



THE MAGICAL EGG SANDWICH

BEYOND THE HOLOCAUST:
A LIFE OF THANKFULNESS AND LOVE

By SANDOR VANDOR



I am Sandor Vandor.

The inhabitants of St. Anna am Aigen helped me
to survive the HOLOCAUST.



The Nazis wanted to annihilate every Jew in Europe.
For starters, the Jews were rounded-up and

DEHUMANIZED,

stripped of their dignity and humanity by placing them
in special segregated, cramped confinement.

Such as

ghettos & brick factories.

Transporting them to the killing grounds

packed

in sealed freight box cars,

or forcing them on a

death march.



My mother:

She was rounded-up and forced into the ghetto and the brick factory.

Within a few days, she was also sent on a crowded freight train ride to be killed in the gas chamber of the Auschwitz Concentration Camp.

And me:

I was forced on a death march for 5 days to reach a brick factory.

A way station, where I was readied for work.

No food, no toilet, no wash up provided.



The death march was the shortest, cruelest way to dehumanize.

Choosing to keep your humanness,
you would be shot to death on the spot.

Choosing to stay alive,
you dehumanized yourself.

Our change of clothing, along with most other personal belongings, were confiscated.



At age 19, it was to make me work, expending all my physical energy until I dropped dead.

PEOPLE WERE WORKED TO DEATH

by forcing them to exert 3000 or more calories daily.

During the winter, using primitive implements, we had to dig a long, deep trench for border reinforcement.

A group of 10 Jewish Slave Laborers had to dig a 5-meter wide, 5-meter deep, 1-meter-long trench each and every day.

Every person had to do 2 ½ cubic meters of trench a day.



An incentive was given. When a group of 10 finished their daily quota, they were allowed to go back to the barrack earlier, unescorted.

My group of 10, regularly finished the daily work earlier.

My friend, Gyuri and me, we used the gained time to rest or to go begging for food from the villagers.



All that work, while providing an

EXTREMELY LOW- CALORIE DIET

with food rations of only 200 - 250 calories a day, caused acute weight loss.

The daily menu consisted of:

Breakfast:

About a $\frac{1}{2}$ liter of warm liquid (color brown – like coffee) and a piece of bread approximately 100 grams.

No lunch.

Dinner:

Another $\frac{1}{2}$ liter warm liquid (color gray – like soup).

Any other food or drink were prohibited and not served.



To stave off dehydration, one must have a minimum daily intake of one liter of liquid, which the NAZIS were providing to harvest our work.

By begging for food, I supplemented about 400 calories a day.

Still, in less than 2 1/2 months, I lost 1/3 of my body weight.

I went from 60 kg to 40 kg.

I was rapidly approaching the “drop dead” finish line.



On top of the weight loss

NO PERSONAL HYGIENE WAS ALLOWED.

No water to wash up.

No clothing to change.

A sure way to induce a life-threatening epidemic.

I contracted fleck typhus, a deadly disease with high fever and diarrhea.



The NAZI commandments were:

Citizens may NOT talk to a Jew.
Citizens may NOT invite a Jew in their homes.
Citizens may NOT give food to a Jew.

It was all punishable by death or concentration camp.
The punishment would be applied not only to the individual but to the perpetrator's entire family.

Despite it all, the brave local population helped us with food supplements.
They helped us outside and inside of their homes.
They helped us in broad daylight, for all to see.
Improbably, some of the food givers were affiliated with the Nazi party.

In the end, no local citizens were hurt.

Here are some of their stories:



I am **Sister Lina**.

After the war broke out, the anti-religious Nazis sent the teaching nuns packing.

I lost my job.

I found domestic work with a family in St Anna.

Some years later, I was already at age 23.

The Jewish forced laborers walked past the front of the house where I was working.

Every morning, I would throw apples through the window towards the marching Jews.

Once an SS officer caught an apple. He came into the house to investigate.

