

## Full Pesach Service & Event Schedule

Details on page 4



## LIGHTS OF OHR SHALOM

Honoring  
LYNN & IVAN MENDELSON

Invitation &  
Tribute Journal Order Form

See center pages

## Photographic Portraits of Bonita by Mark Siprut

Private Tour with Mark  
Sunday, April 9, 10:30am

Bonita Museum and Cultural Center  
Bonita Historical Society  
4355 Bonita Road, Bonita, CA  
Phone: 619-267-5141

This original exhibition of digital photography with historical context, explores Bonita and Sweetwater Valley, landscape, landmarks and architecture.

Website:  
<https://bonitahistoricalsociety.org/mark-siprut.../>

Meet at the Museum. RSVP to the Ohr Shalom office appreciated.

## Yom HaShoah Community Holocaust Commemoration

Sunday April 16, 1:00pm

See details on page 15

## Shabbat Kehillatit

Friday,  
April 21, 6:15pm

See page 3 for details



# DAVAR MEGILLAH

APRIL 2023 • MONTHLY NEWSLETTER • NISAN/IYAR 5783

## The Exodus from Egypt – It Must Also Be Freedom Towards

By Rabbi Scott Meltzer

“In every generation, every person is obligated to see themselves as if they personally went out from Egypt”  
(MISHNAH PESACHIM 10:5).

I hope you are busy preparing for Pesach – maybe even very busy. Shopping ... cleaning ... emptying shelves and cupboards ... getting down dishes ... organizing the Seders ... and much more.

We will spend eight days, including lots of hours around the table eating, and for some of us, lots of hours at the synagogue praying, reading Torah, studying – and all focused on the freedom we have found, are finding, and will find from the slaveries we have left, are leaving and will leave. Egypt is both the specific historical example of when with a mighty hand God led us out from the bondage of slavery, and the paradigm of all liberations, collective and personal, for which we give thanks, work to experience, and long.

Freedom *from* is a really important part of Pesach. But חרותנו, our freedom, can't only be freedom from slavery, it must also be freedom *towards* the meaningful life that lays ahead of us, that is made possible now that we are free.

We left Egypt to get to Mt. Sinai. We left Egypt to get the Torah. We left Egypt to become a people. We left Egypt to receive the promise of Israel.

So our freedom *from*, becomes a freedom *towards*.

This is especially true this year. We have celebrated freedom during Pesach for the past three years with less freedom, behind masks, on zoom, in smaller groups. This year, “let all who are hungry come and eat!” (Pesach Haggadah).

So, while preparing the house and for seders, spend time thinking about the old freedoms that now feel new. This year our celebration of freedom should mean more than just being able to breathe easier at the grocery store.

Are you ready to come back into the synagogue even more often than you did before the pandemic? Are you willing to invest to make sure that the new world resembles the old world, but is also quite different? This is a great moment for each of us to think about our own commitments and habits. Are you ready to increase your attachment to the community? Are you ready to celebrate

Rabbi's Message continued on Page 9

## BLOOD DRIVE

Ohr Shalom Synagogue

Sunday, April 23

from 9:00am - 2:30pm

Blood Mobile

We strongly encourage appointments.

[sandiegobloodbank.org/donate](http://sandiegobloodbank.org/donate)

(619) 400-8521



## Yom Ha'Atzmaut Sing-A-Long with the Ohr Shalom Choir

Tuesday, April 25th at 7:00pm

Ohr Shalom Social Hall

Join us to celebrate Israel's 75th!

Sing along to your favorite popular Israeli songs with the Ohr Shalom Choir!





## WORDS FROM THE PRESIDENT

**Marvin Yudkovitz**  
President

# OUR FINANCIAL HEALTH IS DEPENDENT UPON OUR FUNDRAISING

In my column this month, I want to focus on a topic that is crucial for the well-being of Ohr Shalom Synagogue – raising money. In order to pay our staff, maintain this beautiful, aging building, pay for utilities, and hold the many programs we offer regularly, we need to have the funds to financially support all of that. We rely on you, our members, to contribute money to make that happen.

The origin of the mitzvah of supporting the Synagogue can be found in the teachings of the Torah: Exodus 25: 1-2: “The Lord said to Moses: Tell the Israelite people to bring Me gifts (*t’rumah*); you shall accept gifts for Me from every person whose heart so moves him: And these are the gifts you shall accept from them...”. Yes – this is about building a holy sanctuary in the desert after the Israelites left Egypt. It leads us to recognize the importance of supporting all future Jewish sacred places, especially the Synagogue.

