spreadsheets, then use them. If you are spontaneous, then g with it. It is much easier to look for teaching opportunities in daily interactions with your child if you accept yourself- warts and all.

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3. Make it fun!

Although the subject matter is serious, i.e. raising your child to be fiscally responsible adult - who says it can't be fun. You can play a game while driving in the car by asking your child if they can identify if the billboard advertisement on the roadside is one for a "need" or "want". The ensuing discussion will deepen their understanding of this important economic principle – in a fun way!

4. Have regular family meetings

Teaching respectfully communication by taking turns to talk and listen is a vital skill. There are many ways to do this. Find one that works for you and your family. We have tried many, and have identified three effective ways that can help you hold successful family meetings. One way can be to place a piece of paper on the fridge door and invite any family member to add an item to the list that later becomes the agenda for a meeting, once it is "full". End the session with a positive group affirmation, such as a group hug or treat, to make it a rewarding experience.

5. Don't be afraid.

Check out our website www.facts-of-life.net to sign up for one of our classes for more ideas and games that can help you teach your children the Fact\$ of Life. Or contact us with questions and ideas. We would love to share them to help others raise children to be fiscally responsible.

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The Human Spirit Sparks Critical Debate

Carol Eglash



My play, *The Human Spirit*, that dealt with South Africa's apartheid era and *The Mamas*, has now closed and some of the reactions to its story were totally unforeseen.

Rea, who played Millie, was born in a small town not far from Jo'burg.

She was born post-apartheid and had been sent to the United States as a teen. It was only when she became part of the cast that she began asking questions of her parents who still lived in South Africa.

She was shocked to discover the truth of the play, the harshness of the government's white policies and the increasing violence of the ANC.

The actor who played Helen found a YouTube video of the real Helen giving a speech on behalf of Ikamva Labantu, (the organization the *Mamas* had formed) and the individuals, who gave the heart to *The Human Spirit*.

The entire cast viewed it and felt imbued with the need to remind the world of these

events, half a world away.

Separately we were asked to put on an extra performance for a group of 80 inner-city high school students who were attending a Leadership Conference. We performed and concluded the evening with a Q & A session.

These young people were enthralled. It was a piece of the world to which they'd never been exposed. It was a different Civil Rights issue from what they'd learned about in school. When they returned to their dormitories that evening they couldn't sleep. Their mentor told me that they stayed up to nearly 2 am, discussing the play, the actors, and the subject matter.

As I write this article, different parts of the world are in conflict...Israel, Ukraine, Iraq. Our humaneness seems to focus on differences rather than similarities. We must search for that portion of the human spirit that recognizes a need for harmonious coexistence, if not on a global level, then within our own lives.

a simple sight by zena cohen
June 9, 2002

What is the surge
of motionless movement
that sends
the smooth circular thick
gray brown branchless trunk
skyward?

At its height
emanating bold sprays
of arched fluid
feather shaped
green branches
waving in the gentle breeze.

The blue sky peeking in patterns
in between.

My silent gaze
turned upward

Such a simple sight
of wonder
of awe - so often turned asunder!

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A trip to Portugal reveals growing interest in its Sephardic heritage. In Lisbon, Porto and small villages, Jewish quarters - dormant for 500 years - are being restored. With nearly 20 percent of the population having Jewish ancestry, many Portuguese are searching for their Jewish roots. Our new video features a journey through Portugal, discovering its Jewish past and present.



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A TRIBUTE TO NADINE GORDIMER

by Margaret H. Marshall

BOSTON GLOBE CORRESPONDENT

During the long years that I was unable to return to South Africa, where I was born, raised, and lived for the first 25 years of my life, I could spend time with Nadine Gordimer only when she visited Boston. She often stayed with close friends of hers in their home on a quiet, leafy street, close to the center of Harvard. She seemed to thrive during those visits, tasting the freedom that we who are privileged to live here too often take for granted.

