



# DAVAR MEGILLAH

AUGUST 2022 • MONTHLY NEWSLETTER • AV/ELUL 5782

## EREV TISHA B'AV SERVICE

Saturday, August 6, 8:30pm

at **Tifereth Israel Synagogue**  
Goodman Chapel  
6660 Cowles Mountain Blvd

Join **Rabbi Scott Meltzer**,  
**Rabbi Matt Marko**, and our  
friends from Tifereth Israel for  
a moving program that includes  
Havdallah, evening service, reading  
Eikcha (The Book of Lamentations),  
and a deep discussion of why bad  
things happen to good people.

*Vaccinations are required. Please bring  
your proof of up-to-date vaccination.  
Masks are optional, but recommended.*

תשעה באב



### LUNCH & LEARN

**Saturdays,**  
**August 13 & 27, 12:00pm**

Come for Shabbat services  
and stay for lunch &  
discussion

### Shabbat at the Bay Friday, August 19

6:45pm | Kabbalat Shabbat Service

Details on page 3

### Summer's End Mel Brooks Film Festival

3 Sunday evenings,  
starting August 21 at 8:15pm

First film  
**BLAZING  
SADDLES**

Details on page 4



## WE HAVE NO CHOICE BUT TESHUVAH

By Rabbi Scott Meltzer

In the *Mishneh Torah*, in the first chapter of the “Laws of Teshuvah/Repentance,” Maimonides instructs us: בְּזִמְנֵי הַזֶּה שְׂאִין בֵּית הַמִּקְדָּשׁ קַיָּם וְאִין לְנוּ מְזַבַּח כַּפָּרִיָּה אֵין שָׁם אֶלָּא תְּשׁוּבָה – “at this time in the absence of the Holy Temple and without an altar for atonement, all we have is “Teshuvah/repentance.”

That was true in the twelfth century when he wrote it, and it is true today. The process of repairing the ruptures we make in this world and being forgiven for those transgressions is radically different for us than it was for our ancient ancestors. Our path to forgiveness, and by means of that path, our chance at leading more whole and holier lives, is through the process that we call Teshuvah (Repentance).

When we stumble, err, blunder or sin, Teshuvah is the process by means of which we can correct that failing, becoming better human beings, and improve the quality of our lives and the world around us. Over the centuries, different teachers have offered different steps to do this process. I would suggest the following: (1) we need to feel genuine remorse for our action, (2) we need to admit our wrongdoing, (3) we need to fix or make restitution for what we have broken or done, (4) we need to apologize to those who have been wronged by our actions or words, (5) we need to go through a process to ensure that we will never repeat our past mistakes, and finally, (6) we need a special moment in time (Yom Kippur or our death) for that sin to be removed from our record.

We have the opportunity to engage in all of the steps of the process, save the last, at any time. It makes perfect sense that we should clean up our messes as soon as possible. Meaning: don't wait for the High Holy Days to seek forgiveness and engage in self-improvement. We can plan for the coming of the High Holy Days and Yom Kippur (more on that in a minute) but none of us know when our last day on this earth will be, so the tradition



encourages us to take seriously our obligation to Teshuvah every single day, so that when our last day does arrive, we will be ready for our final atonement.

Having said that, the Jewish calendar builds a sense of urgency as we approach the High Holy Days – calling us to take seriously our responsibility to take our lives seriously. Engaging in Teshuvah is one of the ways we acknowledge that our lives, and our actions, matter.

We spend the whole month of Elul, the month before Rosh HaShanah, with a hyper-awareness of our need to do Teshuvah. In some communities, there are special prayers – called Selichot – recited at a predawn service every day of the month. It is our tradition to recite the Selichot prayers on the Saturday night before Rosh HaShanah, or sometimes the Saturday night a week before Rosh HaShanah when Rosh HaShanah occurs at the beginning of the week – as is the case this year.

The Selichot prayers cause us to have a greater sense of urgency in engaging in the process of Teshuvah. In a very real way, since some of the prayers we recite at Selichot are the same prayer for forgiveness that we recite during the High Holy Days, Selichot serves as an introduction – spiritually, emotionally, even musically – to the High Holy Days.

This year, we will observe Selichot beginning at 8:00pm on Saturday, September 17. The evening will include

*Rabbi's Message continued on Page 4*



## WORDS FROM THE PRESIDENT

**Marvin Yudkovitz**  
President

# Our Weekday Minyan

As promised in my July *Davar* article, the next several President messages from me will focus on activities of Ohr Shalom in which you can become more involved. I sincerely hope you will!

I will start with the activity that occurs the most frequently – our **weekday minyan**, which occurs at 6:15pm every Sunday-Thursday (with the exception of national and Jewish holidays). The daily minyan typically lasts about 30 minutes.



**We need more Leaders.** Instrumental to our Sunday-Thursday daily minyanim are the individuals who lead this afternoon or evening service (depending upon the time of year it occurs). If your Hebrew is good enough to do this right now, please consider volunteering. If you need some practice, mentoring, or teaching – that can be easily arranged. The following congregants have offered to teach or mentor you: Morris Lazard, [moloans@cox.net](mailto:moloans@cox.net); Ivan Mendelsohn, [mendbi44@gmail.com](mailto:mendbi44@gmail.com), and Eli Meltzer, [eliomeltzer@gmail.com](mailto:eliomeltzer@gmail.com). Please feel free to contact any one of them. Also if you are interested, but think that you need more assistance, in the near future we'll be advertising classes for this.

**How about a “minyan Minute”?** Another option is to present a 5-10 minute reading of a poem, showing a video, or presenting something you have written prior to the start of the minyan. This is called our “minyan minute,” which begins at 6:05pm. If you want to run some ideas by for this, feel free to contact any of the people listed above or Jonah Weinberg, [jonahbw@gmail.com](mailto:jonahbw@gmail.com).

**How to sign-up as a leader.** It's very simple to sign up for either leading the minyan or giving the minyan minute – just contact Jonah Weinberg to schedule.

**We frequently need more attendees.** But what about if you don't want to give a reading, or lead the service, you want to be a participant? Yes, the minyan can't occur in its full force without enough people in attendance. So, how about attending? We need ten Jewish adults in order to have a minyan. This allows the attendees to read certain portions of the service that are only read with a minyan, and, very importantly, allows those in mourning and/or observing a *yahrzeit* to recite the Kaddish Yatom, the Mourner's Kaddish.



