

SAJAC 20 REPORTER 19

Generation to Generation

Dor Va'dor

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PRESIDENT'S MESSAGE

Pamela Nathan

Can you believe that SAJAC in San Diego has been operational for 32 years now? I'm proud to say that despite major changes in the way we communicate, e.g. texting, SnapChat, WhatsApp etc., SAJAC's mission statement remains relevant after all these years. We believe there's no substitute for the personal touch. Our newcomers' teas are always a great success, and a place where newcomers to San Diego find each other and make friends. Our welcome wagon volunteers continue to deliver baskets containing useful information with a little TLC to our newcomers. The meals that our friendship committee deliver to shiva homes and to the sick & needy are received with appreciation and gratitude. Our Gemillut Chesed division continues to provide financial support to those in our community that are most in need.

As we approach the year 2020, our vision looking forward remains clear – connect our members to have shared experiences and memorable events, drawing inspiration from our common Jewish and South African roots.

Some practical steps we have taken recently include our new website. Last year we replaced our aging website that helps us all connect in new and better ways:

- **We have an on-line 'bulletin board' for our members to post classified ads for people seeking employment or employers searching for talent.** The good news is that you're able to manage it yourself and.... it's FREE!

- **We know genealogy is important to us, so we've created a link to Geni.com, encouraging all our members to sign up for their FREE membership.** Our long-term goal is to have Geni create a SAJAC Geni tree ... which we're working on. In the meantime, sign up and start putting all your family details in place. As you know, most of us are Litvaks. Our families may be distant relatives, or neighbors who lived on the same street. We'll be able to find this out and more.

- **We've created a memorial section "In Honorable Memory of" for our loved ones who have passed on.** Family and friends can contribute and post, photos, eulogies and other content. Simply send your tribute to your loved ones in and we'll add it. Not only that, but now we have a section in the database where members who pass on are not removed from the site, but rather marked as 'deceased.' This means that their historical information remains with us.

- **The payment section has been updated.** We no longer use PayPal, but rather have a way for you to make your payments directly into our bank account. You can also make several payments in one transaction. Whew, what a relief that is ... you can now pay for membership, ads and donations all in one transaction. You'll notice, too, that not only are we accepting donations for Gemillut Chesed and JFS Senior Center, as we always have, but now you can donate for well-needed assistance to Shabbat San Diego, Shalom Baby and Chai SA. Any amount is always appreciated.



- **We have a Blog.** Yay! Any news you have, tell us about it and we can share it with the rest of the community. And our Facebook presence is growing. We'll post an ad for your business or organization — it's FREE. Simply send us the details.

- **Our baby sitter's list is being resurrected by popular demand.** If you or your kids can babysit, here's what you do. Go to the INDIVIDUAL DETAIL page of the babysitter on your personal listing > click on EDIT INDIVIDUAL > scroll down to HELPING HANDS > check the box that says BABY SITTING? Do remember to click UPDATE when you're done. Once it's ready, on request, the list will be sent to you at any time. Let's expand the group as fast as we can.

- **Please also consider signing up online at the HELPING HANDS section of your page on our website to help us, in any way that you wish. There are lots of choose from.** It's a mitzvah that makes you feel very good. It nurtures your soul. I can attest to that!

SAJAC San Diego is the last remaining SAJAC in the USA. As a result, we have opened up nationwide membership. Please encourage friends and family all over the USA to become members. In paraphrasing Yoni Kassar, who eulogized our dear friend, his late father, Barry Kassar - what's most important in life is family, community and Judaism. That's what SAJAC stands for. We want to continue to leave our mark on the world by upholding those 3 important values.

A BIG thanks to our volunteers who give unconditionally to keep us alive: Hillel Katzeff, Diane Schachat, Debbie Dykstra, Tanya Freedman, Michelle Diamond, Jill Epstein, Michelle Abramowitz, Linda Robinson and others who prefer to remain anonymous. And a particular shout-out goes to Derek Berghaus, who once again, has designed the Reporter, giving it its professional and unique panache.

Please **SAVE THE DATE** for our upcoming **Big Braai Bash** on Sunday, **October 27th 2019**. Delicious food, Art Exhibition, Children's Entertainment & more!

With love and gratitude,
Pamela Nathan
President

Dor Va'dor – Generation to Generation

This year's SAJAC Reporter includes several features of art, poetry and write-ups of outstanding achievements of our younger generations. We can be proud of the important role we play in shaping who our children and our children's children become. We're making meaningful connections between generations. We instill character, values, talents and traditions in them. We watch them become the future leaders and contributors of our community.

AGM

SAJAC's 2019 AGM took place on January 15, 2019 at the beautiful home of Beryl and Julian Frank in La Jolla.

The highlight of the AGM is the viewing of the 2018 Cannes award-winning short film "Tzeva Adom". The producer, Todd Felderstein came down from Los Angeles for the meeting. He introduced his movie and chatted with our attendees.



L TO R: Michelle Diamond, Derek Berghaus



L TO R: Pam Nathan, Todd Felderstein

CONTRIBUTORS

SAJAC REPORTER 2019-20

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- advertising director: Hillel Katzeff |
- graphics/art direction: Derek Berghaus |

SAVE THE DATE



SAJAC Community Braai Bash You're Invited!

"Come all ye SAJAC Members (and friends)
And together, we will try
To rouse the spirit of the earth
And move the rolling sky"

"Sound of beating on the drum
Song behind you'll hear
And to the rhythm of guitar
We hope you'll lend an ear"

Join us for music, fun & great food to eat.
This is a party you just can't skip.

When: Sunday Oct 27th, 2019

Time: 12 noon

Where: JCC lawn in La Jolla

What: Kosher SA food served. Boerewors and pap, roast chicken and more

-Entertainment: Our local artists will be playing, singing, joking and dancing.

-Art Exhibition with Silent Auction.

-Children's entertainment AND MORE

Everyone is welcome.

**Proceeds will go to support our
Gemillut Chesed Fund.**



NEW COMERS TEA 2019

by Pamela Nathan

Our newcomer's tea was held at the beautiful home of Felecia and Irwin Belcher on March 3rd, 2019. The theme of the tea was aptly decorated with colorful USA, red, white and blue colors, even down to the icing on the delicious cake that was served.

Newcomers that were able to attend were Gayle & Willie Bagg, Jennifer & Jeremy Grolman with their daughter Nichola, Loren & Jonathan Traub with their daughter, Cami, and Arlene & Louis Navias. The other newcomers to our community who were unfortunately "unable to be there are" Pat & David Avitai, Lana & Ian Garrun, Sharon & Leon Katz, Karen Lock, Ruth & Trevor Rabie and Nikki & Dale Winterstein.

We also had an unexpected guest, Ariyel Maresky, from Israel. He is my first cousin, Heather Maresky's eldest son. They had emigrated from South Africa to Israel a long, long time ago. Ariyel told us about a two year project that he was involved with. He and two other guys had a dream that they fulfilled. **See article Page 62.**

Historically, many a deep and meaningful friendship has originated when people meet each other at our newcomer's teas. Felecia shared with everyone, how that was the case when she and Jenifer Broomberg met at their first tea. It's always so rewarding to hear that.

A big thank you goes to Felecia and Irwin Belcher and Renee and Tony Gild for hosting the event.



Felecia Belcher, Tony Gild, Gail & Willie Bagg



Irwin Belcher & Jennifer Grolman



Arlene Navias, Renee Gild & Jackie Gavson



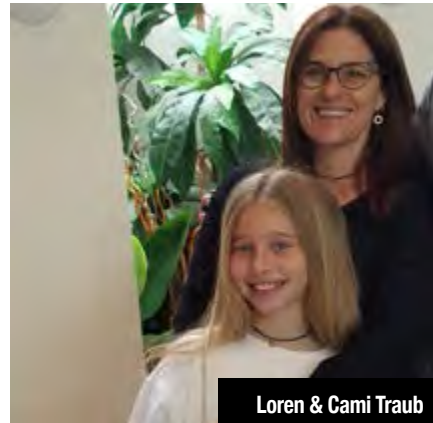
Louis Navias



Nichola Grolman



Jenifer Broomberg



Loren & Cami Traub



Jeremy Grolman & Ariyel Maresky

NEWCOMERS 2019



Traub family. This week marks a year since we arrived in sunny San Diego from Johannesburg, South Africa. The idea of leaving our beloved family, our community of friends, and the familiar surroundings of our neighborhood behind was tough, and we certainly didn't make the decision lightly,

but we finally decided to take up a business opportunity for Jonathan to introduce an environmentally friendly, disposable coffee cup into the American market. It was not easy telling our family and friends that we were leaving, but luckily social media allows us to keep in close contact everyday and that has made it easier. We have five children and unfortunately our three older boys were all currently half way through studies and so we came with only our two younger daughters, Micaela (16) and Cami-Rose (11). Hopefully the boys will be able to join us in the near future.

When we arrived we knew only one family, but fortunately, due to the wonderful community of San Diego that was short lived. We are eternally grateful to some exceptional families who took us in and made things so much easier. Offers of a shabbos meal, invites for a cup of coffee, advice of a doctor's name, the best restaurants to eat at or which was the right dance studio for the girls are just a few of the gestures people offered. Although these are such small things to do, people will never know how valuable or appreciated the gestures were.

The girls attend the San Diego Jewish Academy and have both made a quick and easy transition, thanks to the support and warmth of both staff and friends. It has been a treat watching them grow and blossom over the past year.

Since arriving, there have been a few lows but, many more highs, a few tears but, much more laughter. We all know emmigration is no easy feat but I think we have experienced the meaning of freedom, the privilege of living in a first world country and so we remain positive, we work hard and hope that our move is the right one.

We have enjoyed exploring the beautiful state of California thus far and know there is so much more to see and do.

Loren, Jonathan, Mica and Cami Traub.



Sharon and Leon Katz have moved to San Diego after living up north in Manhattan Beach for the past 25 years. This Sharon Katz is not the Sharon Katz that you'll read about who is the originator of Peace Train. This Sharon is actually Andy Nathan's first cousin. Her father and Andy's father were brothers. Sharon and Leon have two children, Frank and Sasha. Sasha and her husband Dan live in San Diego. Their children are Dylan and Noa and they go to school at Sage Canyon.



Ian and Lana Garrun emigrated from Johannesburg, South Africa in 1984.

We lived in Irvine CA. and moved to Del Sur in San Diego in 2017. We have a son Todd, living in Los Angeles and a married daughter Tonia and her husband Jeremy, with two kids in San Diego.

Ian & Lana are experienced Real Estate Agents and have been selling Residential and Investment property for more than 30 years.

We really love San Diego. Some of Ian's interests are: Hiking, golf, reading, and attending Shul regularly. Lana likes Mahjong, reading, walking. We have a 10 year old poodle named Oliver.



Trevor and Ruth Rabie. Trevor grew up in Cape Town and while I grew up in the Boland, I went to boarding school at Herzlia. We met while we were both still in high school. Trevor went to UCT Medical School and I taught at Weizmann. When we immigrated to the US in 1980, Trevor did his residency in Washington DC and then we moved to Houston for his fellowship. He went into private practice there. Last year we moved to San Diego as both our daughters, Lisa Limor Rabie and Martine Sakow, (and grandchildren!) live here with their families. We love living close to our children after all these years, seeing our grandchildren grow up and having lived in Houston, we are enjoying the weather, being able to leave our windows open, and being close to the beach. Trevor is also loving being able to ride his bicycle any time of the day.

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PS. There are numerous articles about this on the internet. Search under South African ex-pat tax.



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Dor Va'dor - Our New Generation



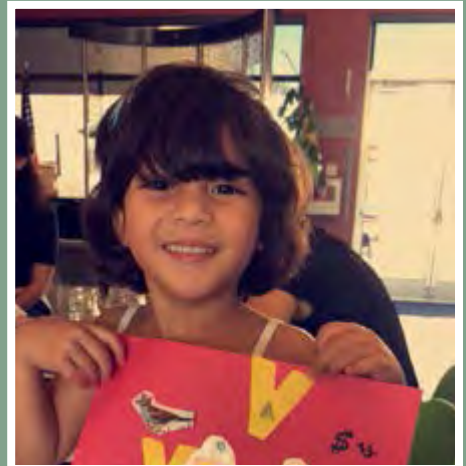
My name is **Jayde Saloner**, I am 17 years old, and I go to the San Diego Jewish Academy. I love mixed media and expressing myself through art. I am a self taught artist. Drawing is my favorite way to express myself, although I do sometimes paint and use chalk pastel.

I have shared my love for art with the community of the Ronald McDonald House. Together with either very sick children, or siblings of hospitalized children I have spent time making arts and crafts, which I provided. A project like this along with many others is apart of my organization that I created two years ago called Art for Love.

Last summer I attended a fashion design camp at NYU. Here I made five pieces of mixed media art relating to fashion. This summer I will be attending UCLA to attend two weeks of sculpture and another two weeks of drawing.

Art is my safe place, where I can be carefree and do things my own way.

As I enter my senior year of High School in the Fall, I want to make my creativity a priority as I begin my educational journey off to college. I intend to begin with studying graphic design and eventually fashion design. I have always had a dream to become a fashion designer, and I hope to achieve this in the future.



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Dean Meltz



Dean Meltz also known as DRM is a local poet and author of *Midnight*, "Under The Moon." His poetry has gained a following of over 10k followers from all over the world on Instagram in just three months and is continuing to grow.

"There has always been something about the way my mind works that has made me different from other people. My perspective of the world is unique and my creative mind is complex and undefined." Inside this book is poetry that tells the story of a broken heart and the roller coaster of emotions we feel after we lose someone we love. The words on these pages connect us on this journey and allow us to grieve and heal together. When I noticed the deep connection others felt to my poetry and how much they related to my words I knew I could help them get through their own struggles.

drmpoet.com

Instagram: [@midnightwriter](https://www.instagram.com/midnightwriter)

different.

she was a rose,
in a field of daisies.
unique and beautiful,
a color my eyes had not
seen before,
i loved to watch her bloom.

drm.

dreaming of you.
in a lonely town,
with the dark after sundown.
i sit by my window,
i hear leaves blow.
listening to the rain,
but it can't wash away my pain.

so i gaze upon a star,
and wonder where you are.

close my eyes,
and see those pretty skies.
on a summer night,
when i held you tight.

drm.

fairytale.

the hurt won't go away,
tomorrow is a new day,
i'll rise like the sun,
my new story has just begun,
so i close our final chapter,
although it was not happily ever after.

drm.

free.

we will be alright,
just hold on tight.
i don't want you to cry,
when i say goodbye.

you deserve so much better,
hidden inside my last letter.
you'll be able to see,
i'm setting you free.

so i let you fly away,
when i wish you would stay.
i watch and cry,
as your wings meet the sky.

drm.



with you, i felt so free.
staring out into the blue,
i knew that love is true.

wake up in the dark,
thunder and lightning spark.
i listen to my heart,
it's been you from the start.

drm.

first kiss.

once we start,
lightning strikes the heart.
kissing my lips in the dark,
igniting a spark.
and a flame begins to burn,
as the world continues to turn.

like a beautiful silhouette in
the sun,
our body's become one.
on a cliff by the sea,



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Sky Frank

Sky is currently starring in '33 1/3 House of Dreams" at the Lyceum Theater, in the world premiere musical about L.A.'s legendary Gold Star Recording Studios.

Gold Star produced 120 Top 40 hits by some of the music industry's biggest stars from 1950 to 1984, including "Summertime Blues," "La Bamba," "Unchained Melody," "Wouldn't It Be Nice" and "In A Gadda Da Vida".

The musical tells the story about two Jewish men who founded Gold Star. They were high school buddies Stan Ross, the likable promoter with a great ear for music, and David S. Gold, the self-taught engineering genius whose homemade echo chambers and mixing boards revolutionized the recording industry.



Sky attended his freshman year at Marymount Manhattan College in New York City in 2018. His recent credits include 'Newsies' at the Moonlight Amphitheater and 'Oh What a Lovely War' at Marymount Manhattan College.

His colorful High School experience at SCPA gave him the chance to perform shows like 'A Chorus Line', 'Chicago' and as the role of Moonface Martin in 'Anything Goes.'

In 2017 Sky was also honored as the recipient of the 'Rising Star Award' at the Jimmy Awards in New York City.

In his published review, Eric Tauber wrote "One cast member who stood out to me was Sky Frank who filled the space with a fun, playful energy rocking out like a young Elvis. A favorite number was a mash-up of "Summertime Blues" and "La Bamba," bringing together two songs in two languages across a cultural divide. This is why musicians make lousy racists. Our natural inclination is to listen to each other and come together in harmony."

Did you know?

Queen Elizabeth II has met 12 US presidents, She has reigned for 66 years and has met every president since Dwight Eisenhower—except for Lyndon Johnson.

