

SAJAG REPORTER

2023
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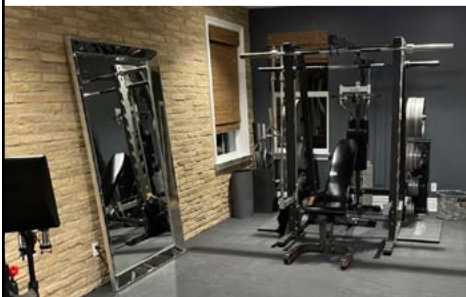
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2023 President's Message

by Pamela Nathan



My SAJAC journey started 35 years ago when SAJAC was first established and it has been a significant part of my life since then.

Initially I volunteered to interview newcomers for our quarterly magazine. Fast forward about 10 years later, I took on the role of president and I've held that position intermittently from then on for 25 years.

Our name, South African Jewish American Community, truly embraces all that we represent – our South African roots, our Jewish heritage and our choice to live in America. And it's this community that really matters to me.

Since our emigration, we have, and continue to, contribute enormously to San Diego and other cities throughout the USA in so many ways – be it the schools, the shuls, Jewish organizations, community service and more.

Without a doubt, you can be sure to find an expat as a significant donor or serving on the board or committee.

The question as to whether SAJAC is relevant has come up many times over the years. And more recently, it's become very obvious that we are!

We were the first organization to air expat, Michael Kretzmer's 'J'Accuse' in 2022. It's now being accepted by 90+ film festivals globally. Our series of free medical symposiums that we offered on line during Covid have received countless accolades. (There will be more!)

And now, I am so excited to tell you, that with the redesign of our website, we've introduced a sophisticated genealogy module. This will allow each of our members to record their own family trees and it will enable our unique and meaningful history to be available to our future generations when we're long gone.

We have also introduced the ability to text our members, instead of, or in addition to, receiving emails. You choose what you prefer. Submission of complimentary Facebook ads and significant posts are now included as well.

Lastly, our 'Work for Hire' module has been resurrected. Our members are welcome to post possible work opportunities in the secure side of our database, and are able to have other members respond directly.

Yes, it's true that I have been the proud face of SAJAC for many years, however, you must all know and also take credit for the fact that SAJAC wouldn't have survived without all of YOU, our devoted volunteers, members, over such a long period of time. I appreciate each and every one of you and thank you from the bottom of my heart for your continued support.

Here's to the next 35 years!

With love and gratitude,

Pamela.

EDITOR

by Avra Kassar



Notes from our Editor

This is the fourth year I have been editing the SAJAC Reporter. Pam Nathan is a critical member of our team. She asks for, receives articles, and has a good sense of what we should publish. The advertisements Pam finds to include in the Reporter help to cover the cost of this beautifully laid out publication.

Thank you Derek Berghaus for setting everything out so well.

I edit the articles and send them to him. When the Reporter comes out, I enjoy seeing how everything is so well placed with appropriate photos. Derek is so professional and we are honored to have him on our team.

Lee Leibenson, our secretary, is another great member of the team.

She is always there to put out fires. We can always rely on her at any time to be available for literally anything we may need her for. Thank you Lee.

We also appreciate the help that our vice president, Lynn Dillon, has given us in taking care of our advertisers. Thank you Lynn.

The editing is time consuming as some articles are longer than we have room for. This year sadly, we lost so many of our SAJAC community. I had to be sure that I did not cut anything out that was relevant when Derek laid out the Obituary section.

I look forward to continuing doing the editing.

I want to wish you all a Shana Tova and an easy fast.

May it be a year filled with health, happiness and peace in Israel and the rest of the world.

SAJAC Reporter 2023

CONTRIBUTORS
copy editor: Avra Kassar
reporter layout: Derek Berghaus
coordinator: Lee Leibenson advertising
coordinator: Lynn Dillon
advertising director: Pamela Nathan

SAJAC
WISHES
EVERYBODY
SHANA TOVA
AND WELL
OVER THE FAST



AGM 2023

by Lee Leibenson



The SAJAC's Annual General Meeting was held via Zoom on Monday, January 16th, 2023, at 6:30 PM PST.

Kayli Amyer called the meeting to order, welcomed the membership and introduced the first guest speaker, Tamara Klein. Tamara, the current FIDF Chair (Friends of the Israeli Defense Force), shared information about FIDF and its essential role in supporting the courageous young soldiers of the IDF in everyday life.

Then, Loren Levine, the producer of the documentary, 'Bravehearts,' that SAJAC intends to sponsor, introduced information about this documentary.

The formal SAJAC AGM was called to order at 7:06 pm after the presentations.

Present for the SAJAC AGM business:

Pamela Nathan, Lynn Dillon, Lee Leibenson, Kayli Amyer, Shirley Efron, Sandy Braff, Joel Ehrlich, Tamara Klein, Loren Levine, Sharon Friedlander, Aarin Abel, Leah Levin, Eleanor Lazarow, Selwyn Isakow, Mark Friedman, Joel & Lorian Jacks, Maureen Bacher, Carol Carlson, Dennis Davis, and Tanya Middleton.

2022 Minutes

A motion was proposed by Joel Ehrlich and seconded by Lynn Dillon to approve the 2022 minutes as presented. Approved

2022 Financial Report

Lee Leibenson presented the financial report for 2022 that included the Balance Sheet and Profit and Loss Summary. The reports indicate that SAJAC is in sound financial shape.

A motion was proposed by Joel Jacks and seconded by Pamela Nathan to approve the 2022 financials as presented. Approved

Gemilut Chesed Report

Eleanor Lazarus, the new Gemilut Chesed Chair, delivered the report.

All outstanding loans are reimbursed every month.

President's Report

Pamela Nathan delivered the president's report. She spoke about:

- IBD Symposium May 2022

- Lithuanian Truths Exposed June 2022

- Newcomers Tea - Oct 2022

- Goldene Medina Exhibition November 2022

- Yiddish Movie - Leah, Teddy & the Mandolin - to be repeated.

Kayli Amyer filled us in about the Purim Party that she hosted & spoke about plans to expand 'Next Gen' meet-ups for 2023 with Aarin Abel.

Plans for 2023:

-Website Redesign & Update - Generational Genealogy, & texting capabilities will be the new additions to our present functionality

-Bravehearts Documentary – date and venue to be determined by Loren Levine.

Election of 2023 Board

A motion was proposed by Lee Leibenson and seconded by Joel Ehrlich to accept the entire slate as presented. This was approved.

President - Pamela Nathan

Vice President - Lynn Dillon

Treasurer and Secretary - Lee Leibenson

Tanya Freedman - Friendship Committee

Michelle Abramowitz - Friendship Committee

Linda Robinson - Friendship Committee

Avra Kassir - Reporter Committee

Derek Berghaus - Reporter Committee

Michelle Diamond - Welcome Wagon Committee

Jill Epstein - Welcome Wagon Committee

Joel Ehrlich - Member at large

Dennis Davis - Member at large

Kayli Amyer - Member at large

Moira Berman – Member at large

Eleanor Lazarow – Gemilut Chesed Committee

The meeting was adjourned at 7:35 PM PST with no further business to discuss.

L' Shana Tova

Rosh Hashanah, the Jewish New Year, is one of Judaism's holiest days. Meaning "head of the year" or "first of the year," the festival begins on the first day of Tishre.

BJA Partners wishes the entire Jewish community a L' Shana Tova.

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Welcome



Julius, Rocky Levin & Family.

I live in Boston, while my sister, Sandy Kodesh, lives in San Diego and has been associated with SAJAC since its inception. I am pleased to join SAJAC because of our many trips to visit Sandy, family, and friends, which made San Diego seem like our holiday home.

Rocky is originally from Kimberley (Rachelle Hotz). I have lived in many different cities, the last being Cape Town. Daughter Claudy Rose and grandchildren live in Chicago, and Bo and Ari are in Boston.

Furthermore, Pam Nathan's effort to improve the SAJAC website and add a genealogy component appealed to my sense of family and tradition. Our Levin family tree goes back three generations, but I hope to discover additional family members and perhaps even a fourth-generation great-grandfather.

Ancestors paved the road we walk on. We should remember and respect them for it.

Garth Wise

I am originally from Johannesburg. I grew up in Waverly/Highlands North and then lived in Woodmead Springsl. In 1997, I immigrated to the US. I have been a resident of San Diego for over 24 years. I recently joined SAJAC.



I have 2 daughters Daniella and Alexa, both living in LA currently.

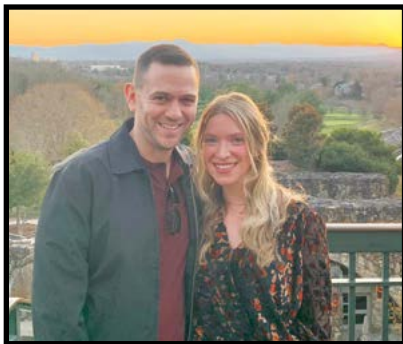
I am a Realtor® with Craig Lotzof & Associates /Compass. With over 40 years as a professional businessman & additional experience in Property Development & Construction, I bring a deeper, added perspective.

Philip Linszen

I am from Somerset West, Cape Town, South Africa. I live in Kensington, San Diego with my wife, Dr. Patricia Ungar, a retired Veterinarian.

We have 3 kids. Sara is 30 and lives in Kampala, Uganda, where she operates a chicken Hatchery. Eric is 25 and is a social media marketing manager with Community Boost. Adam, also 25 is a cinematographer in LA.

Now that my wife, Patricia is retired, I am hoping to retire from operating the San Diego Ice Arena in Mira Mesa.



Mark & Emily Riskowitz

I am 31 years old, and was born and raised in Joburg. I grew up in Bryanston and went to St Stithians. My parents are Peter Riskowitz and Vivienne Riskowitz (maiden name Cooke). I went to Wits and started my career afterward, and in 2016, I moved to NYC.

I met my wife, Emily, an American from New Jersey, on the dating app Jswipe and we married in 2021. In October of last year, with both our jobs being remote, we decided to try something new and moved out here to San Diego. We don't have kids, but we have a dog. We're loving it so far and have met a number of great people. I found the SAJAC logo and information when I went to Perky's South African store to load up on some snacks and boerie!



Sharon Kretzmer

I moved to the San Diego area in Feb of 2022 and live in Oceanside.

I grew up in Bulawayo Rhodesia with South African parents from Heilbron[father] and Krugersdorp[mother]

All my grandparents came from Lithuania [3] and Latvia[1].

I went to Cape Town University from 1969 to 1972 and studied psychology , anthropology and then did the diploma in librarianship.

I work as a psychotherapist specialising in relationships and family therapy.

My interests are in comparative religions, eastern religions and meditation.

newcomers



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Goldene Medina Exhibit

November 2022

September 2016 marked the 175th anniversary of Jewish life in South Africa. To acknowledge this historic occasion, the South African Jewish Museum in Cape Town developed an exhibition entitled 'The Goldene Medina' [The Golden Land], which reflected on the religious, social, and political history of the Jews of South Africa from 1841 to 2016.

This exhibition offers a unique insight into the day-to-day lives of generations of ordinary South African Jews. It is a celebration of the birth and evolution of a community. It tells the story of the South African Jewish community from 1841 to 2016, of how early Anglo/German Jewish settlers, poverty-stricken Litvaks, and the Sephardim of Rhodes Island came together and shaped a shared identity – the South African Jew.

SAJAC was fortunate and proud to present this fantastic exhibit which had toured South Africa, Canada, Israel & Australia to wide acclaim and had made its way to San Diego. The show was held in a spacious commercial venue in La Jolla.

On November 8, 2022, about 70 people attended the SAJAC gala opening. The mood was joyful and filled with a heimish connection. Various delicious snacks and drinks were provided, and everyone celebrated.

The gala included a video of Pamela Nathan interviewing Gavin Morris, Director of the SA Jewish Museum, who views the Goldene Medina as "a social history." It's the story of families and people and their experiences as South Africans and Jews for 175 years, from our forefather's arrival to contemporary Jewish South Africa. Gavin stated that everything in the exhibit was taken from unpublished memoirs, articles, and out-of-print books to give it a sense of a scrapbook album of any Jewish South Africans' family memoirs. The anecdotes were presented anonymously and curated from first-person accounts, unpublished memoirs, and diaries. The museum's goal is for people to find their own stories in similar stories and that through these combined experiences of traveling to South Africa, a marvelous common South African Jewish identity would be formed.

Our guest speaker at the SAJAC event was Janice Masur, who had exhibited with the Goldene Medina exhibit in Vancouver. She discussed the European Jewish Community on the Ugandan Equator 1949-1961. Janice grew up in a tiny, remote European Jewish community in Kampala, Uganda, under British Imperial rule, with no Rabbi or Jewish infrastructure. And yet, this community of only twenty-three families formed a cohesive group that celebrated all Jewish festivals and upheld their Jewish identity.

Sadly, while Kampala Jewry tried to survive, it eventually failed and withered under the hot African sun. In 'Shalom Uganda: A Jewish Community on the Equator,' she tells her story of living in this little-known Ashkenazi Jewish community from 1949 to 1961. Because so many Jewish communities were obliterated in the last century, she remembers, documents, and preserves Kampala European Jewry with all the respect it deserves.

Should you visit South Africa, we recommend spending some time at the SA Jewish Museum, one of Cape Town's not-to-be-missed heritage experiences. There you can view exciting exhibits, including the Goldene Medina. The excerpts are thought-provoking, poignant, entertaining, and informative. The photographs are deeply intriguing, telling their own story – a timeless story relevant to all Jews whose ancestors have known immigration and resettlement.







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Special Appreciation Goldene Medina Party



On Sunday, February 5, 2023, SAJAC held an appreciation party to thank those members who had so generously contributed towards the Goldene Medina exhibit as well as the many volunteers who had committed their time and expertise to ensure a successful outcome. The party was hosted by Sylvia and David Roth. Apart from mingling and delicious noshing, we watched an entertaining video showcasing highlights of the Goldene Medina event.

Sam Litvin spoke about his coffee table book, 'Your Story, Our Sipur. Discovering our Common Threads'. The book featured in this Reporter is a collection of photographs of the world from a Jewish perspective focused on showing how Jewish people adapted to the cultures of their host countries during exile and how they kept the core of their teachings.

