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2020

Community &
Connection

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President's Message

By Pamela Nathan

Why is SAJAC in San Diego the only Surviving Chapter?

..... it's because of the amazing group of unique, distinctive, conscientious, & diligent folks who live here. Their Judaic South African heritage as well as their sense of community are extremely important to them. Some of you may remember the very first Reporter published in the spring of 1987 ... 33 years ago. When you read the president's message written by Leah Levin, below, you'll see that could be written in 2020 as our values remain intact. And you'll also see on page 60 that the same advertisers from 1987 remain active members today and are still advertising in 2020! Thank you SAJAC San Diego members you rock!

Taken from SAJAC's very first Reporter Magazine, Spring 1987 Vol. 1 No. 1

A MESSAGE FROM THE PRESIDENT OF SAJAC, LEAH LEVIN

It is with a sense of excitement and pride that I write this message in the very first issue of the SAJAC newsletter. After months of hard work the Board of SAJAC has achieved remarkable success in terms of creating a vibrant organization for all South African Jews living in San Diego. This initial success has been a revelation for most people and mirrors the need to create an organization, where people can identify with one another through the traditions and values of their South African Jewish heritage, while trying to establish themselves in a new environment.

It is fair to say that the Jewish people have the longest unbroken tradition of loyalty to the precepts of "K'LAL YISRAEL" - the responsibility of one Jew to another. It is this tradition that we aspire to, where each of us can play our part in reaching out to fellow South African Jews by welcoming them into our midst, helping them to understand the complexity of America and, through human contact, ensuring that they are not lost in the "grey mass" of this heterogeneous society. The more we know about what to expect, the better our chances of coping with the culture shock. In terms of giving support and providing understanding of the problems of the transition process, SAJAC can render a useful service.

A sudden burst of immigration places an unexpected burden on any community. We all have a responsibility in terms of keeping and raising Jewish consciousness. This can be done by linking South African Jews with the American Jewish Community in a more positive way. SAJAC has established relations with local Jewish service agencies and is accepted as the medium through which problems and issues can be addressed. We appeal to the American organizations to recognize the problems facing all immigrant groups through



dialogue, understanding and patience until the immigrants are established and can help bleed their traditions and values into this country just as others have done before.

We are extremely fortunate in having the support of the United Jewish Federation of San Diego, which is the umbrella organization of the Jewish Community. It is through the support of American Jewish organizations that SAJAC can carry out its commitment to the successful integration of South African Jews into the American Jewish Community. Through these channels, we can offer an opportunity to all our members to participate in social and intellectual programs together with Americans and other ethnic groups.

It has been said that an organization catering to one specific group will set itself apart and thereby fragment the community. I can only say that through a strong community group we can alleviate many problems facing the South African community, because we are sharing the concerns of our members and are starting a process of education necessary for integration to take its course.

Through SAJAC we are reaching out to newcomers; we are creating a vehicle for fun through planning functions and programs and sharing in activities; we are providing a warm and friendly social climate for ourselves and our children; we are assisting and directing newcomers through our networking sys-

tem; we are encouraging participation in communal activities so that we can be counted as involved members of the larger community; we are able through our status to network with many social agencies as an accepted and recognised group.

We are young. We have much to learn and much to achieve but I know that with the response shown to date, we will grow from strength to strength into a strong and structured group capable of accommodating all who wish to identify with it and serving all who are a part of it.

The support and enthusiasm shown by the number of South Africans attending our recent BRAAI is indicative of the need for most South Africans to identify with SAJAC. 450 people attended - indeed a tribute to the organizational talents and spirit of the dedicated and enthusiastic volunteers, who gave hours of their valuable time to ensure the unqualified success of our first social function.

There is a need to establish ourselves as an involved committed organization, so that we can provide a link in the growing, diverse American Jewish Community of San Diego and share in the concern for the welfare and continuity of this Jewish Community and those around the world.

LEAH LEVIN
PRESIDENT
SAJAC

WATCH OUT FOR
OUR UPCOMING
ZOOM EVENT

No need to remind you that it's COVID time & time for us all to adjust to the 'new normal'. What shall we do about hosting our traditional, yearly event in 2020? there's only 1 answer ... yes, it's a **ZOOM event**, a nation-wide community virtual **Genetics Symposium** for all Jewish South Africans living in the USA.

Of course, you're all invited, and please tell all your friends and family who live anywhere in the US about it too. You don't want to miss it.

We're privileged to have **A Karim Kader M.D. Ph.D.**, brilliant and renowned expert in the field of Genetics, Chief Medical Officer and co-founder of **'Stratify Genomics'**, and UCSD Professor of Urology, enlighten us about how, as Ashkenazi Jews, we may be at risk for having certain diseases, in particular, certain cancers that may manifest as breast or ovarian cancer in women & prostate cancer in men.

Our very own **Dr Franklin Gaylis M.D.** will be moderating the event. He'll make sure that the facts are presented in layman terminology and that all our questions get answered.

Then, **Clive Essakow** and **Sarah Abelsohn** have personal stories to share with us on how invaluable this knowledge has been to them.

The **ZOOM** event is scheduled for **Thursday, October 15h, 2020 5-6 PM PST** followed by a 'chat room' available to all registered guests from **6-7 PM**. Read more about the details on **PAGE 61**.

CONTRIBUTORS

coordinator: Pamela Nathan

copy editor: Avra Kassar

advertising: Hillel Katzeff

graphics: Derek Berghaus

Community & Connection during COVID.

Many articles in this year's publication reflect the difficult times we are now living in. Connecting to family, friends, & community is so important during this pandemic era. Please relax, read along and enjoy.

SAJAC - Home Away From Home For Saffers

By Tali Feinberg

Originally published in the "South African Jewish Report" newspaper.



Tali Feinberg

When South African Jews leave the community and move overseas, they often feel a deep sense of loss. Organizations like the South African Jewish American Community (SAJAC) have been created to deal with this transition, and keep our ex-pats connected.

Tamara Kahn moved with her family from Johannesburg to Texas when she was very young. She lost her accent but maintained a slight sense of estrangement due to

different traditions or the pronunciation of words. She later moved to San Diego, where she says, "I was surprised to hear even more South African accents than I could have imagined. It made me feel at home, but it was the good fortune of stumbling upon SAJAC that made me start feeling part of the community."

SAJAC helps South African Jews integrate into American society while maintaining strong connections to each other and their roots. The organization was founded by Leah Levin in 1987. The South African Jewish community was the fastest-growing group in San Diego county, but newcomers weren't integrating into the general community. With this in mind, Leah called a meeting at her house which included concerned members of the South African community. After much discussion, it was agreed that human contact wouldn't only speed up the absorption process, but a community group like SAJAaC would be a platform for dialogue and integration with all Americans.

"At our inaugural meeting, we were overwhelmed by 300 attendees, and our first braai attracted 450 people. We all believe in the richness, vibrancy, and spirit of our South African heritage and all it could offer to the community that has become our home," says Levin.

SAJAC offers numerous events, gatherings, as well as resources to its members, by helping South African Jewish ex-pats in financial difficulty and providing interest-free loans. There is an annual magazine, babysitting services, a business directory, access to a genealogy database, an annual gala dinner, and meetings with South African performers like comedian, Barry Hilton and the late Johnny Clegg.

The organization's current president, Pamela Nathan, says SAJAC has become her passion. "Our heritage is a very important part of who we are today. My long-term goal is to have a cyberspace resource where future generations will be able to access information about our community including where we came from."

"As soon as a South African Jewish family emigrates to San Diego, SAJAC is there. We deliver welcome baskets and have a newcomer's brunch to introduce new members to each other and to those who have been living in San Diego for longer. The newcomer's basket includes our directory so that they are able to identify anyone they may know. We also call them to find out what their needs are."

Nathan says, "Everyone joins SAJAC for different reasons. A sense of community, a feeling of belonging or wanting to stay in touch with

others who came from the same place. Thirty-two years ago people were far more reliant on SAJAC for social integration. Now, there are many people who have family and friends in the community. Transition is different for each person. It depends on their personal circumstances, their feelings about leaving, their responsibilities for kids and parents, the extent to which they have left some family in South Africa, as well as how quickly they make friends in San Diego."

"The organization only exists in San Diego. We've changed the bylaws of our non-profit status to permit nationwide membership now, and members from other cities are joining us."

"At the moment, we are interested in documenting the genealogy of our members," says Nathan. "We are investigating software that uses geographical information as the basis of connection among members. Many of the families originated in Lithuania, so it is a unique triangle: Eastern Europe to South African to Southern California. Dr. David Cline, a history professor at San Diego State University, is fascinated by our history," says Nathan. "He is conducting an oral history research project on the emigration of South African Jews to Southern California. He has interviewed many of us and will continue to do so in 2020."

While some may think that an organization like this makes South African Jews feel separate, Nathan emphasizes that its aim is integration. "SAJAC's mission statement includes helping our members to integrate. At the same time, also contributing to who we are today. South African Jews living in San Diego are especially noteworthy because of the large numbers who are involved in all aspects of Judaism in the community," Nathan continues. "They are involved in schools, shuls, and many different Jewish organizations. You name it, and you'll be sure to find an ex-pat spearheading organizations, serving on boards, or volunteering their time. Many ex-pats have ties to a variety of African organizations. We're proud of our heritage", says Nathan.

Like most people, Tamara Kahn feels like less of a misfit when she is around those that share the same experience, background, values, even humor. "I'm proud to be South African born and assisting in holding onto my heritage while appreciating and contributing to all the United States has to offer. I hope to share this with my children so they, too, know where they came from, and why they have a granny and a gogo."

Tali Feinberg is a senior journalist for the South African Jewish Report newspaper and a mother of twins living in Cape Town. She is the former editor of the Cape Jewish Chronicle and is passionate about the South African Jewish community and telling community stories.



AGM 2020

By Lee Leibenson



Lee Leibenson

The SAJAC annual general meeting was held on January 9th, 2020 at the beautiful home of Selwyn and Hilary Isakow.

The guest speaker was Dr. David P. Cline, a historian specializing in 20th and 21st century U.S. social movements, oral history, digital humanities, and public history. He is currently an associate professor of history at San Diego State University.

Dr. Cline was born in Los Angeles, and as a historian became interested in the migration of Jews from South Africa to California.

In 2019 Dr. Cline, with the assistance of students at SDSU, conducted a research project on the history of the migration of South African Jews to San Diego. So far, twenty-six in-depth interviews with South African Jews living in San Diego were conducted and recorded with the purpose of creating an oral record.

Dr. Cline shared a couple of excerpts from the interviews and then answered questions from the audience. The discussion was fascinating and pertinent to each of our individual journeys.

We've subsequently learned that Dr. Cline is intending to continue with this project. We'll wait patiently through our COVID challenges until he is able to safely resume his interviews.

The annual general meeting was well attended and catering by Sweetfin Poke Restaurant was enjoyed by all.



Dr. David P. Cline



Newcomers' Corner



Lynn Dillon

My family lived in Cape Town and my parents owned the Silver Sands Hotel in Sea Point. I believe it is now the Premier Inn. My children went to Herzlia Day School and in the early 1990's we emigrated to San Diego. I worked as the Front Office Manager for about 10 years at a La Jolla hotel.

I met my husband to be in San Diego in 1999. When my husband retired we moved to

the Martinez Lake RV Resort and Fishing Village in Yuma Arizona. He had visited Yuma when he was much younger and that is where he wanted to retire. We moved to Yuma and bought a 40 foot 5th Wheel with all the modern conveniences. I was offered a job working in the small Bait and Tackle shop. The store was about 10 feet from the launch ramp and each weekend we saw glorious boats when hundreds of tourists from San Diego and folks from Arizona came to visit.

In the winter the snowbirds arrived from all over the country as well as Canada. Living there was interesting and such fun. Unfortunately, after my husband took ill 15 years later, we moved back to San Diego to be near the VA Hospital in La Jolla. He was a Purple Heart Vietnam Veteran and therefore was treated there. Sadly he died last year.

I am very happy I found out about SAJAC and am happy to be a member. I would love to meet up with ex-pats after COVID ends.



Brandon Raik

Hi everybody! My name is Brandon Raik. Recently I decided to move from Johannesburg South Africa, to make a better life for myself and one day for my parents. It's been a very hard transition, even though I was born in San Diego, I spent most of my life abroad. Thus coming back was a big challenge. I had to grow up very fast and I had to adapt to American culture.

Saying all of this, I am so happy to be in San Diego. I think it's the best

place in the world where I can enjoy some of my hobbies. I live a healthy lifestyle in terms of diet and exercise, love to mountain bike and play soccer, etc, and of course, enjoy the beach. Right now I am studying kinesiology and hoping to become a physical therapist in the future. I find learning about the body is fascinating. I wanted to thank those who have helped me and guided me through my journey as well as those who watched over me this past year. Hopefully, my story can help people out who are looking for a change and struggling with a big decision. My mentality is to go for it. I want to thank America for allowing me to try and achieve the American Dream.

I am proud to say that I am one of Lynn Dillon's twin daughters. We lived in Sea Point, Cape Town in South Africa. Then we emigrated to San Diego where I graduated from La Jolla High School and then San Diego State University. I subsequently received my culinary degree in San Diego as well as a chocolatier degree from the Ecole Chocolatier School.



Nadine Smith

That's when I moved to Kansas City where I started my own chocolate and dessert store. After that, I joined Cirque de Solei as their chef, travelling all over the country with them. Unfortunately, the circus closed down with the onset of Covid 19. So now I'm back living in San Diego once again.

Since moving to the US when I was young I have always adored San Diego. Maybe it was the weather, the flowers and beautiful gardens, the ocean in close proximity to the mountains, or the South African accents you seem to hear everywhere you go. To me, it felt like home.



Tamara Kahn

When I finally attended graduate school at Scripps Institution of Oceanography, having a social life was tough. Fortuitously finding Pam of SAJAC at shul was a wonderful way to really start feeling settled into San Diego. It only took one event, a braai, and I was hooked.

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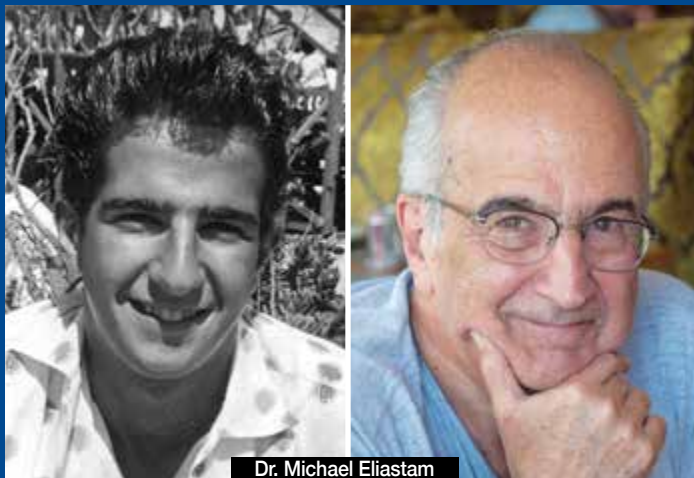
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Old Bones

By Dr. Michael Eliastam



Dr. Michael Eliastam

I live in the Boston suburbs and share an 11-year-old Basset Hound named Webster with my adult daughter who lives one hour away. As a video maker focused on safe international travel for women she is often away. My daughter has primary custody, but Webster lives with me when she is traveling. She has fifty countries stamped in her passport. As a dog-child of shared custody, Webster has toys at both houses! Actually the toys include old bones which he unfaithfully digs up when he comes to stay with me.

About six weeks ago, I received a voicemail from a woman in San Diego who was doing what many of us are doing during this "Time of COVID", digging up old bones.

She was cleaning out her closets and had found a photograph of me as a teenager in her 'memory' book. I did not remember her until I allowed my memory to dwell on her name prior to her marriage, Pam Gladstone!

I admit I was not aware of the impressive SAJAC, but now I have actually paid my membership dues to understand SAJAC'S great success. From reading most of the website material it is clearly a well-supported group of ex-pats working together as a self-sustaining community.

Since that first call, Pam and I have gnawed on the "old bones" of our friends in common, and our vacations in Durban on North Beach and in Muizenberg's Snake Park. We have pored over old beach photos, shown them to friends, and are slowly building a portfolio of whom we recognize. We are aware that since the "lock-down" started, many people have contacted old friends to share their life journeys. I now send an email to anyone who pops into my mind, asking how they are doing and give them an update on my family.

An organization, Habonim in Dialogue, (HED) comprising Southern Africans who were in Habonim during their youth, now holds a weekly Sunday two hour zoom talk featuring interesting academics and business people, and ex-pats telling their moving personal stories. Hundreds of emigres from Southern Africa attend every Sunday.

So, here are two questions:

1. Why did SAJAC take off in San Diego, and nowhere else?
2. Should we organize a ZOOM call, one time for all Jewish Southern Africans?

SAJAC Wishes You a Happy New Year and Well over the Fast

Taken from SAJAC's very first Reporter Magazine, Spring 1987 Vol. 1 No. 1

WHAT'S HAPPENING NEXT?

PANEL DISCUSSION: THE AGONY AND THE ECSTASY OF IMMIGRATION!