THE OHR SHALOM SYNAGOGUE  
תהום שאלום

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# DAVAR

**DAVAR PUBLISHED MONTHLY**  
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**And when you have a *yahrzeit*.** In the course of one year, there are over 250 minyanim that occur. Many of you attend when you have a *yahrzeit* for a loved one. This is a wonderful way to spiritually re-connect with, or honor, someone who has died. If you haven't done this, I highly encourage you to try it, and bring along other friends or family members, even if they are not Ohr Shalom members and/or live outside of the San Diego area. (That's one of the benefits of Zoom.) During the service, we ask those observing a *yahrzeit* to speak briefly about the person who has passed. This provides a wonderful opportunity for all of us in attendance to get to know each other a little more fully.

**Ready to commit to some frequency?** In addition to attending after the death of a loved one, perhaps you would like to begin attending just one additional minyan during the year, or maybe try for one per month, or even one per week? This becomes a wonderful way to spiritually recharge during the week, as well as get to see and become better acquainted with other synagogue members. And it will help us to ensure that we have ten attendees.

**How to notify the community of how many attendees we have?** We ask those attending minyan to sign into *What's App* on the day they will be attending. Once you have *What's App* on your phone, contact Morris Lazard or Ivan Mendelsohn to be included in the group.

**Interested in helping to remind others?** We need members to help remind others of *yahrzeits* and help make sure we have the required number (10 Jewish adults) for a minyan. Perhaps you would be willing to help with this – one day every week, or maybe once per month? Ivan Mendelsohn has been doing this (with help from Bill Morris and Rocky Reid), via text messages, every day, for several years. He can no longer do this, so we need other congregants to help out. And an additional benefit to you will be to increase your level of contact with other congregants. If you would be willing to help with this, please contact Ivan Mendelsohn to arrange.

Currently, all minyanim are accessible through the Ohr Shalom Zoom Room.

You can contact me at: [president@ohrshalom.org](mailto:president@ohrshalom.org), 240-506-3042.

### Scott Meltzer, Rabbi [rabbi@ohrshalom.org](mailto:rabbi@ohrshalom.org)

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**Bulletin:** Please e-mail all submissions to: [davar@ohrshalom.org](mailto:davar@ohrshalom.org)  
**Deadlines:** August 5 for September issue • Sept. 5 for October issue

### OHR SHALOM BOARD OF DIRECTORS

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Imm. Past President/Adult Ed - LYNN MENDELSON [mendelynn0511@gmail.com](mailto:mendelynn0511@gmail.com)

# OHR SHALOM SERVICE SCHEDULE

## SHABBAT SERVICE SCHEDULE in person and [Ohr Shalom Zoom Room](#)

Friday	August 5	6:15pm	Kabbalat Shabbat Service "Ask the Rabbi"
Saturday	August 6	9:30am	Shabbat Service
Friday	August 12	6:15pm	Kabbalat Shabbat Service
Saturday	August 13	9:30am	Shabbat Service
Friday	August 19	6:45pm	Shabbat at the Bay
Saturday	August 20	9:30am	Shabbat Service
			<b>Afternoon Bar Mitzvah: Aaron Vargas</b>
Friday	August 26	6:15pm	Kabbalat Shabbat Service
Saturday	August 27	9:30am	Shabbat Service

NO Shabbat Morning Babysitting until further notice.



### KABBALAT SHABBAT SERVICE "ASK THE RABBI"

**Friday, August 5 at 6:15pm**

Your opportunity to ask the questions you have always wanted to. In our sanctuary and the Ohr Shalom ZOOM room.



### LUNCH & LEARN

**Saturdays, August 13 & 27, 12:00pm**

Come for Shabbat services and stay for lunch & discussion

## Shabbat at the Bay

**Friday, August 19**

**6:45pm | Kabbalat Shabbat Service**

*Come early and bring your own dairy/pareve dinner*

PLAYA PACIFICA - MISSION BAY PARK Playa Pacifica Park in Mission Bay Park: 1-5 to Exit 22: Clairemont Drive/Mission Bay Drive. Drive west towards the bay. Turn left (south) on East Mission Bay Drive. Drive 0.2 miles and turn right into parking lot. We will be near the blue-roofed gazebo. (The Hilton Hotel is south of our gathering.)

*Don't forget your folding chairs & blankets!*



### Ohr Shalom Virtual Programming [Ohr Shalom Zoom Room](#)

Zoom link for Shabbat services and most adult programs is  
<https://us02web.zoom.us/j/83107501072> (Passcode: myshul)

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



## PARSHIYOT & CANDLELIGHTING August 2022

### PARSHAT DEVARIM

Fri: August 5 | 8 Av  7:25pm  
Sat: August 6 | 9 Av  
Torah: Deuteronomy 1:1-3:22  
Haft: Isaiah 1:1-27

### PARSHAT VAETCHANAN

Fri: August 12 | 15 Av  7:18pm  
Sat: August 13 | 16 Av  
Torah: Deuteronomy 3:23-7:11  
Haft: Isaiah 40:1-26

### PARSHAT EIKEV

Fri: August 19 | 22 Av  7:10pm  
Sat: August 20 | 23 Av  
Torah: Deuteronomy 7:12-11:25  
Haft: Isaiah 49:14-51:3

### PARSHAT RE'EH

Fri: August 26 | 29 Av  7:02pm  
Sat: August 27 | 30 Av  
Torah: Deuteronomy 11:26-16:17  
Haft: Isaiah 66:1-24

## OHR SHALOM'S CHOIR!

*Come join us on at 7:00pm at Ohr Shalom.*

**Monday, August 8**  
**Monday, August 15**  
**Monday, August 22**  
**Monday, August 29**



## Listening Devices & Bimah Access Available

Ask security guard or Rene. Bimah accessible via lift, as needed.

We strive to host inclusive, accessible programs and services that enable all individuals, including individuals with disabilities, to engage fully. To request an accommodation or for inquiries about accessibility, please contact Gillian Argoff-Treseder.