During the month of April, each of you will have an opportunity to significantly impact our financial well-being through your participation in our only true fundraiser of the year – “**Lights of Ohr Shalom.**” As I hope all of you are aware, this year, on April 30, we are honoring Lynn and Ivan Mendelsohn, both of whom are truly worthy of our thanks for all they have done for Ohr Shalom over the years, and continue to do daily.

So how can you honor them, and provide financial support to our Synagogue? There are three ways – attend the event, pledge money during the paddle raiser, and place an ad or greeting in the *Tribute Journal*.

1. Please **attend** the evening’s event. It will be a lot of fun, allow you to mingle with other congregation members, and support Lynn and Ivan. Your attendance will help us to cover the costs of the evening. See the invitation in this Davar. The deadline for making your reservation is **April 10**.
2. If you’ve attended a prior Lights event, you are aware of how the **paddle raiser** works. Please come prepared to make a pledge that is comfortable for your financial budget with your intention of helping Ohr Shalom. As I mentioned earlier, this is the only such event of the year, so our budget is relying on many of you to make a



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**OHR SHALOM SYNAGOGUE**

# DAVAR

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office@ohrshalom.org | www.ohrshalom.org



### DAVAR PUBLISHED MONTHLY

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

**Deadlines:** April 5 for May issue • May 5 for June issue

financial pledge at this time. If you are not able to attend, but still want to participate in the paddle raiser, please contact me or Ray Sachs, VP Finance, and we can arrange for your name to be announced (or, of course, you can request anonymity).

3. You can still honor Lynn and Ivan by placing an **ad or greeting** in the *Tribute Journal*. This is especially relevant for those of you who cannot attend the evening event. Contact Andrea Luck in the Ohr Shalom office. The deadline has been extended until **April 5**.

In addition to the **Lights** event, here are some other ways you can assist in assuring our financial health.

- Pay all outstanding **balances** (dues, tuition, other pledges) prior to the end of the fiscal year, June 30.
- Increase the amount of **dues** you have been paying.
- Become a Sustaining Member. A **Sustainer** is an individual or family who chooses to increase their financial support to Ohr Shalom by paying a specific amount over and above their full dues. For details, see the ad in the March Davar. If you are considering becoming a Sustaining Member, please contact Ray Sachs or Gillian Argoff-Treseder.
- Celebrate a significant life event by donating to inscribe a leaf or branch on the beautiful “**Tree of Life**” in the building lobby. Some of the more popular inscriptions celebrate the birth of a child or grandchild, wedding, anniversary, Bar/Bat Mitzvah, or honor family members.
- Purchase a **plaque** on one of our Memorial Boards in memory of a loved one. Although this is frequently done before the first yahrzeit, it can be purchased at anytime, even years after the person’s passing.
- Sponsor an Oneg or Kiddush – There is an opportunity every Shabbat for one or more individuals or families to sponsor the **Oneg** or **Kiddush**. This is a wonderful way to join with other congregants to recognize significant life milestones.

*Words from the President continued on Page 8*

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

Gillian Argoff-Treseder - Executive Director [office@ohrshalom.org](mailto:office@ohrshalom.org)

Shanee Michaelson - Rabbinic Intern [shanee322@gmail.com](mailto:shanee322@gmail.com)

Shoshannah Bunton - USY Youth Director [usy@ohrshalom.org](mailto:usy@ohrshalom.org)

Andrea Luck - Graphic Designer [graphics2@ohrshalom.org](mailto:graphics2@ohrshalom.org)

Rene Beiza - Custodian

### OHR SHALOM BOARD OF DIRECTORS

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VP Finance - RAY SACHS [3raymar@gmail.com](mailto:3raymar@gmail.com)

VP Long Range Planning - RUBEN ROSENTHAL [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	March 31	6:15pm	Kabbalat Shabbat Service
Saturday	April 1	9:30am	Shabbat Service
Friday	April 7	6:15pm	Shabbat Pesach Service
Saturday	April 8	9:30am	Shabbat Pesach Service
Friday	April 14	6:15pm	Kabbalat Shabbat Service
Saturday	April 15	9:30am	Shabbat Service
Friday	April 21	6:15pm	Shabbat Kehillatit Service
Saturday	April 22	9:30am	Shabbat Service
Friday	April 28	6:15pm	Kabbalat Shabbat Service
Saturday	April 29	9:30am	Shabbat Service

NO Shabbat Morning Babysitting until further notice.

