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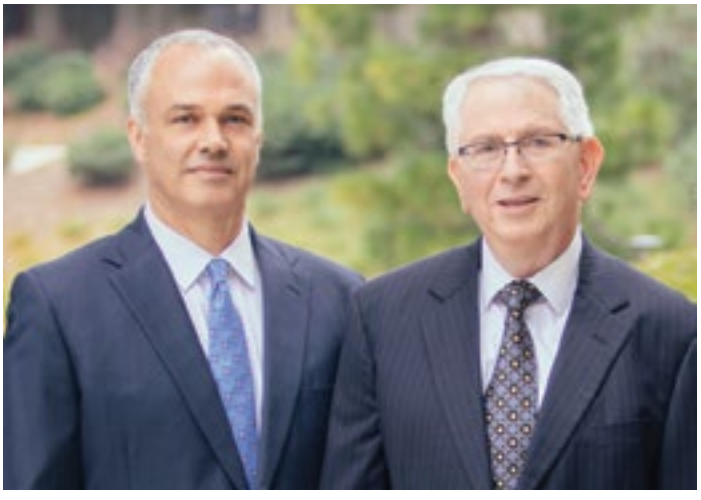
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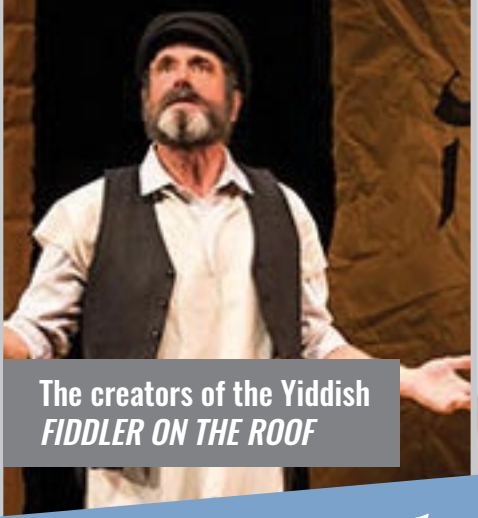


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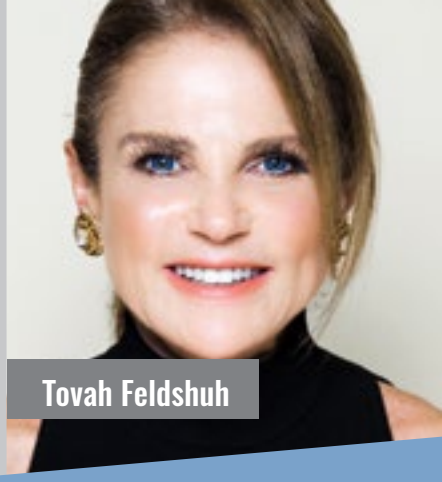
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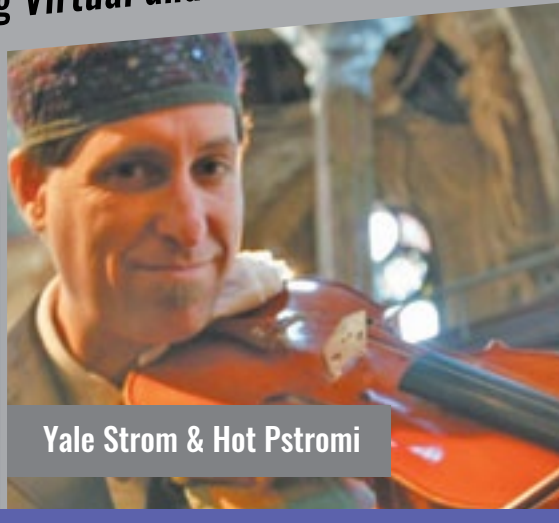
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COVER Photo by Brock Scott Photography.

SAN DIEGO jewish JOURNAL

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The San Diego Jewish Journal is a member of the American Jewish Press Association and the Jewish Telegraphic Agency.

San Diego Jewish Journal
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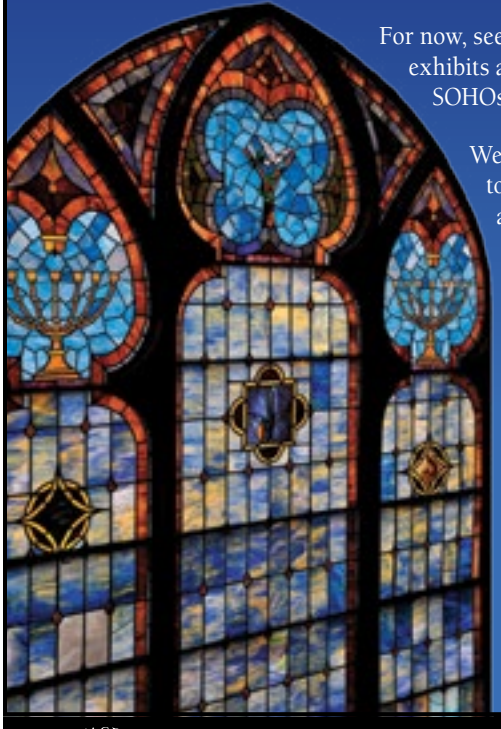
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JACQUELINE BULL

0.5 Milliliters

And just like that, I got my first vaccination. I had my doubts that perhaps I was trapped in some sort of purgatory or Groundhog's Day, that maybe not even that it would end, but maybe it would never get better. And then it did.

I left the vaccination site with the cohort of people in my time slot and after the waiting period, we were all walking away. To say I was elated was an understatement. I was fully ready to jump into a "Singing in the Rain" number or a flash mob. I looked to the people I had been staring at the back of their head while in line, trying to count myself in to the joyous explosion that was inevitably going to happen and…nope. They walked back to their cars. I think I had a quiet celebration of short staccato claps to myself as if I'm my own coach hyping up myself from the courtside. And then I laughed. The absurdity of it all hit me.

There had been so much waiting and anticipation, watching the vaccines get approved, reading the new guidelines, guessing at when it would be my turn as it cycled through, witnessing my friends and family in different states get their shots. Covid-19 was and is ubiquitous. Even when we tried our best, the coronavirus would inevitably creep into the conversation, at first as an unspoken and inevitable force — like gravity — and then eventually we would name it.

And maybe my reaction was different because this pandemic hasn't affected everyone in the same way. If you have school age children, you are likely feeling less isolation and maybe more exasperation at the ping-pong of school openings and closings. If you were one of the first groups to get it, maybe you felt intense fear early on and then after getting your shots felt a lot of boredom. Or maybe you have been dealing with the utter exhaustion of grief and a combination of many things.

I laughed because I felt a massive sense of relief and a surge of hope. And also at the realization of course there would be no big reaction or celebration from the crowd; it's the human condition. We just got a taste of getting to a new existence, got inoculated from a disease that has ravaged every corner of the globe, something that will affect us forever. Of course we just got back in our cars. The massive contrast between the scale of this pandemic which has taken over every aspect of our life for over a year and how monumental the vaccines have been and the polite non-reaction is what made me laugh. Didn't we all cheer when we landed on the moon? And again, perhaps because of how differently this has affected us all, we lack a certain amount of comradery. The pandemic may have started all at once, but it won't end all at once. Psychologically it would be nice to have a clear end, like an armistice day, but this is a global problem where each country is on their own timeline — even states are on their own timelines.