### COMMITTEE CHAIRS

Building & Grounds/Security - RAULF POLICHAR [polichar@cox.net](mailto:polichar@cox.net)  
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Social Action - BRAD EISENBERG [socialaction@ohrshalom.org](mailto:socialaction@ohrshalom.org)  
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Member-at-Large - JONATHAN GEIGER [jggeiger@earthlink.net](mailto:jggeiger@earthlink.net)  
Member-at-Large - EVETTE WEISS [evetteweiss@aol.com](mailto:evetteweiss@aol.com)  
Men's Club - JOE HARTMAN [yusjoe1@gmail.com](mailto:yusjoe1@gmail.com)

*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.*

## RABBI'S MESSAGE (CONT.)

include these special prayers, as well as a chance to sing Havdallah as a community. It is also our tradition on this special night to dedicate the Memorial Plaques that have been added to our Memorial Board – to remind us of our connection and reverence for our family members who have died. We also change the clothing on the Torah, the Torah covers, to the white they wear for the High Holy Days. These are all steps towards creating a sanctuary, a spiritual community, that is transforming into a holy community of Teshuvah, preparing to pray together for forgiveness.

We are also very blessed to have the Ohr Shalom Choir participating in the evening, as well as some special additions this year from a number of Ohr Shalom members – including some wonderful teens. I would like to give a special thank you to Ruth Levy for her hard work on imagining what else we can do to bring everybody into the Selichot experience, and for all of her help designing the new Selichot booklet.

I hope that you will be able to join us on Saturday night, September 17, to pray for forgiveness, and to walk together through this important gateway that will lead us through to the New Year and to a beautiful, loving future.

## TRAVEL OPPORTUNITY

**TRAVELING UNIVERSITY  
MUSICAL TRIP TO  
MOROCCO**

LED BY PROFESSOR YALE STROM & ELIZABETH SCHWARTZ  
**OCTOBER 23 - NOVEMBER 3, 2022**

Discover the Jewish heritage and history in Casablanca, Fez, Marrakech and beyond. Explore the stunning architecture and tilework seen throughout Morocco. In addition to the usual history, and local guides giving their interpretation of the Sephardic history in Morocco, Yale and Elizabeth will present concerts of Moroccan music with local musicians. To learn more about this unique travel experience, see: [secure.ayelet.com/StromMorocco2022.aspx](https://secure.ayelet.com/StromMorocco2022.aspx) or call 800-237-1517 or email [ayelet@ayelet.com](mailto:ayelet@ayelet.com).



## SOCIAL ACTION

**Donation Opportunities**

**Ongoing Food Drive for JFS.** Whenever you come to Ohr Shalom, please remember to bring non-perishable foods to put in the big blue bins in our lobby. 

**TAY Academy.** Serving at-risk youth ages 14-25. Contact [socialaction@ohrshalom.org](mailto:socialaction@ohrshalom.org) for information on how you can help. 

*Summer's End*

# Mel Brooks Film Festival

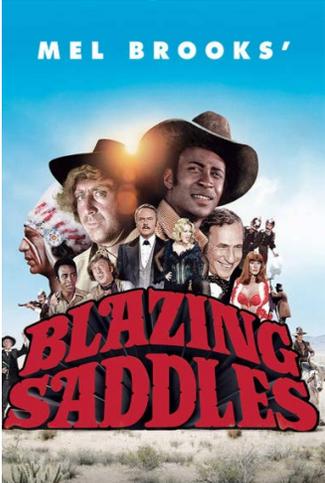
**3 Sunday evenings,  
starting August 21 at 8:15pm**

*First film*

## BLAZING SADDLES\*

**Outdoors on the Ohr  
Shalom patio**

- (Like a drive-in, but without your car.)
- Complimentary Popcorn and Ice Cream
- \*Patrons will select subsequent films



 *Ohr Shalom*  
**ON THE TOWN**

**HERE THERE ARE BLUEBERRIES**

*Tuesday, August 16 at 7:30pm, La Jolla Playhouse*

True story that begins with the donation of a photo album to the U.S. Holocaust Memorial Museum. The album comes to the attention of a family in Germany, launching for them a drama of discovery, memory, guilt and humanity.

*If you are interested in seeing this play with Ohr Shalom, please contact Lynn Mendelsohn at [mendelynn0511@gmail.com](mailto:mendelynn0511@gmail.com) (or text her at 619-980-1801) to see if group tickets are still available.*

**Women of Ohr Shalom –  
Are You Interested in Joining Hadassah?**

San Diego has several active Hadassah chapters. They raise funds for Hadassah's ambitious and ongoing projects in Israel while providing programming and community for their members. Several of Ohr Shalom's women members have lamented the absence of an active Sisterhood here, so an affiliation with Hadassah might be just right for us! If you are interested in a Hadassah affiliation, please contact Lynn Mendelsohn. ([mendelynn0511@gmail.com](mailto:mendelynn0511@gmail.com)). 



## SOCIAL ACTION

**Brad Eisenberg**  
Social Action Chair



**"If there is a needy person among you, one of your kin in any of your settlements in the land that your God is giving you, do not harden your heart and shut your hand against your needy kin. Rather, you must open your hand and lend whatever is sufficient to meet the need."-- DEUTERONOMY 15:7-8**

Ohr Shalom Social Action has provided many opportunities to give back. Ohr Shalom's approach to Social Action is much like its approach to so many other things: the heart of it is the volunteers. With a mix of Board leadership, the awesome Ohr Shalom staff, and your volunteer help we can do amazing things!