It was a response I knew well: I had endured the offensive restrictions of apartheid, and breathed deeply on my few visits to the United States before I settled here. My husband, Anthony Lewis, and I often invited Nadine — for that is who she became to me — to dinner with friends, either hers or ours. As a young student in South Africa I had been an avid reader of her books and had admired her, always from afar. Here, in Cambridge, I discovered in a different way her demanding intellect, her incisive moral views, her generosity, and her sense of humor. A tiny, slightly frail-looking woman with a soft voice, she was made of steel. A white South African, she wrote again and again of the black experience under apartheid. That required courage. She never spoke of her political activities against apartheid at home — they were illegal in South Africa at the time. She chose to be known — she took the risk of being known only through her writing.

After the release of Nelson Mandela from prison in 1990, and the attendant political changes in South Africa, Tony and I would spend time with her each time we were there. We usually met at her home in Johannesburg where she loved to walk with Tony, himself an avid gardener, around the garden she loved, answering his endless questions about South African trees and flowering plants. As liberation from apartheid stretched into and beyond its first decade, neither Gordimer the writer

nor Nadine the person was blind to any offensive aspects of the implementation of democracy. She could be biting in her criticism, yet she never forgot the long, bitter, tenacious history of white domination that each new, democratic South African government has confronted. I loved her for that and for so much more.

In 2005 the brilliant, energetic Harvard professor Henry Louis Gates Jr., organized a stunning event. To celebrate the 70th birthday of the great Nigerian writer Wole Soyinka, the first African to win the Nobel Prize in literature, Gates invited three other Nobel Laureates in literature to an intellectual feast in honor of Soyinka: Nadine Gordimer (1991), Derek Walcott (1992), and Toni Morrison (1993). He asked me to introduce Gordimer, which I did to a packed, riveted audience at that historic gathering. A portion of my remarks follows: “I am an enormous, enormous admirer of Nadine Gordimer and her writing. One might be tempted to presume that my admiration stems from a shared history. We both grew up as children of privilege, white children, in the ‘rigidly racist and inhibited colonial society’ (those are her words) of small-town, provincial South Africa. Our vision of the world took shape on the hard, cruel anvil of apartheid. We both found the voice of our conscience in words: mine in the law, hers in potent works of imagination. But it is much more than a commonality of formative experiences that draws me to Nadine Gordimer’s work. Like readers the world over, I am touched, again and again, by the gifts she has shared with us: her humanity, her fierce integrity, her deep commitment to exposing the twisted roots of racism and all forms of inequality, her transcendent quest for justice through truth-telling.

Others have captured these qualities better than I. Nadine Gordimer is ‘archivist and

. . . lighthouse keeper,’ said Swedish writer Per Wästberg [at the time of the announcement of Gordimer as the 1991 recipient of the Nobel Prize in literature].

Above her collected experience, the light sweeps, illuminating parts that would otherwise have lain in darkness, helping us navigate towards a South Africa that . . . depicts a universal landscape.’ Paul Theroux calls Gordimer ‘one of the most reliable witnesses to the seismic South African transformation’ since apartheid’s fall. And for Seamus Heaney, she is one of the ‘guerrillas of the imagination.’ Gordimer herself has said that, ‘[t]he best way a writer can serve a revolution is to write as well as he can.’ Having written as well as she can for over 50 years, Nadine Gordimer is justly celebrated as a moving force in the revolution of the human spirit. “Today I treasure my memories of that extraordinary evening. My memories of the times I spent with her? It is hard to describe what those mean to me.

A native of South Africa, Margaret H. Marshall is a former Chief Justice of the Supreme Judicial Court of Massachusetts. Until the defeat of apartheid in South Africa in 1990, the apartheid government prevented her from returning to South Africa.

We Remember



Phil and Gillian Sher

Phil and Gillian Sher passed away tragically on January 24, 2014, in a car accident while visiting their family and friends in South Africa. They were in South Africa to celebrate the Bat mitzvah of their youngest granddaughter and the wedding of their eldest grandson. Unfortunately they passed away a few days before the wedding.

My parents lived most of their lives in Pretoria raising 4 sons. Mom and dad were proof that opposites attract. Gillian was always the serious no nonsense person. Dad was light hearted and always ready with a joke. Mom taught us never to compromise and to always do the best you can. Dad taught us to look at all the options and then make the best decision.