Graeme Gabriel



Graeme Gabriel was President of Congregation Beth El for two years, from 2017-2019. Rabbi Shulman says of Graeme:

He prefers the focus to be on what needs to be done rather than on who, especially, if he is doing it. Graeme brought excitement, joy, and commitment to the needs of Congregation Beth El. He exuded a spirit of fun and generosity to

the work he did. He was a hands-on leader whose insights and guidance impacted many areas of synagogue administration and community.



Perry Cohen - A True Hybrid

AMERICAN – SWISS – SOUTH AFRICAN. Born and raised in the US, in San Diego California, to a Swiss mom, and a South African dad, makes me an interesting hybrid. My mom Ursula and my dad Sheldon met in San Diego and decided to make it their home. Growing up we bounced back and forth between the US and Switzerland, where we loved to hang out with our large Swiss family. Of course, they loved to visit us in San Diego as well, who wouldn't.

Competition is in our family's blood. My dad was a pro soccer player in his country and like me, good at all ball sports my mom was a competitive track athlete and great skier, and my sister Mia a standout College D1 lacrosse player.

I fell in love with golf at the age of four, when my dad cut down an old set of his clubs to fit me. I was hooked and never looked back. Like for most of the players my age, Tiger was my idol. I followed him every year at our local PGA Farmers Invitational Tournament @ Torrey Pines GC and proudly had his signature on my cap. To follow his scheduled events please go to: perrycohen.ch.

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San Diego Jewish Academy Poised for Stellar Year – And a Strong Future

Earlier this spring, **San Diego Jewish Academy (SDJA)** celebrated a milestone: the completion of our \$15 million **Our Family is One** Campaign, securing a strong and vibrant future for the school and community. This remarkable achievement was made possible by so many committed people, including **Tamara and David Klein, Heidi and Russel Silberstein, and Sonia and Gavin Mandelbaum from the SAJAC community.**

At a time when many people are searching for new ways to connect with Jewish community and Jewish experiences that are relevant to their lives, SDJA is an epicenter for meaningful Jewish life and learning. We are intent on ensuring that SDJA is an inclusive, welcoming, and accessible community for all who want to be a part of it. Here are some exciting developments:

- **Our Family is One** enables us to offer more tuition assistance to all families, and our Open Door tuition reduction program for grades K and 9 enables us to grow and strengthen SDJA like never before.
- More than 100 new students joined SDJA this school year. We have three kindergarten classes for the first time ever. And we have 50 students in 9th grade, positioning our high school for years of success.
- As a **National Blue Ribbon Award school**, SDJA is deeply committed to providing a world-class learning experience filled with academic opportunities. Our Center for Innovation and Entrepreneurial Thinking (CIET) offers an unprecedented opportunity for students to experiment and to learn cutting edge, 21st century approaches to problem-solving.
- New this year, **SDJA's Learning Academy** also provides a variety of academic enrichment opportunities for students, exemplifying our approach that provides the social and emotional support required for lifelong success.
- All of this learning occurs in an environment in which community and Jewish living are paramount. Through our **Advanced Institute for Judaic Studies**, we have more opportunities than ever to come together to celebrate holidays and to learn and grow. The Institute hosts Shabbat dinners for students and parents, runs a weekend family camp, offers adult learning opportunities, and cultivates students' involvement and interests within the Jewish community through robust volunteer opportunities.
- For our youngest students in pre-school, our nurturing and fun environment helps them grow and explore during those deeply formative years. As they mature, we continue to support their growth grounded in Jewish values, identity, and experiences.
- **Tikkun Olam projects** empower Lower School, Middle School, and High School students to embody Jewish val-



Tamara Klein, Sonia Mandelbaum & Heidi Silberstein



ues. As just a few examples, last year students fed the hungry, raised money for local charities, and it was very exciting for the entire school to come together as we broke the **Guinness Book of World Records** for most sandwiches made in under three minutes.

We are unabashedly excited not just for this school year, but for the long-term future of SDJA. With your support, we have begun the design process for our new Center of Innovation that will include state-of-the-art technology, a maker space, ideation and design spaces, and more, as well as the design process for our new **Performing Arts Center**. This incredible advancement of our school is all possible because of community leadership, support, and belief in our school and our mission.

Thanks to all who help make this possible!

Excerpt from Heidi Silberstein's address at SDJA's Gala.

“Having spent many years at SDJA and now having the privilege of sending our own children to SDJA, the connection that we feel to this school and this community, inspires us to work hard, give back and lead. We are who we are because SDJA taught us the importance of community, tzedakah, menshlekite, and leadership.”

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Jerusalem Zoo Youth Exchange Program

by Nikka Frank

I took part in the Youth Exchange Program organized by the Tisch Family Zoo in Jerusalem, popularly known as the Biblical Zoo in 2017.

Each year Israeli teens, who are all volunteers at their zoo, come to San Diego for a 10-day program in which they have a chance to visit our amazing San Diego Zoo as well as many other local sightseeing attractions.

They stayed with a number of host families in San Diego. The time they were here flew by. Every day we had a fabulous excursion: one day we went bowling and another time we all went surfing. We visited the zoo, had a fabulous dinner at DZ Atkins, and swam at a beautiful home with an amazing view. We even went to Disneyland which was a great experience.

Even though it was such a short time that they were in San Diego, I formed strong bonds with my new Israeli friends and I stayed in touch with them online and on social media. Then, in December, my family and I were touring in Israel for my cousin's bar mitzvah. I let them know that I would be in Jerusalem during that time.

It felt very special to find out that every one of the kids that came to San Diego, made a point to be at the Zoo on the one day that I had free and could go and visit them. One of the guys, Ben, even made sure to get a day off from army training for that.

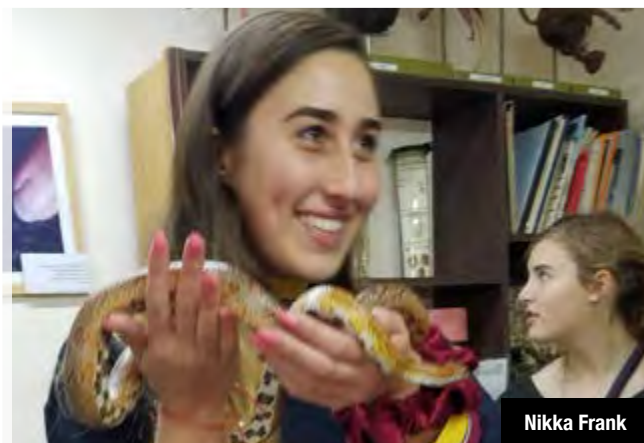
I will never forget this experience because of the bonds I made with six kids from Jerusalem and five others from San Diego, who, I even see from time to time today. It was the best summer because of this opportunity and I'll always remember all the things we did together.

I had a great time interacting and making friends with people from all around the world and some of them still keep in touch with me. It was a great experience and I even got to see and do things that even I had never done before like staying overnight at the Wild Animal Park or driving out and spending a day in Disneyland. It was really great. I made friends, one of which coincidentally ended up at my school and another I talk to frequently over WhatsApp — It was a really great experience and I am super bummed out that I couldn't do it again this year.

-Lucca Groening

This year Jason Leib and Eitan Myers, both sons of SAJAC members, are among the group of American hosts who are accompanying the Israelis during their visit. Both Nikka and Lucca highly recommend this incredibly worth while experience.

Ziv Ayalon, the new director-general of the Jerusalem Zoo accompanied six Israeli teens this year. He told us that the zoo has expanded to include animals from everywhere in the world and that it participates in animal conservation efforts, a field in which the San Diego Zoo is a leader.



Nikka Frank



2017 Israeli kids visit with Nikka at the Jerusalem Zoo



Lucca Groening was our SAJAC representative in 2018



Eitan Myers and Jason Leib

SAJAC Parents are So Proud Of Their Kids



Sweetfin Poké

Choice Hospitality Group

Alan, son of Pamela Nathan, and Andy & Penny Nathan, is no stranger to the restaurant and nightlife scene of Los Angeles, where he has lived since his college years.

As president and CEO of Choice Hospitality Group, Alan pioneered new hospitality concepts tailored to the locale. He worked in Los Angeles for more than 10 years before launching Choice Hospitality, and established himself as one of the city's leading nightlife promoters.

Alan's and his team's first venue was 'Tengu,' a highly popular Pan-Asian and sushi restaurant in Westwood Village, in 1999. He then created and operated almost 20 other cutting-edge venues.

In 2004, Alan and the Choice Hospitality Group took on the F&B operations at the W Hotel, in Westwood, managing banquets, catering, and in-room dining as well as the food service for Whiskey Blue bar and two critically acclaimed restaurants, NINETHIRTY and The Backyard, for more than a decade.

In 2015 Alan and his partners, Brett Nestadt and Seth Cohen, ventured into the world of fast-casual dining, opening the health and flavor-focused 'Sweetfin Poké' in Santa Monica, serving diverse Hawaiian soul food with a California flair. They now boast nine locations in Los Angeles.

Sweetfin opened locally at the UTC Shopping Mall in 2017 and now they've just opened their second San Diego location at One Paseo in Carmel Valley.

The Baked Bear

Home of the Ice Cream Sandwich Craze

Have a sweet tooth? You're in luck. The Baked Bear, San Diego's favorite artisan cookie and ice cream sandwich parlor is the place to go.

In 2013, Shane Stanger, son of Marlene and Neville, together with his friend Rob Robbins opened 'The Baked Bear,' a build-your-own ice cream sandwich shop, in Pacific Beach. So many people came to check out the new dessert place that there with a line snaking down the street. The treats remained so popular that just three months later, they were invited to open up a location inside PETCO Park.

They incorporate a homemade, baked-from-scratch element. Baked in-house daily, cookies range in flavor from traditional Chocolate Chip and Red Velvet to colorful Funfetti Cake and the ever-changing Cookie of the Month.

Customers can also choose a brownie or doughnut as buns. "One of the most popular items is the Baked Bear combo," Shane says. "It's one side cookie, one side brownie. A lot of people like to get one side Cookies & Cream cookie, one side brownie, with Bear Batter ice cream, which is the blue cake batter with brownies and fudge. And then it is hot-pressed, with fudge on top."

The ice cream selection includes Salted Caramel Fudge, Toasted S'mores, and new Blackberry Crumble—a favorite of Stanger's—that features a vanilla base with a blackberry ripple and crumble pieces like cheesecake crust.

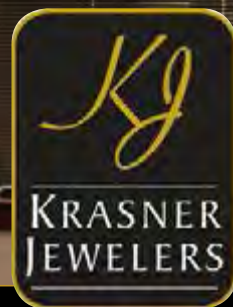
Shane says that the Baked Bear's menu is meant to be simple and relies mainly on customer preference, especially given the multitude of possible combinations. "There are probably hundreds of thousands of customizations, because you can split ice creams if you wanted to. You could do three toppings. You can do a double-decker," Shane says. "When I work on the line, I'll serve 100 people, and each one will get something different."

The Baked Bear has spread like wild fire and there are now 30 franchised locations nation-wide.



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JOHNNY CLEGG

– a South African Treasure

by Hillel Katzeff

During his final concert at Balboa Theatre in San Diego on October 30, 2017, Johnny Clegg announced that he was in remission from his battle with pancreatic cancer. He said that his energy level was strong enough to embark on a “Final Journey Tour” to wrap things up for himself and his fans. I am so glad that he did and that I was in the audience to enjoy his music and spirit live – one last time.

His Songs

Through his groups Juluka (“Sweat”), Savuka (“We Have Risen”) and solo recordings and concerts, Johnny’s blend of celtic and zulu music introduced a whole new genre to the world. He wrote songs that evoked the struggle of zulu migrant workers in the gold mines. Through his songs “Cruel Crazy Beautiful World” and “Dela” he showcased high energy dance moves which he displayed during live performances.

After Dudu, his music partner in Savuka was killed while trying to mediate a dispute, he wrote a haunting ballad called “The Crossing” that drew from African tradition and the belief that death was like crossing over the valley to meet ancestors on the other side.

While Nelson Mandela was still incarcerated on Robben Island, he wrote Asimbonanga (“We Haven’t Seen Him”) that was banned, but sung at funerals and other solemn occasions, during the waning years of apartheid.

The words of many other songs like, “Africa” “Brave Heart”, “Dela” and “Scatterings of Africa” beautifully captured the African spirit from Olduvai (“the cradle of man’s early evolution”) under the copper sun and his love of life.

Concert on SAJAC’s 10th Anniversary

With so many fans of his music in the SAJAC community, it wasn’t surprising that Johnny agreed to a meet and greet before his 1996 concert in San Diego. It all came together at a braai across from Humphrey’s By The Bay, where the concert was held on Tuesday August 6th, 1996. It coincided with SAJAC’s 10th anniversary, and was also the 2nd anniversary of the new South Africa. I remember my friend Selwyn Schachat z”l, who loved music, helped organize the event. The food was provided by Kevin Fisher from Rotisserie Affair catering.

There was great uncertainty whether a bloodless transition to a multi-racial democracy was going to succeed. Johnny expressed and acknowledged the anxiety of the time, but ultimately expressed hope in the few words he shared with us on that sunny afternoon overlooking the bay and the skyline of San Diego in the background.



Pamela Nathan and Johnny Clegg at Humphreys in 1996



JNF Say it is Building New Homes in Israel's North and South

by Alan Rosenbaum

“Not many people can go out to their backyard, look up at a sky full of stars, live in the middle of nature, or take an afternoon stroll with an almost biblical view,” says Nadav Eylon as he looks happily at a plot of land where his family’s new home will soon be built in Moshav Hatzeva, in the Arava deep in Israel’s Negev Desert. But that’s exactly what’s happening, and thanks to Jewish National Fund-USA’s (JNF-USA) Housing Development Fund, Nadav and his family are able to realize their dreams. “JNF-USA is making it possible for younger families, like ours, to return and build their dream home in the Arava. It’s incredible.”

In the 71 years since Israel’s founding, the country has grown from a population of 806,000 to just over 9 million. Housing prices in the Tel Aviv-Haifa-Jerusalem corridor, where 90% of Israelis live, are constantly on the rise. Where – and how – can young Israelis, like the Eylon Family, find affordable housing?

Jewish National Fund-USA’s Housing Development Fund is facilitating the movement of population to the Negev and Galilee by providing targeted funding for the physical infrastructure needed to begin the home building process in these areas, enabling construction to begin rapidly without delay.

In Israel, all development is controlled by municipalities and local councils, and while many communities in the Negev and Galilee have wanted to expand, they lacked the means to develop their land for housing—until now. The Housing Development Fund solves this problem by providing interest-free loans to communities, allowing them to complete the necessary basic infrastructure for home construction to begin and avoid the red tape often associated with housing development. Individual JNF-USA donors contribute a minimum of \$5,000 to participate in the project, and \$100,000 donors become ‘stakeholders,’ participating in meetings and missions to Israel to assist in the review of current and future projects for the Housing Development Fund.

Alon Badihi, director of JNF-USA’s Operations in Israel, says that “the main goal is to shorten the time until construction begins. Once the shovel is ready, we start digging and the families see that we are serious. The infrastructure gets completed and the family can plan and build their home.” Badihi explains that the Housing Development Fund is part of JNF-USA’s larger plan to attract 500,000 new residents to the Negev and 300,000 to the Galilee, respectively, through their groundbreaking Blueprint Negev and Go North initiatives. The short-term goals for the Fund, Badihi says, are to build 50 housing lots in 50 different communities by the end of 2021. He adds that the communities the Housing Development Fund assists are open to both native Israelis as well as new immigrants from around the world.

“We are open to everybody.”

Mya Carmi moved to Israel from London eight years ago, and she and her husband Gal and two young children are building their home in Kibbutz Gesher, located in the Bet She’an Valley in Israel’s north. “Without JNF-USA’s Housing Development Fund, we wouldn’t have been able to make our dream a reality. When we came to the kibbutz, we wanted to start building, but the kibbutz leaders said they would start only when half of the people had put money down,” says Mya. “The reason we could start building, without waiting for another 10 or 12 families to come, is due to the Housing Development Fund. It wouldn’t have happened without JNF-USA.” Mya and Gal’s home is currently under construction and is scheduled to be completed by the end of 2019.

Mya, who lived in Tel Aviv for three years, says that she doesn’t miss living in Israel’s center. “I don’t have that ‘stressed out’ feeling anymore. Everything is much more relaxed here. We love nature and we can take it easy.” She adds that Israel’s small size ensures that no one is far from the action. “Even when you live ‘far’ from the center, in just a few hours’ drive you’re there. I think that the advantages of living in ‘Israel’s suburbs’ is that you get to enjoy many things without being far away from anything.”

Before deciding to move to Moshav Hatzeva, Nadav Eylon served as a Shaliach (emissary) for the Jewish Agency in Long Island, NY, from 2013 to 2016. When he and his wife, Merav, returned to Israel three years ago, they decided to move to the Arava, the desert valley stretching from the Dead Sea to Eilat. Living in the Arava can be challenging, says Nadav, because of its remote desert location, extreme temperatures, and lack of water. But Nadav, Merav, and their three young children, love the area and that’s when they decided to build their new home in Hatzeva—with the assistance of JNF-USA’s Housing Development Fund.