The afternoon was topped with four complimentary professional mini therapeutic sessions (20 minutes each) offered to the guests. What a wonderful treat! The professionals offering their expertise were:

Aarin Abel, CPT, CNC, CF-L1, Auto-Immune Focused, Sports Performance, Rehab & Nutrition Coach, AbeltoTrain.com

Romy Frank HHP, Licensed Holistic Health Practitioner & Graston Therapist. Link: ARomyTherapy.com

Ingrid Saenger, Nutritionist & Master Health Coach. Link: ChooseWellCoaching.com

Dina Aires, Yoga Instructor for over 22 years. Link: YogaLoveDina.com

It certainly takes a village as you can see from the list below:

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Neil Gross of Chefworks, Selwyn & Hilary Isakow, Jackie Woolf, Claire & David Ellman, Dennis Davis, Marc and Yahaloma Lotzof, Selwyn & Barbara Klein, Selwyn & Barbara Lurie & family, Pamela Nathan, Karen & Mike Aron, Lesley & Roy Davis, Jean & Franklin Gaylis, Dennis Goodman, Janet & Ivan z"l Rostovsky, Sylvia & David Roth, Hilton Sachs & an Anonymous sponsor.

Essential Assistance:

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Catering- **Yael & Jules Aires**; Security - **Ian Garrun**; Printing - **Mervyn Kodesh** - "Nebcal"; Installation - **David Leib, Sheldon Cohen, Greg Spiro, Anthony Sacks, Barry Hynum**; "Shalom Uganda" Presentation - **Janice Masur**; "Yiddish Movie" - Co-Sponsor - **Jana Mazurkiewicz**; Shipping - **Martin Pamensky**; Storage - **Phillip Linsen**.

Volunteers throughout the three week event:

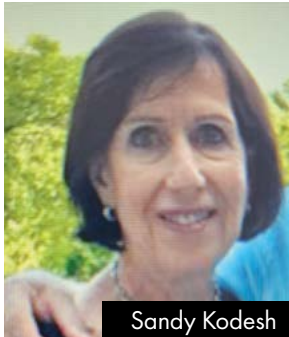
Derek Berghaus, Sylvia Roth, Arlene Shein, Rahleen Bloch, Judi Wolder, Beryl Youngleson, Linda Busschau, Glenda Sacks, Jean Gaylis, Ruth Rabie, Glenda Sacks, Jackie Diamond, Claire Ellman, & Sue Swersky.

Our heartfelt thank you to all our caring, generous and active members. And a huge shoutout to Pamela Nathan who spearheaded bringing the exhibit to San Diego. Pamela was involved in every aspect of the planning and organization to ensure a professional and most successful event. Thank you, Pamela, for your continued commitment to SAJAC and to the community.





Personal thanks from Sandy Kodesh



Sandy Kodesh

Pamela Nathan invited Mervyn and me to a Thank You Tea held at Sylvia and David Roth's home. Pam excelled at every level. There was a warm, welcoming atmosphere with a long table laden with yummy food. Then Pam explained there were four people sitting in dif-

ferent rooms offering their services. We could choose to experience all of them.

I went to Romy Frank first, and she offered me a sample of her massage on a comfortable table. She used delightful aromatherapy oils. In 15 minutes, I knew she was the best massage therapist. It was a surprise, a heavenly experience. Thank you, Romy.

Then I moved to the garage, where Dina Aires offered a yoga demonstration with a roller on a mat. I have never heard of this before. I thought I would try it; how bad could it be? I was shocked to find myself doing a full-body workout with a roller on a mat. Dina knows the body and how to use it. She was fantastic, and I knew this was my next step in getting my muscles and limbs moving again.

Then wholly relaxed, I moved on to Ingrid

Saenger. She was a caring, understanding person with pertinent information to share with me. She is quietly spoken, but her thoughts and words are powerful. She got me thinking and rethinking certain aspects of my life. She took a deep interest in everything I was saying and had creative ideas to offer. I ran out of time to meet Arin Abel, who I believe is an outstanding health coach.

What a fantastic afternoon this was. Nothing like anything I have experienced before. Four women were so generous to offer their services to us. The warm, friendly atmosphere was just perfect.

Thank you, Pam, for organizing this amazing afternoon, the ladies for generously giving their services, and Sylvia and David for hosting the event.

SAJAC NEWCOMERS TEA

Thank you to Dani Marcus for hosting an afternoon tea to welcome SAJAC newcomers at her beautiful home on October 30, 2022. In addition, about 20 old-timers attended the event. People milled around, chatted, and

enjoyed an array of delicious food. Later in the afternoon, Pamela Nathan spoke about the value of SAJAC and how exciting it was to get together after the Covid epidemic.

Each guest was allowed to introduce them-

selves, share where they lived in South Africa, and provide details of their lives and family in America. It was heartwarming how many connections were made that afternoon.



Leah, Teddy & The Madolin

Cape Town embraces Yiddish Song

by Jana Mazurkiewicz Meisarosh



On November 29, 2022, our non-profit organization, Yiddish Arts and Academics of North America (YANA), along with its cultural center located in La Jolla, Yiddishland, California, had the pleasure of collaborating with SAJAC to organize a movie screening titled "Leah, Teddy & the Mandolin – Cape Town Embraces Yiddish Song." The event was attended by local San Diego participants and was joined by international audiences via Zoom. This documentary tells a story of warmth and spirit that spans generations, rekindling an appreciation for the rich contribution of Yiddish songs from Eastern Europe to Broadway, Cape Town, and beyond. "Leah, Teddy & the Mandolin" is a narrative presented through ten years of archival footage from the Annual Leah Todres Yiddish Song Festival, held in Cape Town, South Africa. The musical documentary delves into the emotional associations with the language and Yiddishkeit. It gives the tongue a powerful and palpable cultural presence, reflected in the singers' professionalism and the joy, pathos, and wit that permeated their performances.

The event received a positive turnout, and the participants appreciated the opportunity to learn about Yiddish life in South Africa through watching the movie and enjoying the exhibit "Goldene Medina."

Many ex-pats expressed interest in having their families who missed the one-night showing see the movie. We will show it whenever they are ready. We look forward to collaborating with SAJAC on many more events!

In the Fall of 2023, YANA and Yiddishland are delighted to offer in-person and remote conversational Yiddish classes, book events, movie screenings, Yiddish tango events, and more. Learn more about upcoming courses and other activities, and exercise your Yiddishkeit by visiting our website: www.yiddishlandcalifornia.org.

Biz bald! See you soon!

Jana Mazurkiewicz-Meisarosh, Founder of YANA and Yiddishland California.





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Franklin Gaylis.

J'Accuse! A Call for Truth, Justice, and Jewish Honor

by Franklin Gaylis and Sara E. Brown



Sara Brown.



SAJAC was one of the first organizations to promote Michael Kretzmer's documentary, J'Accuse!, in 2022. This documentary film tells the story of the Lithuanian Holocaust. Approximately 220,000 Lithuanian Jews - 96.4 % of Lithuania's Jewish population, the highest proportion in Europe - were annihilated in circumstances of unimaginable cruelty. Lithuanians carried out most murders, often the victims' neighbors.

The documentary reveals the horrific nature of the rape, dehumanization, and torture that characterized the Lithuanian Holocaust. It also exposes the egregious and systemic way the Lithuanian government, via its infamous Genocide Centre, covers the truth of the atrocities and tells lies to honor known mass murderers, such as Jonas Noreika, who imprisoned, robbed, and slaughtered as many as 14,500 Jews.

The story is told through two heroic protagonists. One is Grant Gochin, born in Port Elizabeth, South Africa, and whose family was annihilated by Noreika in the Plunge region of northern Lithuania.

The other is the brave woman Silvia Foti, a Catholic raised in the Chicago Lithuanian community whose grandfather was Jonas Noreika. Silvia has dared to go against her family, community, People, and country to tell the truth and has exposed her grandfather's guilt in her expertly researched book 'Storm in the Land of Rain.' Unapologetically and proudly, Silvia Foti is demanding that the truth should finally be told in Lithuania and across the world.

Gochin has been bravely fighting the Lithuanian government for over 30 years. He has self-financed over 30 legal actions against the Lithuanian Government and the Genocide Center. The Lithuanian government and courts have dismissed all his legal actions on narrow technical grounds: at no stage has the substance of his claims ever been considered.

With a minimal budget, Michael Kretzmer spent two years making this award-winning documentary, J'Accuse! The film has won worldwide acclaim, winning more than 115 Best Film awards and selections at film festivals worldwide.

Despite no money for marketing, distribution, and PR, this documentary has incredibly impacted Jewish and non-Jewish audiences. It has played to sell-out audiences in America, Israel, South Africa, England, and Australia. It has recalibrated and redefined the relationship between Lithuania and the Jewish People in just eight months. We will be privileged to show J'Accuse!

At the JCC here in San Diego on Nov 5, Michael, Silvia, and Grant will attend to discuss the documentary, its astonishing impact, and its tremendous success. A few members of the San Diego Jewish Community, including

Pam Nathan (SAJAC), Barbara Ostroff (San Diego Holocaust Memorial Committee), Sara E. Brown (American Jewish Committee [AJC]), Jordan Fruchtman and Lauren Luedtke-Stafford (JCC), and I are developing a project with Michael Kretzmer to leverage J'Accuse! as a springboard to educate both Jews and non-Jews regarding the horrors of the Holocaust, Holocaust denial, revisionism and antisemitism in general.

Several local Jewish organizations, including the AJC, United Jewish Federation (UJF), and the Anti-Defamation League (ADL), are committed to supporting this project to educate communities and raise funds to support these efforts. This initiative is timely. We are seeing an increase in antisemitic incidents in our community, including Nazi graffiti (using excreta) on the UCSD campus, antisemitic flyers distributed in multiple neighborhoods, and a county HRC commissioner using his platform to issue antisemitic blood libel, publicly stating that synagogues teach congregants to murder Palestinians.

American Jewish Committee's 2022 annual "State of Antisemitism in America" demonstrated the disturbing impact that the rising hatred of Jews has on America's Jewish community. For too many American Jews, being Jewish no longer feels safe. 41% of American Jews reported feeling less secure, up 10% from the year before. And one in four (26%) American Jews said being personally targeted by antisemitism.

We as a community need to stand up and confront antisemitism and combine our efforts with our local community in general. Education about the Holocaust and the remarkable history of the Jewish People, our values, our history, and our contributions as a community is paramount in confronting the blatant lies of those who spew hate.

Please join us on **Sunday, Nov 5th** for the showing of **J'Accuse!** Meet Michael, Silvia, and Grant, and help support our collective effort in confronting antisemitism. We must all be involved in preserving a safe future for our children and the following generations!

Please register for the showing of J'Accuse! at the JCC on Nov 5, 2023.

Use the following link:
<https://my.lfjcc.org>

Please join our fundraising effort at:
<https://give.lfjcc.org/campaign/jaccuse-23-24/c502150>.

ARLENE SACKS



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

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.



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100th Anniversary of El Pueblo Ribera by the Architect, Rudolph Schindler

by Reena Racki

Jeffrey and I live in El Pueblo Ribera on Gravilla in La Jolla. The four houses in the development retain his authentic architecture.

Significantly, this year is the 100th anniversary of El Pueblo Ribera.

These homes are considered one of California's most significant pieces of architecture. They hold a prominent place in the history of modern architecture in California as well as nationally and internationally. Rudolph Schindler is substantial in the history of contemporary architecture due to his innovative design approach, integration with nature, use of unconventional materials, emphasis on geometric forms, and its lasting influence on architecture. It represents a pivotal moment in the evolution of architectural thinking and continues to inspire and inform contemporary architectural practice.

The innovative design principles, integration with nature, and use of unconventional materials showcased in El Pueblo Ribera have had a lasting impact on architecture. The complex's historical significance, architectural excellence, and influence on subsequent generations of architects contribute to its recognition as a significant piece of architecture in California and nationwide. Schindler's innovative design principles and use of materials have inspired countless architects to push the boundaries of traditional architecture and explore new possibilities in design.

By applying mathematical principles, Schindler created aesthetically pleasing, structurally sound, and efficient buildings. The Schindler Frame system allowed for greater design freedom and experimentation, providing a reliable and adaptable structural framework. Schindler embraced modernist principles, such as open floor plans, indoor and outdoor space integration, and unconventional materials.

Schindler's use of concrete as a primary material in El Pueblo Ribera was groundbreaking when concrete was primarily associated with industrial or utilitarian structures. The exposed aggregate of local pebbles gives the concrete warmth and connects it to the ground. His fascination with geometric forms and asymmetrical compositions is obvious. The complex features clean lines, flat rooflines, and carefully considered spatial arrangements. Schindler believed that geometry could create order and harmony in architecture, which is evident in the balanced and visually striking design. He thought that in creating a harmonious relationship between the built environment and nature, courtyards were vital in achieving this integration.

Schindler incorporated several innovative heating, ventilation, and natural airflow features: He implemented a radiant heating system in El Pueblo Ribera, which involved embedding heating elements within the floors. This allowed even heat distribution throughout the living spaces, providing a comfortable and efficient heating solution. The complex also featured fireplaces, giving warmth and as focal points within the interior spaces. Schindler's fireplaces added a sense of coziness and ambiance to the living areas. Known for emphasizing natural ventilation and integrating indoor and outdoor spaces, windows and openings were strategically positioned to facilitate cross ventilation, allowing for natural airflow throughout the complex. The design approach helped to regulate temperature, improve air quality, and create a comfortable living environment.



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We are calling all SAJAC cooks and non-cooks to share your favorite recipes - especially your favorite South African recipes.

Perhaps you have a recipe you treasure from South Africa that has been passed down from a family member or friend. Please consider sharing this particular dish with our SAJAC community on our private Facebook page.

Or next time you bake or cook that meaningful recipe, submit it along with a photo (if possible) and include your name. You may want to personalize your recipe by adding a note or perhaps dedicate the recipe to a specific friend or family member.

All categories, including any other cooking-related tips and information you want to share, are welcome. Handwritten recipes, photos, and information can be easily uploaded in a post. Below is the QR code to scan to locate our SAJAC Facebook page. "Food is our common ground, a universal experience." Thank you for contributing.