Most days I feel like the extra in New York movies sitting on their stoop with a cigarette and looking utterly dazed and shell-shocked. The main characters will walk past them and they don't register their movement at all. While the pandemic has affected everyone, it has always felt like it is difficult to talk about in a way that makes it feel as though you have really shared the experience. Even the people that I literally shared the experience of getting my shot with and I didn't really *share* that experience. I can echo the chorus of the "physical separation and isolation has beget social and emotional isolation" that has been said so much it is cliche already. But it is a reasonable cause and effect and it is going to be very interesting to see how we come together as a society and bring our patches of experience together. ✡





Our Town

BY LINDA BENNETT AND EMILY BARTELL

With limits placed on live events in our community, we are grateful for the joy we continue to receive from our life-cycle events:

Mazel Tov!

Mazel Tov to our very own, **Rose Schindler**, on having January 27, 2021, designated "Rose Schindler Day" by the San Diego County Board of Supervisors. Holocaust survivor and educator, Rose, has dedicated her life to sharing her first-person account as a learning tool for the prevention of future genocides. With that in mind, Rose continues to speak around the country about her book, "Two Who Survived: Keeping Hope Alive While Surviving the Holocaust," a chronicle of Rose and her late husband Max (ז״ל).

Mazel Tov to **Sandi Masori** and **Shahar Masori** on their son becoming a Bar Mitzvah at Tifereth Israel in March. Older sibling, **Shor**, and proud grandparents **Don & Nancy Harrison** looked on with pride.

Mazel Tov to **Simon Haimsohn Kassar** on becoming a Bar Mitzvah on Mar. 20 at Temple Beth Israel. Happy parents are **John & Kate Kassar**. Grandparents **Carol & Ron Fox**, **Henry & Sophie Haimsohn** and **Penny & Julius Kassar** and siblings **Ethan, Oliver** and **Charlie** looked on with pride. Officiating the service were **Rabbi/Cantor Arlene Bernstein**, **Rabbi Jeremy Gimbel** and **Rabbi Jason Navarez**.

Mazel Tov to **Saylor & Brenda (Bracha) Crayk** on the birth of their eleventh grandchild, **Shneur Zalman**. Born in Tzfat, Israel on Feb. 28, Suhner's parents are **Chana & Yehoshua Tibor**.

Mazel Tov to **Bill & Jean Seager** (of Coronado) on their daughter, **Rabbi Erica Asch**, being named President-Elect of the Central Conference of American Rabbis. Rabbi Asch will become only the fourth woman and the youngest person ever to lead CCAR. With a solid background in Social Action, we look forward to her stepping up into this position which serves over 2200 Reform Rabbi members and over two million Reform Jews.

Mazel Tov to **Steve Lachman** on being awarded the Stoney Stone Award for Outstanding Volunteer Service from the East County Chamber of Commerce.

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PERSONAL DEVELOPMENT AND JUDAISM

THIS WAY TO EDEN

by Rachel Eden | rachel.s.eden@gmail.com

To Dream Again

My son began begging us for a dog when he was three years old. His love for dogs started well before he could speak. Spending his baby and toddler years happily pointing at dogs of all sizes and breeds, we soon discovered that he had no qualms about sticking a whole hand in neighborhood dogs' mouths. At the tender age of three, he set his goal to become a dog owner. Sadly for him, his parents were decidedly not dog people. When my son looked up at me with big puppy dog eyes (pun intended) requesting what he wanted more than anything in the world, the best I offered was a visit to the local dog park.

As he grew older, his desire grew and matured. Every Hebrew birthday, when his siblings would ask him for a blessing, he would generously respond: May you have a dog in your childhood years!

My husband and I struggled with how to deal with his passion and determination. One day, we sought out advice from a parenting expert. After some discussion, the expert logically pointed out that we had never truly obliterated our son's desire and that created false hope. She suggested that we explain as kindly as possible that we would never adopt a dog and to rather focus on the good we did have.

This was a totally rational perspective and one that my husband wholeheartedly supported. Just one problem. I could not do it. Something inside of me knew that one inheritance I wanted to pass along was the understanding that we can create a way when we have a will.

Years passed. The dog conversations never stopped. They didn't even slow down. Throughout grade school, he would read endlessly about breeds and training. He would dream of veterinary school. He would cry for the gift of a dog. We tried fish, guinea pigs and lizards. Nothing comforted him. One day, he asked me, "Do I need to give up?"

In response, I shared the facts with him. Primarily that we aren't dog people. We don't want a dog and likely never would want one. But, the will is a powerful guide. I may not know how or when, but I believe giving up a dream is sacrosanct.

Fast forward a few more years. My son becomes a man according to Jewish law this month. He never did get a dog in his childhood years. But something new evolved recently. His empathic younger brother helped me see more clearly that my feelings about dogs don't need to be the deciding factor. After all, the Bar Mitzvah boy worked hard to get to this day; we all love him so much. What if we did this for him? What if he forever understood that we gave him this special gift out of sheer love for him?

Once I heard that, I enrolled my husband and we started to secretly research a dog we could handle. We asked dozens of questions to dog owners and experts. We fostered several dogs along the way and watched a multitude of training videos. Ultimately, we knew. Dog ownership was our destiny. It had been written with the intention of a three-year-old boy a decade ago.

Just recently, we shared the news with our Bar Mitzvah boy. He didn't believe us at first. He couldn't believe that his dream of ten years was actually being realized. Usually rather stoic, he laughed and cried and then danced enthusiastically around the house, expressing his delight in every way he knew how.

Most of us live at least partially with a victim mindset. We feel unhappy because of something we don't have because of someone else, or G-d, or "Karma." We lose sight of what matters to us. We give up our dreams in favor of easy and quick pleasures that are unhealthy or unproductive. We forget why we're here. We become distracted from the people who love us, our goals and dreams and our ambition to draw out the greatest versions of ourselves.

Living a life of empowerment means our mindset must stay powerful too. It might take us a decade or a lifetime to accomplish incredible feats, but that is why time was created. So, we must set intentions. We must allow ourselves the joy of envisioning what we want. We need to talk about our dreams more than our problems. We can give ourselves permission to mourn our losses, but we equally need permission to desire again, to aspire again, to dream again. ✡

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RELIGION

POST-POLITICAL

by Rabbi Jacob Rupp | myrabbiben@gmail.com

Learning to Trust Yourself

Is there such a thing as not being able to trust yourself? Is it possible not to know what you want? The seeming answer is "of course there is."

I'd beg to differ.

Without doing the deep work, we have a tendency to live with a significant amount of self judgement and guilt. As a result, we convince ourselves that there are such things as "wrong decisions" and when we make said decisions, we heap upon ourselves guilt and negativity.

This negativity is so unpleasant that our fear of making the wrong decision becomes magnified and as such we seek to either not make a decision (which of course is a decision in itself) or outsource the decision to someone else. Vast sums of money and influence are built on this human frailty. We look to people to set our trends, fight our battles and make our decisions for us. Social media and modern culture has only inflamed these fears of making mistakes, stepping out of line and/or honoring what works for us.

For example, a client called me in crisis. He visited a friend of his who is vastly more wealthy than he. My client is no slouch; he runs a successful business and has everything he wants. Yet where he had only one house, his friend had five and he had only a top line truck, his friend had one custom designed. So what's the crisis?

My client was afraid that there was something wrong with him because he didn't want the other guys' stuff. Now you'd think it was a joke! What a blessing to be living the life that you want, right? Wrong. So often we are unaccustomed to listening to ourselves that when we do, for one moment, realize we're doing exactly what we want to do, it seems foreign and we feel like we're wrong.

