



DAVAR MEGILLAH

MARCH 2021 • MONTHLY NEWSLETTER • ADAR 5781/NISAN 5781

Sunday, March 14
2:00-5:00pm

Return to the Promised Land After One Year in Exile!

Details on page 4

Sign-up link [https://
www.signupgenius.com/
go/5080d4ba8a62fa2fa7-
return](https://www.signupgenius.com/go/5080d4ba8a62fa2fa7-return)

Pesach Bags

These bags are **\$40 each** and will be delivered to your home by a volunteer (no-touch delivery to your doorstep).

Purchase by Monday, March 15

See details and link to purchase on page 4

OHR SHALOM VIRTUAL PROGRAMMING

Until further notice, all Ohr Shalom programming – including Shabbat Services, Daily Minyan, adult and youth group programming – will continue to take place via Zoom. For the most up-to-date scheduling information, please watch your email or check the online schedule on the Ohr Shalom website (www.ohrshalom.org).

Our new Zoom link for services and most adult programs is [https://
us02web.zoom.us/j/83107501072](https://us02web.zoom.us/j/83107501072)
(Passcode: myshul)

It will automatically add you to the ZOOM conference with your video off. If you would like to be seen by the other participants, click “Start Video.”

Here is the information to join by phone: Phone number: 1 669 900 9128
Meeting ID: 831 0750 1072
Passcode: 632432

If you need help using Zoom, please let us know. At this time of physical distancing, this is one way we can continue to connect with each other.

By Rabbi Scott Meltzer

Later this month we will gather around the table for seder – most of us at home, perhaps on the computer, and we will sing the order, tell the story, dip our fingers in the wine glass, drink four cups of wine and eat a Hillel sandwich.

As we tell the story, we will recall the four children mentioned in the Torah – the wise one, the wicked one, the simple one and the one who does not know how to ask.

This year each of them will ask their question from a new vantage point, after a year of being at home, socially distanced, life disrupted, living in fear of this plague of COVID-19.

Hearing the questioning voices of the *Haggadah*'s four children, it behooves us to plan for how we will answer each of their questions.

The wise child will ask what are all these rules, traditions of Pesach, and what do they mean to us this year? How do we understand our freedom from slavery at a time when millions are plagued not as God sets us free, but as people who just want to live their lives? All over this world, millions here in the United States, in our own neighborhoods, in our own homes, people are suffering and we are sitting down to celebrate our deliverance. What is our obligation, because of our history and tradition, to make sure that all who are hungry can come and eat, and all who are in need are cared for?

The wicked child will ask, what does all this mean to you? Are we ready to answer and teach that this is about all of us. We are all connected. Nobody is excluded. We are at a moment when we are again struck about the inherent unfairness in our society. Can we teach all of the

children that it is not acceptable that access to healthcare, and access to the vaccine, and the economic afflictions that accompany the pandemic are not shared equally across our society or globally? Can we answer that our response to this moment must be with a universal concern for all peoples?

The simple one will ask, what is this? We will all scratch our heads and acknowledge the profundity of the question. What is this and how could this be? Just last year life was normal, and overnight it all changed. How could we have not been better prepared? How could our “normalcy” prove so fragile that the whole world was struck, and millions have died? How can we understand “what is this,” and respond to the question?

And we will look at the one who does not know how to ask. Perhaps the youngest? The one with developmental challenges? Mental illness? Perhaps the elder with dementia? How do we address the needs, the fears, the reality for all of those, and all of us, who can't even formulate the question? What might the question be? What might the concern and struggle be behind the eyes of the one who can't articulate the thought? Are we ready to respond with compassion? With love? With a deep reaching out for connection, even if we are unable to hear the silent question?

This year, Pesach will be different, but the four children will ask, and we must answer. At least, try to answer.

Why is this Pesach different than all other Pesachs? For a year we have been quarantined, staying at home, and Pesach looks very different this year. I encourage everybody to sit down at the computer, or grab a pen and paper, or a journal, and spend some time pondering this year's Pesach.



WORDS FROM THE PRESIDENT

Lynn Mendelsohn
President

MOVING INTO A FANCY NEIGHBORHOOD

Our beloved synagogue building, un-visited by most of us for over a year, soon will turn 95 years old, having been dedicated on May 14, 1926. Let us journey back, briefly, to its neighborhood at that time.

In November 1923, needing a new synagogue for its expanding membership, Congregation Beth Israel's Board of Directors voted to purchase a lot at the northwest corner of Third and Laurel Streets, in the Bankers Hill section of San Diego. The cost was \$11,000 for the land and the boarding house that stood on it. A total of \$8,500 was paid from the Beth Israel Building Fund and the remainder was bank-financed. The site was selected for its proximity to three San Diego Electric Railway streetcar lines, and for the prestige of the neighborhood.

Since the late 1800's, the wealthy and famous had chosen to live in Bankers Hill – thus its name. In 1894, Jesse Root Grant, son of President Ulysses S. Grant, built a mansion at the corner of Sixth and Quince Streets. In addition to Jesse's family, the house was occupied by his mother Julia Dent Grant, the widowed former First Lady. The architect was William Hebbard, who with Irving Gill later designed the landmark Marston House, built in 1905 on Upas Street.

Two of San Diego's most prominent families lived within a stone's throw of Beth Israel's Third and Laurel property: the Timkens and the Putnams.

Born in Germany but reared near St. Louis, **Henry H. Timken** opened a carriage-building business in 1855, when he was 24. His patents for improved buggy hardware, including springs and wheel roller bearings, made his fortune. Timken retired to San Diego in 1887, building a large Queen Anne-style residence, designed by the firm of Comstock & Trotsche, at the northwest corner of First and Laurel Streets. The house still is there, hidden behind high hedges.

Henry Timken died in 1909, leaving a substantial sum to his children. One of his daughters, Amelia Timken Bridges, financed the 1925 construction of the



Putnam mansion in Bankers Hill

San Diego Fine Arts Gallery (SDFAG, renamed the San Diego Museum of Art in 1978) in Balboa Park, and she paid its director's salary until her death in 1940.

Henry W. Putnam also was an entrepreneur and inventor. Born in Upstate New York in 1825, he founded several businesses, including the steel rolling mill that produced the "ironsides" for the Union warship the Monitor. Putnam developed and patented the Putnam Bottle Stopper Fastening, a heavy wire bottle necktie with a hinged loop that secures the cork. The fastener sill is ubiquitous, found atop diverse bottles and mason jars. Among Putnam's many other inventions were the wringer washer and a mechanism for mass-producing barbed wire.

Putnam retired to Bankers Hill in 1898, purchasing the full city block bounded by Third and Fourth Streets between Maple and Nutmeg. He also bought the northern half of the block between Laurel and Maple, where the Women's Club/Park West building (built 1940) stands today. On the property north of Maple he built a 2-story stone mansion designed by Stanford White, the most prominent architect of the day.

Aside from business, Henry Putnam's passion was gardening, and his Bankers Hill estate was heavily landscaped – a showpiece. While the Putnam mansion was surrounded by thick lawns, the half-block lot south of Maple was planted with rose bushes, citrus trees, exotic palms, and abundant flowers amidst geometrically arranged paths.

When Henry Putnam died in 1915, he left his \$25 million estate to his son William and to his brother's daughters



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DAVAR

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This newsletter is a publication distributed free of charge to members of Ohr Shalom Synagogue. We regret any omissions and would appreciate being notified in order to amend any involuntary error.

