



# DAVAR MEGILLAH

FEBRUARY 2023 • MONTHLY NEWSLETTER • SHEVAT/ADAR 5783

## Tu B'Shevat Seder & Dinner

Sunday, February 5, 5:30pm



Join us for the four Tu B'Shevat cups of wine and a variety of fruit.

Special Performance  
by Yale Strom and  
Elizabeth Schwartz

RSVP by Wednesday, February 1  
at 619) 231-1456

### Updated Ohr Shalom Mask Policy

Following a recommendation from the Ohr Shalom Reopening Task Force, we have implemented, until further notice, a "No Mask Required Section" in the Sanctuary - the section closest to Laurel Street by the stained glass window. Those who sit in that section **only** may remove their masks while seated. Masks will be **required** everywhere else in the Sanctuary (and on the Bimah) and in the rest of the building.

## Lunch & Learn

Saturdays, February 11 & 25  
Shabbat Service at 9:30am

followed by

Lunch and Learn at 12:00pm

Come for Shabbat  
services and  
stay for lunch &  
discussion



See page 3 for details

## Shabbat Kehillatit

Friday,  
February 17, 6:15pm

See page 3 for details



Look Inside for:  
Ohr Shalom's Monthly

TRIVIA

CHALLENGE



Jewish  
Disability  
Awareness,  
Acceptance and  
Inclusion  
Month at

Ohr Shalom Synagogue

See pages 4 and 5 for details

## Out of Breath and of Crushed Spirit

By Rabbi Scott Meltzer

It is happening. There is public health good news. The prevalence of COVID-19 has diminished. Those who are vaccinated have achieved a fair measure of safety - especially if they stay current and follow some basic public health norms. Masks are disappearing in many places - though the cautious remain vigilant. And here at Ohr Shalom, we are trying to accommodate those who would choose to remove their masks during services ... while still striving to protect everyone, and keep the synagogue, our services and programs, accessible to the broadest spectrum we can.

And now we enter JDAIM 5763 - our fifth communal observance of Jewish Disability Awareness, Acceptance and Inclusion Month. Again, great appreciation and kudos to all who make it happen. Our synagogue has progressed in so many ways, obvious and subtle, because Shoshanah Feher Sternlieb walked into my office a little over five years ago and said: "Have you ever heard of JDAIM?"

Every year my understanding of "disability" and therefore, "awareness

and inclusion," deepens, broadens, and is enriched. Having watched fearfully for the past two-and-a-half years as COVID-19 has stolen over one-million American lives, and globally, estimates ranging from seven to over 20 million, we are now witnessing an incredible toll among all of those emerging from the fears, strains, loss and suffering of these past years.

When God sends Moses to deliver the message to our ancestors, slaves in Egypt, Torah tells us that they couldn't hear his message, מִקְצָר רוּחַ (because their spirit was crushed). Literally, from the shortening of their breath, or wind or soul.

So too now, in the aftermath of COVID-19 killing millions, many by making it impossible to breathe sufficiently, many of us are also short of breath, out of breath, and feeling our spirits are crushed. In place of elation and a sense of being saved, and delivered from this scourge, many are now suffering in the dark, airless space of depression.

It is the feeling of gloom, present now

Rabbi's Message continued on Page 7

**Kabbalat  
Shabbat**  
with the  
**Ohr Shalom Choir**  
for Shabbat Shirah  
and "Ask the Rabbi"  
Friday, February 3, 6:15pm

### BLOOD DRIVE & FREE BLOOD PRESSURE SCREENING

Ohr Shalom Synagogue  
Bloodmobile on Street

Sunday, February 12  
from 9:00am - 2:30pm

We strongly encourage appointments.  
[sandiegobloodbank.org/donate](https://sandiegobloodbank.org/donate) (619) 400-8521





## WORDS FROM THE PRESIDENT

**Marvin Yudkovitz**  
President

### CHESED/COMMUNITY CARING PROGRAM

In this month's column, I want to focus on our **Chesed/Community Caring Program**. Coordinated by Aviva Rosenberg ([chesed@ohrshalom.org](mailto:chesed@ohrshalom.org)), this program is the mechanism to help other members of Ohr Shalom who are in some kind of need.

Some definitions may help understand the focus and reasons for this program.

**What is Chesed** – kindness, love between people. At various times in each of our adult lives, we need some kind of assistance from others. This may be tangible assistance such as financial or emotional support, or guidance. Perhaps it's a phone call or email asking how we are feeling.

**What is Community** – kehilla, kahal, association, congregation. When each of us completed an application to join Ohr Shalom and paid our dues, a relationship was formed connecting each of us. Seeing others in a private or public setting, greeting and saying "I know you, we're also members of Ohr Shalom" – that means something, and does throughout the world, and has for many centuries.

**What is Caring** – concerned, responsible, kind. I believe every one of us wants to be caring about each other. Knowing one of us is suffering in some way causes us to be concerned and to ask the question – "how can I help?"

Now I know all of this is nothing new to each of you, but hopefully it created some thought on what makes us a community of caring and interconnected people.

So, what is our Chesed/Community Caring Program all about, what are we doing, and what role can you have in it?



**Meal Trains** – We typically conduct a meal train when someone is ill or incapacitated, during a shiva (7 days following the funeral of an immediate member of the family), or in an emergency situation (e.g., a flooded kitchen). Our Executive Director,

Gillian Argoff-Treseder ([office@ohrshalom.org](mailto:office@ohrshalom.org)), will send out a request for meals to be delivered to the individual's home with specific requirements regarding kashrut, foods, dates, and times. People can also help by providing money for meals to be purchased. If you have never assisted with a meal train, but would like to be notified when one is needed, please let

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

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Rene Beiza - Custodian



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**OHR SHALOM SYNAGOGUE**

# DAVAR

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**Bulletin:** Please e-mail all submissions to: [davar@ohrshalom.org](mailto:davar@ohrshalom.org)

**Deadlines:** February 5 for March issue • March 5 for April issue

Gillian know and she will add you to the email list of possible meal providers.

**Teas for Health** – This program is coordinated by Jonathan and Alma Geiger. A selection of teas (and sometimes other items) is sent to congregants when we know they are ill. While much of the time we know, frequently we don't know that a member is not feeling well or has a scheduled or recent medical procedure. The program relies on each of you to tell us. Letting Aviva or Gillian know will start the process of reaching out to the individual or other family member, and sending the get-well teas.



**Calling** – A group of members make regularly scheduled phone calls to homebound or isolated individuals. Through this process we can maintain connection, help others to feel involved, and establish a relationship with other congregants. If you are interested in making calls such as this, or know of a congregant who can benefit from phone calls, please let Aviva – who coordinates this program – know.

**First Yahrzeit** – Thanks to Alma and Jonathan Geiger who deliver a yahrzeit candle and prayer to family members on the occasion of the first yahrzeit of a congregant's immediate family member. The office maintains a listing of the yahrzeits of all congregants' family and significant others, so be sure you have notified Gillian of all those you are remembering.

**Freezer Foods** – Thanks to our wonderful chef Marci Prag, oftentimes we are able to store some foods in the Ohr Shalom freezer to provide to congregants when needed. This can be a supplement to the Meal Trains or for just a one-time need.

**Onesies and Mezuzot** – Thanks to the generosity of the Lou Dunst Foundation and Ohr Shalom member donations, we have been able to purchase some Ohr Shalom onesies for newborns and mezuzot for weddings and new homes.



**Shabbat Shiva** – At times, various Chesed committee

*Words from the President continued on Page 7*

#### OHR SHALOM BOARD OF DIRECTORS

President - MARVIN YUDKOVITZ [president@ohrshalom.org](mailto:president@ohrshalom.org)

VP Administration - AL SHELDEN [vpadmin@ohrshalom.org](mailto:vpadmin@ohrshalom.org)

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VP Long Range Planning - RUBEN ROSENAL [planning@ohrshalom.org](mailto:planning@ohrshalom.org)

Secretary - ELIZABETH GREEN [secretary@ohrshalom.org](mailto:secretary@ohrshalom.org)

Treasurer - JOY HEITZMANN [office@ohrshalom.org](mailto:office@ohrshalom.org)

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	February 3	6:15pm	Kabbalat Shabbat Service with the Ohr Shalom Choir and "Ask the Rabbi"
Saturday	February 4	9:30am	Shabbat Service
Friday	February 10	6:15pm	Kabbalat Shabbat Service
Saturday	February 11	9:30am	Shabbat Service
Friday	February 17	6:15pm	Shabbat Kehillatit Service
Saturday	February 18	9:30am	Shabbat Service
Friday	February 24	6:15pm	Kabbalat Shabbat Service
Saturday	February 25	9:30am	Shabbat Service

NO Shabbat Morning Babysitting until further notice.

