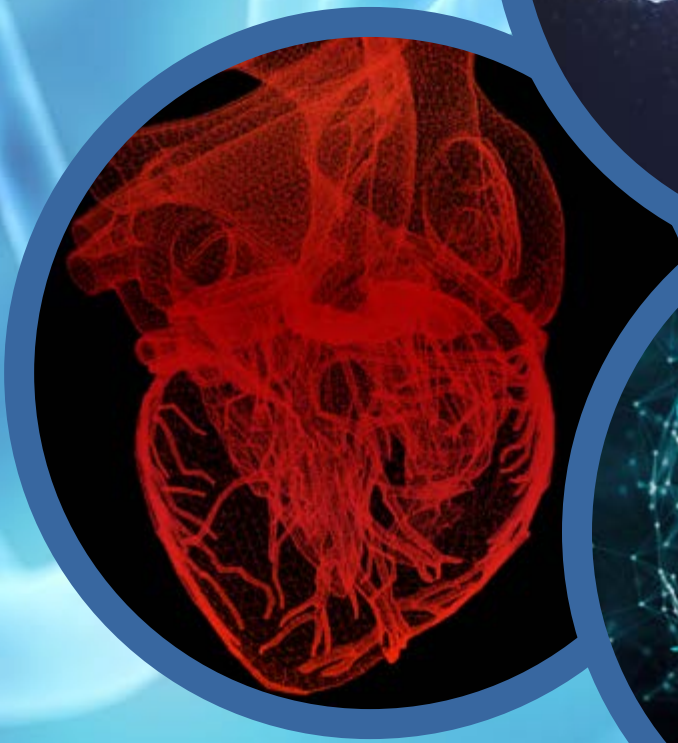


# SAJAC

REPORTER

# 2021

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# President's Message

By Pamela Nathan

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With COVID slowing in 2021, it seems to have closed a chapter and opened a new one for the country and also for SAJAC.

Despite the lockdown, SAJAC has evolved and developed new approaches and capabilities to stay connected with our members. Please know that your SAJAC volunteers have been very busy behind the scenes. We continue to deliver welcome baskets to our newcomers, and provide assistance with burial procedures as well as financial support as needed.

One major achievement is the upgrade to our website. A big thanks goes to Steve Shulman for providing us with access to expert IT programming. We have been able to iron out lots of glitches that pre-existed in our email handler. Now we can email any list that we create from our database with ease.

We have created a unique section for nationwide membership. We're hoping

that with your help we'll increase our visibility all over the country and have your family and friends anywhere in the US be part of our SAJAC family.

We've also created a section for our members who have passed on. This way their history remains in our database instead of being deleted. We also have a specific webpage that is accessible from our homepage called 'In Honorable Memory Of' which details the date of our loved ones' passing and any information and photographs that their family give us.

Recently, we've had interest from random people in the community who have expressed interest to be 'affiliated' with our community. Now there's a 'division' for them as well.

As you may have noticed, our yearly member Directory is now available to be viewed directly from the home page of our website. Our esteemed member, Myron Jucha of BJA Partners, has provided us with the ability to have a 'book' version that is easy to read online. (You do need to sign in with your email address (or user name) & password to use it because it's 'secure', and only visible to our members.)

Our Directory has always included 'Blue Pages' that provide basic community information. Our newcomers never fail to comment on how useful that section of the book is to them. Well, it was a really difficult task to keep it up to date. Now, I'm happy to say that it is easy to update online. If you notice any information that needs correction, simply email us and it will be corrected immediately, ready for the next publication.

The last 12 months also saw an explosion of online learning, and SAJAC

captured this spirit of serving our community and beyond, by hosting 3 exceptional live symposiums on Zoom, which you'll be reading more about in the content of this issue. I know that we'll continue to have meaningful zoom symposiums in the coming year as they have been very well received.

Thank you, always, for your ongoing support. SAJAC San Diego would not be the only chapter that has survived 34 years of existence, if not for YOU, our devoted members. I am truly grateful for all of you.

In good health,

Pamela

---

## Avra Kassar our editor



Avra Kassar deserves a medal! She knows exactly how to edit and proof-read 'like a pro'. We're not surprised, because that's what she really is! Thanks SO much for your quick turnaround time and your helpful comments. You are indeed appreciated for your contribution in producing a quality magazine.

# Tribute to Cuzin' Jeff Salz

By Pamela Nathan

My heart is heavy as I sit down to write. I had been cruising through our long period of isolation and restrictions with amazing ease of support and a good mental attitude. I can honestly say that 46 years of daily meditation has more than paid off. I have managed to keep a positive state of mind during Covid, making lemonade from the lemons we've been subjected to and adjusted to the 'new normal' with ease.

And then the bubble burst at the beginning of May. My dear beloved American cousin, Jeff Salz, passed

away from Covid 2 ½ weeks after diagnosis. It was such a shock to my system. He was the first person close to me that was taken during this period of time.

Perhaps many of you will remember that cousin Jeff was the keynote speaker at our very first of a monthly series that we held at La Jolla Mesa Estates Rec room way back when, in 2001. He was a motivational speaker, contracting at that time with big corporate accounts like Microsoft and HP.

He agreed to come and talk to my 'special' group because he knew how much SAJAC meant to me.

We had about 100 members attend



that night and everybody, without a doubt, fell in love with cousin Jeff, because that's the kind of person he was. His book, "The Way of Adventure" had recently been published, which he signed for me that night. Aside from many other adventures, we braved the rapids of the Klamath river rafting and I travelled to Nepal with him, climbing formidable Himalayan mountains, feeling completely safe, knowing he had my back.

Jeff was an inspiration to me. He taught me how to dare to be courageous. He was a master at living life filled with joy and adventure. He celebrated life on a daily basis.

Please know that I appreciate the numerous wishes of condolences that I received from the SAJAC community. It means a lot to me.



Cuzin' Jeff Salz & Pamela Nathan



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# AGM January 21, 2021

By Lee Leibenson



Due to COVID, the 2021 SAJAC annual general meeting was held via zoom and was well attended. It was held via Zoom. SAJAC was privileged to have Dr. Hillel Newman, Israeli

Consul General, as the guest speaker. Dr. Newman is a SA expat who made Aliyah as a young man and served as a medic in the IDF. He is a highly respected author, academic and statesman. He has a unique overview of the threats facing Israel due to playing a key role in the strategic division of the foreign ministry.

The topic of Dr. Newman's presentation was "Challenges and Opportunities Facing Israel Today".

#### The topics discussed were:

- Covid and the economy.
- The political situation in Israel.
- The normalization of relations with the Arab world.
- The challenges of the threats facing Israel.
- The bi-partisan relationship with the United States.

Pamela Nathan served as the moderator for the question-and-answer period for this educational and thought-provok-

ing presentation.

Anyone who would like to be included on the consulate distribution list to receive updates about events in Israel and local events, please e-mail: [info@la.mfa.gov](mailto:info@la.mfa.gov).

Consul General Hillel Newman's briefing from this evening is available to be viewed online on our website at: [sajac.com/videos](http://sajac.com/videos).

Following the presentation, the formal SAJAC AGM was called to order at 7:50 pm. Present for SAJAC AGM business: Pamela Nathan, Moira Berman, Lynn Dillon, Lee Leibenson, Hillel Katzeff, Sandy Braff, Joel Ehrlich, Derek Berghaus and Gavin Blumenthal.

The 2019 minutes were approved as well as the financial report. Pamela Nathan delivered the President's report and Sandy Braff gave the Gemilut Chesed report.

#### Election of 2021 Board

A motion was made and seconded to accept the full slate as presented.

Approved.

**President** - Pamela Nathan

**Vice President** - Lynn Dillon



Dr. Hillel Newman, Israeli Consul General

**Secretary** - Moira Berman

**Treasurer** - Lee Leibenson

**Member-at-Large** - Derek Berghaus

**Member-at-Large** - Gavin Blumenthal

**Member-at-Large** - Joel Ehrlich

**Friendship Committee**

Tanya Freedman

**Friendship Committee**

Michelle Abramowitz

**Friendship Committee**

Linda Robinson

**Welcome Wagon Committee**

Michelle Diamond

**Welcome Wagon Committee**

Jill Epstein

**Gemilut Chesed Committee**

Sandy Braff

With no further business to discuss, the meeting was adjourned at 8:50 pm.

## SAJAC REPORTER 2021

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# Welcome

# new members



Jonathan, Tammy Schwartz & Family

Jonathan, Tammy, Robbie (4) Emma (2) lives in Carmel Valley. Tammy and Jonathan met in San Diego 7 years ago and were married 5 years ago at Congregation Beth El, where they are members.

We are so fortunate to have both sets of grandparents in southern California. Tammy's parents (Ellen and Anthony Sacks) in La Jolla and Jonathan's in Orange County.

The children love the special time with their grandparents. They will start preschool soon

and this will open up more time for Tammy to pursue her professional passion, in social justice.

Jonathan's passion is helping seniors in our San Diego community. He created a company, Partner in Aging, which provides a litany of resources to help folks age well.

When we are not working we enjoy golfing, tennis and going to a variety of our kids events.

We look forward to hopefully connecting more with the SAJAC community!



Steven, Davina, Shane (5) and Liam (3) Turobiner,

We welcome the Turobiner family to SAJAC. Steven was born in Johannesburg but grew up with his family in Los Angeles in the late 70's and Davina was raised in Cape Town and emigrated to Atlanta, where she spent 11 years, before settling in San Diego after marrying Steven. They have 2 gorgeous boys Shane and Liam who keep them very busy and on their toes. They have actually been in San Diego for 10 years now, and really love the city and all it has to offer. They love the warm weather and spend hours on the beach or in the pool.

The Turobiner family has been in the auction business for over 30 years, and with that background and experience they are launching their new venture, BidOnItLive International Auctioneers\*. This new venture will include having an online store of Fine Jewelry and Art which will feature South African artists and more.

Feel free to contact them for further information: [steven@bidonitlive.com](mailto:steven@bidonitlive.com) or [davina@bidonitlive.com](mailto:davina@bidonitlive.com)

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& items directly from wholesalers & sightholders.

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Helene & Chaz Arya.

Helene Arya was born in SA and emigrated to the States in 1991 to LA. She moved to San Diego in '96 when she married her ex-husband. She is single and has one daughter, Chaz [Chaya] who is 23 and who was born in San Diego. Helene is a licensed massage therapist. Chaz who is presently looking for work, has a BA in Theater Studies and she also loves working with children.



Gavin Blumenfeld.

Gavin Blumenthal, the son of Desirée z”l and Dr. Barry Blumenthal, is originally from Cape Town. However, Gavin’s family emigrated to Cincinnati, Ohio, in 1986 when he was a child. Gavin has lived in many cities in the U.S. Due to the pandemic, he had to alter his plans of making Aliyah and settled in San Diego last summer.

Gavin holds a BA in Psychology and an MEd in Special Education. He is the Recruiter for Moishe House in Encinitas at Leichtag Commons. Moishe House is

an international Jewish nonprofit helping to inspire and create Jewish homes and communities for the post-college and pre-marriage demographic. This organization exists in over 140 communities, 30 countries, and six continents.

Gavin’s passion includes providing non-medical care and companionship for the elderly, and he also enjoys traveling and being in the mountains and by the sea.



Vicky Watkins

Hi, my name is Vicky Watkins. I am from Cape Town.

I have worked in the travel industry and have traveled extensively.

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West Coast OB/Gyn, Inc. is happy to welcome Dr. Kimia Menhaji, Female Pelvic Medicine and Reconstructive Surgeon to our team of providers. She can provide many new services in the field of urogynecology, such as:

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Page: West Coast OB/GYN

# Back in the Fold

By Pamela Nathan

Rachel was raised in Port Elizabeth, South Africa and in 1977 returned to Israel where she joined the American Embassy in Jerusalem as a Foreign Service National. She served under a U.S. Ambassador and was part of a humanitarian USAID convoy that assisted in various economic issues in the West Bank in the 1980's.

In 1990, Rachel immigrated to the U.S.A. with her husband, Samy and three small kids.

In 2001, she started a successful wholesale perfume store in Chula Vista called "Perfume Discounters Inc." She also owned a boutique in UTC, San Diego, called "Claire with Flair" and a huge international market in La Jolla called "Renaissance Market and Catering".

Socially, Rachel ran an eighty-mem-

ber bilingual speakers group, "Sam's Club San Diego", named in honor of her husband, Samy. The group met on a weekly basis.

The family moved to Orange County in 2011 where Rachel actively welcomes new members to the community.

In 2013, Rachel created an online reputation management business called "The Review Institute" [www.thereviewinstitute.com](http://www.thereviewinstitute.com) that assists businesses with their reputation to help fight slander by a competitor. Now, Rachel's plan is to give her son the run of this business so she can focus on her new career as a realtor.

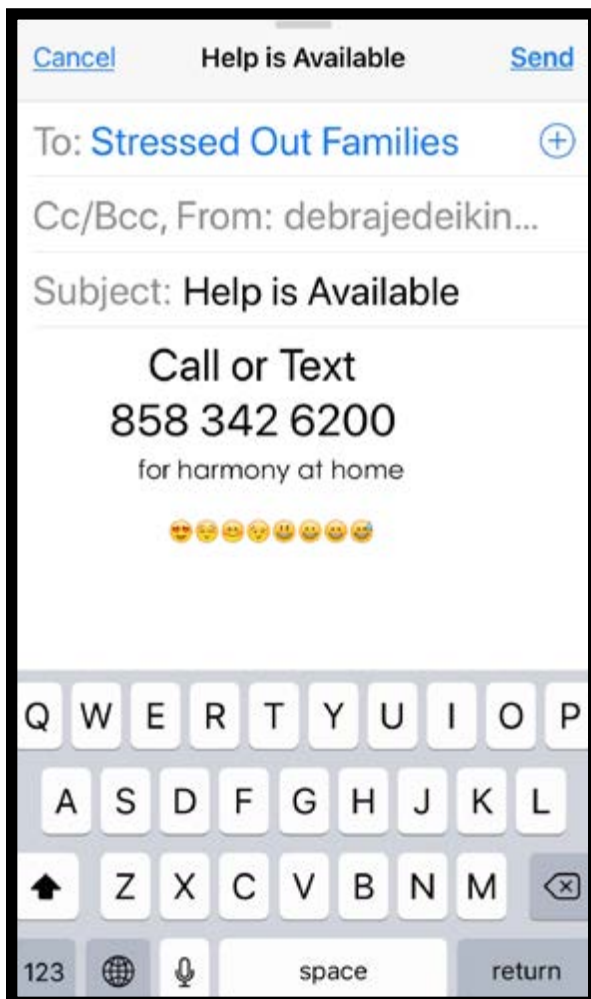
Rachel also administers a Facebook private group called, 'Jewish San Diegans' and invites you all to join.

Rachel loves Zumba, paints, travel, baking and cooking, scrapbooking,



Rachel Barnes.

jewelry making, walking her dog and chatting with her neighbors.



## Gemilut Chesed Update

By Sandy Braff



I was newly elected as chair of Gemilut Chesed in the midst of Covid in 2019.

During this time, I am happy to report that we have been able to assist several people who asked for our help.

We gave a gift of \$500 to a person in need. We also extended a \$6000 loan to another member who was in need. This loan is already being reimbursed on a regular monthly basis.

We also assisted our previous chairs, Suzanne and Brian Marcus, and raised money to purchase a live-in camper for a member with the aid of "Go Fund Me" donations.

We're glad to be able to provide interest-free guaranteed loans to our members in need and assist wherever we can.

Much gratitude,

Sandy Braff



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# Israel Today

By Consul General Dr. Hillel Newman

As a native-born South African, it is my pleasure to connect with the South African Jewish American Community, active in San Diego and beyond. I write this article proudly representing the State of Israel, but I do not, and will never forget my South African roots. I do believe that the mere fact that a South African, who immigrated to Israel as a teenager, can become the official representative of Israel to the Pacific Southwest, demonstrates that Israel, like the United States of America, is a country of great opportunity. In this brief article, I will address current events relating to Israel and the strategic situation.

My friends, a new government has been set up in Israel. This newly installed government is further proof of Israel's strength of democracy and tremendous social diversity.

With a sixty-one majority, the new government has unseated the longest-serving Prime Minister in the history of the State of Israel, who also leads the largest political party. The newly appointed Prime Minister, Mr. Naftaly Bennet, a relative newcomer on the international scene leads a smaller party of seven members of parliament. This is a fabulous display of Israeli freedom of choice and a demonstration of the vitality of the one and the only democracy in the Middle East.

The new government is also the most diverse in the history of Israel, formed as a coalition of eight different political parties, including forces from the left, right, and center of the political scene in Israel. It includes nine female Ministers, a Reform Rabbi, and a Minister with a hearing disability. This new government is a living expression of Israel's pluralism and creativity.

It may be a new government, but the



Dr. Hillel Newman, Israeli Consul General

strategic landscape has not changed. Only recently, Israel suffered an attack instigated by the Iranian-backed terrorist organization, Hamas, encamped in the Gaza Strip on Israel's southern border. This premeditated attack encompassed several forms of violence – pelting rocks on worshippers on the Temple Mount and in the Western Wall plaza, launching rocket attacks against millions of Israeli citizens, and encouraging mob riots on the streets. The attacks had nothing to do with any action on Israel's part but had all to do with the interests of Hamas to take control of the street with incitement and radicalism. Frustration due to the cancellation of the elections in the Palestinian Authority, the wish to derail any integration of Israeli Arabs in Israeli society, and the aspiration to reverse the normalization between Israel and the Arab states were among their motivations for these assaults.