Anne, Amy and Irene, reclusive unmarried ladies who had built their own stately mansion at Fourth and Walnut Streets. The Sisters Putnam were scholars (Amy had studied Russian at Stanford), and art collectors, with a preference for Old Master paintings. Taking frequent art buying trips to New York during the 1920's, they purchased works for themselves and to donate to the

Lynn's Message continued on Page 4

OHR SHALOM SERVICE SCHEDULE

SHABBAT ONLINE SERVICE SCHEDULE

<https://us02web.zoom.us/j/83107501072> (Passcode: myshul)

Friday	March 5	6:15pm	Kabbalat Shabbat Service "Ask the Rabbi"
Saturday	March 6	9:30am	Shabbat Service
Friday	March 12	6:15pm	Kabbalat Shabbat Service
Saturday	March 13	9:30am	Learners Shacharit, Torah Service
Friday	March 19	6:15pm	Kabbalat Shabbat Service
Saturday	March 20	9:30am	Shabbat Service
Friday	March 26	6:15pm	Kabbalat Shabbat Service
Saturday	March 27	6:15pm	Kabbalat Shabbat Service

PARSHIYOT & CANDLELIGHTING March 2021

**PARSHAT KI TISA
SHABBAT PARAH**  5:31pm
 Fri: March 5 | 22 Adar
 Sat: March 6 | 23 Adar
 Torah: Exodus 30:11-34:35
 Haft: Ezekiel 36:16 - 36:38 -

**PARSHAT VAYAKHEL-PEKUDEI
SHABBAT HACHODESH**  5:37pm
 Fri: March 12 | 28 Adar
 Sat: March 13 | 29 Adar
 Torah: Exodus 35:1-40:38
 Haft: Ezekiel 45:16 - 46:18

PARSHAT VAYIKRA  6:42pm
 Fri: March 19 | 6 Nisan
 Sat: March 20 | 7 Nisan
 Torah: Leviticus 1:1-5:26
 Haft: Isaiah 43:21 - 44:23

**PARSHAT TZAV
SHABBAT HAGODOL**  6:47pm
 Fri: March 26 | 13 Nisan
 Sat: March 27 | 14 Nisan
 Torah: Leviticus 6:1-8:36
 Haft: Malachi 3:4 - 3:24



**KABBALAT SHABBAT SERVICE
"ASK THE RABBI"**
Friday, March 5 at 6:15pm
 Your opportunity to ask the questions you have always wanted to.



TOT SHABBAT
Saturdays at 3:00pm
 Tots, parents and grandparents celebrating Shabbat together. (Newborns to 5-year-olds)

Shabbat Morning Learners Shacharit
Saturday, March 13 at 9:30am (Torah Service 10:15am)
 Become better acquainted with the morning service, its contents, organizations, choreography and meaning. Discuss and practice modalities of Jewish spirituality as related to praying within the community.



Daily Minyan Minute
Sundays through Thursdays at 6:05pm
 Before each evening minyan, join us for a short reading by a congregant – a poem, quotation, song, insight into a Torah portion, etc. (does not need to be an original piece).
 To volunteer to do a reading, contact **Marvin Yudkovitz** at mayudkovitz@gmail.com or text 240-506-3042.

OHR SHALOM'S CHOIR!
 Come join us on Mondays at **6:45pm on Zoom.**
 You'll be happy you did!

MARCH DATES
March 1
March 8
March 15
March 22



SAVE THE DATE!

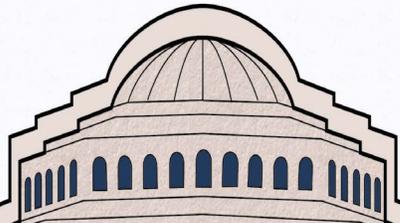
Once in a lifetime experience!
**Lights of Ohr Shalom
 CABARET**
Sunday, April 25, 2021, 8:00pm on Zoom
*Entertainment! Desserts! Wine!
 Scotch! Candlelight! Romance!*
 A box of food, candles and libations delivered to your door!
More details coming soon.

Tickets
 \$72 per Zoom window for Cabaret evening and **Cabaret with Cabernet** box
 \$180 per Zoom window for Cabaret evening, Deluxe **Scotch with Scott** box, and half-hour pre-event schmooze with Rabbi Meltzer



RITUAL COMMITTEE

Shoshanah Feher Sternlieb
Ritual Chair



Sunday, March 14, 2:00-5:00pm

Return to the Promised Land After One Year in Exile!

- Sell Your Chametz
 - Pick up your Bedikat Chametz Kit*
 - Pick up a Haggadah
 - Drop off food for JFS Food Drive
Visit The Ice Cream Truck!
- Sign up to reserve a time slot

<https://www.signupgenius.com/go/5080d4ba8a62fa2fa7-return>

(*Bedikat Chametz Kit includes:
candle, feather, and spoon)

PESACH SERVICE SCHEDULE

Saturday, March 27

3:00pm – Tot Shabbat

7:30pm – Ohr Shalom Community 1st Seder

Candlelighting: 7:47pm

Sunday, March 28

9:30am – Pesach Morning Service

5:30pm – Ohr Shalom Community 2nd Seder

Candlelighting 7:48pm

Monday, March 29

9:30am – Pesach Morning Service

Friday, April 2

6:15pm – Kabbalat Shabbat Service

Candlelighting: 6:52pm

Saturday, April 3

9:30am - Shabbat Pesach Morning Service

Candlelighting: 7:52pm

Sunday, April 4

9:30am - Pesach Morning Service with Yizkor

Havdalah and End of Passover: 7:52pm



Pesach Bags

Once again, Ohr Shalom is making bags of Pesach foods available for purchase for those who may not be able to find or shop for these items in your local markets this year. These bags are **\$40 each** and will be delivered to your home by a volunteer (no-touch delivery to your doorstep).

Purchase by Monday, March 15

The bags will include:

- 2 boxes matzah
- 1 box matzah meal
- 1 box matzah ball mix
- 1 jar gefilte fish
- 1 jar horseradish
- 1 bottle grape juice
- 1 box macaroons



Reserve your bag through our Ohr Shalom PayPal with a note of "Passover bag": [ohrshalom.org/donate/](https://www.ohrshalom.org/donate/).

Please contact Gillian (office@ohrshalom.org) if you need help with the cost of the bag, or are able to make a donation to help those who might not be able to afford one.

If you are able to volunteer to pick up bags from Ohr Shalom and deliver them to members, please let Gillian know.

Passover Cooking with Debbie Kornberg

Wednesday, March 17, 2021

10:00 - 10:30 am – Guided Cooking Prep (optional)

10:30 - 11:30 am – Event & Cooking Demonstration

Grab your matzo meal and join JNF Women for Israel for a special Passover cooking demonstration with Debbie Kornberg, owner of Spice + Leaf, master teacher, and president of JNF San Diego.



On the menu:

Shawarma Baked Salmon served on a Bed of Arugula Salad

Spice-Infused Quinoa with Sautéed Onions, Slivered Almonds & Raisins

Sephardic Charoset

Spiced Matza Crackers

Register to attend this free event at: <https://bit.ly/3ukx21f>. An ingredient list will be sent to you upon registration.

Thursday, March 18, 11:30am

Pesach Prep Class with Rabbi Meltzer

WHAT PRAYER IS MOST MEANINGFUL TO YOU?

By Morris Lazard



What a task! Trying to select one prayer over others as “most meaningful” is a little like asking a parent, “which of your two children do you love more than the other?” Prayer is a personal and communal expression, an attempt to convey hope for a better future. Since we cannot change the past, our prayers are always directed toward the here and now or some time ahead of us.