## Kabbalat Shabbat

with the **Ohr Shalom Choir** for Shabbat Shirah and "Ask the Rabbi"



Friday, February 3, 6:15pm



Please come enjoy Elisheva and all the wonderful members of the choir and hear them this Shabbat.

## Shabbat Kehillatit

Friday, February 17

Family-friendly service: **6:15pm**  
Community Dinner: **7:15pm**  
RSVP for dinner by February 13  
Please contact office

### Members

Adults: \$15 Children: \$8

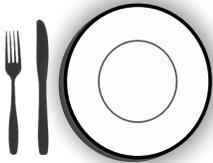
### Non-members

Adults: \$20 Children: \$10

(5-12 years old. Children under 5 FREE)



## Shabbat Morning Service & Lunch & Learn



Saturdays, February 11 & 25,  
Shabbat Service at 9:30am  
followed by Lunch and Learn  
with Rabbi Meltzer at 12:00pm



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

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

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



## PARSHIYOT & CANDLELIGHTING February 2023

### SHABBAT SHIRAH

#### PARSHAT BESHALACH

Fri: February 3 | 12 Shevat

Sat: February 4 | 13 Shevat

Torah: Exodus 13:17-17:16

Haft: Judges 4:4-5:31



#### PARSHAT YITRO

Fri: February 10 | 19 Shevat

Sat: February 11 | 20 Shevat

Torah: Exodus 18:1-20:23

Haft: Isaiah 6:1-7:6, 9:5-6



#### PARSHAT MISHPATIM

Fri: February 17 | 26 Shevat

Sat: February 18 | 27 Shevat

Torah: Exodus 21:1-24:18

Haft: Jeremiah 34:8-22, 33:25-26



#### PARSHAT TERUMAH

Fri: February 24 | 3 Adar

Sat: February 25 | 4 Adar

Torah: Exodus 25:1-27:19

Haft: I Kings 5:26-6:13



## Ohr Shalom's Choir with Elisheva Edelson

The Ohr Shalom Choir is always looking for new members. You never sang in a choir before? Don't worry! There are no auditions, and you don't need to know how to read music or Hebrew. We will help you! If you're interested, please contact Elisheva Edelson at [elishevaedelson@gmail.com](mailto:elishevaedelson@gmail.com)

Come join us at 7:00pm on the following Mondays in February:

Monday, February 6  
Monday, February 13  
Monday, February 27



### COMMITTEE CHAIRS

Building & Grounds/Security - RAULF POLICHAR [polichar@cox.net](mailto:polichar@cox.net)

Chesed/Community Caring - AVIVA ROSENBERG [chesed@ohrshalom.org](mailto:chesed@ohrshalom.org)

Environmental Projects - ALLYSON DARROCH [greenparrotgraphics@cox.net](mailto:greenparrotgraphics@cox.net)

Membership - ALEX VAN FRANK [membership@ohrshalom.org](mailto:membership@ohrshalom.org)

Religious School - SPRINGSONG COOPER WEINER [parent-rep@ohrshalom.org](mailto:parent-rep@ohrshalom.org)

Ritual - SHOSHANAH FEHER STERNLIEB [ritual@ohrshalom.org](mailto:ritual@ohrshalom.org)

Social Action - BRAD EISENBERG [socialaction@ohrshalom.org](mailto:socialaction@ohrshalom.org)

Youth Programs - JESSICA LEMOINE [jessicasontag.lemoine@gmail.com](mailto:jessicasontag.lemoine@gmail.com)

Member-at-Large - EVA BRZEZINSKI [evabrzezinski@att.net](mailto:evabrzezinski@att.net)

Member-at-Large - JONATHAN GEIGER [jggeiger@earthlink.net](mailto:jggeiger@earthlink.net)

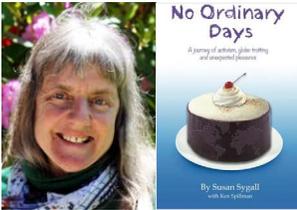
Member-at-Large - EVETTE WEISS [evetteweiss@aol.com](mailto:evetteweiss@aol.com)

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.



# Jewish Disability Awareness, Acceptance & Inclusion Month (JDAIM)

<p><b>Sunday, February 5</b> In-person at Ohr Shalom or <a href="#">Zoom</a></p> 	<p>9:30am 10:00am</p> <p>11:00am</p>	<p><b>Brunch</b> for Congregation and parents. <b>Gruen Family Presentation</b> –Listen to the words of <b>Jacob Gruen</b>. Jacob is a 21-year-old autistic man with apraxia who is a minimal or unreliable speaker. He found his voice through <b>Spelling2Communicate</b> approximately four years ago and is an advocate for changing how the world sees non-speakers.</p> <p><b>Readings with the Rabbi</b> – <i>No Ordinary Days: A Journey of Activism, Globe-Trotting and Unexpected Pleasures</i> by Susan Sygall</p>
<p><b>Saturday, February 11</b> In-person at Ohr Shalom or <a href="#">Zoom</a></p>	<p>11:00am</p>	<p><b>Lunch &amp; Learn with Rabbi Meltzer on JDAIM topics</b></p>
<p><b>Friday, February 17</b> In-person at Ohr Shalom or <a href="#">Zoom</a></p>	<p>6:15pm</p>	<p><b>Shabbat Kehillatit Service with ASL Interpreters</b>  <i>followed by Community Dinner (Allergy Friendly)</i> RSVP Required</p>
<p><b>Saturday, February 18</b> In-person at Ohr Shalom or <a href="#">Zoom</a></p>	<p>9:30am</p>	<p><b>Shabbat Morning Service &amp; JDAIM Drash with ASL Interpreters</b> </p>
<p><b>Sunday, February 26</b> <a href="#">Zoom</a> only</p>  <p>Co-Sponsor:  <b>Temple Beth Israel</b> Center for Jewish Life in Eugene, Oregon</p>	<p>11:00am</p>	<p><b>Keynote Speaker: Susan Sygall</b> - A conversation about her life, travels, and world-wide disability advocacy <b>Susan Sygall</b> is a disability advocate and MacArthur fellow. She is co-founder and CEO of Mobility International USA, a non-profit organization advancing disability rights and leadership globally through international exchange and development. She will speak to us about her life, her travels throughout the world as a wheelchair rider, and her international advocacy, especially in the area of training women with disabilities to be leaders and agents of change in the international disability community. Our interview will also highlight Susan's life-long faith in Judaism and her desire to do more tikkun olam by helping everyone to embrace the concept of disability rights and the possibility to change the world. <i>*This event will be held on Zoom only. ASL interpreters and live captioning  will be provided.</i></p>
<p><b>Saturday, March 4</b> In-person at Ohr Shalom or <a href="#">Zoom</a></p>  <p>Community Partner:  <b>TEMPLE SOLEL</b></p>	<p>6:30pm</p>	<p><b>Documentary Film Screening &amp; Panel Discussion with Filmmaker Laura Morton</b> <i>Anxious Nation</i></p> <p><b>Anxious Nation</b> takes a crucial look into the crisis of anxiety and mental health in America, especially its impact on kids and families. In 2022, the U.S. surgeon general warned of a devastating mental health crisis among adolescents, creating a national emergency, which was exacerbated by the Covid-19 pandemic. The film sets out to lift the shroud of shame around mental health, highlighting kids and families, who bravely share their stories, while giving emotional insights into how anxiety shows up in our children's lives and impacts families. The filmmakers offer deep insights on how we got here and what we can do to harness anxious energy for good. Above all, the film offers hope. Our expert panel will feature <b>Laura Morton</b>, <i>New York Times</i> best-selling author and the co-director, producer, and writer of <i>Anxious Nation</i> as well as local mental health experts. <i>*This event will be held in person at Ohr Shalom and on Zoom. ASL interpreters will be available during the panel portion of the event. </i></p> <p>\$5 Ohr Shalom Members   \$10 Community Members RSVP Required</p>

To RSVP or for more information or if you need further accommodations please contact [office@ohrshalom.org](mailto:office@ohrshalom.org).

Ohr Shalom requires masks for attendance at indoor events.

Proof of COVID vaccination **or** negative test from that day is also required. Please stay home if you're sick.

## Join Us for JDAIM 2023

This year Ohr Shalom is offering a wide variety of perspectives on disability for its fifth annual Jewish Disability Awareness, Acceptance and Inclusion Month (JDAIM). Our regular services and programs throughout February will be infused with JDAIM themes and accommodations, including Minyan Minute on Mondays and Thursdays, Lunch and Learn on February 11th, ASL interpreters at our Shabbat Kehillatit Service on February 17th and for the JDAIM Drash on Shabbat morning, February 18th.