The tour of Jewish San Diego and the Braai showed us something of the high quality of what SAJAC has to offer. Both events were extremely successful and enjoyed by all who participated.

If you missed the Braai, read all about it in this issue. Even if you were there you should take a look. You might just find a picture of yourself with Boerewors juice running down your chin.

At our next function, a panel of ex-South Africans from all walks of life: Teenagers, Seniors, Parents, Professionals, Business Persons and Students will talk about THE EFFECTS OF IMMIGRATION.

We all knew it wouldn't be easy. Immigration is rated third on the scale of Traumatic Life Experiences. But we anticipate the effect it would have on our marriages, our children, our self-esteem, or all of the above?

How do you cope with being "Mr.

Michael Cohen, Managing Director of the Company and President of the Golf Club", one day and being "Mike, that immigrant guy who's looking for a job," the next? How do you cope with being "That immigrant guy's" wife?

What about senior citizens living on foreign income. Who would have thought the Rand would devalue so dramatically? How do we deal with that, especially in the light of Medical Insurance costs?

How do children and teenagers cope with the vastly different school system and peer expectations?

IMMIGRATION: THE AGONY AND THE ECSTASY?
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Women of Valor 2020

By Eva Trieger



Eva Trieger is a freelance writer specializing in coverage of the arts. She may be contacted via eva.trieger@sdjewishworld.com

SAN DIEGO — When it comes to the Lipinsky Family San Diego Jewish Arts Festival, not even COVID19 can stand up to the chutzpah, commitment and ingenuity of Associate Producer Ali Viterbi and co-writers Leah Salovey, Sarah Price Keating and Becca

Myers, Associate Producer of JFest, as they bring us the 11th annual “qwomen, some unsung and others, banner-waving, who have created a more humane, compassionate, and impactful Jewish San Diego.

Each year the chosen few are interviewed and their achievements are portrayed by gifted actresses who share their stories, the highs, and lows, with spirit and authenticity. This year’s choices represent so many walks of life from San Diego’s Regional Director of the Anti-Defamation League, to Chair of the San Diego Jewish Academy, the Chief Impact Officer of the Jewish Community Foundation, a Rebbetzin, the Jewish Community Foundation Board Chair, and a Holocaust survivor.

Todd Salovey, Artistic Director of the Lipinsky JFest, and Associate Artistic Director of San Diego Rep welcomed us with a Shalom Aleichem and proudly reported that this year all of the proceeds from this year’s show would be donated to Torah High, SCY High, San Diego Jewish Academy, and the COVID19 Emergency Fund. A harmonious and soulful trio introduced each of the six episodes that had been recorded digitally over a two-week span.

Ali Viterbi, the JFest Associate Producer, shared her memories of her 12-year Festival history which began while she was still in high school. She began working with various “Women of Valor” and credits these women with molding her in this “dynamic, artistic and Jewish” climate.

Tammy Gillies is the San Diego Regional Director of the Anti-Defamation League. She was sensitively portrayed by Sarah Price Keating. Through the actress, we learned that Gillies credits both her maternal and paternal grandfathers for her success at landing a career that combines philanthropy with a solid work ethic. Though Gillies knew she’d found her home, not everyone around her was as confident. As a woman, she heard, “I can’t see Tammy shouting down a hater!” To this, she parried, “I do it through quiet strength, through diplomacy.” She made it clear, in the wake of the Poway shooting, that the ADL works not just for the Jewish community but for the whole community. At the time, she met with the sheriff and security and voiced concern that mosques were also in danger. Gillies’ search for a Jewish community was challenging, and made more so by the fact that her husband was not Jewish. (He converted this past December!) Eventually, she found her niche and believes strongly that her job is to educate the next generation “to be better and do better. Stand up and speak up.” Gillies believes that San Diego is no place for hate, and she vows to “shine a light on the haters.”

The next valorous woman profiled was the Chair of San Diego Jewish Academy’s Heidi Gantwerk. Lisa Robins stepped into her shoes for this one. Gantwerk met her husband when they were both students at Yale. He was a piano player and she, a vocalist. She was supposed to be the intermission act, but when he heard her, it was kismet. The two came to San Diego and knew no one, but they created a Jewish home, into which they brought three boys. Raising her sons while maintaining a Jewish environment sans extended family was a challenge. However, with “strength, creativity, flexibility and hard work” they pulled it off. The recipe must have been a keeper because Gantwerk proudly

shared that all her sons are involved in running Shabbat services at their schools, and are very involved in bipartisan discussions about caring for people. This sweet interview ended with a family musical performance.



Sharleen Wollach

Sharleen Wollach has been with the Jewish Community Foundation for the past 11 years, creating opportunities and finding venues to keep philanthropy thriving in San Diego. Played by actress Julie Marcus, we learned of Sharleen’s can-do attitude and her purpose-driven life. “What are you going to do for someone today?” is a mantra that she recites each morning. She likes to say that she was manufactured in South Africa and assembled in the USA. Growing up during apartheid, Sharleen saw more than her share of inequality and racial injustice. This observation made her take a solo trip to America as a young woman. Not long after, she made the move, as did her parents and siblings. This entrepreneur shared some cute stories about her early entry to the world of work. At the age of 8, she began making and selling candles, composed of remnants of Shabbat candles and crayons. By 13 she was managing a chicken shop...always, but always, serving others. This became a blueprint for her life’s work. Sharleen learned to be of service from watching her parents and took these lessons to heart. Unfortunately, at 36, Sharleen discovered she had breast cancer. At the time she was raising two young children but refused to give in to self-pity. Instead, she turned her energy outward and was invigorated by the knowledge that she could give back and help others. She has been doing that ever since. Wollach ends her day by asking, “Have I done something meaningful for someone else today?” I’d say she has!

If you know Chaya Ertel, then you know how bubbly, engaging, curious, and sincere she is. How Viterbi found the perfect actress to portray her, I don’t know, but Rebecca Futterman was a very good choice. The actress told the story of how Chaya asked her husband, UC San Diego Rabbi Ertel, how many students to expect for their seder. He replied “40.” For most people, that’s a lot of company, food, dishes, wine, etc. Imagine when the number swelled to 120! Chaya smiled and said, “My husband has a softness for his students and I’m learning to be okay that we don’t know the end of the story.” This woman is filled with such a sense of wonder and openness and it comes across loud and clear. She is all about coordinating, sharing the load, working together to achieve a common goal. “Torah isn’t meant to make you suffer. I host people even when I think I can’t physically and I feel more connected to the Creator and the San Diego Jewish community.”

Janet Acheatel’s story was beautifully related by Elaine Rivkin. Acheatel described her mother as a role model, providing for the family on a modest income, and always with good cheer, optimism, and strength. Acheatel recalled the importance of spending Friday nights with family at her grandfather’s home, and the key role a supportive

and loving family has played in informing her current views on priorities. This first-generation college graduate followed a career path into teaching. She was accepted into a Ph.D. program, but lacked the financial wherewithal to attend. This experience made her realize that if she were to grow and pursue new dreams, she would need to become more financially savvy. This led to an exploration of major Wall Street brokerage firms. After completing a program in brokerage training, Acheatel landed a job as an institutional money manager. "Opportunity was knocking and I answered." She found she was good at helping people manage their assets to create the lives they desired. Her teaching skills were applicable in this new setting. "I went from wiping the noses and holding the hands of 6-year-olds to doing the same with 60-year-olds." Acheatel learned from her clients that the focus was on realizing a quality of life, not focusing on the money, and this revelation made her feel that her job was more important. In 2011, another opportunity presented itself. Teaming up with a female colleague, Acheatel formed the Women's Focus Management Practice, specifically geared towards helping women manage money. She sees this as her "forever job. I don't think I'm ever going to quit." Acheatel views San Diego's Jewish community as an important aspect, and has just recently stepped down from the Hillel board, but reaps nachas from knowing that thanks to this influence, her daughter, Jessica, is raising her own children as Jews. For Janet Acheatel this comes full circle. Family remains very important, and by serving other families she is paying it forward.

Episode Six of these gorgeous tributes honors the life of Holocaust survivor, Pearl Recht. Rosina Reynolds does an amazing job of morphing into this lively, loving, strong, and humorous woman. She opens with a joke and goes on to share her story which is rife with pain and loss. Her horrors are unlike any most of us have ever known, and G-d willing, will ever know. As a seven-year-old, young Pearl observed the Germans invading her home town in Poland on Erev Rosh Hashanah. They set fire to the mikveh and then to the synagogue which contained people. In 1942, an airplane factory just 28 kilometers from her town was bombed, and shortly after the Jews were placed on trains and families divided. Pearl was put on a train with her mother, younger sister, and grandfather. Eventually, they were in hiding in an attic in the home of a Polish family, near a factory where Pearl's father was forced to work. While in hiding they were warned "Don't move. Don't breathe." When her family had an opportunity to leave, the Polish woman offered to take one of the girls. Pearl's little sister seemed to need her mother more, and so ten-year-old Pearl remained with the Polish family, who took her in as their cousin. However, as the Germans were still searching for Jews, Pearl spent her days sitting in a wardrobe and was only allowed out at night. She was amazed that her "siblings," the two Polish boys in the home, never gave her away throughout her three-year stint. She recalled, "It was a very frightening life." An aunt and uncle learned of Pearl's survival and came to claim her, but believing that her father was still alive, 14-year-old Pearl opted to stay with the Polish family until her father collected her. Learning the truth, Pearl was taken in by her aunt and uncle and the family made it back to Germany in 1949. Pearl became their daughter and was raised by them. She is very proud of her Jewish heritage and especially proud of her children for their humanity and kindness. When she wonders why she was spared, Pearl stated that she believes it was so that she could take care of her husband in his declining years, because she has many wonderful memories of their life together.

Each of the actresses did a masterful job of conveying an amazing woman of valor and we are so fortunate to have these icons living among us. Please, if you are able to watch the interviews, I encourage you to visit this website. I know you will be entranced and as proud as I am to share in their nachas and support their vision.

A big mazaltov to Sharleen Wollach from us all. She has been promoted to Chief Impact Officer, according to Beth Sirull, JCF President and CEO.

Sharleen has been with JCF since 2009 and oversees the foundation's approach to donor services. She works to strengthen community connections through her efforts as a liaison with grantee-organizations to promote philanthropy and enrich relationships with the foundation.

Sharleen directs programs that focus on developing and enhancing relationships for current and future philanthropy.

"JCF's programs are now nationally recognized as models for effective philanthropic planning, thanks largely to Sharleen's tireless efforts," Sirull said.

As acting Chief Impact Officer, Sharleen will be working with the executive team to guide JCF to expand and integrate innovative approaches to the donor experience.

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Oral History Research Project Begins

By Dr. David Cline

During the fall of 2019, I was very fortunate to begin a research project on the South African Jewish community in the San Diego area. This topic has interested me since my own childhood friendship with a recent arrival from South Africa in Los Angeles around 1980. Having moved back to Southern California in 2017 to take a position as Associate Professor in the History Department at San Diego State, the time seemed right to finally launch the South African Jews in Southern California Oral History Project and begin to make some connections.

And make some connections I did! Members of the community embraced the project and my students last fall. Both Avril and Geoff Simon, and Pam Nathan and SAJAC of course, were so helpful, introducing me and my students to the South Africans we interviewed. Twenty students, seven graduate students, and 13 undergraduates conducted 24 oral history interviews with 26 individuals.

The interviews covered topics from individuals' family stories of emigration to and settling in South Africa originally, general life in South Africa, and family histories, politics and apartheid, activism, religious life, cultural life, the decision to emigrate and the emigration story, community building and retention in the US, and current stories and relationships to South African Jews in other countries and back in South Africa. And these were just some of the topics.

The interviews, which were all digitally audio-recorded, ranged from about 45 minutes in length to several hours and are now in the process of being transcribed and shared back with the interviewees. They will then, if all agree, be archived in Special Collections at San Diego State as an accessible resource to the community and future researchers. We had originally hoped to get all the interviews from the fall transcribed and archived by now, but COVID-19 through a wrench into that plan, so we are eking our way along with minimal student help at the moment.

What's next? Hopefully, much, much more! The first set of interviews were mostly with first-generation immigrants. We hope to continue to interview many more of you in the community while moving now to the next generations, the "kids" who are no longer kids! And we very much need your help in continuing this exciting research. My hope is to eventually gather the interviews into an accessible digital archive but also bring excerpts together in a scholarly book. I'd love to hear from those who are willing to be interviewed. We could also use help with transcribing or funding the transcription process which costs about \$100-\$150 per interview.

I hope to have more updates soon as the project proceeds along. I am so grateful to the community here for welcoming us into your lives and look forward to continuing the collaboration for years to come. Please feel free to reach out to me at any time. This fall 2020 I'm also the Interim Director of Jewish Studies at SDSU, so I'm doubly involved. I look forward to hearing from many of you and to sharing the results of the research and future updates.



Dr. David P. Cline

David Cline is an Associate Professor of History at San Diego State. He is a specialist in the United States 20th century history, race, and religion, and the author of three books on these topics. He can be reached at dpcline@sdsu.edu. More information about him is also available at david-cline.com.



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Fanny Krasner Lebovits Talks with Pamela Nathan

A Life of Courage, Faith, Resilience and Responsibility



Pamela Nathan and Fanny Krasner Lebovits

Recently Pamela Nathan, President of SAJAC, interviewed Fanny Krasner Lebovits for the Reporter. Fanny is 97 years old, still maintains a hectic schedule, is active socially, and continues to talk to various organizations, schools, and groups about the potentially devastating impact of discrimination and hate have on individuals, communities, and countries. Fanny is a survivor of five concentration camps and a witness to, and victim of, arguably the greatest genocide in history, resulting in the deaths of two-thirds of European Jewry.

Fanny has written and published a most inspiring memoir – *Memories, Miracles & Meaning* – about overcoming her Holocaust experiences through courage, hope, and faith. Fanny recounts her story of loss, resilience, and survival and describes the joys and challenges she faced in rebuilding her life and family on three continents.

Pamela: Thank you Fanny for providing us the opportunity to learn from your experiences. I want to start by asking you to provide context for your Holocaust experience. How did your world change?

FANNY: I had a wonderful childhood. I was born in Liepaja, Latvia. We referred to our beautiful town on the Baltic Sea as Libau, its German name, since that is the language we spoke at home. I attended a Jewish Day school, belonged to a Zionist youth group, enjoyed a large and close extended family, celebrated weekly family Shabbat dinners at home followed by my mother playing the piano, and me dancing with my father whom I adored, I was fashionably dressed...in a way, much like the joy my great-grandchildren and their families experience in their own ways today.

After graduating high school at age 16, I left for University in Riga. I became a nurse because I always wanted to alleviate pain and make people feel better. I never imagined the humiliation, pain, suffering, and death I would witness.

My world changed when the Russians attacked and occupied

Latvia and our town, confiscating my father's business and militarizing Libau. This was followed a year later when the Germans forcibly ousted the Russians and immediately began enforcing discriminatory laws against the local Jews. I was 19 years old. Within a couple of weeks, they ordered over 1,000 men, including my father, to the town square and marched them off to what they said was a work camp. We later found out that the men were taken to the nearby lighthouse and shot to death that day. This began a series of killings that reduced our population of 9,000 Libau Jews to just 800, who were then crammed into 11 houses known as the Libau Ghetto.

Over the next five years, I survived the Libau ghetto and five concentration and work camps: Kaiserwald, Riga Reichsbahn, the infamous Stutthof Camp where they made soap from dead Jews, Stolp, Burggraben, and Stutthof again. I survived a death march and a barge carrying only diseased passengers left drifting and burning in the Baltic Sea. Through a series of miracles, I am one of the fewer than one-and-a-quarter percent of Latvian Jews to survive the Holocaust. I lost all my 79 relatives including my parents, grandparents, cousins, and my baby sister Liebele, who was just eight years old when they killed her. But I did manage to save my dear sister Jenny. I somehow survived through a combination of belief in the Almighty, and maybe some courage and resilience – actually through miracles. I weighed 59 lbs. and suffered from Typhus when the war ended and I was liberated. I had no worldly possession other than the sheet I was wrapped in as I was taken to the basement of a hospital and kept in quarantine.

Pamela: The years immediately after your liberation must have also been traumatic.

FANNY: Of course, it was devastating having no family other than my sister and nowhere to go. But you do what you have to do. I had belief in the Almighty and a drive to create a life out of the darkness I had experienced. It became an adventure. Because I spoke several languages and had a nursing background, while I was still recovering in a British Army Field Recuperation Hospital in Germany, I was asked to work at UNRRA, the United Nations Relief and Rehabilitation Administration, in the operation of their medical services. It was an amazing experience and led to several "coincidences" (we Jews don't believe in coincidences) ultimately resulting in Jenny and me making it to Stockholm, Sweden. There I was fortunate enough to work for the World Jewish Congress in the effort to create a Jewish State. Our lobbying was rewarded and two of my happiest memories are the day in November 1947 when the United Nations passed the resolution authorizing a Jewish state. On May 14th, 1948 we listened on the radio to David Ben-Gurion proclaiming the establishment of the State of Israel. How we danced and celebrated in the street outside our office building, below the Israeli flags we had draped from the windows!