A loan from the Housing Development Fund enabled the local council to begin working on the infrastructure in Hatzeva, building sewage lines, adding electricity, paving roads, and marking lots, thus enabling the beginning of home construction. “This is the only way to expand in the Arava,” says Nadav. “Otherwise, we would be stuck. Without the Fund, it would be impossible. If you want to develop the Arava, you have to have a space for people to build their homes.” Construction on Nadav and Merav’s home is expected to begin within the next year. Living in the Arava is not for everyone, says Nadav. “It takes a certain breed,” he says, adding, “The Arava is Israel’s last frontier, where people are living the Zionist dream as pioneers, and JNF-USA’s Housing Development Fund is a pioneer in making the desert bloom in 2019.”

Said Alon Badihi: “People will tell you that these days American Jews are less interested and less committed to Israel. I can say that this is not the case. JNF-USA says: ‘We are here—partner with us.’ There is not one community that is not important to them. They do everything with love and passion. This land is being cared for together with American Jewry. It’s beautiful.”



G'mach Marathon

On April 28th, the San Diego G'MACH paired up for the very first time with the La Jolla Half Marathon/5K to raise emergency funds for Jewish families in San Diego. Many in the community felt they wanted to raise awareness and support the San Diego G'MACH, our community non profit dedicated to help those less fortunate. We formed a committee to head this event. After setting up a website for the race where people could donate as well as publicize, more and more community members wanted to partake in this beautiful mitzvah.

The morning of the race was filled with excitement as we all lined up at the start line at the Del Mar Fairgrounds to run the half marathon, while the 5K started at the La Jolla Shores. We stretched and heard the music which pumped us up for this fun run! As soon as the horn went off, we ran around the Del Mar Fairgrounds up to 101 and all along until we hit this HUGE hill within the Torrey Pines reserve. So many people were pushing hard to make it up the 80 degree incline. The sweat was pouring down, but I knew we were uniting for a special cause. During the race, feelings of excitement, exhaustion as well as reward ran through my mind, and I kept pushing harder. As I crossed the finish line, I felt so happy that I was able to run for the SD G'MACH and make a difference in the lives of others.

Meanwhile the walkers had a wonderful time strolling along the path with beautiful views of the coast. We had a cheering team at the finish line to welcome all the runners/walkers.

This event was a great success and we raised close to \$10,000. It was so incredible how so many gathered to show support to the San Diego G'MACH. We are planning to continue to run this event and include many more of you next year. We would love for you to join us—whether you want to run or walk, we are so excited to continue this journey to all gather and perform a very special mitzvah.

Please email sdgmach@gmail.com to be included in next year's team!

Shabbat San Diego

On **November 14th-17th** for the SIXTH year and counting “Shabbat Shalom” will become “Shabbat San Diego” as Jews throughout the county join with two million others in more than 1500 cities in 101 countries who'll be “Keeping it Together” in a myriad of languages, customs and styles of observance. San Diegans will be connecting with others in far off destinations such as Katmandu to Cape Town, San Salvador to Singapore, Melbourne to Myrtle Beach, Prague to Panama City, Zaporizhzhya, Ukraine to Zurich, Toronto, to Tel Aviv, Baltimore to Bogota and Mexico City to Moscow... all building global identity with pride and solidarity.

Every detail of Shabbat San Diego, a special island of time for spiritual, physical and emotional rejuvenation, has been carefully crafted by our amazing volunteers to insure all participants benefit from a personally meaningful, life enhancing and soulfully inspirational experience.

This year Shabbat San Diego will proudly include a **JEWISH COMMUNITY DAY OF LEARNING. TAPESTRY**, A Jewish Day of Learning will take place on Sunday, **November 17th**, an exciting ending to our Shabbat San Diego weekend.

Founded by **Chief Rabbi Warren Goldstein** in South Africa, this worldwide, grassroots movement offers a simple concept: Jews from all walks of life, from across the spectrum of religious affiliation, young and old, from all corners of the world come together to experience the magic of one complete Shabbat kept together. It's our opportunity to renew family and community life, restore Jewish identity, and unite Jews globally. It's about renewing and recharging our Jewish future together.

“Judaism is a journey, not a destination. Shabbat San Diego provides opportunities for us to come together, grow as individuals and strive to become better people,” said **Selwyn Isakow**, Co-Founder of Shabbat San Diego. “This weekend we recognize we are one family responsible for one another, each of equal infinite value with no judgment.”

Shabbat San Diego 2019 Schedule

Thursday Evening November 14th

6 Challah Bakes

Friday Evening November 15th

Shabbat Services & Dinners throughout San Diego

Saturday Morning November 16th

Shabbat Services followed by Lunches throughout San Diego

Saturday Evening November 16th

Havdalah UNITY Celebration

Sunday Full Day November 17th

TAPESTRY Day of Learning

For more information and to sign up for all of the wonderful activities, go to www.shabbatsandiego.org.



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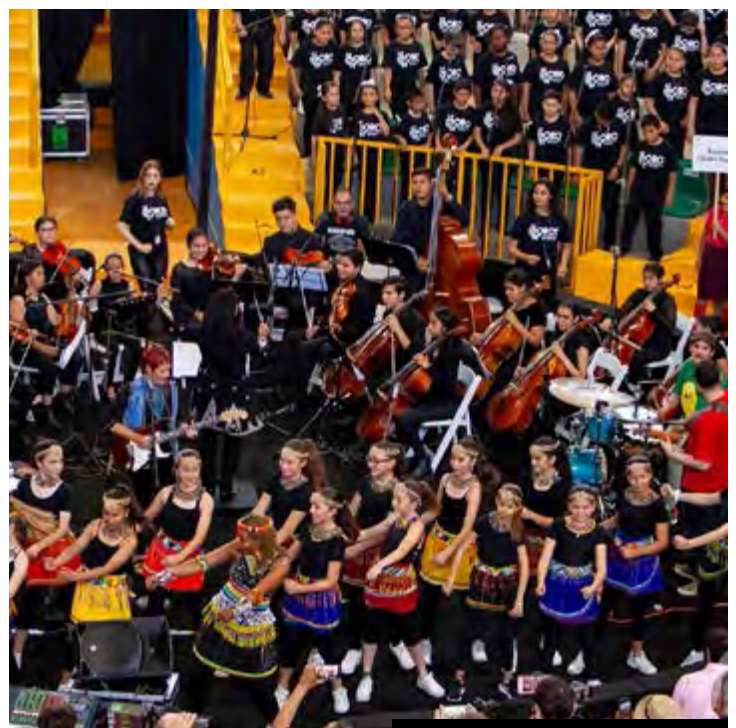


Peace Train

by Sharon Katz

Sharon, musician and music therapist originally from Port Elizabeth, joined forces with Marilyn Cohen former director of mental health services for the city of Philadelphia, and Nonhlanhla Wanda, singer and teacher in Durban, to form **The Peace Train Project in 1992**. Together they created a 500 voice multi-cultural youth choir and they traveled on board a 14 coach long train for two weeks across South Africa in December 1993, with 150 singers, their band and Ladysmith Black Mambazo. This experiment in living together and singing together took place four months before Nelson Mandela was elected President. The three women have represented unity and lived “Tikkun Olam” since the beginning of The Peace Train project, and they continue to this day doing the work of cross-cultural musical collaboration and fostering unity and peaceful relationships.

In 2015 a documentary and 20 year retrospective about the music and the work of The Peace Train, **“When Voices**



The Peace Train concert in Tijuana.



Meet,” was released to great acclaim at film festivals around the world. **“When Voices Meet”** made its way to San Diego in 2017 for two successful screenings and in July 2018, with support from the San Diego Peacemakers Fund and a strong partnership with a non profit, Promotora de las Bellas Artes in Tijuana, Sharon and her team launched a new cross border initiative called **“The Peace Train Transcending Barriers,”** leading a “Peace Train on the Trolley” with San Diego musicians and families, a march and parade across the San Ysidro border into Tijuana, and staged friendship building workshops and a glorious concert with The Peace Train band and 200 Mexican children and families at the Tijuana Cultural Center (CECUT). 2019 has been a momentous year for The Peace Train in San Diego and Tijuana, with a presentation of film excerpts, conversation and music by Sharon Katz & Marilyn Cohen, celebrating South Africa’s 25th anniversary of Freedom on May 7th. The event was well attended and co-hosted by the San Diego Diplomacy Council and the Worldview Project at the La Jolla Library. On June 9th, Sharon appeared as Guest Artist at the 5,000 seat Palenque in Morelos Park, in a concert produced



Sharon meeting Nelson Mandela

by Promotora de las Bellas Artes featuring 1,500 public school children singing Mexican Folk Songs and Sharon's compositions and arrangements. The performance included Zulu dance and the South African favorite "Shosholoza" sung by all the children along with a dance group from Tijuana wearing traditional South African attire that Sharon brought with her. Sharon invited her long time colleague **Nomsa Burkhardt**, now based in San Diego, to join her for this project.

Future plans of The Peace Train include traveling to Cuba with Mexican and San Diegan children, and combining with 100 Cuban children for a performance at the **33rd International Festival of Choirs in Santiago de Cuba on November 1st, 2019**. Sharon and her team will then return to work in San Diego and Tijuana in early 2020, presenting numerous performances on both sides of the border, continuing their work with the children in the public schools of Tijuana and working with migrant children and families.



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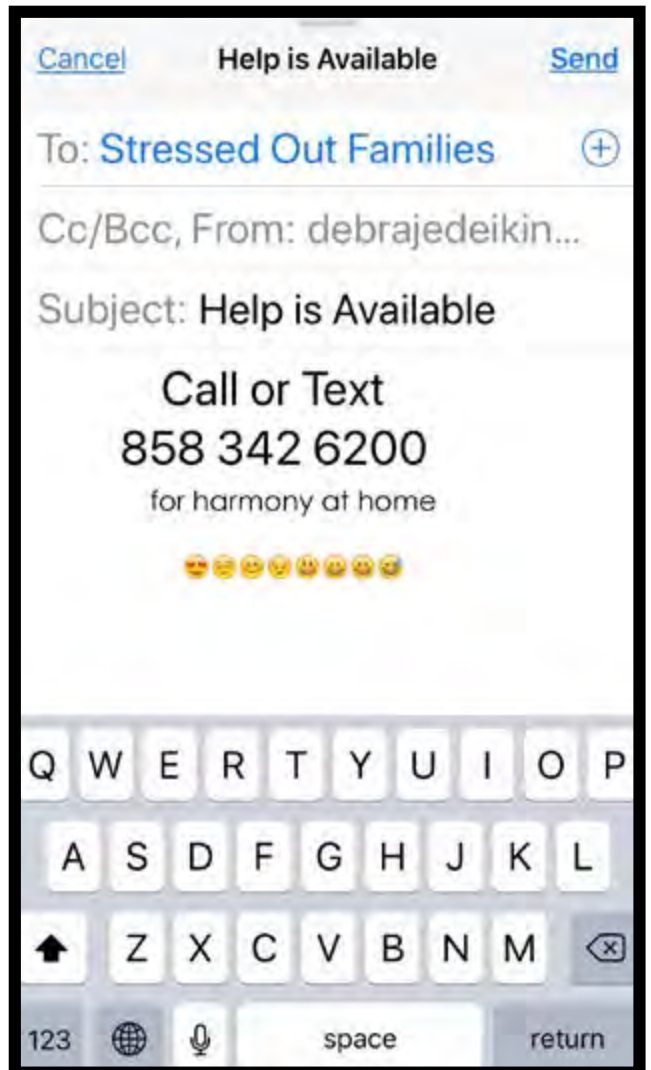


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Story of Marisol

by Marlene Stanger

I was in my hotel room in New Orleans, unpacking my clothes and deciding what to wear for Jazzfest the next day, when my phone rang.

“Hello, my name is Ralph and I am a friend of J, from Los Angeles. He said you may be able to help a friend of mine....”

“Ralph, let me call you back tomorrow...”

Being an immigration attorney who has two decades of experience in helping people from all over the world to obtain residence in the U.S., and having helped several victims of crime and domestic violence to obtain legal status, people call me very often to see if I can help. If I can, I usually do.

This was not a situation in which I had been involved before. But this was entirely in keeping with the developing immigration crisis in this country.

Ralph (not his real name) is an award-winning French photographer who is involved in the advertising campaigns of some of the most luxurious consumer goods in the world. He is also a man of deep conscience who does photo-journalism and had followed a group of transgender women trudging from Guatemala through Mexico to Tijuana, who were hoping to seek asylum in the U.S.

Marisol (not her real name) is one.

“I made a very close connection with a woman called Marisol and she is now in detention in San Diego, in the men’s detention center and she desperately needs representation for her asylum case. Please can you help her?”

“Give her my number and ask her to call me next week, Monday at 1 pm.”

My phone rang precisely at 1. My one son was with me and I asked him to speak Spanish for me. The call did not go well since he could not understand Marisol, but could only convey my questions. I told him to tell Marisol I would come to see her at the Otay Mesa facility that Sunday.

I called the facility at Otay Mesa – one of the ones operated by a private company raking in a fortune of money. The particular one is operated by CoreCivic, traded on the New York Stock Exchange as CXW with revenues close to \$2-billion and net profits close to \$160-million at the end of 2018.

They confirmed that, as an attorney, I could come to see Marisol without an appointment or clearance, but had to bring my ID and current California Bar Card. I had to get clearance, though, for the amazing woman, Maxie Gluckman, who was coming with me as an interpreter.

We arrived at Otay Mesa in the stifling heat about 11 am and waited outside the double secure doors, double barbed-wire protected metal fence, for access. The unsmiling warden let us in and told us to check in with the reception area.

We filled out our visitor forms and handed in our IDs. She found Marisol on the roster of detainees. Under her male birth name. “There is an outbreak of mumps in his unit, do you still want to visit with him?”

Maxie and I checked in with each other. We are both immunized against mumps.

“Please can you ensure that our client will be wearing a mask,” I asked.

This was agreed upon.

We followed another warden up two flights of stairs, along corridors, through sealed doors, our footsteps reverberating, into a waiting area.

They went to bring Marisol to the interview room. We walked inside. She was sitting on the other side of the table, her long black hair draped over her shoulder, her long, manicured nails devoid of color. Her pierced ears minus her earrings. Clad in the blue inmate jumpsuit generic to all inmates.

She wore her mask so we did not see her mouth. But her eyes were doe-like and warm.

We explained who we were and why we were there.

“I am an immigration attorney, new friend of Ralph....I do not have experience with asylum cases, but am going to find you someone who does – and who also speaks Spanish – to help you...”

She then told us her story.

At age 11, in her village in El Salvador, Marisol – son of a poor family, with an older sister and two younger brothers – realized she was really a girl in a boy’s body. Her parents loved her dearly and did not mock or diminish her in any way. They accepted that this is the child that God gave them.

At the age of 19, she was out in the street one day, when five gang members accosted her. As three of them watched, one held her down and the other violently stabbed her in the chest seven times, all the time calling out hateful epithets, demeaning her on the basis of her sexual orientation, gender identity, dress...

She pulled down the front of her jumpsuit slowly and gently, revealing a knotted mass of thick and disfiguring scarring. Had the knife been fractionally off, it would have pierced her heart.

Marisol went into self-imposed imprisonment. In the home of her loving family, only venturing out with a family member.

“I don’t mind being in detention,” she told us. “I am used to being locked inside all day...”

When, in December 2018, she was outside on her own, the gang – same scenario, different perpetrators – attacked her again when she refused to sell drugs for them.

“Because of being transgender, they know that it is impossible to find a job, and they tried to force me to work for them.”

She refused. This time she pulled up the jumpsuit pants showing the scars she sustained from the boots of the gang-member who severely and painfully kicked her, as she lay on the ground where they had punched and pushed her.

It was then she decided to leave El Salvador and try to find asylum in the United States.

When she gave herself up at the border and went through the credible fear interview, which is mandatory when seeking asylum, she was told she could choose to go to a detention facility for transgender women or to the men's facility. She took her chance with the latter, because, she explained:

"Many of the transgender women are drug addicts or prostitutes and I did not want to be with them in case it made it worse for my case." She is in a cell with 8 other men. She showers at 9 pm, when everyone else is done because she feels safer that way. She is not being physically abused. But two of the men verbally abuse her. She knows this because of how they look at her when they are talking. But she cannot understand what they are saying. They are from Africa and speak another language – not Spanish.

Marisol has never been to school, but she can read and write. She is now 29.

In speaking with her, it is absolutely clear that she is a person of humility, decency and integrity. A woman seeking to survive.