Our formal programming begins on February 5th at 10:00 am with a conversation with a 21-year-old autistic man who has difficulty speaking and who found his voice through the use of assistive technology. At 11:00 am that same morning, Readings with the Rabbi will discuss the book written by our keynote speaker, Susan Sygall: *No Ordinary Days: A Journey of Activism, Globe-Trotting and Unexpected Pleasures*. Come, listen and formulate questions to ask her on February 26th when she joins us from Eugene, Oregon via Zoom to talk to us about her life, her travels throughout the world as a wheel-chair rider, and her disability advocacy, especially in the area of training for disabled women across the world to

become leaders and change agents in their own countries. Susan's disability advocacy is intertwined with her Jewish values: her lifelong desire is to do *tikkun olam* by helping everyone to embrace the concept of disability rights and the possibility it holds to change the world.

On March 4, Ohr Shalom will hold a special screening of *Anxious Nation*, a new documentary that takes a crucial look at the crisis of anxiety and mental health in America, especially its impact on kids and families. Anxiety is currently a devastating mental health crisis among adolescents – a national emergency that has been exacerbated by the Covid-19 pandemic. The film sets out to lift the shroud of shame around mental health, while providing emotional insights into how anxiety shows up in our children's lives and impacts families. The filmmakers offer deep insights on this critical problem in our children's lives along with ways to harness anxious energy for good. Above all, the film offers hope.

After the screening, Laura Morton, a New York Times best-selling author and the co-director, producer, and writer of *Anxious Nation* will join local mental health experts to discuss the problem and what can be done to alleviate it.

### MINYAN MINUTES FOR JDAIM IN FEBRUARY

We're looking for volunteers to do a **Minyan Minute** in February dealing with any issue related to any disability. The format can be poems (yours or someone else's), feelings, stories, artwork, etc. Please volunteer for any Monday or Thursday evening minyan in February.

To schedule a Minyan Minute, please contact our coordinator **Jonah Weinberg** at [jonahbw@gmail.com](mailto:jonahbw@gmail.com) for available dates.

### 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**.

## ON THE TOWN



... is going to the San Diego International Jewish Film Festival, to see:

## Hallelujah Leonard Cohen, A Journey, A Song

**Monday, February 20, 2023, 7:00pm**

(6:00pm Community Reception)

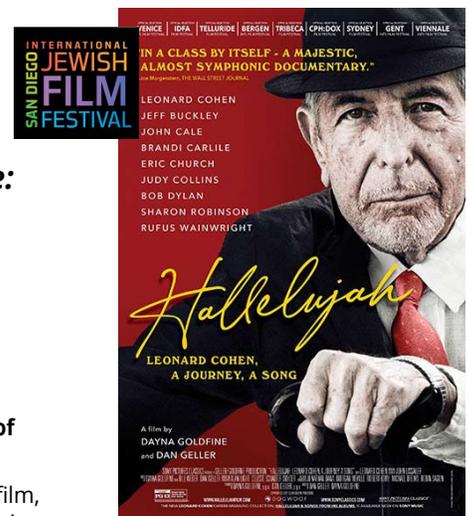
**Garfield Theater, Lawrence Family JCC/Jacobs Family Campus,  
4126 Executive Drive, La Jolla 92037**

Directed by Dan Geller and Dayna Goldfine, the film outlines the rich and complex backstory of Leonard Cohen's years spent laboring over the lyrics of his perhaps most-famous song.

Ohr Shalom On the Town has obtained a congregation-wide \$3 discount for tickets to see the film, which only can be viewed at the JCC. It will not be included among the Festival's streaming offerings.

**Here is how to buy your tickets using Ohr Shalom's discount:**

- Go to the Film Festival website: <https://www.lfjcc.org/cjc/sdijff.aspx>
- Select "Get Tickets," then "Buy tickets/Film guide/Schedule" • Find **Hallelujah: Leonard Cohen, A Journey, A Song**
- Select the only showing, and then click "Order Tickets" • Find "Have a discount code?" • Enter OHR23, your code, which will deduct \$3 for every ticket you order (Regular price is \$19.95). Are you an Ohr Shalom **Sustaining Member**? If so, Ohr Shalom will pay for your whole ticket! Please contact Lynn Mendelsohn so that Ohr Shalom can purchase your tickets for you. Lynn can be reached **via email or text**, at [mendelynn0511@gmail.com](mailto:mendelynn0511@gmail.com) or at 619-980-1801.





**Eva Brzezinski**  
Public Health

## **February is American Heart Month!** *Make Heart Health Part of Your Self-Care Routine*

Why do we care about self-care?

Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart. We all tend to do “everything” for all our family members and loved ones and tend to forget to take care of ourselves.

Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute (NHLBI). People with poor cardiovascular health are also at increased risk of severe illness from COVID-19. Heart disease is largely preventable and focusing on improving your health is quite important.

“Studies show self-care routines, such as taking a daily walk and keeping doctors' appointments, help us keep our blood pressure in the healthy range and reduce our risk of heart disease and stroke,” said David Goff, M.D., NHLBI’s director of cardiovascular sciences.

It may be easier than you think to “put your heart” into your daily routine. Each Sunday, look at your week’s schedule and carve out 30 minutes daily for heart-healthy practices. Take an online yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist. Then seek out support from others, even if it’s online or via a phone call, to help you stick to your goals.



Here are few self-care tips to try every day to make your heart a priority:

### **SELF-CARE SUNDAY**

Find a moment of serenity every Sunday. Spend some quality time on yourself.

### **MINDFUL MONDAY**

Be mindful about your health such as blood pressure or glucose. Being aware of your health status is a key to making positive change.

### **TASTY TUESDAY**

Choose how you want to approach eating healthier. Be present when you eat.

### **WELLNESS WEDNESDAY**

Focus on wellness. Maybe eat more vegetables, or more fruits or stop smoking or vaping.

### **TREAT YOURSELF THURSDAY**

Treats can be healthy. Maybe fruit and yogurt. Laughter is healthy. Whatever you do, find a way to spend some quality time on yourself.

### **FOLLOW FRIDAY**

Follow inspiring people and pages on social media, or text a friend to help you stick to your self-care goals. Remember to take care of your mental health, too. Two of the main hurdles to self-care are depression and a lack of confidence, according to a study published in the *Journal of the American Heart Association*. If your mental health gets between you and your fabulous self, take action to show your heart some love. Reach out to family and friends for support, or talk to a qualified mental health provider.

### **SELFIE SATURDAY**

Inspire others to take care of their own hearts. Having social support and personal networks can make it easier to get regular physical activity, eat nutritious foods, reach a healthy weight, and quit smoking.

## **Purim Celebration**

**at Ohr Shalom Synagogue**

**Monday, March 6**

**5:30pm - Kid-Friendly Dinner & Activities**

**6:15pm - Minyan**

**6:30pm - Singing, Kids' Megillah, Shpiel**

**7:30pm - Dessert**

**8:00pm - Full Megillah Reading**

**Stay tuned for further details.**



## **OHR SHALOM WELLNESS**

### **Meditation**

*with Alex van Frank*

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

Alex van Frank, C-IAYT is holding a post-minyan meditation group.



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



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

**Meeting ID:** 828 0558 3843

## SOCIAL ACTION



### Give the Gift of a Warm Blanket this Winter!

Have you found yourself turning up the heat or adding another layer of clothing to keep warm at home this winter?

**Not everyone in San Diego can make that choice!**

Please support our winter blanket drive by donating **new or clean and gently used** warm blankets to be distributed to one or more organizations serving the unsheltered and refugees in our community. Please place your blankets in the collection bin in the Ohr Shalom lobby.



*The blanket drive continues during February.*

## 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.



## RABBI'S MESSAGE (CONT.)

and pending just over the horizon, that has many of us suffering, again not being able to breathe comfortably because of the pandemic.

This is the background, to a special focus of JDAIM 5783 on the current rampant presence of depression throughout our community and society. We are striving to allow our commemoration and celebration of JDAIM to bring not only education and changed awareness, but hoping for respite and a fresh, full breath of air to all those who participate.

When our Wednesday afternoon Psalms class (you are all invited to join us) gets to Psalm 34, we will read that God is קָרוֹב לְנֶפְשׁוֹת יְשׁוּעָה ("close to the brokenhearted") and יִצְלַח וְיִשְׁעוּ יוֹשְׁעֵי ("will save those who are of crushed spirit/breath/soul") (Ps 34:18).

It is our hope, wish and prayer, that our work during JDAIM, and everything that we do as a community – worship, study, celebrate, being together – is restorative. That each of us will find renewed breath and vigor, a second wind and a refreshed soul.

Join us this month, and as often as you can, to uplift and to be uplifted, and to breathe deeply in all the good that we share.

### Ohr Shalom Chavurot

There is still time to indicate your interest in joining a newly forming **Ohr Shalom Chavurah**. Please send information about activities you are interested in, whether you'd prefer to meet in person and/or online, and when is the best time for you to meet (day, night, weekly, monthly, etc.). Contact Alex van Frank, Membership Chair, at [membership@ohrshalom.org](mailto:membership@ohrshalom.org).