Pamela: You ended up in South Africa for 31 years where you married and with your husband Louis Krasner built a successful business and raised three children. How did this happen?

FANNY: This is a complex and wonderful story and too long to explain all the coincidences that brought me to Johannesburg. Your SAJAC members will have to read about this in my book. It is a long and happy thread in my life.

Pamela: Your memoir describes many of the values you believe helped you survive the Holocaust and build a happy, "normal" life both in South Africa and here in San Diego. Do you want to comment on this?

FANNY: Honestly after the war, my objective was just to live a normal life with the values my parents taught us. I now realize that my resilience and a positive outlook have allowed me to live an extremely rich and fulfilling life. The influence of my parents, the importance of family, kindness, and compassion for others, standing up against hate have all provided me purpose. My mission became to ensure the Holocaust is never forgotten and never repeated, to describe through my story that every human life holds immeasurable value and there is no place for hate in this world. Understanding one's heritage, learning from it and the importance of perpetuating the moral values passed on through example, are things we should all work on to create a better world.

Pamela: How have these values influenced the recent generations of your own family?

FANNY: My family is my revenge against Hitler. I am so proud of each and every one of them. Parents have sacrificed to send their kids to Jewish Day schools which each of my nine grandchildren and thirteen great-grandchildren have attended. The kids have great values, learned from their parents and teachers. They are the joys of my life and have brought me tremendous happiness.

Pamela: Fanny, what drove you to write this book, Memories, Miracles, and Meaning?

FANNY: For many years I thought it would be useful to write my story for my family and their future generations. I had made some notes and have given many lectures. Then a good friend convinced me that my story has many important messages

which should be documented, understood and read by anyone interested in the horrors that can befall any of us, and our ability to rebuild meaningful lives. I want to educate young people about this atrocity and to ensure that it never happens again; to pass on the message that each one of us has a purpose on this planet, even though none of us can ever really know the magnitude of our impact on others; and that hate is never good and love is never bad.

My story is one of many, many miracles. It is one of hope, it is one of trying to maintain the moral values I was taught. It is one of belief, optimism, and joy, with a love of Israel, the Jewish people, the Hadassah organization whose motto "The Power of Women Who Do" I live by, and most importantly, my family.

Pamela: Thank you, Fanny. You are an inspiration.

Taken from SAJAC's Reporter Spring 1987

YOU KNOW YOU'RE SETTLED WHEN...

- You expect all the stores to be open any day you feel like shopping.
- You expect to get through to any number the first time you dial.
- You can converse freely with an answering machine.
- You stop being flattered when someone says, "Have a nice day."
- You don't tell all black people that you're Australian
- You spell recognize with a zoooooee.
- You stop castigating yourself for being homesick and stop saying things like "I don't know what's wrong with me I have a lovely home in this beautiful city the sun shines, the kids are settled. Why aren't I happy?" You start saying things like "I miss my family/dog/soccer-team but I can live without them."
- Your kid tells you there's a kid with a real South African accent in his class.
- You stop waking up in the middle of the night to ask yourself "What am I doing here?"
- You've done the first trip back home.
- You know the WORLD series, in baseball doesn't include any countries except the U.S.A.
- You sometimes forget you weren't born here.
- You laugh at Johnny Carson's jokes.
- You tell someone whose been here longer than you where to buy marmite...you stop wanting to buy marmite.
- Pricers don't make you cry.


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Barbara Lurie - Mom's 90th Birthday.

By Dina Aires

On July 7, 2020, we celebrated my precious Mom's 90th birthday.

Due to COVID-19, family and friends arrived in their cars decked out with balloons, banners, special hand made signs, honking, and making her feel so special and loved!

Our beloved Mom and Granny, Barbara Lurie and her husband Selwyn have 3 married children and 8 grandchildren. They have lived in four countries and we are beyond blessed that they are now in San Diego.



Selwyn Lurie's 98th Birthday

Thought you would be interested to see how we celebrated my 98th (with Barbara having turned 90, we are now both nonagenarians!)

We celebrated the occasion with our family in our garage and on our driveway, 4 tables set apart for each family for

social distancing, all decorated and plenty to eat and drink. A really joyous occasion. Attached are some photos showing the P-47 theme. I am now probably among the last of WWII combat fighter pilots still around!

Hope you are doing well during this pandemic.



Managing Life During Covid-19

By Debra Jedeikin



We are now at the 4.5-month mark, 20 weeks of lockdown due to the COVID-19 pandemic which has impacted humankind in unprecedented ways and completely altered the landscape with which we have been familiar. Nothing is as it was and everyone is affected.

Sheltering at Home has affected us all and social scientists are currently concerned about the longterm effects of the unpredictability that we are facing daily.

We are in the midst of a traumatic event and census data indicates that 34 of 100

Americans, over one-third of the population has been diagnosed with anxiety and/or depression since March 2020.

Depending upon our life cycle stage, our needs are different, but the uncertainty is the same. We humans like structure and routine, a sense of purpose, and meaningful pursuits. We like financial security and planning for our futures. We need to know we can provide a life for our families.

I HEAR THESE CONCERNS DAILY AND THERE IS A GENERAL INCREASE IN FEELINGS OF HELPLESSNESS AND DESPAIR.

Will I keep my job?

Will I be able to provide for my family?

Will my business survive?

Will our college grads find work?

Will our school-aged children return to school and well-rounded education.

Will we ever be able to enjoy social contact?

Will we be able to manage the juggle of work, homeschooling, cooking, and maintaining a functioning harmonious home?

Will we be isolated for much longer?

Are we at risk?

What is safe?

Anger, irritability, frustration, sadness, sleep and appetite disturbances, and fear are all signals that we are struggling and it is important to know how to take care of one's mental and emotional state in order to be able to think clearly.

BACK TO BASICS:

Regular restorative sleep

Rest

Daily exercise

Nutrition

Hydration

Breathing practice

Safe social connection

MANAGING UNCERTAINTY

What we resist, persists!

Not knowing is stressful and resisting the uncertainty exacerbates our feelings of helplessness.

Instead of resisting the uncertainty that surrounds us, it is better to acknowledge and accept what we cannot change about this new normal.

Acceptance of what we cannot control allows us to move forward and to manage what we can. So, take control of what you can and take care of yourself!

BE KIND TO YOUR MIND:

When we live with constant stress it puts us into a fight, flight, freeze state which is useful only when actively avoiding immediate danger. This is a sympathetic nervous state- a response to the threat.

In this state we cannot think, we act instinctively, hence stories of people scaling a 6-foot wall when being pursued.

Staying in this dysregulated state 'bathes' our brains in cortisol, often dubbed 'the stress hormone', which overloads our adrenal function and depletes our immunity. Also, we are not rational.

Help your brain to return from anxiety to a state of calm. We can activate the parasympathetic response which restores the body to a state of calm by breathing - deep and slow is the way to go! When we practice therapeutic breathing, we lower our heart rate and blood pressure and instill a calm state immediately.

EXERCISE

Regular movement with cardiovascular exercise releases endorphins which reduce pain and facilitate sleep so schedule a brisk walk.

Stretching and yoga promote calm and ease tension in the body.

Find a program that works best for you and do something every day.

MEDITATION

Meditation is long proven to have multiple health benefits.

There are several excellent resources available online which can teach and guide us in developing a personal mindfulness practice. Take a course, download an app today!

Being mindful keeps us in the present moment and demonstrates how our minds and thoughts create our own realities.

We have the ability to control how and what we choose to focus on and liberate ourselves from a negative, unhelpful mindset.

Mediation focuses on how to use the breath as an invaluable tool right now and always!

VITAMIN N

Nature is an often-overlooked healer. We are so blessed to have the beach and many hiking trails on our doorstep in San Diego so get out there and breathe!

Looking into the distance at the horizon, the hills, a sunrise, or sunset is gratifying, calming, and offers us a sense of perspective. If you are unable to leave your home look and listen to the sounds of nature online or tune in to your mind's eye and visualize a safe and happy place in which you have felt secure and protected. From a tranquil place, we are best able to think, make rational decisions, interact compassionately, and work optimally.

CHOOSE YOUR MINDSET AND MOOD

In mindfulness practice, we learn that we do have the ability to choose what we think and feel at any given moment. Acceptance is a powerful path to positive thinking and proactive behavior. Attitude is everything! Viktor Frankl was an Austrian psychiatrist and a Holocaust survivor of four brutal concentration camps. His book 'Man's Search for Meaning' is a must-read in these scary times. "Everything can be taken from a man but one thing: the last of the human freedoms is to choose one's attitude in any given set of circumstances, and to choose one's own way."

BE KIND

Most importantly, have compassion for yourself. We are living through an intense period in history and often we respond to stress by being harder on ourselves through unreasonable demands and critical self-talk.

Acknowledge and take care of your own vulnerability. Taking regular time for yourself, even for 30 minutes will help you organize and calm your mind.

Remember we're all in this together and everyone matters. So set the intention to communicate clearly, cooperate with grace, and have compassion. Gratitude and compassion are proven to positively change one's mindset

STAY POSITIVE
STAY FOCUSED
STAY STRONG
STAY HEALTHY
STAY HOME

mood and general well-being. It's a win-win solution Start today with a "How can I Help?" approach to your family, friends, and others with whom you are interacting. Practice gratitude daily with your family or a friend. There is always something however small to be thankful for. Always!

Gratitude practice has been found to alleviate worry and sadness. Spread good news – we all need a break from the barrage of bad news so share anything inspirational you have experienced- a song, a poem, a photo, a podcast! These days a little goes a long way.

FUN

Laughter, like exercise, releases endorphins- our 'feel-good' brain chemicals.

Watch a comedy, play a fun board game, dance and sing, engage your children in some fun family activities, and if you're lucky enough hold a baby.

Creativity feeds the soul and calms the mind so cook or bake or paint or sculpt or garden.

RECONNECT

Often during frightening times humans retreat and withdraw from social contact.

We are social animals and connection is as important as our basic needs for survival.

Schedule times to connect safely with friends and family. Hug who you can! Daily!

Share - your feelings, your struggles, your recipes, your ideas in creative ways - online book clubs, check-in groups, walk and/or talk with a friend, host a teeny Shabbat outdoors.

ROUTINE

A structured day ahead reduces anxiety as does cleaning up our physical environment.

Children like to know what their day holds too.

Incorporate active and rest times and consciously separate work from work-life by logging off at the same time each day.

Clear the space and disconnect from your workday by taking a walk or simply going outdoors to look at the sky.

Use some or all of these tools consistently to reduce your stress. Create your own personal program and then take one step at a time. Repeat and repeat again. Many of these practices become second nature resulting in a more emotionally regulated self and increased resilience in these troubling times.

Please note that if you are feeling depressed, sad, or intensely anxious on a daily basis and cannot function the way you need to, it is necessary to speak to your family doctor or seek professional help.

Welcome Gemilut Chesed's New Chair.

We are thrilled to introduce Sandy Braff, our new Gemilut Chesed Chair. She has been living in San Diego since 1967. Sandy and her husband, Dave, were amongst the very first SAJAC members.



Sandy is a licensed Marriage and Family Therapist (MFT). Sandy was born in South Africa and came to the USA in 1967 after teaching in London in 1966.

She has had an enduring interest in working with the caregivers of loved one's suffering from Alzheimer's disease. Sandy has facilitated an ongoing weekly Alzheimer's Caregivers Support group since 1982 as a volunteer for Alzheimer's. This support group was one of the first to be established by the San Diego Alzheimer's Association over 40 years ago. In 1998 Sandy was awarded the most valuable volunteer of the year by the North County Philanthropic Society for her unwavering devotion and the charitable contribution of her time and expertise.

As a facilitator of support groups as well as in her private practice, she has dedicated her energy to teaching coping skills, easing the burdens of the Alzheimer's caregiver, and meeting with families to help them adjust, develop confidence, and cooperate with one another in what is often called 'a family disease.' Seeing her caregivers adapt and grow in their unexpected and often stressful and burdensome caregiving role, is one of the most rewarding aspects of her work.

Sandy strongly believes that we are all extremely resilient, and with loving support can grow and transform into courageous and compassionate human beings in spite of the challenging life events with which we are faced.

Sandy has co-authored a book that has received excellent reviews from caregivers and professionals - "Staying Connected While Letting Go: The Paradox Of Alzheimer's Caregiving."



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Braai Bonanza Oct 27th, 2019

By Lee Leibenson

The SAJAC Braai Bonanza was held at the JCC at the Mandell Weiss Eastgate Park on October 27th, 2019. And guess what? This was the very same venue where we held our first braaivleis 30 odd years ago. This event was a fun-filled afternoon of music, entertainment, and great food. There was an art exhibition featuring our talented local artists and a silent auction with fantastic offers and raffles. The day was a combination of everything South African - family, friends, and good food in a lively, yet relaxed atmosphere.

We have so many people to thank to make this event so special: There was plenty of entertainment for the kids ... Daisy Slime, manned by Bailey Ballen and her dad Craig Ballen held many a child as well as their parents captive for hours on end. Yoni Breziner, realtor, and Gepetto's Toy Store provided fun activity tents for all ages.

Charles Rubin and his Shmoozers' staff catered a delicious kosher combination meal. Boerewors, chicken, or veggie sausage roll options were served with pap and bredie, baked potato, and Caesar salad. It tasted just like the braais we used to relish in South Africa.

Thanks to the effort of Tova Galgut, who volunteers at the 'New Life Club, we were honored with the attendance of 24 holocaust survivors. Shalom Baby and Shabbat San Diego provided information tables.

Gary Wolf our talented master of ceremonies, kept us giggling and laughing, with his distinctive blend of typical SA humor and US topics. Entertainers Howard Schachat, Susie Lotzof, Hillel Katzeff, Pamela Levy, Rick Strell, Craig Saffer, and others in the 'Vuvuleza Band' filled the air with their melodious music and song.

Our local ex-pat artists put on an incredible gallery display, each showing off their own, idiosyncratic medium and style. Kudos go to Terry Austerlitz, Atara Baker, Susan Brook, Jennifer Broomberg, Narisa Broomberg, Tova Galgut, Ivan Goldstein (Palm Springs),



Susie Lotzof, Stephanie Myers, Pamela Nathan and Ilana Silverman for their contributions.

Thank you to head honcho, Tova Galgut, and the rest of the devoted team of volunteers who deserve recognition for consistently showing up to lend a hand, whenever SAJAC needs them.

There they were, manning the entrance, making badges, providing security, running the silent auction, and overseeing the art gallery..... Kathleen and Laurence Bloch, Derek Berghaus, Moira Berman, Barry Hynum, Denny Witkin and Benson Jarzyna, Rochelle and Greg Kahn, Lee Leibenson, Karen Lock and Steve Jacobson, Aubrey and Sheree Meyerowitz, Sharleen Wollach and Tova Galgut's children and grandchildren. Also, photographer: Ernie Tyler, and videographers Josh O'Neill and Joel Ehrlich.

A special thank you, Pamela Nathan, for your continued dedication to SAJAC and for your tireless, hard work in making the Braai Bonanza such a success.

We are proud that SAJAC San Diego is the only chapter that still survives. It's because it 'takes a village' and we have one! Thirty-three years of building community and we're still going strong.

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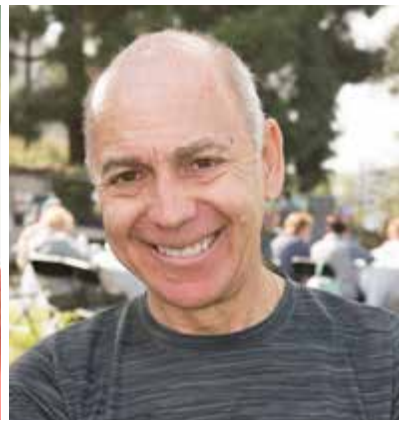
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Behind The Scenes @ Cirque de Soleil

By Nadine Smith



I quit my job and ran away with the circus. Don't we all wish we could! I have had the pleasure of traveling with two Cirque Du Soleil shows Luzia and Volta as a chef in the kitchen. It's a crazy, fun, and unique lifestyle and definitely a conversation starter.

This is a brief insight into the kitchen life traveling with Cirque Du Soleil Volta. The circus is set up in three phases: set-up, shows, and teardown. All the cirque traveling shows follow the same plan and it is coordinated on a strict time schedule. Setup lasts 3 days and is a 24 hour a day process. We have cirque employees called 'Fly-ins' and all they do is set up the site and teardown the site. Only the fly-ins and kitchen staff are allowed on-site during setup.

The kitchen is responsible for feeding all the cirque employees at all times. We arrive on day one and are the last to leave after teardown. The kitchen is packed into 6 18-wheelers. When offloaded, they are opened up and placed side to side to create a kitchen and dining room. We travel with 167 18-wheeler trucks. Until the trailers are offloaded, set up, cleaned, and sanitized, the kitchen is set up in rented bungalows that is then used as admin offices. After the three days, the site is 90% up and running, the site supervisor hosts a BBQ for all (the kitchen makes all the other food) and set up is officially over. The next day, the artists arrive.