Ultimately, the prayer being chanted ought to be the most meaningful prayer. When we pray with *kavanah* – with intention, those are the prayers that I believe are the most meaningful. When our focus is on the prayer itself at that very instant, not while we are wondering when services will be over or what we are planning to do later that day, that is the most meaningful.

I have learned so much from our Ohr Shalom service leaders. From the children leading services for their B’nai Mitzvah to those with more life experiences, we have a beautiful range of service leaders that make our prayers meaningful.

Vanina Bunton, of blessed memory, always demonstrated what *kavanah* looked like in chanting a prayer. Listening to her chant *El Malei Rachamim*, the prayer for the departed, always reminded me of what it means to pray with intention. **LeAnne Adams** is another of our service leaders who puts her “whole-self” into leading our services. One can hear and even see the joy that LeAnne puts into chanting and it makes the prayers more meaningful to me when I hear her lead. **Rachel Millstone** adds beauty and meaning with her moving melodies and by meticulously chanting each letter, vowel and melody. Whether it be reading Torah or leading *Shacharit* or *Musaf* on Shabbat, it is always a treat to listen to Rachel. Other mentors have been **Mel Penner**, **Herb Bloom (z”l)** and

Dr. Joe Hartman. Mel was a joy to listen to because he really put his feelings into his davening, and you could hear it in his voice and inflection. Joe is an ongoing reminder of the importance of being there for the community and can be counted on to read Torah, lead any service on a moment’s notice and never look for thanks or acknowledgment. Many years ago, I had the pleasure of being at services when Herb was chanting the haftarah. Before chanting in Hebrew, he gave a brief *drash* (explanation) of the haftarah he was about to chant. It made listening to the haftarah much more meaningful to me. It also was the catalyst that led me to make it a *minhag* (tradition) that before chanting a haftarah, I would offer a little teaching about what was about to be read.

Hopefully, we can make every prayer meaningful to us. Otherwise, what is the purpose of the prayer? I encourage you to lead a service as I believe it can make services more meaningful. But, if that is not what you are looking for, my prayer for you is that all of your prayers are meaningful.

In next month’s Davar article, I will share which of the prayers is most meaningful to me.

PESACH 5781 (Adapted from Pesach 5780)

How will Pesach be different this year from all other Pesachs?

This year Pesach will be different because...

In all other years we share Seder with friends and family, this year we will again sit at home for both nights of Seder.

In all other years we share Seder with those around the table, this year we will again share Seder with friends from all over through Zoom.

In all other years Ohr Shalom hosts Second Seder at Third & Laurel, this year we will host two Seders, and both of them on Zoom.

In all other years all the plagues are in the Haggadah, this year we will again be observing our Pesach while experiencing a new plague.

In all other years Pesach services are held at Ohr Shalom throughout the holiday, this year all services will again be held online.

In all other years we end the Seder by praying “Next Year in Jerusalem,” this year we will end the Seder the same way and include prayers that everybody should be safe and healthy, and that soon this pandemic will end.

If you need anything for your Pesach, please call or email the office and we will be there to help.

Pesach begins with first Seder on Saturday night, March 27. This is the link to the Rabbinical Assembly’s Kashrut Subcommittee’s Recommendations for Pesach 5781: <https://bit.ly/3kiievz>. You’ll also find a link there to the Rabbinical Assembly’s Annual Pesach Guide.



Mechirat Chametz (Selling Chametz) 5782/2021

Every year our synagogue provides the opportunity to sell your chametz at Passover. Rabbi Meltzer (and the rabbis of other synagogues) act as agents in selling your chametz to a non-Jew. At the end of Passover Rabbi Meltzer will repurchase the chametz, and ownership will be returned to you.

Please complete the information below to sell all of your *chametz* before *Pesach* and return to Ohr Shalom by **Thursday, March 25**.

Email: rabbi@ohrshalom.org

The Selling of Chametz

I hereby authorize Rabbi Scott A. Meltzer to serve as my agent in selling all of the chametz at the following address(es):

Signature



RELIGIOUS SCHOOL AND YOUTH PROGRAMMING

Cheryl Katz
Director of Education & Youth Programs

I usually look at Pesach as a metaphor for a little spiritual (as well as literal) spring cleaning! What can I live without, what needs to be removed, to make me a freer, kinder, better person, more like the me I want to be?



After a year of COVID-preventive living, with minimal outings, minimal people within 6 feet of myself, having removed so much from my life already, I'm looking at this Pesach a little differently. With so much cleaned out already, I'm asking what should I welcome back in? What should I be making space for?

We're not yet at the point where the floodgates of "normal" (whatever that means) are open. But we're on an upswing and there is light at the end of the tunnel! What are you ready to welcome back in, and make more of, this Spring? What are you looking forward to when time starts again?

Chag Pesach same'ach.

USY

Kadima/Family Game Nights continue most Mondays (except Jewish and secular holidays) from 7:00-8:30pm. Open to all ages, games are family friendly and parents and siblings are welcome!



Teen Lounge Nights meet Wednesdays from 7:30-9:00pm, and are open to 7th-12th graders. Here are our Lounge themes for March:

3/3 Unpopular Opinion Party – for the debaters (and the opinionated) among us!

3/10 Quiz Night – test out your trivia chops

3/17 PowerPoint Roulette – hilarity ensues when players create arbitrary PowerPoint presentations and give them to others to present.

3/24 Game Night

3/31 Chopped: Pesach – cooking challenge, KforP style! Use what you can find in your house to create dishes on-theme!

Teen Shabbat will meet again on Friday, March 12 from 6:00-7:00pm

We are very excited to be able to present another live, in-person Teen Shabbat on the second Friday of March! We look forward to creating our own unique and sacred space to begin Shabbat together.

This event will be a live, in-person, socially distanced, masked and temperature-checked outdoor service! Participants must be registered in advance and have waivers completed by a parent or legal guardian. We will strictly adhere to a cap at 12 teen participants.

For more information about safety precautions, to RSVP and to provide the parental waiver, visit

<https://teenshabbat.ossrs.org>

LAUREL STREET BEAT

from Love Zubiller, Religious School Committee Chair



If you found the afikoman at this year's Passover Seder, what prize would you want, and why?



Eric S., Kita Zayin: "The prize that I would want if I get the afikoman is some money for two things. First, to put it towards my savings for a surfboard. Second, to put towards mitzvot."



Lucia D., Kita Bet-Gimel:
A chance to get CuteCraft (from Minecraft).

Mad Lib Instructions

Take turns with family and friends filling in the blanks below with appropriate words. Be creative — use unusual words and out-of-the-ordinary ideas. Don't read the story while filling in your blanks — the fun comes at the end when you read your complete story out loud! Email a picture of your completed Mad Lib to religious school Principal Cheryl Katz (principal@ohrshalom.org) by Friday, March 12, and she'll pick one to read out loud at Sunday's Religious School!

A Guide to the Passover Seder

A Passover Seder is a ritual _____ performed in the Jewish community that involves _____ the story of the Israelites' liberation from slavery in ancient _____. This story is in the Book of Exodus in the Hebrew _____. Traditionally, families and _____ gather in the _____ to read the text of the _____, an ancient work derived from the Mishnah.

Seder customs include telling the _____, drinking _____ cups of wine, eating matzah, eating symbolic _____ placed on the Passover Seder plate, and _____ in celebration of freedom. There are _____ items on a seder plate, including Maror, which symbolizes the bitterness of _____; lettuce; charoset, made of _____ and nuts, which represents the mortar used to build the _____ of _____; parsley; a roasted lamb bone; and a hard-boiled _____.