Phil started a very successful business making paper napkins, which are still sold all over South Africa. They immigrated to the USA in 2000 and settled in La Jolla. The idea of slowing down or retiring never crossed their minds.

Gillian had a wide circle of friends and played bridge, enjoyed her knitting and would knit all the time for her family and herself. She spent a lot of time in the kitchen, cooking everything from scratch. She had a love for art and collected hundreds of books on art masters around the world and could speak for hours on any art topic.

In 2007 Phil suffered a terrible stroke, but with the aid of an insistent stubborn wife he recovered enough that the doctor gave him the blessing to drive again. He never complained or about his aches and pains. He always had a smile on his face and ready with a Jewish joke or two. They still managed to go to South Africa twice a year to see their family and friends, as well as to keep an eye on 'the factory'.

They have 4 sons, Barry and Raphael in Pretoria, Javin in Baltimore and Lawrence in San Diego. They loved their 7 grandchildren and took an interest in their lives.

They were taken too soon, with so much life left to live. We all miss them very much.



Renee Frank

Dedicated wife, loving mother and grand-mother Renee Frank passed away on February 3, 2014.

Born in Johannesburg, South Africa, on July 23, 1943, Renee attended Waverly Girls High, and she worked at the nursery school King David Linksfield. Renee built a beautiful family after her marriage to Charles Frank in 1964, and moved to San Diego, in 1986. She enjoyed spending time with her family, playing bowls in the park, and painting beautiful silk tapestries and shawls - the same way she colored people's lives.

Renee was more alive with love and positivity than most others. She always had some of her light to share. Just a sliver was enough to warm a room and the hearts in it. Renee had an aura that radiated peace and calm. Her soul thrummed to a purer beat, spreading kindness and goodwill with every note.

Sadly the same light that made Renee special was too bright for this world. She was taken from us before life could prune her skin to folds of velvet, and before society could label her old. But not before she could influence the lives of those who met her - in ways they'll never fully understand.

Renee, preceded by her husband, siblings, children, and grandchildren, will be missed, though her presence can still be felt in every space she ever filled, and in the lives she touched.

Love and light.



Essie Katzenellenbogen

MAY 16, 1923- JAN 23, 2014

Essie, affectionately known by some as Esme and Zazza, was born in Bloemfontein

As a young adult she moved to Johannesburg and she emigrated to San Diego in 1991.

Our mom and granny was an incredibly classy woman with a great sense of humor. Despite being widowed so young (and then losing a daughter), she had an amazing and optimistic attitude, - never complaining.

She had a zest for life and an incredible spirit. She was vivacious, and full of energy, passionate about many things. She loved gardening, bowls, bridge, theatre, music, dancing, watching golf and tennis, travel and telling jokes.

She dressed beautifully, and always looked a million dollars - glamorous and put-together. Her hair was always done, and was always perfectly accessorized and with manicured nails. She entertained us constantly with her imitations; always seeing celebrity look-a-likes in all of us. She was so open-minded and often shocked us with her liberal and accepting demeanor. All she wanted was for her family to be happy.

In her last years, as her health deteriorated, she moved from independent living to assisted living to skilled nursing. But wherever she was she made her impact.

She was always recognized as the lady with the beautiful blue eyes with a twinkle.

Her colorful persona has left a vibrant impression. She had spunk and pizzazz, elegance and a huge presence. She is sorely missed by her son Steven Alman, daughter Robyn Lichter, daughter-in-law Lindy, son-in-law Derek and Grand-children Jason, Megan, Carli, Kelly and Kim.

She is lovingly remembered and will be in our hearts forever.

Irwin Rudick

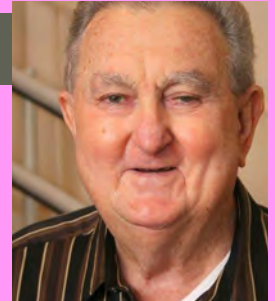
DECEMBER 11, 1930 - MARCH 25, 2014

Above all, Irwin will always be remembered for the depth of love and loyalty he had for his family. His two children, Karen and Jonathan, always knew that Dad would be there for them at all times. His now grown grandchildren still talk about how he took them out for breakfasts when they were little, took them to the Farmers Market on Saturday mornings and then gave them treats, and his legendary huge, carefully selected and lovingly marinated steaks. We all remember how he held them in his arms when they were babies, walked them around the garden showing them the flowers and trees, taught them to love animals. He always did his very best for his family, with great love. With his passing his family have suffered a great loss.