For the 3 days of setup, we serve breakfast, lunch, and dinner and between meals, we offer two prepared snacks and after dinner, we make sandwiches for the night crew. There are

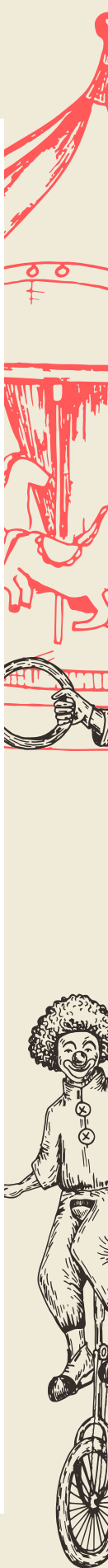
always 24-hour little snacks of course. Once the kitchen 6 trailers lined side by side are set up next to each other, we unpack all the equipment. The first three trailers are converted into a sealed dining room with a cereal station and coffee station available till the last show ends. There is a refrigerator for actors to put their meals in if they want to save their food for after the show. Sometimes in the warmer cities, they build a nice outside eating area for people to eat outside and sun-tan. Trailer 4 is the line trailer with all the ovens, buffets and other bolted down equipment and also has the salad bar and dessert bar. Trailer 5 is the prep area and trailer 6 is the built-in refrigerator and freezer. All the food arrives fresh 2-3 times a week. Premier night is the first show in each city and the kitchen is responsible for putting on a massive dinner party with alcohol. The next day is usually a dark day.

From here on out, the routine is the same every day based on one or two show days. On a typical day, the kitchen crew gets in early to open by 9 am. They don't do leftovers unless it's kept at safe temperatures and then frozen for use during the last week. There are rules for meal service to keep the menu fresh and exciting as the performers come from all over the world including South Africa. Dessert is served at dinner only. The kitchen is cleaned and closed after the last intermission. And it starts again in the morning. The kitchen is not open during off days. On Sundays, the kitchen creates a huge buffet-style brunch which includes family members as well. The shows are earlier, so we get an early night off.

We usually see the fly-in crew around the last week of the shows as they try to pack non-used equipment ahead of the teardown. Two days before teardown on Thursday, we start defrosting the freezer and serve the frozen leftovers. It's the busiest and longest day for the kitchen crew. Not only do we have to put on a brunch, lunch, and dinner, we have to set up a makeshift kitchen in the bungalows. After the last show, half the crew stays and tears down the whole kitchen. The other half transports all the food and ingredients to the makeshift kitchen. The fly-in crew will be having another dinner in the makeshift kitchen soon after set up as they will be working 24-hour shifts.

The first day of the teardown is a huge pasta bar. After our 12-hour shift on Sunday and the kitchen is all packed up, the bungalow kitchen is in chill mode. Except for putting on meals that have already been prepped and planned, there is nothing much to do. On the last day, Tuesday, breakfast, and snacks are served, and then the pizza and any left-over food and snacks (and usually there is an abundance of leftovers) are left for the local janitors and local staff that help during the show.

And then we all leave, and there's not a trace of anything to say that we were ever there!



Quokka Brew: The Caffeinated Jitterless Coffee

By Gabriel Bloch

It was August of 2019 and I had just returned to the UC Berkeley campus from my six month study abroad program in Utrecht, Netherlands. As I was skateboarding to my first class on a warm Berkeley Summer day, I happened upon two good friends touting a new coffee beverage that they believed would revolutionize the coffee industry. I myself had not drunk coffee for over two years, as I had always experienced a hefty crash of energy coupled with an aching stomach and anxiety. As a friendly gesture, I purchased a small 4 ounce bottle with a sticker that read “Quokka Brew” and continued on to class. Later that day I decided to give it a try. Besides having a great taste, I witnessed as my energy levels took flight. I studied for hours, waiting for my energy to fade and my anxiety to creep in. It never did. I felt like I could accomplish anything.

The following day, I approached my friend and told him that I believed that this product would change the world, and that I would do everything in my power to make it so. As a senior consultant for the Berkeley Business Society, I joined the Quokka Brew team as Chief Business Development Officer. With a solidified founding team of myself and a few of my Berkeley colleagues, we got straight to work. Meeting every night to devise plans for success, we realized that we had to begin selling more than just a few bottles each day. My mission was to find ways that we could get to one thousand bottles sold. I approached local food and grocery stores, set up Quokka Brew tables all over campus, and reached out to clubs and other organizations around UC Berkeley. Before long, our product was stocked in four of the most popular student food stores on campus, each selling an average of 30 bottles every five days. In addition, I set up the sponsorships of 20 campus clubs and organizations, including the Cal Baseball and Cheer teams.

My days were spent attending classes at the Haas School of Business while at the same time encouraging whoever I could to try our revolutionary coffee beverage. Nights I worked in an FDA approved facility, hand making as many brews as I possibly could for the next day of sales and samples. It was never enough. Within a month, we had surpassed our goal of selling one thousand bottles. During this time of hard work and optimism, I would frequently be approached by students asking how they could get involved in our startup. Our founding team never had a great answer for them. Eventually, I took it upon myself to devise a plan for Berkeley students to experience what it was like working for a quickly growing startup. I led weekly meetings in Haas classrooms for our founding team as well as the ambassadors that we had signed up. Within a month, our numbers jumped from only a handful of students to over 50 UC Berkeley Student Ambassadors. Since the program worked so well at Berkeley, we decided to set up similar programs at UCSB and Cal Poly SLO. We now have roughly 100 Student



Gabriel Bloch



Brand Ambassadors spread out across five college campuses in California. These Student Brand Ambassadors are the core of our startup, helping us grow organically.

As of today, we have sold over 16,000 of our glass bottled Quokka Brews, and are now in the process of transitioning to our newly designed infinitely recyclable 8.4 oz cans. Our crowdfunding page on Indiegogo, a site where friends, family, and fans could pre-order our new vegan Oat Milk Lattes, recently broke the record for the highest-funded launch day of any crowdfunded beverage EVER, reaching our goal of \$15,000 in under four hours. We are also in the talks with Shark Tank, and are hoping that they will accept us on the show sometime next year.

In our short time as a company, we have shown the world that there is an alternative to the afternoon crash, the coffee jitters, and the unwanted anxiety that comes along with our morning cup. We have also been able to rally our peers in support of the Australian WildFires, the first responders of COVID19, and the Black Lives Matter movement, raising over \$1500. Now as a recent graduate from the UC Berkeley Haas School of Business, my fellow Haas colleagues and I must ask ourselves what type of future we would like to build. As a founding team member of Quokka Brew, I now look to the future with hope and optimism, knowing that I will do everything in my power to pursue the business practices that ought to take place in order to create a tomorrow that we can all honestly feel excited about.



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YOUNG ARTISTS IN OUR COMMUNITY



Nikka Frank graduated from San Diego School of Creative and Performing Arts this past June.

"I love being creative" she says. Whether it be performing or visual arts Nikka is interested.

Nikka's aunt, Carly Nathan, taught her how to make earrings and necklaces at a very young age. Around two years ago, Nikka created her own business selling custom

jewelry and as a result of the covid lockdown she started making more.

Now she's selling her jewelry on Instagram @thefunkybead and before she knew it, she sold whatever she had made and had orders for more!

She's enrolled in Fashion Design classes for the upcoming semester but will continue to make her jewelry in her spare time.

Nikka Frank



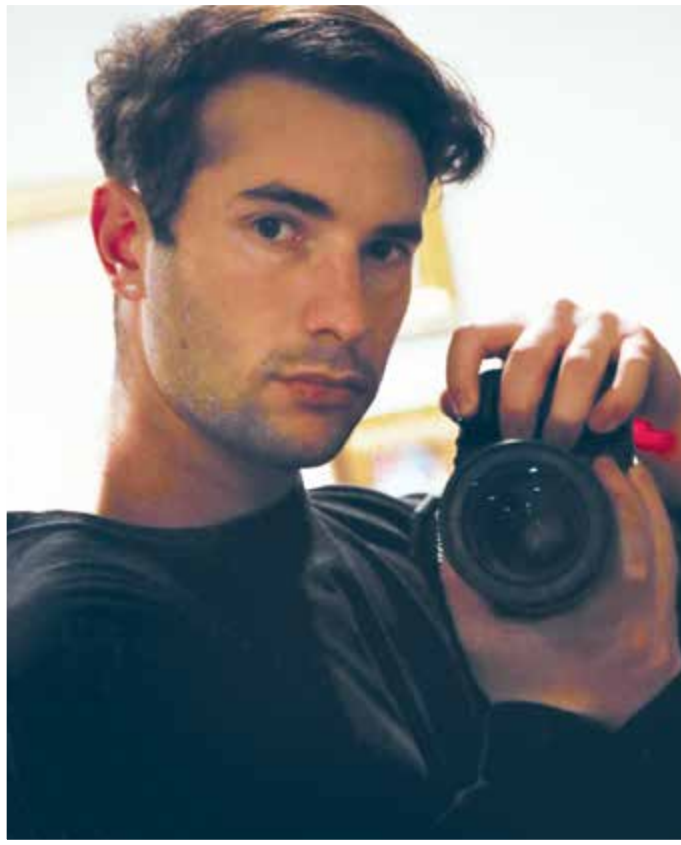


Cami Jacobs

I'm Cami, Adi and Kim Jacobs' daughter, and Nikki Saloner's niece. I'm now going into my sophomore year at Torrey Pines High School. I'm 15 years old, and I've been practicing art for only two years now and have taught myself everything that I know. I don't attend any art classes besides regular school art. However, next year I'm going to start AP art and try to make my dream of pursuing art as a career come true.



Dean Ryan



Dean Ryan is a South African-American Jewish Poet and Author is best known for his debut poetry book “Under The Moon” and his other unreleased books “Dusk till Dawn” and “Sun Dreams”. He wrote three books last year and in that same year built a poetry empire on social media with more than one hundred thousand followers and has established fans all over the world. His poetry caught the attention of a literary agency in Sydney, Australia who represents some of the most successful poets worldwide and they signed up Dean Ryan and represent his books.

“Under The Moon” skyrocketed to the top 100 on Amazon worldwide in the Best Sellers in Love Poems, after being released for only a few weeks.” It is in the category among many famous authors such as Rupi Kaur, R.H. Sin, Atticus, and more. Under The Moon” has been ranked #4 in Russia and #7 in Britain and Ireland. Under poetry on Amazon, it has been ranked above the great Edgar Allen Poe and legendary William Shakespeare.

“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. 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.” — Dean Ryan

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.

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.

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.

HAPPY
Rosh Hashanah



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Jewish Historical Society of San Diego Archives

By Laurel Schwartz, Archivist & Curator



Stanley and Laurel Schwartz

Historic treasures and abundant research opportunities await you in the Jewish Historical Society of San Diego Archives at San Diego State University. These archives are in partnership with the Jewish Studies Program and Love Library's Special Collections and University Archives. Here the photographs and information of San Diego's Jewish community are collected and maintained. This year we celebrate the Society's 40th Anniversary, the archives 20th Anniversary, and 170 years of San Diego Jewry.

Researchers from across the country and around the world have used material from our archives in films; created original performance pieces; completed doctoral dissertations and master's theses. Materials from our archives have been published in international magazines and in books. In 2017-2018, many photos and

documents from the collections were used in the exhibition, Celebrate San Diego! The History and Heritage of San Diego's Jewish Community at the San Diego History Center in Balboa Park.

In 1999, the Jewish Historical Society of San Diego, under the leadership of Stanley and Laurel Schwartz partnered with the Jewish Studies Program, formerly the Lipinsky Institute for Judaic Studies. Together they established the Jewish Historical Society of San Diego Archives, which formally opened in 2000.

The Archives consist of documents, papers, letters, books, photographs, and other materials that people have collected over the years about themselves and their lives here in San Diego. The materials date from the mid-19th century to the present day. Last year SAJAC San Diego donated digitized copies of the SAJAC Reporter, starting with the first issue in 1987, which documents many of the activities of San Diego's South African Jewish Community.

You can be involved in helping to preserve San Diego's Jewish past. If you would like a copy of our bi-annual newsletter, Toldot San Diego, or would like membership information, please contact the curator, Laurel Schwartz, using the contact information below. The Society is a non-profit 501 (c) (3) corporation.

If you have documents, records, photographs, or papers to donate or have questions, please contact us. The Society accepts both personal and public materials, relating to the Jewish community of San Diego, either in the original form or copies. The collections are accessioned, processed, and maintained by the Jewish Historical Society of San Diego. We also welcome assistance from the community in processing the collections. All collections will eventually reside at and become the property of the Special Collections and University Archives Department of the library.

Right now the archives and the entire university are closed due to the pandemic. But our online catalog is always open for you to review entries and photos of our processed collections. To search the collection catalog by keyword or alphabetic search and to see some images from the collections go to:

www.jhssandiego.pastperfectonline.com.



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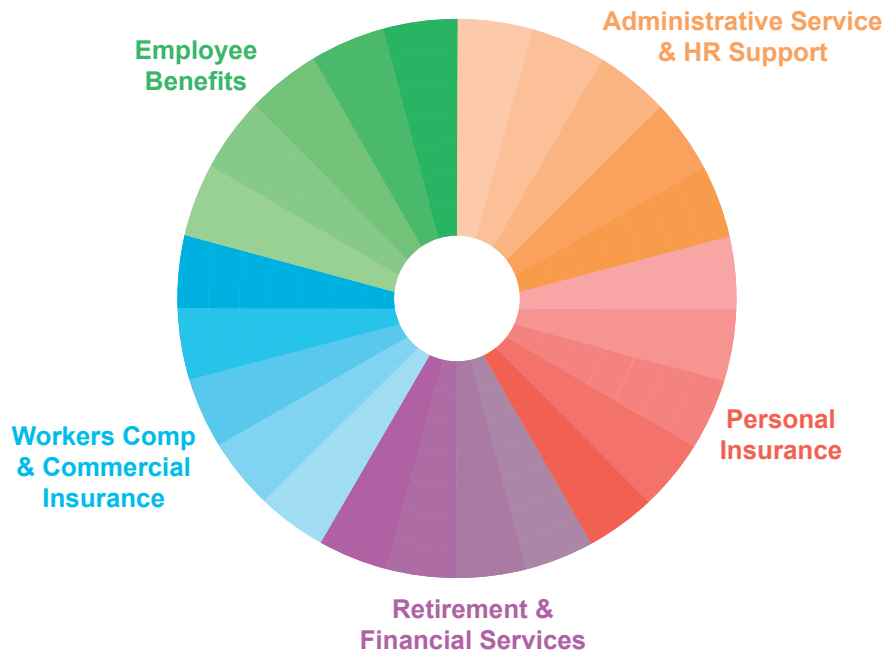
Our thoughts are with those affected by COVID-19, we hope everyone is staying safe and healthy.

BJA Partners is keeping up with the current health measures. For a list of resources please visit:

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In the meantime, we will continue to provide uninterrupted service and support.

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Boost your Immune System During Covid 19

By Linda Anne Kahn CLT-LANA CHNC NCBTMB



As the country is in the midst of COVID 19 cases, it is important to take even better care of your health than before. More research is necessary, but it's believed that quality exercise, activity, good nutrition, and emotional health is recommended to boost your immune system and stay strong during this time.

What is your immune system? Our immune system protects the body from environmental forces and defends you from diseases. A compromised immune system cannot protect the body from invading organisms and you are at a greater risk for infectious illnesses and debilitating diseases.

How does immunity work? Immunity is understood to be the protection we have against the 2nd attack of an infectious disease. The immune system includes certain types of white blood cells, which directly attack foreign substances in the body and work together to help the immune system cells. It responds to infectious attack or internal mutation through both non-specific and specific immunity.

The lymphatic system: Did you know that the lymphatic system is an important link to your health and to immunity? Are you aware that 100% of the fluids in the connective tissue must be picked up by the lymphatic system? A healthy functioning lymphatic system is crucial to our health, wound healing, immunity, and detoxification. The lymphatic system is responsible to clear the connective tissue of wastes and destroy bacteria and viruses

How can immunity be increased? A team led by Vadim Backman at Northwestern University studied the Possible Role of Vitamin D in reducing complications attributed to unregulated inflammation and cytokine storm in COVID-19 Patients. <https://www.medrxiv.org/content/10.1101/2020.04.08.20058578v4> Backman and his team were inspired to examine vitamin D levels after noticing unexplained differences in COVID-19 mortality rates from country to country. Backman believes vitamin D plays a major role. Not only does vitamin D enhance our innate immune systems, but it also prevents our immune systems from becoming dangerously overactive. This means that having healthy levels of vitamin D could protect patients against severe complications, including death, from COVID-19.

What are immune-boosting foods? New research has suggested that plant-based foods contain vitamins and minerals and most importantly, phytonutrients. The foods with red color pigment are high in phytochemicals such as astaxanthin and lycopene, have high antioxidant activity, are anti-inflammatory, and also provide immune modulation. Who would have thought that raspberries, tomatoes, and red peppers could be so healing? <https://www.hindawi.com/journals/jnme/2019/2125070/> It turns out that colored foods such as acerola cherry, rosehips, red bell pepper, and tomatoes also tend to be some of the highest vitamin C-containing foods. Vitamin C (ascorbic acid) is well known for its effects on the immune system, and in states of increased inflammation, vitamin C levels tend to decrease in the body. Several studies in the cells of animals, and humans have suggested that red-colored foods and/or their isolated constituents may assist with reducing systemic inflammation and bolstering the immune

system. This summer reach for watermelon, cherries, cranberries, pomegranate, and raspberries.