Toward the end of the Seder, a special piece of _____ called the afikoman is hidden. The _____ who finds it will receive a prize, such as chocolate coins or a _____.

ADULT EDUCATION

CLASSES with Rabbi Meltzer

<https://us02web.zoom.us/j/83107501072> (Passcode: myshul)

DAF YOMI Wednesdays at 10:00am

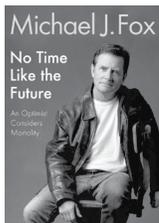
Rabbi Meltzer offers a weekly class to discuss the pages of Talmud most recently covered.

READINGS WITH THE RABBI

Sunday, April 18, 10:00am

No Time Like the Future: An Optimist Considers Mortality

by Michael J. Fox



With a thoughtfulness that can be rare in celebrity memoirs, Michael J. Fox peels back the curtain on his recent struggles living with Parkinson's. Significant health setbacks (major surgeries, broken limbs, re-learning how to walk, endless rehab) challenged the very notion of hope for the award-winning actor, and yet within these pages you will find exactly that: hope and the strength to persevere. Diagnosed with Parkinson's at age 29, Fox is equally engaged in Parkinson's advocacy work, raising global awareness of the disease and helping find a cure through The Michael J. Fox Foundation for Parkinson's Research, the world's leading non-profit funder of PD science. His two previous bestselling memoirs, *Lucky Man* and *Always Looking Up*, dealt with how he came to terms with the illness, all the while exhibiting his iconic optimism. His new memoir reassesses this outlook, as events in the past decade presented additional challenges. [from Amazon Reviews]

ILLNESS AND HEALING BOOK GROUP

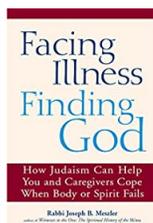
Tuesdays at 11:00am

(No book club March 23 & 30)

This group is for anyone who is a caregiver or has a family member with a serious long-term illness. Each week will focus on a chapter discussion and healing.

Judaism Can Help You and Caregivers Cope When Body or Spirit Fails

by Rabbi Joseph B. Meszler



SLOW READ BOOK CLUB

Fridays at 1:00pm

In-depth chapter discussions each week:

Wild Visionary: Maurice Sendak in Queer Jewish Context

by Golan Y. Moskowitz

Discussion ends in March; new book will start in April.

Marpeh Meditation



Sundays, March 7 & 21 3:00pm

We strive to create a safe and comfortable space for all women, regardless of ability, limitations and yoga experience.

Zoom Room for Marpeh

<https://us02web.zoom.us/j/375803286>

Funds generously granted through



OHR SHALOM WELLNESS CLASSES

Meditation with Alex van Frank

Tuesday Evenings at 7:00-7:30pm

(March 2, 9, 16, 23)

Life in the pandemic is rough and unpredictable. Let's meditate together and become more relaxed, positive, confident and perhaps even gain a new perspective.



Alex van Frank, C-IAYT will begin a post-minyan meditation group on Tuesdays at 7:00pm for half an hour.

Meditation will help you develop your intuitive wisdom, deep emotional resilience, genuine empathy, surprising creativity, and inner calm. The compassionate action of training your mind through meditation allows you to take care of yourself and has the added benefits of:

- Lowering blood pressure • Less anxiety
- Lower stress levels • More feelings of well-being
- Deeper relaxation

Zoom: <https://us02web.zoom.us/j/82805583843>

Meeting ID: 828 0558 3843

Balance with Don Wright

Thursdays at 10:30am



Falls are serious and costly. Each year, millions of people 65 and older fall. Falling once doubles your chances of falling again. Don Wright, an experienced fitness instructor, will teach about preventing falls and mitigating their repercussions by working on "ABCSM":

- Agility • Balance • Coordination • Strength • Mindfulness

The only equipment needed is a straight-back chair.

Zoom: <https://zoom.us/j/92742164877>

Passcode: Balance

Contact the office if you'd like the links to videos of previous sessions.

KNITZYAH GROUP

with Jodie Graber

Monday, March 8 & 22, 7:00pm

Come knit scarves for those in need! All levels and all ages of knitters welcome! Jodie will guide those who need help and we can all be together to knit and kibbitz!

Email Gillian with any questions.

<https://zoom.us/j/99664033489>

Meeting ID: 996 6403 3489

Passcode: knit



CHANGES TO THE OHR SHALOM BOARD



The Ohr Shalom Board is pleased to welcome **Rebecca Bucher Wollner**, who has become Chairperson of a new committee called **Jewish Life**. The objective of this committee will be to provide opportunities for Ohr Shalom members to socialize and find common interests. In the long run, the Jewish Life Committee will organize affinity

groups and help members of the congregation who have common interests find one another. In the short run, Rebecca will work on welcoming New Members, and she will take over Ohr Shalom On the Town.

Rebecca was born in Virginia, but, as the daughter of an officer in the U.S. Marines, she grew up moving about the USA with her family. She attended UCLA, where she earned an undergrad degree in English and a Masters degree in Library and Information Science. At UCLA, Rebecca also met her spouse Margalit Wollner – when they both attended a Hillel challah baking. She currently is a librarian at the Design Institute of San Diego, the city's premier school of interior design. Rebecca, who now has lived in San Diego for 3 ½ years, enjoys reading, cooking and hand quilting. She also spends time, she says, "catering to the whims of my cat."

Every Ohr Shalom member is urged to think about new programs, clubs or interest groups that they might like to find at the synagogue. Would you enjoy attending a monthly lunch club? Cooking with a gourmet interest group? Getting together with fellow film buffs to discuss movies? If so, then please contact the office (office@ohrshalom.org). The Jewish Lives Committee wants to help you to organize a program around your interests!

With regret, we announce that **Marda Rose**, our excellent **Sisterhood** President, has resigned that position and left the Board. The Sisterhood presidency currently is vacant. While Marda and others sparked a wonderful Renaissance within Sisterhood, and sustained an energetic core group as recently as four years ago, membership recently has fallen and events have been sparsely attended. As a well-producing farm field needs a periodic Sabbatical Year to rest, perhaps our Sisterhood requires a short break as well. Any woman within the congregation who is interested in moving Sisterhood forward is urged to contact Ohr Shalom's president, Lynn Mendelsohn.

Thursdays, March 4 & 18 at 7:30pm

<https://us02web.zoom.us/j/83107501072> (Passcode: myshul)

Jewish Music Class *with Elisheva Edelson*

**Sephardic and Ashkenazi;
all Jews, but different tunes.**

Music stopped when the 2nd Temple was destroyed, so, when did the Jews start singing again? How did the Jews develop so many folk songs? Do Sephardic Jews and Ashkenazi Jews sing about the same topics?



Elisheva is the conductor of the Ohr Shalom Choir.



FROM OUR EXECUTIVE DIRECTOR

Gillian Argoff-Treseder
Executive Director

Passover is coming. I know we may not be able to have a big gathering this year, but I'm still thinking about recipes. Every year, I try to find one new recipe that works for Pesach. It's usually a dessert. I've made matzah brittle, homemade macaroons, flourless chocolate cake, and every Manischewitz boxed cake they offer for Passover. But, ever since my husband got me a Chia-pet for Chanukah last year, I've been obsessed with discovering new ways to use chia seeds.