But what would it look like if we were willing to give ourselves permission to really want what we want and be who we want to be?

I was recently reflecting on the biography of a famous Rabbi I read. For me, the reaction I had to the biography and the reaction others who had read it was more interesting than the biography itself. Everyone I had spoken to who read the book (myself included) finished it with a sense of sadness. The rabbi had died not feeling like his vision had come to pass and the readers felt that they weren't doing enough for the Jewish people. Seemingly noble, no?

For me, as I've worked on myself more, I've become clearer in my stance that I don't want to go out that way. When I consider my legacy, I want to die happy with my life and my accomplishments, satisfied deeply with the journey and I want the other people in my life, no matter how wide my social circle, to not feel pushed or pressured or like they needed to be more or do more. Rather, they should equally feel satisfied with their life and their life's mission.

I brought this up with a mentor of mine and his reflection was, "this Rabbi sought to build everyone in his mission, but the true leader helps everyone find their own unique mission."

So much for changing the world, right? Motivating the masses? At the end it's as simple as look inside and trust what you find.

But what about sin? What about mistakes? At a certain deep level, we don't sin because we're wicked. We mess up because we're confused. The Talmud says a person doesn't sin unless they become temporarily insane. So a sin isn't a mistake. It's a consequence of being out of alignment.

There's only so much positive change (I think it's around zero percent) that comes from guilting and shaming yourself to be better.

Sure, you might put the cookie down today when you look at yourself in the mirror and call yourself fat, but the fat will come back in a vengeance and you'll just hate yourself more for it long term.

Guilt doesn't change things. Clarity does. Trust does. And if we are searching for said clarity and trust, you have to start from a place of information gathering instead of shaming.

Don't tell yourself you're lazy, ask yourself why you aren't excited about a given task.

Don't tell yourself you're fat, ask yourself why you chose to eat in a way that you know isn't healthy.

Don't tell yourself you're confused and useless, ask yourself what you'd need to engage.

When we ask instead of answer, we find all the clarity we need. Now we just have to work on trusting what comes up. ✡



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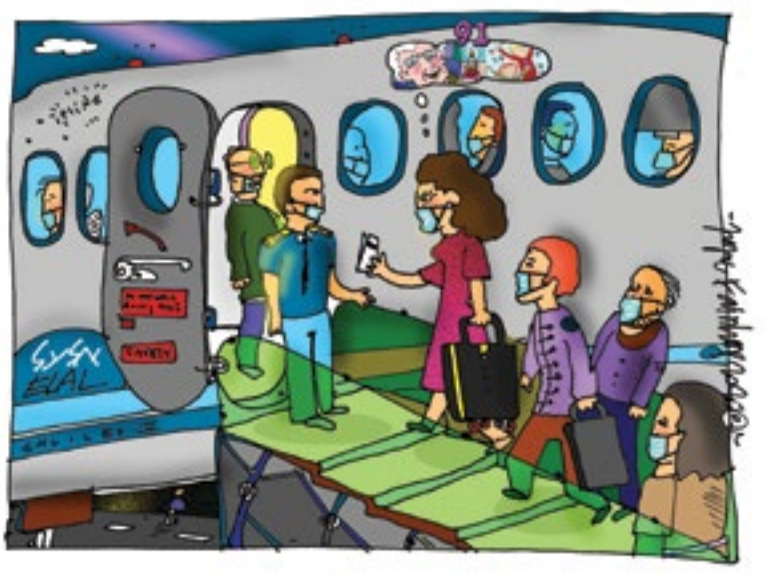


ISRAELI LIFESTYLE

LIVING ON THE FRONT PAGE

by Andrea Simantov | andreasimantov@gmail.com

Different Music



Tentatively, the airports opened up and, with several weeks of vacation available, I left the husband, children, clients and dog to be a daughter, sister, aunt and friend. The trip was grueling but no worse than any of us could have imagined during our paralyzing year of Covid-19: masks, hand-sanitizing, testing, closed shops, short-tempered air-stewards, cramped seats and fear. Ah, the fear. Like a second skin, no longer noticed but still worn close. But Mom is 91, frail and resides in a stately senior housing development in Maryland. I was desperate to see her.

The first week was spent in intense family mode with nieces, nephews, siblings and appendage offspring descending onto a modest hi-ranch home in the Maryland suburbs. Despite enduring the requisite jet lag, I remained even-tempered and invested.

Post mega family-fest, I drove a borrowed car to the south shore of Long Island. My GPS lost connection several times toward the end of the five hour drive and, like a cheesy made-for-television movie, choppy travels took me on a retro-tour of my pre-Israel life. I exited on the Belt Parkway in Brooklyn and passed the location of a long-gone ice-cream parlor where Daddy took me before camp each summer. Another mysterious turn brought me past the childhood home of a boy I thought I'd marry one day. Confusion in Queens resulted in traversing a stretch of store-lined boulevard where I'd had my Bat Mitzvah and once stole an eyebrow pencil from a pharmacy. The GPS kicked-up again at this quirky stage of the journey, encouraging me to complete the meandering drive via the Rockaways where I chanced upon a dilapidated Belle Harbour rooming house my maternal grandparents had owned and the looming Arverne housing projects that once employed my beloved Aunt Bea.

The next four days and three nights were spent by myself in the near-empty apartment that my parents had shared for twenty-six years. The bay window was clouded with crusted salt and grime and the fridge held nothing but ketchup packets and one unopened jar of jellied gefilte fish. Except for the requisite mani/pedi, I saw no one but, instead, rose with the sun and walked the board-walk for miles, breathing in the sea and smiling at the cries of sea-gulls. For four days and three nights I sat on the balcony overlooking the Atlantic and, drinking copious amounts of either coffee or wine, I waited. For tears. For sadness. For a dramatic retro-connection which undoubtedly would allow floodgates to open and free me. Exactly what this emancipation was supposed to feel like remained unclear.

Expecting either Calliope or Erato to jettison from heart-to-keyboard and

continues on page 21 >>



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EXAMINED LIFE

OUR EMOTIONAL FOOTPRINT

by Saul Levine, M.D., Professor Emeritus in Psychiatry at UCSD | slevine@ucsd.edu

Will the Arc of Humanity Bend Towards Benevolence or Belligerence?

Life can be quite confusing at times, don't you think? It's no accident that we humans often seek meaning in our complicated lives. We try to make sense of the complexities and contradictions in our personal lives, as well as in the chaotic world we inhabit. I write these columns to explore various issues on my mind, while hopefully contributing somewhat to yours. But writing also helps me on my own life journey and in my own "Search for Meaning." (Viktor Frankl's remarkable book by that name, written after his imprisonment in a Nazi concentration camp.)

In searching for explanations for our quandaries and relief from existential anxieties, we often find solace in beliefs in G-d(s), other spiritual pursuits, or in secular principles and beliefs. "Believing" is one of "The Four B's" that we use to assess the meaningfulness and worthiness of our lives (others are Being, Belonging and Benevolence). Our search for meaning is a major part of the Human Condition, that "diagnosis" (stated seriously, or with humor, or regret), referring to the inconsistencies and mysteries in life.

There is no doubt that *Homo Sapiens* is the most evolved of all species on earth. I am not saying "worthier," as I've been awed by "lower animals" displays of intelligence, love, protection and other traits we call "humanoid," in an anthropomorphic way. In my own musings, I wonder whether we will continue to evolve our intellectually advanced species in progressive and benevolent directions over the next centuries or, contrarily, will we pursue self-destructive paths towards our annihilation or extinction (wars and global warming, anyone?)