As an inspiration for possible future projects, these are some of our past social action events and activities and organizations that have benefitted:

- *Safe Parking at JFS – warm meals to families sleeping in their cars.*
- *Warm meals to TAY Academy in Golden Hill: resources and support to transition-aged youth (ages 14-25).*
- *Christie's Place (for women/children living with HIV/AIDS) - turkey donations at Thanksgiving, back-pack and back-to-school supplies in late summer.*
- *Run/Walk for the Hungry – Thanksgiving Day, JFS*
- *STAND DOWN – For homeless Veterans (Veterans Village of San Diego) - clothing collection, volunteer staffing of the clothing tent.*
- *Veterans Village San Diego – blanket and warm clothing collection in winter months.*
- *STAND UP FOR KIDS – donations for homeless teens .*
- *Special Delivery San Diego – Matanot Levyonim at Purim (food collection for clients with chronic illness).*
- *The Monarch School (for homeless children) - cook and serve dinner several times per year; clothing donations.*
- *"The Hunger Project" at St. Vincent de Paul - serve meals to the homeless on Sundays.*
- *Habitat for Humanity – build homes and work on landscaping (Tu B'Shevat).*
- *San Diego Coastkeepers - beach clean-up (in honor of Earth Day).*
- *The Friendship Circle (to benefit children with special needs).*
- *St. Paul's Seniors - Chanukah gift bags; Chanukah celebration with Religious School; Pesach service for senior residents.*
- *Embrace-a-Family (Jewish Family Service) - provide Chanukah gifts for families.*
- *Pesach Baskets (Jewish Family Service) - provide Pesach baskets for families.*
- *Martin Luther King, Jr. Day of Interfaith Service to the Community.*
- *Jewish Federation of San Diego County: Standing Strong for Boston, Katrina, Haiti earthquake, and more.*

Please contact me at [socialaction@orhshalom.org](mailto:socialaction@orhshalom.org) if you would like to propose a new project or get involved in any future social action activities or programs.



## ENVIRONMENTAL PROJECTS

**Allyson Darroch**  
Environmental Projects Chair

### WHAT AM I, A PANDA?



California has passed an ambitious law to significantly reduce single-use plastics, becoming the first state in the U.S. to approve such sweeping restrictions.

Under the new law, which California's governor, Gavin Newsom, signed on June 30, 2022, the state will have to ensure a 25% drop in single-use plastic by 2032. It also requires that by 2028 at least 30% of plastic items sold or bought in California will be recyclable, and establishes a plastic pollution mitigation fund.

That's nice but what about the plates for my birthday, bat/bar mitzvah, wedding, Passover and every other party/event I will ever have? What are the most environmentally friendly disposable plates?

Paper plates take about 180 days to decompose, but the environmental impact of paper plates far outweighs its ability to quickly biodegrade. Each year, the U.S. cuts down approximately 68 million trees to produce paper products!

Bamboo is one of the most environmentally friendly disposable material to use for plates. It's highly renewable because of its ability to grow extremely fast, and its quick growth makes it a sustainable alternative to other disposable plates. Bamboo paper plates and bowls generally take 4-6 months to biodegrade, and many of them are even compostable. To put that into perspective, here's a fun (and terrifying) fact: Plastic plates take around 1,000 years to fully decompose!

Can you wash bamboo plates? Bamboo plates can be hand washed just like any other plates in your cupboards, but keep them out of the dishwasher. The harsher detergents and high heat of your dishwasher can easily warp and ruin your bamboo plates.

How long do bamboo plates last? Bamboo is a lightweight and durable material that's made from sustainable bamboo plants. Bamboo plates typically last anywhere from 1.5 to 2 years. After a while, water eventually finds its way into the structure of the bamboo, which causes some spots and discoloration to form. Bamboo disposable plates, on the other hand, biodegrade quickly.

However – A locally made china dinner plate is always going to be more sustainable than a bamboo plate shipped from China. You get bonus points if you buy the china plate second hand. Our ecosystem is vast and complicated. There are never going to be easy answers or quick fixes, but it's up to us to choose life, for us, our children, our planet.

For more about bamboo, search for "bamboo" at <https://onetreplanted.org/blogs/stories/>.

## ADULT EDUCATION



### Pre-High-Holy Days Classes with Elisheva Edelson

#### Lord, Open My Lips – Listen to My Prayers

Let us get in shape with our singing for Rosh Hashanah and Yom Kippur

**Thursday evenings September 1, 8 and 15**

on Ohr Shalom's Zoom room at 7:00pm

Elisheva will discuss selected prayers from the High Holy Day liturgy and teach us to sing them according to Ohr Shalom tradition.

*A great way for us to prepare together!*



### Meditation with Alex van Frank

**Tuesday Evenings  
7:00-7:30pm**

Alex van Frank, C-IAYT holds a post-minyan meditation group. *Sit back, relax and unwind.*



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

**Meeting ID:** 828 0558 3843

## CLASSES with Rabbi Meltzer

[Ohr Shalom Zoom Room](#)

### Daf Yomi • Wednesdays, 10:00am

This weekly class discusses the pages of Talmud most recently covered.

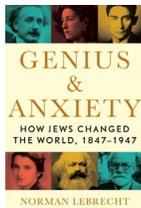
### Slow Read Book Club

• In-depth chapter discussions

**Fridays at 11:00am  
(Resuming August 19)**

### Genius & Anxiety: How Jews Changed the World, 1847-1947

by Norman Lebrecht



(from Amazon.com) Norman Lebrecht has devoted half of his life to pondering and researching the mindset of the Jewish intellectuals, writers, scientists, and thinkers who turned the tides of history and shaped the world today as we know it. In *Genius & Anxiety*, Lebrecht begins with the Communist Manifesto in 1847 and ends in 1947, when Israel was founded. This robust, magnificent, beautifully designed volume is "an urgent and moving history" (*The Spectator*, UK) and a celebration of Jewish genius and contribution.



## FROM OUR EXECUTIVE DIRECTOR

**Gillian Argoff-Treseder**  
Executive Director

## FORGIVENESS

I know it's a bit early to talk about forgiveness since we are still a bit far from the High Holy Days, but Rosh Chodesh Elul is August 28th, so I hope you will forgive me.

My great-grandmother used to say, "I forgive but I don't forget." That never really sounded like true forgiveness to me...it sounded like holding a friendly grudge at best. The worst person to hold a grudge against is yourself. As a self-proclaimed over-thinker and obsessed person, forgiving myself is very hard. I am much more forgiving of others than I am of myself. I tend to agonize over every mistake I make at work, with my children, with my spouse, and even my dog. It's difficult to let go of the idea of perfection and the desire to do things right the first time. But, how else do we learn if we don't fail?

I teach my children that mistakes are how we learn and grow. I tell them it's okay if the cookies, bracelet or drawing aren't perfect. They are all still beautiful and we can make adjustments the next time we make something. Parenting has helped soften how I look at many things. I want my kids to accept their mistakes and learn from them. We make mistakes together, learn together and grow together.