This issue is inseparable from the strategic battle, taking place in the Middle East, between pragmatic and radical forces. Hamas along with Hezbollah, Iran, and other radical elements belong to the camp of hatred and radicalism, opposing all those in the pragmatic camp aspiring and working towards stability, coexistence, and a normalizing of relations.

The new government in Israel will face this challenge, implementing a policy of empowering the pragmatic elements

and weakening radicals like Hamas.

The events are interconnected with the Iranian regime, which supports these radical proxy groups, and is regarded as the number one state sponsor of terrorism. The newly elected President of Iran, Ebrahim Raisi, embodies this radicalism. He is known as the "Butcher of Tehran", denounced by the international

community for his direct role in the extrajudicial executions of over thirty thousand people in Iran.

The election of such an extremist figure, pre-selected by the Supreme leader, clarifies the direction Iran plans to follow and illuminates Iran's true malicious intentions. We cannot allow Iran to attain military nuclear capability, continue its support of terrorism and further entrench itself in Syria. This will be a high priority on the agenda of the Israeli government.

In its first significant test this May, the pragmatic camp withstood this most recent round of violence and if it perseveres on this path, it can, and it will bring forth stability and prosperity to the entire region.

In this strategic vision of the future, there are also great opportunities. The Abraham Accords, contributing to the unity of the pragmatic camp, are of tremendous political and strategic importance. They have shown the way towards a warm sustainable peace.

This axis will usher in a new reality in the Middle East. Israel, together with the countries that choose the path of coexistence and cooperation, will now move forward advancing innovation, science and technology, trade, and economic collaboration, for the benefit of not only the people of the region but mankind around the globe.

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# Cardiovascular Risk Symposium June 17, 2021

By Dr. Dennis Goodman, Professor of Medicine (Clinical), NYU, Director of Integrative Medicine, NYU, Professor of Medicine, UCT, SA

The SAJAC Cardiovascular Risk Reduction symposium took place on June 17 and was a huge success. What started with a simple question from my friend Dr. Franklin Gaylis regarding the indication for statin medications morphed into a symposium with excellent speakers.

They discussed the most cutting-edge research into a holistic approach to cardiac prevention and practical strategies to reduce cardiovascular risk through proven lifestyle approaches.

Prevention and optimizing cardiovascular health is as important as diagnosing heart disease. At the symposium, I discussed why 50% of heart attacks occur in people who otherwise appear well (asymptomatic) and how calcium

scans can save lives by detecting underlying plaque and assessing cardiac risk. What this illustrates is that wellness is not the absence of disease. Rather, diet and lifestyle choices are crucial components of preventive cardiology.

Symposium attendees thus heard from experts about the best diets for cardiac health, the benefits of exercise (what kind and how much is needed), the importance of good sleep (preventing and treating sleep apnea), the value of supplements, and stress-management techniques like yoga, meditation, bio-feedback, and mindfulness.

Symposium presenters also reviewed the indications for statins and alternative treatments; the potential for smart-

phone technology to help prevent heart attacks and strokes; and a novel procedure to treat severe hypertension using alcohol ablation in the kidney arteries. There was a lively Q&A following the presentation.

The ultimate goal of this symposium was to educate and motivate attendees to live a healthier, happier life and to prevent heart attacks and strokes.

I am so grateful to our beloved Pam Nathan, our moderator Kayli Amyer, and our expert panel of speakers Dr. Neil Gordon, Dr. Maurice Buchbinder, Melissa Alazaraki, and Jackie Gaylis Kirschen for helping to make this symposium a huge success. Please stay tuned for our next medical symposium.



**Kayli Amyer, Symposium Coordinator**

Thank you Kayli for moderating both the Alzheimer's and the Cardiovascular Symposium. Well done! You did a great job.





Daniel D. Sewell MD



Amy Abrams



Michael Lobatz MD



Sandy Braff



Steven F. Huege MD

# Alzheimer's Symposium March 4th, 2021

By Sandy Braff MFT

This exceptional Symposium was presented on Zoom. We had several experts in the field discussing a variety of issues related to Dementia vs Alzheimer's Disease.

The first person who presented was Dr Steve Huege, a board-certified geriatric psychiatrist at UCSD who addressed management of behavioral issues that are symptoms of dementia. He explained that Dementia is not an illness. It is a syndrome involving an acquired decline in baseline levels of functioning at a lower level. This is mostly a disorder of adulthood causing brain dysfunction. Cognitive impairment is detected and diagnosed through both history taking and objective cognitive impairment. The signs of Alzheimer's Disease or Dementia are 'plaques' and 'tangles' that begin to form in the brain over a number of years.

He told us that initially, consistent, poor judgement is observed. Other behavior patterns like the inability to manage finances and to keep track of the date are common. Conversations become difficult and there are challenges in planning and solving problems. Cognitive changes may be subtle in activities that include difficulty focusing, following directions, handling emotions, decision making and language.

Dementias occur slowly over time and are multifaceted. Other indications are forgetfulness, psycho-motor slowing, and the inability to multitask. Sometimes a person diagnosed with

dementia may present with verbal or physical agitation and poor impulse control.

Then Dr Michael Lobatz delivered his presentation. He is a neurologist who treats memory and neurologic disorders. He is co-director of the San Diego Alzheimer's Project Clinical Round Table. He spoke about medications for the treatment of Alzheimer's Disease and related disorders. He told us what to consider and what to avoid. He explained that there is acetylcholine in the brain, and that the amount in the brain directly affects memory and learning. There are a wide number of medications known as cholinesterase inhibitors that function to decrease the breakdown of acetylcholine. Each is used for different types of dementia or for different stages of the disease and each has different side effects. Data suggests that there is no big difference in efficacy between different cholinesterase inhibitors.

Then Amy Abrams MSW/MPH, the director of education at Alzheimer's San Diego spoke. She presented invaluable information about the importance of long-term planning, especially if someone becomes incapacitated. 'Capacity' refers to the ability to make a decision. It is not fixed and may fluctuate over time. Incapacity may be as a result of episodic forms of mental illness, temporary substance abuse, sensory loss or brain injury. However, irreversible causes refer to some persistent mental illnesses, brain injury and progressive forms of dementia

including Alzheimer's Disease.

Amy spoke about an Advanced Care Planning document which allows people to state what kind of care they want to receive if they are unable to speak for themselves. This ensures that decisions made are based on personal preferences and values. The document helps them to plan for autonomy vs dependence. It requires reflection, documentation and communication.

Reflection on, for instance, what medical treatment is desired and what a good end of life looks like. She stressed the importance of communicating with all agents, and keeping copies of all documents. She mentioned that for Dementia & Alzheimer's Disease there are specific directives and resource documents which are available from Alzheimer's San Diego (858-492-4400). Resources and legal services are also available from their website at [www.alzsd.org](http://www.alzsd.org)

Dr Daniel Sewell, our keynote speaker, followed Amy. He is a board-certified psychiatrist, professor of psychiatry and co-director of geriatric psychiatry at UCSD School of Medicine. He discussed the difference between Dementia and Alzheimer's Disease. He explained that the term 'dementia' refers to a syndrome defined by symptoms related to cognitive decline. It is not a disease. There are many causes of dementia including neurologic illness, vascular illness and other illnesses. The most common cause of dementia is Alzheimer's Disease which is a neuro-degenerative dis-



ease that accounts for 60% of cases.

Early on, each case type of dementia has characteristic changes in cognitive functioning and/or behavior. Rapid forgetting is the most common early sign of Alzheimer's type of dementia. A number of tests have been developed to screen for dementia including the Mini-Cog. A person suspected of having dementia needs careful and thorough medical evaluation. That includes interviews, blood tests, cognitive tests, and brain imaging. New or rapidly worsening behavior symptoms should be considered as a sign of an underlying medical illness until proven otherwise. The main causes of dementia are neurodegenerative (Alzheimer's Disease, Lewy Body Dementia, and Fronto-Temporal Dementia) and vascular (stroke).

He explained that Alzheimer's Disease is increasing and is the 6th leading cause of death in the USA. 6 million Americans have Alzheimer's Disease, which is not a normal part of aging. Alzheimer's Disease is characterized by cerebral atrophy that occurs in the hippocampus, i.e. the memory center of the brain, and causes memory loss. A typical early symptom is rapid forgetting. In Vascular dementia there are focal neurological signs that affect a specific region of the body. In Lewy Body dementia there are attention problems, waxing/waning symptoms,

and visual hallucinations. With Fronto-temporal dementia there are behavioral/social problems, and hygiene problems. In fact, there is a wide range of behavioral and psychological symptoms that occur with dementia that worsen over time.

My presentation was last on the agenda. I focus on the role of the family caregiver, who is faced with a multitude of tasks and responsibilities while caring for a loved one who has been diagnosed with a particular form of dementia. I am a marriage & family therapist and I've been facilitating several support groups for family caregivers for the past 34 years.

The caregivers' role is to adapt, to educate themselves, and to learn not to take their loved ones' unusual behavior personally. They need to understand that the brain has changed significantly and it can't be cured. Therefore, it's imperative that they adapt to the changes and be loving, patient and supportive.

This is a challenging request, but it's definitely attainable. After all, at the end of this dehumanizing disease, the caregivers want to be proud of their accomplishments instead of being plagued with guilt.

I clearly endorse the power of support groups where there are kindred spirits who understand them, who may make helpful suggestions, and most impor-

tantly who may validate their experience.

Here is the link to a valuable video on Caregiving that I made many years ago.

Search youtube.com for Alzheimer's Association Support Group – Sandy Braff Award.

Here are the names of books to educate and guide caregivers that I co-authored:

(1) Staying Connected While Letting Go: The Paradox of Alzheimer's Caregiving

(2) 36 Hour Day. This book does not need to be read from cover to cover, simply look at the index for the solution to the problem you're facing.

Alzheimer's San Diego provides services for free. See [www.alzsd.org](http://www.alzsd.org) They offer educational workshops and other very important services. All donations stay in San Diego to provide our community with the assistance they need.

Last, but certainly not least, a big thanks goes to Kayli Amyer, our symposium moderator. She did a great job. She's an independent insurance broker focusing on finding Medicare, long term care & life insurance plans tailored to clients' needs and has already helped several of our attendees.



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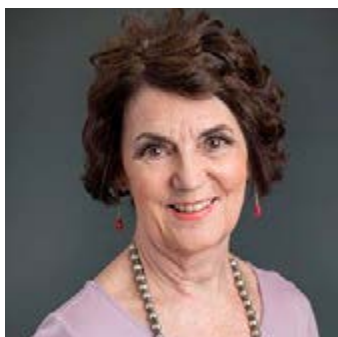
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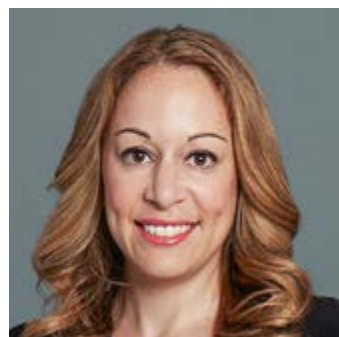
Karim Kader MD



Linda Smith MD



Franklin Gaylis MD



Stacy Loeb MD



Emily Goldberg



Peggy Cottrell



Clive Essakow



Sarah Abelson

## Genetics Symposium Oct 15, 2020

By Jackie Gaylis Kirschen

The COVID-19 pandemic has altered our lives, restricting social contact and keeping many of us working from home while being socially isolated. After countless Zoom meetings and FaceTime calls over these last seven months, I wanted to share my favorite one of all.

In October 2020, I zoomed into the first Virtual Symposium SAJAC held. Two hundred participants from Israel, South Africa, Canada, Lithuania, and 40 USA States attended.

Pamela Nathan, President of SAJAC, initiated this worthwhile event. Dr. Franklin Gaylis, Dr. Karim Kader, Dr. Linda Smith, Emily Goldberg from JScreen, Dr. Stacy Loeb, Clive Essakow, and Sarah Abelson, a counselor from Sharsheret participated. All of the above are nationally renowned experts in genetics, prostate, and breast cancer. The symposium was publicized extensively and received tremendous interest and an outpouring of support.

Dr. Franklin Gaylis, our moderator, discussed important topics such as "Are you at Risk for Ashkenazi Genetic Diseases?" He introduced the symposium with a crucial message,

"Judaism teaches us about the sanctity of life and a most sacred mitzvah, Pichuach Nefesh, the obligation to save a life. If just one person's life is improved or saved as a consequence of this symposium, that would be so rewarding!" Dr. Gaylis shared many more exciting topics, including why the Ashkenazi Jewish population developed a high frequency of genetic abnormalities such as Tay-Sachs (autosomal recessive) and BRCA 1 and 2 mutations (autosomal dominant). As a young female Ashkenazi Jew, I was shocked to learn that Ashkenazi Jews carry BRCA 1 and 2 mutations ten times more frequently than the general population, and 1 in 4 carry an autosomal recessive gene mutation (Tay-Sachs, Gaucher Disease, etc.).

Genetics as a scientific discipline stemmed from the work of Gregor Mendel in the middle of the 19th century. On February 28, 1953, Cambridge University scientists James D. Watson and Francis H.C. Crick announced that they had determined the double-helix structure of DNA, the molecule containing human genes.

In 1980 Tay-Sachs gene was discov-

ered and then more than 200 Ashkenazi-related gene abnormalities were discovered and are now tested by organizations such as JScreen to help couples today.

Dr. Karim Kader, renowned urologic surgeon, and scientist explained the concept of genetic transmission from a mother and father. Genes like BRCA 1 and BRCA 2 that are responsible for repairing damaged DNA and other defective genes are responsible for either breast, ovarian, or prostate cancer.

There has been a tremendous decline in metastatic (advanced) prostate cancer since the start of screening for PSA in 1990. A Prompt Genetic Test can be used to predict a man's lifetime risk of developing prostate cancer. Presenting a real-life example of two South African brothers: one who developed prostate cancer with a high Prompt Score, and the younger brother who did not develop prostate cancer as he had a low Prompt Score. Dr. Kader explained that PSA testing is not a perfect predictor of prostate cancer and that genetic testing is also important when screening for prostate cancer.

Clive Essakow shared his personal

story of being diagnosed with prostate cancer more than ten years ago and fortunately caught it early. Clive shared the emotions he felt waiting for the pathology results after his surgery and the relief when his surgeon called to tell him that the results were good. He mentioned that had he known at the time that his genetic risk of developing prostate cancer was so high based on the Prompt test, he might have acted differently. Clive shared how fortunate he is that he underwent cautious prostate cancer screening at age 50 and how catching his disease early has resulted in him being cancer-free 10 years later.

Lastly, we heard the passionate and emotional story from my very good childhood friend, Sarah Abelson, who watched her late mother, Sandi Lewis Abelson, of blessed memory, struggle with breast cancer and even-

tually succumb to this terrible disease when Sarah was only 20 years old.

I remember visiting Sandi as she battled breast cancer and it was incredible to hear Sarah's valiant response to do everything in her power to prevent and eradicate the BRCA 2 gene mutation from her future generations. Sarah generously and courageously shared with us how she underwent a prophylactic mastectomy at 25 years old. She then had embryos selected that did not have the abnormal BRCA 2 gene and with the help of IVF, she and her husband Amit are joyously expecting a little baby girl any day now.

After closing the formal presentation, the audience moved into numerous breakout rooms focusing on topics such as prostate cancer, breast cancer, genetic counseling, carrier screening, and more. It was so incredible to see how interactive the par-

ticipants were in the chatbox, asking many different questions and eventually staying on the zoom call for over an additional hour discussing important topics such as heart-healthy lifestyle, good nutrition, minimizing animal protein, and fat per Dr. Stacy Loeb. Also discussed were vitamin and mineral supplements, and so much more.

I was personally moved by this virtual symposium and learned so much about my Jewish heritage and personal health. Being a Registered Dietitian, Nutritionist, and Weight Loss Coach, as well as a young female Ashkenazi Jew, I am so glad I attended this Virtual Genetic Symposium. I learned how to protect myself, my husband, and our future children from the numerous genetic diseases we are prone to and most importantly, that knowledge is power and how early testing can save lives, Pikuach Nefesh, indeed!

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## Tribute To Rabbi Jonathan Sacks z"l

By Lee Leibenson

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The world is poorer for the loss of Rabbi Lord Jonathan Sacks, who served for more than two decades as the Chief Rabbi of the United Kingdom. Rabbi Sacks died on November 7, 2020, at the age of 72 after undergoing treatment for several bouts of cancer.

Sacks was a Modern Orthodox rabbi who will be remembered as a profoundly eloquent teacher of Torah, with a wide crossover appeal to other Jewish groups as well as non-Jews. He also had an understanding of the interfaith community. Rabbi Sacks was a world-renowned scholar, teacher and leader. He enlightened and inspired, influenced and empowered world Jewry, global leaders and communities throughout the world.

A renowned public speaker, Rabbi Sacks was often invited to deliver lectures and talks at prestigious academic institutions and venues around the world. Sacks was also an immensely prolific author, addressing pressing social and political issues in a succession of well received books.