She knows the story about another El Salvadoran transgender woman who was sent back to El Salvador after being denied asylum in the U.S., and was murdered. She believes deeply and strongly that if she returns, she, too, will be killed.

I requested her paperwork from the wardens at the facility and they obliged by making copies for me.

In my calls to some of the agencies that provide legal assistance to asylum seekers, they all told me that they needed a copy of her Credible Fear interview and a copy of the Notice to Appear issued by the immigration service. I sent these out and the attorney at Jewish Family Services assured me she would triage with the other agencies that I had contacted.

Meanwhile, Marisol had been calling me at various times, always pre-arranged when I had a translator available.

"Don't worry, I will find you someone...Yes, I can ask Ralph to put more money in your account so that you can make phone calls...."

In late June, the Casa Cornelia Law Center, based on Fifth Avenue in San Diego, agreed to take her case.

I told Casa Cornelia that I would like to assist whichever attorney is assigned to her case.

I now feel involved and committed to ensuring Marisol is granted asylum. The law is on her side, but it is yet to be determined if the Immigration Judge, who will hear her case at some time in the future when her court date is provided, will find this so.

All I can say is this. Many people risk their lives to come to the U.S. to provide a better future for their families – as we all did, without risking our lives. They will not be granted asylum. But others have come here to escape death or dying at the hands of their countrymen who target them specifically because of the group they belong to. They must be granted asylum. That is the law.

I hope and pray for Marisol and that when she comes through this traumatic process and wins her case, she is able to put on her high heels, wear the make-up she chooses, finds a beautiful dress to celebrate in, and dances into freedom.



Gemilut Fund Makes a Difference

Diane and Howard Schachat

"Job loss resulted in a very difficult situation for our family. SAJAC immediately worked with us, getting financial assistance on very short notice and providing incredible support with available resources and kindness."

Literally, Gemilut Chesed means "Acts of Loving Kindness." Since its inception, one of SAJAC's main goals has been to help make a difference in the lives of others through gemilut chesed. This has meant welcoming hundreds of new South African immigrants, helping them settle down, become connected to others in the SA community and integrate into American society.

In later years, thanks to generous donations from individual members, SAJAC developed a Gemilut Chesed Fund to add another mission: helping fellow SA Jews in financial difficulties by providing interest-free loans. Terms and conditions vary on a case-by-case basis, but in order to be fiscally responsible and keep the fund active and growing, each loan requires some collateral or a guarantor.

Many have benefitted, and SAJAC is committed to continue performing "acts of loving kindness" as long as funds last. Please continue to make your voluntary online contributions to the Gemilut Chesed Fund. We depend on your compassion and generosity to make a difference!

If you or someone you know is in need of assistance, please have them contact Diane at disch1000@gmail.com or 858-735-1990.

Cape Town

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My Friend Renee

by Sandy Kodesh

When I was asked to write an article about Renee Frank, I immediately said of course I would do it with the greatest pleasure.

Renee and I met 33 years ago when we came to live in this country. We immediately bonded over many of our beliefs and interests. Most of them were connected to healing, spirituality and love. We explored together the opportunities this country presented in furthering our education. Cooking was very much a part of Renee's life. It was very important to her to buy the best fruit and vegetables she could find and made simple recipes that were very healthy and tasted delicious.

Renee reminded me of a very special Aunt that told me when I went food shopping to always look for the ripest, firmest, freshest produce, not to just take the first one I saw.

The main ingredient in Renee's food was definitely LOVE. She often had friends around to share her excitement in the food she cooked.

Although Renee passed from this earth five years ago to join the angels, she lives on in my heart and I think about her very often. She is still my companion and friend. Renee shared everything with me and I with her. We just GOT each other, and were on the same path. When either of us discovered a new concept in life or found a new restaurant or saw a great movie or discovered a new ingredient to enhance and support our health, we shared it. We often cooked together and shared our food. At one time we took turns in cooking dinner for each other. Our conversations were epic. Whatever we discovered, or read or saw or heard, we had deep discussions about.

One of my favorite memories of Renee is that every Wednesday morning, she opened her home to anyone who wanted to Paint on Silk. Renee had the best selection of brushes, and every variety of paint that could be used. She learned from the experts and taught the newcomers. At lunch time she served her simply delicious vegetable soup, and everyone looked forward to enjoying it with her.

Recipe:

She used whatever vegetables she had in her fridge like: cabbage, cauliflower, onions, carrots, kale, zucchini, yams and anything else she could find.

She then added coconut milk, salt, a dash of curry powder and a squeeze of lemon and lots of love. She cooked it until the vegetables were softened and sometimes served it with the vegetables whole and sometimes blended and smooth.

It always tasted different, but delicious.

I was so fortunate to have met Renee all those years ago and we enriched each other's lives becoming full time friends. I miss her deeply but she lives on in my heart and I still share my every day adventures and discoveries with her. She was a unique person with a beautiful soul who embraced the world and all that is in it.



TOP: The late Renee Frank and Sandy Kodesh
BOTTOM: Vegetable Soup





Robben Island to Big Bay February 25th, 2019

Freedom Swim follow-up

by Hillel Katzeff

After setting my sights on the Robben Island crossing two years ago, I set about to accomplish this feat. My motivation for swimming the four and a half miles in open water was three-fold:

1. I was inspired by the idea of Freedom and Nelson Mandela,
2. I wanted to improve my health and do something that was “Big” to make my 60th birthday memorable.
3. I wanted to raise awareness and money about psoriatic disease and for the National Psoriasis Foundation www.psoriasis.org

The Goal

I set my goal to swim from Robben Island to Cape Town by my 60th birthday (March 5th, 2019). I shared my story in the 2018 SA-JAC Reporter that was published in September 2018. And now, back in San Diego, this is the conclusion of my story...

Setbacks

A few months before I departed for Cape Town, I was shocked and saddened when I heard the news that my friend, Theo Yach, had died unexpectedly at age 60. Theo was an inspiration to me and countless other swimmers.

It's difficult to sum up Theo's life in a few words, but I believe he was a mensch, a family man who was passionate about Cape Town and was an ambassador for open water swimming. To honor Theo, I decided to adopt his name as my middle name and dedicate my swim to his memory.

In addition, I was not doing well in my training. I was not efficient in the water. Thanks to Joel Dorfan, I was introduced to the Total Immersion (TI) swimming method and soon found my swim stroke and regained my confidence.

Cold Water Training in Cape Town

It was a hot sunny summer's day when I arrived with my wife Jeanie, and my children Jacob and Lily in Cape Town. The first thing I did was walk to Queens Beach in Sea Point to feel the

south Atlantic water. It was very cold and felt like pins stabbing my legs.

I soon found a routine of walking to the Pavilion for daily swims. The Pavilion is a municipal 50-meter saltwater swimming pool located right next to the ocean. It was there that I met Theo's training partners Otto Thaning, Martin Goodman and Roger Finch.

In addition, I participated in many organized swims, where I met: Derrick Fraser and the Big Bay swim group, Warren Fialkov and the 1SOMS Open Water Swim group, the Steve Atwell and the Atlantic Tri Club, and Ram Barkai and the Sunday Hot Chocolate group. I also made several solo swims at Langebaan, Fish Hoek, Three Anchor Bay, Lambert's Bay, and Llandudno, and social swims, including Silver Mine (a freshwater reservoir in the mountains near Muizenberg) with Yael Joffe.

Then the Day Arrived

After patiently waiting for ideal weather conditions the day for the swim was finally here.

On Monday February 25th, 2019, I woke up early after a restful sleep. I was surprisingly relaxed when I double checked my backpack that contained, my speedo swimsuit, two pairs of goggles, swim caps, ear plugs, sunblock and Vaseline, along with a change of clothing.

My cousin Wayne Chaitman's is an accomplished open water swimmer with 15 RI and an English Channel crossing to his credit. He was very supportive and gave me confidence when he agreed to be on my escort boat.

The drive to the Big Bay Lifesaving Club house was familiar and uneventful. I had previously participated in the “Around the Rocks” race and volunteered to crew for Ryan Stamrood (who recently successfully completed his 100th RI crossing) and his training partner Andrea.

Boat Preparation and Shark Shield

Nick, the pilot, was prepping the boat with a Shark Shield, checking the motor etc. The shark shield is nothing more than an electric wire placed in the water over the bow of the boat. An



Silvermine with Capetonian open water swimmers



The Pavilion

electric impulse is emitted when turned on. It is believed to first attract sharks, before the charge repels them. It is not known how effective the Shark Shield is, or if it works on Great White sharks, many of which make their home in Table Bay, where Robben Island is located.

Robben Island

Soon we were making steady progress in the boat towards Robben Island. Nick slowed the boat momentarily to point out a Sunfish nearby. He said it was good luck.

About twenty-five meters of the island, Nick cut the engine. Suddenly it became quiet. There were beds of kelp preventing the boat from getting any closer.

Into the Water

I wasted no time. I stripped to my speedo, inserted ear plugs, put on a swim cap (I had them especially made for the swim) and goggles. I applied Vaseline around my neck, under my arms and between my thighs to prevent chaffing. After a few fist bumps and good luck wishes, I slid off the side of the boat into the water.

The Beginning

I set off. There was a wind shadow from Robben Island and the prevailing northwesterly winds were very light. The water surface was still and like a mirror. As I breathed to my right, the iconic view of Table Mountain in the distance was inspiring and serene – and helped calm me down into a steady rhythmic stroke. The water temperature was about 57-59 degrees Fahrenheit. I don't remember ever having a negative thought in my mind.

Halfway

Soon I was about halfway, the swells were noticeably larger, and the wind had picked up, creating a texture on the water. I noticed a catamaran nearby heading straight towards me. It pulled around and stopped about 30 meters from me. I was surprised when about a dozen people on board started cheering for me. I recognized them from a previous swim. They were a group of swimmers from the UK who were in Cape Town to attempt the Robben Island crossing. I got caught up with that scene and momentarily distracted, but Wayne got my attention and waved me on to continue.

Near the Finish

The final quarter mile was the most challenging. The water temperature dropped, the swell picked up, there was churning in the water caused by the waves crashing on the nearby rocks. But I

could clearly see people on the beach and the end in sight. Then my feet touch the sand. My goal had been accomplished – I finished the swim. Walking onto the beach, I raised my arms up high – an expression of relief as much as success. Jeanie and my sisters, Noreen and Zea as well as Wayne and the crew were waiting.

Post Swim

After a quick shower and getting into dry clothes, I stood in the sunny and warm courtyard of the Big Bay Lifesaving club. I wasn't shaking as I had expected, but my core temperature had dropped. Soon we said our goodbyes and walked over to a nearby restaurant and enjoyed a hearty lunch.

The swim had taken me 3 hours and 6 minutes, but it was two years in the making.

Lots of People to Thank

I want to thank my family and friends in Cape Town and the USA for their love and support. Thanks to the San Diego Triathlon Club swimmers and the La Jolla Cove Swim Club swimmers.

Postscript

Through the generosity of dozens of people, over \$4,000 was received by the National Psoriasis Foundation in support of my swim. Thank you to all donors.

I have commemorative swim caps still available. If you would like one, please call me at 858-254-9530 until supplies last. You can donate to SAJAC Gemilut Chesed Fund at www.SAJAC.com. See www.FreedomSwim.com to read blog posts about the swim and how to donate to NPF.



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Jews and Trump

by Brian Marks



I have always found it disconcerting that there are Jews that gravitate towards right wing conservative leaders that preach ideologies that conflict so strongly with our own history and teachings. But, even more disquieting is how they justify and resolve these dichotomies through ideological calisthenics and manage to live with the results without conscience.

I am equally shocked to find South African Jews who have transplanted their ideological history to a new environment and are reluctant to embrace new norms and the constitutional basis upon which their new home is built. Times have changed, and immigrants like me, that were brought up in a Southern African environment that was void of diversity and racial equality, are extremely lucky to get a second chance to try and live a tolerant life without racial division and filled with empathy diversity and dignity.

And then came our real first test. Donald Trump.

Now I will be the first to admit that Trump had me fooled. Oh, I knew from the beginning that he didn't have a public service bone in his body and that he was a con man, a liar, a narcissist and egomaniac. I also knew that he was a vindictive bully, incapable of learning and arrogant enough to think he knew everything about everything.

But I never thought he was a bad guy. I thought he was just a buffoon playing a role -- and that once he moved into the White House, he would tone down the rhetoric and hire sane people to do all the work. I imagined that he would strut around Mar a Lago with his crown on, playing the big shot, and demanding that everyone kiss his ring.

I guess we missed the real clues. I certainly did.

I should have paid better attention to those old clips of him spouting racist epithets at Native Americans as he tried to quash their attempts to get New York State gaming licenses. I should have fully understood that his role in the Obama birther controversy was not just a political ploy, but was deeply rooted in racism and division. I should have heard his pre-election rants against Mexican immigrants as more than just playing to his base, but as an integral part of his DNA. And, his disgusting admissions in the Access Hollywood tapes and the accusations of sexual misconduct by countless women should have resonated stron-

ger with me as inherent misogyny and inexcusable bigotry.

Yet with all this, many Jews voted for him and continue to support him -- despite his growing record of inexcusable acts. For many his "tell it like it is" philosophy gives comfort and legitimacy to their own darker instincts. But for most Jews, especially South African Jews, they excuse everything Trump does because of his support for Israel. Many think that this neutralizes a presidency of hate, fear and division. It does not!

As a lifelong supporter of Jabotinsky, Menachem Begin, the Betar and the Likud, my Zionist fervor is strong and fundamental. But even I don't believe, nor trust, that Trump's support for Israel is anything but political expediency to feed his Christian evangelical base. Trump wants Jewish money, but he can win the White House without the Jewish vote. He cannot win without the evangelicals and their support for Israel is Christian, not the safeguard of the Jewish people.

On the contrary, Trump's actions and rhetoric has fanned the flames of White Nationalist groups. His refusal to condemn the Nazi protestors at Charlottesville says a lot more about his soul than reading a prepared message to an AIPAC conference. The upsurge in anti-Semitic acts, including shootings at Temples, and the dramatic increase in acts of vandalism against synagogues, cemeteries and schools has been strongly linked to Trump's nationalistic and xenophobic rants. It gives legitimacy and courage to those that seek to do harm.

But, when Trump moved the US Embassy to Jerusalem, he won valuable PR points among Jews. As a Zionist I applauded the move. It was long overdue, even though it did little to change anything in the region and may have destabilized the region even further. But either way, to think of this as a mitigating factor against Trump's evil and division is laughable and ludicrous.

Jewish supporters of Trump love to play the false equivalency game when confronted with the rise in anti-Semitism since the start of his presidency. They blame the liberal left by grouping anti-Israel sentiment, the BDS movement and intellectual intolerance as one the same thing. It is not. This anti-Israel sentiment is extremely disturbing. The protestors are extremely vocal and dismissive of free speech, and while some certainly use these movements to camouflage anti-Semitism, for many this anti-Israel stance is not founded in anti-Semitism, but in support for the Palestinians. Whatever their motives, they don't shoot up temples, vandalize Jewish day schools, and kill congregants at prayer.

Every Jew is an immigrant. We should feel today like Jews that were slaves in Egypt, the same Jews that escaped the Cossacks and wore the yellow star as they fought in the Warsaw Ghetto. We are the Jews of Buchenwald and Auschwitz, and the Jews that could not live in La Jolla or join the country club or who were turned away at the borders as they sought sanctuary and safe harbor in the United States and elsewhere.

We cannot escape our heritage and must ask ourselves how our Jewish history should determine the role that we play in American politics. Yes, we are being tested.

Do we stand up for decency and tolerance or fear and division? Do we lend a helping hand to those that seek refuge or return them to lives of unknown consequences? Do we minimize minorities or embrace our diversity? Do we provide help and encouragement or squash hope and the future? Do we stand up to bullies or do we trade in our morality for an embassy or a tax break?

As Jews our choice should be clear. We never dehumanize our fellow man, nor do we support those that do. We stretch out a hand to those with a smaller voice. We do whatever it takes to make the stranger's life more tolerable. We value their humanity and we love them like family.

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The Friends of the Israel Defense Forces (FIDF) will be holding its 9th Annual Gala

The Friends of the Israel Defense Forces (FIDF) will be holding its 9th Annual Gala – Night of Heroes on Saturday, November 9th, 2019 at the Hilton Bay Front in downtown San Diego. This year’s honorees are two significant pillars of the San Diego Community – **Sydney and Denise Selati, SAJAC member.**

Both Syd and Denise are passionately committed to the FIDF and the soldiers of Israel. Syd was a founding member of the FIDF San Diego Board of Directors and was instrumental in establishing the FIDF San Diego Legacy Society. Denise has been an active member of the FIDF San Diego Women’s Lapidot, and the couple have led a FIDF mission to Israel.

Present on November 9th will be a delegation of officers and soldiers from the IDF who will share their heroic and inspiring stories. Entertainment will be provided by members of the IDF Musical Ensemble.