As I prepare for High Holy Days this year, not only will I ask forgiveness from friends and family, I will also try to grant it to myself.

Wishing you an early *L'Shana Tovah* and *G'Mar Chatimah Tovah*.



## CHESED/COMMUNITY CARING

**Aviva Ilanit Rosenberg**  
Chesed/Community Caring Chair

I hope everyone is staying cool and having a great summer! The High Holy Days are right around the corner and the Chesed committee is looking for committee members.

In the short time we have been a committee, Chesed/Community Caring – Ohr Shalom's newest committee – has extended a hand to someone who is ill, organized food trains for shivas, and assisted members of the congregation in celebrating milestones. And that's just a few of the things we've helped with.

I am honored to be the second Chairperson of this committee. We have all come together to continue fostering an even more caring, compassionate and supportive Ohr Shalom community, especially recently with the number of COVID cases rising.

If you would like to join the Committee or are a new member of Ohr Shalom looking for a committee to join, please contact me at: [chesed@ohrshalom.org](mailto:chesed@ohrshalom.org) or call (619) 621-7212.



## ISRAEL DESK

Susie Meltzer  
Israel Desk

### HOW ISRAEL WON THEIR WATER SHORTAGE CHALLENGE

While we are witnessing serious water shortages globally, the world could learn a lot from Israel, a country more than half desert with recurring drought. How then did they become a nation that produces 20 percent **more** water than it needs? Like the US, facing a rapidly growing population that outpaced the water supply, they turned their predicament around by applying their unmatched wealth of technological expertise, innovative energy, and infrastructural resources. Their story is astonishing.

Israel's leadership in sustainable water management began with Theodore Herzl who saw the problem coming: How will the country distribute freshwater evenly from north to south? From the beginning, the country lacked sufficient water for drinking and farming. Immediately a national water company, *Mekorot*, was established (still active today) to provide a network to pump water from the northern Lake Kinneret to central and southern Israel. Although effective, by 1964 80% of the water transported by this system was allocated for agricultural purposes without there remaining an adequate supply for households. The problem was solved by a revolutionary drip irrigation technology developed by Simcha Blass and his son Yeshayahu. This process slowly applies less water directly to the roots of crops, and thus reduces the water allocation farmers need. Within a year, the novel drip irrigation system was being used throughout Israel. Today drip irrigation waters 75% of Israel's crops

Despite this major innovation, by the mid-80's Israel's freshwater supply was not reaching enough households. Engineers turned to other water sources previously considered unusable, such as treated municipal wastewater and stormwater. Israel began sending treated, recycled wastewater to farms through its national system to avoid contamination. That greatly reduced the gap between consumer demand and available water. Amazingly, by 2015 Israel had managed to treat and

recycle 86% of its wastewater for agricultural operations through their tertiary treatment processes.

Israel did not stop there. By 1997, Israel had managed to reduce agriculture's share of water to 63%. They then turned its attention to the seawater along its Mediterranean coast. The Israeli government initiated a long-term, large-scale seawater reverse osmosis desalination program and built five desalination facilities with two more in development. When completed, desalinated water will cover up to 90% of Israel's annual municipal and industrial water consumption.

Technology must partner with consumption habits and during the droughts throughout the 2000s, the *Israel Water Authority* launched multi-media awareness campaigns urging the public to save water. They met success because the entire country understood the gravity of the situation and the responsibility of everyone from the government to its citizens. Israel is a key global leader in water solutions demonstrating its own successes to help the world tackle today's water crises.



A worker at the Eshkol Water Filtration Plant in northern Israel.

## ISRAEL TRAVEL OPPORTUNITY

### Jewish Federation of San Diego County Trip to Israel May 4-11, 2023

Join other travelers from across the San Diego Jewish community for a dynamic, meaningful Israel travel experience with local clergy, leaders of all ages, and Jewish professionals and passionate volunteers. 5-star accommodations, with best of Israeli dining, VIP access, sightseeing opportunities curated by you - and much more!

For more information and to register,  
<https://www.jewishinsandiego.org/israel2023>.

## COMMUNITY EVENT

### JNF-USA 11th Annual Love of Israel Brunch

Sunday, August 28 10:00am - 12:00pm

They are currently at capacity for the in-person event. Registration for the virtual program is still open and can be purchased for \$18 by clicking the "REGISTER" button at <https://bit.ly/3wSPQds>. For questions or assistance, please email [RSVPSanDiego@jnf.org](mailto:RSVPSanDiego@jnf.org) or 858.824.9178 x952.



## RELIGIOUS SCHOOL

**Judith Eisenberg**  
Religious School Principal



School's out but that does not mean all is quiet at the Religious School. As your new Principal, I have many people to meet and much to learn.

My first priority is to hire some additional teachers for the upcoming school year. This is a part-time position, on Thursday afternoons and Sunday mornings. If you have experience teaching children and a passion for Judaism, I would love to speak with you. Please email me. (See the "ad" on this page.)

My other first priority, which is equally important, is meeting all of you – synagogue members, synagogue staff, teachers in the Religious School, madrichim, students and their families. I am very much looking forward to it. In the first few weeks of my association with the synagogue, I have met some of you in person – at Shabbat services. I have met several people on Zoom. I have received emails and texts. I am also following Ohr Shalom's social media channels. In this modern world, there are so many (too many?) ways to communicate, but I am up for the challenge. Let's get to know one another, however we do it!

And, finally, I invite you to join us in the CPR training happening on September 18 at 1:30pm. I have been taking CPR and First Aid training since my oldest child was a baby – she is now 27, and prior to COVID, I never let my CPR card lapse. I am excited to be able to once again get trained, and hope some of you will join us!

## CPR Training at Ohr Shalom

**Sunday, September 18, 1:30pm**

**\$50 a person**

10 years and up eligible to become certified and re-certified.