To Join: Scan this QR code using your phone camera.



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NEXTGEN Friday Night Party

BY KAYLI AMYER



On February 24th, SAJAC NextGen hosted a potluck Shabbat dinner for young Jewish professionals. The theme of the potluck was a pajama party in the spirit of Purim, which was just around the corner, and attendees did not disappoint! The weather was far from inviting, but with the promise of keeping cozy in PJ's, about 20 people made it a priority to come celebrate Shabbat, see old friends and make new ones. The dinner

brought together members of the South African Jewish community and American Jewish community, as well as some from the Israeli community, in a fun, intimate setting where the priority was to get to know each other over good food, good conversation, and of course board games and billiards! Aarin Abel and Kayli Amyer organized the event and hope to continue to plan similar gatherings in the future.





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NEXTGEN

How Fitness Saved My Health

by Aarin Abel



My name is Aarin Abel; I grew up in San Diego and am proud to say I've been an athlete my entire life. Starting at the age of two, my parents put me in a tot soccer league, and I was hooked to team sports. As my skills improved, I eventually graduated from recreational soccer to club (shoutout to La Jolla Impact). Once I started high school, I ditched the field for the pool and threw myself into competitive water polo. I loved the feeling of pushing my body to its athletic limits. After graduating high school in 2012, I continued the challenge by playing collegiate rugby at the University of Southern California.

Throughout my student-athlete career, I noticed my stamina and endurance were taking a hit. By the spring semester of my senior year, it felt like I was spending more time in the bathroom than on the field. Shortly after graduating, I was diagnosed with Ulcerative Colitis, and by 2017, my diagnosis had been upgraded to Crohn's Disease.

My diagnosis hit me hard, both physically and mentally. Doing functional tasks like carrying groceries up two flights of stairs proved challenging. Going to the gym was suddenly a significant health hazard. Eating out was stress-reducing – knowing that a food item could trigger a flare-up at any moment. I was the most immobile I have ever been and was depressed.

Wanting to heal, educate and help myself get back to an active and self-sufficient lifestyle, I decided to pursue an education in personal fitness. 2018 I earned my personal training certification from the American Council of Exercise (ACE).

With my new fitness education, I trained myself from carrying groceries up the stairs to getting back to running 10K races. I worked with my medical team to develop a training plan that made sense for me - focusing on low-impact mobility and function. I realized that what I was doing was working – I was able to help calm my disease and guide it into remission through diet and exercise!

Passionate about sharing this gift, I started training clients on the side as I was still working a desk job in Los Angeles. Many of my clients also live with auto-immune diseases. Through personal training, I showed my new clients that a self-sufficient and active lifestyle was possible.

Always wanting to expand my knowledge, I decided to dive into nutritional studies and completed my Nutritional Coaching certification in 2020 from ACE. After the pandemic, health and wellness were at the forefront of everyone's mind, so I decided to take the plunge, quit my day job and dive into working in health and fitness full-time. From 2021-2022 I studied Applied Function Science (AFS) as a performance coach at an esteemed sports rehab and physical therapy clinic in San Diego. AFS emphasizes three-dimensional functional movement and mobility, which mirrors daily activity. The clinic also sponsored my education in CrossFit®, and I completed my CrossFit® Level 1 training and became a CF-L1 Trainer in 2022.

Now I run my own health and performance company, AbelToTrain, to train clients with auto-immune diseases and chronic pain. Each client receives one-on-one care and guidance with a movement plan that fits best for them and their needs. Nutrition coaching is also available and pairs excellently with the movements we work through together.

I am proud to say that now I am the fittest and healthiest I have ever been. I haven't had a major Crohn's flare-up in years. My energy levels are higher than when I was first diagnosed, and my fitness and stamina are at peak conditions. I just hiked my first mountain above 14,000 feet!

If my story speaks to you and you're interested in my services, I am happy to offer a free consultation to all SAJAC members.

Health is wealth, and I would be honored to be part of your journey.

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J'Accuse Update

by Silvia Foti

Facebook July 25th, 2023.

I was in Perth, Australia yesterday, the last stop of a four-city, 40-event tour. Visited 4 synagogues, 9 Jewish schools, 4 theaters where J'Accuse was shown to standing ovations, the Sydney Jewish Museum, Bnei Brith, YPO Jewish group, Lamm Jewish Library, two dinners with the sponsors.

Yesterday Riza Silbert, a Holocaust survivor, testified how Lithuanians clapped when Jews were rounded up in Kaunas, how Lithuanians guarded the ghetto zealously, ensuring no Jews could escape. At one moment she said I was the only Lithuanian she ever met who admitted to the truth.

I answered that I was sorry I was the first, that after 82 years, I wished there would have been 100 before me. In all these events there were 100s of Jews. I was the single Lith-

uanian Catholic. I so wished there were others beside me. That I wasn't the only one.

They had invited the Lithuanian Ambassador to Australia to come to just one of these events, to send one representative, or to have someone zoom in. The response was that the Lithuanian officials were all too busy. You can only imagine how terrible that looked for Lithuanians.

I continue to pray for the day when many more Lithuanians will join me on this journey of reconciliation. I cannot be the only one.

To add, J'Accuse has received 115 selections or awards in film festivals from countries around the world. When offered to Lithuania's film festival, the response was it wasn't artistic enough, that it was too simplistic. Again, you can only imagine how this looked.



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NEXTGEN Ballet Dancer Jenna Renfield

by Robyn Segel Shifren A.R.A.D., Director IM Ballet Conservatory



Hard work, tenacity, perseverance, resilience and exhaustion. This describes the daily experience of a professional ballet dancer. The journey is gruelling and comes with no guarantee of success. Yet, 19 year old Jenna Renfield, who is an ex South African, has proved that she not only has the talent but the mental fortitude and passion to succeed.

Starting ballet as an extremely shy 3 years old, Jenna knew this was what she was meant to do. Training with focus and intelligence has always been her strength. Jenna spent 10 years training with Robyn Segel Shifren, a San Diego-based teacher and coach. More than 15 hours a week practicing ballet alone. Her trajectory to become a professional was well planned with her dance coaches and mentors. The aim for a ballet dancer is not to be placing in competitions until the mid -teen years, but to peak as a dancer in their mid 20's. This ensures the dancer has longevity in their career.

Jenna always stood out among her peers. As a young dancer, Jenna was cast to dance lead roles including Clara, (every young dancer's dream role), in Inspired Movement Ballet Conservatory's production of Nutcracker. Judy, Jenna's mom, has been assigned as the costume designer and is now creating ballet costumes for dancers all over California. Jenna's Bat Mitzvah was well... ballet themed of course!

Jenna continued to thrive, competing in, and winning, big competitions including Ballet Beyond Borders, Icon Dance Awards and California Dance Classics. She represented the USA at Youth America Grand Prix finals in NYC in 2019. Jenna was accepted into many competitions at

distinguished schools but she opted to attend Ballet West and Houston Ballet Academy.

When the Covid pandemic forced schools to close or move to online training, Jenna took up full-time training at Ballet West Academy in Salt Lake City. Here, at just 15 years old, she embraced a new challenge, learning to live with roommates, training all day, fending for herself, and even graduating from Classical Academy High School, all online! At Ballet West she was consistently cast in top roles. Being only 5'2", she knew she would have to continue her training at a school that welcomed her physique. In 2022, Jenna was accepted into the Trainee ballet program at The Cincinnati Ballet, training with a select group of male and female dancers all of whom were hand-picked from the hundreds of candidates who auditioned for these elite opportunities. Jenna continues to stand out at Cincinnati Ballet and finds herself cast in coveted roles.

All this success in the world of dance has not gone to Jenna's head: She is smart, social, loves hot yoga and crocheting. Since graduating high school last year, Jenna is enrolled at CU Denver with a marketing major. Jenna is also certified to teach Progressing Ballet Technique. Embracing every opportunity, during this summer, Jenna is training at the world-renowned Royal Danish Ballet in Europe. She continues to dance seven days a week, typically using a new pair of pointe shoes every week.

Talented, self-assured, and passionate, Jenna is set to realise her life's dream to become a professional ballet dancer.



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NEXTGEN The Mindful Nutritionist

by Pamela Nathan



Jackie Gaylis Kirschen, who overcame weight challenges as a teenager, decided to pursue healthy lifestyle. She has now developed a rapidly growing enterprise, Eat Right 4 Life, an online virtual practice that helps men and women sustainably lose weight while eating the food they love. Based on her personal weight loss journey, having lost 65 pounds and a third of her body weight, running half marathons and reconnecting to her body while eating a balanced diet, Jackie has approached nutrition and healthy lifestyle using a scientific and practical approach. She now teaches people all over the world to do the same.

After completing her undergraduate degree at Emory University in Atlanta, Jackie performed clinical research at San Diego State University (SDSU) in the field of nutrition, then went on to complete a masters of science in nutrition at SDSU followed by her residency (internship at the La Jolla VA Hospital, a nationally recognized program) in San Diego. She also headed the community nutrition department at Rady Children's Hospital in San Diego for 7 years as she supported employees and lower income communities with understanding how to improve nutrition in easy sustainable ways.

After passing her clinical rotations and board certification, she worked as the head registered dietitian for a renowned bariatric surgeon, gaining insight into the very significant challenges of obesity and chronic comorbidities some patients face. Jackie prepared her patients for surgery and guided them following surgery, and subsequently developed

a new non-surgical medical weight loss intervention program which includes nutrition and lifestyle counseling from trained dietitians, pharmaceutical support, psychological intervention and community based accountability.

Jackie's personal and clinical experience led her to believe that there are evidence-based practical approaches to overcome most challenges people face with being overweight.

In September 2020, during the height of the pandemic, Jackie founded a very successful business known as Eat Right 4 Life. The program has helped thousands of people all over the world through one on one and group hybrid coaching programs focused on sustainable weight loss and mindful eating. Jackie has grown her nutritional practice to include a team of five, dietitians and support staff, while expanding the support programs to online courses, digital products, virtual coaching, and more. Jackie is often invited to share her experience and ideas on Fox News.

Jackie balances a busy career as a CEO and thought leader, while raising her 18-month-old daughter, Olivia, with her incredibly supportive husband Todd.

Phone: (858) 314-8469

Email: jaclynkirschen@gmail.com

www.EatRight4Life.com



Two men of Chelm went out for a walk, when suddenly it began to rain.

"Quick," said one. "Open your umbrella."

"It won't help," said his friend. "My umbrella is full of holes."

"Then why did you bring it?"

"I didn't think it would rain!"

The Census

The census taker comes to the Goldman house.

"Does Louis Goldman live here?" he asks.

"No," replies Goldman.

"Well, then, what is your name?"

"Louis Goldman."

"Wait a minute—didn't you just tell me that Goldman doesn't live here?"

"Aha," says Goldman. "You call this living?"

At the funeral of the richest man in town, a stranger saw a woman crying very loudly. The stranger said, "Are you a relative of the deceased?"

"No."

"Then why are you crying?"

"That's why!"



Fascinating Insight In The Current Real Estate Conditions

by Marc Lotzof

The market has been greatly affected by the fact that the interest rates went from 5.25% last summer to 6.90% this summer. This has affected both buyer and sellers alike. By way of example: Last year, on a \$1.2 million jumbo loan, the interest rate was at 5.25% and the monthly payment would have been \$6,977 for Principal and interest. In



January of this year that rate jumped to 6.25% for the same loan and that monthly payment would be \$7,780 for Principal and Interest. Currently, the same loan rate is 6.9% and the current monthly payment is going to be \$8,321 for Principal and interest.

The increase in monthly payment alone had a direct impact on what buyers can afford through no fault of the buyers. The important take away is last year the buyer pool was much larger than where we are today, and I am sure you all agree that the jump in market time is greatly affected by the interest rate volatility, a buyer could qualify today, but not tomorrow.

Having said that helps us understand and recognize the fact that every day the rates go up, it will diminish the number of qualified homebuyers to purchase a home.

It is interesting that there are still cash offers that are placed on homes for sale in today's market. So if you are a buyer, interested in looking and competing with cash offers, there are interesting options available to you. If you're a seller and are in need of an offer, there are some valuable options that are available to you if you would like any information on how to navigate through this interesting and changing market.

There were 38 \$10 million-plus sales in 2022 with an average closed price of just over \$13 million, down slightly from 2021. We believe the luxury segment will continue to be very active in San Diego where our lack of inventory drives the market.

Even-though our market is normalizing, well priced ultra-luxury homes in unique and spectacular locations will continue to sell. San Diego's tech and bioscience industries along with, coastal markets such as La Jolla and Del Mar, are hotter than ever.

Please feel free to contact me with any questions. I would be happy to meet with you and have a private consultation.

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SDJA Update

by Jason Edelstein

At the San Diego Jewish Academy, our mission is to empower each student to learn for life, guided by Jewish values and rooted in the strength of community. As a pluralistic community K-12 school with a thriving early childhood center, we inspire and support students with personalized and innovative learning. Educational and community experiences are infused with Jewish values and help to create meaningful Jewish life for generations. Our students and graduates are leaders and positive changemakers in their communities and worldwide. The school's excellent teacher-to-student ratio and state-of-the-art campus mean all students can grow and try new activities in a supportive environment.

Our philosophy is to embrace learning experiences that bring creativity, innovation, and entrepreneurial thinking alive on campus and expand thinking through real-world experience. Students engage in meaningful learning, collaborating, and helping one another—whether in classrooms, gardens, labs, playgrounds, athletic facilities, and art and music studios. SDJA proudly offers diverse extracurricular programs and inclusive curriculum classes in sports, arts, music, and science. These are integral to SDJA's goal of developing well-rounded students through various experiences. Our Ana "Janche" Galicot Performing Arts Auditorium (PAA) is a 5,000-square-foot facility with three multi-purpose rooms, a theater space and an auditorium, and state-of-the-art audio, visual, lighting, and acoustical design.

As a strong and vibrant community rooted in Jewish values, SDJA's

educational approach weaves Jewish and secular learning intentionally and purposefully, bringing meaning to children's lives. We instill a deep understanding and respect for the values and insights of Jewish tradition and a personal connection to Israel.