By the time he arrived inside, he found only a young maid polishing shoes while singing nursery songs, busy at work.



I was warned frequently, by friends and family members, not to help the Jews because I'm going to bring trouble upon myself and my family, I could be shot to death.

Despite the warnings, I continued my "apple crusade."

One day, I met two Jewish slave laborers on the street.

They were looking for food.

I instructed them to follow me, and I led them to my mother's house in Risola.

I invited the two Jews inside and gave them bean salad to eat.

With that act, I was also implicating my mother in the "crime" of feeding Jews in our home.



I am **Maria Haarer** from Waltra of the Township of St. Anna am Aigen.
In the winter of 1945, I was 18 years old.

One day at the front of our house I saw eight or nine Jews come to the door begging for food. I went back to the house and started to prepare food for the Jews.

While I was slicing bread, a police officer arrived to conduct some business with my parents. I was frightened to be caught red-handed and expected to be punished. But the policemen went about his business.

When the policeman left, he said

“I didn’t see anything.”

I continued slicing bread to feed the starving Jews.



My name is **Frieda Neubauer**.

I still feel the aches from working in the trenches.

I was 15 years old.

I had to work three weeks on, one week off for the war effort.

I had to provide my own food while working.

I did not receive food or any help or even the basic tools to dig with.

Yet, in the midst of war, in the face of hardship, I still regularly deposited small food packages at the tank trench where the Jewish Slave Laborers were working.



On certain days, I had to show myself in a barrack at the Hölle to update my workbook reporting the hours I worked at the fortification job.

On one of those visits, I noticed something behind the barrack.

Many human corpses were stacked up in a pile.

But the worst I've ever seen was in Deutsch Haseldorf.

A mass grave had been excavated and 42 sick Jews were taken to the brink of the grave and shot.

After that, the bodies were barely covered with dirt.

I heard the gunshots at home.

When I passed by the next day, the earth was still moving because not every Jew had been dead yet.



During our conversation with the ladies,
I repeatedly said, "Thank You," and their
faces constantly radiated **FULFILLMENT.**





With my friend Gyuri, we periodically visited the neighboring villages for food supplements.

One day we visited the village of Aigen. After knocking on a door, we were pulled inside.

While we were inside, both Gyuri and me each received an egg sandwich.

Two slices of bread, with scrambled eggs in between.

A tall glass of apple juice for each, plus, apples to take along.

Lifesaving food.



In 2005, I returned to St Anna am Aigen to say **THANK YOU** for saving my life.

I met with contemporary eyewitnesses.

Among them Mrs. Maria Lackner, the woman who gave me that life saving egg sandwich.

The meeting inspired me to write a poem.

SIXTY-YEARS LATER



Upon a time 'twas nineteen forty-five,
I'm on the road to the abyss in the dark.
At the crossroad Maria appeared as a Princess of Light
Also, Martha as Maiden at her right.
With magical food, she illuminated the way back to life.
Despite all her good deeds, she nurtured doubts.
Sixty-years later, I traversed land and sea.
We yearned for a reunion, and we met again.
While clutching her hand, Martha and I oversee
Her tears were washing away all the remaining doubts.



Some quotations authored by famous people of history:

Edmund Burke:

The only thing necessary for the triumph of evil is for good people to do nothing.

Primo Levi:

It happened; therefore, it can happen again: this is the core of what we have to say.

Mahatma Gandhi:

A good person will resist an evil system with his whole soul. Disobedience of the laws of an evil state is therefore a duty.



Contemporary witnesses lived their natural life without studying the sage's remarks. They acted the way their **conscience** dictated.

They disobeyed an evil system to help fellow humans.

They also learned that their effort was fruitful. Their faces with their mystical smiles radiated goodness and fulfillment

Just for thought:
You cannot look another way.
You must make a choice and act.

Doing something out of hate is detrimental.

Doing something out of love is beneficial.



My story was written both in English and in German languages, and available on my website for free downloads.

www.stanna2005.com