Thank you, Syd and Denise, for your leadership. Others in the SAJAC community who have passionately supported the FIDF and its mission to enhance the lives of the IDF soldiers are **Alan and Stacey Katz** and **David and Tamara Klein.** We salute them all for their commitment and leadership.

Please join them for this very special Night of Heroes. Tickets are now available at www.fidf.org/sdgala19.



Denise and Syd Selati



Tamara and David Klein, Alan and Stacey Katz



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Sweetfin Poke Opens New Location in Del Mar, CA

Sweetfin, the healthful, chef-driven, California-inspired poke concept, is thrilled to open its newest outpost in Del Mar's mixed-use development, One Paseo. The Del Mar opening marks the tenth Sweetfin location and the second in the San Diego area. The brand first debuted in Santa Monica in 2015 and has since expanded with locations around Los Angeles and in San Diego's Westfield UTC.

Sweetfin founders Alan Nathan, Brett Nestadt, and Seth Cohen along with Founding Chef/ Partner and Top Chef alum, Dakota Weiss, are excited to be part of the new community in Del Mar. They expect the 1,200-square-foot One Paseo location to serve as a dining destination for the growing development of neighboring offices and residences.

"Del Mar is the perfect location for us since we recognize that the locals appreciate and enjoy healthful, fresh and innovative cuisine," said Seth Cohen. "Kilroy has done an incredible job of creating a completely new mixed-use experience at Del Mar with both the quality of the co-tenants and the beauty of the buildings, outdoor spaces, and shared plazas."

Sweetfin One Paseo's design will be in tune with San Diego's beach culture, complete with tropical wallpaper, recycled glass terrazzo counters and shelves in Sweetfin's signature pink and blue colors. To outfit the new space, Sweetfin commissioned custom pieces from several independent designers and vendors, including wood patterned table tops by Spokane-based Roaming Roots. An adjacent 300-square-foot patio space features custom umbrellas from Miami-based Tuuci and an outdoor mural by local San Diego artist Natalie Bessell.

In as little as four years since establishing the flagship location in Santa Monica, the fine-casual poke concept has cultivated a loyal following attracted to its chef-driven bowls, seasonal veggies, and house-made sauces and toppings.

With an emphasis on sustainability, Sweetfin has recently removed all plastic straws and to-go bags, as well as launched new pulp-base bowl packaging in an effort towards making Sweetfin a single-use plastic free restaurant concept. Sweetfin's sustainable efforts extend to their "Pole to Bowl" culinary philosophy of sourcing from fish and seafood companies that are part of sustainable certifications under the Aquaculture Stewardship Council (ASC), Marine Stewardship Council (MSC), and the Monterey Bay Aquarium Seafood Watch, allowing diners to enjoy the highest quality and most sustainable raw fish available.



Let's Give Our Story of the World

by Rabbi Ron Shulman

The Torah tells us there were 603,550 men journeying with Moses from Mt. Sinai into the wilderness. When we account for women and children with them, scholars guesstimate the Biblical story's authors want us to imagine Moses leading a people of almost 2 million ancient Israelites.

In modern history, the world's Jewish population peaked in 1939 at 17 million, the most Jews who have ever lived at one time. After the Shoah, as we all understand, the remnant number was 11 million, of whom 4.5 million were American Jews. In 1967, the Jewish population of Israel was 2.6 million people. Then we were 5.5 million American Jews.

For those who don't focus as closely on Jewish demographics, let me explain why this is important. Alive today are approximately 14.5 million Jews in a world of 7.7 billion human beings. We Jews comprise just under 0.02% of the world's population. For we who identify as Jews, this statistic is important to remember.

In a world of 7.7 billion human beings, where there are but 14.5 million Jews, no one has ever met us. They don't live in New York, Los Angeles, Tel Aviv, Johannesburg, or other Jewish population centers. No one has ever met us. Our story, our purpose, the values we have given to the world through the Hebrew Bible, let alone through life, are unknown to humanity.

6,451,000 Jews live in Israel representing 44.5% of the total number of Jews in the world. 5,700,000 Jews live in the United States accounting for 39.3% of Jews worldwide. The third largest Jewish population lives in France where 456,000 Jews currently reside, just 3% of the world's Jewish population.

In San Diego we count 100,000 Jews among 1.4 million San Diegans. More Jews live in San Diego than in South Africa. Almost as many Jews live in San Diego as live in Australia and Germany. Canada, the United Kingdom, Argentina and Russia have slightly larger Jewish populations.

In a world of 7.7 billion human beings, we who are Jewish cannot assume anyone in the world understands what we believe and what we're about. This means we have to actively champion and actively represent what we believe where we do live. We need to preserve our place in the world. We need to tell our story.

Before he died, the founder of Hasidism, the Ba'al Shem Tov, gathered together his disciples to distribute his worldly possessions. He distributed his belongings giving something unique to each one of his students. He divided among them his books, his various ritual objects, and some of his personal items.

After he gave away all of his property, there was one faithful Hasid waiting to receive something of value from his teacher. Unfortunately, it didn't look like there was anything left. Seeing his student's disappointment, the Ba'al Shem Tov paused, turned, and spoke to his one remaining and waiting student. "To you I give my most valuable possession. I give you my stories. Travel around. Tell my stories to everyone you meet."

Our ability to tell stories makes us unique among all living creatures. Only we human beings tell stories about ourselves. Only we gossip about each other. In our stories we come together or remain distant. Our stories guide our behavior and our beliefs.

In his thought-provoking book *Sapiens*, historian Yuval Harari describes our stories as "imagined reality." Professor Harari teaches objective reality exists only in the physical world. Imagined reality exists when we believe our stories. Laws, justice, human rights "none of these things exist," he writes, "outside the stories that people invent and tell one another." As he elaborates and challenges, "There are...no nations, no laws, and no justice outside the common imagination of human beings."

In other words, SAJAC exists only because you want it to, because your allegiance is to the idea that you can maintain your ties to your country of origin while integrating into the American Jewish community. SAJAC is a reality you imagine together. In and of itself, it has no objective reality.

Here's why this matters. Imagined realities, our stories, are the key to living meaningful lives. Storytelling is a human impulse. We organize the events of our lives into narratives of meaning. Human history results not from biology, but from the ideas we debate, the relationships we form, and the social cultures we build.

The fictions we tell about ourselves bind us together. Our tales motivate our ingenuity and creativity. Our myths inspire us to live toward something more, something deeper or greater than our mere physical existence. Our stories point us toward belief in God, goodness, identity, and purpose.

The Ba'al Shem Tov's student who carried his stories into the world represents a precious Jewish tradition. The *Maggid*, the Storyteller, traveled among Medieval Jewry bringing them stories of hope and purpose. Inspiring them not with Jewish law but with Jewish lore.

Ours is a history rooted in a story and a heritage developed through lore. As a mere 0.02% of the world's population, our mandate as Jews is to tell our Jewish story. We need to become *Maggidim*, Jewish Storytellers.

Each one of us has a personal story attaching us to or detaching us from Jewish identity. Each one of our stories, with positive and negative elements, is a vital part of the Jewish People's story.

When we tell our stories we are telling the story of the Jewish People.

Individuals indifferent to Jewish life, or younger people complacent about their own Jewish identities, may hear in our stories rich and complex tales about our struggles and hopes, accounts of our dreams and achievements, and enduring messages of meaning and purpose all rooted in the Jewish experience. Our stories can be to those who hear them gifts of inspiration and texture, possibility and promise.

Through your life experience and background, those of you born in South Africa represent an important part of the incredible breadth and depth of the whole Jewish story. A story we must tell better than we have so far.

We must become *Maggidim*, Jewish Storytellers. Through the choices we make, the words we speak, the responsibilities we honor, and the stories we tell, as Jews who represent so much of our people's historic experience, we know these things are true. We will always need to defend against hatred. We will always need to promote goodness. We cannot assume others share our values.

If we are but 14.5 million Jews world-wide, or closer to home 100,000 out of 1.4 million San Diegans, each one of us has to count, not only be counted.

Each of us can accept the privilege of our places as responsible members of the Jewish people. How we live, how we tell our individual chapters of the Jewish People's story, who we are, and what we do in relationship to each other, and to a story that is only ours, is just as important as where we live, and much more important than how many we are.

As the Ba'al Shem Tov taught his eager student, let us give each other and the world nothing less than our most valuable possession. Let's give our story to the world.

Rabbi Ron Shulman serves as Senior Rabbi of Congregation Beth El in La Jolla, CA.



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ORIGINS by Bev Murray

Discovering one's roots and family tree is the most fascinating, heart-warming and fulfilling experience. Our family wanted to find out more about the generations before us and through research, the power of the web and travel, we were able to trace our family back to 1862 the shores of Libau in Copeland, Latvia. Jews settled in Courland earlier than in other parts of Latvia, beginning in the 16th century, the first comers originating from East Prussia, arriving by sea as merchants



and establishing their homes. Many of Courland's Jewish immigrants come later from across its southern border with Lithuania. We found family members who were born in Vilnius, Lithuania, and other parts of Eastern Europe.

In common with all tales of South Africa Jewish roots, the story is of exile and survival, of tragedy and triumph and, like many others, our family tree germinated from a seed of faith and grew into a family of many branches that continue to thrive because it was nurtured on love, courage, wisdom, industry and hope, all derived solely from faith.

The site that we have used to capture our family tree is www.geni.com is free. If you are the family leader helping to load the information for all family members, the recommendation is to buy the Geni Pro version. Geni Pro enable you upload as many family photographs, videos and documents you want for your family members to view. It allows you an advanced search to over a million profiles to find possible relatives around the world. The search of relative names is simplified and it is user friendly. It enables you to access tree matches of other family members who are on geni.com and myheritage.com. My heritage is a site which enables to find family and relatives through DNA testing.



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“As my father planted for me, so do I plant for my children.”

- Talmud

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Helen Segal, the artist of the Holocaust Memorial at Congregation Beth El

Making Good Out Of Evil: Eerie timing for La Jolla Holocaust memorial

by COREY LEVITAN La Jolla Light, MAY 8, 2019

The unveiling of a Holocaust memorial mural at La Jolla's Congregation Beth El, was planned months ago for Thursday, May 2, which is Holocaust Remembrance Day. But it seemed eerily coincidental for it to have occurred within a week of the synagogue shooting that placed San Diego at the epicenter of anti-Semitism in the world's eyes.

"It's really a sad reminder of how we need memorials like this, so that we can remember the atrocities that have happened in the past ... and remember that you can't allow these atrocities to overwhelm you," said the muralist, Escondido artist Helen Segal. "You've got to find good and you can't be overwhelmed by the evil."

Helen Segal, who was born and raised in South Africa, spoke in the temple's Turk Family Plaza shortly before presenting her 30-foot-by-9-foot mural, called "Tree of Life," along with an accompanying poem, to 250 assembled temple members.

The seed for the project was planted seven years ago, when Sonia Ancoli Israel — the daughter of Holocaust survivors and a world-renowned sleep researcher and UC San Diego professor — commissioned the \$100,000 work as Beth El's former president. "Many synagogues around town have Holocaust memorials, we never did," Israel said. "So I made that part of my portfolio and it took seven years for that to happen."

Cheryl Rattner Price, head of the Butterfly Project, was contacted early on in the process. That program, started in San Diego,

asks volunteers to paint ceramic butterflies for each of the 1.5 million children murdered in the Holocaust. (So far, they're at 225,000 and counting.) Segal's mural incorporates 360 butterflies painted by congregation members.

It took Helen just short of a year to plan and construct the mural, in which different branches of the tree comprise different materials and have different Holocaust symbolism.

The branch with wooden planks, for example, represents the railroad tracks that carried Jews to the death camps, she explained.

The one made of light blue tempered glass represents Kristallnacht, the night in 1938 that German Nazis torched temples, vandalized Jewish businesses and killed close to 100 Jewish people, setting the Holocaust into motion.

The central branch represents fire and has an oven door.

"I chose this particular tile that has the feeling of melting and burning and fire," Helen said.

Not every branch has Holocaust symbolism. The green one, Helen said, represents rebirth.

"It means there's always light at the end of the tunnel and you don't want to live in a state of hate," she said. "So, in light of the fact that this horrible thing has just happened, we still have to find ways to be better human beings."

Ride for Jack Berghaus @ JCC

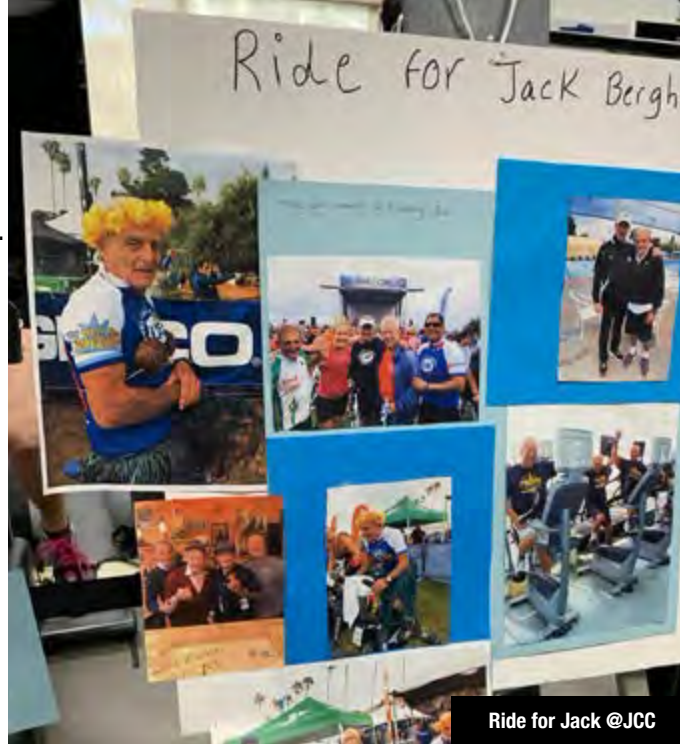
JCC held a special event in honor of Jack on May 24th, 2019.
by Clive Essakow

Jack—also known as the Mayor of the JCC, also known as Superman—but more importantly, also known as a **true mensch**, will be sorely missed by all.

I spent many, many years sitting next to Jack on a stationary bicycle in the JCC gym, chatting about our lives and life in general. Our conversations would be repeatedly interrupted by other members stopping to greet Jack and carry on the conversation they'd had the day before. I marveled at the ease with which he made so many friends and the warmth and fondness displayed by all toward him.

I cherished his stories and anecdotes, the memories of his life as a schoolboy and his happy times in the Cape, more particularly on the beaches of Muizenberg.

Jack left a legacy that I aspire to attain. I would summarize his formula as follows—follow a strong work ethic, exercise vigorously and consistently and encourage others to do the same, be loyal and caring to your family and friends, enjoy the beauty and wonderments nature has to offer and the simple things in life, be non-complaining and display kindness and compassion to all. Add to the mix creating such an enviable reputation with nobody ever having anything negative to say about you, but to the contrary lauding praise and all things good about you. That was Jack. That's who I aspire to be.



Ride for Jack @JCC



Derek & Jennifer Berghaus and Clive Essakow at the Ride for Jack, JCC



Jack with Dennis Pinn with and Clive



Jack with Linda Kozen at the JCC



Robyn Cohen, Director of Sports, Fitness & Aquatics at the JCC, Alan and Karin Lurie at the Ride for Jack



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"We continue to focus on our commitment to serve Coastal Southern California as we approach \$1 billion in assets," said Selwyn Isakow, Founding Chairman of CalPrivate Bank. "Relationships, Solutions and Trust remain at the core of everything we do. 2019 begins our 13th year of serving our valued clients." The Bank remains part of the holding company, Private Bancorp of America, Inc. (PBAM) which trades on the OTC:QX under the symbol PBAM.

CalPrivate experienced transformational organic growth in 2018, adding 54 new seasoned professionals as team members. "We expanded our Beverly Hills, Newport and executive offices while adding a branch in El Segundo and a processing office in Temecula to our other offices in La Jolla, downtown San Diego, Coronado and San Marcos as well as efficient electronic banking offerings", Isakow said. "In 2018 the combined efforts of our team generated record revenue growth of 30%, with loans growing 40% for the year and deposits up 31%." The growth momentum has continued in 2019.

"Our past investments and resulting growth allow us to better serve our clients, shareholders and the communities we serve," said Leon Kassel, one of the founding directors of the bank. Another founding director, David Ellman added, "CalPrivate Bank provides a Distinctly Different banking experience through unparalleled service and creative funding solutions to high net worth individuals, professionals, locally owned businesses and real estate entrepreneurs. The Bank also offers various portfolio and government guaranteed lending programs, including SBA and cross-border Export-Import Bank programs."