He powerfully demonstrated the enduring importance of G-d and religious values in our contemporary society. Central to his message was an appreciation and respect of all faiths, with an emphasis that recognizing the values of each is the only path to effectively combatting the global rise of violence.

Rabbi Sacks leaves behind a legacy as one of the greatest Jewish thinkers of the 20th century, one who bridged the religious and secular world through his remarkable and ground-breaking canon of work. His legacy will continue through all the lives elevated by his teaching.



# Personal Finance

## Hebrew Free Loans of San Diego

Hebrew Free Loan of San Diego is a new nonprofit created to aid and empower members of the San Diego Jewish community by providing interest-free loans in accordance with core Jewish values of dignity, respect, compassion and confidentiality. Zero-interest loans at no cost are provided to qualifying Jewish individuals or individuals who work for a Jewish communal organization in San Diego County to support those who are facing financial challenges or realizing life dreams. HFLSD's philosophy is to provide its constituents a hand-up – not a hand-out.

Rooted in tradition, Jewish Free Loans throughout the world have aided the Jewish community with interest-free loans since the early 1900s. HFLSD is

a member of the International Association of Jewish Free Loans with 50 member agencies in North America, Israel, and Australia, and was launched with the goal of helping people with temporary financial needs to become or remain self-supporting, self-respecting members of the community through access to interest-free loans.

Mindi Frankel is the first Executive Director for the newly formed HFLSD. Frankel comes to HFLSD after a successful tenure consulting for multiple nonprofits in San Diego. She has created comprehensive marketing and communications strategies, working with organizations that foster understanding and engagement between divergent cultures, and serving on multiple boards, including Temple

Solel. Selwyn Isakow, board president of HFLSD, believes that "Mindi's leadership and enthusiasm will bring momentum, organization, and initiative to shape and grow our regional efforts." And HFLSD is off to a great start, already funding multiple loans for both undergraduate and postgraduate studies, as well as recently unemployed loans.

HFLSD's interest-free loans help with living expenses, dental and medical costs, high-interest debt consolidation, transportation, home repairs, education, small businesses, and for covering the unexpected challenges that life throws at us---such as COVID related limitations.

To learn more about HFLSD visit the website at [www.hflsd.org](http://www.hflsd.org)

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# Embarking on an Entrepreneurial Journey

By Gabriel Bloch

Do you ever catch yourself daydreaming about solutions to your everyday problems, convincing friends and family that this is the idea that will one day change the world? How many of us actually pursue these grand plans? Although there are many reasons why we let these ideas fade into memory, I argue that the main reason we don't embark on the entrepreneurial journey is due to the fact that we simply do not know what the journey entails, making the necessary leap of faith a daunting one.

As a young entrepreneur who has spent the last two years building a cold brew coffee company, Quokka Brew, I would like to offer insights from my own experience that may prove useful for those who wish to embark on the entrepreneurial journey but have a limited understanding of the road that lies ahead. If you know anyone who has been threatening to start on the path to becoming an entrepreneur, this may just be the motivation they've been looking for.

It all started in a Berkeley library. Cramming for finals while drowning in coffee. The same caffeine that was powering me through my studies was also making me feel on edge, leaving me high and dry without any energy only hours after consumption. So what if there was a sustainable source of energy that could keep me energized all day long without the side effects (i.e. the jitters and crash)?

Now that is an idea. A long-lasting energy source without any side effects!

So what now? We have all likely gotten to this point, but it is the next step that really counts. Start by heading out into the field to survey your target audience. We surveyed over a thousand students to see if they experienced these same problems. Only once we found that 68% of people surveyed experienced the jitters and/or crash after drinking coffee did we start to create our minimum viable product.

So at this point in the journey, you have your idea, surveyed a demographic that you believe would spend money on your product or service, and are now creating a low-cost prototype that customers can provide feedback on for future development. My team worked to perfect our jitterless and crashless blend for five months, receiving feedback until we believed it was ready. We then began selling on college campuses throughout California, paying particularly close attention to our retention rate and growth in month-over-month sales.

Well done! We have reached another milestone. The market has confirmed your product or service, and you are now ready for scale (exponential growth). This stretch of the entrepreneurial journey is one that I currently travel. From selling at the PB, La Jolla, and Solana Beach Farmers' Markets, to getting us stocked in Seaside Market and the Erewhon Markets in LA, our goal is simple: get our brew into as many hands as possible! This will take



Gabriel Bloch.

a lot of manpower, so make sure you have surrounded yourself with a team that you can rely on.

Two years, four months, and 24 days since that fateful day in the library, and what do I have to show? Besides the obvious metrics of success, including retention rate, a lengthy list of retail locations we are now stocked in, and our month-over-month growth in sales, the most important aspect of this journey has been the wealth of knowledge I have acquired along the way. Both through my own trials and tribulations as well as from the wisdom others have been so generous in parting.

Of this newfound knowledge, the most important has been this. Do not be afraid of failure. Although it is true that 90% of startups fail, this should not deter you from starting in the first place. Failure is the key to success, and if you are able to learn from your mistakes, making them ONLY once, then you will undoubtedly succeed in whatever you put your mind to. The fear of failure has no place in a startup, and will likely serve as a hindrance to the risks you must take in order to succeed. It may sound cliché, but it is the truth. The rest is commentary.

# Artists In Our Community



**Cami Jacobs**





# Jenifer Broomberg

Jen teaches art classes for adults and teens. Drawing & painting - watercolor, acrylics and oils.

Please contact her @858.945.7297.



# Planning Your Charitable Legacy



## What will your legacy be?

The language of philanthropy and planned giving can be difficult and hard to understand at times. We would like to help you better understand these terms and provide you with the knowledge needed for meaningful giving.

Through a current gift or bequest, you can demonstrate an enduring commitment to the Jewish Residential Homes in Southern Africa and continue the legacy of philanthropy while honoring your lifetime of giving in perpetuity – Let Your Name Be A Blessing!

**Jewish Tradition** teaches that one of our key responsibilities is to make the world a better place for future generations.



## Below are some of the ways to achieve your charitable legacy goals.

**Bequest:** Through a will or trust. This is the most popular planned giving method and the simplest.

**Retirement Plan:** The primary advantage of making a charitable bequest of a retirement plan such as an Individual Retirement Account (IRA) or Pension Plan is that doing so allows you to bypass both the income tax and estate tax. Gifting retirement plan assets to charity during your lifetime may also result in substantial tax savings.

**Life Insurance:** Name your favorite organization(s) or the Foundation as partial or sole beneficiary of your policy. Leverage your giving by naming a new policy or transferring an existing policy to the Foundation to be designated to your favorite organization(s). You may receive an immediate and future income tax deduction for the premiums paid or value of the transferred policy.



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# San Diego Jewish Academy Completes Unprecedented School Year and Looks to a Bright Future

By Jaclyn Singer



San Diego Jewish Academy, a pluralistic K-12 school with a vibrant Early Childhood Center, thrived during the unprecedented 2020/21 school year. Then, students and their families could opt for on-campus, safe, in-person learning or continue in the virtual learning program the entire year. Now, after celebrating graduation and other students' stepping-up ceremonies, the school is excited for the year to come, with more learning opportunities, community experiences, and student support services than ever before.

SDJA continues to be in a strong place financially, providing significant tuition assistance so that more families become a part of the community and enjoy the 56-acre campus.

SDJA is an epicenter for meaningful Jewish life and learning. Here are some exciting developments:

More than 119 new students joined SDJA this school year, bringing our enrollment to over 600. For the first time, we have three kindergarten classes. And we have 54 incoming students in 9th grade, positioning our high school for years of success.

SDJA is deeply committed to providing high-quality learning experiences filled with academic opportunities

for all kinds of learners. Our students experiment and learn cutting-edge, 21st-century approaches to problem-solving at our Center for Innovation and Entrepreneurial Thinking. In addition, our Wellness Initiative ensures that we look at every student interaction to nurture the students, focus on their mental health, and help them grow.

Our Sustainability Initiative is placing the school on the road to electricity in-



dependence and providing real-world green learning experiences for students. We've also broken ground on our Innovation Center, which will include state-of-the-art technology, a maker space, creation and design spaces, and more. We are also excited about the new Performing Arts Center.

At our Advanced Institute for Judaic Studies, we come together to celebrate holidays and help our students learn and grow. The Institute hosts Shabbat dinners for students and parents offers adult learning opportunities. Our Tikkun Olam projects encourages involvement and interest in our Jewish community and solidify the student's Jewish values.

Our youngest students in preschool enjoy a nurturing and fun environment that helps them grow and explore during those deeply formative years. Then as they mature, we continue to support their growth grounded in Jewish values, identity, and experiences.

All of this enables us to embed in each student a foundational set of values, skills, knowledge, and experiences so that every SDJA graduate:

1. Actively embodies a meaningful, informed, and personal connection to Judaism, Israel and, the Jewish peo-

ple infusing and enriching all aspects of their lives;

2. Thoughtfully approaches opportunities and challenges in any field, subject, or life circumstance with the curiosity to ask significant questions, the passion for learning, and the confidence to implement solutions;

3. Creates and maintains lifelong relationships that add meaning to their lives, enable them to support each other, and connect and engage deeply in community and society.

This incredible advancement of our school is all made possible because of community leadership, support, and belief in our school and our mission.

Thanks to all who make this possible.



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# It's a Long Way From Springs

By Marc Lotzof

In 1978 our family emigrated to Houston from Springs. I was 16 years old, and it certainly was a shock to my system. Coming to America" was an eye-opening experience. I was very shy and an introvert and I was forced out of my shell. I played soccer in High School which was the easiest way to meet new friends. I remember my accent and use of certain words sometimes brought laughter to my new American friends. (I remember asking a girl in my math class for a rubber, she was on the floor laughing at me, and I could not understand why).

I graduated from University of Houston in 1985 with a BS degree in Psychology and Business. I have always been driven to work hard and earn my own money. While going to High School, and College, I worked various jobs (from selling auto parts, building and selling bicycles, working as a waiter, and a few more jobs in between).

My mom had become a successful Real Estate agent and this intrigued me. I followed in her footsteps and took my Real Estate exam in 1985, becoming a Broker. I went to work at a small brokerage firm, ERA Red Caboose Realty. My training was a phone book and a landline. When this was handed to me my Broker said: "You have plenty of clients! go find them!"

I remember, back in those days we used a book which was printed once a week in black and white with small photos and a brief description of each house to search for inventory. I used the Thomas Guide to map out my route to show homes. ERA was the first Real Estate Company to use the Filofax machine. It was mind blowing!

Our purchase contract was one page,

and the 1st house I sold was a VA No and my buyer paid \$1 in total closing costs including the down payment. The purchase price was \$15,000 (Houston Real Estate in 1985). My gross commission was \$450, but after my split and taxes all I made was about \$215. The Oil Crisis affected the Houston market and forced me how to learn to adapt in a major down market as there were over 200,000 homes vacant and foreclosed.

Then with a surfboard that I never used strapped to the roof of my car, my cat, and a bag of clothes jammed into the back seat as well as \$100.00 in my pocket, I moved to San Diego in 1988.

I began working in the Mortgage Business because I realized that to be a successful Real Estate Agent I needed to learn as much as I could about Mortgage lending. All too often clients were sent to lenders for financing and without the correct guidance, loans were made with potentially devastating effects for the new homeowners. The mortgage training gave me an edge that helped propel my career as I was able to assist my clients with making the right choices with regards to financing their new homes. After many years in the business working some good and some bad markets, with a few different Brokers I began to see how things needed to be done here.

About 6 years later I bought my 1st house. Both of my brothers Lawrence and Craig had moved to San Diego to live with me. After graduating from San Diego State, Craig joined me, and today I am proud to say that The LOTZOF Group has grown into a Successful Real Estate Company. We have a wonderful team of 7 additional agents

and we are growing. During the Pandemic we joined Compass, and took a leap of faith by opening our office on Prospect Street in La Jolla. Please come in and say, "Hi!"

To date we are blessed to have closed over 1.5 Billion dollars' worth of Real Estate. We learned from our Parents that we always have to work hard and strive to try harder. We are so grateful to our community, and LOVE our friends and family for their support over the years. It's so humbling for me when their children call me for help and advice regarding their first home.

We work ALL price ranges from Condos to Castles. Let us help you build your very own legacy one home or condo at a time. We would love to work with you, and continue with the tradition of personal service, and going the extra mile.

Please reach out to us if you have any questions relating to personal Real Estate, or Investments. If you have always wanted to buy, but do not know how, please call. We can show you, and the family, how easy it is to own a home. Please do not hesitate and feel free to call us, even if it is just a question or for advice, we are always happy to help even if you don't buy a house.

We truly value each, and everyone who has been a part of our success.

We have some exciting new developments coming so stay tuned!

Thank you, Pam Nathan for asking me to reminisce, from Springs to San Diego.

LOTZOF LOVE, and A HUGE THANK YOU to my wife Yahaloma for all her support over the years.



# My Ride from Sea to Shining Sea

By Neville Stanger

I have always been a cyclist and after moving to the U.S. I continued to ride and have done many trips through Europe, Hawaii and the US. Then I hit on the idea of riding coast to coast across the USA. I could not raise any interest so I set off solo! I built a tough steel road bike able to carry a heavy load and began riding the local hills until I was able to ride Torrey Pines hill at least 10 times without stopping. It's a long 3,300 mile trip with 110,000 feet of aggregate climbing and as fit as one can possibly get, it's still a challenge. The bike weighed in at about 85 lbs fully loaded with enough water capacity to cross the deserts.

Post-vaccination, March 6, good friends accompanied me initially from the mouth of the San Diego River headed for St. Augustine Florida. And there I went, there was no turning back. The next two months were the most awesome adventure – climbing hills, flying down grades, blowing off my bike, and ducking and diving crazy winds, heat, snow, rain, electric storms, tornadoes, dust storms, and humidity!

My first night out I camped somewhere behind one of the casinos and my airbed failed and the temperature dipped below freezing. Not a great start. However, my spirits were lifted on night two when I camped at a nudist colony and cooked my regular oatmeal breakfast naked in front of everyone!

Storms were moving through the coun-

try in a southeast direction and I was headed for Silver City in the Rockies, but the weather was still too cold, so I chanced the southern border route through the deserts of California, Arizona and New Mexico. On the way I met the kindest and craziest people and marveled at some of the border patrol on their beautiful horses. I was looking forward to meeting swarms of interesting aliens, but there really were not any. Just a lot of wildlife such as Coyotes, javelinas, snakes, lizards, a few eagles, hawks, tons of nasty looking vultures, wild turkeys, deer, rabbits, mice, and different types of bugs. They were interesting traveling companions. All the way I had rock n roll playing full blast through Pandora.

At night I frequently watched movies on a small Ipad hanging from the tent roof, from which I typically removed the tent fly to marvel at the heavens. There were soulful communities and the deafening sound of mating coyotes singing in perfect pitch. COVID did not bother a lot of the folk along the way. Masks were few and far between. I would ask people if they had been vaccinated. Turned out most of them had been sick and many had lost relatives. But they did not believe Covid existed and attributed it to a bad flu.

So here is a day's adventure: About 40 miles east of El Paso, I entered the dog world somewhere along the Rio Grande Valley. Dogs behind fences were going ballistic and I blasted

others off with a compressed air horn that soon ran out of gas. I continued on, gingerly keeping an eye out for the fabled fleeing illegal immigrants portrayed on Interstate 5 signs as well as the drug runners, murderers and rapists reputed to frequent that neighborhood. Suddenly I was stopped by a huge black dog sleeping in the middle of the road. He sat up and showed me a rack of rotten teeth confirming that the area was sorely lacking in the dentist department. I encouraged him to piss off, but he declined. I edged closer, took out a can of Fox Pepper Spray and pressed the nozzle. It failed! Now I was in deep shit! But the road shoulder was packed with perfect-sized rocks to lob at the dude's head and remove those front teeth in the event of a bite! The fifth or so rock kissed his ear; he gave a sorry yelp and moved on.

I rode off, got on the phone to Marlene and asked for bear spray. Fortunately, I never used it because along the way I picked up compressed air horns at Walmart that never failed to stop the demons. I moved on and the wind started picking up 20 mph, then 40, 50, gusting to 80 mph! My first real sandstorm - one of the awesome experiences of my life. I was prepared and from my panniers I retrieved a special pair of foul weather goggles. A direct tailwind picked me up and propelled me, hardly peddling, at over 30 mph. For about 40 miles I sailed blissfully along like a yacht on Table Bay and of



course my speed reduced the intensity of the storm while on the bicycle. A cop pulled up and screamed through a bullhorn asking me if I was okay. I gave him a thumbs up and bumped into him about 20 miles down the road where he verified the wind speed. That is what I call cycling!

Once I got deeper into Texas the terrain changed, and I rode through the very challenging Texas Hill Country. Grueling stuff! Imagine riding up and down Torrey Pines for 600 miles with significantly steeper slopes a lot of the time. I have to admit, it's the first time I ever walked pushing my bike along. I estimate the average slope at about 6% grade rising to over 14% at least. If anyone is a hill climbing demon, this is the vacation place for you where you will not be disappointed. The landscape is also beautiful and in many places reminded me of the Western Cape.