These opposing outcomes are both currently suggested as real possibilities by futurists. This simultaneous contradiction fits the concept of the Yin and Yang, from ancient Chinese philosophy, where forces are opposed yet counterbalanced and connected.

I recently wrote that our world feels scary nowadays, as we're beset by stressful uncertainties, like the pandemic and global warming, racism, hatreds and xenophobia, grinding poverty amidst extreme wealth, all contributing to frustration and fear. Some readers took me to task for being unduly "pessimistic," "alarmist," and a purveyor of doom and gloom. But when I expressed optimistic thoughts about the remarkable creativity, progress and resilience of humanity, readers said I was unduly "optimistic," "naïve," or a "What Me Worry?!" clone of Alfred E. Neumann from (the late) *Mad Magazine.*

We can hold simultaneous and contradictory mindsets, Yin and Yang dualities. I am optimistic and hopeful about humanity's future, yet I'm wary and sometimes fear the worst. Opposing dualities are seen in many human experiences:

Coal-burning factories and carbon-fueled automobiles, airplanes and rockets have enabled amazing human accomplishments, but these technological advances are the sources of dire carbon footprints and global warming which threaten our very existence.

Polite and respectful geniuses who contribute majorly to society can be capable of heinous crimes, and cruel and malevolent people can show generous acts of kindness.

When people read about these dualities, they may be of some passing interest, but when these issues are personalized in terms of the lives of our own children, grandchildren and subsequent progeny, they become much more than "mere" interest: They become "up close and personal," deeply important to us.

Humans are endowed with remarkably altruistic emotions and behaviors, like generosity, benevolence and empathy, to name a few. Counterbalancing these positive accomplishments are the

continues on page 21 >>

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Glickman Hillel Center Building Officially Approved

by Nathalie Feingold

The City Council officially approved the development of the Glickman Hillel Center (GHC) in a long-awaited, landmark decision for the La Jolla Jewish community. The decision was then upheld by the Superior Court.

"Hillel at UC San Diego has been a thriving center for Jewish life for decades... For years, the organization, while vibrant and thriving, lacked a place to call home," Executive Director of Hillel of San Diego Karen Parry said, "Once the vacant lot was purchased the community rallied together to support the building of a home for Hillel of San Diego at UCSD."

The court decision is especially significant considering that the La Jolla area has a not-so-distant history of antisemitism–including housing discrimination against Jews. Furthermore, the battle for the building of the Hillel Center was not an easy one. The Hillel Center at UC San Diego faced challenges at every level in court by the Taxpayers for Responsible Land Use (TRLU), who claimed that the "gathering space for Jewish students would be detrimental to the neighborhood."

However, despite the recent challenges and adverse history, the reception of the GHC project by the La Jolla Community has been both welcoming and enthusiastic. Furthermore, the announcement of this news is markedly timely as San Diego slowly emerges from its extended period of isolation.

"After a year in the pandemic, we are all reminded of the importance of gathering and the need to have a permanent home away from home. We've seen how building the Melvin Garb Hillel Center at SDSU has transformed that student community. Access to Jewish life is easy and exciting for students. Students want to be there. We know this will also be true for the Glickman Hillel Center at UCSD. So many community members have been holding their breath for the GHC. It's a dream come true!" Karen explained.

Karen said that the UCSD students seem to be the most excited for this Center — which is what made the long battle to get to this point all the more worthwhile.

"There is a palpable magic at Hillel of San Diego. It's hard to explain, but we can see the impact of our investment pretty immediately."

Karen also shared a personal anecdote of what this building means to her.

"As a UCSD alum myself, this center was something I only dreamed of — now it's going to be a reality for thousands of young people and for many years to come — the ripple effect of that impact is remarkable," Karen said.

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Hillel Center continued

The Hillel of San Diego at UCSD plans to begin construction in August of this year, with goals to open their doors at the start of the 2022 school year.

The lot will include three buildings, incorporating 6,500 square feet of space, surrounding a central courtyard. There will also be a half-acre of public park space enveloping the buildings. Furthermore, they plan to meet 30-50 percent of on-site energy demand with solar energy, along with "optimized water conservation." The area will allow for plenty of room for student programs, meetings, mentorship and religious services.

"The Beverly and Joseph Glickman Hillel Center will be a place where students can congregate and build together. A place for this growing community to feel at home and the place where non-Jewish students will first encounter Jewish culture and tradition coming to life," Karen concluded. ✡



This is a rendering of the Glickman Hillel Center outdoor seating area where students can gather.

Examined Life continued

wide array of destructive human acts, like brutality, torture and slavery. Aiding and abetting these negative actions are corresponding personality characteristics like wrath and hate, manipulation and exploiting.

In spite of our travails, the Reverend Martin Luther King's penetrating observation in 1963 that "the arc of human history bends towards justice," has been borne out over the millennia. Two recent important and timely books, Steven Pinker's "The Better Angels of Our Nature" and Dr. Perri Klass's "A Good Time to be Born" cite evidence that humans have progressed dramatically over the centuries in areas like health, education, nutrition, arts and sciences, egalitarianism and women's rights, even reduction in violence.

During these times of pandemic and social unrest, we might be fearful and pessimistic, so that optimistic statements might be hard to believe. But Dr. King made his comment during a particularly chaotic time of struggle with racism in the United States. Historical facts and science show that Dr. King's progressive "arc" of humanity is well-documented and persuasive. So much so, we can even say that, *over time*, the arc of humanity also bends towards progress and benevolence.

Time: There's the rub!

The problem is that major social ideas and movements take years to evolve, coalesce and take flight. During those intervening years of incipient change, there is often "collateral damage" like pain, setbacks and destruction.

A major challenge for humanity's survival is for us to emphasize and reward those benevolent traits and acts which have carried our achievements and progressive momentum forward and to diminish and indeed "extinguish" our propensities to hateful thoughts, feelings and actions.

To return to my optimism and naivete, I believe that we can indeed be hopeful about the future of humanity, but it will take considerable international commitment: Either we shall live, study, work and play together in harmony and thereby fulfill our benevolent capabilities and dreams…or we won't. ✡

Israeli Lifestyle continued

majestically coax the flowing words, it didn't happen. Instead, I binged on comfort foods and online crossword puzzles. I watched comics on YouTube. I washed floors, scrubbed time-stained toilets, and ordered Chinese food delivery. Each night I donned a happily forgotten psychedelic-patterned robe of Mom's and climbed into Daddy's side of the bed. I yearned to feel something meaty but merely fell asleep. In the morning, I again walked the beach.

Upon returning to Mom's cozy Maryland abode, I installed a new virus detection program in the computer and taught her rudimentary Netflix navigation. We began a jigsaw puzzle and reviewed her inappropriate wardrobe (ball gowns?) with gales of laughter. I listened to tales of regret and gratitude, easily absorbing my Mommy's memories.

It can never be enough. Some things just are. Because even lovingly crafted intentions cannot be ordered to 'meet goal' at the whim of plebeian human will. Like an ocean tide, some rhythms are orchestrated by loftier maestros. ✡

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New Kosher Kitchen and Dining Room Invigorates Seacrest Village

Residents get a taste of post-Covid-19 life

by Jacqueline Bull

When the pandemic hit, Seacrest Village had to act quickly to implement new measures to keep residents safe.