## FROM OUR EXECUTIVE DIRECTOR

Gillian Argoff-Treseder  
Executive Director



## BUILDING AWARENESS AND APPRECIATION

It's February! At Ohr Shalom, that means we put a lot of effort into programming for Jewish Disability Awareness, Acceptance and Inclusion Month (JDAIM). This month doesn't need another "A," but I'd like to add APPRECIATION to the list of things we are trying to achieve through these programs. Not only should we learn to accept people with differences and/or disabilities, but we should appreciate them! We need to approach differences and challenges as a beautiful opportunity to learn and grow.

When I was in 3rd grade, one of my classmates was deaf. That was my first introduction to sign language (outside of the 30-second clips from Sesame Street). I was absolutely fascinated. We became friends and half the class bought sign language dictionaries so we could communicate with her. Ever since, I always watch the sign language interpreters if they are present at an event; it's like watching a finger ballet.

I appreciate the way sign language has allowed me to see things differently, to see words come to life through someone's hands. I appreciate the thought that must have gone into developing signs that make sense for the words they represent. And sign language is just the tip of the iceberg when it comes to thoughtful accommodations that many of us use every day, which almost certainly originated to solve an issue for people with disabilities.

The next time you roll your cart down a curb cut, use the captions on your favorite show, or take the elevator here at Ohr Shalom, take a moment to appreciate the origin of these everyday accommodations that we may take for granted.

I hope to see you at our JDAIM events this month. I will be there listening intently to our speakers and watching the sign language interpreters turn their words into art.

*PS – If you'd like to donate to our JDAIM programs to help cover the cost of providing these important speakers and interpreters, please call or email me.*

## WORDS FROM THE PRESIDENT (CONT.)

members will drop off a bottle of wine and challah.

**Future Endeavors** – As we continue to heal from COVID and hopefully remove masking mandates, here are some potential future activities:

- As a small group, preparing more foods and freezing them.
- Visiting people in their homes

If you have some additional ideas for the Chesed/Community Caring Program, please contact Aviva. Also, let her know if you are willing to help out with your time, information about congregants who can benefit from the program, and financial assistance. And, yes, there is a committee that you can join – ask Aviva.

This is an opportunity to institute gemilut chasadim, acts of loving kindness for all of us. Please join in the effort.

**CLASSES with Rabbi Meltzer**

*Ohr Shalom Zoom Room*

**Daf Yomi • Wednesdays, 10:00am**

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

**Psalms • Wednesdays, 2:00pm**

Join together to read, study and sing Psalms. Come learn about the history and organization of this songbook in the middle of the Bible. We will study each Psalm as poetry, and explore its ancient and contemporary liturgical uses.

Recordings of previous sessions: [ohrshalom.org/psalms-class/](http://ohrshalom.org/psalms-class/)

**Slow Read Book Club**

• *In-depth chapter discussions (ongoing)*

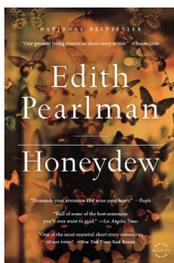
**Fridays at 11:00am**

**Honeydew**

by Edith Pearlman

(amazon.com) Over the past several decades, Edith Pearlman has staked her claim as one of the all-time great practitioners of the short story. Her incomparable vision, consummate skill, and bighearted spirit have earned her consistent comparisons to Anton Chekhov, John Updike, Alice Munro, Grace Paley, and Frank O'Connor. Her latest work, gathered in this stunning collection of twenty new stories, is an occasion for celebration.

Pearlman writes with warmth about the predicaments of being human. The title story involves an affair, an illegitimate pregnancy, anorexia, and adolescent drug use, but the true excitement comes from the evocation of the interior lives of young Emily Knapp, who wishes she were a bug, and her inner circle.



**Readings with the Rabbi**

• *Monthly Book Discussion*

**Sunday, February 5, 11:00am**

**No Ordinary Days: A journey of activism, globe-trotting and unexpected pleasures**

by Susan Sygall

(See info about the author in the JDAIM info on pages 4 and 5)



**Sunday, March 19, 10:30am**

**A Brilliant Novel in the Works**

by Yuvi Zalko

(amazon.com) When Yuvi's wife finds him in his underwear, standing on top of his desk, she isn't particularly impressed with his writing habits. But Yuvi worries. He has a wife who wants things he can't give her, an editor who wants a book he can't deliver, a brother-in-law whose gastrointestinal disease may lead him to a morbid end, and dead parents who, well, they don't really want anything, but that doesn't stop the memory of them from haunting him.

As the structure of Yuvi's novel falls apart, so do his life and marriage. Heartbreaking and hilarious, *A Brilliant Novel in the Works* is the utterly original debut novel from Yuvi Zalko, praised by Cheryl Strayed as "the secret love child of the smartest person you've ever met and the weirdo who lives down the block."



**Shanee Michaelson**  
Rabbinic Intern

**Sea Fever**

(selected verses)

*"I must go down to the seas again, to the  
vagrant gypsy life,  
To the gull's way and the whale's way where the  
wind's like a whetted knife;  
And all I ask is a merry yarn from a laughing  
fellow-rover,  
And quiet sleep and a sweet dream when the long  
trick's over.  
~John Masefield*

As I write this, it's the day that I've finally emerged after two weeks of not leaving my home in Los Angeles. The COVID virus had me pretty sick. Thank God I'm improving, though the fatigue lingers. Having to stay at home induced a bit of cabin fever, or as Masefield puts it in his poem, *Sea Fever*, it was such a relief to get out.

In the Babylonian Talmud, tractate Bava Metzia, the sages analyze the concept of visiting the sick, known in Hebrew as *bikkur cholim*. They consider it to be one of the *gemilut chasadim*, or acts of loving-kindness that we perform for others. It is a way of emulating God, who visited our ancestor Abraham when he was in recovery. Visiting the sick, according to the rabbis, had the power to take away one-sixtieth of their illness.

Because COVID is so contagious, it has prevented standard *bikkur cholim*. However, there are other ways of fulfilling this traditional value. I had the good fortune of friends and family who helped me out. A fellow rabbinical student brought over homemade soup and a good book, leaving it outside my front door. An old friend went out and bought four bags of groceries, definitely much more than I needed. My family in San Diego had a hot meal delivered via a local kosher restaurant, just in time for Shabbat. Other friends from far away called and spoke to me on the phone, giving me the gift of their beautiful voices; members of the Ohr Shalom community checked up on me daily with text messages. I felt the concern; one-sixtieth of my illness was most definitely removed. Thank you all so much!

Now we move into Shevat and Adar, the early spring months of the Jewish calendar. We might check in on the state of the trees for Tu B'Shevat, perhaps wishing them a happy new year. How do you wish trees a happy new year? Give them some attention; think about what they might need. Caring for the natural world is just like caring for other human beings: all are God's creations.

I'm looking forward to seeing you again, checking in, and finding out how you're doing. Chodesh Tov.

## RELIGIOUS SCHOOL

The following email was sent out to all Religious School parents and teachers on January 5, 2023 by Rabbi Meltzer and Gillian Argoff-Treseder:



Good afternoon,

Today's welcome back from Winter Break has some additional important news. Effective today, Judith has resigned from her position as the Principal of Ohr Shalom's Religious School. She decided that the position was not right for her and decided to resign.

We are saddened by her departure, and wish her all the best for her future.

Moving forward, we continue to strive to make our Religious School the finest that it can be. We have already begun our search for a new Religious School Principal.

In the meantime, beginning today, we are going to step into the role and believe that together we will be able to ensure that the school year continues as a wonderful, educational, nurturing experience for your children.

We are here for your children, and here for you. Anything you need, any concern you have, please do not hesitate to contact either one of us.

For the time being, we are going to strive our best to both be present during Religious School hours. Unfortunately, Rabbi Meltzer is on vacation and will not be able to be present today or on Sunday. But should you need anything, please do not hesitate to call.

Again, it is an honor to work together, with you and your children, in developing our Religious School, and more generally, the synagogue community, in the best way possible.

Welcome back to Religious School,

Rabbi Meltzer and Gillian Argoff-Treseder



### CHESED/COMMUNITY CARING

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

I hope everyone is staying warm and dry this winter season!

As Marvin mentioned in his column this month about the Chesed Committee, please contact me at [chesed@ohrshalom.org](mailto:chesed@ohrshalom.org) if you have any questions about Chesed or would like to join the Committee. All congregants – any age – are welcome to join.

If you know of any congregants who are under the weather or live alone and could benefit from a tea delivery or a phone call, please don't hesitate to reach out. We all care about each other in our community.