The town of Marfa TX is a haven for UFOs, artists, and hippies; and I am sure I spotted the original Electric Koolaid Acid Test van parked where I camped amongst many others. But Marathon TX is the place I want to go back to most; a tiny town with few residents known for stargazing. The skies and the early morning and sunset light are the most beautiful I have ever seen.

Outside Hunt Texas I was soaked by rain and crawled into a local café. The rain must have made me smell great

because everyone wanted to know my story, and I got three invitations to stay. One guy brought me back to a stay in a hunting cabin on his property because an electric storm with possible tornadoes was on the horizon. He was an oil exec called Kevin who goes to South Africa regularly, stays in Camps Bay, eats in Kalk Bay and loves South Africa! He was about to go fishing in the Gulf of Mexico and so he left me alone at his farm, guns and all lying about. The maintenance guy came by later and told me the bathtub/bidet in the cabin was from Marilyn Monroe's estate. So, the next day I jumped into the tub for a good soak waiting for Marilyn's ghost to materialize. The next day the thunderstorms abated and I moved on. They reminded me of my youth in Joburg.

Friends Mark and Dena Nussbaum live near Austin TX and I planned to visit them, but then I decided against it because they might have lived away from my route. I was putting on rain gear when a wild looking woman in a cacophonous tail-pipe equipped Dodge RAM stopped to save me from the storm. She was traveling east a few miles and would drop me at the point where she had to turn north. When she let me out of the truck, I called Marlene to check my location from my GPS tracker that I carried and it turned out that, by pure coincidence, I was slap bang across the road from Mark and Dena's. We spent a great day together.



Hari from Santa Barbara, contacted me through the bicycling website to ask to ride with me from Austin to Florida and joined me the rest of the way. He was definitely a help with the out-of-control farm dogs of Louisiana. If you've bumped a bunch of Cane Corso's baring their teeth, you will understand fear. The fog-horns laid them all to waste. We rode through amazing places like Mamou LA, where Cajon music was born and dagga smoked; and on through Mississippi, Alabama and into Florida, arriving, mosquito and bug infested on May 3rd to ride into the ocean at St Augustine. Memories of the deep south are awesome friendly people, snakes, huge bullfrogs, chiggers, water turtles, crawfish mudbugs, and deafening cowboy trucks ignoring the speed limit. I rented a car, sent my trashed bike via UPS back to San Diego, dropped Hari at the airport, drove to Sarasota to see my sister, Bernice and her family, and flew back to San Diego on May the 6th. Loved every minute of the trip.

**MONA LISA'S  
JEWISH MOTHER:**

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

**NAPOLEON'S  
JEWISH MOTHER:**

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

**CHRISTOPHER COLUMBUS'  
JEWISH MOTHER:**

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

**MICHELANGELO'S  
JEWISH MOTHER:**

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



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# “Forever in my Veins” a book for your heart, mind & soul

Review by Marlene Davis Stanger



In mid-May, I received a gift in the mail from my friend, Rory Sales, who lives in Noordhoek, Cape Town. It was a book called *Forever in My Veins* written by his great friend, Lionel Friedberg, Emmy-award-winning writer, director, producer, and cinematographer whose work has been featured on PBS, Discovery Channel, National Geographic, A&E, the History Channel, and a host of others.

Without giving away the entire story, which is completely riveting and is a testimony to the rich and exciting life that Lionel has lived and is also a testimony to the depth of himself which he was willing to share, I can tell you that it is one of the most exciting autobiographies I have ever read. From one who rates this genre at the top of her reading list, this is saying a lot.

Lionel was born in South Africa and was raised in and around Johannesburg before his parents moved to what was then Northern Rhodesia in the late 50s. In 1961, after completing high school, the film-crazy Lionel – who had been making home movies on his super8 camera since the age of 11 – found a job at the fledgling TV station in Kitwe, the first television station in Central Africa.

Soon he moved from the props room to behind the camera. The station head gave him a chance and his career took off from there.

But with independence came retrenchment and Lionel had to yield his colonial-era privilege to a local Zambian. But what would this 20-year-old boy do

next? His ambition was Hollywood, but what, when, and how evaded him.

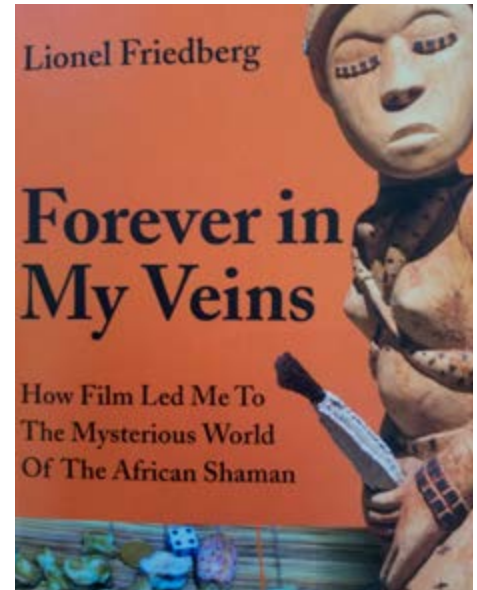
He had to seek some answers for himself. His dearest friend was a young man close to his age, David Phiri, who worked as a servant in his home. David had the solution. They would visit a natural healer, a nganga (called a sangoma in South Africa), who would read the bones and see what Lionel's ancestors had in store for him.

On a steaming hot day, far into the bush, Lionel entered the dimly lit room of the albino woman who was the nganga, and she threw the bones. Bemba-speaking David translated everything. As the book unfolds over the decades, and everything that this old healer said came to pass, Lionel could not turn away from nor discount the inexplicable powers of Africa's natural healers.

His story weaves the thread of prophecy through the years of his career in film, telling stories of the environment and politics, tribal customs and history, aviation and exploration, exploitation and mysticism, storms at sea and frontiers of space, sickness and pending death, and healing.

During the apartheid years when the South African Broadcasting Corporation or SABC wanted to put the separate but equal concept into its programming, Lionel was commissioned to do a series of documentaries on each of the tribes of South Africa. Working with him was anthropologist, Dr. Peter Becker, who opened up an entirely new world to Lionel and introduced him to natural healers in each tribe who were integral to the wellbeing of their people, and would make a significant impact on his life as well.

Lionel's experiences take you on the adventure of a lifetime and when you are thoroughly immersed in his stories which will quickly become movies in your mind – so clearly are the pictures that he conjures in his storytelling – you



will then be led into a story like none other.

One balmy Los Angeles evening, while watching television, Lionel's wife commented on his swollen ankles. A visit to the doctor confirmed he was a very sick man with chronic kidney disease. As he deteriorated, Lionel sought the advice of his friend, a South African doctor living in Santa Barbara who was himself going through training to become a sangoma. This doctor friend suggested he seek out the natural powers of an African healer.

When you read how sangomas or ngangas who knew nothing about him before his visits saw his kidney disease, read into his depths and connected him with the spirit of his grandfather from Riga, whom he had never met, you will be amazed. You will sob when you read about the message from his grandfather who told Lionel, through the intermediary of an African healer in Swaziland, that he would take care of him in this world, that Lionel had to help him in the spirit world. How this unfolded is remarkable.

This book tells the story of physical and spiritual life being well lived by a remarkable man.



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## ARLENE SACKS

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.

Arlene is a hands-on agent who clients can count on to assist them in every facet of their real estate transaction. She is energetic, loyal, honest and meticulous, and has a reputation for truly caring about her clients.

Arlene has built such a strong reputation as an effective Realtor that the bulk of her business comes from referrals, repeat clients and second-generation clients.



[willisallen.com](http://willisallen.com)

# A Call to Our Humanity

By Debra Jedeikin PsyD



There has been much in the media recently about the stigma around mental illness. Oprah's interview with Meghan and Harry and their project, "The Me You Don't See," is a prime example of what is rapidly becoming a significant movement.

As mental health professionals, we are delighted with this current raising of consciousness. Unfortunately, however, this isn't the first attempt to do so. I've been a psychotherapist for 30 years and remember studying this issue in Grad school at Rhodes University in South Africa.

The stigmatization of those suffering from mental health issues has been around forever. Mentally ill people have been incarcerated, tortured, chained to their beds in institutions, burned as heretics. In Nazi Germany, hundreds of thousands were sterilized or murdered.

Mental disorders are negatively perceived far more than physical illness. The afflicted struggle to manage the devastating effects of their condition. At the same time, they try to cope with the judgments of those around them. Tomas Szasz's (1961) famous work, *The Myth of Mental Illness*, speaks of the term "mentally ill" as a label used against people who were "disabled by living."

We are all human beings, all fragile at times and not always able to easily manage our life issues. It's always worried me that dominant culture defines those with mental illness as less than.

Of course, I fully understand that mental health is a continuum. Profound mental disorders are severely debilitating without treatment.

Almost all of us have experienced mild depression or periods of anxiety. In between these two extremes live those with significant mental health challenges. In the USA, we see a 30+% rise in anxiety and depression amongst the general population since the onset of COVID-19.

But that's not the whole picture since mental health issues have been increasing steadily for decades in this country due to the pressures of just getting by every day. Genetics certainly may predispose us, but as we are exposed to life's increasing uncertainties, we are all vulnerable.

The stigma towards people who are suffering from mental ill-health is sadly still alive as well as brutal. We, in

our communities, need to work to improve this situation.

The main impact of the stigma is that it acts as an obstacle for people seeking help. Mental health conditions are treatable like any physical illness. It is so essential that the sooner people receive proper treatment and support, the better the outcomes. Furthermore, early intervention improves the probability that an individual could recover fully from these conditions.

Another known effect of the mental health stigma and the discrimination against those suffering is the social isolation of those living with mental health conditions. Also included are anxiety and depression.

We have seen the destructive effects of systemic stigmatization and discrimination against race, gender, the LGBTQ community, age, HIV, poverty, homelessness, and more throughout history.

Now in 2021, human beings have created so many solutions in science and technology. We have become more civilized. Or have we?!

We should do what we can to work against the stigma surrounding those living with mental illness and truly become a more compassionate and less shaming society.

Start with yourselves!

Informed-knowledge is power and promoting loving-kindness to all those around us who may be in pain is so important.



## THOMAS EDISON'S JEWISH MOTHER:

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

## PAUL REVERE'S JEWISH MOTHER:

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



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# A New Paradigm for Healthy Aging

by Moira Berman



Those of you who attended SAJAC's terrific Symposium on "Cardiovascular Risk Reduction", heard excellent contributions from all the speakers about lowering the risk of serious health conditions.

They presented both research and studies outlining how we can remain well, lose weight, help guard against illnesses such as diabetes, and the risk of heart attacks through diet and lifestyle changes.

I am sure everyone increased their knowledge; and it is possible many already practice healthy habits. Yet, despite mostly healthy lifestyle choices, we still have trepidation about the "inevitable" decline of old age. I, however, have come to understand aging differently.

We don't have to buy into the "common wisdom" that our bodies deteriorate after a "certain age; or at least the decline can be much slower than we have been led to believe.

I am not a medical scientist but I am an avid researcher of topics I am passionate about. It all started when I was introduced to "lifting weights" in 1983 when I was already in my 30's.

I successfully competed in Body Building contests 6 months later and then for a few years. I mention this just to explain why I continued to sporadically research the latest developments in exercise and nutrition and alternative medicine; at the same time weeding out the fads and the obviously harmful.

The research and recorded interviews conducted over the past two years, focus on how to stay healthy, energetic, and active as we age. I shared the interviews at online events, and the objective was, and is, to radically change how we see and experience "aging". I hope to help others share the belief that we no longer have to accept pain, disease, and weakness as an inexorable effect of aging.

I presented the interviews at two separate online summits. The first Summit was titled:

"Fit Beyond Fifty: Strategies to reclaim your Power over health & fitness and age with Gusto!"

I stated that I intended never to "age gracefully" – and kick up a storm right to the end.

For the second Summit, I moved beyond things we all are aware of (eating right, exercising, getting good sleep, and having a practice of mindfulness or meditation). I interviewed experts on the area of aging slowly and cov-

ered topics such as:

What intensity and duration of exercise is optimal for folks over 55? (the wrong exercise program can result in faster aging)

Do female hormones respond differently to exercise than male? (spoiler alert – yes they do, and until recently, all research on exercising was done on young males)

What should we know about the current science of anti-aging; what is still theory and what is actually available to us today? I also wondered: Can we "excel" at aging just like good athletes can become "elite" with the right nutrition, training and coaching?

Thus, the second Summit was titled:

*"Elite Aging: Become Ageless as you Grow Older; Learn How to Connect with the Youthful You"*.

These interviews covered Neurotransmitters; hormones and aging; hormones and exercise; living joyfully; and peptides and aging.

Both summits were well attended by both men and women, even though my target audience was primarily women. And I had interviewed experts of both genders. I have now taken the best of the interviews from the two summits and am offering them as an online Masterclass.

If anyone is interested in watching the interviews and the valuable information that was generously shared by experts, please contact me [moira@mbcass.com](mailto:moira@mbcass.com)

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# Meet Robert Wolf

California Broker, DRE #01249563



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 22 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 22 years mastering Southern California Real Estate, is a Zillow Premier Agent, and in 2015 he was recognized as the **North County Realtor of the Year.**



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 four grown children Michael, Jason, Alexandra and Gabriel, and grandchildren Eliana and Abigail. He enjoys getting outside with his dog, Daisy, and traveling and exploring this great country with his wife.



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# My 365 Photo Project

By Alon Goldsmith

Since January 1st, I have immersed myself in a 365 project. What is a 365 Project? The goal is simple. Take at least one photograph every single day for a full year and post it on that day. I'm now halfway through the process and I have found it to be one of the most fun and rewarding projects I've ever done.

You may ask yourself how challenging can it be to simply take a photo and post it? Having spent six months on the hunt for daily inspiration, I can tell you that it's not so simple. Sure, I could take photos of my coffee foam, but who wants to see that?

The search for meaning in our everyday lives and the revealing of that in an image becomes a practice that leads to mindfulness and appreciation for the simple things that surround us and that we encounter as we go about our day.

The fact that we spend our lives performing the same routines over and over means that we have to alter our perception and change our point of view to find things that are new that have remained unrevealed until now. What a gift this has been. How grateful I am to have found new appreciation for old places -- new ways of seeing old things. And on the few occasions when I've managed to travel, my newly trained eye has been hyper primed and ready to receive. Like a pearl diver, I plunge into the deep, hungrily harvesting the fruits of a thousand visions and a myriad of new experiences.

The photos from my project can be seen on my Facebook page and on my dedicated Instagram page: @alon\_goldsmith\_365. I also publish a small book monthly documenting the photos taken each month. If you're interested in purchasing them or finding out more, you can contact me on Facebook or Instagram or email me at [alon.goldsmith@gmail.com](mailto:alon.goldsmith@gmail.com).

Following is a sampling of photos from the project -- one for each month so far. All photos are shot with my phone.



Couch Surfing USA | Jan 25th | Day 25 of 365



Gnome Man's Land | Feb 14th | Day 45 of 365

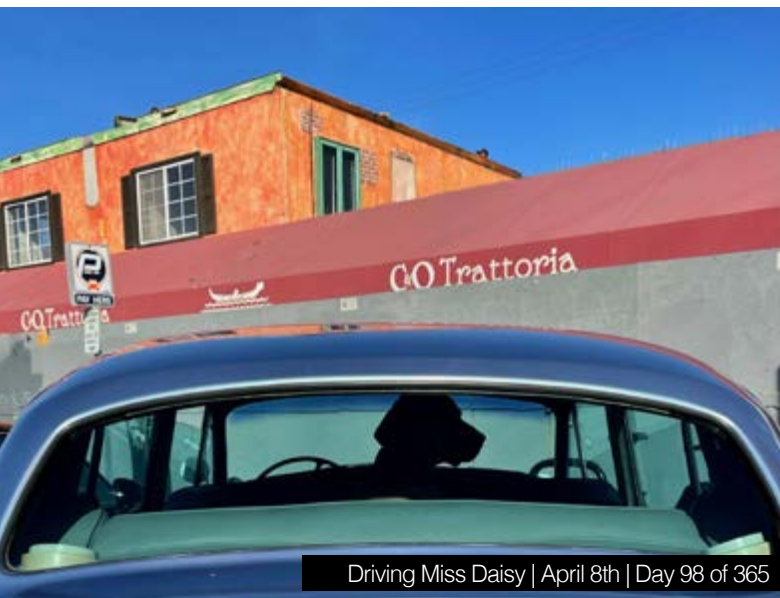




Upload | June 21st | Day 172 of 365



Elemental | May 23rd | Day 143 of 365



Driving Miss Daisy | April 8th | Day 98 of 365



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# Real Estate Update 2021

By Linda Bernstein

## Low Interest Rates And Inventory. Millennials Are Buying. Proposition 19 Passes.

Robust buyer demand, fueled by low mortgage rates, continues to outpace supply that has reached near historic lows. Nationwide, inventory remains much lower than the same time last year and sales prices are surging as a result. Although warmer temperatures, rising sales prices, and the reopening of the economy may draw many sellers to the market, historically low levels of homes for sale are likely to continue for some time in most market segments.