"We've never had to do that, so having to do that within three days and shutting down the dining room which was kind of where everyone socializes, that just drastically changed the mood around here. It was scary. You don't want to get sick. Residents kind of just — I don't even know how to describe it — doomsday. I don't know. It hit so quickly. It caught us off guard and then we just went for it. All meals in your room. No activities until we figure it out… Safety was always the priority. It was the not knowing —obviously — that was scary," Joana Martinez, Manager of Resident Services, said.

With an insulated community that is meant to be social and integrated, vaccines quickly became a priority.

"Seacrest was amazing. They somehow got CVS to come up to us. And we had what we called Vaccine Clinic Day around here…. So we had CVS on site, I want to say a good eight times, just giving us vaccines for residents and staff and we didn't have to go anywhere; they came to us," Joana said.

Now with the residents and staff vaccinated, new protocols in place and the easing of county restrictions, there has been a dramatic change in mood. Perhaps most exciting is the re-opening of the newly renovated, expanded dining room and brand-new state-of-the-art kosher kitchen.

"Being able to have breakfast, lunch and dinner with a neighbor, it changed everybody's mood. Residence-wise and



Residents can share breakfast, lunch and dinner with their neighbors in the newly renovated and expanded dining room.









PHOTOS BY BROCK SCOTT PHOTOGRAPHY.

Clockwise from largest photo: The expanded dining room, dining staff welcoming back residents, the new lobby now open, residents enjoying the new lobby.

staff, it feels a little bit like we are heading back to normal, so it feels homey, too you get to have a warm decent meal with your neighbor," she said.

"Before there was this little food cart going down the hallways giving them either/or and they had to choose in advance off the menu. Now they can go to the Seacrest dining room and have either one of the two main entrees and there is a full alternative menu. They have one full menu for the dairy and for the meat... There are so many more options —even drinks. They have the option to have alcohol if they want to," Joana said.

The reaction from residents has been very positive.

"The very first comments that I was hearing in the beginning were 'Oh my g-d, I have hot soup!' They were excited to have a decent, hot soup with their neighbors again. They are loving the full alternative menu because they were very bored with the either/or option and now they can have whatever is on the menu from egg salad to cheese blintzes," she said.

The new dining room is the new social hub of the campus and is set up to accommodate private parties when family and visitors are welcomed back in.

Also to look forward to is utilizing the new lobby space with a built-in bar area. When county rules allow, happy hour with live entertainment will be back so residents can socialize before dinner. ✡

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On behalf of AM Israel Mortuary, We extend our condolences to the families of all those who have recently passed. The families of those listed above would like to inform the community of their passing.

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Laughing Pony Rescue day camp teaches kids what it takes to rescue animals.

Older Adults and Kids Alike Benefit from a Mobile Petting Zoo

Pam's Ponies Make the Rounds

by Leorah Gavidor

Pammy's Pony Parties owner Pamela Kramer Glickman had never touched a sheep until nine years ago. Now she operates a mobile petting zoo in San Diego, with one sheep, one goat, one miniature horse, one pig, four rabbits and seven chickens (each with their own personality). And don't forget the two dogs — a tiny shih tzu and a giant, hairy Great Pyrenees mix. Don't worry — they get along fine with the chickens.

Growing up in Côte St. Luc, a Jewish community in Montreal, Pam's mother allowed her to pursue her interest in riding horses. Though she took lessons and rode her horse in the countryside, she said, Pam "didn't interact with any farm animals." It just wasn't part of her upbringing. But her affinity for horses lasted through adulthood and that's how she came across her first sheep.

On Jenny Collins Ranch, where Pam kept her horse, in North County, two lambs were born. One lamb, Julian, was the weaker twin and his mother refused to nurse him, favoring the stronger lamb. The owner of the farm was hand-feeding the abandoned baby every four hours. It was difficult for Ms. Jenny, at 92, to keep up with the lamb's needs. Then along came Pam. She was there to take care of her horse; she went home with a two-day-old lamb in her arms.



A goat, a sheep, a mini horse, chickens and rabbits come along with Pam Glickman's mobile petting zoo.

"I guess I forgot I didn't live on a farm," Pam laughed. "I had to keep him in my house. He was pooping everywhere." She bottle-fed and — yes — diapered the lamb until he was big enough to live outside and graze on his own.

Julian the Suffolk sheep is a popular guy now. He's a fixture of the mobile petting zoo. He's been to Beth El, Beth Am, Temple Sol El and several other synagogues, along with plenty of birthday parties, offices and other events around town.

"I teach the kids that sheep can recognize faces and that they have three

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stomachs," Pam said. "I show the children the split hooves, to illustrate what that means. And I tell them about how wool is a product we can use from an animal, without taking its life." Goat's milk can be fed to any baby mammal —that's why female goats are worth so much.

"Chicken eggs can have all different color shells on the outside," Pam tells the kids, "but they're all the same on the inside, like people." When she began keeping chickens a few years ago, Pam wasn't interested in eating the eggs—though her friends were telling her she was missing out.

"It took me a year and a half. I couldn't bring myself to eat that thing that just came out of the back end of that chicken! But now I can't stand the store-bought ones."

But most of all it's about the smiles and the joy people feel when they connect with animals on a personal level. And the mini horse, of course. The miniature horse is particularly popular with older adults. When Pam visits a senior care center with Beanie Baby in tow, the sight of the little gray pony with a pretty mane brings back happy memories.

"They think about their mothers and fathers, the farms they grew up on or near, their brothers and sisters, their pets and livestock. Seeing the animals, and petting them, reminds people of happy things they haven't thought about in years. It makes those connections that might be missing because of Alzheimer's. It animates people."

Beanie Baby does the rounds at Scripps cardiac center and the Veteran's hospital (he rides in the elevator!) and visits residents at Casa de Mañana and Seacrest Village.

And of course Pam's animals enjoy the pampering and attention. Marla the pig knows when the air conditioning is on and refuses to go outside when it's too hot. She lives at home with Pam. The other animals live at Laughing Pony Rescue in Rancho Santa Fe, where Pam also volunteers to teach children what a rescue facility does. Interacting with animals is also therapeutic for Pam herself. The nine years she has spent building her petting zoo, she said, has given her "a new life." ✡







Laura and Roman Breitberg were both interviewed and shared their stories for "Life Lessons."

JFS' "Life Lessons" Shares Survivor Stories, Holistically

by Nathalie Feingold

Jewish Family Service recently completed an extensive two-year project that delves into the lives of 44 Holocaust Survivors, called "Life Lessons." Hedy Dalin, Director of Care Management at JFS, who wrote the foreword to the dual-language book, recognized the wealth of knowledge and wisdom that each Survivor carries with them throughout their lifetimes.

"I'm a child of Holocaust Survivors who did not write their stories. My father didn't want to hurt me by sharing his story, so I got it in bits and pieces. If someone else would have asked him these things, he might have been more comfortable sharing his story," Hedy explained.

A grant from Jewish Federation of North America (JFNA) made this project possible.

"I've been working with Survivors for 20 years now at JFS, and I knew it would be important to see their stories in writing because that often makes it more real and they're able to share it with friends and family. It validates what they went through. " Hedy continued.

This project spanned over two years and is estimated to have taken 4,000 hours to complete. It encompases hours upon hours of meaningful conversations of Survivors with the staff at JFS' Serving Older Survivors (SOS) asking them specifically what lessons they carry with them from the Holocaust. They also ask many questions about the human experience, in general.