*Call office to register.*



## Ohr Shalom Religious School



### TEACHERS NEEDED

for the upcoming school year

September 2022-May 2023

Sunday: 9:30am-12:00pm

Thursday: 4:30pm-6:30pm

Please contact **Judith Eisenberg:**

Email [Principal@ohrshalom.org](mailto:Principal@ohrshalom.org)

## RELIGIOUS SCHOOL

**REGISTRATION IS NOW OPEN!**

email [principal@ohrshalom.org](mailto:principal@ohrshalom.org)

or click link in the weekly ekol

## Mazal Tov to our Graduates!

<b>Dalia Cooper Weiner</b>	San Diego Hebrew Day PreSchool
<b>India Zubiller</b>	Barnard Mandarin Magnet Elementary
<b>Texas Zubiller</b>	Pacific Beach Middle School
<b>Josh Treseder</b>	Kavod Charter School
<b>Jacob Kucinski</b>	Bonita Vista High School <i>moving on to:</i> Cal Poly Pomona (Mathematics)
<b>Nadiv Meltzer</b>	University City High School <i>moving on to:</i> UCSB
<b>Alexander Vitenson</b>	UC Berkley - Economics Minor in Sustainable Design
<b>Daniel Vitenson</b>	Cornell - Computational Biology
<b>Samantha Young</b>	MA from SDSU, Department of History
<b>Anna Mai</b>	UCSD - Ph.D. - Linguistics and Cognitive Science
<b>Devyn Glanz</b>	ASU - Masters in Health Sustainability



## CALLING ALL TEENS

### Join the Ohr Shalom

## "Teen Torah Trope Troop"

Volunteer to chant Torah Shabbat mornings this summer. Rabbi Meltzer is here to help you get prepared by sending you a PDF, a recording, a picture of the Torah itself, and/or meet with you by phone, zoom or in person.

**Participants will receive incentive prizes!**

If you are interested please contact the office or Rabbi Meltzer directly [rabbi@ohrshalom.org](mailto:rabbi@ohrshalom.org).





## YOUTH GROUP

**Emily Curtis**  
USY Youth Director



Thank you to all those who came to our SA/TO and Color Wars End of Year Celebration on June 17 before Shabbat at the Bay. It was a super fun event, which raised a great amount for our tzedakah fund and was a wonderful opportunity to bond through mental and physical activities. It was especially great to see community members at the event and supporting the Youth Department.

All incoming 9-12th graders (2022-2023) are welcome to run for Sr. USY Executive Board! Everyone, regardless of experience or USY knowledge, is able to apply. Please contact Emily for links to a document explaining each position and an application (select your first, second and third choice position). Then, sit back, relax and enjoy the summer! Your application will be reviewed in late August and responses emailed accordingly.

This is a great way to be involved in leadership opportunities, Ohr Shalom programming and a fun-loving environment!



USY members assembling the Challah-Boxes for the fundraiser.



SA/TO and Color Wars End of Year Celebration

# SAN DIEGO USY DISNEYLAND!

7th through 12th graders

**SUNDAY, SEPT 4**  
**7 A.M.- MIDNIGHT**

**\$210\* USY Members**

\*Transportation is included.  
Contact Youth Director,  
Emily Curtis at [usy@ohrshalom.org](mailto:usy@ohrshalom.org)  
for payment options and deadlines.

This event will **SELL OUT!**  
Reserve today!

Must show proof of a negative test to board bus.

## BRING ISRAEL INTO YOUR HOME!

SEEKING HOST FAMILIES FOR OUR SHINSHINIM PROGRAM

### HOST FAMILIES NEEDED FOR SAN DIEGO SHINSHINIM

#### WHO ARE THE SHINSHINIM?

Shinshinim are 18 year-old Israeli emissaries, whose mission is to bring Israel to life in creative and immersive ways. They create a living bridge between our community and Israel.

#### HOW ARE THEY A PART OF OUR COMMUNITY?

The Shinshinim take part in innovative Israeli education and engagement programs at more than 20 partner organizations. They live with host families - who can be families with children living at home, "empty-nester" couples, or grandparents - for a 3-4 month hosting term.

#### WHAT IS REQUIRED OF A HOST FAMILY?

A private room in your home for the Shinshin to stay, food for daily meals, and a nurturing home environment for a 3-4 month time period. Each Shinshin is provided with an insured car, a cell phone, health insurance and a financial stipend through Federation and the Jewish Agency.

For more information on becoming host family contact:  
Shifra Baltinester, 858.967.3969 or [shifrab@jewishinsandiego.org](mailto:shifrab@jewishinsandiego.org)



[jewishinsandiego.org](http://jewishinsandiego.org)

# TODAH RABAH AND LIFE CYCLE EVENTS

## Thank you for your generous donations in July:

### SYNAGOGUE FUND

**In loving memory of Elsa Margolis**  
Jim Lewis

**In loving memory of Morris Casuto**  
Carole and Jerry Turk

**In loving memory of Chaya Sarah bat Moshe**  
Aaron Rubinstein

**In honor of the birth of Mila Kathryn Szmuilowicz**  
George and Susan Kaplan  
Eli and Susie Meltzer  
Tricia Pummil  
Ray and Marcia Sachs  
Eriberto and Stella Salzmann

**In honor of Daniel Arntstein  
becoming a Neurosurgeon**  
Sara Arntstein

**In honor of Rabbi, Jen, Gillian & Rene for Simchat Bat**  
Arlene Cohn

**Thank you for Aliyah**  
Louis Appleman

### RABBI'S DISCRETIONARY FUND:

Miguel and Rosie Veinbergs

### TODAH RABAH TO OUR SHABBAT SPONSORS:

Sara Arntstein  
Alice Broudy Cupples & Ric Cupples

*We apologize for any omissions.*

**Mazal Tov to:**



**Jacob and Gayl Szmuilowicz** on the birth of their daughter, **Mila Kathryn**, and to grandparents **Isaac and Anita Szmuilowicz**.

**Condolences:**

**Ruth Fastag, Anita Goldberg and Gabriela Moutal** on the passing of their beloved mother, **Lilly Hecht z"l**, loving grandmother and great-grandmother.

**Avigayil Levy-Yochanan & Dr. Denise Levy**, on the passing of their beloved father, **Paul Levy z"l**, grandfather to **Rakeem Levy, Dr. Ayesha Levy, Tzitta Levy, Paris Levy, Gavriella Levy-Yochanan**.

**Margolis Family** on the passing of **Elsa Margolis z"l**, beloved mother of **Natan (Amada) Margolis, Jorge (Lize) Margolis, Mauricio (Becky) Margolis, Gina (Jacobo) Ostrosky** and **Aaron Margolis**.