He cared deeply for people in distress and supported an untold number of organizations with contributions to their various causes, and was always available to render as much help and advice as he could to those who needed it.

Irwin was born in Klerksdorp, South Africa, the second of 4 children. His early years were spent at Afrikaner Mine, where his father had a general store, and where he attended school until his family moved to Klerksdorp some years later. After graduating from Klerksdorp High School, Irwin got a diploma in electrical work from the Johannesburg Technical College, and thereafter went into the electrical business with his father when he opened "Rosdicks", in Klerksdorp. He grew the business from scratch. Irwin loved business and the store prospered.

In 1955 Irwin and Naomi (nee Israel) married. They had two children, Karen and Jonathan. In Klerksdorp he was a member of both the Hebrew Order of David



and the Freemasons. He eventually became Master of his Freemasons chapter.

In late 1969 he sold Rosdicks to Bromain Holdings in Johannesburg and joined Bromain Holdings. The family moved to Johannesburg. A couple of years later he left Bromain Holdings, and bought a furniture store in Fordsburg, Johannesburg that he renamed Rudick's Furnishers. True to his nature he built Rudick's into a formidable chain of 12 stores on the Witwatersrand, and later sold the chain to Russels Furnishers.. Seeking another challenge he purchased a chain of men's clothing stores, Hepworths, which he built to a peak of 112 stores. He ran this chain until the family emigrated to the U.S.A. in October 1987.

After a almost a year in Los Angeles he brought his family to San Diego where, after a couple of years in business, he joined "Score" where he helped and advised many people on business problems, start-ups and running of a business. At the age of 75, he took, and passed, a course in business coaching, and practiced as a business coach until his health problems overwhelmed him.

Irwin is deeply mourned and missed by his family - wife Naomi, children Karen and Jonathan, grandchildren Danielle and David Abraham (parents of great granddaughter Margaret Ruth), Joshua, Yair, Maor, and Oryah, sister Molly Subel, brothers Jack and Archie, and his many relatives. May his very dear soul rest in peace.

We Remember



Oscar Katzeff

Oscar Katzeff, son of Moshe and Leah Katzeff, born in Kupershik, Lithuania on December 14th, 1923, died at age 91, on June 11th, 2014 in Israel and was buried in Tel Mond on Father's Day 2014.

He was the second of three boys and only a young child he and his family moved, prior to World War II, to Cape Town, South Africa. He married Ada Leiserowitz on July 1st, 1950, and together they made a Jewish home in Sea Point, where they raised 3 children.

He owned Terminus Pharmacy and made a living as a pharmacist for over 27 years. He enjoyed playing tennis at the Glen Country Club, singing and telling jokes. He was a long-time member of the Marais Road and Muzenberg synagogues.

"Zey Gezoent!"

The biggest love of his life was his wife Ada. Together, they were true partners in life. It was their dream to one day live in Israel, and 13 years ago, at the age of 77, Oscar and Ada made Aliyah from Cape Town. He loved his Jewish identity and the state of Israel and being zeida.

Oscar is survived by and is deeply missed by his wife Ada Katzeff from Protea Village in Israel, Noreen Goetz from Cape Town, Zea Katzeff from London and Hillel Katzeff from San Diego and his grandchildren and great grandchildren.

My dad would often say goodbye to people with his catch phrase: "Do me a favor", after which he would wait for a response and then say: "Zey Gezoent!" (Be well). Inevitably, this would leave people with a chuckle and smile.



Judy Cohen

Esther Judith Cohen, known to everyone as Judy, passed away peacefully on December 19, 2013, surrounded by her children and grandchildren. Judy was born in Pretoria, South Africa on September 17, 1926. She had 3 older brothers. Her earlier career was that of an interior designer in Johannesburg.