## LAUREL STREET BEAT

from Springsong Cooper,  
Religious School Committee Chair

**Tu B'shevat** gets its name from the date on which the holiday occurs – the 15th of the month of Shevat. It is considered the New Year of the Trees, and marks the start of spring in Israel, when trees begin to bloom after a long, cold winter. Today, many people mark this holiday by planting saplings and participating in a meal that evokes the Passover seder, where fruits, nuts, and wine or grape juice are on the menu. Besides the seder, many families spend Tu B'Shevat planting a tree, working in a garden, eating special fruit, or doing something else to show some love for trees and the earth.

### What is something you can do this year to show love for trees and the earth?

**Aviva (Kitah Vav):** I can help the earth and the trees by planting trees and being more considerate of what I throw in the trash and what I can compost. Another thing I can do is learn more about environmental causes so I can contribute to helping solve the problems facing our environment.



**Jacob (Kitah Aleph):** Plant a tree.



## TA'AM TORAH A TASTE OF TORAH

Program for 4-year-olds at Ohr Shalom  
**February - May 2023**  
Facilitated by Jennifer Meltzer

Sessions will include: music, movement, holiday preparation, art, stories, t'fillah and LOTS OF FUN!

This program is geared for the children, it is not a parent participatory program, although parental attendance is optional (**children must be potty-trained**)

For more information contact, Gillian (619) 231-1456

**Sundays, 10:30-11:30am:**

• Feb 12 • Mar 19  
April 2 • April 23

**Cost:**

**\$20:** Individual session  
Must Register in Advance



**Susie Meltzer**  
Israel Desk

## **A CLOSE-UP: THE UNITED NATIONS, ISRAEL, AND ANTI-SEMITISM**

The United Nations General Assembly in 2022 passed more resolutions critical of Israel than against all other nations combined, contributing to what observers call an ongoing lopsided focus on the Jewish State at this world body. WHY? The following are excerpts from a recent report from the Anti-Defamation League.



Looking back to 1947, The United Nations (UN) played a pivotal role in the partitioning of Palestine into two states, one Jewish and one Arab. When Israel won its independence in 1948 it became an official member-state of this international body. Unfortunately, but not unexpectedly, resistance to the new State of Israel appeared from the start. The actions of the United Nations, as one of Israel's early supporters, was a surprise. Arab countries, wanting to delegitimize Israel, were quick to successfully pressure the UN to help condemn Israeli policies and pass biased resolutions.

With decades of prejudice and marginalization, the UN continues to demonstrate a negativity to Israel. It has adopted resolutions like 242 and 338 following the 1967 and 1973 wars – calling for Israel's withdrawal from occupied territories – that influence the ongoing debate at the UN over the Israeli-Palestinian conflict. It often criticizes Israel's presence in the West Bank and East Jerusalem. Another powerful slam came in the 1975 Arab/Soviet-sponsored UN resolution declaring Zionism a form of racism, aimed at denying Israel its political legitimacy. Although finally repealed in 1991, the idea "Zionism is racism" is still espoused and quoted today.

Israel has received biased treatment within subsets of the organization as well. The UN Human Rights Council (HRC) has persistently delivered unfair treatment on issues relating to Israel, the only country to appear on the HRC's permanent agenda, while excluding countries notorious for their human rights abuses like Iran and Sudan. Finally, in 2018, after years of disproportionate claims of human rights abuse in Israel, the US formally withdrew from the HRC.

Similarly, The United Nations Educational, Scientific and Cultural Organization (UNESCO) granted the Palestinians full admission into the organization, then proceeded to adopt anti-Israel resolutions, such as labeling as in Palestine both the Temple Mount in Jerusalem and the Tomb of the Patriarchs in Hebron. Fortunately, Israel has more recently seen some toned-down compromises in UNESCO resolutions and has welcomed these as a positive step.

There have been additional optimistic developments for Israel at the UN to note as well. The UN Committee on the

Elimination of Racial Discrimination (CERD) issued a report in 2019 criticizing Palestinian authorities and calling on Palestinian leaders to act against racist hate speech and hate crimes, including incitement to violence against Israelis and Jews. The report marked the first time CERD had ever criticized Palestinian officials for incitement. Furthermore, the UN has begun to address other issues of concern to the Jewish community, particularly anti-Semitism and Holocaust denial, in a highly visible way. For example, in 2019 the UN held its first ever special session on the rise of anti-Semitic violence worldwide, with over 90 countries participating.

Given the long history of Israel's relationship with the UN, there is reason for hope when examining positive changes that have occurred. We pray 2023 will bring more.

### **Ohr Shalom's Monthly**

### **TRIVIA CHALLENGE**

**Question/Challenge: Israel has won the Eurovision contest 4 times. Name the winning songs, artists and years in which Israel has won?**

Submit your answer to [office@ohrshalom.org](mailto:office@ohrshalom.org)  
Subject: **February Davar Trivia**

**Check next month's Davar for the correct response and the name of the first person to submit the winning answer.**

**Last month's answer:** Jacob had twelve sons through four women, his wives, Leah and Rachel, and his concubines, Bilhah and Zilpah, who were, in order of their birth, Reuben, Simeon, Levi, Judah, Dan, Naphtali, Gad, Asher, Issachar, Zebulun, Joseph, and Benjamin

**[Winner: Marcia Wollner, who was the first to send in the correct answer, and who also wrote this month's question!]**

### **Did you know Ohr Shalom has an Instagram page?**



Please check out and follow our Instagram page. Simply search for:  
**Ohr Shalom Synagogue.**

We have many pictures from our events and information about upcoming events. Give our posts a like and stay informed while scrolling through.



## YOUTH GROUP

Shoshannah Bunton  
USY Youth Director



## USY EVENTS IN FEBRUARY:

**Saturday, February 4th – USY San Diego-Wide Karaoke Night (7th-12th graders) @ 6:30-8:30pm** at Congregation Beth El: 8660 Gilman Dr., La Jolla. Snacks, fun karaoke music, a red carpet, and more. **\$20** per participant; snacks included.

**Sunday, February 19th – Games Day at Dave & Buster's (Ohr Shalom 3rd-12th graders) @ 2:00-3:30pm:** 2932 Camino Del Rio N, San Diego. USY members will be given a game card and will be able to play all the fun Dave & Buster's games they want. **\$20** per participant; food not included.

**Questions?** Contact Shoshannah at [usy@ohrshalom.org](mailto:usy@ohrshalom.org).

7-12th Grade USY Members  
Snacks Included

# KARAOKE Night Party

**\$20.00 ENTRY**

February 4, 2023  
6:30-8:30PM  
Beth El  
8660 Gilman Drive, La Jolla, CA 92037

◀◀◀◀

## SAN DIEGO USY DAVE AND BUSTER'S

OPEN TO ALL 3-12TH GRADERS  
FEBRUARY 19TH, 2:00-3:30PM  
**\$20, FOOD NOT INCLUDED**

▶▶▶▶

2932 CAMINO DEL RIO N  
SAN DIEGO, CA 92108

## COMMUNITY EVENTS

### Treasures from the Music Collection of the Astor Judaica Library: Ladino Songs

**Thursday, February 9, 2:00-3:30pm**

Astor Judaica Library at Lawrence Family JCC

Moderated by **Eileen Wingard** with guests, **Raulf Polichar** and **Carla Berg**. The Playlist is from recordings by Nico Castel, Flory Jagoda, Yoram Gaon, Gerard Ederly, The Parvarim, Hora Jerusalem Choir and Carla Berg. The Playlist of 13 Ladino songs will include *La Rosa Enflorece*, *Avram Avino*, *Kuando El Rey Nimrod*, *Ocho Kandelikas*, and more. Next in series: March 8: Israeli Music. Free.

### 33rd Annual San Diego International Jewish Film Festival

**February 15-26**

(in-person at the Garfield Theatre,  
Lawrence Family JCC),

**February 27-March 3** (virtual)



See the film schedule and descriptions  
and buy tickets at:

<https://2023sdijff.eventive.org/schedule>

### Shushan on the Farm: A Theatrical Retelling of the Purim Story

**February 26 @ 2:00 – 6:00pm**

The Hive at Leichtag Commons  
441 Saxony Rd, Encinitas

Join **The Hive**, Coastal Roots Farm, and Lipinsky Family San Diego Jewish Arts Festival for an experiential theatrical walking tour through the city of Shushan – filled with live dance, music, and merriment as we bring the ancient voices of the Purim story to life. Don't miss an entertaining afternoon, including original performances from **San Diego Ballet** and vignettes curated by the **San Diego Repertory Theatre**! Audience costumes for all ages are welcomed and encouraged! \$18/person; kids 18 and under are free. Register at:

<https://leichtag.org/event/shushan-on-the-farm-a-theatrical-retelling-of-the-purim-story/>.



## ENVIRONMENTAL PROJECTS

**Allyson Darroch**  
Environmental Projects Chair

# MAKING OUR WORLD A MORE SUSTAINABLE AND THRIVING PLACE

Yes, we still have a long way to go but look how far we have come.