Chia is one of those health foods that has trendiness and mystery. That celebrity food you hear about all the time, but never really want to try until someone gives it to you as a gag-gift. Clearly, I've fallen in love. It's a seed that makes its own "pudding" texture just by adding liquid! It's loaded with protein and fiber and I can make it into a pareve-chocolate dessert for Pesach!!! The 10-year-old science (and chocolate) lover in me is in heaven. Here's my favorite chia pudding recipe. (If you don't like pudding or a tapioca-like texture to your food, please skip to the next wonderful Davar article. This recipe is not for you.)

Chocolate Chia Seed Pudding

(adapted from Minimalist Baker)

This recipe makes 4 half-cup servings. Gluten free and vegan/pareve

(If you are making this for Pesach, please check your hechshers. <https://www.kashrut.com/Passover/MiscProductInfo/>)

Ingredients:

¼ cup unsweetened cocoa powder
5T maple syrup (agave or date syrup)
½ t ground cinnamon
½ t vanilla extract
1.5 cups unsweetened almond milk (coconut milk is also delicious)
½ cup chia seeds (add more or less chia to find your desired texture)

Instructions:

Whisk together cocoa powder, syrup, vanilla and cinnamon until you form a thin paste. Slowly whisk in the almond milk until smooth. Add chia seeds and stir well. The chia will start to thicken in about 10-15 minutes. Stir well again and make sure to fully incorporate the chia. Refrigerate for at least one hour. Serve chilled. Top with fruit and/or pareve whipped cream!



בתאבון ~ Bon Appetite! ~ Enjoy!



by Aviva Angel
Vice President of USA
Chapter of NALA

NALA ISRAEL (NTD ADVOCACY, LEARNING, ACTION)

NALA Israel is a team of extraordinarily gifted and talented scientists and engineers led by Israeli Professor Zvi Bentwich. After working in Ethiopia treating NTD's, Dr. Bentwich created NALA with the purpose of eradicating NTDs (Neglected Tropical Diseases) by removing the causes of NTDs rather than just treating the symptoms. It began as a small volunteer-based organization, working in one community in Ethiopia that had an extremely high NTD prevalence. Since then, NALA has developed into a thriving organization, working in many communities throughout Ethiopia.

Since early November 2020, an armed conflict has rocked the northern Ethiopian region of Tigray. **Clashes between the regional and federal forces have resulted in the mass displacement of civilians and a rapidly deteriorating humanitarian situation.** According to reports by the UN humanitarian agencies, over 1 million people are in need of urgent assistance. Several Israeli organizations in the fields of international development and humanitarian aid, including those with operations in Ethiopia, have joined forces to confront the crisis and deliver humanitarian aid to the affected areas.

Due to telecommunication blackouts and lack of road access, the full scope of the crisis is still unknown. However, initial reports describe the dire need for: clean and safe drinking water; medical equipment; shelter for displaced people; personal items such as hygiene kits; food; psycho-social support to cope with trauma.

Currently, NALA is on the ground, supplying aid in the form of water distribution, food distribution, soaps, hand sanitizers, blankets and feminine products through four IDP (internally displaced persons) centers in Mekele (the capital city of the Tigray Region).

Water continues to be distributed through water trucks in neighborhoods and suburbs of Mekele. Neighborhoods that have weaker infrastructure and are demographically

vulnerable are prioritized. Food distribution and packages have been given to people suffering from severe chronic disease who find themselves at high risk due to food shortage in the city. Hygiene kits have been distributed to individuals at the centers. A majority of the funding for the work that NALA is doing comes through grassroots fundraising by the Ethiopian Diaspora community in Israel. In addition, some of NALA's staff, currently working in Ethiopia, are Ethiopian Israelis.

In late January, NALA held an inspiring international



Ethiopian country director Nissan Zerai Keste, Ethiopian Israeli Activist Shmuel Yilma

forum on Zoom (attended by several Ohr Shalom members). From Ethiopian country director Nissan Zerai Keste, Ethiopian Israeli Activist Shmuel Yilma, and Liat Rennert, NALA's Humanitarian Response Manager, we learned about the work that NALA is doing, the conflict, and the amazing aid work that NALA is doing in response to the current humanitarian crisis in Ethiopia. You can find out more about the humanitarian crisis and how NALA is responding by watching: <https://youtu.be/szAHkT2KlvE>.

How You Can Help: You can support NALA's work by donating at: <https://www.jgive.com/new/en/usd/donation-targets/47531>, Your money will go far: a \$50 donation can fund a full day of water truck operation, reaching 400 families with safe drinking water, or can provide 3 families with a monthly food package that includes flour, rice and oil.

More information about NALA: <https://www.nalafoundation.org/>

WORDS FROM THE PRESIDENT CONT.

growing SDFAG. However, during the 1940's the Putnams had a falling out with the SDFAG Director and halted their patronage. In 1951 they established the Putnam Foundation to own and manage their art items. To retain the by-now priceless Putnam collection in San Diego after the deaths of the sisters, in 1961 the Timken Family stepped forward to finance the construction of a small art museum in Balboa Park. The Timken Museum opened in 1963, housed in a spare modern building plopped next-door to the Spanish-ornate ("plateresque") Museum of Art. The Putnam Foundation still is adding to its collection.



Timken House



CHESED/COMMUNITY CARING

Marvin Yudkovitz
Chesed/Community Caring Chair

CHESED/COMMUNITY CARING PROGRAM

During this past month, the Chesed/Community Caring program has been busy.

First, thank you to the thoughtful members who are involved in our calling program, maintaining a telephonic connection with other Ohr Shalom members. Those involved in making calls are **LeAnne Adams, Aviva Angel, Jeanne Argoff, Louise Chandler, Allyson Darroch, Jonathan and Alma Geiger, Morris Lazard, Jessica Lemoine, Ruti Levy, Susie Meltzer, Lynn and Ivan Mendelsohn, Rocky Reid, Aviva Rosenberg, and Al Sheldon.**

I also want to mention those members who have contributed meals for the two meal trains we had (as of the date I'm writing this): **Aviva Angel, Sue Brown, Amy Morris, Marci Prag,** and all of those who contributed money.

Next, thank you to those who have contributed to the Chesed/Community Caring Fund (see names in the back of the Davar). I especially want to acknowledge **the Lou Dunst Foundation,** who with a generous grant has allowed us to order gifts to be given to newly wed and newly born Ohr Shalom members.

And lastly, I give a special shoutout to **Gillian Argoff-Treseder** for all the assistance she has provided to the Chesed/Community Caring program. She is the glue that holds it all together.

I apologize if there is anyone I failed to thank.

If any members of Ohr Shalom would like assistance from the Chesed/Community Caring Program, please contact me. (240-506-3042, chesed@ohrshalom.org)

SOCIAL ACTION

SCARVES KNITTED BY KNITZVAH GROUP DONATED TO TAY ACADEMY

SOCIAL ACTION

PESACH FOOD DRIVE

1 in 3 people in San Diego County need food assistance and nutrition security.

Every year the JFS Hand Up Food Pantry makes it possible for members in our community to celebrate Passover with traditional food and ritual items. This year they are planning to embrace 300 Community members. They need non-perishable, wholesome food donations for the foods bags they will distribute before Passover!

Please bring these Kosher for Passover items to Ohr Shalom by **Sunday, March 14:**

- Matzah ball soup mix
- Horseradish
- Matzah
- Macaroons
- Jelly Candy
- Gefilte Fish
- Grape juice
- "Happy Passover" Cards
- Seder Plates
- Haggadahs



If you'd prefer, you can donate directly to JFS at www.jfssd.org/donate.