This past year, in the spirit of Tikkun Olam, a core value of SDJA, students worked on numerous service projects around holidays that supported those in need in the community.

The environment we create instills in each student a foundational set of values, skills, knowledge, and experiences so that every SDJA graduate:

- Actively embodies a meaningful, informed, and personal connection to Judaism, Israel, and the Jewish people. It infuses and enriches all aspects of their lives and guides their interaction with the world.
- 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.
- Creates and maintains lifelong relationships that add meaning to their lives, enabling them to support each other and connect and engage deeply in community and society.

Thanks to all who help make this possible!





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Hillel of San Diego Celebrates Long-Awaited Grand Opening of Jewish Center at UCSD



On January 15th, 2023, following twenty years of legal challenges, Hillel of San Diego celebrated the grand opening of the \$18.7 million Beverly and Joseph Glickman Hillel Center – a long-anticipated center for Jewish students and the community adjacent to the UC San Diego Campus at 9009 La Jolla Scenic Drive North. Community members and leaders, including San Diego Mayor Todd Gloria, Congressman Scott Peters, Congresswoman Sara Jacobs, Representative Chris Ward, and UCSD Chancellor Pradeep Khosla, celebrated this monumental accomplishment for the Jewish community.

According to David Michan, a past president of Hillel of San Diego who chairs the Building Committee and oversees the project, the 6,500-square-foot state-of-the-art facility was designed to meld with the surrounding community. "This is a momentous day for us," he said. "After 20 long years, we are thrilled to celebrate the grand opening of this vital and inclusive hub of student life. This is an important testament to the Jewish community's resilience and perseverance."

San Diego Mayor, Todd Gloria, added that the new center is an essential symbol of justice and connectivity for the community. "With antisemitism on the rise nationwide, the Hillel Center is a crucial connector to UC San Diego and the region, building bridges and fostering a sense of community while enabling students of all backgrounds to connect on multiple levels."

Todd Kirschen, the husband of Jackie Gaylis Kirschen, was the board chair of Hillel at the time litigation was cleared and the official ground-breaking took place. Just under an acre, the facility serves as a foothold for UC San Diego students to host Jewish holidays and Jewish learning as well as community activities – with flexible space designed for student programs and meetings.

mentorship and religious services. There are many spaces for learning, growing, and connecting.

Primary components of the new center include:

The Joan and Irwin Jacobs Community. Used for dining, social events, and performances.

The Jerri-Ann and Gary Jacobs Leadership Building is a lounge that transitions into a sanctuary, music venue, and much more.

The Lori Bolotin Hospitality Building includes a reception, lounge area, ping-pong table, and sensory chairs.

The Potiker Courtyard.

The Viterbi Professional Suite.

Interactive highlights include the wisdom wall, an art display featuring students' faces and stories, a kosher kitchen where students participate in hands-on programs, and an expansive space housing the headquarters for over a dozen Jewish student organizations and staff offices. Essential resources are also provided, including food access and showers for needy students.

According to Michael Paluso, managing principal of project architectural firm M.W. Steele Group, "the scale and character of the project were intentionally designed to blend with and complement the adjacent residential community." The center also has a robust, cutting-edge security system – implemented amidst the surge of threats against Jewish facilities nationwide.

The facility's genesis dates back to 2000 when Hillel of San Diego was awarded exclusive rights to purchase the property from the City of San Diego. Since 2001, Hillel of San Diego has been working with the city and the community to develop the project, which gained unanimous approval from the San Diego City Council in 2017. The ground-breaking was held in Sept. 2021, with construction completed on time and within the budget.

Executive Director Karen Parry commented: "In addition to building meaningful community and a way to celebrate the diversity of San Diego, the center will help further Hillel of San Diego's work to fight antisemitism on College campuses – empowering thousands of young students," "Hillel will also provide an important gathering place for the entire community, with other organizations utilizing the space for Jewish cultural programming.

Hillel empowers thousands of young people to do good in the world. The center is a beacon of light for the whole community. It serves as the next generation's Jewish life hub, leading to deeper connections across diverse campus communities. Hillel of San Diego encourages students of all backgrounds to form deep, personal relationships with Jewish life, learning, and Israel. Hillel enriches the lives of students so that they may enrich the Jewish people and the world."

Learn more about Hillel at www.hillelsd.org

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Meet Maureen Mograbi Par-Tea

by Pamela Nathan

The SAJAC Reporter last year had a picture of Maureen Mograbi and me on Durban Beach in South Africa when we were 14. That was the last time I saw her! I wanted to reconnect with Maureen now that she lived in San Diego.

With the help of her most gracious daughter, Tanya, the perfect hostess, who set out a wonderful spread, we all enjoyed a senior 'Meet Maureen Mograbi' Par-Tea to meet Maureen.

It is incredible that after all this time & across the waters to another continent, we should meet again and find much in common.

This is what I call Jewish geography; to me, it reinforces SAJAC's relevance.



ShinShinim Have Come to the House of Israel

by Ruth Mastron



Since August of 1948 – just three months after the modern state of Israel was established – the House of Israel has stood proudly in the heart of San Diego's Balboa Park, sharing Israel's culture, history, food, and more with thousands of annual visitors from around the world.

A lot has changed in 75 years, and the recent arrival of Israeli 18-year-old ShinShinim Noya and Yinnon is one of the most exciting changes ever! ShinShinim are young Israeli emissaries who perform a year of service between high school graduation and induction into the Israel Defense Forces.

Their mission is to bring Israel to life in creative and immersive ways by developing innovative Israeli education and engagement programs. As they integrate into host communities, they become living bridges

between those they serve and Israel. This aligns perfectly with the House of Israel's mission: to educate and connect our visitors with facts about Israel.

On any given day, the House of Israel greets people from around the world, many of whom cannot find Israel on a map, or who know only what they see in the media. Along with the wonderful volunteers, Noya and Yinnon will be the smiling, friendly face of Israel, providing facts and knowledge—and of course, delicious, world-famous bourekas!

Thanks to the Jewish Agency for Israel and Federation, this year's cohort of San Diego ShinShinim will be placed in programs at more than 20 partner organizations. The House of Israel is honored and excited to be one of them! Please come and meet Noya and Yinnon soon.

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How My 9-Month-Old Granddaughter Made Me a Las Vegas Immigration Lawyer and a Heat Freak.

by Leon J Snaid



I had been a San Diego Immigration attorney for 40 years when my only grandchild was born in Las Vegas. I was over the moon with excitement, and I visited her in Las Vegas at every opportunity. I was smitten and eventually moved to Las Vegas when she was nine months old.

Fortunately, Immigration Law is a federal law, and even though I have a California license to practice law, I can practice Immigration Law in Nevada. In addition, all immigration law visa applications are mailed to the USCIS, so there is no need to go to the Immigration Offices. I can continue representing all my San Diego, national, and international clients.

I did not know the meaning of the word 'HOT' until I came to Las Vegas. Spring and Fall are lovely here, but there is no Summer. The idea of summer being a time to get out of the house and enjoy the outdoors is absent here. As I write this article, we have had ten days straight of over 110 degrees! I look forward to next week when we see a couple of days of 100 degrees.

I take my dog to the park at 6.00 am when the temperature is a mere 85 degrees. You must remember precisely where you parked your car when leaving the supermarket's air conditioning. You want to avoid drifting around the parking lot, clicking your key to find your vehicle.

I was an ardent bonsai grower. I succeeded at the San Diego County Fair Bonsai competition and brought 36 bonsai plants to Las Vegas. For the most part, bonsai should be kept outdoors and only brought inside for a brief display. I arrived here in June and said kaddish for so many of my bonsai plants by the end of the first summer. I am now trying to grow local plant species such as bonsai. The huge bonus to living here is making biltong. What an absolute pleasure. Once you have cured and spiced your meat, put it in your garage, and 36 hours later, you have delicious moist biltong.

Nevada is different from California in everyday life. I enjoy being called "Darling," "Honey," or "Sweetie" by the supermarket staff and staff at other stores. Life seems slightly more relaxed here than in California: fewer rules and no pronouns. I have many friends and acquaintances in San Diego, so leaving them behind to come to a new city was challenging and somewhat frightening for the first few months. I remember waking up in the middle of the night soon after I arrived here and thinking that they may not have a minyan to bury me if I died. Whew! That was scary.

I have been blessed to integrate into a beautiful group of people. Most are former South—Africans who have lived here for many years. I have also made new friends at the Chabad Shul in Summerlin. It is magnificent, enormous, and sometimes attracts more than 150 people on a Saturday morning. The kiddish that follows the service is lavish and always delightful. Rabbi Schanowitz is highly knowledgeable, inspirational, and very friendly. He and the Rebbetzin have 15 children. He believes in the first commandment given to humanity: "Be fruitful and multiply."

There is no question that Las Vegas is the world's entertainment capital. I have seen so many great entertainers here in such a short time. I rarely go to The Strip; fortunately, gambling isn't exciting.

I am still over the moon with my granddaughter. I will save you all the superlatives of a besotted Zeida, except to say that she has ultimately captured my heart. She said she wanted to play the violin the other day, so I bought her one. When I tried to give it to her, my son, Jedd, reminded me that she would only turn three in August. So, we are saving the violin.

After two summers, I found my inspiration to survive the heat. If I could wander in the desert for 40 years, three months of a Vegas summer would be a mere walk in the park.

Meet Our New Gemilut Chesed Chair

by Eleanor Lazarow



Eleanor Lazarow

Eleanor grew up in East London, studied social work at UCT, then moved to Jo'burg, where she did her master's in Social Work & Sociology while teaching at the School of Social Work at Wits. After this, she worked as a social worker/counselor at King David High School, Victory Park, for eight years.

Eleanor has two daughters and three grandchildren. The family emigrated to San Diego in 1993 to join her late Mom, Julia Armist z'l, and her two sisters and their families. In San Diego, Eleanor worked at the Regional Center for the Developmentally Disabled and then at Rady Children's Hospital as a medical social worker for sixteen years.

Eleanor retired five years ago and now keeps busy attending book clubs, art classes, and her exercise regimen. She still thinks of South Africa with nostalgia and is very sad about the challenges they are dealing with. Eleanor says, "I'm happy to provide service for my fellow South African living in San Diego as needed."

Volunteering as the Chair of the SAJAC Gemilut Chesed Committee is an honor.

Soraya's Gift from Gemilut Chesed

by Judy Nemzer

It was heartwarming to see the generosity and support from SAJAC members towards Soraya and her family, fellow South Africans, during her recovery from chemotherapy. The gift of an iPad made a significant difference in making her journey a little easier, providing entertainment, communication, and various useful applications that have assisted her during this time. Acts of kindness like this truly shows the strength of our community coming together to help one another. Wishing Soraya a smooth and successful recovery.

Happy 101st Birthday!



Selwyn Lurie celebrated his 101st birthday on Aug 7, 2023. He is among the last living WWII fighter pilots.

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G'mach is embraced by the Kindness Initiative

by Karen Lock, Operations Director



kindnessG'MACH THE JEWISH GIFT CLOSET

Step back in time to 2009 when two dynamic and inspiring community members, Helene Bortz and Myrice Goldberg, embarked on a remarkable journey in the heart of San Diego. Together, they laid the foundation for what would evolve into the Kindness G'mach—a beacon of hope and support for the local Jewish community. What initially began as The Jewish Closet – G'Mach, a small clothing initiative, has since blossomed into an extraordinary force for good.

Helene and Myrice recognized a profound truth as they connected with their community: people required more than just clothes. They needed assistance with daily essentials such as food, clothing, and household items. Fueled by their compassionate hearts, they embraced this challenge and transformed G'mach's purpose. Over 14 remarkable years, G'mach's influence expanded exponentially, touching the lives of countless local Jews.

Today, the G'mach finds itself embraced by the Kindness Initiative in a shared commitment to improving our community through performing deeds of Loving-Kindness (Gemilut Chasidim). The Kindness Initiative is committed to sustaining and enriching the G'mach's crucial services by providing essential financial and structural support. This partnership ensures that the G'mach—now the Kindness G'mach—remains a steadfast and well-established facility, continuing to provide impactful support to those in need.

In the face of economic challenges and growing income disparities, more vulnerable Jewish households in San Diego are grappling with the issue of family poverty. As part of the Kindness Initiative, we are on the ground, making connections with such families, compassionately uplifting and supporting them.

The Kindness G'mach warehouse provides items including clothing, housewares, furniture, and essential items for infants. Our engagement with community members, each in a unique stage of life and requiring distinct provisions, underscores the necessity of our comprehensive inventory. Many families need help affording clothing, housewares, and furniture, which can result in compromised living standards and a diminished sense of dignity and self-worth.

The warehouse addresses these immediate needs and has a far-reaching impact beyond material assistance. By easing financial burdens, the facility empowers families to concentrate on education, skill en-

hancement, and employment prospects, making a profound difference within a community striving to overcome economic challenges.

Through partnership with the San Diego community members, Kindness G'mach gathers a diverse range of furniture items. The community sends photos of furniture to donate to (858) 650-9098. Photos of donations are posted on the Jewish gift closet Kindness G'mach Facebook page. Families in need who lack the means to furnish their homes request and collect the gently used furniture from the donor. By creating a comfortable and dignified living space, families can focus on rebuilding their lives and fostering a sense of stability for themselves and their loved ones.

By providing gently-used items, the warehouse actively promotes sustainable practices by prolonging the lifespan of goods that might otherwise be discarded in landfills. This dual benefit mitigates waste and cultivates a community ethos of reuse and environmental mindfulness.

Volunteers dedicate their time and expertise, fostering camaraderie and unity among community members. As individuals in need engage with our dedicated volunteers and fellow beneficiaries, they cultivate a profound sense of belonging, shared objectives, and enduring empowerment.

By recognizing the importance of meeting the needs of vulnerable families within our community and joining forces to meet those needs, we can collectively uplift those in need and lay the groundwork for a bright and equitable future for the San Diego Jewish community.

Location: 8811 Production Ave, San Diego, CA 92121.

Hours: Mondays and Thursdays, 10:00 am - 2:00 pm

The Kindness G'mach seeks:

- Gently used bedding, towels, basic white dinner sets, compact kitchen appliances, and lightly used women's clothing.
- Queen-sized beds, drawers, bedside tables, and dining furniture. Your assistance and contributions are deeply valued and greatly appreciated.
- Opportunities abound: Volunteers are sought to manage warehouse operations, organize clothing, and provide compassionate assistance to families, preserving their dignity.