"Having someone think about what gives them hope, what helped them get through difficult times, what they're proud of, what they enjoy doing and all those things about the past and the present," Hedy explained, "Also, the fact that the staff stay on and continue to connect with them, they know that the staff really knows them; this is not a superficial relationship."

Hedy and the SOS staff interviewed with a holistic perspective, looking at the person behind the experiences. It's important to Hedy to not just view Survivors as "Survivors," but to delve into their entire lives. The project used a person-centered trauma-informed (PCTI) approach to ensure that the questions asked are compassionate and responsive; it's essential to Hedy that they do not re-traumatize Survivors.

"You truly listen and understand who they are and what their needs are. You make sure that the person you're working with leads your interactions, you listen to them and you don't do anything to cause more pain. The work that you do empowers them and recognizes who they

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are and what they went through," Hedy explained.

Hedy recognizes that there are many life lessons that everybody can learn from Survivor's stories. It's not all suffering — much of their lives are filled with positivity and joy.

"Too often with Survivor stories, you focus on the details of the suffering. But let's look at it all; the fact is that they've learned from it and it has impacted them. For many, it gives them extra compassion and they also pass it on to the next generations. In many of the Survivor stories, you see kindness, caring, support of others, appreciation and gratitude for what they do have and it's just so important to look at all of it," Hedy said.

Another aspect that makes "Life Lessons" unique is that it is available in both English and Russian.

"Let's say someone is a Russian-speaking Survivor; their grandchildren and great-grandchildren might not speak Russian, so they won't be able to relay that story as clearly due to the language barrier. But, because we translated the Russian stories into English, they will be able to pass their stories on to future generations," Hedy said.

Hedy explained that many Survivors also benefited a great deal from the socialization aspect of the project. She also wanted to provide Survivors with the opportunity to reflect on their lives comprehensively.

"Even before Covid-19 — when you are physically frail and older — relationships are limited and I thought this would give them a chance to have meaningful connections and to look back at their lives holistically," Hedy continued.

"Older people often reflect on their lives. Sometimes they look back and think of all the negatives, but this helps them look at their whole lives, the bad and the good."

Hedy said that the final project greatly exceeded her expectations, primarily because the Survivors are so happy with the outcome. She explained that many see the book as a gift to them and their families.

"As they get older, many people want to share what they went through and this book will outlast them. We have one client in hospice care and he knows his time is limited. He was able to see, in writing, the story that he will not be able to share with future generations. It meant so much to him, such a source of pride," Hedy shared.

To read "Life Lessons" online, visit jfssd.org ✡



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All times are Pacific Time
For more digital programming and our latest reopening plans, please visit us at TheOldGlobe.org



by Micah Siva | nutritionxkitchen.com

Almond Berry Dutch Baby

With May comes both Shavuot and Mother's Day, which are both perfect for spending time with loved ones over brunch. This year, whip up an impressive (and deceptively easy!) Almond Berry Dutch Baby. Shavuot is traditionally celebrated by eating dairy-rich foods, making this the perfect dish to celebrate with!

SERVES 2-3

INGREDIENTS

- 3 large eggs
- ½ cup milk
- ½ cup all-purpose flour
- 1 tbsp. maple syrup
- 1 tsp. vanilla extract
- ½ tsp. almond extract
- 3 tbsp. butter, unsalted
- ½ cup blackberries, fresh
- ½ cup raspberries, fresh
- Confectioners' sugar, to serve

PREPARATION

1. Preheat the oven to 425F.
2. In a blender or food processor, blend the eggs, milk, flour, maple syrup, vanilla and almond extract.
3. Let sit for 10-15 minutes.
4. Meanwhile, add the butter to a cast iron or oven safe skillet to the oven to heat for 10 minutes
5. Remove skillet from the oven and add blackberries and raspberries.
6. Pour batter into the hot skillet, bake undisturbed for 20-25 minutes, or until it puffs up and turns golden brown.
7. Turn off the oven and let cook for an additional 5 minutes.
8. Remove from the oven, top with confectioners' sugar. Slice, and serve.
9. Enjoy!







ADVERTORIAL

COVID: A Success Story

This past August, 302 students and 62 teachers arrived at **SAN DIEGO HEBREW DAY** for school. They looked at one another suspiciously. "Will we really be able to learn together safely?" they wondered. So much about Covid-19 was still unknown then. The media reports made everyone fearful.

Now, 9 months later, the routine of completing an online questionnaire upon arrival, having your temperature taken, securing your mask and staying within a given cohort is firmly established. It has proven effective. And joyful.

"As a San Diego Hebrew Day leader, I certainly had my doubts back then," commented Giovanna Reinking, Director of Education. "Little ones wearing masks? Will middle schoolers comply? Have we missed some health detail no one is considering?"

Each courageous San Diego Hebrew Day educator is a tried and tested community hero. Teaching in-person required bravery and devotion above and beyond the call of duty. It is not only the students who are thriving, but their parents as well.

"I am thankful every school day," said a parent of two Hebrew Day students. "We worked so hard to make remote learning work last year. It was OK, but no comparison to the full benefit of being with friends and interacting personally with teachers."

"Educators talk so much about collaborative learning and students practicing the social skills that make true collaboration take place," noted Danielle Arya, Second grade classroom teacher. "Students only flourish and learn to become more emotionally intelligent by being in school each day."

San Diego Hebrew Day will honor its faculty at its Gala on May 23, with the theme "Remarkable Year/Remarkable Teachers." The program will bring together everyone who values Jewish learning and cares about creating a vibrant future for our Jewish community.

In addition, there are many learning milestones to celebrate. At the recent County Science and Engineering Fair, a record total of 13 awards were presented to Hebrew Day students. "This deep probing of scientific topics and the opportunity to collaborate could only happen because we were on campus," commented Stephen Jones, science teacher at San Diego Hebrew Day.

Challenges resulting from the great Covid-19 disruption are being robustly addressed throughout this school year. An example includes a special reading intervention program to address gaps in student progress from last year's remote learning that were diagnosed and a reading lab that works with small groupings of children throughout the day.

"Great teachers make all the difference," commented **Head of School Rabbi Simcha Weiser**. "This year, teachers had to not only be great, but also courageous, resilient and deeply committed to the well being of their students. This is a remarkable group of teachers, a collection of heroes."

To learn how you can participate in honoring the men and women who make up the San Diego Hebrew Day faculty and staff, please contact **JOYCE AROVAS** at **jarovas@ssdhds.org** or log on to **www.wizevents.com/ssdhds2021**. As a community, this tribute expresses our highest aspirations for achieving continuity and Tikun Olam.



SPOTLIGHT:

San Diego Theatre Month

by Jacqueline Bull

The San Diego Performing Arts League (SDPAL) is a non-profit organization where members promote the performing arts in San Diego. Their main public arm is ArtsTix which offers discounted tickets. SDPAL annually would put on San Diego Theatre Week, but have now opened it for the full month of May.

Participating groups holding shows in May 2021 are offering promotions for their tickets to be $15, $30 or $45.

Collecting these shows under one umbrella highlights some of the smaller niche groups in San Diego like PROJECT [BLANK], New Village Arts, The Roustabouts Theatre Co., Community Actors Theatre and many others.

THEATRE MONTH PERFORMANCES

New Village Arts at the Flower Fields
May 1–May 9 | Live, $45
For New Village Arts 20th anniversary, they've taken to the Carlsbad Ranch flower fields to showcase a series of cabaret performances.

Lit
May 1–May 16 | On Demand, $15
This family-friendly musical mixes sea shanties and shadow puppets.