ONGOING FOOD DRIVE FOR JFS

The current pandemic has forced thousands of families and older adults into food insecurity. Every week, 1,700 people rely on Jewish Family Service nutrition services – this is a 309% increase in the number of San Diegans served before COVID-19. Drive-thru distribution and home-delivered meals program are counting on your support to meet the urgent needs of our community. If you are financially able, please continue to help by giving online at <https://www.jfssd.org>.

These are some of the items that are needed most:

Canned Goods: Tuna, Chicken, Meat, Fruits, Vegetables, Broth

Boxed Items: Baking Mixes, Whole Grain Crackers, Cereal, Rice, Pasta, Other Grains

General Items: Peanut Butter, Mac 'n Cheese, Ramen, Dried Fruit/Nuts, Granola, Protein Bars



TAY ACADEMY

COVID-19 has changed many things for TAY. Before the pandemic, members of Ohr Shalom supplied weekly hot meals, blankets in winter, travel-size toiletries, new socks and underwear, and money to help supply those things to the 14-24-year-old youth TAY serves. TAY staff, within the confines of safety and health, is still able to provide counseling and other services, including some "grab and go" food. Even though we haven't been able to donate meals during this period, TAY still needs our help. If you are able to help, please contact Marilyn Shelden at marilyn.shelden@gmail.com or the Ohr Shalom office.





Jeanne Argoff
Chair

Sunday, March 7, 10:00am
Jewish Genetic Diseases
Dr. Bryce Mendelsohn



Approximately a dozen genetic diseases, linked to recessive genes, are more common among Ashkenazi Jews than within the general population. “Carrier screening” has become common practice when Jews decide to marry. This talk will discuss carrier screening and prenatal testing, our emerging ability to self-engineer genetic diseases, and ethical issues that arise from this.

Dr. Bryce Mendelsohn grew up in San Diego and attended Scripps Ranch High School. He earned a Bachelors degree in Biology and Music at Emory University, Atlanta, and an MD and PhD in Molecular Genetics at Washington University in St. Louis. He completed Residencies in Pediatrics and Medical Genetics at the University of California San Francisco. Currently he is a Physician in the Department of Genetics, Kaiser Oakland Medical Center.

THANK YOU TO EVERYONE WHO MADE THIS YEAR’S JDAAIM A SUCCESS

Ohr Shalom’s Jewish Disability Awareness, Acceptance and Inclusion Month (JDAAIM) set a new plateau last month. Established at Ohr Shalom three years ago at **Shoshanah Feherer Sternlieb’s** urging and direction, this year’s JDAAIM activities sparked a level of participation and interest that we could not have imagined when we started. While we can credit Zoom for enabling more people to participate without leaving their homes, technology wasn’t the only reason for heightened awareness.



Debbie Reid’s idea to encourage congregants to talk about their own experience with disability led to many people doing short presentations in Minyan Minutes throughout the month. This led some, like **Valerie Razinsky** and **Matthew Razinsky** to offer their expertise and time to other congregants on an ongoing basis (*see the article on this page*). In addition, the Religious School featured classroom topics on Jewish values that connect to inclusion of people with differences and has a series of activities to increase understanding and create empathy with people with disabilities.

Programming this year brought in fascinating and powerful disability leaders and experts like **Judy Heumann** and **Gabrielle Kaplan-Meyer** and elicited interest and community partnership from sister synagogues Beth Israel (San Diego), Adas Israel (DC) and Kol Ami (VA), as well as other local institutions like Deaf Community Services, Strategic Employment Solutions, and Jewish Learning Venture. And we look forward to **Dr. Bryce Mendelsohn’s** talk on Jewish genetic diseases on March 7.

Most importantly, we have made a firm commitment to extend disability awareness and inclusion throughout the year, aimed at continuing to make Ohr Shalom a place where people with disabilities feel like they belong and can participate and contribute.

Special thanks to the JDAAIM committee – **Shoshanah Feherer-Sternlieb** and **Debbie Reid** – and to **Rabbi Meltzer, Lynn Mendelsohn** and **Gillian Argoff-Treseder** for embracing JDAAIM and making it happen.

OHR SHALOM MOBILITY AND ACCESSIBILITY EQUIPMENT EXCHANGE PROGRAM

Many people come home from the hospital after a knee or hip replacement with durable medical equipment to aid in their recovery and therapy. Items like walkers, pick sticks/grabbers, sock expanders, wheelchairs, etc. help with daily living skills, but may no longer be needed after they are healed. Or, when a family member dies, the family may want to give away any accessible equipment that is no longer needed. These items might be very helpful to others who are experiencing problems with mobility or accessibility.



Valerie Razinsky is starting a *Mobility and Accessibility Equipment Exchange* for Ohr Shalom congregants. She will coordinate this exchange program to help match up those who have equipment to donate with those who may need particular items. She will not be receiving and storing donated equipment but will instead facilitate the exchange through email. You can contact her at maven@aol.com to let her know you have equipment you no longer need or request items you need. Please type into the SUBJECT line: “Mobility & Accessibility Exchange.”

Valerie is also willing to be the “Dear Abby of Physical Disability” and answer questions about: the type of equipment and aids available so one can move about independently; how to make a home accessible for the physically challenged, allowing that individual to stay in place – e.g., ramps, toilets, sinks, kitchen and mobility equipment.

In addition, if you have questions about low-vision equipment – e.g., computers, laptops, mobile phones, tablets, and other equipment available for the visually impaired, please send them to **Matt Razinsky** at MrBeardz@aol.com. Besides answering questions related to equipment for the visually impaired, Matt is also willing to answer questions dealing with Learning Disabilities – his experiences with education, socialization, DSPS services available for those with disabilities in community college and the difficulty of getting and retaining jobs. Make sure to place in the email SUBJECT line: “Low-Vision Equipment” or “Learning Disabilities Question,” as appropriate.

TODAH RABAH AND LIFE CYCLE EVENTS

Thank you for your generous donations in February:

SYNAGOGUE FUND

Sidney Miraz

In loving memory of Ronnie Morales

Sara Artenstein
Luba Goldstein
Jim Lewis

In loving memory of Bill Tall

Al and Marilyn Shelden

In loving memory of Cynthia Prag

Eli, Valerie and Matthew Razinsky

In loving memory of Frank Marco

Love and Matthew Zubiller

In loving memory of Vanina Bunton

Rachel Millstone

In loving memory of Michael Wolpoff

In loving memory of Philip Weinstein

In loving memory of Doris Glickman

Sheldon and Harriet Wolpoff

In loving memory of Betty Markin

In loving memory of Rose Schiff

In loving memory of Louise Schiff

Eileen Wingard

In loving memory of Leib Finkler

Aaron Rubinstein

In loving memory of George Roadburg

David and Harlene Rottenberg

In loving memory of Judy Davis

Mel and Bonnie Tabak

In loving memory of Edward Argoff

In loving memory of Ritchie Fordham

Jeanne and David Argoff

In honor of Ivan Mendelsohn and

Mark Smith for always helping us

Susanne and Ruben Lisker

In honor of Marcia Sach's Birthday

Andy Sachs

In honor of Ray Sachs for all you

do for Ohr Shalom Synagogue

Andy Sachs

In honor of Chaplin Venouziou

Ben Silver

RABBI'S DISCRETIONARY FUND

Al and Marilyn Shelden

In loving memory of Ronnie Morales

Joy Heitzmann and Jack Cohen

In loving memory of Cynthia Prag

Eli, Valerie and Matthew Razinsky

SOCIAL ACTION FUND

In loving memory of Cynthia Prag

Eli, Valerie and Matthew Razinsky

Josephine Romano

CHESED/COMMUNITY CARING

Marvin Yudkovitz and Judy Gaines

DISABILITY AWARENESS MONTH

Jeanne and David Argoff

Anonymous (2)

TODAH RABAH TO OUR

SHABBAT SPONSORS:

Raulf and Sharon Polichar

Darron and Merav Segall

Mahin Nobel

David and Melody Abeles

Goyo and Melissa Galicot

We apologize for any omissions.