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Ofer Goram thanks Kindness G'mach

There is a group of wonderful families who have arrived in SD for double lung or heart transplants. Kindness Gmach has been lucky to have met and keeps meeting these brave, strong families who have left behind family, kids, and businesses to gain a gift of life from UCSD transplant hospital. Below is a letter from an amazing, warm, lovely man named Ofer, who has written in his own words about his experience of moving to the USA. Ofer has been here for 5 months and is on the list for a double lung transplant. We hope he receives his gift of life soon so he can get back to a happy future. Ofer, Kindness Gmach wishes you all the best in your surgery and healing. We thank you for sharing your experience so far!



Ofer Goram and his wife

We are 13 Israeli families here in San Diego, away from home and families. We are soon to be 16 families, and probably the number will grow. We are here not as tourists, not for business, not because San Diego is so beautiful (and definitely it is).

We are here because either a husband, a wife, a child, or a parent is in need of a heart or a lung transplant.

We are here because in Israel, we have no chance of receiving an organ in the next three to five years, and our dear ones, or me as an individual, have a much shorter life expectancy. The situation in Israel is that there are hundreds of candidates and only around 100 organs available a year.

We are here because UCSD is one of the leading centers for heart and lung transplants in the United States. In the US, the availability of organs is much higher, and thus the waiting time for an organ could be, in a best-case scenario, a year. Usually, it is around three to four months. This means that we come to San Diego for

a year, give or take.

When we made the decision to come here, we were focused on the health issues, and we considered the implications it has on our families, our financial strength, & our surroundings less. We were focused on survival. The mixture of people here includes the rich and poor, the highly educated and less educated, atheists and religious individuals, but the common denominator is the arrival shock. It doesn't matter if you have been to America many times in the past, if your English is reasonable or if it is your first time here and you do not speak the language. The arrival and the need to find an apartment, to connect utilities, get a car, and go shopping are all different. So, becoming an immigrant not because you chose to, not because you wanted to, and under the huge pressure of the health situation is tough. Very tough.

Luckily, the combination of a warm Jewish community, a strong Israeli community, the G'mach, and two small but huge women—Karen and Shani—make the landing somewhat softer. This combination of forces creates for us mental support and the feeling that we are not alone. They make sure that no one is ever lonely and supply Kosher meals to those who need them through volunteers. They assist in getting organized in the new apartment in terms of furnishing it, sometimes fully and others mostly.

We receive the best medical treatment one can get. We discover here how loving and giving people can be, and mostly we can see that

people from different backgrounds can create something so beautiful when there is a common goal. Maybe something for Israel to look at in these difficult times we see at home.



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Kindness Initiative San Diego

Embracing Jewish Values to Empower the Community Amidst Financial Insecurity



Kindness Initiative San Diego is a non-profit organization whose mission is to change lives by assisting vulnerable San Diegan Jewish households in their journey towards self-sufficiency. The organization is based on the Jewish value of philanthropy and helping out fellow Jews. The Jewish value of philanthropy is deeply ingrained in Jewish tradition and is rooted in the belief that every individual has a moral obligation to assist those facing financial insecurity. The Torah and Talmud contain many commandments and teachings that emphasize the importance of helping those experiencing financial instability.

Jewish history is filled with examples of individuals and communities who have fulfilled this obligation. Recent studies and surveys indicate that approximately 20% of the San Diego Jewish community is living with financial instability and struggling to meet their basic needs.

The Kindness Initiative assists in alleviating financial insecurity by meeting the basic physical and psychological needs of vulnerable Jewish households through a comprehensive, coordinated collaboration of service providers and caring volunteers. The organization is funded by generous members of the San Diego Jewish Community, and registration for membership is easy, and there is never any charge for services or resources provided by Kindness Initiative.

One of the central tenets of Jewish philanthropy is the concept of tzedakah, which translates to "justice" or "righteousness." Tzedakah is not just about giving money to those experiencing financial insecurity, but rather about fulfilling one's moral obligation to assist those in need and working towards a just society. The Talmud teaches that tzedakah is not just an act of charity but a duty that every person has towards

their fellow human beings.

Eligible members receive assistance navigating and applying for customized services and resources to help improve their lives in a dignified and respectful manner. The purpose of Kindness Initiative is to elevate the quality and responsiveness of coordinated services, provided through a network of volunteers and service providers, who meet the standards of Kindness Initiative for care and service performance. All standards for service are evaluated through the lens of Jewish values.

As the Midrash, Tanna Devei Elyahu Rabah states, "All Jews are responsible for each other. We are like a ship where a hole has been ruptured in one room. It cannot be said that one room has been ruptured; the entire ship is ruptured." Kindness Initiative San Diego embodies this principle by working to assist all vulnerable Jewish households facing financial insecurity in the San Diego community. Furthermore, in Jewish tradition, helping those experiencing financial instability is not just a commandment but an opportunity for personal growth and spiritual advancement. By assisting those in need, we can fulfill the mitzvah of tzedakah and make the world a more just and compassionate place. The Kindness Initiative San Diego is not just an organization; it is a community of people united by a common goal of helping others and working towards a more just and compassionate society.

To learn more about Kindness Initiative please visit our website at www.KindnessSD.org

Hebrew Free Loans of San Diego

by Mindi Frankel



Mindi Frankel

Hebrew Free Loan of San Diego (HFLSD) aids and empowers members of the San Diego Jewish community by providing cost free, interest-free loans in accordance with core Jewish values of dignity, respect, compassion, and confidentiality to Jewish individuals or individuals that work in a Jewish communal organization. Borrowers utilize these interest-free loans to help

themselves overcome short-term financial challenges or to assist in their journey towards realizing lifelong dreams.

HFLSD's interest-free loans help with living expenses, dental and medical costs, high-interest debt consolidation, transportation, home repairs, undergraduate and post-graduate education and for covering the unexpected challenges that life throws at us. Loans are also made to small businesses and the recently unemployed. HFLSD's philosophy is to provide borrowers a hand-up – not a hand-out! HFLSD is empowering loan recipients to overcome whatever obstacles they are facing and strive for better situations by helping them on their path to financial security. As one loan recipient shares, "I am relieved that there is an organization like HFLSD that can help community members in need during difficult times. When I lost my job, I was extremely wor-

ried about what would happen. Working with HFLSD and being able to remove my credit card payments on a monthly basis, while receiving extra each month for living expenses, allows me to focus on my job search and not feel strangled by my monthly expenses. I look forward to paying this loan back as quickly as possible so I can pay it forward and watch the money help someone else in our community."

HFLSD has processed over \$680,000 in loan applications and currently has over \$500,000 in immediately available funds for new loans. HFLSD is funded through donations by generous private individuals and foundations. Donations are recycled as loans are repaid, assisting our community for generations to come. To learn more about HFLSD, visit the website at www.hflsd.org

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Katz Concert Brings Bunny Chow Diners to Their Dancing Feet

by Donald H. Harrison



Troubadour Sharon Katz, who won fame in South Africa as the leader of the Peace Train that brought together a 500-member choir representing S.Africa's many ethnicities, provided a free concert Monday evening, June 26, at the Bunny Chow restaurant, whose owners were instrumental in bringing her to the San Diego/ Tijuana region where again she has been promoting peace through music. SAJAC cosponsored this event.

Marilyn Cohen, her manager, told the story that a documentary about Katz's work was being shown at the Toronto Film Festival. Katz was approached in a restroom by Carol Wolfson, mother of Bunny Chow's co-owner, Gary Wolfson, who also hails from South Africa. She encouraged Sharon to bring that film to San Diego as La Jolla and other parts of San Diego have attracted numerous South African immigrants, many of whom, like Katz, are Jewish.

After the singer and peace worker accepted the invitation, she became involved with the San Diego PeaceMakers Fund and Promotora Bellas Artes in Tijuana. This led to Katz working with Mexican schoolchildren from poorer neighborhoods. After teaching them songs, including some from South Africa, a 150-member choir toured with Katz in Tecate, Mexico City, Puebla, and Oaxaca in a Mexican version of the Peace Train.

Marilyn Cohen told diners at Bunny Chow, a Miramar Road restaurant that serves traditional South African cuisine, that when Katz was a teenager, living under the apartheid system of South Africa, she used to sneak away from her home in Port Elizabeth (now named Nelson Mandela Bay). To learn and play African music, she would climb into the back seat of her Black friends' car and cover herself with blankets to avoid being spotted by the White police. Then she would be driven to one of the nearby Black townships, which were off-limits to Whites.

After apartheid was ended and Mandela became South Africa's President, Katz formed the Peace Train, a 500-voice choir that toured the country to show what a normal country could look like. As in Mexico, Katz develops Peace Trains "around the world in areas where people need to get to know each other and become friends with one another. This endeavor brings the levels of violence down and encourages the levels of trust to increase."

The restaurant Bunny Chow accommodated 46 enthusiastic listeners; It

is a small restaurant, but by reconfiguring tables, Katz urged the participants to eat and talk. Some sat in a semicircle where Katz had set up a microphone and several speakers. Katz invited Gary Wolfson's uncle, David Kramer, and San Diego musician Howard Shachat to join her in the little performance area. Kramer brought a pot and some utensils from the kitchen, with which he and Shachat provided rhythm accompaniment for the next couple of songs.

She sang several African songs, some in Xhosa, others in Zulu, and her original English composition, "It's a Crazy Life." Among the Xhosa songs were two made famous by Miriam Makeba, who had stayed away from South Africa for 25 years in self-exile during the apartheid era. One of the Makeba songs Katz sang was "The Click Song," which Katz explained was about a traditional African healer or "witch doctor." It is called by English people "The Click Song" because they cannot make the clicking sound that occurs in many Xhosa words. In Zulu, Katz sang Mbube (Lion) by Solomon Linda, translated and sung by the Tokens in 1961 as "The Lion Sleeps Tonight," which became a smash hit in America.

Bunny Chow diners danced to South African melodies played by Sharon Katz and accompanied by David and Howard. Davida Huchel, who had been moving to the music throughout the night, invited waiter Tana Coulibaly from the Ivory Coast to dance with her, and soon the tiny restaurant was transformed into a concert and dance venue, with patrons enthusiastically waving their arms and moving to the rhythms.

The crowd, including some South Africans and many Americans, was exhilarated by the music and pleased with the South African menu.

The restaurant was named for the Bunny Chow (curry served on a hollowed-out piece of bread). Also served were Bobotie, Boerewors, and skewers of marinated lamb, apricot, red pepper, and other vegetables.

Following Katz's performance, the desserts Melkert and Malva pudding were served. "This is fantastic", said Gary Wolfson, enthused about the dinner concert. "We'll do more of these."

Katz will returned to Bunny Chow with her band on Monday, Aug. 14, 2023.

Donald H. Harrison is editor emeritus of San Diego Jewish World. donald.harrison@sdjewishworld.com

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“Nafkot-Yearning” an Ethiopian Documentary

by Frankie Klaff



On April 11, 2023, balancing plates of delicious Ethiopian food, a group of the SAJAC community joined the Yiddish Arts Association of North America (aka YAANA, Yiddishland) and Sam Litvin Photography and Design (aka Our Jewish Story, Sam The Jewish Guy) for a delightful evening at a private residence in San Diego.

Besides camaraderie and good food, we were treated to a fascinating documentary, “Nafkot- Yearning,” about a forgotten group of Ethiopians practicing Judaism in remote, difficult-to-access areas of the country. Sadly they suffer from isolation and anti-Semitic duress from their tribal neighbors.

We were privileged to have the film director present to share information about this significant historical event and the positive consequences for this community. Consequently, they are now being aided in pursuing Judaism, accessing resources, and the possibility of religious affiliation in Addis Ababa.

Also present was Belayneh Tazebku, the Ethiopian President of Brit Olam, Beta Israel community, who is instrumental in facilitating these opportunities and engaging in dialogue with the audience.

Overall, the evening was fascinating and enjoyable and another opportunity for SAJAC members to interact in an informal setting.





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Quick and Easy Chicken Curry

From my kitchen to yours

by Midge Kellen



METHOD

- 1.** Chop veggies. Precook carrots, potatoes and cauliflower. Soften slightly with a microwave.
 - 2.** Empty pouches and or Thai Curry into pot. The lentils thicken the sauce. Rinse containers with water to make it go further.
 - 3.** Add shredded chicken. I have found when I leave the chicken on the bone it looks better at the start and then falls off the bone. You may then need to fish out the bones. This is why I decided to shred it.
 - 4.** Add carrots, cauliflower and potatoes.
 - 5.** Add seasonings – salt and garlic powder or garlic salt to your taste. I use a hot salt – Tony Chacheres (Creole Seasoning). Trader now have siracha salt.
 - 6.** Add red pepper and canned corn and green beans.
 - 7.** Adjust seasoning again. You can add 1 to 2 tablespoons of chutney or apricot jam for a little sweetness.
 - 8.** When almost done add some frozen peas.
- Everything is optional. You can leave out any veggies or add more. My family likes to add water chestnuts for crunch.
- Be creative! You can enjoy your curry in 30 to 40 minutes

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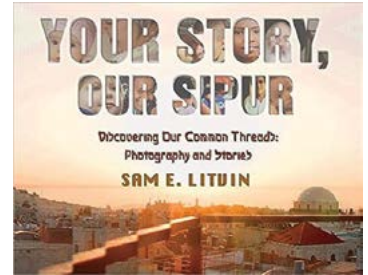
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Book Review

“Your Story, Our Sipur”

Discovering Our Common Threads



For 2000 years, Jews wandered around the world while settling on every continent and nearly every country. In 2012, writer and photographer Sam Litvin had a question: How did these Jews influence the world? And how did the world affect the Jews? He didn't think he could. Here is his answer secondhand; he wanted to travel and meet these Jews and meet the people among whom they lived. He wanted to see and feel the influences himself. As a result, he not only found the answers to the question but uncovered answers to a question he didn't even think to ask: What is Judaism?