The Mountaintop
May 2–May 8 | On Demand, $15
This play by Katori Hall reimagines the events on the night before the assasination of Dr. Martin Luther King, Jr.

R New Home & Franklin's Window
May 6–May 30 | On Demand, $15
The Community Actors Theatre presents these two one-act comedies.

Constellations
May 12–May 30 | On Demand, $15
This play questions what if life existed in a multiverse centering on a chance encounter between two people and the infinite paths that they may take.

Stronger On the Other Side
May 15–16
Streaming/On Demand, $15
This is the San Diego Women's Chorus virtual spring concert.

Harawi: Song of Love and Death
May 28–30
Streaming/On Demand, $30
Mezzo-soprano Leslie Ann Leytham and pianist Brendan Nguyen bring Olivier Messiaen's *Harawi* to life.

Online Offerings

BY JACQUELINE BULL



▲ Alyssa Junious in "Towards Belonging."

La Jolla Playhouse

All content is available at lajollaplayhouse.org

MAY 1: **Towards Belonging**
This project is a dance film with original spoken-word poetry and music was filmed at and celebrates the Arts Park in Chollas Creek.

San Diego Symphony

All content is available on sandiegosymphony.org.

TUESDAYS: **Lunch & Listen**
Q&As with CEO Martha Gilmer and San Diego Symphony musicians.

WEDNESDAY EVENINGS: **LISTEN // HEAR**
Music Director Rafael Payare and colleagues discuss all things symphony on YouTube and Facebook live streams and are later archived.

ONGOING: **Symphony Stream**
Listen to past audio broadcasts, podcasts discussing classical works and videos with interviews and performances.

North Coast Repertory Theatre

All content is available on northcoastrep.org.



▲ Jake Broder in "Einstein Comes Through" at North Coast Rep.
PHOTO: AARON RUMLEY

MAY 1-MAY 23:
Einstein Comes Through
This one-act, one-man play features Jake Broder explores the world and wisdom of Albert Einstein.

ONGOING:
Theatre Conversations
Watch conversations with artists and friends of North Coast Rep discuss many of the behind-the-scenes stories of working in live theater.

San Diego Repertory Theatre

All content is available on sdrep.org.

MAY 1-MAY 8: **Hype Man: A Break Beat Play**
Break beat poet and San Diego REP playwright Idris Goodwin reimagines "Hype Man." This play is filmed up close and has the music-making trio face difficult questions of race and friendship.

ONGOING: **VAMOS!**
Playwright-in-Residence Herbert Siguenza hosts this 15-20 minute show highlighting a different Latin American country's culture, food, geography and history. Episodes are released on the 2nd Monday of each month on the Rep's Youtube and Facebook pages.



▲ VAMOS! Episode 4: Uruguay



◀ Sonia De Los Santos at the La Jolla Music Society.

La Jolla Music Society

All content is available on ljms.org.

MAY 11, 12: **Yefim Bronfman**
The pianist makes his debut with Beethoven, Chopin and Schuman.

MAY 15, 16: **Sonia De Los Santos**
De Los Santos shares her bright and joyful music in both Spanish and English.

MAY 22, 6 P.M.: **Bluegrass & Bling Gala**
The Steep Canyon Rangers will perform at this gala with a dinner, auction and cocktails.



▲ San Diego Ballet at the Museum of Art.

San Diego Museum of Art

All content is available on sdmart.org

MAY. 11, 6 P.M.: **Virtual SDMA+ San Diego Ballet**
In a pleasing complementary performance the ballet meets the plein air paintings.

MAY 27, 1 P.M.: **Rustic Beauty, Refined Beauty: Contrasts In Japanese Ceramic Aesthetics**
This is a survey of Japanese ceramics from prehistoric times to the modern era that show both rustic and refined aesthetic traditions.



◀ Japanese ceramics at San Diego Museum of Art.

The Reuben Fleet Science Center

All content is on rhfleet.org and require registration.

MAY 5, 2 P.M.: **Live Longer, Live Stronger**
This discussion is about keeping the body strong through age.

MAY 5, 7 P.M.: **The Sky Tonight**
Learn all about colors in space. Are they actually as they appear?

MAY 10, 7 P.M.: **Suds & Science**
This edition of "spirited" discussion is led by Melissa Miller who has traveled 150K miles on research vessels and spent many years at sea while working at the Scripps Institution of Oceanography.

San Diego Natural History Museum

All content is on sdnhm.org.

ONGOING: **At-Home Activities**
Check out diy crafts, nature bingo, scavenger hunts and printable coloring pages for family-friendly activities.

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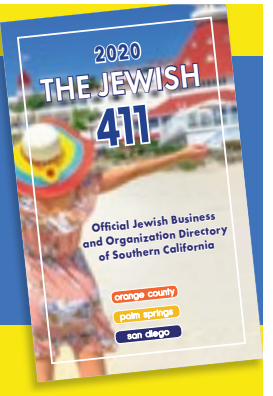
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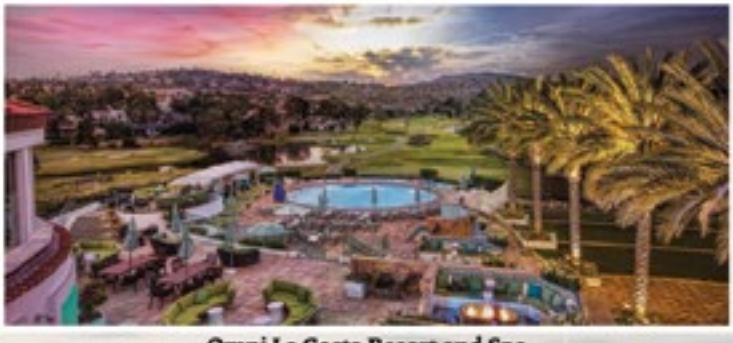


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the News

Israel Approves Entry for Masa Israel Visa Holders

Masa Israel Journey is expected to welcome over 1,300 Fellows from around the world for "long-term, immersive experiences in Israel." Masa will be working closely with the government of Israel to help Fellows obtain visas while following health and safety guidelines.

"During this challenging time for many young people around the world, we are proud to offer immersive opportunities for personal and professional development in Israel. While career and travel options may continue to be limited internationally, Israel remains an accessible bridge for youth seeking growth, experience, and knowledge. Our ability to re-open Israel's skies to Masa Fellows is the culmination of hard work and coordination with Israel's government and The Jewish Agency, our program providers, and communities abroad," said Ofer Gutman, Masa Israel Journey's Acting CEO. "We will continue this coordination to ensure the safety of participants, as we look forward to welcoming thousands of new Fellows to Israel and the Masa family."

Incoming Fellows are required to quarantine for 10-days upon arrival, but those who bring vaccination documentation from their home countries and receive a negative PCR test upon arrival will not be not required to quarantine.

Mingei International Museum Set to Reopen Sept. 3

The Mingei International Museum is on schedule to reopen to the public on Sept. 3, 2021 — exactly three years after closing their doors for a "transformative construction project."

The month of September will be filled with festivities including the second annual San Diego Design Week (Sept. 8-12), Family Sunday, free performances, artist talks and the opening of a brand-new walk-up cafe.

Entry will be free to the public the weekend of Sept. 3-6. The weekend will kick off with a customized chamber music tour by Art of Elan. There will also be guided tours available, as well as hands-on art making opportunities for visitors.

