

## Matilda Israel With Her Friends



This is a photo of me (second from right) with friends at Vitosha Mountain near Sofia in the 1970s. I have a disease for which the doctors recommended fresh air and walks in nature. The disease was discovered when I was 40 years old and for thirty years on every Sunday I was taking hikes on Vitosha. I had friends whom I would meet at 10am in a hut named Kumata. By then I would have already climbed Cherni Vrah, the highest peak in Vitosha. We did that every week, every season. Now my health doesn't allow me to do it any more, unfortunately. Usually I went to Vitosha without my husband Salvator. I met those friends there. They are not Jewish.