Aromatherapy and Immunity: I love the effects of essential oils on our body, mind, and spirit. Essential oils (EOs) are highly concentrated, aromatic volatile oils from plants. They have numerous chemical constituents that are extracted by steam distillation, hydro-diffusion, or cold pressing. Essential oils can be a very powerful tool in boosting immunity as they work directly to strengthen the immune response or engulf the bacteria and viruses that can make us sick. These oils do this because of specific immune-strengthening properties: antibacterial, antiviral, antiseptic, and anti-inflammatory. Thyme essential oil has been shown to produce a high level of antimicrobial immune activity. In another study thyme essential oil was found to be effective against a range of infectious bacteria, including staphylococcus strains and treatment-resistant strains like MRSA. The anti-inflammatory properties of EOs such as copaiba balsam have been investigated. In multiple studies, it was found that essential oils of eucalyptus and ginger, seem to have immune function enhancing properties. Frankincense EO (derived from *Boswellia carterii*) showed strong immunostimulant effect

Effects of Essential Oils from Trees—Forest Bathing: In Japan, a forest bathing trip, called “Shinrin-yoku” in Japanese, is a short, leisurely visit to a forest; it is regarded as being similar to natural aromatherapy. When we breathe in these essential oils derived from trees while visiting a forest, we experience health-promoting and immune function enhancing effect. In a study, natural killer (NK) activity was increased and lasted for more than 30 days after the trip, suggesting that a forest bathing trip once a month would enable individuals to maintain a higher level of NK activity. NK cells are a key component of the immune response and play vital roles in controlling and eliminating both virally-infected and cancer cells.

Did you know that laughter is the best medicine? Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Laughter adds zest to your life and gives you the courage and strength to find new sources of meaning and hope.

Manual Lymph Drainage (MLD) and immunity: MLD is a gentle rhythmical massage performed by a specialized therapist to supports the immune system, increases lymphatic circulation, and removes toxic wastes. When the lymph system is blocked, the lymphocytes, macrophages, T-cells, and B- cells and other infection-fighting material of the lymphatic system are prevented from fighting the virus, fungus, and bacteria that may be attacking. MLD facilitates the proper functioning of the lymphatic system. MLD combined with essential oils specific to the lymphatic system is an effective way to boost immunity.

Summary: We now know that, in order to prevent colds and viruses, we need our immune system to be working optimally and our overall body frequency to be in its optimal range. During these difficult times make sure that you find time to laugh a lot, eat a rainbow diet, walk in the forest, breathe in some essential oils, eat foods high in Vitamin C and receive a lymphatic drainage massage from an experienced professional. Develop a lifestyle that will support and strengthen your body and boost immunity on a daily basis. This is not a guarantee that you will avoid becoming ill but we do know that a healthy immune system is your first line of defense if you do get sick perhaps the symptoms will be milder! Here's to your health!

Linda Anne Kahn CLT-LANA NCBTMB is an Aromatic Wellness Warrior and an Internationally certified Lymphedema Therapist. She is the President of Beauty Kliniek Aromatherapy Day Spa and Lymphatic Therapy Services in San Diego. www.lymphatictherapyservices.com. & www.beautykliniek.com

What A Year!

By Hillel Katzeff

When I was a youngster growing up in Cape Town in the 70's, I would try to imagine what the year 2020 would bring. I wondered where I'd be and what my life would be like.

It seemed so far in the future. However, the symmetry of the year 20-20 seemed to have an almost magical and mystical quality to it. Perfect Vision!



Flash forward 45 years, and here we are...2020. The journey to get here has been amazing.

It started with being selected by the local Rotary Club in Sea Point for a high school youth exchange program to the United States. My eyes and horizon widen when I traveled to the States as a teen.

I completed college, and then grad school while living and working in New York City in the 80's. Then I moved to San Diego in 1990. I connected with SAJAC and settled down in the Cape Town-like environment and started a family, while launching my career as a financial planner.

The years were good. Being a dad to two wonderful children was amazing. I was rewarded in my chosen career and gratified helping families to achieve their financial goals.

A few years ago, I discovered open water swimming. Last year I successfully completed the Robben Island crossing in Cape Town.

At the start of 2020, I set a new goal to challenge myself and raise money for charities - to swim from Cardiff (Swami's Beach) to La Jolla Cove in September of this year.

Then, around my birthday in March, things began to change. In a matter of weeks, a virus was making its way to the USA. Soon the first global pandemic in a century hit and things changed rapidly.

The stock market (Dow Jones) crashed, by 7% in one day on March 9th, and a total drop of 31% before recovering.

Lockdown, recession, and unemployment for millions became the new reality. People became fearful and many panicked because of the uncertainty. As of August 2020, there are about 160,000 Covid-19 deaths in the US alone.

Frontline health care workers, essential workers, minorities, and the elderly have been infected and dying at higher rates.

The brutal killing of George Floyd by a racist policeman exposed long simmering racial injustice and economic inequality. People of all color took to the streets to protest and demand change, despite the dangers. Antisemitism continued to be on the rise.

During this time, the government response was to down-



play the extent of the virus and confront protestors to restore law and order.

By the time this article is printed, there will still be four months left in 2020.

So, what's ahead? In the short term, the general election ... which is likely to be highly contentious. Beyond 2020, I look forward to recovery, renewal and rejuvenation. I know it will take time even though drug companies are in a race to discover an effective vaccine.

I count my blessings and look at 2020 as an opportunity to change and adapt. I will continue to challenge myself by swimming to keep my balance, give back and maintain good physical and mental health.

More importantly, I will continue stay in touch with my family friends, using Zoom, FaceTime and the Phone, until it's safe to get together in person. I look forward to future gathering and celebrations. I'll also continue to guide families that need help to navigate life's twists and turns.

Here's to 2020 and beyond.



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Robert Wolf is the Owner and Broker of Wolf Real Estate Group. Robert was born in New York City, and graduated from SUNY Binghamton. He has been a licensed Real Estate Salesperson in Southern California for 21 years, and a Broker since 2006. Robert also brings more than 17 years experience as a CPA, working as a Consultant, Controller and Chief Financial Officer in New York City for large Real Estate Firms, before becoming a partner of Capstar Realty Group, where he lead the company as the top producer.

Robert has spent these 21 years mastering Southern California Real Estate, and in 2015 he was recognized as the **North County Realtor of the Year**. He is currently a Zillow Preferred Realtor.



In addition to Residential Real Estate, Robert has experience representing investors with 2-4 unit properties, neighborhood strip centers and multi-unit residential apartment complexes. He has helped Builders, Investor Groups and Contractors locate and sell profitable real estate across Southern California.

When not working, Robert spends time with his family, wife Ilisa and three grown children Michael, Alexandra and Jason and grandchildren Eliana and Abigail. He enjoys getting outside with his dogs, Daisy and Channing, and traveling and exploring this great country with his wife.



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Covid Won't Stop Shabbat San Diego

By Simone Abelson

Pandemic Covid-19 isolation, won't stop Shabbat San Diego! We will still be coming together in UNITY for our seventh year.

On November 6th and 7th, two million Jews in more than 1500 cities in 101 countries will be "Keeping it Together". This is a collection of languages, customs, and styles of observance. We will just be doing it virtually, through Zoom, Facebook Live, YouTube Live, and Instagram – you might even see us on TikTok.

This year Shabbat San Diego might look different, but we are still the same. We are an independent grassroots level community-wide, inclusive, and egalitarian organization. Our volunteers are dedicated to encouraging the entire San Diego Jewish community to participate in a unique, international Jewish identity event inspiring all Jews to experience Shabbat together. Jews young and old, from all walks of life, from across the spectrum of religious affiliation, and from all corners of the world come together to experience the magic of keeping one complete

Shabbat together. It's our opportunity to renew family and community life, restore Jewish identity, and unite Jews globally, and renewing and recharging our Jewish future together.

Shabbat San Diego powered by the Lawrence Family JCC Jacobs Family Campus and the Global Shabbos Project ask our Shabbat San Diego community to adhere – with total commitment – to the health and safety protocols established and celebrate a Shabbat of kindness, a Shabbat of prayer and a Shabbat of our connection to G-d – tapping into the transformative power of Shabbat.

We request each one of us to do three things:

1. Call or message each other with words of support before Shabbat

In our quest to protect each other, we find ourselves physically cut off from one another. So many of us are completely alone. Call or message someone you know who is alone or struggling to wish them Shabbat Shalom and offer them words of support and encouragement.

2. Pray for each other just before candle-lighting

As the devastation of COVID-19 sweeps across the world, so many people need our prayers. Let us pray together – for each other and all humankind.

3. Keep this Shabbat together

Let us bring this Shabbat into our homes together and harness its immeasurable invigorating power. Let us connect to light and love and the beauty of Shabbat for a precious 25 hours.

We in San Diego can feel closer than ever to our heritage and each other! Let us build a global identity with pride and solidarity and connect through common actions with others from Katmandu to Cape Town, San Salvador to Singapore, Melbourne to Myrtle Beach, Prague to Panama City, Ukraine to Zurich, Toronto to Tel Aviv, Baltimore to Bogota and Mexico City to Moscow.

Shabbat San Diego 2020 Schedule (all events will be held virtually)

Thursday, November 5th: Virtual Challah Bakes

Demonstrations on how to make Challah Dough throughout the day on social media

One community-wide Challah Braiding Demonstration early evening on Facebook or Zoom

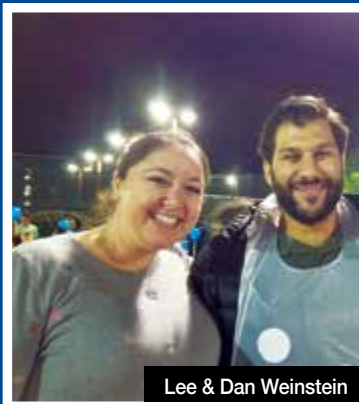
Friday, November 6th: Shabbat Services; Shabbat Home Dinners with special host gifts

Saturday Morning November 7th: Shabbat Services followed by Home Lunches

Saturday Evening November 7th: Havdalah Unity Celebration Extravaganza

Sunday Full Day November 8th: Day of Learning – TAPESTRY/Partners in Torah

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



Lee & Dan Weinstein



Celia Levy

Pandemic, Recession & Protest & the Market is Soaring

By Linda Bernstein

“The housing recovery has been nothing short of remarkable,” says Ali Wolf, the chief economist of Meyers Research, a national real estate consultancy. “The expectation was that housing would be crushed. It was—for about two months—and then it came roaring back.”

Why are there so many buyers? According to Realtor.com “There is much pent-up demand from buyers who were stymied by the coronavirus in the spring. These are the folks who were forced to postpone their searches in March, April, and May. Some are first-time buyers with growing families who need extra space pronto.

They’re now back in force, competing with those who had planned to buy in the summer—along with the city folks suddenly seeking a single-family home of their own, a more spacious abode with a home office (or two), and outdoor space.

“They’ve been at home for months, and feel that if they are going to spend the next 6 to 12 months working out of my house, they need a bigger house,” says mortgage broker Andrews. Home prices in the San Diego metropolitan area had risen 5.2 percent in a year, the S&P CoreLogic Case-Shiller Indices reported Tuesday. It was the highest annual increase since last summer.

Analysts largely attribute gains to plunging mortgage interest rates and decreases in the number of homes for sale. For a 30-year, fixed-rate loan, the rate was 3.45 percent in March, said Freddie Mac, down from 4.44 percent at the same time last year. Regardless of who is buying, many analysts expect a drop in prices. Even with unemployment reaching the Great Depression levels it is unlikely as potential buyers are outnumbering sellers in many markets.”

Shortage of homes for sale and low mortgage rates are driving home price hikes. Home prices are climbing right back up, despite the recession, for one big reason: There is a severe shortage of homes for sale. That’s great for sellers, but not so great for buyers.

Home listings were down 31% annually in the week ending July 4, according to realtor.com data. That’s roughly a third less inventory than last year—when there was already a shortfall in available homes. Before the pandemic, there was a shortage of roughly 4 million homes—and that’s a conservative estimate, according to realtor.com Senior Economist George Ratiu.

Throw in a health crisis that affects sellers from listing their properties. Hundreds of thousands of construction jobs have disappeared this spring, resulting in a pause in building in most areas. So suddenly the gap between the very limited supply and strong demand from would-be buyers becomes a chasm.

The Market in San Diego is sizzling. The June sales and price report indicate that in CA, sales are up a whopping 42.4% from May. San Diego made it into the top 3 cities with bidding wars. 65.7% of homes sold in June had multiple offers in San Diego.

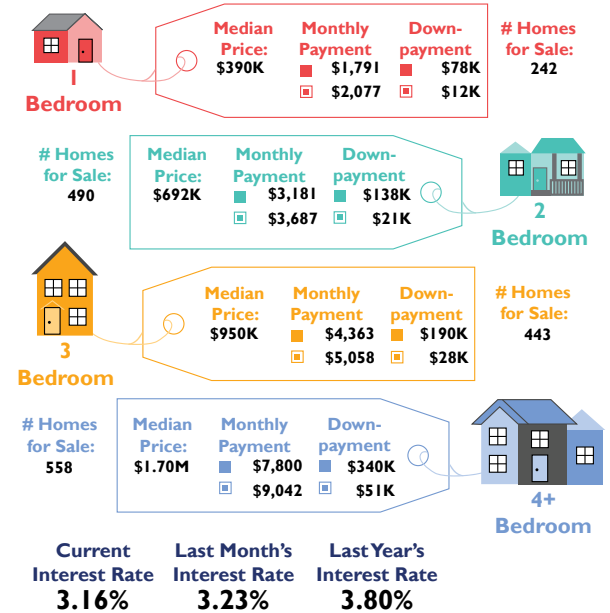
The California Market is on fire too as noted from the California Association of Realtors. A strong surge in home sales in June provided support to home prices, as the statewide median price set a new record high after dipping briefly below \$600,000 in May. California’s median home price reached \$626,170 in June, improving 6.5 percent from May and 2.5 percent from June 2019. The monthly price increase was higher than the historical average price change from May to June and, in fact, was the highest ever recorded for a May-to-June change.

Many positive signs abound for California’s economy and housing market. However, much of the recent data has yet to be

Buyer’s Guide to San Diego, CA June 2020



■ with 20% down
□ with 3% down



impacted by the spike in Coronavirus cases and positive tests. Overall, preliminary indications are that the housing market recovered much of its lost ground in June and economic data continues to improve. Still, uncertainty has also grown in recent weeks and the downside risks have also increased with a larger likelihood that the recent recovery could lose some momentum in the coming weeks.

Overall, there are many positive signs in the housing market specifically, and for the economic environment more generally.

The fundamentals for housing demand being observed include low-interest rates, an increased number of jobs, and falling unemployment. Unfortunately, we must also remain cautious because the pandemic is still with us, and parts of the economy are shutting back down again. Most importantly, a lack of housing supply is still preventing many homebuyers wanting to be able to take advantage of these phenomenal rates and get a foot on the property ladder.





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Adat Yeshurun's Tribute to Rabbi Jeff

By Jacob Kamaras



Rabbi Jeffery Wohlgelernter & Family

Congregation Adat Yeshurun of La Jolla has embarked on a historic transition. Adat Yeshurun's founder and leader for 33 years, Rabbi Jeffery Wohlgelernter, assumed the role of Rabbi Emeritus in July. Describing his new role, Rabbi Jeff said he will have "the knowledge of the community and a strong connection to the community, but no hands-on involvement in the day-to-day operations of the shul. My heart is still connected to the shul and the shul is still connected to me." Now living in Modi'in, Israel, Rabbi Wohlgelernter and Shoshie are maintaining the countless friendships they formed in La Jolla from afar, while Rabbi Reich and Brooke continue to get to know the entire community. "The shul is in good hands with Rabbi Reich," Rabbi Wohlgelernter says, "and the community needs to appreciate this."

Adat Yeshurun is commissioning a Torah scroll which upon completion will be gifted to Rabbi Jeff and his wife, Shoshie, in honor of their loving and tireless service for the community. "It is a symbol of their 33 years of dedication in La Jolla. "Torah is at the center of life in this community. It represents what the shul really is," Rabbi Wohlgelernter said regarding the Torah scroll. Rabbi Jeff selflessly taught more than 30 Torah classes per week. Adat Yeshurun could not have chosen a more meaningful gift.

Rabbi Wohlgelernter is from New York and Shoshie is from Vermont. They met and married in Israel and worked as Jewish educators in Australia before coming to La Jolla. In January 1987, a small group of families founded Adat Yeshurun. Over the course of 33 years, the Wohlgelernters have become known for their passion for learning, hospitality, creativity, and love for their diverse community of inspired and committed Jews. Shoshie taught for many years at Soille Hebrew Day School and Torah High School. They are blessed with loving children and many grandchildren.