## Shabbat Kehillatit

Friday, April 21

Family-friendly service: **6:15pm**  
Community Dinner: **7:15pm**  
RSVP for dinner by April 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



**Saturday, April 22,**  
**Shabbat Service at 9:30am followed by**  
**Lunch and Learn with Rabbi Meltzer at 12:30pm**

### 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

### Updated Ohr Shalom Mask Policy

Based on a recommendation from our Reopening Taskforce, an update has been made to our COVID-19 policy following CDC guidelines. **Masks will now be optional at Ohr Shalom.** Each person may choose to wear a mask or not based on their own level of comfort.

*(We will still have masks available if you wish to wear one.)*

*Ohr Shalom, following the guidance of many public health institutions, scientists, and medical professionals who have led the battle against the coronavirus continues to recommend that people be fully vaccinated and boosted against COVID-19. Participants must still provide a photo of their vaccination card or a negative COVID-19 test taken the day of the event with their name and the date written next to their test. At-home tests are acceptable. Free tests are available at Ohr Shalom if needed.*

### 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)  
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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.*



## PARSHIYOT & CANDLELIGHTING April 2023

### SHABBAT HAGADOL PARSHAT TZAV

Fri: March 31 | 9 Nisan  
Sat: April 1 | 10 Nisan  
Torah: Leviticus 6:1-8:36  
Haft: Malachi 3:4-24



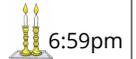
### SHABBAT PESACH

Fri: April 7 | 16 Nisan  
Sat: April 8 | 17 Nisan  
Torah: Exodus 33:12-34:26; Numb. 28:19-25  
Haft: Ezekiel 37:1-14



### PARSHAT SHEMINI MEVARCHIM CHODESH

Fri: April 14 | 23 Nisan  
Sat: April 15 | 24 Nisan  
Torah: Leviticus 9:1-11:47  
Haft: II Samuel 6:1-7:17



### PARSHAT TAZRIA-METZORA ROSH CHODESH IYAR

Fri: April 21 | 30 Nisan  
Sat: April 22 | 1 Iyar  
Torah: Leviticus 12:1-15:33 ; Numb. 28:9-15  
Haft: Isaiah 66:1-24



### PARSHAT ACHAREI MOT-KEDOSHIM

Fri: April 28 | 7 Iyar  
Sat: April 29 | 8 Iyar  
Torah: Leviticus 16:1-20:27  
Haft: Amos 9:7-15



### Sundays through Thursday 6:05pm Daily Minyan Minute

Before each evening minyan, join us for a short reading by a congregant – a poem, quotation, song, insight into a Torah portion, etc. (does not need to be an original piece).

To volunteer to do a reading, contact Jonah Weinberg at [jonahbw@gmail.com](mailto:jonahbw@gmail.com)

### Sunday through Thursday 6:15pm Ohr Shalom Daily Minyan [Ohr Shalom Zoom Room](#)

## Pesach Service Schedule

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

Wednesday, April 5 <b>Erev Pesach – 1st Seder</b>	
Thursday, April 6	
<b>Pesach Morning Service</b> .....	<b>9:30am</b>
<b>Community 2nd Seder at Ohr Shalom</b> .....	<b>6:00pm</b>
Friday, April 7	
<b>Pesach Morning Service</b> .....	<b>9:30am</b>
<b>Shabbat Pesach Service</b> .....	<b>6:15pm</b>
Saturday, April 8	
<b>Shabbat Pesach Morning Service</b> .....	<b>9:30am</b>
Wednesday, April 12	
<b>Pesach Morning Service</b> .....	<b>9:30am</b>
Thursday, April 13	
<b>Pesach Morning Service with Yizkor</b> .....	<b>9:30am</b>
<b>Pesach Candelighting Times</b>	
Wednesday, April 5 .....	<b>6:53pm</b>
Thursday, April 6 .....	<b>7:54pm</b>
Friday, April 7 .....	<b>6:54pm</b>
Tuesday, April 11 .....	<b>6:59pm</b>
Wednesday, April 12 .....	<b>7:59pm</b>
Thursday, April 13 .....	<b>7:59pm</b>
<b>Havdalah/End of Passover</b>	



## Rabbinical Assembly Guide to Pesach

(Updated February 2023)

For a detailed guide to all things Pesach, see the Pesach Guide of the **Conservative** Movement's Rabbinical Assembly at:

<https://www.rabbinicalassembly.org/story/pesach-guide-5783>

The guide was issued by The Committee on Jewish Law & Standards (CJLS) Kashrut Subcommittee.