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Faced with the continued need for kosher burial, **Olam HaEmes** purchased land at El Camino Memorial Park. To date, 'Garden of Eden I' is nearly to capacity. In order to accommodate the future needs of our growing community, a new section 'Garden of Eden II' was recently acquired. Olam HaEmes is very proud to be the leading organization in this important and ultimate Chesed for the Jewish community of San Diego.

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The question I'm asked most often is: "How did you become a Rabbi? What made you religious?"

by Daniel Bortz



It was partly an intellectual decision. I had attended classes and retreats with brilliant Rabbis and thinkers who explained the logical underpinnings of the fundamental tenets of Jewish belief and I connected deeply with Judaism's emphasis on character growth and inner refinement. But the truth is, for me it was primarily an emotional, spiritual decision. I felt a stirring deep inside my being that was finding fulfillment and meaning in Jewish spiritual practice and exploration.

Today, many millennials my age aren't feeling that excitement in their Jewish connection that I felt. Yet according to a recent study, 75% of Millennial Jews do identify as "spiritual." There's not a lack of desire, they simply aren't finding their connection within the Jewish offerings of today. Many of us don't believe a Torah class or

prayer service could possibly fill our needs. On the scale of Coachella, dating, surfing, and yoga – Shul might not register high on the agenda. And rightfully so! The Jewish experiences we remember most were in special sensory environments like a teen summer camp havdalah or Birthright Western Wall visit on a Friday night. Jewish services often feel less *relatable*, and notably, less *experiential*.

This inner disconnection is coupled with a deep outer disconnection: A large number of Americans admit to feeling a true sense of loneliness. We may have thousands of friends on social media, but rarely do we feel that we truly belong, that we have a community of friends that we can be open and vulnerable with.

This is why last year I decided to create, in addition to our teen org. *Jteen*, a new org. for young adults called *Soul X* [Soul Experience]. We curate Jewish experiences that cater to the five senses, where you can taste, touch, and feel a relatable spiritual connection. Our mindful eating Shabbat service in our family's garden dove into the inner reason behind why we make blessings over the food and drink we are blessed to have, how much effort it took to make it to our plates and cups, bringing gratitude and mindfulness into our daily living. Our Shabbat meals include roundtable discussions with young adult speakers where we get open about issues important to us, voicing feelings that we usually never feel comfortable doing.

Our Hanukkah Silent disco meditation in La Jolla explored the deeper theme of the holiday, beyond the latkas and the donuts: The Menorah candles are teaching us how our inner light must overcome our inner darkness—our negative mindset—on a daily basis. Of course, the aesthetic design of our events, fantastic food, welcoming environment, and our awesome leadership board doesn't hurt our chance at a successful event. The body and soul must be equally nourished.

I've spoken to leaders in Jewish education in many locations, and I know that we are trendsetters in our programming. With a year of events that averaged 30-60 young adults at each, and Soul X events in Los Angeles and New York, we're just getting started.

Each of us contains a Divine soul inside that is wise, at peace, and intuitively knows what's best for us. It's simply being drowned out by all the noise in our lives – *externally* by our work, obligations, email and cell phone, and *internally* by our anxieties, fears, and confusion. Judaism needn't be an obligation we tend to once or twice a year out of guilt, but rather a meaningful, powerful wisdom we can use to live a meaningful, fulfilled life with an inspired, loving community. Please consider joining us!



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Connecting the Unconnected by Meeting Families Where They Are

Emily Hirsekorn, Wendy McCreary, Shalom Baby & PJ Library Parent Connector

Inspired by a PJ Library national program and San Diego's very own Shalom Baby, the JCC with generous financial support from the Jewish Federation of San Diego County, began this program last Fall.

The concept is simple: connect unconnected Jewish families with the richness and values of Jewish life to families that would otherwise miss out through finding and cultivating connections in micro-communities around the county.

Introducing Emily Hirsekorn and Wendy McCreary our current Parent Connectors in San Diego.

Emily is a resident of Del Cerro and connects families in College, Del Cerro, La Mesa, San Carlos, Santee and Mission Valley. Wendy is a resident in Oceanside and connects families in Carlsbad, Oceanside, San Marcos, & Vista. Emily and Wendy are current Shalom Baby/PJ Library participants who are eager to connect Jewish and interfaith families in your community.

The Parent Connector program was created for families with children ages five and younger, however if there are older siblings, they are welcome! Emily and Wendy organize and help facilitate informal gatherings and meet ups such as Shabbat in the park, Shabbat dinners, neighborhood or in home playdates, celebrating Jewish holidays, mom's night out and dad meet-ups, Mindfulness Workshop, Challah Bake, monthly book clubs using our fabulous selection of PJ Library books and so much more. These parent connectors are a resource for the community. The goal of this program is for participants, to meet new families, make lasting friendships and provide valuable resources.

Emily and Wendy described Shalom Baby as "an instant way of connecting you with other Jewish women and families beyond that." And it really was life changing with an expanded friend network, which includes their very close friends.

Judy and Vivien gush "We are just so thrilled and delighted to experience first-hand how Emily and Wendy's work is providing support for new parents and strengthening Jewish connections in the community. We feel so lucky they are on our team doing such an amazing job."

Jean Gaylis, founder of Shalom Baby and another proud South African added: "The success of Shalom Baby as the most popular outreach program in San Diego, is clearly a team effort. May it always go from strength to strength!"

For more information, please contact:

Emily Hirsekorn - Emilyh@lfjcc.org

Jewish Families w/ Kids Under 5 Of College, Del Cerro, La Mesa, San Carlos group: www.facebook.com/groups/281597135903982/

Wendy McCreary - wendym@lfjcc.org

Jewish Families of Oceanside, San Marcos, Vista, & Carlsbad group: www.facebook.com/groups/1774812829303424/

For more information about Shalom Baby or PJ Library, please contact shalombaby@lfjcc.org



Wendy McCreary



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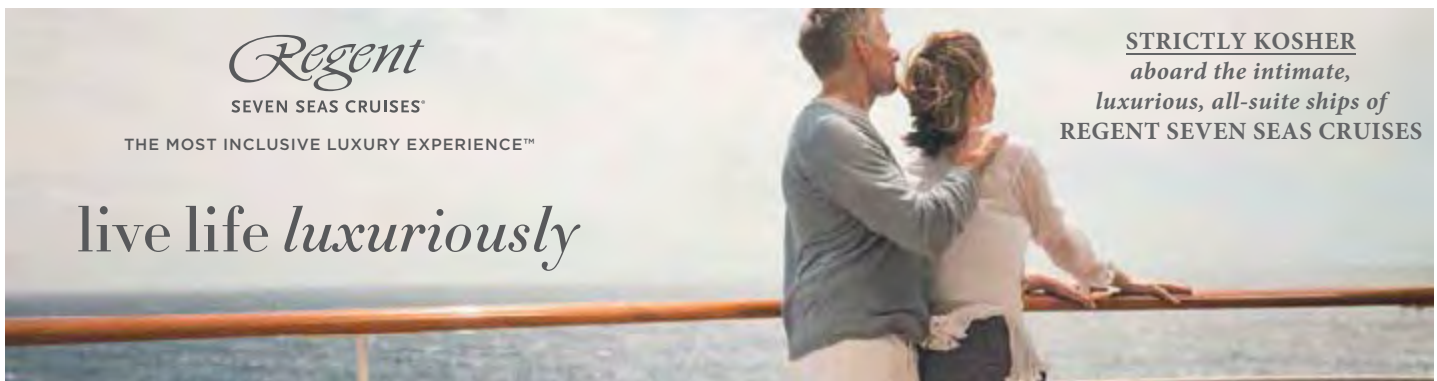
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The monthly mortgage payment of a median-priced home in California fell 1.8 percent from last year's level and was the first year-over-year drop in 32 months. Homebuyers took notes and some have already seized the opportunity, as pending home sales rose for the first time since January 2018. Homeowners who are eager to sell should also feel enthusiastic about the lower-rate environment, especially if their houses have been sitting on the market for a longer-than-expected time period, and they had to make any price concessions. As costs of housing remain relatively low, the increase in home buying power will lead to greater market potential for sales. With interest rates expected to remain below last year's levels in the next few months, housing demand should improve in the short term as buyers who had given up on homeownership are motivated to re-enter the market.

A Glimpse at the California Housing Market.

A New Peak, but Will Home Prices Continue to Rise?

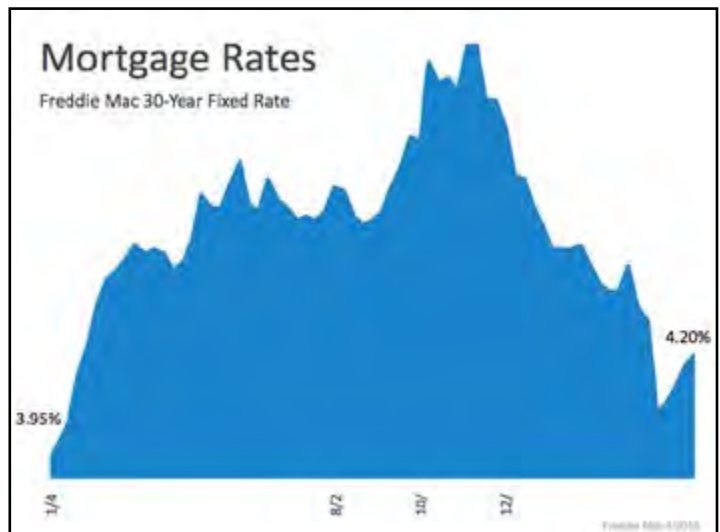
by Linda Bernstein

According to the California Association of Realtors, California home prices continued to rise as the market approached the peak of its home buying season. After reaching a record high in April 2019, the state median price inched up again and reached a new peak in May. A typical existing single-family home was sold at an all-time high of \$611,190 in May in California, an increase of 1.7 percent from the same month of last year and an increase of 1.4 percent from the prior month.

Declining interest rates probably played a role in the recent upward price movement, as low rates made mortgage payment more affordable, giving buyers more flexibility to offer higher prices in the market with the economy slowing down and the trade tariff situation between the U.S. and China yet to be resolved interest rates will likely stay below last year's level for the rest of 2019, especially since the Federal Reserve is expected to cut rates at least once in the second half of the year. Low rates could lead to more home price appreciations. In fact, the median list price of for-sale properties has been trending up in the past three months with an average of more than 5 percent, which suggests likely price growth on closed sales in the short term. The overall growth remained soft, however, as the median price of closed sales increased an average of only 1.8 percent so far this year, as compared to 8.6 percent in the same time frame in 2018.

Good News for Buyers and for Sellers: Goldilocks Housing Season

The current housing market condition is good news for home buyers. Prices leveling off, coupled with interest rates hitting the level last seen since early 2018 improves housing affordability and provides an opportunity for people who want to buy.



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S.D. \$1.25m-\$1.5m	105 Days	6%	3%
S.D. \$1.5m-\$2m	146 Days	6%	3%
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Is it time for Jews to stop supporting the Democratic Party?

by Gil Sery

Historically speaking, Jews have voted largely for Democrats. However, based on the current administration and Congress is this a trend worth continuing? The 116th Congress has seen a rise in anti-Semitism, thanks in large part to 3 new Congresswomen with anti-Semitic views — Rep. Ilhan Omar of Minnesota's 5th District; Rep. Rashida Tlaib of Michigan's 13th District; and Alexandria Ocasio-Cortez of New York's 14th District. That they are minorities or women of color should not provide them a pass when it comes to being anti-Semitic. Unfortunately, too many Democrats and media pundits have already given them that pass.

Not to be outdone, the Democrats also have white party members who have displayed anti-Semitic behavior — like Senator Bernie Sanders, a pro-Palestinian Jew who has said he would absolutely consider cutting Israel's aid to pressure them into a peace that their peace partners obviously do not want; like Senator Kamala Harris who, despite being married to a Jew, recently praised fervent anti-Semite Rev. Al Sharpton; and like Senator Elizabeth Warren, who not only walked out on Prime Minister Netanyahu's address to a joint Congress three years ago, but also told some J Street supporters on video that she would absolutely look into ending the Israeli "occupation".

On the other end of the political spectrum, you have the Republicans. There are some bad apples here too, like racist White Nationalist Rep. Steve King of Iowa's 4th District, but at least in the current administration, there is a lot more love for Jews in this party. President Donald Trump, while a revolting human being, did two good things with his presidency and both have to do with Israel.

First, he was the first American President in 14 years who had the gumption to finally execute the Jerusalem Embassy Act of 1995. That Act recognized Jerusalem as the capital of the State of Israel and set aside funds to move the U.S. embassy from Tel Aviv to Jerusalem. However, the Act also established a six-month waiver that allowed the President to delay the move. Presidents Clinton, Bush (x2) and Obama all repeatedly renewed this six-month waiver. Finally, in December 2017, President Trump announced that the U.S. Embassy would be moving to Jerusalem, which he finally did in May 2018.

The second good thing Trump did was declare that the Golan Heights belong to Israel. This is important to Israel for strategic reasons. I know there are people who will say that these good things are obstacles to an eventual peace plan,

but how do you achieve peace with someone who wants to destroy you, everyone like you, and will stop at nothing to erase your entire land and people from history? If they really wanted peace, there have been EIGHT opportunities for it, and they have declined each and every one. Even Arab states in the Middle East are getting tired of the Palestinian issue. The Saudi Crown Prince recently declared that "Pal-



estine is no longer a priority." Perhaps when the Palestinians stop with the terror tactics, maybe we'll be able to actually get somewhere.

So with the Democratic Party becoming the Party of Anti-Semites, and the Republican Party being more pro-Israel than the old Democratic Party, what's a good Jew to do, if one doesn't want to vote for Trump for domestic policy reasons? How about voting for a former Libertarian?

If you're unaware, there actually is a Republican primary opponent to Donald Trump in 2020. His name is Bill Weld, and he was the former governor of Massachusetts. He ran as the VP on the Libertarian Party ticket in 2016. According to an August 2016 article in the Philadelphia Voice, Weld has a strong record on Israel and made six trips there as Massachusetts' governor, seeking to increase trade between his state and Israel. Unfortunately, if you want to know more, you're going to have to do your own research on his stances because, as of press time, the Republican Party is not interested in having debates before their primary next year.

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Lithuanian News

1. 70 projects planned in Lithuania to mark the year of Vilna Gaon and Jewish history 2020 will be the year of Vilna Gaon and the Jewish history of Lithuania. The government has approved a program for marking 2020 as the Year of the Vilna Gaon and the History of the Jews of Lithuania, covering almost 70 different projects.

Deputy Government Chancellor Deividas Matulionis says the planned initiatives will help draw attention to Lithuania's "rich history which is inseparable from the history of Lithuania's Jews."

"The program will focus on perpetuating historical memory," he told the Cabinet.

The program will kick off in early 2020 with a series of Litvak literature events at the Vilnius Book Fair, events in Vilnius and Kaunas to mark the 120th birthday anniversary of Chiune Sugihara, a Japanese diplomat who saved thousands of Jews from the Holocaust during the Second World War, and an exhibition of works by Lasar Segall, a twentieth-century modernist painter who was born in Vilnius.

It also features an exhibition highlighting the influence of Rabbi Elijah ben Solomon Zalman, the great eighteenth-century Talmudist known as the Gaon of Vilna, on the Jewish culture in Lithuania.

The program includes a commemoration in New York and an exhibition on the YIVO Vilnius collection in Frankfurt.

A series of concerts will be performed to commemorate composer Anatolijus Šenderovas (Anatoly Shenderov), violinist Jascha Heifetz, composer and violinist Joseph Achron, and composer and pianist George Gershwin.

Plans call for creating a musical guide covering seven Jewish sites in Kaunas, and offering a tour highlighting the historical and cultural heritage of the Grand Duchy of Lithuania.

The program also includes exhibitions featuring world-renowned artists, such as Boris Schatz, Marc Chagall and Samuel Bak.

There are also plans to build new memorials and renovate existing ones. For example, a memorial to rescuers of Jews is planned to be erected in a Vilnius street named after Ona Šimaite, one of the Lithuanians named as the Righteous Among the Nations.

As part of the 2020 program, Lithuania plans to host a World Litvak Congress and expects to borrow the so-called 'Pinkas', or register, of the Vilna Gaon's synagogue from the YIVO Institute for Jewish Research in New York.

2. Hebrew inscriptions from 200 years ago were discovered during an excavation project of the Great Synagogue of Vilna, which was burned down in the Holocaust and destroyed by the Soviets.

According to the researchers, Dr. Jon Seligman of the Israel Antiquities Authority (IAA) and Justinas Racas of the Lithuanian Excavation Company, "The large and significant inscription, dated to 1796, was part of a stone Torah reading table that stood on the magnificent

bimah of the synagogue in Vilnius."

The table was donated – according to the text – by two brothers, Rabbi Eliezer and Rabbi Shmuel, in memory of their mother, Sarah, and their father, Rabbi Chaim, who had emigrated from Lithuania and settled in Tiberias. It was from this table that the Torah was read to the congregants for about 200 years, until the burning of the synagogue and its final destruction by the Soviets 70 years ago.