Adat is Infused with a South African Flavor

From Adat's inception to the present, the shul has been a place where South African ex-pats feel comfortable. "Rabbi Wohlgelernter understood the world we came from, having worked and lived in Australia before landing in La Jolla," said Brian Marcus, himself

a South African ex-pat and now, the future President of Adat Yeshurun. "We continue to admire how Rabbi Wohlgelernter started this congregation from scratch in La Jolla and created what is now the largest Orthodox congregation in all of San Diego.

In its formative years, Adat Yeshurun's board had a large proportion of South African-born members, including many who were ex-presidents. These include David Levy, Dennis Goodman, Ronnie Werbeloff, of blessed memory, and Fane Robinson. David Levy also served as Gabbai for many years and today is succeeded in that role by another ex-pat Gavin Horn.

Today, having a South African President at Adat Yeshurun is repeated as Brian Marcus, who has contributed so much to Adat

over the years, assumes the role. The newly elected board he is overseeing will be required to transition the congregation to the next phase in its evolution. With a young Rabbi at the helm, Adat Yeshurun is well-positioned to attract young families to enjoy the more traditional forms of observance.

South African members of the board organized the major fundraising initiatives that were required to build the existing Adat building. In fact, many of them were major donors. South African influence in the design has the "women's section" upstairs.

What gives Adat Yeshurun its South African flavor? Marcus explains that most South African ex-pats, even though they may not have been strictly observant, grew up attending Orthodox services where musicality, ruach, and spirituality, were emphasized. The SA Jewish experience is similar to Jews from Mexico and British Commonwealth countries. That is why so many find a spiritual home at Adat. Being part of a close-knit community and doing acts of kindness for the community is something the Adat community truly values and these are all important elements of its character.

In recent years, South African ex-pat Barry Kassar, of blessed memory, worked diligently with Rabbi Wohlgelernter to bring a world-class chazzan Ohad Moskowitz, maestro Ofir Sobol, and a choir from Israel to lead Rosh Hashanah and Yom Kippur services. Due to COVID-19 they are not able to enhance services this year but hope to be back in the future.

Rabbi Reich Takes the Helm at Adat Yeshurun

Rabbi Reich obtained his Smichah from the Rabbi Isaac Elchanan Theological Seminary (RIETS) as a member of the honors program. He also trained as a Pastoral Counselor

"My background has powerfully shaped my rabbinic training and my leadership. As a child, growing up in Edison, N.J., I can vividly remember the warm and loving interactions among my grandparents," Rabbi Reich says. "It was a sight to see as my paternal grandfather, Saba Yehuda, a Holocaust survivor, who



spent his adolescence in Auschwitz, and his wife Savta Sarah, of blessed memory, who was a religious Libyan women, share a heartfelt interaction with my maternal grandmother, Mommom, of blessed memory, a traditional Conservative Jew with American roots, in Somerville, N.J “

“Through language and cultural barriers, they loved and respected each other. I knew this because they would each respectively educate me to love and respect every Jew and member of society, but even more so I knew this because I witnessed them, as well as my parents, live this way. This fundamental lesson fostered at a young age was a personal priority, in my family and my community, and was emphasized in the education I received. This has always been one of the driving forces behind my passion to become a rabbi, and how to lead a congregation.”

Rabbi Reich is also a Judaic Studies Teacher at Southern California Yeshiva High School. He has a love for music and enjoys cooking.

He and his wife Brooke, have three adorable young children.

Brooke is a licensed social worker (LSW) and received her bachelor’s in Marketing from YU/ Stern College’s SY Syms School of Business and her master’s in Social Work from YU’s Wurzweiler School of Social Work. From the age of one, Brooke was raised by a single mother. She was part of a small, tight-knit community at Congregation Shomrei Emunah in Englewood, N.J. “Our friends really became our family and the women became a sister to my Mom. We fostered strong relationships with them, and this made me want to give back as a community member then. Now, I can achieve this as a Rebbetzin at Adat Yeshurun.”



Rabbi Reich & Family

Sean Myers

twenty-twenty

well there are new things to consider
to keep from swirling down the drain
trapped inside a forlorn bottle
I’m biting frantically on a cork of pain
whatever threw me in the tunnel
cares less if I dodge the train
and beleaguered beads of heated water
they run in rivulets down my back
who knows if they will ever dry out
anxious egos always seem ready to attack
and I think my cannulated house
is emptying out its soul,
the harvest came so fast this time,
I don’t want to forget how to row
and if I ever get up to the station
two hundred and fifty miles up in space
a frog strangler wild storm
I’m going to rain down from my face
all you have to do to keep from drowning
is to bring a friend on to the shore



A Memorable Visit to Lithuania, Poland, and Israel in 1998.

By Avra Kassar

Our family moved from Cape Town to the States in 1977. In 1998, before joining The International March of the Living in Poland, Barry of blessed memory, our youngest son Yoni and I first visited our family roots in Lithuania. Bringing our own guide from Israel, 13 adults from San Diego then met in Warsaw to participate in a life-changing and difficult experience.

We visited concentration camps, and other Holocaust-related sites and heard some amazing speakers. Thousands in blue jackets marched from Auschwitz to Birkenau. Then from the darkness to light, we flew El Al to spend a week in Israel delving into the history of our country. What a memorable 50th Anniversary!



Where Abe Kassar lived in Vilna before coming to SA



Grave of the Vilna Gaon



Ponary the site of 70,000 murdered Jews in Vilna and its surroundings.



Yoni in front of the building that was the Slobodka Yeshiva in Kovno where Joseph Rabinowitz, his great-grandfather, obtained his Smichah

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Lithuania Celebrates 300 years of the Vilna Gaon

This Information was collected from rabbinical and other sources.

This April 23rd we marked the 300th birthday of the Vilna Gaon, Eliyahu Ben Solomon Zalman. He who was an 18th-century scholar and a cultural figure, The Lithuanian parliament has proclaimed 2020 the Year of the Vilna Gaon, It is also the year of Litvak History. This anniversary has also been listed on UNESCO's list of anniversaries for 2020 and 2021.

Scholars consider the Gaon the greatest Talmudic scholar in Eastern European Jewish history. He is also the father of the rabbinical movement's struggle against Hasidism and is considered the primary figure in rabbinical learning among Eastern European Jews. The Gaon and his followers, Mitnagdim (literally opponents, of Hasidism) are sometimes called prophets of learning. The Vilna Gaon had a deep interest in different branches of the exact sciences and his texts on geometry, astronomy, and geography are often ascribed to the Haskalah, the Jewish enlightenment which arose in the 1770s in Central and Western Europe. The picture of the Gaon as a remarkable and

Jewish community excelled much beyond fellow Jews from larger and more affluent countries. The community gave birth to great rabbinical scholars, highly- educated secular Jews, the abundant publication of literature, and many scholarly and cultural achievements. There is no dispute the Gaon's legacy helped make Vilna the center of Torah study by 1802.

Fifty years after the death of the Vilna Gaon, his main follower and spiritual successor Chaim of Volozhin (1749-1821) started the yeshiva in Volozhin, fulfilling the Gaon's wishes, and incorporating many of his religious and pedagogical beliefs. There were many Yeshivot in Lithuania along with the Mussar movement, a purely Lithuanian phenomenon. Although this came about fifty years after the death of the Vilna Gaon, the genealogy of this spiritual movement begins with him. The Gaon didn't judge religiosity according to adherence to religious norms or the wearing of ritual clothing, but according to the degree of attention paid to Torah study. "The only mitzvah which rises above all other mitzvot is



2020 Lithuanian Stamp Celebrating 300 years of the Vilna Gaon

varied scholar and an unusually highly knowledgeable Lithuanian Jewish teacher for his time has survived to this day and has been added to by his students and followers.

YIVO's encyclopedia of Eastern European Jewry says the Vilna Gaon, was a giant of the spirit and set an example for the generations; and was the source of inspiration and the central figure in Litvak culture,

Eliyahu ben Solomon Zalman (1720-1797) was born to a family of Rabbis, learned at Cheder, and studied Torah with his father. At the age of 7, he was sent to Keydan (Kėdainiai) to study under Rabbi Moshe Margolis. Soon after he began studying independently, and at the age of 18 left Vilna (Vilnius) to "wander" among the Jewish communities of the Grand Duchy of Lithuania, Poland, and Germany. Returning to Vilna, Eliyahu ben Solomon Zalman concentrated on the study of Torah. The local Jewish community supported his research and he pursued the path of the scholar his entire life. The small, impoverished Lithuanian

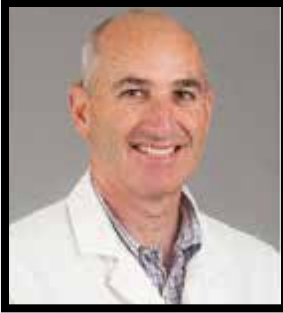
Torah study," the Gaon is reputed to have said.

Rabbi Joseph Ber Soloveitchik of the renowned Soloveitchik dynasty of rabbinical scholars writes, "the Gaon didn't waste time on hymns and praises and believed knowledge of Torah was the holiest and most exalting service to God. Soloveitchik says the Gaon said, "The Torah is for the soul of man as the rain is to the soil."

The Gaon believed the preparation for studying the Torah began with a thorough acquaintance with the legal documents of the Talmud. Bearing this in mind we can only begin to comprehend the great intellectual independence of the Gaon as is evidenced in his Halachik texts.

The Memory of the World program of UNESCO included the corpus of works by the Vilna Gaon on the Lithuanian National List in 2019.

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Yiddish Society Blossoms

By Joanna (Jana) Mazurkiewicz Meisarosh



Rosh Hashanah marks the season of new beginnings, self-examination, and introspection on both the individual, communal and national levels. On the first of Tishrei, we as Jews are held responsible for actions. We are also responsible for advancing or detracting from the moral imperative our culture demands of us to make the world a healthier (physically and spiritually), safer, and more ethical place.

Health is a complex and layered issue. COVID 19 has made many of us more health-conscious. We started paying more attention to our diets and began exercising. We also monitored our state of mind, and interpersonal relationships more closely. On the national level, the health of a people may be measured by its ability to sustain and update its culture with meaningful content.

YAANA, the Yiddish Arts & Academic Association of N. American has found itself in an increasingly difficult position. Many of our younger generations continue to view their Jewishness as colloquial and antiquated. Thus the social discourse on American race-relations and privilege has been reoriented to specifically target our community and our history. Lately, these series of assaults have taught us that anti-Semitism has proved itself a relevant threat to Jews in North America, both young and old.

We must have a local mission to make San Diego County more aware of Yiddish. In response to the COVID-19 lockdowns, Yiddish has begun to exist internationally via Zoom. Instead of having one event a month and one class a week, we now have up to 3 events and classes a day via Zoom. This past July and August, we successfully organized the first edition of Mame Loshn, our annual festival, celebrating the contribution and creativity of Jewish women in Yiddish culture.

However, we need to expand our team and make more educators, artists, and partners from all over the world available to contribute to our programming. Our programs currently include a variety of classes and events: Yiddish language classes for beginner and intermediate speakers, lectures on Yiddish music, Yiddish literature, theatrical experiences, interviews with public figures in the Yiddish world, including Yiddish yoga.

In the second half of 2020, the Yiddish Society would like to expand our material to include more Yiddish classes and conversation groups on an advanced level. In 2021, we are hoping to have a summer Yiddish school that would be accessible locally in San Diego, as well as remotely via Zoom. The organization distinguishes itself by embracing academic Yiddish as well as all dialects of Yiddish; and this is reflected in our instructional approach. Moreover, we strive to create



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new paid positions for Yiddish educators, including those who can teach Yiddish to Spanish, Russian, Polish, and Hebrew speakers.

Presently, our primary goal is to build the International House of Yiddish. The mageyfa (plague) experience has taught us that we need both, and we need them ASAP! We are happy to now formally announce that our future International House of Yiddish received a first-phase approval from the House of Pacific Relations International Cottages. Establishing a virtual house is the first step towards building a physical house. It is our hope that in these challenging times this center for Yiddish/Ashkenazic Heritage will reinforce our understanding and appreciation of our heritage, and give young Jews and non-Jewish allies alike a place to celebrate the diversity of our identities.

South African Jewry is an inseparable and fascinating part of the history of Yiddish culture. Lithuania was once the beating heart of Jewish culture in Europe. These communities produced some of the most fantastic expressions of the Jewish soul both in art, academia, and spirituality. This creative energy was carried by their descendants as they fled anti-Semitism in search of new lands of refuge, to the Land of Israel, America, England, and South Africa.

I encourage the members of SAJAC to join us in an inaugural House of Yiddish event celebrating South African Yiddish culture and creativity. The event will be held on Sunday, October 11th, at 3 PM. The event location to be decided based on COVID 19 developments. To join us and/or RSVP to the upcoming events and/or classes, please reach out to us here: info@yaaana.com or call 619-719-1776.

Visit this website www.jewcer.org/project/Yaaana to learn more and aid us in our efforts to build the International House of Yiddish.

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Insight into Alzheimers

By Sandy Braff MFT

Since the early 1980's I have worked with someone caring for a loved one who has been diagnosed with Alzheimer's disease (AD). At that time, very little was known about this tragic disease for which there is still no cure. This is a huge topic to cover for this article, so I will share the basics with you at this time.

What does the spouse or the adult children experience before asking a professional for a diagnosis? We know now that there are early warning signs such as recent memory loss that interferes with activities of daily living such as poor or decreased judgment, getting lost in a familiar place, loss of initiative, or changes in personality. Even difficulty performing familiar tasks, or misplacing things and possibly changes in mood and behavior can be affected.

These are indicators that should not be ignored. Often, because the spouse may be in denial, or decide that old age is setting in, or both persons may be afraid to get a dreaded diagnosis. Alzheimer's disease – the power and fear they evoke cause mixed responses – cognitively as well as emotionally. These fears are realistic. There is a stigma, still today, attached to people who begin to think and behave differently. However, AD is not the disease of the elderly. We know now that people can succumb to this disease in their 40's, 50's and older.

What I have observed though, is that the diagnosis is the turning point – transition –the end of the familiar and the beginning of something obscure. Just as AD proceeds

slowly, so too, does the transition proceed quite subtly into unknown territory. This will take one through a tumultuous journey, which in my many years of experience does allow a remarkable change to take place. For at the end of this journey, the caregiver has changed – is different, more resilient, stronger, competent, and an unexpected metamorphosis takes place.

Yes, caregiving is burdensome but there are rewards along the way. Yes, hearts do break, as after all caring for a loved one is heart-centered and soul-centered. The change I've seen in so many people over the years is what has allowed me to work with heart, with folks navigating a perilous journey and who have chosen to take a vital and spirited stand in the face of challenges and to emerge with courage and the fortitude to persevere when the disease takes one's loved one.

I would like to end with the following written by Anne Morrow Lindbergh; *"The only real security is not in owning or possessing, not in demanding or expecting, not in hoping even. Security in a relationship lies neither in looking back to what was in nostalgia, nor forward to what it might be in dread or anticipation, but living in the present relationship and accepting it as it is now. Relationships must be like islands, one must accept them for what they are here and now, within their limits – islands surrounded and interrupted by the sea, and continually visited and abandoned by the tides."*



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JEWISH NATIONAL FUND

Your Voice in Israel

Caring for All Jews.

By Rabbi Zalman Carlebach

America in 2020 and the entire world has been struck with the Pandemic of the CoronaVirus. Home confinement and our relationships with each other have taken on an entirely new perspective. I came across a very inspiring story from the Lubavitcher Rebbe shedding an important message on how we can change ourselves and our relationship with each other.

Sing Sing is the name of a famous prison in New York State. Back in the 1980s, the famous Rabbi Yitzchak Dovid Grossman of Israel was visiting New York. Rabbi Binyomin Klein, one of the Lubavitcher Rebbe's secretaries called Rabbi Grossman from a car phone, a rarity back in those days, to tell him he was calling from the Ohel as the Rebbe was visiting the Ohel of the Previous Rebbe who was his father in law. The Rebbe would frequently bring letters he had received from all over the world. In these letters, people had asked the Previous Rebbe to pray for them and he would read those letters at length for hours on end and leave many of them behind at the Ohel.

During these occasions, the Rebbe would be spiritually bonding with his father-in-law, as he was alone. On this day, the Rebbe suddenly stopped his prayers, left the small booth at the Ohel, to summon his secretary who was outside the Ohel. Knowing that Rabbi Grossman was currently visiting the United States, he wanted Rabbi Klein to call Rabbi Grossman and ask him to visit a Jewish prisoner currently serving his sentence in New York's Sing Sing prison.

Rabbi Grossman had received the request from the Rebbe in the late hours of the afternoon. So Rabbi Grossman asked Rabbi Klein if it were possible for him to visit Sing Sing the next day, or if it were something had to do immediately. Rabbi Klein replied that if the Rebbe had interrupted his prayers at the Ohel to ask him to call Rabbi Grossman, it was important. Rabbi Grossman had no entry card nor credentials of any sort to get into the prison and he wasn't even a U.S. citizen! But the Lubavitcher Rebbe had spoken, and so he set out at once. Upon arrival, knowing the name of the prisoner, he approached the main gate and declared that he had come to visit the prisoner. To his surprise, it looked as if they had been waiting for him to arrive, and they admitted him right away!