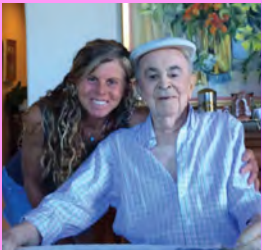
She was a terrific tennis player in her earlier years. She raised 3 wonderful children, Darryl, Derryn and Loren. She moved to the United States in 1993 to be close to her 2 daughters and their children, who lived in San Diego, California. She loved watching a variety of sports, especially tennis and golf on TV.

She spoke to her children daily and enquired about her grandchildren in each conversation. She attended the Jewish Senior Center once a week, and later twice a week, and loved the warmth of the Jewish environment and the love and attention she received.

For her daughters and son, "The Greatest Gift in Life is Love" – which is how we remember our precious mother. Her beautiful smile and humor will always be an inspiration to us. Her love and laughter will be forever in our hearts.

Sadly missed and loved by her children, grandchildren and great-grandchildren.

Morris Wainstein



A legacy never to be forgotten

In honor and in memory of our father, husband, and best friend Zalman Moshe ben Shimon Tzvi.

Although he left us at age 91 on the day of his 59th wedding anniversary, his memory will never be forgotten. His love and pride for all of us will always be a source of strength. His honesty, fairness, equality, and moderation he stood for will be our path to follow and his sense of humor and love for others will forever make us smile.

Born in Lithuania, he immigrated to South Africa in 1926 at the tender age of two. He grew up in Mayfair with his father and mother Simon and Seina, his sister Tilly, and his brother Benny. In 1955, Morris met Bessie on a beach in Muizenburg one warm summer day, and proposed on their very first date. The rest is history. Morris and Bessie built a beautiful life together with their children in Green Side. He then opened his own successful pharmacy in Braamfontein. He went on to Pioneer the health food industry in South Africa. Way ahead of his time, he developed a range of the most delicious Mueslis and granolas that filled grocery stores all over South Africa.

He joined his family in America at the age of 75 and in no time at all he was working and playing the stock market. All while maintaining a great hand of bridge with his teammate for life, Bessie, and their full circle of amazing friends.

In 2011 Morris wrote his life memoir, published with the help of his daughter Simone; titled "From Baulnik to Mayfair and Beyond." Morris began the journey of compiling some of his most memorable life events and life lessons he could pass on to his family and friends. Throughout the book he highlighted the importance of mitzvot and maintaining the gift of Judaism. In the preface he quotes Pirkei Avot, "the world stands on three things; torah, service of Hashem, and good deeds" a direct reflection of his values. Morris never failed to forget a person, a teacher, a name, an address,

or a phone number. When he recounted stories of his youth, one couldn't stop to think that his mind was always as sharp and brilliant as an 18 year old. One thing Morris never forgot was the special Jewish blessing of the children, given to us in the Torah. Every Friday he would call far and wide to give all those he loved this special Shabbat blessing. He knew that even though he couldn't always physically be next to his loved ones, his blessing could always reach the extra mile.

In his book he devoted a chapter to his "wonderful wife, a beautiful, talented, mother, and grandmother, a true Ayshe Cha-Yil, and a woman of valor." He treated Bessie with great care and affection. Every morning he would wake up early to serve her coffee, along with a note of positivity beautifully drawn on a white doily.

A few weeks before he passed, he allowed me to give him an art class. He painted this watercolor 'tree of life' with very little assistance and was very proud of it.

I liken my dad to a TREE OF LIFE. As a tree gives shade and fruit, never asking in return, my dad protected, provided, and cared for all his family. He left a legacy of four children, eleven grandchildren, and three great-grandchildren; a total of 18 or chai in all. Within all of us, Morris planted many seeds that will continue to bear blessings and life for future generations.

At the end of his book my dad wrote his own *Ten Commandments* to show the values he wished to live on.

We are so grateful as a family for the role model we have been blessed with, and the legacy and values we were given.

Dad you will never be forgotten. Your words of wisdom, humor, and selfless acts of kindness will continue to ripple through our lives, the lives of our new generation, and those blessed to have you alongside.

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