The inscription, which was studied together with Dr. Vladimir Levin of the Hebrew University of Jerusalem, reads: "In the year... [1796]: [This Torah reading table] was donated by Rabbi Eliezer and Rabbi Shmuel, the sons of Rabbi Chaim who lived in Tiberias, be it rebuilt and reestablished soon in our days.

"Our mother, the daughter of Rabbi Shabbtai, [died] on the 4th of Adar, [1782]... and our father Rabbi Chaim... died there on the 7th of Nissan, [1786]."

These brief sentences point to the deep connection between the Lithuanian (Litvak) community and the Holy Land, which has existed since the days of the Vilna Gaon until the present day.

3. A meeting which took place in Keidan (Kedainiai) June 13 - 15, 2019, as a tribute to the efforts of the Atžalynas gymnasium teacher, Laima Ardaviciene and her students, and the director of the Kedainiai Regional museum, Rimantas Žirgulis and his colleagues, to preserve the memory of the exterminated Jewish community of Keidan.

A number of Keidan descendants from different corners of the globe (South Africa, USA, UK, Australia, and Israel) came to visit the city of their ancestors.

On Thursday, June 13, the group visited Kedainiai Atžalynas gymnasium, where they were greeted by the gymnasium teachers and students, Kedainiai mayor, Valentinas Tamulis, and Israel ambassador in Lithuania, Amir Maimon, who had also arrived and took part in the meeting.

The group also visited the old Jewish cemetery, including 583 graves—the third-largest survived Jewish cemetery in Lithuania (note: not looted or vandalized). See <https://laimukasenator.wixsite.com/maceva2018>

On Friday, June 14, the group came to the house of Klibansky family and read the memoirs of Ben-Tsion Klibansky's father, who together with his family was exiled to Siberia in 1941. Thanks to Ben-Tsion Klibansky the great project of preserving Jewish memory and bringing history to life in this community was started.

Atžalynas schoolchildren wrote and performed a short play based on Guta Kagan (Kaganaite) life story. She was one of a handful of young Keidaners who escaped to Russia at the start of the war and survived.

www.youtube.com/watch?v=aUljHdfuCDU&t=354s (the video was filmed by Bobbie Lamont Silber).

The news about the meeting were reported on the local TV in Lithuanian.

The San Diego Jewish Men's Choir, Preserving Jewish Music One Song at a Time

The San Diego Jewish Men's Choir is more than just "a bunch of good looking guys who can sing and dance." Yes, in fact the group of 28 Jewish men DO sing in a variety of styles and languages (including English, Yiddish, Ladino, Hebrew, and Russian,) and they HAVE added delightful staging and "choral-ography" to many of their numbers, but the group is really so much more than that. The group performs numerous concerts at shuls, concert halls, senior centers, and on nationwide television. Their award-winning and Billboard charting CDs, Heritage and KOCHI, fulfill their mission of preserving the rich heritage of Jewish music for generations to come. The nonprofit choir's music is played on over 120 radio stations nationwide and last year the group performed in Phoenix, AZ, and in Omaha, NE, where they appeared as guest soloists with the Omaha Symphony.

The choir was founded by Director Emeritus **Rhoda Gaylis** in 1994, and consisted primarily of South African singers who wished to continue singing the liturgical music they had grown up with in the shuls of South Africa. The group has since diversified and is presently composed of Jewish singers from many different countries including Mexico, Columbia, South Africa, France, Israel and the U.S. Under the new direction of the accomplished **Artistic Director Ruth Weber**, the group has broadened their musical horizons to include selections from musical theater, jazz, opera, folk, and pop music.

The choir embraces "all-things Jewish" and are avid supporters of SAJAC activities. Recently, the group performed at the Lawrence Family Jewish Community Center honoring the visit from Chief Rabbi Dr. Warren Goldstein of South Africa.

"It is heartwarming to see our audiences laughing, and smiling with tears in their eyes during our performances," says Weber. The Neshama, or soul, of this music fills people's hearts with joy and takes them to a happy place! It is so important that we keep encouraging the younger generation to join our choir so that this well-loved music will survive for future generations. Knowing that a percentage of the proceeds from our KOCHI album is used to help alleviate hunger, and provide education and medical care to children in the slums of Mumbai is very satisfying. This is made possible through our partnership with the Jewish nonprofit organization, The Gabriel Project Mumbai. The group also donates copies of the choir's CDs to Jewish retirement communities and libraries throughout the world, in keeping with their mission of preserving Jewish music.

The choir has many exciting upcoming events in addition to their work towards the completion of their third album, Legacy. Anyone interested in joining the choir is encouraged to contact Ruth Weber at director@sdjmc.org to find out how to join this happy band of singers.

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www.sdjmc.org





Launching a new partnership between the San Diego Jewish community and NALA, an Israeli NGO that fights diseases in Africa

NALA is a prize winning Israeli NGO that eliminates diseases of poverty commonly found in rural communities that lack access to clean water and sanitation in Africa. NALA is recognized as a pioneer in its holistic approach that combines medical treatment with health education, and community engagement and support for communities with water and sanitation infrastructure.

The NALA CEO, **Michal Bruck**, recently visited San Diego where she met with a variety of Jewish organizations and groups to explore potential collaborations and joint programs. Some ideas that came up in the meetings include: professional and volunteer missions to NALA projects, innovation competitions, R&D and research support.

How NALA was started

NALA was founded by **Prof. Zvi Bentwich**. He is the grandson of **Dr. Hillel Yoffe**, a pioneering physician who came to Israel in 1894 and was raised in a family where Tikkun Olam (improving the world) was a major principle in life. In 1982, Zvi established the first HIV Clinic in Israel. During the 1990s, a large number of Jewish Ethiopian immigrants came under his care and he found that many were infected with intestinal parasites in addition to HIV. This led to the important discovery that individuals with parasites were both more susceptible to HIV infection and less able to cope with it. His research led to the conclusion that: Treating intestinal worms and parasites is the most cost-effective treatment for improving the overall health of the immune system and increasing resistance to HIV, TB, and malaria.

The need for intervention in Africa

Prof. Bentwich then established the **Center for Emerging Tropical Diseases and AIDS at Ben-Gurion University** in 2006, with the defined aim of promoting health in developing countries around the world. NALA was later established as the implementing arm of the center. The first groups of volunteers traveled to Ethiopia where they facilitated mass drug distributions to communities with high prevalence of intestinal parasites, but it quickly became evident that medicine alone did not stop infection. For this reason, NALA developed a holistic model to prevent reinfection by creating an enabling environment for disease prevention through behavior change, capacity-building, and community-led improvements to water, sanitation, and hygiene (WASH). This innovative approach of complementing medicine with a focus on behavior change and community-led WASH has resulted in a sustainable decrease in disease prevalence in communities, and it is the basis for NALA's work today. The achievement was acknowledged by the Grand Challenges and Innovation Grant sponsored by the **Bill and Melinda Gates Foundation**, and by the **Ethiopian Government**, that awarded NALA in 2017 with a prize for transforming its health system given by the President of the State of Tigray.



NALA's work today

After more than a decade of work on the ground, this model has been tested, refined, improved, scaled up and rolled out to reach millions of people in Ethiopia. NALA's health education and advocacy are transforming behavior, inspiring change, and lowering disease prevalence in many parts of the country. For these reasons, the Ethiopian Federal Ministry of Health has recognized NALA as experts in behavior change and community mobilization and has tasked the organization with leading disease prevention efforts throughout the entire country.

Intestinal parasites and other neglected tropical diseases (NTDs) remain a major health problem and prevent a billion people in the world from achieving their potential, as they can cause sickness, stunting and reduced ability to learn. NALA is actively seeking new partnerships to help us improve its impact in the following areas: research, monitoring and evaluation, health, education, social mobilization, WASH (water, sanitation and hygiene), advocacy and resource development. If you have ideas for collaboration, and you'd like to contact the NALA team, please contact **Yaron Lief** at 619-952-0282 or email: info@nalafoundation.org



NEVER AGAIN!

by Sean Myers

And thank God I've never had to drop so deep
having to contemplate a final sleep
living on a wooden plank
deep inside a concentration camp
and thank God I'll never have to speak
to the silence of the cold and damp
to go away and leave my soul
so I can take a breath again
there are evil fathers raising evil sons
unrestrained by evil moms
whose evil daughters go untrained
to open umbrellas when it rains
Well never again my frenzied friends
will we ever ride your frozen train
we've seen your house at the end of the tracks
It's dark, it's deadly, and there's no coming back

And now that you know
We are no more piteous ducks
You scream, you yell, you threaten us
But we mean what we say
And we have what we need
NEVER AGAIN will you draw that
much blood from us

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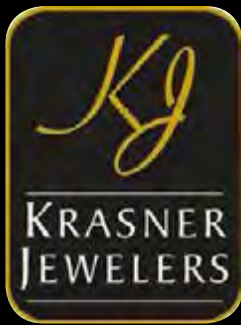
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With love and gratitude,

Zena Cohen

The Call of the Mountain

by Zena Cohen

Her fullness swells from the tip of the womb of Africa, South Africa .

Her fullness cascades smoothly , gradually rising in glory, in a majestic offering to the sky which meets its tabletop

Her fullness receives a kaleidoscope of an everchanging charge of sifting light , beamed light , a chiaroscuro of shifting shadowy patterns , pregnant with an ancient history , her-story of adventurers from different lands , her own land to touch to feel to see her breathtaking dominating splendor.

In the beamed nightlight revealing jagged stark bare blue-black moonlit edges that zigzag to the dark

Her clear edges defined by the night framed by the pristine dance of the stars.

In the sunlight tumbling rolling green grass , bushy trees against the deep blue of the sky.

She carries a pervading voluminous tranquility that disguises , that dissipates hidden pockets of violence that threatens each open window each open door.

Her silence — stillness solidifies the awesome presence of her mysterious rootedness in the Cape earth.

Such a presence can only unify the rainbow people to fulfill their highest destiny.

January 27, 2004.

Written whilst staying in Cape Town at an Inn at the foot of Table Mountain.



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Shelley creates interiors that you can't wait to come home to and in which you are dying to live. By harmonizing form and function, in every project Shelley finds the solution that merges her vision with her client's, to bring to life their interior design dreams and goals. Shelley works with companies from all over the world to source the perfect pieces which results in a well planned and executed cohesive design. Shelley's designs embrace the total uniqueness of each client and each experience, and she carefully curates pieces that become part of the lives of the ones who choose them, to grow and love on a daily basis.

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CBRE is a worldwide chain of real state offices that have recently opened a state-of-the-art office in San Diego — located inside of the Westfields’s UTC shopping center. The new office is part of a cutting-edge approach to workspace strategy.



It is designed to promote flexibility, mobility, and productivity. CBRE calls it the **Workspace360** initiative. It is created to emphasize hospitality for employees and clients.

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The Dam HaMaccabim Project Blossoms in Time for Yom Hazikaron

Written by Jerusalem Post.

When Natan Alterman wrote his iconic poem, “Magash Hakesef” (The Silver Platter), about grief and rebirth just before the State of Israel was established, he tapped into a heartbreaking reality. As Chaim Weizmann, Israel’s first president, put it, “No state is ever handed to a people on a silver platter.” This rings true everywhere in the world, but is especially appropriate for our precious slither of the Middle East – Israel.

That is why Memorial Day for Israel’s Fallen (Yom Hazikaron) comes one day before Independence Day (Yom Ha’atzmaut). There would be no state if not for the blood of the soldiers and the tears of their loved ones.

While attending a memorial ceremony is powerful, three young men felt it was not enough. They had a dream to bring Yom Hazikaron from the ceremonies to the streets, from the minute of silence during the memorial siren to every moment of this significant day.

Their names are **Ariyel Maresky**, **Natan Spero** and **Shabi Spero**, and their **Dam HaMaccabim Project** seeks to remember those who fell, stand with those who lost loved ones, and unite a country in paying tribute to them.

Remember those little floral stickers that pop up throughout Yom Hazikaron? That sticker is of the Dam HaMaccabim (The Blood of the Maccabees, also known as the Red Everlasting), which is the official memorial flower. According to tradition, wherever a Maccabi warrior fell, his blood was absorbed into the depths of the land and from it sprung the beautiful flower with a blood-red blossom.

The Dam HaMaccabim is a delicate flower that grows in specific parts of Israel’s wilderness and has never been available for mass distribution. That is why it has previously been substituted with stickers handed out at Yom Hazikaron ceremonies.

“The flower and its powerful impact were lost once they were transformed into a two-dimensional sticker,” says Natan. “We

wanted to bring the flower back to life.”

The idea was to have the real flower given out and worn proudly by everyone – from children to grandparents – during Yom Hazikaron. Thus the three men founded the Dam HaMaccabim Project, with Maresky as director of Foreign Relations, Natan Spero as director of Development and Shabi Spero as executive manager.

For the last two years, with the help of agricultural experts, they have worked hard to grow the red flower. Not only were they tasked with finding a place suitable for the growth of these protected flowers, but they needed to find a way to enable the Dam HaMaccabim to flower at least three months earlier than their regular blossom. This was vital to have the time to package and send them off to people both in Israel and abroad.

It was no easy feat but finally, together with Zion Siman Tov, a specialist on Israel’s wild flowers, they managed to successfully grow the treasured Dam HaMaccabim flowers in a field in Kerem Maharal on Mount Carmel.

“After two years of failed experiments, when we first walked into the greenhouse and saw an entire field of blood red flowers, we knew,” Shabi Spero said. “We knew that despite the little time we had left until Yom Hazikaron, we were going to do our first pilot this year, whatever it takes.

“It was literally a field of dreams. The dreams we’ve had for two years, and the dreams we have for the future – the dream of each of those thousands of flowers in the field being worn across the globe in unity and solidarity with the young women and men who gave up their own dreams, so that we can realize ours.”

The pilot project comprises 30,000 flowers. It has involved a long process including growing, picking, drying, preserving and finally individual packaging, when the flower is set in a pin to be ready for distribution.

But the rollercoaster ride has been more than worth it for these three men who have not faltered with their clear mission in mind from the get-go. Their mission is that the Yom Hazikaron message – one of sacrifice, solidarity and unity – will be symbolized by the flower and worn throughout Israel and the Diaspora.

“Our goal is to remember and to remind ourselves that we are all part of one living human tapestry,” says Maresky. “We seek to strengthen the unseverable bond that has united our people since the beginning of time.”

The Dam Hamaccabim Project is a non-profit organization funded both by private and public donations, as well as being sold to commercial clients and organizations. All the proceeds go straight into funding the following year’s flower distributions. You too can contribute by checking out the project at www.redeverlasting.org.

In memory of..

Dr. Jonathan Paul Clegg (1953-2019)

The University of the Witwatersrand extends its deepest condolences to the family and friends of the legendary Johnny Clegg, a Wits alumnus and former lecturer, whose life and work illustrate the multiculturalism and social integration that is envisaged in the South African Constitution.

A lifelong friend of Wits, Johnny obtained his Bachelor of Arts (1976) and BA Honours (1977) degrees at Wits University and joined the Wits Social Anthropology Department to pursue an academic career for four years. He wrote several scholarly papers on Zulu music and dance over the years.

The University of the Witwatersrand bestowed its highest honour, an honorary doctorate (DMus), on him in 2007. (Read the citation at: <https://www.wits.ac.za/alumni/distinguished-graduates/honorary-degree-citations/johnny-clegg/>)

A true, brave South African hero has fallen, but his music and art will remain with us and serve as a gift for generations to come.

Johnny Clegg succumbed to pancreatic cancer at the age of 66 on the afternoon of July 16th., 2019 at his family home in Johannesburg, South Africa.

As a singer, songwriter, dancer, anthropologist and musical activist, he showed what it was to embrace other cultures without losing your identity. His manager Roddy Quin. "He used his music to speak to every person. With his unique style of music he traversed cultural barriers like few others. In many of us he awakened awareness."

He was born on June 7th., 1953 in England and moved to Johannesburg with his mother Muriel, a cabaret and jazz singer, as a child. His stepfather, Dan Pienaar, was a reporter who sometimes took him into the townships.

His exposure to migrant workers (including Charlie Mzila, a cleaner and musician) during adolescence introduced him to Zulu culture and music. In 1971, he was the only white person in South Africa to write Zulu as a matric subject. He remembered his time at Wits as one of being stretched, struggling at first to adapt but eventually excelling and enjoying his studies and campus activities. Later, he enjoyed teaching, seeing it as a kind of performance.

At the age of 17, he and Sipho Mchunu formed their first



band, called Juluka. At the age of 33, in 1986, at the height of apartheid, he partnered with Dudu Zulu to form his second inter-racial band, called Savuka. He also recorded several solo albums and enjoyed international success, selling out concerts wherever he performed.