It shortly became clear that this prisoner was an Israeli doctor who had moved to the U.S. and had been incarcerated on suspicion of some grave crime. He had been sentenced to life in prison. Over the past several days, this prisoner had attempted suicide twice. And so when a Rabbi arrived wanting to see him, the prisoner did not hesitate to let him in.

Rabbi Grossman encountering a man burnt out, depressed and feeling hopeless. Rabbi Grossman broke the ice, opening with, "I bring regards for you. The Lubavitcher Rebbe sent me to visit you here." Upon hearing this, the doctor burst into tears. The doctor went on to say that he had given up on life. His freedom had been taken from him. He was no longer a human being. He was, an outstanding doctor who had helped so many people, and was now reduced to needing help from other people. He then said: "Rabbi, I'm sick of life! I want to end it all."

Rabbi Grossman started talking to him, telling him that he was a Jew and that G-d loved him, and he could still turn things around, "I'm too far gone." pouted the doctor. At that moment, Rabbi Grossman

quoted the words from the verse in Tehilim (Psalms, 139:5), he had heard from the Lubavitch Rebbe at the last Farbrengen they had attended. "From the rear and the front, You encompassed me," This was referring to Adam, who is considered the first and last creation. It is pretty clear from the text of Bereishis (Genesis) that Adam was the last thing created on Friday, the sixth day of Creation. So then what does Tehilim mean when it says that Adam was also the first creation? How do we reconcile this?

Rabbi Grossman explained that the Rebbe said that according to the Midrash, Adam's body had indeed been created last. However, his soul had been created first—even before the creation of the angels. "If a person is meritorious, he is told, 'You preceded the Ministering Angels,' and if not, he is told, 'The fly preceded you' " (Bereishis Rabbah 8:1). He further explained our Sages are telling us something wonderful—that even if a person should feel degraded, to the point that he feels lower than the animals, that may be true only with regards to his body—but his soul, the G-dly soul within him, stands above everything. The imprisoned doctor sat and wept, and then asked, "That's what the Rebbe said?"

Rabbi Grossman went back to Brooklyn and reported to the Rebbe that he had met with the Jewish prisoner. The Rebbe was very gratified and encouraged Rabbi Grossman to continue visiting him. So throughout that very week, Rabbi Grossman came back to see the doctor every day. He reported to the Rebbe that he had put on tefillin with the prisoner. Rabbi Grossman asked the Rebbe if he should try to bring him a little closer to Judaism. The Rebbe told him that he should just concentrate on improving his morale. So from then on, whenever Rabbi Grossman would visit New York, he would go and visit this one Jewish prisoner.

Over the course of the years, fortunately, the prisoner was ultimately released and went back to Israel. Just over a year ago, the doctor passed away. Rabbi Grossman finished the story by saying that to this day, he has no idea how The Rebbe knew about this one prisoner and worried about him. Rabbi Grossman himself had never heard of him—and in fact, the prisoner himself had never written or approached the Rebbe.

To me, the inspiration from the Rebbe is what keeps Judaism so strong and alive. Am Yisrael Chai! We are fortunate to be part of the Jewish people. It often happens when people ask themselves, "How can I possibly know what someone else really needs?" Action is key.

And so, my friends, if we truly care about the Jew among us, then we'll know what is causing them pain. Even more important than this, we can help. So the best medicine we can have for the CoronaVirus is to turn the Social Distancing to Social Unity. Am Yisrael CHAI.



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Becoming Financially Sound with Jewish National Fund

By Cynthia Hizami, Esq.,
Director of Planned Giving, West Coast



AS I WRITE THIS, the world is experiencing a tough and trying time. Our health and well-being are of special concern. The financial markets continue a cycle of uncertainty as we all learn to adjust to our new reality defined by measures to limit the impact of the Coronavirus (COVID-19). Yet as uncertainty and anxiety are running high, peoples' hearts and minds are more open than ever and their desire to positively affect lives is soaring. Just like us, our brothers and sisters in Israel are confined to their homes, and we at Jewish National Fund-USA are determined to keep our promise to support them during this volatile time and beyond.

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SHALOM BABY MAKES BIG CHANGES DURING COVID19

By Judy Nemzer and Vivien Dean

Shalom Baby welcomes new babies and their families to the San Diego Jewish community.

Once the baby is born, a beautiful Shalom Baby welcome basket is delivered by a volunteer. Due to COVID19, we have had to make so many changes to our Shalom Baby/PJ Library program. We wracked our brains and decided change is on the way..“A Boer Maak A Plan”.

Following COVID19 guidelines, our volunteers now leave the basket at the front door. All bags are assembled using the necessary personal protective equipment. Not meeting families in person has made it feel impersonal, but everyone understands and the necessary adjustments have kept us in contact with our new families, but in a different way.

One of our most popular programs is the numerous playgroups that are organized for moms and dads to give them the opportunity to meet other families that have babies similar in age. Instead of meeting at the Lawrence Family Jewish Community Center Jacobs Family Campus, we organized a zoom get together. Beth Creager Berger, Ph.D joined us to talk briefly about Postpartum Depression which so many of our moms have experienced. Beth is a great resource and has helped many of our Shalom Baby moms.

As you can imagine, we were skeptical because we love meeting our families in person. But this zoom get-together proved to be very successful. Instead of families meeting weekly at different homes, families formed WhatsApp groups to communicate with one another. Beautiful virtual friendships have formed.

A lovely story....A mom texted the group that she will not be checking her Whatsapp often as she was going to have surgery...brain surgery. The outpouring of caring for this family was more than amazing!! Meal trains, gifts cards were sent to the mom. Remember they met for the first time on the Shalom Baby Zoom playgroup.

Other programs which have taken place virtually are a baby book club, and virtual infant massage facilitated by Jennifer Meltzer. Virtual Rhythm Ruach, music, and movement with Cara Freedman, Virtual Mom's Night meditation with Julie Potiker. Dr. Berger offered helpful tips on how to navigate quarantine and maintain our mental health.

Our three Parent Connectors have communicated with families in their neighborhoods making sure that they stay connected, provide resources and programming for families.

The delivery of PJ Library books has continued. Our Facebook page is continually updated with posts from PJ Library. There are entertaining, educational, and fun activities in which children and families can participate.



Franklin & Jean Gaylis

When COVID19 hit us, we did not think that we would be able to offer our families the support that they needed. Under the leadership of Betzy Lynch, Fran Forman, and their teams, they helped make this change easier than expected. We are proud of how the JCC has taken care of its members, staff, and children in the most professional, safe way.

Special thanks to all our volunteers who have helped deliver baskets. Yasher Koach to Brenda Abelkop, Felicia Belcher, Shelly Binder, Belinda Feldman, and many others who have helped make Shalom Baby the success that it is.

Big thank you to Jean and Franklin Gaylis who spearheaded a most successful fundraiser. Jean is the grandmother of Shalom Baby. Both Jean and Franklin have been the backbone of the ongoing success of Shalom Baby.

We are in our 19th year and look forward to many years of supporting young families in the community. We are most grateful to the Jewish Federation of San Diego County, Viterbi Family Foundation, Leichtag Foundation, and the Lawrence Family JCC Jacobs Family Campus for their continued support.

We send our best to you all. We'd love to hear from you.

For more information on Shalom Baby, PJ Library or volunteering Contact Judy Nemzer and Vivien Dean at: shalombaby@lfjcc.org





Arlene Sacks
DRE# 00603821
858.922.3900
Arlsacks@willisallen.com
Arlenesacks@willisallen.com

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Arlene Sacks has over four decades of real estate experience in San Diego, specifically in the convent and highly sought after area of La Jolla California. She has earned a once in a lifetime award from the La Jolla Real Estate Brokers Association for her salesmanship, community involvement, and integrity in dealing with her clients and fellow agents. She is also a member of the Top Producers Group in La Jolla.

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In-Place | Portraits of a Pandemic

Since lockdown, **Alon Goldsmith** has been photographing Los Angelenos “sheltering in place.” He has also written stories to accompany the photographs.



Lianne, Noa, Lennon, Alon, and Alfred the Great

The subjects are a random sampling of people Alon has encountered in his thirty-five years of living in Los Angeles, as well as people he's met through serendipitous encounters as a result of the project. He's photographed rabbis, rock stars, a deaf activist from Compton, a best-selling author, a Top Chef Masters TV personality, the president of KCRW, the chair of Amnesty International, a homeless woman who lives on Ballona Creek, and dozens of other wonderfully interesting and diverse Angelenos.

Following is an edited version of Alon's documentation of his own family. The full profile and others in the series can be seen at www.alongoldsmith.com.

Alon (59), Lianne (57), Lennon (24), Noa (18), and Alfred the Great (7) are sheltering in place in Del Rey, Los Angeles. Lennon is also sheltering in West Hollywood. Alon is a copywriter/photographer/lapsed musician, Lianne is a painter/development director, Lennon is a stylist/clothing designer and Noa is an aspiring college student, which “is proving to be more difficult than expected.”

WORK/PASSION PROJECTS

Lianne: “Workwise I have been very fortunate as I have always worked from home, and interestingly, as a result of our whole team being home-based, I have had a more consistent connection with my colleagues who are in Bethesda, New York, and Israel.”

Alon: “This photo project has taken up a lot of my time and is a fantastic way to fill the extra hours served up by the Great Pause. I'm also working on FRESH PAINT, an exciting collaborative project with gifted artist Trevor Romain in which we combine photography with digital art.”

Lennon: “I'm developing my clothing brand.”

Noa: “Yes, I'm working...on finishing Teen Wolf and training my hair to be healthy (aka not washing it for a week).”

SOMETHING UNEXPECTED THAT'S HAPPENED

Alon: “I picked up a big photography assignment for a national brand after a creative director at a major ad agency saw my project.”

Noa: “We had a graduation tailgate party.”

Lennon: “I made pajamas and people are buying them. And I made a shirt out of gummy bears.”

PANDEMIC ACTIVITIES

Lianne: “I joined in the worldwide breadmaking obsession and have spent many hours measuring flour, nurturing my two sourdough starters, and baking an assortment of bread. The best fun has been hanging out with our girls.”

Noa: “Blogilates, singing lessons, banana bread baking, and Marvel marathons.”

Alon: “Bike riding, photography, railing against the Trump administration, admiring Lianne's art, marveling at Lennon's relationship with a sewing machine, feeling pride at Noa's resilience and creativity, requisite Zooming and lots of unexpected girl time.”

Lennon: “Sewing, designing, drawing, soaking in the new hot tub, blogilates, and lots of walking.”

ON A POSITIVE NOTE

Lianne: “My girls have had an unusual amount of time together and it has been a beautiful thing to watch how much they love each other and how supportive they are of each other.”

CHALLENGES

Lianne: “Noa graduated from high school and of course like millions of others, she did not go to prom and she did not walk across the stage at graduation. Additionally, she is not heading to Berkeley in the fall to begin her freshman year and that is a big disappointment. Of course, in the midst of a tumultuous human and political time, I know that we have been so fortunate and continue to be.”

Lennon: “Not being able to see friends. Having to be selective with who I'm allowing into my pod, and juggling that socially.”

Noa: “This has been an extremely challenging time for me and for really anyone part of the class of 2020. A lot of important events had to be canceled, which really sucked. I've struggled most with not being able to see friends with the freedom we had prior to this. I just want to be able to sit in the car with friends and hug each other!”

Alon: “Not giving in to despair about people who are really suffering during this health crisis and the economic consequences that are coming.”

Instagram: @alon_goldsmith @liannejedeikin @noalily @styledbylen @tits.n.allbrand

www.alongoldsmith.com www.styledbylen.com



FIDF Update

By Alan Katz

The Corona Pandemic has enormously affected the economy and most donors have been impacted in one way or another. This has greatly affected donations coming into the organization. In addition, we are not able to have any in-person events which has created a barrier in expanding and reaching out to new donors as well as engaging our existing ones.

From the beginning of the outbreak until May 11th, 226 soldiers had been diagnosed with coronavirus. All military leave to visit family was cancelled and families could not visit their children or siblings on base. All soldiers were confined to their base when not on active duty. All recreational programs and Lone soldier flights home were also cancelled. The Ashkelon rest and recreation facility, where the FIDF sponsors spirit week for Lone soldiers, was closed and converted into a field hospital and at the outbreak treated more than 100 ill soldiers.

\$215,000 was raised from the FIDF for immediate needs of:

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Last year Passover, the IDF provided \$2.3 million in holiday vouchers, this year \$6.7 million was provided.

FIDF'S Dignity program provided immediate cash grants of \$100 each to 6,500 soldiers, who faced food shortages or other severe economic challenges. The increase for holiday vouchers went from \$900,000 to \$1,200,000. And to date 3,000 discharged IDF soldiers have applied for the Impact Scholarship program with anticipation for an even bigger need. 65% of the Lone Soldiers who were to be released have chosen to extend their military service for several months rather than trying to find employment in the current economic situation.

Please all join us for our National Virtual Gala on September 13th and let's show our children of the IDF how much we care.



Alan Katz

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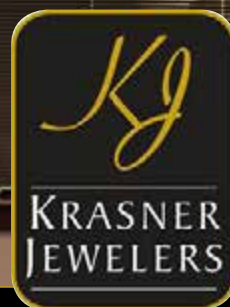
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THE PUBLICATION OF THE SOUTH AFRICAN JEWISH AMERICAN COMMUNITY IN SAN DIEGO

Volume 1, No. 1

Spring 1987

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Mervyn Kodesh, Ilana Silverman, Merle Datnow, Ronnie Diamond, Leah Levin, Norman Sarkin, Neville Berman, Leon Snaid, Les Kacev, Barry Broomberg.



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continued from page 2

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Phone: 593-7622

Joan & Stan Sack

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Rigid Block

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Alan & Arlene Shain

Phone: 488-2628

Archer & Joan Chertok Formis

Phone: 488-2628

Barry J. Braverman, M.D.

San Diego
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Michael Feinstein

San Diego
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PANEL DISCUSSION: THE AGONY AND THE ECSTASY OF IMMIGRATION!

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Michael Cohen, Managing Director of the Company and President of the "Gold Club," and the topic of being "MBA" is always a topic of discussion. The topic of Jewish San Diego and the South is always an interesting one. The high quality of our SAJAC staff is always a topic of discussion.

If you attend the event, you will be able to meet and hear from the speakers. The topic of Jewish San Diego and the South is always an interesting one. The high quality of our SAJAC staff is always a topic of discussion.

Who else will attend the event? The topic of Jewish San Diego and the South is always an interesting one. The high quality of our SAJAC staff is always a topic of discussion.

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Heart-to-Heart

South Africans become part of the S.D. family

There were 100 South Africans who migrated from Port Elizabeth, South Africa, to San Diego in 1982. They are now part of the S.D. family. The South Africans are now part of the S.D. family. They are now part of the S.D. family.



Heart-to-Heart

SAJAC is now working on a new project. We are working on a new project. We are working on a new project. We are working on a new project.



When the members of the South African Jewish Community (SAJAC) met for their first meeting, they were very happy. They were very happy. They were very happy.



SAJAC is now working on a new project. We are working on a new project. We are working on a new project. We are working on a new project.

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American Community

**1st VIRTUAL EVENT
2020**

Are You at Risk for Getting Ashkenazi Genetic Diseases?

Did you know that Ashkenazi Jews are prone to genetic mutations that may increase the risk of developing certain diseases?

Most notable are the BRCA1 and BRCA2 genes which increase the risk of developing breast & ovarian cancer at an early age. They also increase the risk of a man developing prostate cancer, both at an early age and in a more aggressive form.

- Increase your awareness of diseases that are caused by genetic abnormalities amongst Ashkenazi Jews
- Learn about screening tests that can identify them
- Become familiar with interventions to reduce the risk of getting such diseases

Thursday, Oct 15, 2020

5:00 – 6:00 PM PST

followed by 'a chat room' available to all registered guests from 6:00-7:00 PM

Zoom Meeting from the comfort of your own home

Registration necessary at [SAJAC.com/virtual](https://www.sajac.com/virtual)

SPEAKERS



A. Karim Kader M.D. Ph.D., Chief Medical Officer and co-founder of *Stratify Genomics*, and UCSD Professor of Urology, is our keynote speaker. He will present an overview of our inherited genetics and potential impact on disease.



Franklin Gaylis M.D., FACS, Chief Scientific Officer at Genesis Healthcare Partners and UCSD voluntary Professor of Urology will moderate the presentation.



Clive Essakow will speak on prostate cancer and genetic testing from a lay person's perspective.



Sarah Abelsohn will speak on her experience as a BRCA carrier detected after the loss of her mom, Sandi Abelsohn, to breast cancer.



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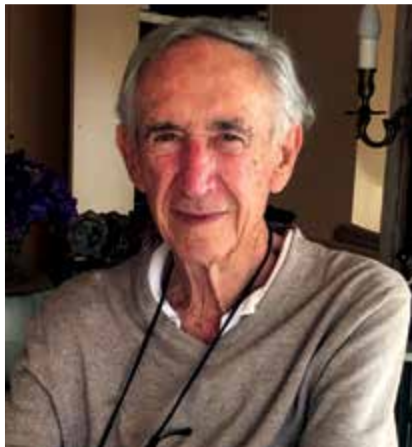


Lawrence Lotzof, DDS

Diplomate American Board of Orthodontics

In Honorable Memory of...