“Our Sipur”, filled with 190 pages of pictures, follows Sam’s journey from San Diego across the United States and around the world, ending in the place where more than half of the world’s Jews ended up: Israel. As he traveled in 2012 from country to country, Sam experienced Jewish customs and holidays, writing about those experiences that, include Rosh Hashanah in South Africa, Shabbat in London, and a stay at an Austrian Yeshiva.

Pictures are not necessarily of Jews; they give a sense of what it was to be Jewish in that place and at that moment. The book is a time capsule

of Jewish life in 32 countries in 2012. Some of the sites have already transformed, such as Hong Kong, where many Jews left after Chinese repressions as well as Jews of Ukraine who went after the first and second Russian invasions. Some places no longer exist outside of the pages of the book. The book is a museum and a journey into Jewish history and soul.

The book ends with Israel, the destination of so many Jews after 2000 years of wandering. It asks why Israel is important and why so many continue to live outside of Israel. It is a book that seeks to bring answers and has many more questions than answers, which one would expect nothing less from a book about Jews.

The book is beautifully and professionally designed, but it has the trademarks of an independent publisher, as no publisher sought interest in another book about a Jewish traveler. The book was printed in a limited run, fundraised by Sam and the community. Thus it is a creation of curiosity and love. That also is it’s message: peace and love through understanding. Because it is only through knowledge of where we all come from, that we can expect true peace.



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The Top Hat

Schwartz is sitting in his room, wearing only a top hat, when Steinberg strolls in.

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Shalom Baby & PJ Library

by Jennifer Meltzer, Program Coordinator



Shalom Baby and PJ Library programs housed at the Lawrence Family Jewish Community – JACOBS FAMILY CAMPUS are thriving in San Diego, bringing a sense of joy, pride, and elevation into the lives of families raising Jewish children.

New parenthood can be an exciting and overwhelming time. New baby, new responsibilities, and new challenges. It can also be an isolating time, particularly for those far from their family.

Shalom Baby – Twenty-two years ago, Jean Gaylis recognized the need for a program to unite families and babies, cultivating connections within the Jewish community. With much hard work and determination, Shalom Baby was born, warmly embraced and successfully adopted by the Lawrence Family JCC and the Jewish Federation of San Diego County. Shalom Baby has reached thousands of new parents, created hundreds of playgroups and support groups, offered many classes for parents and babies, facilitated PJ Library in the community, and, with the help of a parent, Jessica Fink, created Little Mensches as a way for families with young children (ages 4-8) to gather and engage in tzedakah projects. Shalom Baby's concierge approach remains a vital source of support and resources as it continues to be the main point of contact and outreach for new and young families.

In 2022, Shalom Baby and the Lawrence Family JCC were awarded an Alliance Engagement Grant from PJ Library to engage and empower parents raising young Jewish children. Shalom Baby's new endeavor is called Leadership & Blessings (LAB). Beginning with a planned series of three gatherings, this experiment of Jewish engagement and connection through nourishment, experience, and reflection worked to engage parents and guardians of young children who want to raise their children with Jewish values, culture, and identity. During this initial series, the power of connection was undeniable.

Parents made the time to join the programming, looking forward to the camaraderie, the safe space to share and be heard, and the opportunity to think more deeply about the importance of Judaism and Jewish connection. They enjoyed the delicious food provided by Harissa Mediterranean Kitchen, located at the JCC. LAB was an authentic Jewish experience that also included HAVDALAH.

As LAB enters its next phase – with participants now ready to host their gatherings – the discussion-based dinner programs will continue at the JCC. Some of the future topics may include:

- How to answer the hard questions of childhood through a Jewish Lens
- Jewish Ethics and Parenting
- Jewish Spirituality

LAB is a phenomenal series and is very much needed within today's societal climate. Based on LAB's initial success and positive feedback, Shalom Baby has received a second year of funding through the PJ Grant. We are excited to be able to continue to engage and respond to the needs and interests of these parents and bring new parents into LAB.

For more information on LAB and how to join us for the upcoming programs, please get in touch with Judy Nemzer and Vivien Dean at shalombaby@lfjcc.org. Please contact Judy or Vivien to introduce your loved one to the Shalom Baby family and community.

If you would like to help support the fantastic programs offered by Shalom Baby and help build a stronger San Diego Jewish community for all, and especially for your family's blessings, please join our 2023 fundraising efforts:

<https://give.lfjcc.org/shalombaby24>.

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Aunt Sose & Her Family

Finding Some Closure

by Franklin Gaylis



During my youth in South Africa, I asked if we lost family in the Shoah and was reassured that we hadn't lost anyone. There didn't seem to be much discussion at the time about what had tragically befallen the Jews in Europe. Over the years, getting married and having a family, I became interested in our family roots and started asking questions regarding the family in Lithuania and Latvia. I didn't learn much other than the name of the various shtetls in both countries from which our grandparents had emigrated to South Africa.

Looking through some old family photographs with my Mom, we came across this photograph. My Mom quickly identified 3 of the children but not the 4th. I asked, "Who is the little girl in the top left-hand corner? I am not sure but I believe she died in the Holocaust". I was amazed that nobody in our family knew who the little girl was, standing next to Mossie Kramer (little boy in the middle and father to David Kramer). I asked, could she have been Aunt Sose's daughter. Sose (bottom right) was one of the 5 Boruchowitz sisters; Tzilla, Ida (my grandmother), Fanny and Etta. Up until recently, we knew very little about Sose other than she was married to Itzchok Skok, and likely perished in Latvia during the Holocaust. The least we could do was inscribe her name on the Holocaust Memorial plaque at the JCC here in San Diego.

I have always wanted to find out what exactly happened to Sose and her family. During a recent trip to Israel, I made contact with a cousin of mine Paul Cheiftiz. He works closely with folks in Riga who have access to numerous records from shtetls all over Latvia. Paul kindly provided me with records of the Skok family, a trove of information I had been looking for, for decades. I took one look at Aunt Sose's record (bottom right) and was amazed at her similarity in looks with my Grandmother, Ida. My Mom, Rhoda, saw the picture and said to me "she looks exactly like my late Mom, Ida". Next, I looked through the rest of the photographs and saw a young lady Hane Base (bottom left photograph). Comparing Hane's face as an adult, it became clear to me that Hane, who was murdered at the age of 33, is the little girl in the upper photograph of whom we had no knowledge for decades.

These findings provide some closure to the questions as to what happened to Sose and her family. They all tragically perished in Bauska, Latvia, with many of the shtetl's Jews. Sadly, there are no photographs of Hane's 2 siblings, Dweire and Elias, our cousins, who perished in their 20s. We plan to file Pages of Testimony for them at Yad Vashem and will remember them at Yizkor in the future.

Bauska

Since finding out this information I researched the shtetl Bauska and recalled that Yehudi "Gaf" Gaffen had connections to Bauska. Yehudi provided me with a large amount of information including his efforts to memorialize the Jews of Bauska. There was a strong Jewish presence in Bauska since the 17th century and by the 19th century Jews made up the majority of Bauska's population. They contributed to Jewish intellectual and cultural life and the city's economic development. The acclaimed

philosopher and rabbi, Abraham Isaac Kook, who became the First Chief Rabbi of Israel, served as the Rabbi in Bauska. During the First World War, the Jews of Bauska were all deported and only few were able to return. In August 1941, after the Nazi invasion of Latvia, many Jews including 600 men, women and children were murdered in the Likvertenu forest. This is where Sosa and her family likely perished. Yehudi, a descendent of the Arensburg family, and his sister Beverley Gaffen Altman together with Jehuda Feitelson advocated for a Jewish Memorial to be built in the city of Bauska. After 17 years and 6 trips of struggle and opposition, the city of Bauska finally agreed to having the memorial built.

The following is an excerpt from Yehudi's address at the commemoration of the Bauska Jewish Memorial:

"Mayor Abelnicks, Ambassadors and other dignitaries, My name is Yehudi Gaffen and I am here today as a representative of the 63 living descendants of Yehuda Pesach and Hodda Bassa Arensburg (nee Berman) who perished in the Likvertenu forest in August of 1941 along with their children and relatives.

My mother (may her soul rest in peace) Ella Arensburg was born in this town in 1914 to this family who lived here continuously since at least the 1700's. I am here today to remember and honor them and the many other innocent lives mercilessly taken there just because they were Jews.

This is my 6th visit to the mass grave in the forest to say kaddish, I can't help thinking about what their last thoughts were before they fell, just as I often wonder about what those people who died suddenly or purposefully jumped to their deaths from the towers on 9/11. I believe most thought about their children and future descendants with the hope they would not be forgotten. I am here as a testament that you have not been forgotten but remembered for the lives you led and the decisions you made to ensure the continuity of your line. I hope you are proud of what your descendants and their spouses have accomplished as productive members of their new adopted communities, and as warrior in the Israeli and United States military, defending our freedoms to make sure that "never again" is really "never again!"

I am grateful to Yehudi, Bev and all who helped create the Jewish Memorial in Bauska honoring the lives of our family members including Sose and her family, who perished in the most horrific way. We must never forget and continue to battle the scourge of antisemitism, which is on the rise, including disinformation. The documentary J'Accuse (see accompanying article, page 15) exposes Lithuanian disinformation regarding the local Lithuanian Community's participation in the slaughter of thousands of Jews during the Shoah.

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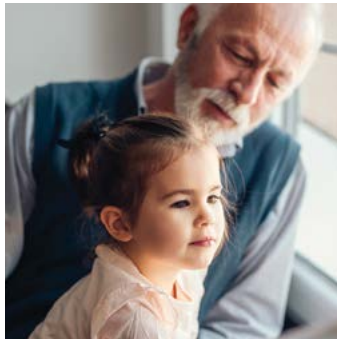


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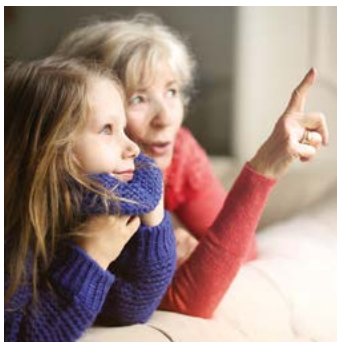
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Honoring Joseph Pamensky z”l

Excerpts taken from article written by Myron Michel for Sports Magazine in SA

On 8 March 2023, South Africa lost a man bigger than life. Joseph Leon Pamensky, known affectionately as ‘Pappa Joe’ or just Joe, was called ‘The Godfather’ for his massive contribution to business, cricket, community, and family. Born in Port Elizabeth in July 1930, Joe was a product of Grey High in PE, where he opened the innings for the 1st cricket team and kept wicket. He studied accountancy at Wits University, where he turned out for their Firsts and later played for Pirates Cricket Club. Besides his professional work specializing in tax and estate issues, his 55-year tenure as one of South Africa’s leading cricket administrators is revered. He was a legend in both the financial and cricket fraternities.

‘Papa Joe’ was an honorary member of the Marylebone Cricket Club (MCC) at Lords in London, where he watched countless tests, to which his approximately 3000 ties attest! He was ‘Old School,’ always with a link, whether at the Greenside, Lions Shul, the Wanderers, or a business meeting. Pamensky was one of the regulars of the early morning Shabbos minyan of the Lions Shul in Doornfontein. His excitement was palpable when the Proteas were involved in a Cricket Series or World Cup. He’d customarily get an Aliyah to the Torah, and a beaming Joe would receive volumes of ‘good luck Joe’ wishes at the kiddush.

The uncommon name ‘Pamensky’ means ‘understanding or insight’ in Lithuanian vernacular, accurately describing Joe. The Pamensky family originated from Libau in the Courland province of Latvia. Yossel (Joseph Snr) was a penniless immigrant to PE, and there he and his wife struggled to raise Joe’s father, Sam.

Sam, who married Florrie, was a jeweler. Scotsman Sir Donald Currie, the British Union-Castle Shipping Line owner, began transporting Eastern European Jews from Libau to Algoa Bay, including all of Joe’s family. Only 3% of Jews in Libau survived by the end of World War 2. Currie introduced the famous Currie Cup for cricket and rugby. The cricket trophy was incidentally engraved at Sam’s jewelry store in PE. The Pamensky family moved to Johannesburg, where the Greenside Shul Hall was named after Sam in recognition “of his service to the community.”

Here, Joe married Pam, whose love and support enabled him to become a leading businessman, a prominent cricket administrator, and the family patriarch. His family comprises Martin, Bev, and Kevin.

Joe’s determination, work ethic, integrity, people skills, generosity, and faith endeared him to family and friends. Kevin reiterated, “Joe was meticulous, and he could find mistakes no one else saw. His door was always open. He was a unique problem solver and irreplaceable as a father, businessman, and administrator.” Joe drew religious inspiration from the late Rabbi Abraham Tanzer of Glenhazel and Rabbi Mendel Rabinowitz of Greenside.

Joe’s deep love for cricket, led him to hold numerous prestigious positions, being involved with various cricket boards and clubs. He played a crucial role in steering the wellbeing and success of cricket in Transvaal/Gauteng and South Africa. Notably, he was instrumental in establishing non-racial cricket during the Apartheid era, and was also part of the solution during the Rebel Tours between 1982 and 1990. His dedication to the sport.

earned him several awards and accolades, making his achievements truly remarkable.

In short, he was one of the world’s most fabulous gentlemen. He supported his dedicated staff - as is the case with Morgan Ncube, who worked in Joe’s home for over 30 years and whose daughter became a

doctor thanks to Joe’s generosity. Joe could see both sides of the argument. He mixed effortlessly with a sense of humor, a big heart, kindness, and compassion. Joe, your legacy lives on!

Dr Ali Bacher pays tribute To Joe. He says, “When I look back at my cricket career, either as a player or administrator, Joe Leon Pamensky was always there — either directly or indirectly. He remains one of the best, if not all-round, cricket administrators I have encountered. Strong on financial and constitutional matters, he played a pivotal role in the economic well-being and success of Transvaal/ Gauteng and South African cricket over many years. Although he only played cricket at club level, he was smart enough to surround himself with former international cricketers, and by doing so, he could imbibe their cricket expertise and knowledge. Thus, he could engage in cricket discussions with a reasonable degree of conviction in cricket meetings. Internationally, he remains highly respected and stayed in contact with past and present world cricket administrators into his 80s.