*May their memory be for a blessing to all those who knew them and loved them.*

**Todah Rabah** to our July Shabbat Service Leaders, Torah and Haftarah Readers, D'rashot, Daily Minyan Minute, Minyan Leaders and office volunteers:

LeAnne Adams	Judi Gottschalk	Anna Mai	Amy Morris	Jonah Weinberg
Jeanne Argoff	Alberto Hamui	Eli Meltzer	Bill Morris	Allison Wolpoff
Ilan Awerbuch	Joe Hartman	Jennifer Meltzer	Rocky Reid	Milo Wolpoff
Sue Brown	Koba	Bryce Mendelsohn	Aviva Rosenberg	Sheldon Wolpoff
Allyson Darroch	Morris Lazard	Ivan Mendelsohn	Ruben Rosental	Marvin Yudkovitz
Joe Castiglione	Jim Lewis	Lynn Mendelsohn	Brian Stannard	Jane Zeer
Jonathan Geiger	Susanne Lisker			

# Yahrzeits

Josef Greiner	Remembered by Barbara Haislip.....	1-Aug/4 Av
Clara Magrisso	Sara Arntstein's Mother .....	2-Aug/5 Av
Saul Gold	Silvia Gold's Husband and Jose Gold's Father .....	3-Aug/6 Av
Laskar Schwartz	Elizabeth Schwartz's Father .....	3-Aug/6 Av
*William Abrams	Evie Sevel's Uncle .....	4-Aug/7 Av
Emma Esther Lellouche	Remembered by the Bunton Family.....	4-Aug/7 Av
Gilbert S. Berman	Remembered by Roz Berman .....	5-Aug/8 Av
*Jane D. Young	Allyson Darroch's Mother .....	5-Aug/8 Av
Charles Kohan	Marda Rose's Grandfather.....	5-Aug/8 Av
Joshua Morris	Bill Morris' Father.....	5-Aug/8 Av
*Augusto Muniesa	Angeles Muniesa's Husband and Eva Goldstein's Father .....	5-Aug/8 Av
*Ruben Lisker	Susanne Lisker's Husband.....	6-Aug/9 Av

# Yahrzeits

Irma Shaw	Peter Shaw's Mother.....	6-Aug/9 Av
Rachel Deicas	Mauricio Deicas' Mother .....	7-Aug/10 Av
Eulin Earl Francis	Yvonne Scarlett's Father.....	7-Aug/10 Av
Gracia Molina de Pick	Daniel Pick's Mother .....	7-Aug/10 Av
Elizabeth Rubin	Joe Rubin's Mother.....	7-Aug/10 Av
Raquel Rostenberg	Ari Rostenberg's Mother .....	8-Aug/11 Av
*Ruth Salzman	Tito Salzman's Mother.....	8-Aug/11 Av
Eugene Agostino II	Christine Eisenberg's Brother.....	9-Aug/12 Av
Agustin Cuenca	Cristy Veinbergs' Father .....	9-Aug/12 Av
Paul Bergman	Miriam Jane Bergman's Father .....	10-Aug/13 Av
*Teodoro Constantiner	Remembered by the Goldstein Family.....	10-Aug/13 Av
*Frida Kucinski	Robert Kucinski's Mother.....	10-Aug/13 Av
*Monica Veinbergs	Remembered by the Galicot and Veinbergs Families .....	11-Aug/14 Av
*Ezekiel Burger	Susie and Eli Meltzer's Grandson.....	12-Aug/15 Av
Ruth Weiss	Barrett Avigdor's Grandmother .....	12-Aug/15 Av
*Abraham Hanono	David Hanono and Ezra Hanono's Father.....	13-Aug/16 Av
Jacques Kucinski	Robert Kucinski's Brother .....	13-Aug/16 Av
Haim Hersh Rozen	Remembered by Fay Rozen.....	13-Aug/16 Av
Sidney Stein	Jane Zeer's Uncle.....	13-Aug/16 Av
Eliezer Suissa	Deborah Suissa's Father.....	14-Aug/17 Av
Judy Geiger	Remembered by Jonathan Geiger .....	15-Aug/18 Av
Steffi Lauer	Remembered by Ohr Shalom.....	15-Aug/18 Av
Sam Ehrenwerth	Elaine Smith and Janice Zipp Cannizzaro's Grandfather .....	16-Aug/19 Av
Zelik Chaim Grinberg	Ruben Rosental's Grandfather .....	16-Aug/19 Av
Pearl Grossman	Sherry Berlin's Mother .....	17-Aug/20 Av
Gisa Schiffman	Judie Dresser's Mother .....	17-Aug/20 Av
*Louise Buchwald	Leah Singer's Mother.....	18-Aug/21 Av
Charles Darrow	Allyson Darroch's Father .....	18-Aug/21 Av
*Harvey Goldberg	Susie Meltzer & Karen Rund's Father, Rabbi Meltzer & Brett Meltzer's Grandfather.....	18-Aug/21 Av
Sara Portnoy Bergenfeld	Aaron Bergenfeld's Mother .....	18-Aug/21 Av
Joyce Zeff	Dana Zeff's Mother .....	18-Aug/21 Av
Sidney Heller	Remembered by Allan Wolf.....	19-Aug/22 Av
Betty Shteremberg	David Shteremberg's Mother .....	19-Aug/22 Av
Essie Lawton	Justina Nemoy's Grandmother.....	20-Aug/23 Av
Alberto Alvo	Rosie Veinbergs' Father.....	21-Aug/24 Av
Eva Gojman	Esther Tishman's Sister .....	21-Aug/24 Av
Jenny Penhas	Sally Maizel and Esther Modiano's Mother.....	21-Aug/24 Av
Marysia Ratniewski	Alfredo Ratniewski's Mother.....	21-Aug/24 Av
*Abe Smith	Mark Smith's Father.....	21-Aug/24 Av
*Hilda Veinbergs	Jacobo Veinbergs and Sylvia Galicot's Mother.....	21-Aug/24 Av
*Jacob Rubin	Fanny Hanono's Father .....	23-Aug/26 Av
*Rubin Zeer	Jane Zeer's Father .....	23-Aug/26 Av
*Sara Rosental	Ruben and Fanny Rosental's Daughter .....	24-Aug/27 Av
*Herb Sevel	Evie Sevel's Husband .....	24-Aug/27 Av
Horace Escoffery	Yvonne Scarlett's Uncle .....	25-Aug/28 Av
Bea Slipock	Love Zubiller's Grandmother.....	25-Aug/28 Av
Liby Chazan	Silvia Gold's Daughter and Jose Gold's Sister .....	26-Aug/29 Av
*Sam Cohen	Susan Kaplan's Stepfather .....	26-Aug/29 Av
Ana Dryjansky	Celia Chazan's Mother.....	26-Aug/29 Av
Gertrude Jagorda	Aaron Hoskins' Grandmother.....	26-Aug/29 Av
Jonathan Moss	Gillian Moss' Husband.....	26-Aug/29 Av
Harold Rose	Marda Rose's Grandfather.....	26-Aug/29 Av
Ellen Bergman	Miriam Jane Bergman's Mother .....	27-Aug/30 Av
Benito Govezensky	Bertha Szmuilowicz' Brother .....	27-Aug/30 Av
Pablo Fastag	Ruth Fastag's Husband.....	28-Aug/1 Elul
Ruth Fuld	Remembered by Ohr Shalom.....	28-Aug/1 Elul
Nancy Lynn Schwartz	Elizabeth Schwartz's Sister.....	28-Aug/1 Elul
Isaac Stepensky	Teshy Wellman's Father .....	28-Aug/1 Elul
Sophia Zimlich Diehl	Allyson Darroch's Grandmother .....	29-Aug/2 Elul
Estefania Barrenechea	Lucia Domville's Mother.....	30-Aug/3 Elul
Moshe Lisker	Remembered by Susanne Lisker .....	30-Aug/3 Elul
Bill Mintzer	Bonnie Tabak's Father and Jennifer Tabak-Levy's Grandfather .....	30-Aug/3 Elul
Linda Spurrell	Remembered by Brian Stannard .....	30-Aug/3 Elul
*Joanne Scholten	Richard Scholten's Wife.....	31-Aug/4 Elul
Mildred Sindler	Rita Cohen's Mother .....	31-Aug/4 Elul