Mazal Tov to

Oz and Shelley Lanaido

on the birth of their

daughter **Shir Rebeca**

and to grandparents

Jaime and Denisse Brener

and great-grandparents

José and Ana Galicot.



Todah Rabah to our February Shabbat Service Leaders, Torah and Haftarah Readers, D'rashot, Daily Minyan Minute and Minyan Leaders:

LeAnne Adams
Aviva Angel
Jeanne Argoff
Ilan Awerbuch
Laura Bloom
Rabbi Yonina Creditor
Jonathan Geiger
Jonah Giuliani
Joe Hartman
Jerry Horn
Rebecca Iden
Koba
Cheryl Katz
Morris Lazard
Susanne Lisker
Eli Meltzer
Jennifer Meltzer
Nadiv Meltzer
Susie Meltzer
Ivan Mendelsohn
Lynn Mendelsohn
Rachel Millstone
Amy Morris
Bill Morris
Ya'ara Oren
Debbie Reid
Rocky Reid
Matthew Razinsky
Valerie Razinsky
Aviva Rosenber
Ruben Rosental
Talia Segall
Chavah Siegel
Brian Stannard
Jonah Weinberg
Rabbi-Cantor Cheri Weiss
Dan Weiss
Margalit Wollner
Aviva Wolpoff
Milo Wolpoff
Marvin Yudkovitz
Jane Zeer

Yahrzeits

Pauline Jaret Schechter	Janet Tiger's Mother	1-Mar/17 Adar
Lisa Clerici	Evelyn Schwimmer's Daughter	2-Mar/18 Adar
Mira Milstein	Enrique Milstein's Mother	2-Mar/18 Adar
Bernice Tiger	Stan Tiger's Mother	2-Mar/18 Adar
*Hy Zipp	Elaine Smith and Janice Zipp Cannizzaro's Father	2-Mar/18 Adar
Esther Zouari	Remembered by the Bunton Family	2-Mar/18 Adar
*Sheine Masha Goldberg	Esther Tishman's Mother, Lilian Deicas and Rosa Ratniewski's Grandmother	3-Mar/19 Adar
Szali Grun	Elizabeth Green's Great Grandmother	3-Mar/19 Adar
Manuel Levi	Elena Waisbord's Son	3-Mar/19 Adar
*Isaac Zachs	Reina Shteremberg's Father	3-Mar/19 Adar
Leonora Cohn	Jennifer Tuteur's Grandmother	4-Mar/20 Adar
John Nobel	Melissa Galicot's Father	4-Mar/20 Adar
Samuel Goldberg	Esther Tishman's Brother	5-Mar/21 Adar
Juliet Green	Remembered by Elizabeth Green	5-Mar/21 Adar

Yahrzeits

*Hyman Joseph Kaplan	George Kaplan's Father	6-Mar/22 Adar
Benjamin Koistinen	Remembered by Tricia Pummill.....	6-Mar/22 Adar
Edward Mayer Argoff	David Argoff's Brother.....	7-Mar/23 Adar
Eleanor Braun	Gary Brown's Mother.....	7-Mar/23 Adar
Leonardo Kobisher	Aida Kobisher's Father	7-Mar/23 Adar
Judy Davis	Bonnie Tabak's Sister	8-Mar/24 Adar
Doris Broudy Goodman	Alice Broudy Cupples' Aunt	8-Mar/24 Adar
David Palmer	Remembered by Sarita Zands.....	8-Mar/24 Adar
*Rabbi Aaron Gottesman	Remembered by Ohr Shalom.....	9-Mar/25 Adar
Aida Heller	Remembered by Allan Wolf	9-Mar/25 Adar
*Lea Lazard	Morris Lazard's Mother.....	9-Mar/25 Adar
Bernie Moss	Remembered by Gillian Moss	9-Mar/25 Adar
*Maurice Polichar	Raulf Polichar's Father	9-Mar/25 Adar
*Julia Winsberg	Susan Kaplan's Grandmother	9-Mar/25 Adar
Leib Ben Aaron Finkler	Aaron Rubinstein's Uncle	10-Mar/26 Adar
David Goldstein	Don Goldstein's Father and Jennifer Meltzer's Grandfather	10-Mar/26 Adar
Gladys Marco	Love Zubiller's Grandmother	10-Mar/26 Adar
*Blanche Goldstein	Ellen Statman's Mother	11-Mar/27 Adar
Sari Rose	Elaine Smith and Janice Zipp Cannizzaro's Aunt	11-Mar/27 Adar
Tillie Wolf	Allan Wolf's Mother.....	11-Mar/27 Adar
Richard Fordham	Jeanne Argoff's Father and Gillian Argoff-Treseder's Grandfather.....	12-Mar/28 Adar
Michael Frank	Jeremy van Frank's Father.....	12-Mar/28 Adar
*Nissim Capelluto	Stella Salzmann's Father.....	13-Mar/29 Adar
Nathan Epstein	Remembered by Marda Rose	13-Mar/29 Adar
Carlos Sefchovich	Remembered by Samuel Galek	13-Mar/29 Adar
*Gloria French	Remembered by Reyna Forman	14-Mar/1 Nisan
Iris Moss	Remembered by Gillian Moss	14-Mar/1 Nisan
Sandra Golden	Ralph Golden's Wife.....	15-Mar/2 Nisan
*Laura Casuto	Morris Casuto's Mother	17-Mar/4 Nisan
*Yuriy Glozman	Golda Slutskaya's Father	17-Mar/4 Nisan
Jenny Stepensky	Teshy Wellman's Sister	17-Mar/4 Nisan
Marcus Broudy	Alice Broudy Cupples' Great Uncle	18-Mar/5 Nisan
Anna Golden	Ralph Golden's Mother.....	18-Mar/5 Nisan
Herbert Kay	Koba's Father	19-Mar/6 Nisan
Hayim Levine	Ana Galicot's Father	19-Mar/6 Nisan
*Ruth Okin	Michael Okin's Mother	19-Mar/6 Nisan
Jaime Tacher	Salomon Tacher's Father.....	19-Mar/6 Nisan
Yosef Govezensky	Bertha Szmulowicz's Father	20-Mar/7 Nisan
Annette Greene	Richard Greene's Mother	21-Mar/8 Nisan
Chana Rosental	Ruben Rosental's Mother	21-Mar/8 Nisan
Theodore Schiffman	Judie Dresser's Father and Samantha Hardy's Grandfather.....	21-Mar/8 Nisan
Enid Levy	Avigayil Levy-Yochanan's Grandmother.....	22-Mar/9 Nisan
*Joseph Schor	Renee Schor's Grandfather.....	22-Mar/9 Nisan
Sara Slutskaya	Golda Slutskaya's Grandmother.....	22-Mar/9 Nisan
Min R. Tarlov	Norman Greene's Aunt.....	22-Mar/9 Nisan
Raquel Grinberg	Ruben Rosental's Grandmother.....	23-Mar/10 Nisan
Caroline Ornstein	Remembered by Sisterhood.....	24-Mar/11 Nisan
Rivkah Yehudit Sheehan	Remembered by Anita Nemoy and Justina Nemoy.....	24-Mar/11 Nisan
Gertrude Weinstein	Sheldon Wolpoff's Mother.....	24-Mar/11 Nisan
Henry Green	Barbara Haislip's Father	25-Mar/12 Nisan
*Rosa Antokolsky de Maya	Wolf Bielas, Simon Bielaz and Mina Cohen's Grandmother	26-Mar/13 Nisan
Mildred Green	Barbara Haislip's Mother	26-Mar/13 Nisan
*Ruth Ressler	Jeffrey Ressler's Mother.....	26-Mar/13 Nisan
Graciela Kantorovich	Remembered by Sarita Zands.....	27-Mar/14 Nisan
Jack Linsk	Amy Morris' Father	27-Mar/14 Nisan
Enrique Margolis	Remembered by Elsa Margolis	28-Mar/15 Nisan
Isaac Veinbergs	Miguel Veinbergs' Father	28-Mar/15 Nisan
Rabbi Leo Geiger	Jonathan Geiger's Father.....	30-Mar/17 Nisan
Matilda Green	Elizabeth Green's Grandmother.....	30-Mar/17 Nisan
Juno Reznik	Remembered by Becky Reznik	30-Mar/17 Nisan
Rose Slovis	Lisa Slovis Mandel's Grandmother.....	31-Mar/18 Nisan