"We cannot wait for everyone to meet the new Mingei," said Director and CEO Rob Sidner. "We are grateful for the community's generosity and patience as we worked to transform our historic facility in a way that will redefine our relationship to our beloved Balboa Park and the entire San Diego community. This extraordinary renovation of a city-owned building is our gift to the park and to the city — one that will endure for generations to come."



Opening exhibitions and program details will be announced May 2021.



JCo Summer Camp is Back

JCo is offering a week-long opportunity for youth campers running over the course of four separate weeks, starting June 28 and ending Aug. 6.

All campers and staff will be required to closely follow CDC guidelines and each week is limited to a maximum of eight campers.

The camp will offer kids a chance to play with friends, participate in games, create art projects and learn to garden. Sessions will run Monday through Friday from 9:30 a.m. to 2 p.m. with a pizza party every Friday. Cost of attendance is $360 per week per camper.



Honor MLK Jr. by Planting a Tree

On Jan. 18 the 13th Annual San Diego Interfaith Community Event honored MLK Jr. Day of Service.

After the event, over $1,000 was donated to purchase trees, with the project team now seeking "homes" for 50 trees. The team encourages residents of Districts 4, 8 and 9 to apply for a free tree to plant in their yard.

For more information and to apply, visit sandiego.gov/blog/free-tree-sd or email anne@katestrees.org for assistance.

Moores Cancer Center at UCSD Health is One of 15 US Sites Launching a Novel Study

Moores Cancer Center at UC San Diego Health is one of just 15 clinical trial sites in the U.S. for the Pancreatic Cancer Action Network's (PanCAN) Precision Promise. Precision Promise is the first large-scale precision medicine trial "designed to transform outcomes for patients with pancreatic cancer."

This particular clinical trial differs from standard clinical trials due to its adaptive design. This means that if a drug does not appear to be working, it can quickly be replaced by another treatment and if a drug is working, then it can move quickly through the trial and to the FDA for potential approval.

Patients with metastatic pancreatic cancer who have not had treatment, or have received only first-line treatment, may be eligible to enroll in the trial.

"Every possible patient with pancreatic cancer should be enrolled in a clinical trial because standard treatments are not enough. Precision Promise will offer options for patients with advanced pancreatic cancer including those who are untreated and those who have received prior therapies," said Andrew Lowy, MD, Chief of the Division of Surgical Oncology at Moores Cancer Center at UC San Diego Health.

Precision Promise will investigate multiple treatment options, known as "sub-studies," under one clinical trial design. There will also be a network between all 15 U.S sites to allow researchers to evaluate the progress of patients as they undergo treatment. Tissue samples of each patient will also be collected to help researchers understand why some patients may respond better to certain treatments than others.



ADVICE

ASK MARNIE

by Marnie Macauley | marniemacauley@gmail.com

Happy Birthday Israel!

Shalom my dear San Diegans. On April 14, 1948, 73 years ago, our Israel became a nation.

"We, members of the People's council, representatives of the Jewish community of Eretz-Israel and of the Zionist movement, are here assembled on the day of the termination of the British mandate over Eretz-Israel and, by virtue of our natural and historic right and on the strength of the resolution of the United Nations General Assembly, hereby declare the establishment of a Jewish state in Eretz-Israel, to be known as the state of Israel.

Placing our trust in the almighty, we affix our signatures to this proclamation at this session of the provisional council of state, on the soil of the homeland, in the city of Tel-Aviv, on this Sabbath Eve, the 5th day of Iyar, 5708 [14th may, 1948]."

Fascinating Israeli Facts

The Israeli Flag

The Israeli flag adopted on Oct. 28, 1948, is based on the flag of the Zionist movement. In the middle is the Star of David which, according to tradition, appeared on King David's shield. The blue stripes on the top and the bottom are based upon the blue fringes of Jewish prayer shawls.

Hatikvah: The Hope

On the eve of Simchat Torah, during the first year of Nazi occupation in 1940, the bells of the Catholic Cathedral in Antwerp rang out the melody of Hatikvah, meaning, "The Hope."

Hatikvah became the national anthem of Israel. Its lyrics were written in 1886 by Naphtali Herz Imber, a poet originally from Galicia. The melody was written by Samuel Cohen, who based the melody on a musical theme from Bedrich Smetana's "Moldau."

Hebrew: A Re-Birth

Hebrew, the language of study, religion, formal and literary works, ceased being a spoken language around 250 B.C.E. It took an early Zionist, Eliezer Ben-Yehuda (1858-1922), to realize that a common language would be required for those returning to their homeland. Upon landing in Jaffa in 1881 (from Lithuania), he established the first only Hebrew-speaking household, worked tirelessly on modernizing Hebrew, and began work on the first modern dictionary, completed by his wife and son after his death. All 16 volumes were finally published in 1959.

"Dear G-d ..."

Hundreds of people a year write prayers and difficulties and mail them to, you guessed it — G-d. The address? "G-d, Jerusalem, Israel." So where does the mail go? First, they go to the Israeli Post Office's Dead Letters Department, then each letter, collected in a velvet bag, is posted into a crack in the Western Wall.

Achievements

Israel accounts for less than 1/1000th of the world's population, and is the 100th smallest country, yet is a world leader in many areas.

- Relative to its population, Israel accepts more immigrants per capita than any other nation.
- When Golda Meir was elected Prime Minister in 1969, she became only the second elected female world leader in modern times.
- Israel has the third highest rate of entrepreneurship — and the highest rate among women and those over 55 — in the world.
- Israel has more museums per capita than any other country.
- Israel is the only country to enter the 21st century with a net gain in the number of trees.
- Israel leads the world in the number of scientists and technicians in the work-force, with 145 per 10,000, as opposed to 85 per 10,000 in the U.S. More, it has the highest ratio of university degrees to its population, the highest per capita ratio of scientific publications and patents filed.
- Israeli scientists developed the first fully developed no-radiation, diagnostic instrumentation for breast cancer treatment.
- The cell phone was developed in Haifa by Motorola-Israel.
- Voicemail technology was developed in Israel.
- AOL's instant message program was designed by an Israeli software company.

Altogether not a bad record of accomplishments for 70 years. Mazel Tov our Israel and long may you prosper! ✡

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San Diego Opera's 2021 Midsummer Gala

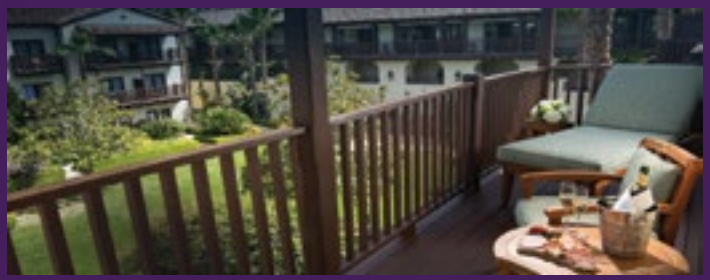
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Stacy Kellner Rosenberg


Michelle Bradley



Please consider making a contribution to honor Stacy Kellner Rosenberg's long standing commitment to San Diego Opera. This will be a wonderful evening of celebration and exquisite singing by international opera star soprano Michelle Bradley. The seated dinner and performance will take place outdoors on the hotel's beautiful lawn. For the first time we will also offer a simultaneous virtual program for guests not able to join in person. Virtual program purchases include a Party Pack for Two with chocolates and a split of champagne delivered to your door.

Ticket prices for the in-person event start at $500 and premium box seating and hotel room packages are also available.

Visit sdopera.org/midsummer-gala
or call (619) 533-7033 for more information.