In the late 1950s, Rachel Carson began to work on environmental conservation. She wrote *Silent Spring* in 1962, documenting the environmental harm caused by the indiscriminate use of pesticides. *Silent Spring* brought environmental concerns to the American public. The book was met with fierce opposition by chemical companies, but it swayed public opinion and led to a reversal in U.S. pesticide policy, a nationwide ban on DDT for agricultural uses, and an environmental movement that led to the creation of the U.S. Environmental Protection Agency. In 2006, *Silent Spring* was named one of the 25 greatest science books of all time by the editors of *Discover* magazine.



Rachel Carson

My childhood was spent on the shore of Lake Erie. The Lake was extremely polluted, and even to a child it was obvious. Factories dumped pollutants into the lake and the waterways that flowed into it. Waste from city sewers made its way into the lake too, as did fertilizer and pesticides from agricultural runoff.

In 1969, the Cuyahoga River caught fire, bringing more negative national publicity to Cleveland and its polluted waterways. Even though pollution in Lake Erie was a regional problem, Cleveland bore the brunt of the negative publicity.

The burning river and the “dead” lake were major impetuses for the Federal government to step in and deal with water pollution in Cleveland and across the nation. In 1972, Congress passed the Clean Water Act, a measure that tightened regulations on industrial dumping. That same

year, the United States and Canada signed the Great Lakes Water Quality Agreement lowering the amount of pollutants entering the Great Lakes.

Locally, cities took steps to improve sewer systems and better monitor water quality. Cleveland’s mayor, Carl Stokes, led the way, pledging to clean up Cleveland’s waterways. He appeared before Congress (and his brother, United States Representative Louis Stokes) in 1970 to discuss the issue and seek federal aid. His involvement brought significant media attention to the problem and contributed to the national movement against water pollution.

I still check in with the local news back in Cleveland. Things have changed for the better. There are otters and beavers in the Grand River and the surrounding marshes. You can once again swim in the “dirtiest of the Great Lakes.” The Dead Lake has now become famous for the size of its walleye, pike and trout. It was people who polluted it, and nearly killed it, and it is people who are repairing and restoring it.

Back to San Diego for the latest in the city’s composting/organic waste recycling efforts (see <https://www.sandiego.gov/environmental-services/recycling/sb1383>). Here is what we know so far. Starting this month, long-awaited green bins, along with kitchen pails, will be delivered to homes in the city.

We are nowhere near where we need to be in repairing the damage that humans have done to the environment, but things are looking up. In the middle of the 20th century there were two slogans that illustrate the hostile and often deadly divide: “America: Love It or Leave It” and “America: Change It or Lose It.”

We cannot leave – we only have one planet, and terraforming is not an option. But we can change the way we do things, and history has shown that it makes a difference.

## It’s getting closer ... Save the Date: April 30, 2023

### LIGHTS OF OHR SHALOM TRIBUTE JOURNAL 2023 HONORING LYNN & IVAN MENDELSON

- GOLD Fancy Full Page .....\$1800
- SILVER Fancy Full Page.....\$1500
- FULL PAGE.....\$1000
- HALF PAGE .....\$600
- QUARTER PAGE (2" x 3.50").....\$350
- EIGHTH PAGE (2" x 1.65").....\$200
- CONGRATULATIONS (Name Listing).....\$100

**Lights of Ohr Shalom** and its **Tribute Journal** are **Ohr Shalom’s primary annual fundraising effort.**

**Please** place a greeting for Lynn & Ivan or advertise your business. Thank you for your contribution! You can order your ad by emailing content to Andrea at [graphics2@ohrshalom.org](mailto:graphics2@ohrshalom.org) or call (619) 231-1456 by

**Monday, March 20** to place your greeting or advertisement.



**“JEWISH LIFE ON RHODES” EXHIBIT AND LECTURE COMING TO OHR SHALOM**

by Lynn Mendelsohn

**The weekend of March 10 to 12, 2023** Ohr Shalom will host a unique exhibition of 120 artifacts from the lost Jewish community on the Island of Rhodes. The collection has been assembled by **Aron Hasson**, who founded the Jewish Museum of Rhodes in 1997. Mr. Hasson also chairs the Rhodes Jewish Historical Foundation in the U.S.

Mr. Hasson himself will join us, and will deliver a talk describing “Jewish Life on Rhodes,” on Saturday, March 11 at 7:30pm. He also will participate in a “Lunch and Learn” following Shabbat services on March 11th. The exhibit will be open to the public, free of charge, from 5:00pm to 9:00pm on March 10th, from 3:00pm to approximately 10:00pm on March 11th and from 12:30pm to 3:00pm on Sunday, March 12th.



This “megillah” was hand made on the island of Rhodes in 1862.

Items in the Rhodes exhibit will include an illuminated Ketubah, a 19th Century Megilla in a silver case, a Hanukkiah dated 1906, and a gold watch awarded to a member of the community by the King of Italy. Handmade items for the home include embroidered linens, ladies’ dresses and a pair of mikvah slippers. The exhibit displays documents produced by the Jewish community, such as Judeo-Spanish newspapers, diplomas and identification papers, books, business licenses and a wedding invitation.

The Greek island of Rhodes, 50 miles long and 24 miles wide, is shaped like a spearhead pointing at the coast of Turkey, 11 miles away. Rhodes had a Jewish community for more than 2,300 years before the Nazis deported the last of its Jews to Auschwitz in 1944. Its synagogue, Kahal Shalom, established in 1557, is the oldest in Greece. It still stands in *La Juderia*, the Jewish quarter of Rhodes, the port city. It is part of the Jewish Museum, as Rhodes has no regular Jewish religious services.

The Jewish community of Rhodes was primarily Sephardic, and its major language was Ladino – Judeo-Spanish. As their population peaked in the late 1900s, the “Rhodeslis,” as they called themselves, numbered about 4,500. Due to their Mediterranean location, the Rhodeslis forged their Jewish culture from Spanish, Roman, Greek, Turkish, Judean and North African traditions. Life in Rhodes was rich, not only in Jewish learning, study and ritual (it supported a Talmud-Torah and a yeshiva), but also in distinctive music, foods, textiles and handicrafts.

Following centuries of rule by the Greeks, the Romans, the Muslims, the Templar Knights of St John, and the Ottoman Turks, Rhodes passed to Italy in 1912 after the Italo-Turkish War. Like Jews worldwide, young Rhodeslis emigrated, early in the 20th Century, to Buenos Aires, New York, Los Angeles, Cape Town, Rhodesia and the Congo. They formed a Rhodesli diaspora that, to this day and

despite the passing of generations, honors Rhodes as its homeland.

Although Fascist Italy was an ally of Germany in World War II, Mussolini’s government did not gather up its Jews. In 1943, Italy surrendered to the Allies and Germany invaded its mainland and territories. Germany occupied Rhodes in September 1943. On July 23, 1944, using a list derived from the Italian census, the German SS rounded up the 1,650 Jews who remained on Rhodes and deported them, via ferryboat and cattle car, to Auschwitz. Few Jewish Rhodeslis survived the war, and those who did had little interest in returning to *La Juderia*, now devastated and empty.

Thanks to our Rhodes expert and speaker Mr. Hasson and his organizations, the history of the Rhodes Jewish community is being rediscovered and preserved, and its artifacts have been collected and catalogued. “Jewish Life On Rhodes” is co-sponsored by the Sephardic Committee of the San Diego Center for Jewish Culture and the Rhodes Jewish Historical Foundation. Special thanks to the exhibit’s underwriters at Ohr Shalom: **the Lou Dunst Foundation, Sharon and Raulf Polichar, and Ana and Jose Galicot.**



*Ohr Shalom, in association with the Sephardic Committee of the San Diego Center for Jewish Culture and the Rhodes Jewish Historical Foundation,*

is honored to host an exhibition:

**Jewish Life on Rhodes**

**A rare opportunity to examine treasured artifacts of the lost Jewish community on the Mediterranean Island of Rhodes**  
**March 10, 11 & 12**

Items in the exhibit have been assembled by **Aron Hasson**, Founder and Director of the Jewish Museum of Rhodes, and Chairman of the Rhodes Jewish Historical Foundation in the U.S. Mr. Hasson will be present during the exhibit, and will deliver a lecture on Saturday evening focused on “Jewish Life on Rhodes.”

**Events Schedule (Free to the Public)**

**Friday, March 10:** Exhibit available for viewing 5:00pm to 9:00pm. Opening and reception at 5:30pm prior to 6:15pm Kabbalat Shabbat services with the Ohr Shalom Choir.

**Saturday, March 11:** Lunch and Learn with Mr. Hasson at approximately 1:00pm, following 9:30am Shabbat service.

**Saturday, March 11:** Exhibit available for viewing at 3:00pm. Lecture by Mr. Hasson at 7:30pm, followed by a Sephardic dessert reception. Space is limited for Saturday evening’s lecture – **please RSVP** to the Ohr Shalom office by March 5th.