As quoted on Realtor.com "The market's strength is broadly-based: all 20 cities rose, and all 20 gained more in the 12 months ended in March than they had gained in the 12 months ended in March. What happened: Among the 20 cities that the index tracks, Phoenix again saw the largest increase with a 20% jump, followed by SAN DIEGO (up 19.1%) and Seattle (up 18.3%).

San Diego Association of Realtors state that for the 12-month period spanning June 2020 through May 2021, upcoming sales in San Diego were up 24.3 % overall. The price range with the largest gain in sales was the \$5,000,001 and above range, where they increased 143.5%. The overall Median Sales Price was up 13.6% to \$670,000. The largest price gain was the Single-Family Homes segment, where prices increased 15.2 % to \$760,000. The price range that tended to sell the quickest was the \$500,001 to \$750,000 range at 21 days; the price range that tended to sell the slowest was the \$5,000,001 and the Above range at 102 days. Market-wide, inventory levels were down by 54.7%. The property type with the smallest decline was the Condos - Townhomes segment, where they decreased 53 %.

That amounts to 0.8 months supply for Single-Family homes and 0.9 months supply for Condos. In the San Diego Housing Market, we are seeing multiple offers, sometimes higher than 50, on most properties. Showing Times are extremely limited and it is not unusual

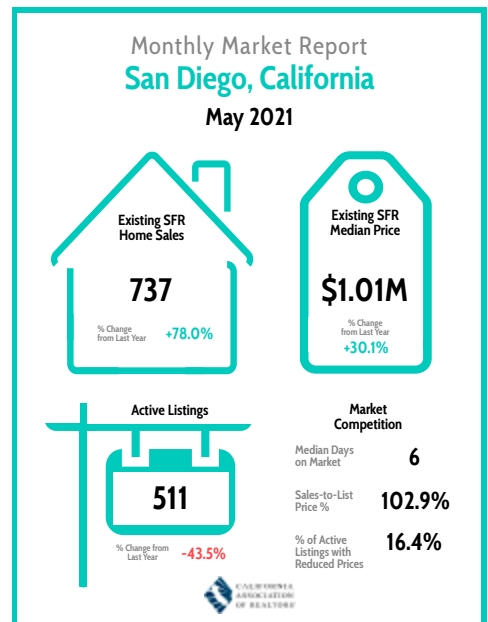
to be allowed only 15 minutes to see a home. Buyers are shortening their contingency periods including waiving the appraisal contingency, buying as-is, and allowing sellers to stay in the home rent-free for a period of up to 60 days.

Part of The big picture as to who is buying: Rising home prices aren't in themselves a new phenomenon caused by the pandemic. But the size of the increases is certainly influenced in part by the pandemic. Many Americans poured into the housing market in search of larger homes, particularly in the suburbs. Many companies shifted to remote-working arrangements on a more permanent basis. Due to the pandemic, workers could stand to live further from major city centers without facing long daily commutes.

Millennials are aging into the time of life where people most often buy their first homes. For the first time, we're finally seeing evidence of millennials outcompeting older generations in more markets than not," says Javier Vivas, director of economic research at realtor.com. "If millennials continue to grow [their market share] at this pace, we expect them to buy more homes than Gen X and baby boomers combined in the next year." Still, the major factors motivating buyers remain the same: growing families, the requirements of work, and the combined freedom and restraints of retirement. "Life stages is what drives demand in housing," Vivas says

What Is Proposition 19 and what does it mean to you?

Effective April 2021. Eligible Homeowners are able to move anywhere in the State of California and transfer the taxable value on their existing home to their new home. Eligible homeowners include persons over the age of 55, severely disabled persons, and victims of wildfire or natural disasters. This transfer has to be done within 2 years of the sale. A higher-priced home may be purchased as a replacement value with up to a million dollars in the exemption. Be sure to go over the details with your Accountant.





# Protecting Dignity Offering Hope

By Vanessa Lurie

Beverley Pamensky is the first-ever Executive Director of the Kindness Initiative with over two decades of experience, passionately leading, serving, and volunteering in multiple areas of our San Diego Jewish Community. Beverley is a powerful, compassionate, and empathetic force in the Community. She uses her positive attitude and tireless energy to lead her team of administrative and outreach volunteers to collaborate with service providers, work hard, be kind and succeed.

The mission of the Kindness Initiative is to alleviate poverty in the San Diego Jewish Community by meeting the basic physical and psychological needs of vulnerable Jewish families.

Before Covid, approximately 20% of our Community was living near or below the poverty level. Now 18 months into the pandemic, the number of local families touched by income and housing insecurity has significantly increased.

The Talmud (Shevuot 39a) emphasizes that “Kol Yisrael Arevim Zeh Lazeh,” meaning all Jews are responsible one for another. This phrase is the basis of

the notion of communal responsibility in Jewish law. It implies an obligation on all Jews to ensure that other Jews have their basic needs for food, clothing, and shelter.

The Torah teaches us that we must always look at other human beings, understand what they are lacking, and endeavor to help them. At its highest level, tzedakah requires us to “understand” other human beings: Who are they? What do they need? How can I help them fulfill their role in life? We established the Kindness Initiative to carry out this obligation!

The organization is currently assisting over 100 individuals, made possible by a team of more than 50 volunteers. Angels support our members, and Ambassadors collaborate with various resource services. The Kindness Initiative is a respectful, confidential, and supportive organization helping those in need to acquire the support to create a dignified and prosperous life for themselves.

The Kindness Initiative is here to address these urgent and growing needs.



Beverley Pamensky, Executive Director

We rely on members, Angels and Ambassadors, service providers, grants, and donors.

It takes a village for all to thrive!

We invite you to visit:

[www.kindnesssd.org](http://www.kindnesssd.org) to learn more about how you can help support these Jewish families in San Diego.

## Father’s Day

Is there something more profound,  
than thoughts that become unwound  
when confronting one’s progenitor,  
having to concede that the one who sowed your seed,  
was less than propitious.

so with despondent eyes looking at the sky  
I wonder how it could have been better,  
when someone I should venerate  
chose to eviscerate, the essence of my being.

If only you gave credence to your earthly power  
my walk across a bridge would just mean going from one  
side to the other,

but instead you left me hanging upside down,  
trying to stare through the water.

and although the story has been played a thousand  
times  
about how no one gave you a handbook for the journey  
you were long enough around,  
for common sense to land on common ground,  
yet you still never checked to see if I ever crash landed.

Anonymous

# Expats Global Contribution & Success

By Elliot Wolf



Dennis Goodman, Eliot Wolf.

In just over a year the King David Schools are celebrating their 75th anniversary, which coincides with the establishment of the State of Israel in 1948! Such an occasion naturally prompts retrospection and an assessment of the indispensable role that the King David Schools have played, not only in the Jewish community of Johannesburg but also in the many countries of the world where our alumni have settled.

The King David Schools' Foundation, the fundraising arm and alumni office of the South African Board of Jewish

Education, has been in the fortunate position of collecting data of our graduates from all over the world, and what a rewarding exercise that has proved to be! We have learned that in every sphere of human achievement our former students have made major contributions.

How proud we are of those who today are holding prominent positions in their Jewish communities, of the many rabbis and community leaders, who play such pivotal roles in ensuring the continuity of our people.

In their professional lives, Davidians continue to excel in every possible field.

Entrepreneurs and leading businessmen and women, professors, academics, doctors, scientists, teachers, musicians, singers, actors and actresses, film producers, technocrats, and tradesmen.

What is equally important is the philanthropic role that so many of our alumni have accepted as part of their responsibility to their communities.

How gratifying it is to hear of the g'milut chesed of so many of our graduates to worthy charitable causes, both Jewish and general. It is reassuring to witness that the Jewish ed-

ucation to which our students have been exposed has left them not only with a knowledge of Hebrew but also with our Jewish tradition of justice and fairness.

Our contact with our alumni overseas and locally has given us the chance to hear from them how much they appreciate their enduring friendships with their contemporaries. Time and distance have not affected the indestructible links that were established at school, and the King David network is treasured as a blessing and source of support.

Perhaps the highest compliment that can be paid to a King David education is the nostalgic comment of those Davidians living abroad. How often we hear from those alumni that they wish they could replicate for their children the opportunity of their treasured experience at King David!

Locally, too, the recurring cycle of Davidians sending their own children to attend a King David school proves conclusively the confidence and trust that our former students have in the KD system!

Finally, at the beginning of this year history was made when an alumnus of King David, Rabbi Ricky Seeff, was justly appointed as the first Davidian to fill the position of General Director of the South African Board of Jewish Education. How succinctly this appointment records the success of a King David education!

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# Yiddish House, Theater & More

By Jana Mazurkiewicz Meisarosh, Founder & President of YAAANA



The Yiddish Arts and Academics Association of North America (YAAANA), located in La Jolla, CA, distinguishes itself by bringing Yiddish language and culture to the public through accessible and engaging programming that exposes the richness, depth, and multi-faceted nature of Yiddish culture. Here at YAAANA, we are particularly delighted to welcome San Diego's thriving South African community as well as the international South African community to proudly share and preserve our Yiddish values and heritage.

This winter, YAAANA is organizing a virtual Not Your Usual Winter Yiddish Language and Culture Program. If the situation with COVID-19 is stable enough, we will offer in-person programming here in San Diego as well. The program will take place from December 12th to December 26th, 2021. It will include classes, lectures, and workshops on Lithuanian (Litvish) Yiddish and other forms of cultural expression of Lithuanian Jews, many of whom immigrated to South Africa. We will also offer Yiddish language and culture classes on all levels. Among our instructors will be such famous scholars as Dovid Katz and Sheva Zucker. Local and international audiences are invited to participate in the program. For more information about the program's offerings and registration details, please e-mail [info@yaaana.com](mailto:info@yaaana.com). You can learn more about YAAANA by visiting [www.yaaana.org](http://www.yaaana.org). Let's yiddishize our winter and preserve our precious heritage!

Blaybt shein gezunt un shtark! Stay healthy and strong!



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# What Shalom Baby Has Meant to Our Families....

By Judy Nemzer

For twenty years Shalom Baby has been at the forefront of welcoming and connecting young families raising Jewish children. Not being able to meet in person during COVID, Shalom Baby had to be creative on how to connect families. Below three participants share their experiences.

**Amy Mendelsohn Aires**, an expectant mom...

I moved to San Diego just weeks before the global pandemic and it was incredibly challenging for me to create a community during the lockdown. When I found out we were expecting, I was so grateful to be connected to Judy and Vivien. Shalom Baby was the best way for me to be connected to other expecting moms who are due around the same time as me. Our group is engaged on WhatsApp and through Zoom due to COVID. We had a lovely first Zoom hangout where we all got to introduce ourselves, talk about our pregnancy journeys, and share fun tips and advice. We are looking forward to our second Zoom soon and hope we will all be able to meet in person in the near future....especially after the babies arrive.

Shalom Baby Has Been There for Three of Our Children

**Elizabeth Weinrib** conveys the value of the program...

I can't express how monumental Shalom Baby has been to me as I journey into parenthood. To have a support network while transitioning into a role

I was never fully prepared for. Shalom Baby has been imperative to my success as a new mom. I am forever grateful to the team at Shalom Baby for facilitating connections among young Jewish moms like myself and the Jewish community locally in San Diego. With their unwavering support, I am confident to step outside my comfort zone and find a place for myself at the table, whether in person or virtually. I will continue to champion their work as I have seen firsthand how helpful it is to have a team surround, guide, and cheer me on through this adventure called motherhood.

Thank you, Shalom Baby, Lawrence Family JCC - JACOBS FAMILY CAMPUS, and the very generous funders to this amazing program.

Little mensches was born in 2015

**Jessica Fink**, Chairperson for Little Mensches, shares her passion for Tikun Olam.

When my son Leo was five years old, I began to look for opportunities that would allow our family to start teaching him about giving back to the community. I was surprised to find, few (if any) programs like this existed for children as young as Leo. Almost every program was more appropriate for older children. Fortunately, I connected with Judy Nemzer and Vivien Dean at the Lawrence Family JCC - these two women have always had their fingers on the pulse of children's programming in San Diego. Within weeks, Little

Mensches was born. The purpose of Little Mensches is to "make the world better one mitzvah at a time.

We organize events approximately once a month, typically on a Sunday from 1:00-2:00 PM. The goal is not only to teach these young children about giving back but also to make community service a broader part of the entire family's life. We have held a wide variety of events including putting together necessity kits for the homeless; had our children brighten the days of local senior citizens; conducted a beach clean-up at La Jolla Shores; worked with children who have special needs; made activity kits and a video card for children at RADY Children's Hospital; packed food at the Hand Up Youth Food Pantry; made cards for members of the U.S. military and IDF; decorated cookies for local police and fire stations; learned about being kind





to animals in the community; and put together school supply kits to donate to children in need. Every program is hands-on and is geared toward engaging this younger age group.

While our programs are focused on children between the ages of 4 and 8, we make the events a true family affair. We welcome younger children ("baby mensches") at our events and

make a point of especially seeking out older children (between the ages of 9 and 12) to act as "big mensches." They work with the younger children, which not only allows them to do a double mitzvah by both participating and helping but also lets the parents mingle and enjoy these social events as well.

With the social distancing require-

ments of COVID waning, we are so looking forward to resuming our events and helping more children to understand giving back a part of their lives.

For more information about Shalom Baby, or to receive a free welcome basket, please contact **Judy Nemzer** and **Vivien Dean** at [shalombaby@lfjcc.org](mailto:shalombaby@lfjcc.org).

## All Jewish Day School expats from South Africa need to be praised.

by Avra Kassar

In addition to graduates from Kind David in Johannesburg, we must also remember the contributions made by the graduates from Herzlia in Cape Town, and Carmel in Durban. So many of these expats have taken up important leadership positions in their communities, including right here in San Diego. Not to forget Canada, the UK, Australia and other countries around the world.

I am sure to leave someone out so I will not mention their names.

I graduated from Herzlia in 1961. My

Dad, Wulf Sebba ז"ל went from door to door to raise funds when the school was first established. I am forever grateful to my parents and Herzlia for the Jewish values I learned to embrace.

I worked very hard for Jewish education in San Diego when I came here in 1981. To me Jewish education is not only indispensable to the survival of the Jewish People and the unique values we stand for, but is instrumental in promoting those special bonds and warm association with Israel.

Let us not break that chain!

The day school movement has served us all well and sending our children to Jewish day schools wherever we moved to around the world was so important to us. The chain continues as I see the results of the importance of Jewish Day School education that both my children and grandchildren have benefited from.

“אם תרצו אם תרצו אין זו אנדה”

If you will it, it is no legend.

# FIDF Update

By Alan Katz

When Operation Guardian of the Walls began during the recent terror attacks on Israel, FIDF was the IDF's first call for support. Despite the enormous need, you responded. And for that, we are forever grateful we were able to meet their needs. The urgent welfare and wellbeing of tens of thousands of soldiers were helped because of dedicated supporters like you.

## Your generosity funded:

- Over 145,000 welfare and well-being items for tens of thousands of soldiers and reservists, providing food, clothing other basic necessities
- 2,320 hygiene and essential support packages
- Living facilities in the makeshift camps where soldiers were housed
- Financial support for the families of soldiers suffering financial hardship
- 6 transport vehicles for wounded soldiers
- 45 climate shelters for Iron Dome units

In reflection, the FIDF was able to still have a tremendous year and our region is growing. In 2021, San Diego expanded and became the Southwest hub overseeing FIDF chapters in Orange County, Arizona, Las Vegas, Colorado, and New Mexico. San Diego is currently supporting 106 student scholarships in the FIDF Impact Program that funds students coming out of the army that cannot afford college. This is helping to shape and change the future of Israel.

The FIDF Women's Brigade Lapidot run by Regional Chairs Nikki Saloner and Martine Simble helped open a women's chapter in Las Vegas. We want to personally thank South African chef Sharon Glass for donating her time and energy to creating a beautiful cooking tutorial for the FIDF back in May.

Lapidot Women's Brigade helped fund more than 4,000 hygiene kits to female soldiers securing the Lebanon borders during the Covid crisis. They also fund-



Alan Katz

ed food vouchers to soldiers in December with the help of selling Chanukkah candles inspired by the soldiers. Lapidot is now funding two FIDF programs for PTSD Service Dogs, and helping all the families with Bereavement and counseling this year. Please get involved in our Women's Brigade by contacting Keren-Dee Hamui at [kerendee.hamui@fidf.org](mailto:kerendee.hamui@fidf.org).

The Gala for 2020 was canceled, and 2021 has been postponed to February 26, 2022.

Please keep a lookout for the invitations to follow.

As the skies begin to open, to take you behind the scenes, missions are tentatively set for October 8th-15th. There will be a men's mission in later October. A National mission is also scheduled for November 13th this year and in April of 2022, we are planning a mission to Poland and Israel.

We invite you to join us. Please reserve your spot as they are selling out quickly.

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# Excerpt from The Afrikaner who became Jewish

By Mirah Langer

A youtube channel detailing the facts behind the conflict in Israel is going viral for its assertive unpacking of the context behind the headlines. However, the life story of its creator, Theo Kriel – an Afrikaans South African who was inspired to become an Orthodox Jew by two German Muslim converts he met in Saudi Arabia – is the most epic tale of all.