Under apartheid, the bands' crossover music was subjected to censorship and restrictions on the state-owned radio. Touring brought the bands into conflict with laws forbidding racial mixing in public venues. Many shows were closed down by the police, but a substantial following of students and migrant workers developed.

Juluka performed at the first Free People's Concert at Wits in 1971 and at subsequent concerts. One of the student organisers recalled seeing the "sheer joy and exuberance" on the faces in the audience during their performance.

Johnny received awards from a number of local and international bodies for his contribution to music and society,

notably the Knight of Arts and Letters from the French Government in 1991 and the Order of the British Empire in 2015. In 2012 he received the Order of Ikhamanga (Silver) from the South African government. He was awarded honorary doctorates by the University of KwaZulu-Natal, Dartmouth College in the USA and the City University of New York, as well as Wits University.

He authored the book "UkuBuyisa Isidumbu" (1981, Ravan Press) and presented papers on "The Music of Zulu Immigrant Workers in Johannesburg" in 1981 at the Grahamstown International Library of African Music and "Towards an Understanding of African Dance: The Zulu Isishameni Style" in 1982 at Rhodes University.

Johnny was diagnosed with pancreatic cancer in 2015, but continued to tour and perform around the world.

He is survived by his wife of 31 years, Jenny, and their sons Jesse and Jaron.w

A group of South African musicians recorded one of his songs, The Crossing, as a tribute to him last year. Watch the video: <https://youtu.be/WKWEEpA0HkY>

–Wits University

In memory of..

Lyn & Lionel Stein



This past year saw the passing of two of San Diego's most-beloved SAJAC members, Lionel and Lyn Stein. Lionel was born in Pretoria on August 6, 1929, to Harry and Jean (nee Arluck) Stein. He attended the Miriam Marks Jewish School, and matriculated from Pretoria Boys High School in 1945. He was a dedicated and trusted pharmacist.

Lyn was born in Springs on June 2, 1939, to Ferdinand (Sonny) and Min (nee Goldblum) Silverman. She matriculated from Pretoria Girls High School in 1955. Lionel and Lyn met by chance at Cyril Novis' engagement party, and were married shortly thereafter, in Pretoria in 1959. They immigrated with their three teenage children to La Jolla in 1978, and built the Drugs 'N Such Pharmacy in Del Mar. They worked together in the pharmacy until they sold it in 1998. They then worked

at Lloyds Furniture for a number of years. Both of them enjoyed travel and gardening, and their imaginative and meticulously-maintained tropical backyard at their Del Mar home was admired by all.

Lionel was an avid lawn bowler, and a regular at the San Diego Lawn Bowling Club in Balboa Park. In 2013, they relocated to Sacramento. Lyn passed on August 18, 2018, and Lionel passed on March 17, 2019. Their kindness, grace and dignity influenced and inspired all who had the privilege of knowing them. They are loved and missed every day by their children Howard (Dagmar), Karen and Deon (Liz), and their eight grandchildren (Andy, Sean, Lindsay, Tamara, Cory, Justin, Nick and Dan).

Deon Stein

In memory of..

Louis Milner



Yehudah Leib ben David v'Elka

It was Friday, May 24th, the 20th of Iyar, when the dear neshamah, the beloved soul of Louis Milner was recalled to his Maker – imperceptibly and without undue pain or suffering and with great dignity.

For eight long, agonizing years he waged his own personal battle with cancer with extraordinary tenacity and strength, with remarkable courage and bravery. Louis's absence will be felt far and wide and will reverberate for many years to come: his absence will be felt from Cardiff-by-the-Sea to Cape Town; from Dallas to Auckland; from Phoenix to Philadelphia; from La Jolla to London and even outside of Nairobi, Kenya.

The fact is that Louis leaves a formidable legacy behind; one that began nearly 71 years ago on June 16, 1948 to be precise, in Paarl, a well-known town in the Western Cape region of South Africa, the oldest of three children born to Dave and Elka Milner. Louis attended Paarl Boys High but, at some point during those years, the Milner family decided to move to Newcastle, Natal. It was there that Louis matriculated. For a time, he worked alongside his Dad in the family bakery, but at age 19 or 20, Louis was overcome with a feeling of wanderlust and decided to travel to Europe, eventually arriving in Israel in 1968.

Homesick, Louis returned to Newcastle but, before long, decided to visit his maternal grandparents, Minnie and Solly Myers. Ilana Melmed happened to be a good friend of Louis's sister, Gail, and she implored Ilana to meet her brother! They met in June of 1969 and within a matter

of months she followed Louis back to Israel! One thing invariably led to another and they were married on January 20th, 1971. Louis and Ilana spent the next 15 years on Kibbutz Yizreel where Ma'ayan, Ron and Guy were born. Ultimately, both Louis and Ilana made the decision to leave the kibbutz and forge a new life for themselves in the States.

We all know that sports were his passion in life. He was an avid cyclist, but that couldn't even compete with his love of rugby, especially his loyalty to the South African Springboks and with baseball, his allegiance to the San Diego Padres. Louis, by the way, was instrumental in bringing rugby to Israel and in recognition of his outstanding contribution to the sport, he was inducted into the Israel Rugby Hall of Fame.

Fighting back her tears, Ilana described Louis as an incredible husband and fabulous father. He was a kind and gentle man even if he was admittedly prone to stubbornness, a well-known Milner trait! For Ma'ayan, he was both a fighter and a mentor who taught her so much. "Dad was caring and empathic and very generous." Ron referred to his Dad's calm disposition; one who gave good advice and trusted you to make the right choices. "I didn't feel judged. I knew that he was always by my side, regardless." Guy reminded us of the very special way in which his Dad touched so many people's lives. "My Dad is my hero," he posted on Facebook. "He taught me how to be a man. He taught me to always have an open door, an open ear and an open heart to friends in need." Louis will be greatly missed.

In memory of...

Jack Berghaus



Eulogies Expressed at Jack's Burial Ceremony.

Alan Lurie, Jack's son-in-law.

Jack lived a long and blessed life. He lived for 93 years, 11 months and one day. That comes to 1127 months. As he would have said in his cricket playing days, that was one heck of an innings. The best part is that for all but his last month he lived it to the fullest. I don't have proof, but am pretty sure that even as an infant he was counting reps with his rattle, pushing himself to roll over one more time, seeing how many head lifts, kicks or fist clenches he could do.

Many of us have experienced Jack's cajoling and badgering to do more, lift heavier, run or cycle faster, longer and better. He was running before the word jogging was invented. Marathon distances in old rubber soled leather work shoes – running shoes were yet to be developed.

He was partially defined by his love of exercise and love of encouraging everyone else around him. When he could no longer run, he cycled, then transitioned to a stationary bike. And throughout he was religious about lifting the full stack of weights, stomach exercises and the rest of his routine. Once he joined the JCC, the daily dose of cake became equally important.

More importantly were the people. He loved all the social contacts he had there. You all enriched his life to an immeasurable extent. You truly were his large extended family. Thank you all for all you gave him.

Jack loved and appreciated nature and the outdoors. Karin often recounts the stories of him rounding up the neighborhood kids for a walk up the mountain when it was spring or after a rainfall to see and appreciate the new flowers, especially the protea. It is in memory of this that Karin placed the pin cushion flower, grown in our yard, on his coffin.

The beach and ocean always gave him immense joy. I don't think there is anyone else in San Diego who so enjoyed their daily commute as much as he did. Granted his was past Torrey Pines beach and to and from the JCC.

His presence is going to be missed by us all. I don't think he ever made an enemy, only friends.

So I have three requests of everyone here.

Tonight have a drink of whatever your favorite beverage is. Preferable alcoholic! Savor the taste in your mouth and your enjoyment of it. Sip it slowly and think of Jack whose favorite line was "it feels good in my mouth."

Second, the next time you pass the beach, the ocean, the flowers and bushes on the hills around us appreciate the greenness, the colors and the beauty. Enjoy it for him.

And lastly, in the future do a little more exercise, live life a little harder, love and enjoy everything a little more and enjoy every day, month and year of your life just as Jack did.

Dennis Pinn

I would like to thank Jennifer, Karin, Alan and Derek for giving me the honor of being a pallbearer and for allowing me to share some thoughts and memories of my 30 plus years of friendship with Jack.

Jack and I shared a very special and unique relationship. He was much more than my friend – he was a mentor, a confidant, a role model, a motivator, an inspiration and a second father to me.

Jack ran almost every day when he lived in Cape Town and was a regular at Graffs Pool. For those of you who don't know what that is, it was a tide pool with a wall behind which men gathered to swim and sun bathe in the nude.

When Jack arrived in San Diego in 1987 and began running here, he

started having back pain. He went to see Norman Kane the orthopedic surgeon, who told him that he should give up the running. Being the endorphin junky that he was, Jack asked what else he could do. Norman suggested that he try riding a bike. Jack borrowed Alan's Schwinn and at age 62 began to ride. Most people would be giving up riding at this age rather than just getting started, but that was normal for Jack.

I first met Jack on the 15th Street beach in Del Mar. Jack was known as the "mayor" of the 15th Street beach. Jack and Esrne could be found there every Saturday and Sunday. Jack was always wearing his blue Speedo bathing suit – something that we all did in South Africa, but after getting ridiculed by our kids, never did here. We would all know when beach season began and ended by following Jack as he would be the first to go to the beach each summer and the last to stop going in the Fall.

Someone knew I liked to ride and introduced us to each other. We started riding together every Saturday morning. It was during these hours of riding that our friendship blossomed.

I remember many very early cold winter mornings when my alarm went off and I thought of staying in my warm bed. This was long before cell phones so I couldn't call Jack and tell him I wouldn't be there. I knew that Jack would be waiting for me at the corner and there was no way I could not show up. If 60-something year old Jack could go out in the cold to ride, what excuse did 30-something year old me have?

We continued to ride together every Saturday morning for at least 10 years. Eventually Jack was not able to keep up on the hills, so he suggested that I ride the inland route with the hills and he would ride up the coast which was more flat. He was a master as figuring out times and he would time it so that we met up when I reached the coast. We would ride back down the coast together.

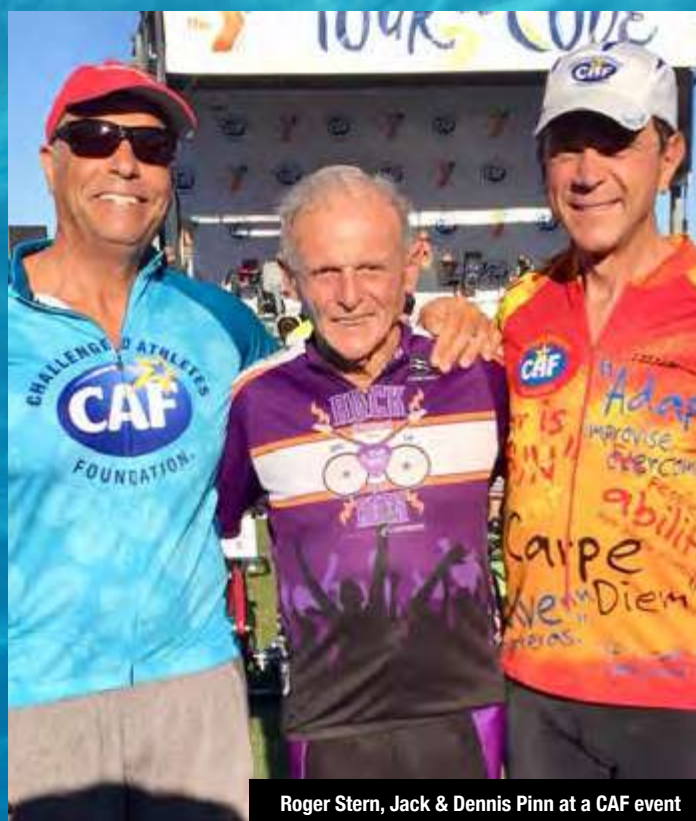
We continued to do this for at least 5 more years. At around age 80, he finally gave up riding on the road. He then transitioned to riding the stationary bike in the gym.

When Jack was working for Reebok in Mira Mesa, he started going to the gym across the road. He had always lifted weights when he lived in South Africa. I on the other hand had never lifted weights. It didn't take long for Jack to talk me into joining him at the gym. Most lunchtimes I would get a call from Jack telling me to meet him at the gym in 20 minutes. Fortunately, my office was nearby and Jack and I not only became riding buddies, we also became workout buddies.

For those of you who have worked out in the same gym as Jack, you know that Jack will always push you to add more weight or do another set. We continued to workout together until Jack retired from Reebok. Because of Jack's influence, I still go to the gym and lift weights. He would especially enjoy the times I would come to the JCC to work-out with him.

Every Friday Jack would call me to catch up and to check that I was going to ride on Saturday. He wanted to know who I was riding with and where I was going. I think this enabled him to still feel a part of the weekly ritual.

Jack was such an inspiration and role model. If he had not come into my life, I would not still be riding and going to the gym. Jack instilled in me the importance of working out and staying fit. We both participated in the first San Diego Triathlon Challenge to benefit the late Jim McLar-



Roger Stern, Jack & Dennis Pinn at a CAF event

en and Jack was one of only two or three people to have participated in all 25 years of the event.

He was most proud of the year he participated with Jeff's dad Natie and one other person who did the swim. Jack did the bike ride and Natie did the run. They were and still are the oldest team to ever take part in the SDTC. My son Brandon who was in high school at the time also participated that year and together with 2 school friends were the youngest team to ever complete the event. There is a great picture of Jack and Natie with the three high school boys.

Jack was so amazing for his age. Actually he was amazing for someone 20 years younger than him. I used say that when we grew up, we wanted to be like Jack.

Once he settled into his routine of working out at the JCC, he became beloved by everyone there and I would refer to him as the "mayor" of the JCC.

We all thought that Jack was invincible and that he could continue to cheat father time. After he met Linda, he would tell me about all the wonderful activities they would have planned for the weekend. When I asked him if he was going to take a nap on Saturday afternoon, his response was: "why would I do that?" My response was: because I would be tired if I had to do all the things you are going to be doing and I am 31 years younger than you.

I feel truly blessed to have had someone as special as Jack in my life and I know I am a better person because of his friendship and positive influence. I am going to miss those Friday phone calls, but I am going to treasure all the wonderful memories I have of the time we spent together on the bike and in the gym and the cross generational bond we had.

In memory of...

Barry Kassar



Barry Seymour Kassar, MD, Ophthalmologist — 4.3.2019

Barry Seymour Kassar, retired ophthalmologist and an active member in the Jewish community passed on Wednesday, April 3. He was 76.

Barry moved to La Jolla in 1981 and opened his ophthalmic practice at Scripps Memorial hospital two years later. He saw patients and performed surgeries there until retiring in 2002. During his tenure, he served as head of the Mericos Eye Institute. He was loved by his patients, hospital and office staff— and respected for his integrity.

Barry graduated from the University of Cape Town Medical School in 1965, after which he married Avra Sebba. He completed his internship at Tel Hashomer Hospital in Israel, where he cared for patients during and after the Six Day War. The family returned to Cape Town where he specialized in ophthalmology, opening a private practice.

In 1977, with three boys in tow, they emigrated to the United States. He worked for two years as an Associate Professor at the Pennsylvania State University Hershey Medical Center. In 1979, the family moved again as he was recruited by the Louisiana State University Eye Center in New Orleans. During this time he prepared for and completed his licensing requirements to practice medicine in the US.

Barry became actively involved in the local Jewish community. He served on the board of the San Diego Jewish Academy, chaired and sang in the San Diego Jewish Men's Choir, was

the Ritual Chairman at Congregation Beth El and in later years joined Congregation Adat Yeshurun. At Adat Yeshurun he arranged for, recruited, and fundraised for a leading Israeli liturgical choir to visit and sing during the Rosh Hashanah and Yom Kippur services. The tradition still continues to this day.

He was diagnosed with colon cancer in 2008. In the last 11 years, his will to live became deeply apparent to those around him. He addressed his cancer with tenacity. He built a team of physicians who cared for him formally and informally. He was aggressive, scientific and non-stop as he countered his disease. He underwent 23 surgeries, multiple rounds of chemotherapy, radiation and three immunotherapy trials, traveling weekly to UCLA for treatment.

Finally, he returned home to Scripps Memorial Hospital. He continued to gather detailed information and make careful decisions about his own care surrounded by his family and a team he trusted and knew both professionally and as friends for decades. Finally, he made the decision to go in peace. And he did, surrounded by his wife and his three children.

Barry fought for 11 years to be here with his family. He is survived by his wife of 53 years, Avra Kassar; his three sons, Barak and his wife Kristin, Arel and Dorian of San Francisco; Ami and his wife Bethany, Samuel and Charlotte of Philadelphia; Yoni and his wife Lori, Mila and Judah of Los Angeles; and his brother Julius of Cincinnati and sister Ziona of London.

May his memory be a blessing.

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