**Sunday, March 12:** Exhibit available for viewing at 12:30pm-3:00pm.

**Special thanks to the exhibit’s underwriters at Ohr Shalom: the Lou Dunst Foundation, Sharon and Raulf Polichar, and Ana and Jose Galicot.**

# TODAH RABAH AND LIFE CYCLE EVENTS

## Thank you for your generous donations in January:

### SYNAGOGUE FUND

Ray and Marcia Sachs  
Allen and Toni Gruber

**In loving memory of Andres Cohen**  
Linda Mostel  
Lynn and Ivan Mendelsohn

**In loving memory of Jeffrey Ressler**  
Lynn and Ivan Mendelsohn

**In loving memory of David Wolpoff**  
Sheldon and Harriet Wolpoff

**In loving memory of Minnie Witz**  
Evelyn Sevel

**In memory of Naftali ben Aharon**  
**In memory of Shlomo Bunim ben Meir Eliyahu**  
Aaron Rubinstein

**In loving memory of Ruth Hulrich**  
Rosalie Ulrich

**Happy Birthday to Joy Heitzmann**  
Esther Lightman

**Happy Birthday to Ruben Rosental**  
Samy and Sarita Zands

**Mazal Tov in honor of the Bar Mitzvah of Jack Mendelsohn**  
Sternlieb Family

**Thank You to Rabbi Meltzer**  
Aron and Marla Shalit

### TODAH RABAH TO OUR SHABBAT SPONSORS

Alice Broudy Cupples  
Naomi Eisman  
Rebecca Iden and Cody Schneider  
Daniel Pick  
Rebecca Sod  
Jared Solomon

*We apologize for any omissions.*

**Todah Rabah**  
to **Marci Prag, Matthew Razinsky, Jim Lewis** and **Aviva Rosenberg** for generously donating their time and talents to plan, shop, create, cook and serve the community a delicious Mexican food fiesta feast. Also, thank you to our office volunteers, **Allison Madwatkins** and **Jim Lewis**.



**Condolences:**  
**Enrique (Mina) Cohen** on the passing of his beloved father **Andres Cohen z"l**, husband of **Elisa Cohen Haime**, father of **Raquel Cohen** and **Gaby Kellersztein** and grandfather of **Jackie Cohen, Sharon Cohen, Ilana Kellersztein** and **Arie Kellersztein**.



*May his memory be for a blessing to all those who knew him and loved him.*

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

LeAnne Adams	Alberto Hamui	Lynn Mendelsohn
Ilan Awerbuch	Koba	Rabbi Shanee Michaelson
Sue Brown	Morris Lazard	Rachel Millstone
Joe Castiglione	Jessica Lemoine	Amy Morris
Louise Chandler	Eli Meltzer	Bill Morris
Allyson Darroch	Jennifer Meltzer	Ruben Rosental
Elisheva Edelson	Nadiv Meltzer	Jonah Weinberg
Hudi Eshel	Shayna Meltzer	Margalit Wollner
Jonathan Geiger	Susie Meltzer	Milo Wolpoff
Xavier Gumbayan	Yael Meltzer	Marvin Yudkovitz
Joe Hartman	Ivan Mendelsohn	Jane Zeer

# YAHARZEITS

Samuel Grossman	Sherry Berlin's Grandfather .....	1-Feb/10 Shevat
Helen Willis	Valerie Razinsky's Mother and Matthew Razinsky's Grandmother.....	1-Feb/10 Shevat
Claire Algazi	Albert Algazi's Mother .....	2-Feb/11 Shevat
Lena Broudy	Alice Broudy Cupples' Great Grandmother .....	2-Feb/11 Shevat
Sarah Rubinstein	Aaron Rubinstein's Wife and Jaya Rubinstein's Mother .....	3-Feb/12 Shevat
Robert Stopnik	Roz Berman's Father.....	4-Feb/13 Shevat
Jaya Czarna Bielaz	Efrain Bielaz's Mother, Mina Cohen, Simon Bielaz and Wolf Bielas' Grandmother .....	5-Feb/14 Shevat
Estera Milman	Joe Castiglione's Mother.....	5-Feb/14 Shevat
Stella Krampf Mostel	Linda Mostel's Mother.....	5-Feb/14 Shevat
Bill Tall	Rebecca Tall Brown's Father .....	5-Feb/14 Shevat
Sarah Tiano	Remembered by Jennifer Tuteur .....	5-Feb/14 Shevat
Philip Weinstein	Sheldon Wolpoff's Stepfather.....	5-Feb/14 Shevat
Michael Wolpoff	Sheldon Wolpoff's Brother.....	5-Feb/14 Shevat
Rowland Pummill	Tricia Pummill's Father .....	6-Feb/15 Shevat
Alice Wachterman	Susan Hagler's Mother .....	7-Feb/16 Shevat
Sarah Zinker	Samuel Galek's Mother .....	7-Feb/16 Shevat
Mary Langsam	Evie Sevel's Niece .....	8-Feb/17 Shevat
Helen Mendelsohn	Remembered by Ivan Mendelsohn .....	8-Feb/17 Shevat
Marian Schultz	Marcia Sachs' Mother .....	8-Feb/17 Shevat
Calvin Green	Elizabeth Green's Uncle.....	9-Feb/18 Shevat

# Yahrzeits

Lillian B. Kaplan	George Kaplan's Mother .....	9-Feb/18 Shevat
*Sam Casuto	Remembered by Doreen Casuto .....	10-Feb/19 Shevat
Aaron Finkler	Aaron Rubinstein's Grandfather .....	10-Feb/19 Shevat
Minnie Levin	Alice Broudy Cupples' Grandmother .....	10-Feb/19 Shevat
*Anita Schonbrun	George Kaplan's Sister.....	10-Feb/19 Shevat
Zelma Gardenberg de Klein	Iliana Bielaz's Mother .....	11-Feb/20 Shevat
*Maria Lachow	Lillian Lachow's Mother.....	12-Feb/21 Shevat
Gerald Rothenberg	Anita Nemoy's Uncle.....	12-Feb/21 Shevat
Tom Slovis	Lisa Slovis Mandel's father.....	12-Feb/21 Shevat
Everett Awerbuch	Ilan Awerbuch's Nephew.....	13-Feb/22 Shevat
Shimon Awerbuch	Ilan Awerbuch's Brother.....	13-Feb/22 Shevat
*Margaret Meltzer	Eli Meltzer's Mother .....	13-Feb/22 Shevat
Millard Sindler	Rita Cohen's Father.....	13-Feb/22 Shevat
Maurice Shemtov	Michal Hamui's Father.....	14-Feb/23 Shevat
*Florence Stillman	Sharon Polichar's Mother .....	14-Feb/23 Shevat
Rosa Zands	Samy Zands' Mother .....	14-Feb/23 Shevat
Daniel Abramovic	Faye Levy's Father .....	15-Feb/24 Shevat
*Gladys Sevel	Remembered by Evie Sevel .....	15-Feb/24 Shevat
*Vanina Bunton	Jeremiah, Noah, Shoshannah and Nechama Bunton's Mother .....	16-Feb/25 Shevat
*Henry Sachs	Ray Sachs' Father .....	16-Feb/25 Shevat
*Bernard Stillman	Sharon Polichar's Father .....	18-Feb/27 Shevat
Dorothy Zipp	Elaine Smith and Janice Zipp Cannizzaro's Aunt .....	18-Feb/27 Shevat
Bernice Green	Elizabeth Green's Grandmother .....	19-Feb/28 Shevat
Becky Reznik	Remembered by Ohr Shalom.....	19-Feb/28 Shevat
Jose Goldwasser	Emilia Goldwasser's Husband .....	20-Feb/29 Shevat
*Adi Salzman	Tito Salzman's Father .....	20-Feb/29 Shevat
*Rose Schiff	Eileen Wingard's Mother .....	20-Feb/29 Shevat
*Howard Schultz	Marcia Sachs' Father.....	20-Feb/29 Shevat
Jacobo Berditchevsky	Remembered by Jaime and Sara Fainstein.....	21-Feb/30 Shevat
Max Burgman	Karen Rund and Susie Meltzer's Grandfather .....	21-Feb/30 Shevat
Hadassah Gottesman	Remembered by Elaine Gottesman.....	21-Feb/30 Shevat
Abbie Kantorovich	Remembered by Sarita and Samy Zands.....	21-Feb/30 Shevat
Cyril Levy	Avigayil Levy-Yochanan's Grandfather .....	21-Feb/30 Shevat
Faye Rose	Elaine Smith and Janice Zipp Cannizzaro's Aunt .....	21-Feb/30 Shevat
Bea Burke	Beth Vann's Grandmother .....	22-Feb/1 Adar
Salomon Levy	Alberto Levy and Beatriz Levy-Israel's Father.....	22-Feb/1 Adar
Robert J. Lyons	Lynn Mendelsohn's Father.....	22-Feb/1 Adar
*Kathleen Winsor	Remembered by Ohr Shalom.....	22-Feb/1 Adar
*George Roadburg	Harlene Rottenberg's Father .....	23-Feb/2 Adar
Harry Kanter	Miriam Plotkin's Father .....	24-Feb/3 Adar
Chaya Levine	Ana Galicot's Mother .....	24-Feb/3 Adar
Robert Avigdor	Alain Avigdor's Father .....	25-Feb/4 Adar
Aaron Ben Naftali	Aaron Rubinstein's Grandfather .....	25-Feb/4 Adar
Moshe Berman	Raisa Green's Father .....	25-Feb/4 Adar
Naum Gitler	Sarah Fainstein's Uncle .....	25-Feb/4 Adar
Judith 'Lela' Lindenfeld Gorsd	Vivien Ressler's Mother .....	25-Feb/4 Adar
*Randy Rafish	Remembered by Ohr Shalom.....	25-Feb/4 Adar
*Dora Rubin	Fanny Hanono's Mother.....	25-Feb/4 Adar
Homa Shadpour-Michaelson	Shanee Michaelson's Mother .....	25-Feb/4 Adar
John Cannizzaro	Remembered by Janice Zipp Cannizzaro .....	26-Feb/5 Adar
*Linda Gabbai	Remembered by Albert Algazi.....	26-Feb/5 Adar
Chaya Lisker	Remembered by Susanne Lisker .....	26-Feb/5 Adar
Ken Turest	Vicki Turest's Husband .....	26-Feb/5 Adar
Blumah Drabin	Ilan Awerbuch's Grandmother .....	27-Feb/6 Adar
Peretz Drabin	Ilan Awerbuch's Grandfather.....	27-Feb/6 Adar
*Betty Markin	Eileen Wingard's Aunt.....	27-Feb/6 Adar
Esther Siprut	Mark Siprut's Mother.....	27-Feb/6 Adar
Rudolph Tuteur	Jennifer Tuteur's Grandfather .....	27-Feb/6 Adar
Gregorio Bogan	Ana Galicot's Uncle .....	28-Feb/7 Adar
*Sylvia Cysner	Remembered by Ohr Shalom.....	28-Feb/7 Adar
Morrey Friedman	Remembered by Ohr Shalom.....	28-Feb/7 Adar