Born in Louis Trichardt, Limpopo, to a staunch Christian family and growing up in George, Kriel said that while he always believed in G-d from a very young age, he didn't believe in Christianity. He always felt a particular affinity for Moses and was nicknamed "Klein [little] Moses. Kreil was diagnosed with cancer at seven years of age.

Chemotherapy did not help, and sadly his leg was amputated.

This experience inspired him to become a prosthetic specialist helping others in a

His career path opened up opportunities to work overseas, and this exposed him to many different cultures. Ultimately this leads him to Judaism.

Coming from quite an insular Afrikaans context, his first travels to work in Malaysia, where he lived with a Hindu family and then Buddhist friends, were eye-opening yet he remained secular.

He then went to work in Riyadh, Saudi Arabia, dealing mainly with the royal family. At the hospital where he worked, he met two German brothers who had converted to Islam. The trio would often debate religion. Eventually, these friends told him that his views reflected Judaism and that he should investigate it further.

At the time, he didn't even know that one could convert to Judaism, as he understood it as a "tribe, a bloodline".

Considering Judaisim as a tribe, he still consulted – "Rabbi Google" and started researching the religion online, discovering that converting was possible.

In 2012, when he returned to South Africa, he moved to Port Elizabeth and began Orthodox conversion. At the time, coming from a secular lifestyle, he found the switch to a "black and white Haredi vibe" too hectic. He left for England, deciding to practice the religion on his own.

In 2014, he returned to South Africa and settled in Cape Town. He briefly tried Reform Judaism but felt it was not for him and eventually found a religious home under Rabbi Sam Thurgood at the Beit Midrash Morasha in Arthur's Road, Sea Point. In 2017, he completed his conversion.

Kriel made aliyah in 2019 and is now a part of the Hardal community. In Hebrew, Hardal means "mustard" and represents a level of observance between Haredi and Dati Leumi – the national religious.

"We are very strict in our observance, praying three times a day, and in our learning of between three and four hours a day, but we also believe that you should work like everyone else," Kriel said.

Although his mother asked him to speak to a panel before becoming Jewish, she too agreed after four of them approved the conversion. Since then, his family has been supportive and remain close.

Even before his conversion was complete, Kriel launched his YouTube channel – The Jewish Convert. At the time, while many converts had social media channels, they were often more concerned with blending in, "even trying to alter their accents. Kreil went in the opposite direction



Theo Kriel



as he believes converts should be very proud of their chosen religion. The information the channel offers is a mix of discussions about Judaism and dispelling some Christian ideas about it, conversion, and now a commentary on Israel.

In the first few years, the channel was quiet, with about 100 subscribers joining a month. However, recently, about 100 people have joined a week, and Kriel now has more than 5,000 subscribers and more than 500,000 views in total. This channel also includes commentary on Israel. The majority of subscribers are from America. These include Baal Teshuvah (secular Jews who have become religious) as well as Christians. South Africa, Israel, and India have also

signed up.

When it comes to the situation in the region, "I wish people would fact-check more. I say in all my videos on the matter: 'Don't believe what I'm telling you: I've got an Israeli flag in my background, I'm ultra-Orthodox, I'm going to give you the religious pro-Israel opinion, but fact-check me – go google it.'"

Now aged 35, Kriel said on reflection, he appreciates the inner growth his conversion has nourished. His connection to Judaism is profound.

"You are joining a very long history: the longest history in the world of a people that have survived. There is no older civilization still in existence. You can read about them in books,

but you can't come out in the streets of Ra'anana [where he now lives] and speak to them."

My conversion to Judaism has been about connecting with other Jews. You do not practice it alone. Ruth who converted said: "Let your people be my people and your God my God"

Being part of a community is the most important aspect of being a Jew."

\*Originally published in the South African Jewish Report newspaper - republished with permission. For more quality news, opinions and insights, visit [www.sajr.co.za](http://www.sajr.co.za) and find the SA Jewish Report on Facebook: [www.facebook.com/sajewishreport](http://www.facebook.com/sajewishreport) and Instagram: [@sa\\_jewishreport](https://www.instagram.com/sa_jewishreport).

## Partner in Aging By Jonathan Schwartz

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researching retirement community options, we take into account your wishes and needs in order to create a solution you can be happy with. Your health and happiness are our top priorities and our goal is to ensure you continue to age well!



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## Mit Zei Gezuhnt

By Hillel Katzeff

As a kid growing up in Cape Town my parents would occasionally speak Yiddish. It was customary for my father, Osar Katzeff z"l, to end a conversation by saying, "Do me a favor?". There would usually be a quizzical response, to which he would say: "zei gezuhnt?" A literal translation to the Yiddish phrase is "with you health", or in today's world it can be translated to "be well" or "stay well." I always thought it was quaint or endearing, because it would usually elicit a smile or positive response.

Over the past year and a half, since the global pandemic hit most everyone I know has not taken good health for granted, including me. The fear and devastation that COVID has wrecked across the globe hit home when I attended a COVID funeral on Zoom. The pain, anguish, distress was palpable hearing the eulogies from the mourning family. It was heart wrenching!

Responding to the needs of the community, SAJAC produced three no cost education symposiums on health and wellness over the past nine months. The world was changing and with it were new challenges to overcome and many of us were seeking ways to connect and learn about health and wellness.

### **Genetics Symposium – October 2020**

More than 225 people signed up for the first symposium.

Over many generations, the relative isolation of the Ashkenazi community in eastern Europe resulted in a genet-

ic mutation that until recently had not been understood. Urologists Franklin Gaylis, MD and Andrew Kader MD led the discussion and presented research about the human genome that was relatively easy to follow. It was fascinating.

I had never fully understood the importance and relevance of genetic mutations until I heard the personal stories shared by SAJAC members Clive Esakow and Sarah Abelson. Hearing these personal stories made the topic of genetics real.

Technical glitches had to be overcome using new virtual technology to connect the expert presenters in different time zones with the virtual audience. Having four break-out sessions on different topics and reconvening the symposium was ambitious and technically challenging. Still the quality of the content came through and was much appreciated.

### **Alzheimer's Symposium – March 2021**

With dementia affecting an increasing number of the aging population, the Alzheimer's symposium was an eye-opener. One in eight people over the age of 65 have Alzheimer's disease, a devastating form of dementia that robs the sufferer of memory and affects their loved ones and families in devastating ways. As we learned from psychiatrist Daniel Sewell, MD, there are early signs. Neurologist Michael Lobatz, MD described the progression of the disease and the medications

that can be used to help manage this. Amy Abrams talked about the legal issues, while Steve Huege MD and Sandy Braff LFMT talked about the behavioral and caregiving aspects.

Learning about the differences between dementia and Alzheimer's was an education for me.

### **Cardiovascular Risk Reduction Symposium – June 2021**

Cardiologist Dennis Goodman MD presented a holistic and integrated approach to maintaining a healthy heart and living a healthy life. There have been many pharmaceutical advancements in the last few decades. It may seem that medications are an easy solution to the silent killers – like heart attacks and blood clots. Yet, diet, exercise, sleep and keeping stress low can be as effective as taking medication for most of us. Eating healthy foods made a lot of sense when Melissa Alazraki, RND and Jaclyn Gaylis Kirschen RD described different foods and recipes.

With heart disease still the number one killer, there is so much medical research that continues in the field. Neil Gordon, MD and Maurice Buchbinder MD, presented some technical research reports and clinical studies currently being done.

Kayli Amyer, who served in the Israel army and is an insurance agent, did a good job moderating the symposiums and keeping the programs running on time. Kayli, what's next? Now that most people are vaccinated against COVID,

my hope is that there may be in-person symposiums in the future. However, with the number of variants circulating the globe and with many people still not vaccinated, it seems likely that the virtual symposium format is here to stay – at least for the foreseeable future.

Other topics are being considered for future symposiums. The themes will depend upon what is of interest to SAJAC members and other expatriates around the world. To suggest a topic, or to be involved in putting on subsequent SAJAC symposiums email [Sajacsandiego@gmail.com](mailto:Sajacsandiego@gmail.com)

So, until the next time – *zei gezuht!*

#### Learn Yiddish

At the SAJAC Annual General Meeting in 2019, Jana Mazurkiewicz was introduced as a guest. She is the founder of YAAANA or the Yiddish Arts and Academics Association of North America. There has been a renewed interest and a revival in learning Yiddish during the pandemic. A front-page article in the Wall Street Journal in April 2021, described this revival, with San Diego-based YAAANA being one of the driving forces. YAAANA offers many family-friendly, low-cost Yiddish language classes, theater and song workshops, lectures and Jewish holiday celebrations. To learn Mame Loshen (mother tongue) visit [www.YAAANA.com](http://www.YAAANA.com)

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# Recipes

By Rachel Barnes

When Rachel immigrated to the U.S.A. with her husband, Samy and three small kids in 1990, they purchased a bakery company in distress. With hard work, Rachel and Samy transformed “Bestcake Bakery” into a successful enterprise. “We baked fresh daily and introduced the ‘yesterday’s baking’ table at a lower cost and donated our breads to local charities. Our no-added sugar pastries and date loaves were a hit!”.

During these 11 years, Rachel won culinary competition awards and exposure to local news press. “I was lucky to be part of a great team of dedicated bakers and appreciate the baking learning experience. They were all my new family.”

At the same time, “Shalom Pizza” a middle-eastern restaurant was created from scratch. It took Rachel a few visits to the city of Philadelphia to receive building permits in order to convert a bookstore into a food establishment. Rachel drew the plans and submitted to the city for approval. Rachel hired the best Lebanese cook and that’s where Rachel mainly learned to cook.

## RECIPE CABBAGE SALAD

- 1 green cabbage shredded
- 4 Carrots (cut diagonally)
- 3-4 Scallions (green onion)
- 1 bunch cilantro or parsley

- 2 Tblsp of each:
- Cranberries
- Sesame seeds
- Sunflower seeds
- Pumpkin seeds
- (All seeds toasted)

### Dressing:

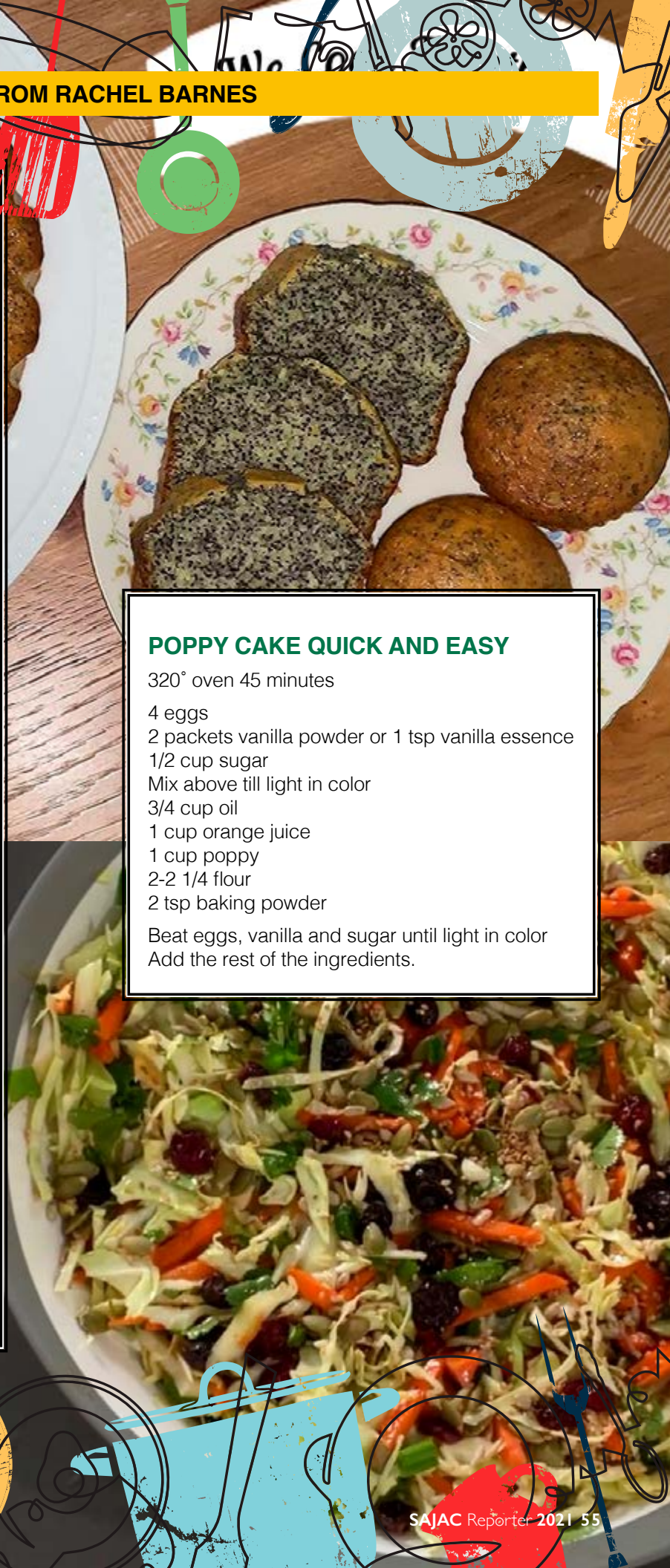
- 1 Tbls. date molasses or honey
- 3-4 Tblsp. Olive oil
- Lemon rind from one lemon
- Juice from one lemon
- 4 cloves garlic
- 1 Tblsp. dijon mustard
- S/p to taste

## POPPY CAKE QUICK AND EASY

320° oven 45 minutes

- 4 eggs
- 2 packets vanilla powder or 1 tsp vanilla essence
- 1/2 cup sugar
- Mix above till light in color
- 3/4 cup oil
- 1 cup orange juice
- 1 cup poppy
- 2-2 1/4 flour
- 2 tsp baking powder

Beat eggs, vanilla and sugar until light in color  
Add the rest of the ingredients.





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# The Podcast Fellowship

By Rabbi Tuvia Kopstein

Judah Sweig was the youngest in the family. Using his “8-year-old rhetorical skills,” he convinced his parents to spare him from enrollment in the Hebrew school of his siblings.

Eleven years down the line, Judah, now in college, noticed a bus stop flyer offering money for listening to Jewish podcasts. His Jewish curiosity was piqued. A year later, Judah revels in weekly Torah study and debate and the depth of his Jewish identity.

This program is The Podcast Fellowship (TPF). It is sparking a Jewish renaissance among Cape Town-area youth.

An educational nonprofit, TPF provides Jewish students and young professionals a \$15/week scholarship for listening to and teaching Jewish podcasts.

TPF’s students select from a wide-ranging choice of Torah lectures, listening as well as preparing on their own. They then meet on Zoom, one-on-one, with the local mentor assigned to them.

For approximately 20 minutes, the

student relays their understanding of the podcast to the mentor, adding questions or debating. The student receives a scholarship for listening to the podcasts and may continue weekly for 40 weeks.

“The South African contingent of TPF is by far the largest and fastest-growing of TPF’s 25 global locations,” quipped Rabbi Tuvia Kopstein, TPF’s Director of Development. “As of June 25, fifty Cape Town students are learning weekly with mentors, the vast majority having begun this May and June.”

Rabbi Kopstein makes an impassioned appeal: “This is an incredible investment opportunity for people who care about South African Jewry. We spend money searching for ways to keep our youth in the fold. Here we have a program that’s already working brilliantly! Please give us your support.”



For more information, please visit: [www.podcastfellowship.org](http://www.podcastfellowship.org), Call Rabbi Kopstein at 248-819-0689, or email [tuvla@podcastfellowship.org](mailto:tuvla@podcastfellowship.org)

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# Smartphone Theatre

By Todd Felderstein

It felt serendipitous to have met Pamela Nathan, at the Jewish Film Festival in 2018. And then it was equally special being introduced to the SAJAC family when she invited me to be the guest speaker at your AGM in 2019 and screen my film. Certainly a huge benefit of the film festival circuit is meeting new people from all over the world, and thank you for your interest in how life continues to unfold.

The film I was representing, as the producer, at that time was **Tzeva Adom: Color Red**, a twenty minute narrative which told a fictionalized account of two families, one Israeli, the other Palestinian, living on opposite sides of the Sderot/Gaza border. A few years later it is amazing and disheartening to recognize that those tensions are just as prevalent and that our film remains as relevant now as when it was first conceived.

That production went on as an official selection in more than thirty-five festivals all over the world. The film received honors from the Emerging Filmmaker Program at the Cannes Film Festival along with winning fifteen or so awards along the way. This included your Joyce Forum Best Narrative Short at the San Diego Jewish Film Festival.

As a director and frequent producer, my professional life revolves around the film and theatre landscape. The COVID-19 outbreak caused a global disruption and then, being slated to be in production and on location in April of 2020 in Sullivan, Indiana quickly came to halt. With the film industry then at a standstill and live venues shuttered, I had no intention of slowing down, regardless of this world-wide crisis.

And that was how Smartphone Theatre was founded.

As a directing and play development member of the Actors Studio, I quickly turned to my creative community who thankfully embraced the concept and jumped at this opportunity. The design behind Smartphone Theatre was to allow artists, particularly theatre-makers - playwrights, actors and directors - to continue creating, in front of virtual audiences.