** denotes a memorial plaque was purchased in memory of a loved one*



CALENDAR OF EVENTS

March 2021

Adar/Nisan 5781



Sunday, March 7, 10:00am
Lecture:
Jewish Genetic Diseases
 Dr. Bryce Mendelsohn



See details on page 11

Thursdays, March 4 & 18 at 7:30pm

Jewish Music Class
with Elishava Edelson



See details on page 8

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 17 Adar Storytime with Jennifer Meltzer 3:00pm Harry Potter Reading Hour (All-Ages) 5:00pm Minyan 6:15pm Choir Practice 6:45pm Kadima Game Night 7:00pm	2 18 Adar Illness and Healing Book Group 10:00am Minyan 6:15pm Wellness: Meditation 7:00pm	3 19 Adar Adult Ed: Daf Yomi 10:00am Storytime with Jennifer Meltzer 3:00pm Harry Potter Reading Hour (All-Ages) 5:00pm Minyan 6:15pm Teen Lounge 7:30pm	4 Wellness: Balance 10:30am Religious School 4:30pm Minyan 6:15pm Elishava's Music Class 7:30pm	5 21 Adar Slow Read Book Club 1:00pm Office Closes 2:00pm Kabbalat Shabbat Service "Ask the Rabbi" 6:15pm 5:31pm	6 22 Adar Parshat Ki Tisa <i>Shabbat Parah</i> Shabbat Service 9:30am Tot Shabbat 3:00pm 6:32pm
7 23 Adar JDAAIM Lecture: Jewish Genetic Diseases 10:00am Religious School 9:30am Marpeh 3:00pm Minyan 6:15pm	8 24 Adar Storytime with Jennifer Meltzer 3:00pm Harry Potter Reading Hour (All-Ages) 5:00pm Minyan 6:15pm Choir Practice 6:45pm Kadima Game Night 7:00pm Knitzvah Group 7:00pm	9 25 Adar Illness and Healing Book Group 10:00am Minyan 6:15pm Wellness: Meditation 7:00pm	10 26 Adar Adult Ed: Daf Yomi 10:00am Storytime with Jennifer Meltzer 3:00pm Harry Potter Reading Hour (All-Ages) 5:00pm Minyan 6:15pm Teen Lounge 7:30pm	11 27 Adar Wellness: Balance 10:30am Religious School 4:30pm Minyan 6:15pm	12 28 Adar Office Closes 2:00pm Teen Shabbat 6:00pm Kabbalat Shabbat Service 6:15pm 5:37pm	13 29 Adar Parshat Vayakhdei <i>Shabbat HaChodesh</i> Shabbat Service 9:30am Tot Shabbat 3:00pm 6:37pm
14 1 Nisan <i>Turn Clocks Forward an hour</i> Rosh Chodesh Nisan Religious School 9:30am Return to the Promised Land 2:00pm Minyan 6:15pm 	15 2 Nisan Storytime with Jennifer Meltzer 3:00pm Harry Potter Reading Hour (All-Ages) 5:00pm Minyan 6:15pm Choir Practice 6:45pm Kadima Game Night 7:00pm	16 3 Nisan Illness and Healing Book Group 10:00am Minyan 6:15pm Wellness: Meditation 7:00pm	17 4 Nisan Adult Ed: Daf Yomi 10:00am JNF Passover Cooking 10:00am Storytime with Jennifer Meltzer 3:00pm Harry Potter Reading Hour (All-Ages) 5:00pm Minyan 6:15pm Teen Lounge 7:30pm	18 Wellness: Balance 10:30am Adult Ed: Passover Prep Class 11:30am Religious School 4:30pm Minyan 6:15pm Elishava's Music Class 7:30pm	19 6 Nisan Office Closes 2:00pm Kabbalat Shabbat Service 6:15pm 6:42pm	20 7 Nisan Parshat Vayikra Shabbat Service 9:30am Tot Shabbat 3:00pm 7:42pm
21 8 Nisan Religious School 9:30am Marpeh 3:00pm Minyan 6:15pm	22 9 Nisan Storytime with Jennifer Meltzer 3:00pm Harry Potter Reading Hour (All-Ages) 5:00pm Minyan 6:15pm Choir Practice 6:45pm Kadima Game Night 7:00pm Knitzvah Group 7:00pm	23 10 Nisan Minyan 6:15pm Wellness: Meditation 7:00pm	24 11 Nisan Adult Ed: Daf Yomi 10:00am Storytime with Jennifer Meltzer 3:00pm Harry Potter Reading Hour (All-Ages) 5:00pm Minyan 6:15pm Teen Lounge 7:30pm	25 12 Nisan Wellness: Balance 10:30am Religious School 4:30pm Minyan 6:15pm	26 13 Nisan Fast of the Firstborn Office Closes 2:00pm Kabbalat Shabbat Service 6:15pm 6:47pm	27 14 Nisan Parshat Tzav <i>Shabbat HaGadol</i> Erev Pesach Shabbat Service 9:30am Tot Shabbat 3:00pm Community 1st Seder 7:30pm 7:47pm
28 15 Nisan Pesach I No Religious School Pesach Morning Service 9:30am Community 2nd Seder 5:30pm 7:48pm	29 16 Nisan Omer Day 1 Pesach II Pesach Morning Service 9:30am Office Closed No Minyan No Choir Practice 7:57pm	30 17 Nisan Omer Day 2 Pesach III Minyan 6:15pm	31 18 Nisan Omer Day 3 Pesach IV Adult Ed: Daf Yomi 10:00am Storytime with Jennifer Meltzer 3:00pm Harry Potter Reading Hour (All-Ages) 5:00pm Minyan 6:15pm Teen Lounge 7:30pm	1 19 Nisan Omer Day 4 Pesach V Wellness: Balance 10:30am No Religious School Minyan 6:15pm	2 20 Nisan Omer Day 5 Pesach VI Office Closes 2:00pm Kabbalat Shabbat Service "Ask the Rabbi" 6:15pm 6:52pm	3 21 Nisan Omer Day 6 Pesach VII Shabbat Pesach Service 9:30am Tot Shabbat 3:00pm 7:52pm