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



**OHR SHALOM SYNAGOGUE**  
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**CALENDAR OF EVENTS**

**February 2023**  
**Shevat/Adar 5783**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Sunday, February 26, 11:00am</b>  <b>Keynote Speaker Susan Sygall-</b>  <b>A conversation about her life, travels and disability advocacy</b>  <b>Saturday, March 4, 7:00pm</b>  <b>Documentary Film Screening &amp; Panel Discussion with Filmmaker Laura Morton</b>  <i>See page 4 for more events</i></p>			<p><b>1 10 Shevat</b>            10:00am - Adult Ed: Daf Yomi            6:15pm - Minyan</p>	<p><b>2 11 Shevat</b>            4:30pm - Religious School            6:15pm - Minyan</p>	<p><b>3 12 Shevat</b>            11:00am - Slow Read Book Club            2:00pm - Office Closes            6:15pm - Kabbalat Shabbat Service w/ Ohr Shalom Choir "Ask the Rabbi"              5:05pm</p>	<p><b>4 13 Shevat</b>  <b>Parshat Beshalach</b>  <b>Shabbat Shirah</b>            9:30am - Shabbat Service              6:06pm</p>
<p><b>5 14 Shevat</b>            9:30am - Religious School            11:00am - Readings with the Rabbi JDAIM            5:30pm - Seder Leyl Tu B'Shevat            6:15pm - Minyan</p>	<p><b>6 15 Shevat</b>  <b>Tu B'Shevat</b>            6:15pm - Minyan            7:00pm - Choir Practice</p>	<p><b>7 16 Shevat</b>            6:15pm - Minyan            7:00pm - Meditation with Alex van Frank</p>	<p><b>8 17 Shevat</b>            10:00am - Adult Ed: Daf Yomi            6:15pm - Minyan</p>	<p><b>9 18 Shevat</b>            4:30pm - Religious School            6:15pm - Minyan</p>	<p><b>10 19 Shevat</b>            11:00am - Slow Read Book Club            2:00pm - Office Closes            6:15pm - Kabbalat Shabbat Service              5:11pm</p>	<p><b>11 20 Shevat</b>  <b>Parshat Vitró</b>            9:30am - Shabbat Service            12:00pm - JDAIM Lunch &amp; Learn              6:13pm</p>
<p><b>12 21 Shevat</b>            9:30am - Religious School            10:30am - Ta'am Torah            6:15pm - Minyan</p>	<p><b>13 22 Shevat</b>            6:15pm - Minyan            7:00pm - Choir Practice</p>	<p><b>14 23 Shevat</b>            6:15pm - Minyan            7:00pm - Meditation with Alex van Fran</p>	<p><b>15 24 Shevat</b>            10:00am - Adult Ed: Daf Yomi            6:15pm - Minyan</p>	<p><b>16 25 Shevat</b>            4:30pm - Religious School            6:15pm - Minyan</p>	<p><b>17 26 Shevat</b>            11:00am - Slow Read Book Club            2:00pm - Office Closes            6:15pm - Kehillatit Shabbat Service &amp; Dinner              5:17pm</p>	<p><b>18 27 Shevat</b>  <b>Parshat Mishpatim</b>  <b>Shabbat Shekalim</b>  <b>Mevarchim Chodesh</b>            9:30am - Shabbat Service              6:19pm</p>
<p><b>19 28 Shevat</b>            No Religious School            6:15pm - Minyan</p>	<p><b>20 29 Shevat</b>  <b>Presidents Day</b>            Office Closed            No Minyan            No Choir Practice            7:00pm - Ohr Shalom On the Town at the JCC</p>	<p><b>21 30 Shevat</b>  <b>Rosh Chodesh Adar</b>            6:15pm - Minyan            7:00pm - Meditation with Alex van Frank</p>	<p><b>22 1 Adar</b>  <b>Rosh Chodesh Adar</b>            10:00am - Adult Ed: Daf Yomi            6:15pm - Minyan</p>	<p><b>23 2 Adar</b>            4:30pm - Religious School            6:15pm - Minyan</p>	<p><b>24 3 Adar</b>            11:00am - Slow Read Book Club            2:00pm - Office Closes            6:15pm - Kabbalat Shabbat Service              5:23pm</p>	<p><b>25 4 Adar</b>  <b>Parshat Terumah</b>            9:30am - Shabbat Service            12:00pm - Lunch &amp; Learn              6:25pm</p>
<p><b>26 5 Adar</b>            9:30am - Religious School            11:00am - JDAIM Keynote Speaker: Susan Sygall            6:15pm - Minyan</p>	<p><b>27 6 Adar</b>            6:15pm - Minyan            7:00pm - Choir Practice</p>	<p><b>28 7 Adar</b>            6:15pm - Minyan            7:00pm - Meditation with Alex van Frank</p>	<p><b>1 8 Adar</b>            10:00am - Adult Ed: Daf Yomi            6:15pm - Minyan</p>	<p><b>2 9 Adar</b>            4:30pm - Religious School            6:15pm - Minyan</p>	<p><b>3 10 Adar</b>            11:00am - Slow Read Book Club            2:00pm - Office Closes            6:15pm - Kabbalat Shabbat Service "Ask the Rabbi"              5:29pm</p>	<p><b>4 11 Adar</b>  <b>Parshat Tetzaveh</b>  <b>Shabbat Zachor</b>            9:30am - Shabbat Service            6:30pm - JDAIM Documentary              6:30pm</p>
<p><b>5 12 Adar</b>            9:30am - Religious School            6:15pm - Minyan</p>	<p><b>6 13 Adar</b>  <b>Erev Purim</b>  <b>Fast of Esther</b>            5:30pm - Family Purim            7:00pm - Purim            8:30pm - Megilla Reading</p>	<p><b>7 14 Adar</b>  <b>Purim</b>            6:15pm - Minyan            7:00pm - Meditation with Alex van Frank</p>	<p><b>8 15 Adar</b>  <b>Shushan Purim</b>            10:00am - Adult Ed: Daf Yomi            6:15pm - Minyan</p>	<p><b>9 16 Adar</b>            4:30pm - Religious School            6:15pm - Minyan</p>	<p><b>10 17 Adar</b>            11:00am - Slow Read Book Club            2:00pm - Office Closes            6:15pm - Kabbalat Shabbat Service              5:34pm</p>	<p><b>11 18 Adar</b>  <b>Parshat Ki Tisa</b>  <b>Shabbat Parah</b>            9:30am - Shabbat Service            12:00pm - Lunch &amp; Learn              6:36pm</p>