By now, everyone is very familiar with Zoom but in March of 2020, this concept was a godsend. In less than a week Smartphone Theatre was built and staging original Broadway and Hollywood productions. Our platform quickly became a Friday night staple in front of growing audiences that, at the end of the show, would share their gratitude with the cast and our creatives as well. Smartphone Theatre became a silver lining to this health crisis and, by the end of 2020, Smartphone Theatre had delivered forty-seven hours of live theatre, poetry and one-on-one conver-

sations with legendary directors.

Now that we are halfway through 2021 and the world has opened their doors, Smartphone Theatre\* has dialed back our weekly Friday night programming to a bi-monthly calendar. We have often been regarded as the "Best" zoom/virtual theatre which is an enormous compliment. We have spent a good deal of energy understanding the platform and, as I am also a filmmaker, I do my utmost to incorporate a visual bonus to increase our production value. So far, so good.

\*Smartphone Theatre ® is a live stream digital performance platform that features presentations, staged readings and more on Fridays at 5 pm (PST). The plays featured are new and somewhat new works of all lengths by actors, directors and playwrights from Broadway to Hollywood.

All previous presentations have been recorded. For more details on past and upcoming productions go to: [www.smartphonetheatre.com](http://www.smartphonetheatre.com).

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# The Second Litvak Migration

By Peter Arnold MD

The history of the Jews in South Africa has certain parallels with the history of most of their Lithuanian ancestors.

## The Baltic Litvaks

Early in the 14C, Grand Duke Gediminas had invited Jews into his Duchy because they were literate and numerate. The 'Rothschilds' amongst them became his financial advisers; many others, tax collectors. In the 16C, they comprised 10% of Lithuania's population. By 1897, they were more than 35% – 755,000.[i]

Two-thirds had emigrated before the German invasion in the summer of 1941. Many had lost their occupations after the railway line between Moscow and Vilnius opened in 1860. Hoteliers, leather-goods workers, wheelwrights, horse traders and others, scattered along the coach routes, lost their business to the railways.

After the Shoah, the Soviet census of 1959 recorded fewer than 25,000 Lithuanian Jews – 1% of the population. By 1993, the number was down to 6,000 or fewer.[ii]

## The South African Litvaks

Most Litvaks migrated to the New World, but some 15,000 went to South Africa following the discovery of diamonds (1867) and gold (1884). Often registered on entry as 'miners', they were commonly, however, dealers in miners' necessities.

The post-World War II election of the apartheid government did not adversely affect only 'non-whites'. Everyone, one way or another, emerged damaged – Jews financially secure – but socially, emotionally and morally damaged. The comfortable lifestyle under the Afrikaner government led, for most Jews, to the unethical acceptance of apartheid.[i]

Since the 1950s, the Jewish population has diminished by two-thirds, a parallel with Lithuania's loss prior to 1941. By 2005, from the 1950s peak of around 120,000, the number has fallen today to around 50,000.[ii]

Migration splits families twice. Educat-



ed youngsters leave for those countries where their professions are needed. Siblings separate – and parents and grandparents are left behind.[iii]

Just as so many Baltic Litvaks transplanted into the mainly Anglophone world, so South African Litvaks are following suit, numerically and geographically.

David Pyke and Joan Medawar have described Hitler's Jewish 'gift' to Britain and the US. As Sir Ian Jacob said after the war, explaining why the Allies had won, "Our German scientists were better than their German scientists." Similarly, apartheid has made an intellectual gift to the anglophone world and to Israel.

The 2001 Australian census had recorded 576 South African-born Jews, with a rise of 2% per annum to 637 by 2006. Over the next decade, the annual rate of increase was 34% per annum. According to the 2016 Australian census, which includes religion and country of birth, 12,092 people identified as having been born in South Africa and being Jewish. This current snapshot excludes, of course, the thousands born before the 1930s, (my parents and many of their friends) who migrated to Australia in the 70 years since apartheid began, and who have died here.

A significant generational difference between the second and third generations of South African Jews and their Lithuanian grandparents was the achievement of professional qualifications.[iv]

This, and the running of successful businesses, were hallmarks of these Jews, over-represented in all fields of endeavour. Dates of emigration varied according to internal political events, the emigré's age, and when they qualified.

## Five waves can be identified:

(1) 1948-50, a small wave in response to the election of the Nationalist Party; many settled in Perth, Western Australia – closer to their parents;

(2) 1961-63, following the shootings of blacks in Sharpeville and Langa, a larger migration;

(3) 1977-1978, after the shooting of black schoolchildren in Soweto, a major wave; many to Sydney and Melbourne, as with later waves;

(4) 1986-1988, during the conscription era of the undeclared wars in Angola and Mozambique; and

(5) after 1989, with the release from prison of Nelson Mandela presaging the election of the African National Congress government.

A trickle has continued, both of young people and of parents of those who had migrated earlier.

Not all settled in their first country of choice. Many gained higher qualifications in the UK, moving then to the US, Canada or Australia. Although South African Jews were strongly Zionist, Israel posed a language obstacle, especially for health professionals and lawyers. Some moved on to the USA.

## The Remaining Litvaks

Half of those now remaining in South Africa are beyond reproductive age[i] and the small immigration from Israel is unlikely to significantly increase the population.

The future is uncertain in the face of mounting anti-Semitism and the con-

tinuing loss, by emigration, of close family members joining emigrant children – now mainly in Israel 26%, the USA 21%, Australia 20%, and the UK 20%.<sup>[ii]</sup>

David Graham has already pointed to a significant intention to emigrate. “43% say that they have considered leaving South Africa permanently in the past year (2019)... 57% have close family (parents, siblings, children, grandchildren) who have left South Africa.”

I suggest that, similarly to the way in which we view the place of Lithuanian Jews in world history, if we are to consider a realistic perspective on South African Litvaks, then our focus should be on their future in their diaspora, not on the dwindling numbers remaining.

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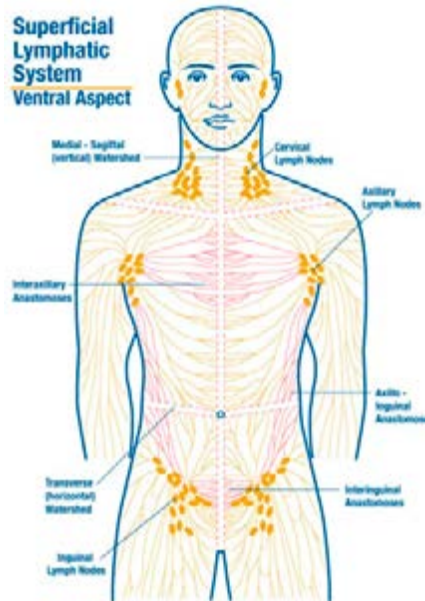
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#### ABOUT THE AUTHOR

Dr Peter Chester Arnold OAM, is a retired medical practitioner who fled South African apartheid for Australia in 1960. He has since graduated in Politics, Philosophy and Economics, and has been a professional editor for more than 30 years on politics, sociology, medicine, history and Holocaust studies.

# The Lymphatic System and Lymphedema

By Linda Anne Kahn CDT CLT-LANA NCTMB



The human body has two major circulatory systems: the blood and lymphatic systems. However, scientists and clinicians have ignored the lymphatic system until recently.

The lymph system is a silent system working in our bodies to keep us healthy. Without this system, our bodies would swell up like balloons, overtaking our cells with stagnant fluid. The lymph system's impact is so far-reaching that people don't understand that minor aches and pains, low energy, or susceptibility to colds and flu may be due to a sluggish lymph system and a compromised immune system.

The lymphatic system is a complex network of lymph nodes and vessels that carry and remove lymph fluids throughout the body. Lymph nodes filter bacteria and foreign matter from the bloodstream, which is why they are sometimes called the “garbage collectors” of the body. During breast cancer treatment, lymph nodes can frequently be damaged, losing their ability to perform their usual function. The lymphatic system helps fight infections and cancer, removes cellular waste, maintains fluid balance and

controls blood pressure, and processes fats from foods.

#### What is Lymphedema?

Lymphedema is a swelling of a body part, most often an extremity, resulting from an accumulation of fluids in such proportion to be palpable and visible. Lymphedema occurs when the lymph vascular system cannot fill its function of re-absorption and transport of the protein and lymph load. Lymphedema also occurs whenever lymphatic vessels are absent, underdeveloped, or obstructed.

When Lymphatic vessels are impaired, missing, or removed, the remaining lymph pathways become congested or blocked—resulting in the accumulation of lymphatic fluid, causing abnormal swelling in the arms, legs, feet, breast, abdomen, neck, or head. These fluids (waste products) can build up in the connective tissues and becomes thicker, and the affected areas feel heavy. This thickening of lymphatic fluid is called fibrosis (hardening of the skin and underlying tissue).

The condition most often causes embarrassment and causes decreased mobility, discomfort, and repeated episodes of infection and cellulitis. This situation can lead to general depression and a general worsening of the patient's life and health. Fungal infections can be persistent and place a significant load on the lymphatics. Severe cases are associated with thickening of the skin, hardening of the limb (fibrosis), leakage of lymph, and massive swelling (elephantiasis).

Symptoms of Lymphedema include swelling, heaviness, pain, pitting of the skin, and tightness or hardness of the tissues. The skin of the affected part of the body may also feel hotter or tighter, and there may be reduced mobility.

What are the causes of Lymphedema?





Swelling can result from damage to the lymphatics due to cancer surgery, orthopedic surgery, trauma, sports injuries, diabetes, venous stasis ulcers, radiation, or chronic venous insufficiency. Lymphedema may be due to a primary (congenital or genetic) cause or a secondary cause (caused by a known condition), including removing the lymph nodes or trauma.

Secondary Lymphedema is an acquired condition resulting from loss or obstruction or previously normal lymphatic channels. The most common cause of secondary Lymphedema is removing the lymph nodes as part of surgery for malignancies. The lymph pathways can be interrupted by radiation, surgery, injury, or blockage with parasites.

### Stages of Lymphedema

There are three stages in Lymphedema depending on the severity of symptoms.

In stage one (mild Lymphedema), tissue is in a "pitting" stage, meaning that when pressed by a finger, the area will indent and hold the indentation briefly.

In stage two, moderate Lymphedema, the tissue becomes "non-pitting," becoming spongy and bounces back without leaving an indentation. Increase in the swelling; the skin becomes harder (fibrotic). Upon elevation, the limb does not reduce. You can reverse stage two Lymphedema with intense therapy.

In stage three, severe Lymphedema, the tissue becomes rigid and unresponsive to touch. The swelling at this point can be significant, and it does not reverse itself. Pressure on the skin does not produce any pitting, and there are skin changes as the skin begins to break down.

Average elasticity is lost, and the skin hangs in folds. The person is very likely to become infected as the swelling becomes a perfect culture for bacteria to breed. As a result, there is a risk of infection and subsequent recurrent infections known as cellulitis. Untreated Lymphedema can lead to decreased or loss of functioning of the affected extremity, skin breakdown, and sometimes irreversible complications.

### Who is at risk?

There are procedures that damage lymph nodes or vessels, inhibiting the flow of lymph fluid in the body.

These include cancer surgery, cardiac surgery, gastric bypass, or orthopedic surgery. In addition, patients undergoing radiation therapy to treat breast, gynecological, head, neck, prostate, testicular, bladder, and melanomas are at risk of developing Lymphedema. Research suggests that developing Lymphedema after any cancer treatment increases. Other conditions that may put people at risk are venous insufficiency, diabetes, sports injuries, unhealing wounds, and trauma.

### Treatment of Lymphedema

Lymphedema is a chronic condition, and if left untreated, becomes a progressive disease. It can, however, be brought under control by appropriate treatment and care. A trained and certified Lymphedema therapist can treat Lymphedema and reduce the symptoms. Complex Decongestive Therapy (CDT) is a 4 step program of Manual Lymph Drainage (MLD), bandaging, compression garments, and meticulous skin care. MLD is a highly specialized massage technique used to decongest

the tissue and redirect lymph away from the affected areas.

### Complex Decongestive Therapy (CDT)

Lymphedema is a chronic progressive condition if left untreated. It can, however, be brought under control by appropriate treatment and care. A trained and Certified Lymphedema Therapist (CLT) can treat Lymphedema and reduce the symptom with CDT. CDT is a 4 step program of Manual Lymph Drainage (MLD), bandaging, compression garments, and meticulous skincare. MLD is a highly specialized massage technique used to decongest the tissue and redirect lymph away from the affected areas.

### Microsurgery

In recent years there have been exciting advances and microsurgeries for the treatment of Lymphedema.

Lymphovenous Bypass is a procedure that diverts the congested lymphatic vessels into the patient's veins, allowing another route for the fluid in the arm/leg to drain. Compression garments are more comfortable, and many can decrease their reliance on these garments.

Lymph Node Transfer involves harvesting healthy lymph nodes and transplanting them as vascularized flaps to replace the affected lymph nodes.

It is essential to seek the help of a certified Lymphedema Therapist in the early stages of Lymphedema.

*Linda Anne Kahn CDT CLT-LANA NCTMB is an Internationally Certified Lymphedema Therapist with over 30 years of experience. She is the President of Lymphatic Therapy Services and Beauty Klinik Aromatherapy Day Spa.*

# Silence has an echo ...

By Laima Ardavičienė



Laima Ardavičienė and students remembering the lost Jewish community of Keidan

Besides offering an academic education, Kėdainiai "Atžalynas" gymnasium (Lithuania) also provides its students with a chance to study the history of the former Kėdainiai (Keidan) Jewish community by conducting academic research, elaborating educational projects, and by cooperating and connecting with Keidaners. Every year our gymnasium community commemorates the saddest date for Kėdainiai, 28 August 1941. Reading the names of those who were killed preserves Jewish memory and brings history to life – Never again. A Name has an echo.

Our gymnasium has been home to the long-lasting project "Tiltai- Bridges - וקירב" for over a decade. This year we are finishing two projects: "Maceva" and "Zachor. Remember".

The project "Maceva", initiated by the Keidaner Ben-Tsion Klibansky, began in June 2018. Not only were the students of the gymnasium cleaning the headstones in the Old Jewish cemetery in Keidan, where there have been 583 burials, but they also took photos of every single headstone and sent them to Ben-Tsion Klibansky in order for him to read and translate the inscriptions. All data is collected and will be shared on the website. Those with roots in Keidan will have the opportunity to experience the serenity of the Keidan Old Jewish Cemetery virtually.

The project "Zachor. Remember" began with films about Jewish communities created and released by the LRT (Lithuanian Radio and Television).

Watching the film about the history of the Jewish community in their native town Kėdainiai, our students became interested and decided to translate the film from Lithuanian to English, dubbing over the recordings, and sharing it with Keidaners, who are interested in the land of their ancestors. Old synagogues stand silent, but students can bring the history to life. There is no community in

Kėdainiai today, the streets where Jews once lived a vibrant existence are silent, but we can feel the spirit of the community when Keidaners are returning and visiting the land of those who used to proudly to state "Ich bin Keidaner". The gathering for Keidaners in 2019 in Kėdainiai proved how spiritually strong we are when we strive to hear an echo of the past.



Keidaners in the Old Jewish cemetery. Gathering in Keidan 2019



A group of Keidaners visiting gymnasium & keeping bond tight for the future



Students cleaning the headstones in the Old Jewish cemetery (Kėdainiai, Lithuania)

# The Jewish Vaccine

By Rabbi Zalman Carlebach



A vaccine doesn't pretend to cure anything. Instead, it inoculates us, and when the disease shows up, our bodies are better prepared to fight it.

The last year and a half have been very challenging for the world and the Jewish people. Besides having COVID to deal with, Antisemitism was on the rise across the globe here in San Diego. We spoke about "end the hate" and "stop

antisemitism," hoping perhaps for a time when the world's oldest hatred will finally come to rest. But on this point, history is clear: No one has yet found a cure for Jew-hatred.

Ironically, the rise of Jew-hatred has coincided with another epic and global disease—COVID-19. For those who don't believe in coincidences, maybe this moment can offer us a lesson: Instead of agonizing over a cure for antisemitism, we might want to look for a vaccine. A vaccine doesn't pretend to cure anything. Instead, it inoculates us, helping our bodies fight it.

What kind of vaccine can protect us against Jew-hatred? One is obvious: beefed up security in synagogues, Jewish neighborhoods, and other places to prevent physical harm and maximum use of the legal system that provides consequences for hate crimes. That goes without saying.

But there is a deeper, more personal vaccine that can fortify us against the spite of hate. That vaccine is Yiddishkeit itself—the nourishing of our minds, hearts, and souls with the many wonders and delights of our ancient tradition. This spiritual medicine eliminates the toxins of hate while reinforcing the positive and meaningful connections in

our lives.

We see it in Chabad and what the Lubavitcher Rebbe has spoken and taught about on many occasions. No matter how bad things get, always respond by promoting the energizing rituals of Judaism, whether it is Friday night Shabbat, learning Torah or putting on Tefillin, or lighting Shabbos candles. We need to fight darkness with light, fear with pride, antisemitism with proselytism.