Besides his close family, his passion and love was always for the great game of cricket. I have always said that you will succeed if you show passion and commitment to what you are doing. Joe always displayed those attributes, so he became a very successful cricket administrator. Joe, being very meticulous, also became a CEO’s nightmare. At the outset of any cricket meeting, minutes of the previous session would first have to be approved. It would take 45 minutes to support as Joe would methodically expose deficiencies during the last minutes. Calm always, even under extreme provocation; I only saw him lose his cool once. I am grateful for the long-standing friendship and close working relationship we had. We will miss you.”

Lions Cricket CEO, Jono Leaf-Wright, continues to be devastated by the loss of one-of-a-kind Joe Pamensky, noting how he followed this man as soon as his love of cricket was ignited and, thus, as far back as he can remember.

“Uncle Joe inspired many – I would have cherished working under his guidance, leadership, grit, and passion. The entire cricketing ecosystem thanks this well-liked man, for we would not be where we are today without his determination, professionalism, and love of cricket. On behalf of the Lions Cricket Board and our entire Pride, we thank you, Uncle Joe, and promise to keep flying the flag high for brand cricket in our country – may you Rest in Peace and always know what a blessing you were to our lives. Your legacy will live on forever.”



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Ikamva Labantu Celebrates 30 Years

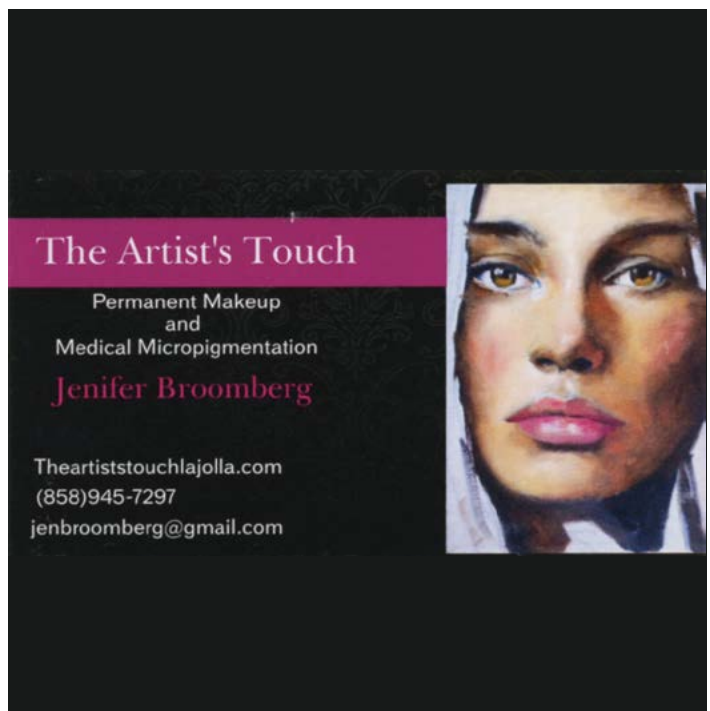
Shannon Norwitz is a new SAJAC member. She arrived in New York in 1989. Shannon's mother, Helen Lieberman, is the Founder of Ikamva Labantu (www.ikamva.org.za); Ikamva Labantu has been a powerful presence in her life. Ikamva Labantu, a township organization in Cape Town, is community-led and provides people with access to resources and opportunities to enhance their impact.

Shannon is on Friends of Ikamva Labantu's USA Board of Directors, a 501(c)(3) non-profit organization in the USA. Ikamva Labantu's programs focus on early childhood development, school-aged and young adult development, and seniors care.

This year, Ikamva Labantu is celebrating 60 years since Helen Lieberman started assisting tenacious township women around Cape Town who were providing for the most basic needs of young children, youth, and older people during apartheid, and the organization is celebrating its 30th year as a registered non-profit organization in South Africa.

An independent documentary film was created about Ikamva Labantu's founders called Brave. Ikamva Labantu hopes to screen Hearts online and in person for SAJAC members.

If you want to see it, Friends of Ikamva Labantu in the USA would love to set up screening get-togethers,
Please email Shannon@ikamva.org.



A Trip Down Memory Lane 2004-2005



Jeffs' Beach Burgers

The Jeffs' Beach Burgers Story Like a lot of you, the Jeffs, living in La Jolla Shores, grew up eating the original Jeff's Burgers. After 40 years of seeing them in business, they were sad to see them go. The Jeffs decided to bring it back, plus add their own modern twist to it...and then Jeff's Beach Burgers was born. Who are the Jeffs? Two best friends that happen to share the same name and both have been eating and loving the old Jeff's Beach Burgers for decades now. Jeffrey moved to La Jolla Shores nearly 40 years ago. It reminded him of his beautiful native Cape Town, South Africa. JJ moved to the Shores 56 years ago, where he and his family still proudly reside. The goal of Jeff's Beach Burgers is to provide incredible food, the warmest and most inviting service, with friendly and approachable pricing. Their French fries are freshly cut every day and one of their customer favorites, the El Jefe Burger (The Boss Burger), is their version of the double double. We hope you will love Jeffs' Beach Burgers as much as the original! We proudly carry on the legacy of this amazing La Jolla Shores institution. We are looking forward to another year of serving up fresh, juicy burgers and making memories with the community said Jeff and JJ in a recent interview.





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Remembering Arthur Sarif z”l

by Lorian Jacks

The inscription on my father’s tombstone, words from a eulogy given at his funeral, are “ A worthy and modest man.”

Arthur was an all-rounder-played the piano, had a lovely baritone voice, was good at various sports, from tennis to boxing, and represented school, university, and state at rugby. My mother said he was the best dance partner she ever had. He was an excellent public speaker, well-read, and very bright.

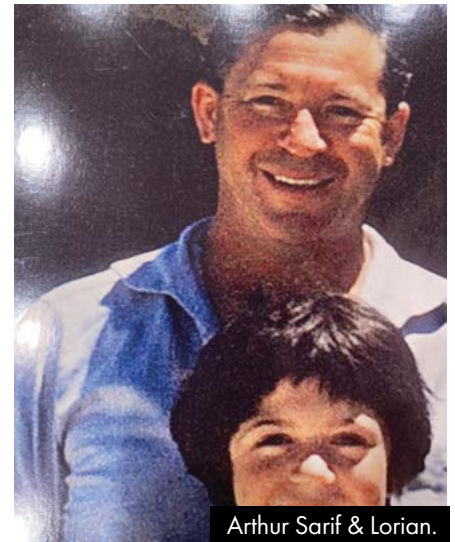
He was born in Bulawayo, Southern Rhodesia, just 17 years after the pioneer column arrived. Lorain was such an outstanding student that he finished school two years early. Despite having already won an acclaimed Beit scholarship - he had to wait a year before attending the University in Cape Town, where he qualified as a solicitor and became a partner in the firm - which still bears his name today. During the waiting period, his parents, who did not speak good English, put him to work collecting debts from their drink-manufacturing business customers. Visiting these bars and liquor stores in the 1920s, he said, was the most unpleasant job he ever did - but he did it. His leadership skills were already evident, and the local Matabele gave him a nickname that translates to “little king” in English. Then came the Second World War, and he volunteered for the British Army, serving on The Gold Coast of West Africa, campaigns in Abyssinia (now Ethiopia), North Africa, and finally Italy rising to the rank of lieutenant colonel.

He returned to southern Rhodesia, married, and in 1946 was decorated in person by King George VI for his services and leadership. His supervision of clients, his profession, community, and family were to dominate the rest of his relatively short life. He co-founded the ex-servicemen’s association, a sports club, and a Jewish junior school and served as chairman and president of these bodies. He was also chairman of my senior school’s governing council. He served as president of the sidebar (lawyers association) and chairman of the Central African Zionist Organization, which he represented at the first world Jewish Congress in Geneva. He led the Rhodesian bowls team to the Maccabi games in Israel.

My father was a man of principle. In a country that was institutionally and constitutionally racist, he co-founded a multi-racial party, ran in elections, and campaigned where opposition was synonymous with treason. Even though his varying career brought him into contact with lords, generals, governor generals, prime ministers, and tribal chiefs, he was a modest man. Of course, he had his weaknesses; sweets had to be locked away for the good of his health.

A fitting epitaph: “If I am not for myself, who will be for me? And if I am only for myself - then what am I? And if not now, when?”

My father lived these words by doing what he could for himself, his family, and the community at every opportunity.



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In Loving Memory of...



Norma & Natie Essakow ז"ל

Norma & Natie were a devoted and inseparable couple. They left us within a few weeks of each other. Nate passed away in August, and Norma in September 2023. Their passing left a deep void in the hearts of family and friends. Their unwavering love and profound bond were evident to all who knew them, but their love, kindness, and compassion will forever be remembered.

They were more than just loving parents to their children. They were their guiding light, pillars of strength, and the heart and soul of their family.

Nate was born in Krugersdorp on July 26th, 1926, to Mike and Bertha Essakow. He had two siblings, Alf and Irenette, and he was incredibly close to them. Although most of their lives they lived apart, they cherished the

moments they shared, whether in person or through heartfelt messages and calls. As a young boy, Nate excelled at Rugby, water polo and participated in the school band. After graduating from school, he furthered his studies and became a Pharmacist.

On vacation in Durban, he met the love of his life - Norma Zulman, was born in Durban in 1930. Norma had two siblings, Shirley and Rhoda, and they were always a trio of kindred spirits. Norma was educated in a convent but returned to Durban for High School. She loved going to the beach and enjoyed socials and tennis.

Nate and Norma married in 1951 and started their wonderful fairytale life together. They welcomed four children, Carole, Jeffrey, Roy, and Linda.

As a couple, they were very involved in the community, synagogue, and charitable causes. They had an enormous circle of friends and were very hospitable.

In 1990 they immigrated to San Diego to be with their children, who had all immigrated years earlier. They picked up where they left off in Durban, creating an enormous circle of friends and becoming active community members. They both worked in their earlier years and lived happily in San Diego, surrounded by what was the most essential in their lives, their family, their four children, nine grandchildren, and nine great-grandchildren.

Natie and Norma's unconditional love has left an indelible mark on their family. Their spirits will forever live on in their hearts.

In Loving Memory of...



Brigitte Galgut z"l

Brigitte Nicole Galgut passed away on October 31, 2022 in San Diego, California at the age of 72.

Brigitte was born on February 21, 1950 in Paris, France. The following year, she moved with her parents Rene and Henriette Revel (z"l) to Montreal, Canada before making their way to Forest Hills, New York. Brigitte spent most of her childhood in New York before relocating to San Diego in 1966 with her family to expand their picture frame business. She graduated from Crawford High School, class of 1968. Brigitte married her first husband Gary Pollak in 1969 and together they had 2 children, Tanya and Jeffrey.

Brigitte, social in nature, was involved in the San Diego community and available and giving of her time. She cherished the moments spent with her family and close friends.

In 1990, Brigitte met her Bashert, Barry Galgut. The two married in 1994 blending their 2 families together. Their house was full of love and became the "hangout house" where friends and family came to socialize and have Shabbat and family holidays together.

Brigitte would write a weekly newsletter to Barry's family who lived in South Africa and Australia to keep them abreast of the SD family happenings. Together Brigitte and Barry enjoyed long walks and jogs along the ocean, time at the beach, socializing with friends, supporting their San Diego Jewish community, traveling, skiing and cruising all over the world (so much so that Brigitte became a travel agent later in life).

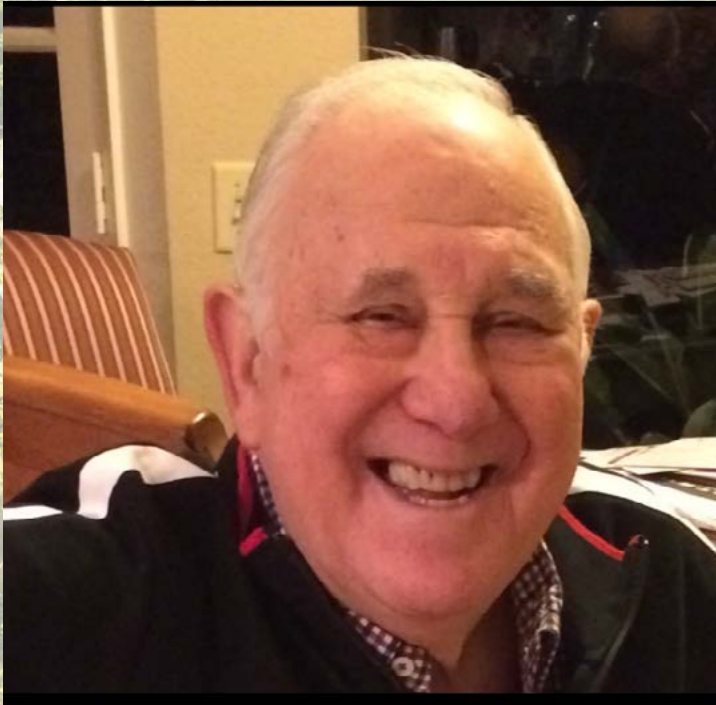
She will be remembered as the most incredible, devoted, and loving wife, mother, Beeba and friend. You could often find Brigitte

on the telephone, with a smile on her face, advice to give, and an ear to listen. She was an amazing cook, hosting large holiday gatherings for her loved ones. In addition to her active lifestyle, she enjoyed Broadway musicals and any excuse to dance, sing, party and celebrate life!

Brigitte is survived by her husband Barry Galgut; her children, daughter Tanya Pollak Miller (Bill), and son Jeffrey Pollak (Jessica), stepdaughters Talya Galgut Wellman (Aron) and Danielle Galgut Erle (Ezra) and her 10 grandchildren Romy and Ben Miller, Max, Sam and Jake Pollak, Sadie and Jack Wellman, and Adam, David and Michelle Erle.

Brigitte was an Eishet Chayal and will always be loved and remembered for her positivity, strength, wisdom and genuine and caring heart.

In Loving Memory of...



Chalky Samson z"l

Chalky's Chuckles used to be a column in the SAJAC magazine filled with jokes that always brought joy and made everyone smile. It epitomized who he was as a person, husband, father, oupa, uncle, and friend to many worldwide. Chalky was the sweetest, kindest, and funniest man, with a laugh that will always be remembered!