Roy Sable



Roy Sable (1926-2020) was the personification of charm, a legend, exceeding expectations: smart, kind, gentle, generous, immaculately groomed, debonair and always a pleasure to talk to, wanting to know more about others, than to talk about himself.

Whenever Roy walked into a room his energy was palpable. His sparkling eyes and interest drew people to him. He had the ability to make intimate friendships and treasured connections with everyone he met, no matter what age in a Board Room, at a party, having coffee, on the tennis court or golf course.

Born in Johannesburg South Africa to Gregory and Sally, Roy was the middle son. He finished high school at the age of 17, urgently needing to join the Air Force to fight the Nazi's, where he was trained as a Navigator, despite still being a minor and needing his parent's permission.

After the War, he studied textiles in a war-ravaged UK, where all were limited to rations, such as one teaspoon of jam and one bath a week, strictly enforced by a determined landlady. He then founded Gregory Knitting Mills in Johannesburg, a successful business for over 50 years. Later his textile and business skills with the Frame Group, established him as a leading light of the textile industry in South Africa. Roy was always a highly regarded, successful and moral leader, always fair. He inspired everyone who worked with him to do better. When he walked into the factory it was believed that the machines turned faster.

His vision in his early 40's included the importance of Philanthropy with the establishment of the Sable Family Charitable Trust (intended even in those early days to be a perpetual endowment.) His large annual gift to the Chevra Kadisha in South African will continue in perpetuity. His love of Israel and willingness to keep asking the tough questions was renowned even by Rabin who recognized him for repeatedly asking the same question about how Israel planned to resolve the Palestinian problem; a question still relevant today. 11 years ago, Roy and Joan moved to live in San Diego. Roy was a giant in all of our lives, he had a vibrant character, a sharp, creative, profound mind and a great sense of humor often at this own expense. It did not take Roy and Joan

long to make wonderful friends.

And, of course, he had business interests here too. We watched in awe as he changed the course and future success of a local business, with his clarity, focus and vision. Roy was always loyal, trusted and highly regarded by his many business associates and friends. He was known to make deals on a handshake, and his word was his bond.

Someone recently asked Roy what was most important to him. His answer, family. He loved the company of his children, grandchildren and great grandchildren, all of whom adored him.

Roy knew himself so well, his choices were always elegant, simple, clear; to live every day to the fullest, spending quality time with people he loved and enjoyed. He excelled at whatever he put his mind to. Even at the end, despite his illness, his spirit grew stronger, his light brighter, his essence unchanged.

Roy is survived by his wife Joan of almost 65 years, his daughter Jane married to Colin Scher, his son David, and by his younger brother Stanley and his wife Mina, who live in Johannesburg. His older brother Desmond married to Ann, passed away in San Diego. He is also survived by his grandchildren Nicole and Ari, Mark and Julie and Gabi and Jarrett, and his great grandchildren Noah, Emma, Arden, Benji, Isabella, Sophie and Jonas.

Roy will be lovingly remembered and forever missed. May his memory be a blessing always.



In Honorable Memory of...

Dovid (Dov) Borok

Dovid (Dov) Borok, beloved husband of Bernice, father of Zea (Anthony Sank z"l), Jonathan (Jonny) and Gil (Aileen), and Zaide of Jenna, Glenn Jack and Estee passed away on July 18, 2020, in Los Angeles, CA. Despite his many medical challenges over the years, he remained to the end as he was throughout his life - resilient, tough and optimistic, expressing the desire to live to 120 until the day before he died.

Dad was born and raised in Durbanville, a small rural suburb of Cape Town. He then moved to the world-famous area called Muizenberg, which had a strong Jewish community. They moved to Highlands Estate to be closer to Herzlia School in 1968. In 1986, Dov and Bernice immigrated to Pittsburgh, PA. Wherever he lived, Dad was involved in the shuls and communities, serving as president or board member on multiple occasions, as well as singing in or leading choirs.

From October, 1990, Mom and Dad spent 28 happy years in San Diego where he continued his practice of community involvement. In October 2018, Mom and Dad moved to Los Angeles to be closer to their medical providers at USC.

Some key things that stand out about our dad are his kindness to others, love of Judaism and Torah, and the absence of Loshon Harah – a true 'mensch'. Dad had only good things to say about others and would never succumb to speaking badly of anyone. He was a truly humble and modest person. He was kind, caring, warm, and giving to others. He always gave people dedicated time such that they felt special. His routine was staying late to work, and being late at home in the evening for dinner (we always waited for him and mom always scolded him for being late), then off to a shul or non-profit Board meeting, and then he would come home and work until midnight while enjoying a large bar of chocolate and a large bottle of coke.

Dad loved Judaism. He loved to daven in shul, he loved Chazzones, and he loved a good sermon. As children, we all spent a lot of time going with him to shul, with Jonny experiencing the reverse in Dad's last few years in San Diego when he would bring Dad to shul instead. Dad always wanted perfection. When the Torah readers read and their pronunciation and grammar were to his high standard, he would often whisper his approval to Jonny. He could read (lain) any Torah portion and he could do any Haftarah off the cuff. Once or twice he shared with Jonny that for many years he reviewed and prepared the Haftarah every week 'just in case'.

What many do not know or have forgotten is that Dad's first career in South Africa was as a lawyer, something that he was not especially fond of. Upon emigrating to the U.S., he converted his love of Judaism into a new 'career', teaching Bar and Bat Mitzvah to generations of San Diegans and having a far greater impact on the community than he would ever have imagined possible. Many have reached out to us with fond memories of what an incredible teacher he was, often teaching several kids in the same family as



well as adults. He loved this second career teaching Bar and Bat Mitzvah – it was his true calling.

A highlight of his Bar / Bat Mitzvah teaching career was being involved in the preparations of each of his grandchildren for their big day. In Glenn's case, Dad taught him the entirety of what he needed to know and it is one of his fondest memories of Zaide. Despite Dad labeling Glenn as one of, if not his worst, students, he persevered and calmly worked with Glenn to ensure Glenn would succeed. Dad's approach was to assess the potential in each child and then to teach them to that level.

Dad had very high standards indeed and his highest compliment ever was "not bad", which usually meant quite good, pretty good, or even really good. If we would come home from school with an A, he would want to know why not an A+.

Jenna and Glenn had the benefit of and good fortune to have our Dad act as their second Dad when they were growing up. He became Zaide to us when Jenna was born 30 years ago and was affectionately called Zaide from then on. It was not natural for him to show his family affection (his grandchildren, whom he cherished, were the exception) or to say he loved us but we all know that he did, indeed, love us immensely. We enjoyed many, many Shabbat lunches and Friday nights together as well as many wonderful Seders and High Holidays together. To Dad, these were always the most important things in life. Perhaps his all-time favorite holiday was Pesach as we had the opportunity to sing many familiar songs and tunes together. Our rendition of Baruch Habah from the Cape Town synagogues will not be the same without him. We spent many Chagim with our cousin, Tanya Goodman, and her family; Dad loved her like a second daughter.

Dad was an old school, tough South African male. He was mostly quiet but when he spoke, you best listen as he always had something to add. We will miss his jokes – his one-liners every now and then out of nowhere were really funny. He had an amazing ability to tolerate pain and he had the firmest handshake. He never complained about his many ailments; he just got on with it. He was

In Honorable Memory of...

sick with one thing or another, many times serious, for 30 plus years. To be sure, there were many good times in between, which we were afforded because Dad had a will to live second to none and a medical team, orchestrated by Zea that kept him going often against the odds. We are so grateful to all of them for the 30 plus additional years they gave him and us. Dad was so very satisfied with his life. He wanted for nothing and took pleasure in simple things.

Despite these bizarre times, we were blessed to celebrate Dad's 90th birthday on May 27 via FaceTime and we similarly celebrated Father's Day with him in June. Throughout the last four months, things were very difficult due to the COVID lockdown at their assisted living facility, and as Dad's health declined, Mom has remained positive, supportive, and incredibly strong. When you asked her how things were, she would always say with a smile on her face, "it's just another day; onward and upward." She was always the rock behind Dad.

Dad, in your own quiet way, you were the best father and Zaide anyone could ask for. We are relieved that your suffering is now over but know that we all love you and will miss you very much. May you rest in peace.

We are extremely grateful for a generous donation of \$1,000 made to SAJAC by the USC Hospital PCCM class of 2015 in appreciation of Dov Borok's mentorship.

In Honorable Memory of...

Tony Basson passed away on January 18, 2020. Deeply mourned by her daughter Diana Levinson and family.

Evie Moch

Our beloved Mother, Grandmother, Sister, Aunt and Friend passed away suddenly October 19, 2019 surrounded by her loved ones. Evie (nee Berger) was born in Johannesburg, South Africa June 23, 1935. Her brother, Stanley Berger lives in Sydney Australia and her late sister Maryanne Hoffman lived in Cape Town.



Evie married Wolfie November 1953. Evie had an

illustrious career and life; She was a successful business woman. Regularly traveling internationally as a Director of Merchandising for Foschini looking out for the next fashion trend. She was a mentor to many female entrepreneurs many of whom are running the company today. In addition to working, Evie was an award winning gardener, winning Garden of the Year for her home in Emmarentia.

She was a warm hostess opening her beautiful homes in Johannesburg and Cape Town to family and friends.

Above all Evie was a devoted wife to Wolfie, Mother and Grandmother. Her greatest pleasure came from spending time with her 4 grandchildren – Saul, Jed, Jena and Daniel.

Evie and Wolfie moved to La Jolla in 1985 to be closer to their children. Her later life revolved around her family who admired her youthful attitude and outlook. Her no nonsense, frank, astute view of the world endeared her to all those close to her. Evie was a loving confidant to many of her close friends.

Our devoted matriarch, was preceded in death by her beloved Wolfie who passed away November 2008. Evie was a beautiful woman, the epitome of style and grace. She is survived by her 3 children Jerry, Clive and Lorin, daughters in law Neala and Tammy and 4 Grandchildren.

Evie will be lovingly remembered and forever missed. May her memory be a blessing always.

In Honorable Memory of...

Lorna Swartz

Family, friends, and patients were devastated by the passing of Lorna Swartz, of Del Mar, CA on August 30, 2019, at the age of 80 from cancer. Lorna (nee Kay) was born in Johannesburg, South Africa. Lorna is survived by her beloved husband, soulmate, and biggest cheerleader, Morrice who inspired and motivated Lorna to achieve much of what she accomplished. Also her two adored sons/daughters-in-law, Kenneth and Dani and Trevor and Shelley, and her four cherished grandchildren, Sarina, Arlo, Eleanna, and Skyer. She is also remembered by her sister Gillian and brother Eliezer. As Trevor said at her funeral, "Lorna would want us to think about how she really squeezed everything she could out of life and how we should too. And how she taught us to enjoy the journey along the way."

Lorna had a remarkable, accomplished, and fulfilling life. While in her fourth year of medical school she married Morrice Swartz and she was one of only a handful of female physicians to graduate from the University of the Witwatersrand in 1961.

Soon thereafter they started a family that led Lorna on an unanticipated path as a champion for children with special educational needs. In 1968, in pursuit of best practices in this field, Lorna studied in the USA under renowned educational psychologist Dr. Newell Kephart. Lorna returned to South Africa and first tried to implement her educational program in both public and private schools without success.

She never gave up and started her own educational program in her home with four students. As enrollment increased, she moved the program to larger premises in a closed Catholic school in Highlands North, Johannesburg, and named it the GlenOaks School. In 1979 when Lorna emigrated to the USA and accepted the position of Associate Professor of Special Education at Chicago State University, eighty GlenOaks students bid her farewell. After two years in academia, Lorna resumed her medical career and completed her studies in adult, adolescent and child psychiatry at UCSD in 1987. Soon thereafter, she established a private practice in the San Diego area that thrived for more than 25 years. Patients often acknowledged Lorna's astute diagnoses delivered with compassion and humility.

Lorna was proud of her Jewish identity. In 2001 she traveled to Lithuania to learn more about the sad history of her family that unfortunately mirrored many other South African Jewish families. While there she established a connection with the Deputy Director of the Vilna Gaon State Jewish Museum, Rachel Kostonian. Lorna returned the following year eager to help preserve the rich history of Lithuanian Jewry and supported Rachel in placing a series



of newspaper ads in various towns offering to purchase Jewish artifacts. Lorna then accompanied Rachel to view items offered. She purchased 74 items, including copies of architectural drawings of many synagogues the Nazis destroyed. This collection is now housed in the Memorial Museum of the Holocaust in Lithuania and the Vilna Ghetto.

Lorna's life started and ended as a teacher. In the last few weeks before passing, she spent three days teaching international students attending a course to become certified Montessori teachers. One of the students stated, "Lorna is an unforgettable soul who taught us much more than techniques for learning disorders. Her resilience, courage, determination, and above all how humble and down to earth she was, was so inspiring. I will never forget her."

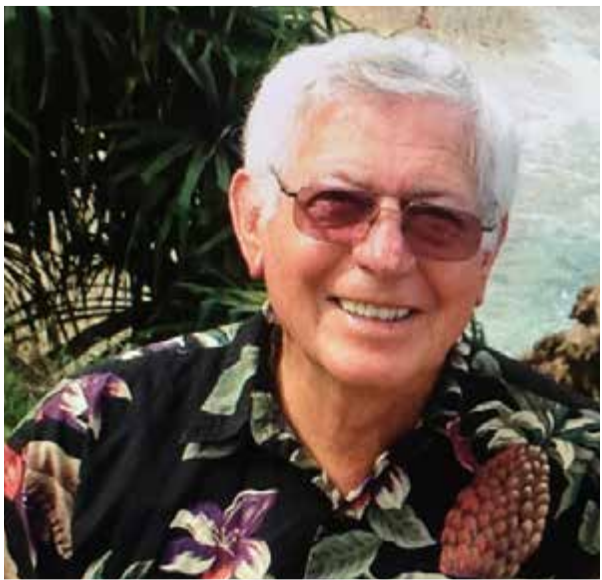
May Lorna's memory be for a blessing in the ways we conduct our lives.

In Honorable Memory of...

**Dr. Michael Segall passed
away on March 4, 2020.
Deeply mourned by his
wife Lynda, children, and
grandchildren.**

In Honorable Memory of...

Mannie Edelstein



Mannie passed away peacefully on January 6th, 2020 in San Diego surrounded by his loving family. He was 83 years old.

He was the son of Morris and Hilda, and brother of Cyril. Mannie was born in Johannesburg, South Africa in 1936 and spent his childhood years there. He married the love of his life, Gail (nee Golembo) in 1960 and they enjoyed 60 years of married bliss - a fairytale marriage. Most of Mannie's working years were spent in Cape Town, South Africa where he was a nationally renowned motivational speaker and training consultant. He worked with Senior Management and sales forces for some of the largest corporations in South Africa, and for many organizations and associations including the University of Cape Town, Canon, Johnson and Johnson, Mercedes Benz, IBM, Bnoth Zion, etc. He also worked with professional athletes and sports teams (Cape Town's soccer team referred to him as the 'guru' for casting a spell of positive thinking).

He was the most loving, devoted, supportive father, adored by his three children. His children's passions became his passions, he planned his work schedule around his sons' soccer games and loved to discuss his daughter's work at the hospital with her.

In 1990 Mannie and Gail immigrated to the USA to be with their children. Mannie enjoyed their expanding families and built a special bond with each of his seven grandchildren. Combining his passions for golf and people, he started a networking business called Contact Golf. Mannie was the most positive person who, true to his motto, "lived each day to the fullest". He impacted so very many people with his positive attitude and his power of positive thinking. Everyone left a conversation with Mannie feeling better about life. He

was well known and loved by everyone in his community and by his congregations at both w Yeshurun and Orot HaCarmel.

Mannie was charming and the consummate gentleman. He was spiritual, incredibly kindhearted, generous, warm, and loving.

He will be deeply missed by his devoted wife Gail, children Michelle, Mark, and Darryl and their respective spouses, Basil, Patty, and Lynne as well as his loving grandchildren Shira, Ben, Megan, Jason, Max, Cole, and Garrett.

Gordon Koz



Gordon passed away very suddenly, surrounded by his family, in San Diego on February 12, 2020, a day after his 85th birthday.

He was the son of Jack and Mattie, and brother of Leslie and Neville. Gordon was born in Johannesburg on February 11, 1935. In 1978, he and his family emigrated to San Diego. Here he operated a fast-food business for six years and worked in retail until he retired at the age of 75. Gordon was a very good sportsman all his life, having played soccer, tennis and golf. He frequented the local gym at least four times a week and played golf with his buddies twice a week. He also was a very gifted artist and spent many happy hours on this hobby.

He was a quiet, gentle, modest man, who loved his family and was loved by his wife, Beulah (Linde), children, Simon, Jillian (Berman) and Vivien (Dean), their spouses, Raquel, Colin and Brian, and grandchildren, Aaron, Lauren, Rachel, Sarah, Sophie, Natalie and Gavin. He will be missed very much.

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9404 Genesee Ave • Suite 100 • La Jolla CA • 92037
(858) 875-6900

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