We shouldn't wait for the storms to arrive. Fighting only against storms can be draining and exhausting. Stay energized, empowered, and continually connected to the enduring wisdom of our tradition. Reminding us of what we are fighting for in the first place. We don't just stand up against something; we also stand up for something. By all means, let's continue to fight Jew-hatred wherever and whenever it rears its mean and ugly head, and with all the means at our disposal

**As We Fight The Hate, Let's Not Forget Our Love For A Tradition That Has Sustained Us Through Countless Storms For Over 3,300 Years.**

Wishing you a great 5782 year of Mazal, Gezunt, and Nachas,

# Bicycle Donation to Healthcare Workers

By Dr. Harve Meskin



Do Something NOW!, a nonprofit corporation donates to South Africa

Do Something NOW!, a private nonprofit corporation, donated 30 bicycles to St John, a community health service in Cape Town, South Africa. The thirty bicycles were made possible from a matching grant with the Tour de France Foundation in conjunction with Qhubeka, a South African NGO.

The bicycles were uniquely developed by the World Bicycle Relief who designed the bikes to match the terrain where the bikes would be used. With these bicycles, health care workers will be able to visit up to 4 times the number of patients a day having bicycles rather than walking. Typically, the health care workers see patients who suffer from HIV, COVID-19 and other health related issues.

To do something NOW! The organization delivered the first bicycles in 2009 to students on the outskirts of Cape Town, South Africa. Since then, they have made multiple donations to orphanages, various schools in remote areas, and "Treepreneures" (a partnership with Qhubeka and Coca-Cola).

This donation in September of 2019 was to 35 high school students in a remote township in South Africa. The students no longer have to walk 4-5 miles a day to school. Attendance and grades have all improved.

The board and members of Do Something NOW! have close ties with the South African community in San Diego. By using contacts here and there, the NGO is able to ensure that the bikes are used as intended in the community. The International Rotary Clubs have helped coordinate some of the donations as well.

The donations are not limited to South Africa only, Do Something NOW! will

donate to impoverished areas around the world.

The mission of Do Something NOW! is to provide bicycles to underprivileged people living in impoverished areas throughout the world. This will facilitate their ability to obtain essential services (such as clean water, medical care, education, firewood, or aid in bringing goods to market), thus enriching their lives and their communities.



## A Trip Down Memory Lane

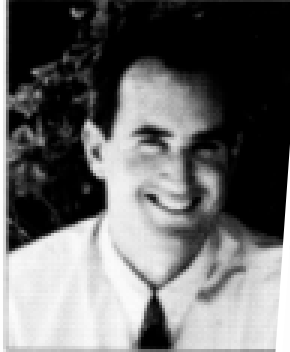




## From the Editor's Desk

By Brian Marks

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### SAJAC Golf Tournament is a Hit Once Again

It was wrong again. I was certain that this year's SAJAC Golf tournament could not possibly match last year's contest. Organized it went out and got an even better golf course, better food and prizes and made the the most organized county ever. There were more participants than ever, including record numbers of women and junior golfers. It was the best ever.

The tournament was held at beautiful Cotton Oaks golf course in San Diego under clear skies and warm weather. The course, which is tougher in San Diego, proved a challenge to the golfers as scores raised quite considerably compared to years past.

Lee Finkelman, who has dominated the tournament since its inaugural year, took the A-division title once again with a 74, but Brian from Los Angeles won the B-division trophy for golfers with handicaps over ten when he shot an 88. Some remember had the second lowest gross in the A-division and Brian Marks was runner-up in the B-division. Low net this year went to Johnny in the B-division and Paul Super in the B-division.



Through assimilation, SAJAC that once supported strong as have not fallen off the edge into the sea. But these things that had meaning and buoyant and relevant, San

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## In Loving Memory of...

### Derrick Israel

A Tribute to Gramps By Ashton Rosin



It is rare to be so collectively remembered as a gentle and kind soul. Those are the words we've most often heard to describe Grandpa over the past months, by those who loved him, and even more so, by those who respected him. There's such a purity to that gentleness as if my grandfather always knew that life was better spent taking it all in, treating people right, rather than reaching for the attention of the room. I strongly believe that's a very impactful way to have walked this earth and have left your loved ones behind to model themselves after.

For those who knew my grandfather, you know that his presence was deliberate, it was felt, even though he was a man of few words. But the world listens that much more deeply when people of few words choose to share. And Gramps strung his words together most often in what we called his "sayings". Wise words, comical words, sarcastic words that put life into perspective, words that I will forever attribute to him. He'd tell us, over a slight shrug, "it is what it is". As children, whenever asked, he'd say his favorite color was sky-blue pink. And he would always remind us that "the first hundred years are the hardest". And to that, he came incredibly close.

My Grandpa always had an appreciation for the fullness of life he got to lead. We spent countless hours recounting his journeys and traveling the world, which was one of the opportunities he expressed the most gratitude for as he got older. Those vivid memories, the energy that beheld him as he described his global adventures with my Granny, and the many words he used

to describe his travels to me. This absolutely inspired my visceral need to see the world. As I too began my own journey of tasting what the world has to offer, I was often most excited to ask him if he'd ever been to my destination of choice, what it was like, and what I couldn't miss. This is one of the many things I thanked him deeply for as I said goodbye.

The way he looked at my Granny, described their love story as pure and simple, and that moment he knew he had to marry that beautiful blonde, always struck me deeply. I will always remember that quiet affection he shared for my Mom, my Dad, my sister, and me. There's power in quiet affection, it's expressed through feeling, so big it doesn't always have to be described with words. He too appreciated the majestic nature of living things, most specifically his love of animals. He would so tenderly whisper to a dog, whether it was ours or a passerby on the street, locking into this organic communication with that animal, a communication that required no words.

My Grandpa lived his life as an intentional observer, letting it all soak in, sharing a little belly laugh from the corner of the room when he found something especially funny. I have such special memories sitting around the Shabbat table growing up, where Granny was laughing, deeply but so politely at my Dad, while Grandpa shook his head with a smile so big he couldn't even pretend to hide it.

Darrah and I were incredibly lucky to have spent part of our childhoods and adulthoods in the presence of our grandparents. He might have been soft-spoken, but we know how important we were to him, considering, in particular, the sacrifices they made to create those mundane, yet powerful memories with us in immigrating to San Diego. Their apartment was warm like a second home, his embrace all-encompassing, and his guidance always shared with such steadfastness and surety.

He always knew who he was and his place in the world and in our lives. Not many people are so at peace with themselves.

More than anything, I have endless gratitude to Grandpa for raising a strong, resilient, and incredibly loving daughter. Darrah and I have the most extraordinary parents, and my Grandpa's influence is felt in their love for and of us every single day.

We are proud to celebrate the quietly impactful man who we got to call our Grandpa. We will always love him dearly and think of him and Granny endlessly. Love you always Gramps.

## In Loving Memory of...

### Barry Broomberg

By Jenifer Broomberg



A year ago, I lost my husband of 48 years and the father of my three children Sascha, Narisa, and Ryan. Barry was born and grew up in Benoni, South Africa. When I met Barry, he was an elegant young doctor of 27, working in a successful medical Private Practice. He was known and loved by everyone in his town. We met when I was 17 and still in high school. We got married a few months later when I was just 19, and he was 29. We lived in Benoni, surrounded by family and friends. We built a beautiful house on the lake and were very happy. Sascha and Narisa were born there.

When the riots came, we decided to leave South Africa and move to Houston. Barry built a busy practice, and Ryan was born. Then sadly, Barry's beloved father Claude passed away suddenly while visiting Houston for his grandson's Barmitzvah. Barry was devastated and not the same happy-go-lucky person after that.

We decided to move to San Diego. Barry started another extremely successful practice - all his patients adored him - he was warm and attentive and an excellent diagnostician. Our children grew up, finished school, and graduated college. They got married, and then our grandchildren came! Barry was a wonderful father and grandfather and adored his grandchildren.

We had a wonderful life in San Diego a but a few years later, another doctor - advised Barry to check his health because he noticed that he wasn't swinging one arm. That was the beginning of his battle with Parkinson's. For several years he lived with this illness. The medication kept the symptoms well under control, enabling him to continue practicing medicine. When Barry couldn't work any longer, and we ended up losing our beautiful home. Things seemed to deteriorate after that. Finally, I gave up painting and trained to be a Permanent Cosmetic Artist and immediately opened a business.

When Barry's illness worsened, my daughter and I tried our best to take care of him at home, but it was difficult and dangerous for his safety. We moved him into a nursing home, and this was devastating and not how he wanted to live. When Covid came, and the nursing home was in lockdown - we couldn't visit him at all for nearly a year. I am sure this hastened his deterioration. He needed breathing apparatus. And was transferred to the hospital but was very soon on hospice, and he eventually gave up.

Our family was only allowed to see him in the hospital the day before he passed away. We were with him when he died and were devastated.

Every morning I still wake up thinking he's beside me and he's gone.

Barry of blessed memory is missed by so many.

---

### Sydney Selati

Born in Johannesburg October 31, 1938

Passed away April 1, 2021

Beloved husband of Denise

Father of Rob (Jill) , Caron (Randy) , Romy (David)

Grandfather of Jenna, Sam, Jack, Lina, Dylan, Reese and Tatum.





## In Loving Memory of...

### Alby Amato

By Jacky Amato

Beloved Husband, father, grandfather, son, and brother.

Alby was born in Zimbabwe in 1948 to parents, Lucia and Moshe Amato who were born in Rhodes Island, Greece. His mother was a holocaust survivor, who survived Auschwitz. Alby came to Johannesburg where he met Jacky Segal and married in 1972. They were married for a little over 48 years when his life suddenly came to an end.

His mother had many stories to tell, which thereafter carried over to Alby to repeat these interesting experiences to many of his friends. He was an avid Betarnik and attended many Betar youth camps where he was a madrich and met and mentored many youngsters who still remembered him.

In South Africa Alby and his partner began manufacturing ladies' clothing which was called Salt of the Earth, trading as Gap clothing. In 1976 they opened a little clothing store on Girard Ave, La Jolla also called Salt of the Earth. Our family immigrated to San Diego in 1979 to continue the clothing business.

Alby worked hard all his life and left a great legacy. He became a successful business owner licensing T-shirts for Marvel and Sony. My most vivid image of going into his office is seeing the giant replica of spiderman and this replica is still there with the new business owners. I was so proud of him and his accomplishments and achievements. He also had a very big heart and loved to give and not take...

He was so loved by all his employees and friends. When he retired business was still important to him and never lost touch with the new owners. We are all very proud of what has become a big business built by a new Zimbabwean immigrant. He loved walking from Solana Beach to Cardiff. Alby was a Sephardic Jew. He loved his travels and loved his history. He spoke many languages as his parents spoke Latino at home. He could also speak Italian and Greek. We traveled to Rhodes many times and shed many tears when visiting the Synagogue in



Rhodes. He also loved entertaining and making his latest cheese boards which he was very proud of and that took some of the workload off me. He also loved his gym, walking, and we began riding our bikes during the pandemic.

Alby was so proud of his grandchildren and loved his family... He was my best friend and the love of my life. His sudden passing was an absolute shock but he did not suffer. Alby will always be remembered with a great void in our hearts but our love for him will always be cherished.

Alby left behind his wife, 2 daughters, and 4 grandchildren in San Diego, a sister in Cape Town, who all miss him dearly. Jacky, Gina, Niki, Ella, Lydia, Asher, and Jaden

### Bertram "Bertie" Woolf

Born in Cape Town, South Africa, on July 14, 1935

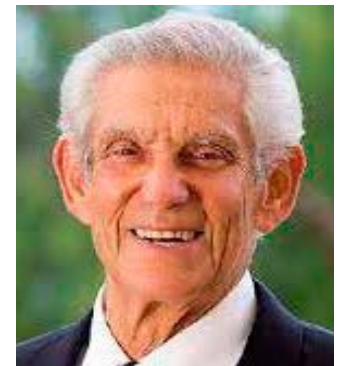
Passed away May 20, 2021 (85 years old)

Beloved husband of Jackie

Father of Lara (Brandon) and Anton (Julie)

Grandfather of Rachel, Asher, Alexa, Hannah, Samantha, Ava, and Auren

Bertie will always be remembered as a Patriarch, Leader, Visionary, Philanthropist, Mentor, Friend, Uncle, Brother, Grandfather, Father, and Husband. Truly one-of-a-kind, Bertie lived his life to the fullest with passion, intensity, and enthusiasm. He was a deeply religious man, and his life's mission and purpose were to help people in need. He was a kind and sensitive soul who had a tremendous impact on the lives of so many people in San Diego, Israel, and throughout the world. He will be missed!



## In Loving Memory of...

### Atara Baker



By Louis Baker

Atara completed me. She was a gift to me, a somewhat isolated individual through deafness, but her spirit helped make our marriage work. Her passing leaves a void of great sorrow and regret at not detecting the signs of her final day sooner. She never spoke of death. Her leaving us could have made her death easier possibly able to prolong.

By Yoni Baker

My Mom Atara was born in Tel Aviv in 1936 to Ben and Shoshana Epstein, a shoemaker and a seamstress. They had both escaped Poland by forging the marriage certificates of their non-Jewish best friends. Shoshana sewed the uniforms of the British soldiers. Ben would eventually become a policeman in the Palmach.

Atara left Israel after serving in the air force and then studied art full time in Rome, Spain, London, and New York. There she drew and sculpted. She met Louis Baker years later while traveling and studying art in South Africa through a computer dating service! She was beautiful and an Israeli. An artist who was full of life, determination, wonder, and spirit. While studying in New York at the Arts Students League, she also worked as an art model and used this to pay her bills and make her way through.

The Bakers emigrated from Johannesburg to San Diego with Yoni in 1979 to join Atara's parents, Ben and Shoshana, who had moved here from Israel. intergrated in the San Diego art scene,

Atara attended lectures, visited galleries and museums. Her fantastic talent led

her to have art shows in LA, Washington, Oregon, New York, and overseas. My Dad, Louis, worked full-time as an architect but was also an artist.

After dinner, my parents would retire to the garage that they turned into an art studio. They would work in harmony, discussing my mom's abstract work and stretching canvas. Politics and humanity often surrounded their art. South Africa, townships, apartheid, and in contrast, the Kalahari Desert, cave paintings, and the Bushman people were prevalent.

I have special memories that define my Mom. Her memorable paintings, olive oil for her face, her bangles jangling, colorful clothes, her infectious laugh, and impeccable memory, her laps in the pool, growing vegetables in the garden, our dogs, the smell of oil paint. My parent's absolute love for one another and her undying love for me will always be part of me. It was so sad at the end as she hated being in bed all the time because she had no energy to paint nor carry out her daily chores.

I will wait to see you again - not too soon though, I have so much more to do, but I know you are with me, in my soul, in my hands, in my mind, in my laughter, in my sorrow, in my pain and my pleasure. You are my guiding light.

## In Loving Memory of...

### Helen Russell Leib

Chanah bat Moshe u'Bayla



Our Mom was the quintessential English rose: born in the heavily Jewish-populated suburb of Cricklewood in north London on February 15, 1937, her last name, the distinctly Jewish-sounding "Rubinstein" was subsequently changed to the less conspicuous "Russell" by her father who feared a Nazi invasion of England. She and her younger brother, our Uncle Steve – like so many other Jewish children growing up in London at the time - were spirited away and spent much of the war years in the English countryside.

Sometime after completing high school, Mom received a special invitation to visit her aunt and uncle in Cape Town, South Africa, an event that would forever change the course of her young life! No sooner had she arrived at the southern tip of the African continent that she met Gerald Leib on a blind date and the rest, as they say, is history!

Our parents were married, under Orthodox auspices, on January 26th, 1958, in London and shortly thereafter they returned to Cape Town to start their new life, together. Throughout their 63 years of marriage, Mom remained the most selfless, giving, loving, and devoted wife, mother, mother-in-law,

grandmother, and a new great-grandmother.

Together, our parents, Gerald & Helen, worked incredibly hard over the course of so many years to build a family business that, today, is admired and respected far and wide. Mom's unbeatable work ethic, her unfailing commitment to her family, and her contribution to many worthy charitable causes left her with little time for anything else but she and Dad were fortunate to have traveled frequently abroad, enjoyed many cruises. She personally witnessed - on two different occasions - three of her nine grandchildren become Bnai mitzvah at the Kotel in Jerusalem. She was an avid reader, loved the movies, outdoor concerts, and orchestral programs. She took yoga classes, enjoyed her weekend walks with Dad at Sail Bay and La Jolla Shores. Admittedly, she also became somewhat of a Facebook junkie!

For the past 22 years, our parents enjoyed a wonderful and comfortable life in La Jolla surrounded by their family and many close friends. In addition, Mom insisted on maintaining regular contact with far-flung relatives and lifelong friends throughout the world and she had an uncanny ability for remembering names!

Mom was the undisputed matriarch of the Leib family; she was the proverbial glue that held us all together. She was the very personification of an "ashes chayil," a woman of valor. Her sudden, unexpected passing in the very early hours of Sunday, February 28th, 2021, just two weeks after her 84th birthday, has left us all quite devastated. She liked nothing more than being surrounded by loved ones on Erev Shabbes as she bensched licht. Mom's beauty and grace, her kindness and compassion, her gentle, sweet nature shone through the brightness of those candles from one week to the next. We are forever bereft by her sudden death but consoled that she didn't suffer.

Zecher Tzadakkat Livracha ~ May Mom's righteous memory be for an everlasting blessing.

Tehi Nishmatah Tzrurar b'Tzror HaChayim ~ May her dear, beloved and precious soul be bound up in the bonds of everlasting life.

Robert, David, and Anthony Leib

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