Born on November 25th, 1934, in Maitland, he always lived with the highest integrity and respect for every person he came into contact with, calling them "my friend" or "my mate."

He taught us the importance of family, being Jewish, and giving of yourself unconditionally.

He loved playing casino, watching rugby, and enjoying a fudge bar. He was a ray of sunshine that lit up every room he entered.

Chalky passed away on August 20th, 2022, and as his first yearzeit is approaching, we will always be grateful for the privilege and blessing of calling him our own. Each moment with him was cherished, and each "I love you" will be remembered.

He was an incredible husband of 58 years to Joan. He touched the lives of so many, and we promise we will continue to honor him daily. He is SO incredibly missed, and we will love him forever.

Thank you to the SAJAC community for all of your support!

Joan

Adena, Jeff, Brianna, Brandon & Austin

Mark & Noky

Laurie, Nicholas & Mila

In Loving Memory of...

Joan Gross z"l



Our amazing mom and matriarch of our family Joan Leslie Gross, devoted wife of Joe, passed away on Sunday morning, March 26, 2023

Mom, you fought the bravest fight with dignity, humility, honor and perseverance . Never wavering at the challenge , never conceding to the inevitable and always fighting till your last breath ! Even in your darkest hours you would be so appreciative of everybody around you ! Thanking nurses for being nurses , doctors for being doctors.

Your final weeks encapsulated the woman you wereloved, cherished and respected deeply by your family and friends .

Knowing the life you lead with no regrets . Always adventurous, always loving , always thankful and always smiling and always and always and always giving .

Leaving a legacy behind for generations to come as a code of conduct on how to be in this world . Mom your job is completego rest in peace.

Louis Klass z"l



Louis Klass passed away January 8th, 2023 after a long illness. We mourn the loss of Louis Klass who passed away after a long illness. He was an active member of Chabad of University City and of Adat Yeshurun.

He was an excellent jeweler by trade.

He had a wonderful sense of humor and loved to share his favorite jokes with everyone.

He grew up in an observant home and was a leader in his Orthodox Zionist youth group "Shomer Hadat" in South Africa.

He kept kosher and attended synagogue services regularly until it became too difficult.

He leaves behind his daughter Yael, her son Jonathan and his beloved companion Joyce Fischer as well as many friends who loved him dearly here and in South Africa.

In Loving Memory of...



Andy Nathan z"l

Andy Nathan was born on March 15, 1943. He passed away peacefully on June 14th, 2023. The Funeral Service was officiated by Rabbi Zalman Carlebach at El Camino Memorial Park on June 19th, 2023.

Andy was an exceptional individual, a one-of-a-kind person, an outstanding husband, a perfect father, and a man whose love and kindness knew no bounds.

He lived his life full of love and compassion and touched the hearts of everyone he met. He was a role model and mentor, teaching his children the values of love, honesty, and

compassion. He was always there to listen, to offer guidance, and to provide unwavering support "Andy's Way."

As a husband, he was the epitome of love and devotion, ensuring his first and second wives were cared for.

Andy loved all types of music and had thousands of vinyl records. He was also full of wisdom. He could read a book in a day. He loved cars, golf, 60 Minutes, and every section of the Sunday paper. He knew everything happening in the world, from politics to Pop culture.

Andy was stoic and a fighter to the end. He was a man of many words. He was a true storyteller. He had the most contagious laugh and giggle. His sense of humor was sharp and on point. He touched everyone's heart he came in contact with. He could talk to anyone - about anything.

We will miss him dearly, but we take comfort in knowing that his love and kindness will continue to inspire us all. His children Romy, Alan & Megan, Carly & Craig as well as his grandchildren Sky & Abi and Nikka consider doing it 'Andy's Way'.... with a smile, a laugh, and witty directness.

In Loving Memory of...



Jeanie Katzeff z"l

Jeanie M. Hugo of Cardiff-By-The Sea, CA, passed away at home on December 29th, 2023, after a short illness. She was born in Centralia, Illinois, to the late Elvera and Robert Hugo on July 9, 1948. She is survived by her devoted and loving husband, Hillel Katzeff, her beloved son Craig Robert Luckey, stepchildren Jacob and Lily Katzeff, sister Joy Churchill (Hugo), brother Larry Hugo, nieces, nephews, and many other family members who loved her dearly.

Jeanie graduated from Illinois State University with an undergraduate degree in Social Studies and a master's in Library Sciences,

Curriculum, and Media. She taught for many years and mentored many. She won many awards for being such an inspiring and dedicated educator and student-centered leader, including Teacher of the Year in 1997. She was also a Golden Apple recipient for Vista Unified School District. She ended her career as Deputy Superintendent of the VUSD, supervising Curriculum, Special Education, and Student Services. She was awarded the Heroes of Vista Administrator of the Year in 2015.

Jeanie's life was not without challenges. Her son Jay died in a car accident in 2001, and

her husband Jim Luckey died in 2009.

Jeanie married her prince charming and soulmate, Hillel Katzeff at Congregation Beth El in 2016. After meeting Hillel, she learned about Judaism's spiritual teachings. One of her noteworthy accomplishments was learning Hebrew and chanting from the Torah and becoming a Bat Mitzvah. She volunteered at the BookStore and served on many committees at Beth El.

Jeanie is buried at El Camino Memorial Park in San Diego.

In Loving Memory of...



Sylvia Kane z"l

Sylvia Rita Kane was born in Klerksdorp, Transvaal, South Africa, on 07.05.1925. Sylvia was the youngest of three children. After completing high school, Sylvia moved to Johannesburg. She initially wanted to be a physician. Discouraged by her mother, she eventually decided to become a Pharmacist because of the long hours.

1947 she met her future husband Gerald at the Balmoral Hotel in Durban. They married in 1948, when he graduated from medical school. In 1952, Gerald, Sylvia, and their son Norman went to England, and Gerald specialized as a General Surgeon. They then traveled to Switzerland and the United States, returning to Johannesburg to be close to their family. 1956 Sylvia and Gerald moved to private practice in Durban with their two sons, Michael and Norman.

They were both involved in the Jewish community. Gerald always stated, "Fortune favors the bold," so they traveled extensively. Being educated was the most important lesson they could teach their children. Noreen was born in 1957, and all three children attended the

Sharona School and Carmel College to obtain a Jewish education. All the holidays were always celebrated at their home by friends, family, and visitors.

Sylvia and Gerald emigrated to the US following Michael and Norman. Noreen, who had graduated as an attorney, emigrated to Australia in 1988 with her husband, Colin, and two children.

Sylvia and Gerald loved to travel. They traveled back and forth to Australia and the United States extensively. In 1988, they elected to emigrate to the USA, where Gerald began teaching anatomy at Stanford University, UCLA, and UCSD.

They integrated into the society in San Diego very quickly. They participated in numerous cultural events, lawn bowls, and Israeli dancing and had a vast social circle. Adventurous Sylvia, at the age of 75, went hot air ballooning. In 1998, she accompanied Gerald when he was a ship's doctor on numerous cruises.

Unfortunately, Gerald, the man of her life, passed away on 03.05.2002.

This did not reduce Sylvia's desire to make a difference. At the age of 77, she volunteered for the Israeli defense force and spent two months repairing the helmets of the tank commanders during the Second Intifada.

Sylvia always believed the glass was half full. She was always optimistic, unpretentious, warm, gregarious, and sophisticated and had an open home. The younger generation loved talking to her and learning from her. As she slowed down in her later years, she would spend her days at her home and Norman's in front of the TV. When friends visited the house, she always participated in political discussions.

Sylvia passed away quietly on 04.24.2023 with her three children and grandchildren by her side. She was elegant, classy, sophisticated, and always a delight.

Missing her, we are blessed that she is the matriarch of our family.

In Loving Memory of...

Barry Berelowitz z"l



Barry C. Berelowitz passed away peacefully at home on December 28, 2022. Barry was a passionate philanthropist committed to causes including education, Jewish life, and Zionism.

A partner at the Fisher Hoffman accounting firm in Johannesburg, Barry emigrated to Los Angeles with his family in 1978. He continued his career at Kenneth Leventhal, one of the largest American accounting firms at the time.

In 1989, Barry moved to La Jolla and opened an independent practice where he helped countless South Africans prosper. In addition to supporting local organizations, he was a major donor to Hatzala and ORT education projects in Israel - saving both lives and livelihoods.

Barry was known for his dedication to and love of his family, as well as his generosity, sense of humor, and wide-ranging intellectual interests.

He is sorely missed by his wife Marlene, daughters Marian and Karen, grandson Henry, stepchildren Susan, Amanda and David and their children.

Else Roth z"l



My mom, Else Roth (nee Bergman) was born in Mannheim, Germany on December 19, 1920.

She left Germany with her parents immediately following Kristallnacht for South Africa in 1939. There she met her late husband Leon Roth who left Berlin, Germany for South Africa in 1939. They were married in Johannesburg on December 6, 1942.

My parents had 2 sons, Brian and David, and we all emigrated to the United States in 1976 and 1987 respectively.

While in Johannesburg, my Mom worked with my Dad at Koseff furs as a milliner for 30 years, until my Dad retired in 1978

After my Dad passed away in 1992. Then, in 1994 my Mom left South Africa and emigrated to San Diego to join her kids, David and Sylvia, her granddaughters and families Jessica, Danny, Rafael, Eliana, Micaela and Carli, Joshua.

Else lived in San Diego until she passed away on December 27, 2022. May her memory be a blessing.

In Loving Memory of..



Ivan Rostovsky z"l & Dean Rostovsky z"l

Ivan Rostovsky passed on Monday, March 13th. He was comfortable, peaceful, and surrounded by family. Ivan was eighty-five years old.

Ivan lived a full and eventful life. He was a tremendously warm, personable, and jovial person. His personal, professional, and family relationships spanned decades and decades. He never stopped bringing smiles and warmth to those that surrounded him.

Ivan was born in Johannesburg, South Africa on May 18, 1937, to Morrie and Frankie Rostovsky. He had one sister, Sandy, of blessed memory. He led a socially active and sport-filled childhood replete with lifelong friendships. He was a proud graduate of The King Edwards School in Johannesburg (KES). He entered the insurance brokerage business in his early twenties and remained in that profession his entire life.

In some ways his life was punctuated by the emigration of his family from South Africa to San Diego, CA in 1980. Ivan was forty-three at the time and traded a very comfortable life and lifestyle in South Africa to start again in the U.S. He made the move to afford his family an opportunity that he and his wife, Janet, thought might be closing in South Africa. The move turned out to be prescient as general prospects in South Af-

rica dimmed in the ensuing decades. Ivan was able to start a new insurance business in San Diego and build it very successfully over the years until his retirement from C3 in late 2022.

Ivan loved life. He was a passionate and active sports fan, music and entertainment lover, and traveler. He loved spending time with people, whether clients of his business, family, and friends or even strangers he met along the way.

Possibly most meaningfully, Ivan loved, provided for and cared for his family. His wife children and grandchildren were the overarching focus of his life and remain indebted to him for the life and opportunities he created for them.

Ivan is survived by his wife Janet, children Kim (Harizman), Dean (Rostovsky) and Lee-Ann (Silver) together with seven grandchildren, Ben Daniel and Guy (Harizman), Sasha and Sam (Rostovsky) and Talia and Jacob (Silver). He is loved by everyone who knew him and will be missed.

Dean: It is with profound sense of loss we let you know that Dean Rostovsky, father of Sam (age 12) and Sasha (age 14), and husband of Meghan passed away on June 7th, 2023 in Los Angeles at the age of 52.

He is survived by Meghan, Sam, Sasha, as well as his mother Janet, his sisters Kim (Niv) Harizman and Leeann (Matt) Silver; his parent-in-law Jim and Carolyn Sullivan; his brothers-in-law James/Kip (Linda) Sullivan, and Michael (Elana) Sullivan, as well as nine nieces and nephews who all loved him dearly.

Born in Johannesburg, South Africa, Dean and his family immigrated to San Diego, California in 1980-. After graduating from La Jolla High School, he pursued higher education at the University of California, Berkeley, and later attended Columbia University School of Business, earning a Master's Degree in Business Administration. Dean's professional journey led him to New York City, where he worked in real estate investment banking, and eventually to Los Angeles where he became Managing Director and Co-Head National Acquisitions at Clarion.

He was known for his love of music and sports, particularly Liverpool F.C. but his greatest joy came from his love of family, his wife and children, mother and sisters. Remembered for his character and dignity and sense of humor, Dean served as a role model to many and was respected by all who knew him.

In Loving Memory of...



Norman Feitelberg z"l,

Norman J. Feitelberg, beloved husband, father, and grandfather, passed away on August 8, 2022, in San Diego, California. Norman was born in Cape Town, South Africa, on January 10, 1928.

Norman is survived by his wife Lola, his brother Michael (wife Pauline), sons Rodney (wife Christine), Steven (wife Karen), and Peter (wife Meg). He is also missed by his grandchildren Jeffrey (wife Stephanie), Daniel (wife Jessica), Zachary, Ariela, and Jacob, as well as family and friends who miss him dearly.

A colleague Natie Finkelstein wrote the following extract:

Dear Lola,

With much regret, I received the unexpected

news of your beloved husband's sudden demise in the USA. Hillary and the family join me in expressing our deepest sympathy and condolences.

To lose a life partner, loving husband, father, and grandfather will leave a massive void in your life. Norman was a revered member of the pharmaceutical profession in South Africa and was dearly loved by all who knew him. Norman served as President of the Pharmaceutical Society of South Africa.

Norman was a highly respected pharmacist, a man of impeccable character, and a mensch in every sense of the word.

Norman was a revered member of the pharmaceutical profession in South Africa. He was dearly loved by all who knew him. An

esteemed colleague and a stalwart in the CWP Branch of the Pharmaceutical Society of South Africa.

Norman was versatile and served as Governor of the South African Society for the History of Pharmacy. I was so proud when he served as President of the Pharmaceutical Society of South Africa and was honored to be made a Fellow of that organization.

The greatest tribute that you, your children, and grandchildren – in fact, all his colleagues and friends – can pay to Norman's cherished memory is to emulate many of his sterling qualities and exemplary integrity. He was indeed a mensch.

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