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



**CALENDAR OF EVENTS**

**August 2022**

**Aug/Elul 5782**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 4 Av 6:15pm - Minyan	<b>2</b> 5 Av 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank	<b>3</b> 6 Av 10:00am - Adult Ed: Daf Yomi 6:15pm - Minyan	<b>4</b> 7 Av 6:15pm - Minyan	<b>5</b> 8 Av 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service "Ask the Rabbi" 7:25pm	<b>6</b> 9 Av <b>Parshat Devarim</b> <b>Shabbat Chazon</b> <b>Erev Tisha B'Av</b> 9:30am - Shabbat Service 8:30pm - Tisha B'Av Service (Tifereth Israel) 8:24pm
<b>7</b> 10 Av <b>Tisha B'Av</b> 6:15pm - Minyan	<b>8</b> 11 Av 6:15pm - Minyan 7:00pm - Choir Practice	<b>9</b> 12 Av 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank	<b>10</b> 13 Av 10:00am - Adult Ed: Daf Yomi 6:15pm - Minyan	<b>11</b> 14 Av 6:15pm - Minyan	<b>12</b> 15 Av <b>Tu B'Av</b> 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service 7:18pm	<b>13</b> 16 Av <b>Parshat Vaetchanan</b> <b>Shabbat Nachamu</b> 9:30am - Shabbat Service 12:00pm - Lunch & Learn 8:18pm
<b>14</b> 17 Av 6:15pm - Minyan	<b>15</b> 18 Av 6:15pm - Minyan 7:00pm - Choir Practice	<b>16</b> 19 Av 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank	<b>17</b> 20 Av 10:00am - Adult Ed: Daf Yomi 6:15pm - Minyan	<b>18</b> 21 Av 6:15pm - Minyan	<b>19</b> 22 Av 11:00am - Slow Read Book Club 2:00pm - Office Closes 6:45pm - Shabbat at the Bay 7:10pm	<b>20</b> 23 Av <b>Parshat Eikev</b> 9:30am - Shabbat Service <b>Afternoon Bar Mitzvah: Aaron Vargas</b> 8:10pm
<b>21</b> 24 Av 6:15pm - Minyan 8:15pm - Mel Brooks' Film Festival "Blazing Saddles"	<b>22</b> 25 Av 6:15pm - Minyan 7:00pm - Choir Practice	<b>23</b> 25 Av 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank	<b>24</b> 27 Av 10:00am - Adult Ed: Daf Yomi 6:15pm - Minyan	<b>25</b> 28 Av 6:15pm - Minyan	<b>26</b> 29 Av 11:00am - Slow Read Book Club 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service 7:02pm	<b>27</b> 30 Av <b>Parshat Re'eh</b> <b>Rosh Chodesh Elul</b> 9:30am - Shabbat Service 12:00pm - Lunch & Learn 8:01pm
<b>28</b> 1 Elul <b>Rosh Chodesh Elul</b> 6:15pm - Minyan	<b>29</b> 2 Elul 6:15pm - Minyan 7:00pm - Choir Practice	<b>30</b> 3 Elul 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank	<b>31</b> 4 Elul 10:00am - Adult Ed: Daf Yomi 6:15pm - Minyan	<b>1</b> 5 Elul 6:15pm - Minyan	<b>2</b> 6 Elul 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service "Ask the Rabbi" 6:53pm	<b>3</b> 7 Elul <b>Parshat Shoftim</b> 9:30am - Shabbat Service 7:53pm
<b>4</b> 8 Elul 6:15pm - Minyan	<b>5</b> 9 Elul <b>Labor Day</b> Office Closed No Minyan No Choir Practice	<b>6</b> 10 Elul 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank	<b>7</b> 11 Elul 10:00am - Adult Ed: Daf Yomi 6:15pm - Minyan	<b>8</b> 12 Elul 6:15pm - Minyan	<b>9</b> 13 Elul 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service 6:44pm	<b>10</b> 14 Elul <b>Parshat Ki Teitzei</b> 9:30am - Shabbat Service 12:00pm - Lunch & Learn 7:43pm