### Kitniyot for Ashkenazim?

From the Guide:

“Until the fall of 2015, the Committee on Jewish Law & Standards (CJLS) Kashrut Subcommittee position on kitniyot (for Ashkenazim) has followed that of the longstanding Ashkenazi minhag of refraining from eating them. These foods included: beans, corn, millet, peas, rice, soy, and some other plant based foods like mustard, buckwheat and sesame seeds.

“In the fall of 2015 the CJLS passed two responsa which permit the consumption of kitniyot for Ashkenazim. This permission does not come without a few caveats that do appear in the body of the papers. The first is that the CJLS affirms that this new position does not constitute an instruction to consume kitniyot during Pesach, but rather a halakhic basis and guideline for those who choose to do so.”

The links for these responsa and more information about kitniyot for Ashkenazim on Pesach can be found on page 9 of the Guide.

## Mechirat Chametz, Selling Your Chametz

Every year our synagogue provides the opportunity to sell your chametz at Passover. What is this all about?

In Exodus 12:19 and 13:7 we are told that no chametz can be found in our homes during the week of Passover. We may not own it, we may not possess it. Originally this meant actually getting rid of all chametz (preferably by burning) but in recent centuries the practice has evolved into collecting all chametz into one place, isolating it (putting it into bags or boxes), sealing it and labeling it. It is then sold to a non-Jew for the duration of Passover.

After the chametz is sold, it is usually kept in one's home, in a place where it can be easily obtained to be transferred to the owner (the non-Jew who purchased it) should he or she decide to collect it.

Our rabbi (and the rabbis of other synagogues) act as agents in selling our chametz to a non-Jew. At the end of Passover our rabbi will repurchase the chametz, and ownership is returned to the original owners.

Sell Your  
**Chametz**  
מכירת החמץ



## Mechirat Chametz (Selling Chametz)

5783/2023

Please complete the information below to sell all of your *chametz* before *Pesach* and return to Ohr Shalom by **Monday, April 3**

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

### The Selling of Chametz

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature

\_\_\_\_\_

## Passover Sephardic Traditions

by Eva Brzezinski  
Ohr Shalom Board Member

I grew up in an Ashkenazi household, and to be honest, until I was an adult and living on my own, I did not really know the difference between how Ashkenazi and Sephardic Jews celebrate Passover. We are all Jews and share the same basic beliefs, but there are some variations in culture and practice. The split began more than a thousand years ago.

“Ashkenaz” is the Hebrew word for German. Most Jews whose families come from eastern Europe, from countries such as Germany, Poland and Russia, are considered *Ashkenazim*. Those whose families come from either Spain or the Arab world are called the *Sephardim*. The word “Sephardi” comes from the word “Sefarad,” which is the Hebrew word for Spain. Those Jews whose background is Sephardic trace their roots to the Jews of Spain, Portugal, Italy, Greece, Turkey, Morocco and other parts of the Mediterranean and the Middle East. [Some descendants of Jews from North Africa and the Middle East are referred to as “Mizrachi” Jews.]

Seder traditions for the Sephardim are a collection of practices that are Sephardic in origin, but some of these practices have grown and changed because they were practiced underground in either Marrano or crypto-Jewish households.

### Sephardic Food for Passover

**Rice** is considered kosher for Passover by Sephardi Jews. It was a tradition among Egyptian Jews to purchase all the Passover rice one month before the holiday. For some families that meant that they would buy about 40 pounds of rice. The rice would be placed in the middle of the table and the family would sift and wash the rice and then divide it into eight portions for the eight days of Passover. Rice is part of a group of legumes known in Hebrew as “*kitniyot*.” These foods are considered kosher for Passover by Sephardi Jews and include corn, millet, string beans, green peas, lentils, split peas, soybeans and chickpeas. [Ed. Note: In 2016, the Conservative Movement ruled to overturn a ban by Ashkenazim on *kitniyot*, legumes, corn and rice. See the information on *kitniyot* on the opposite page]

**Charoset:** Charoset is one of the most popular Seder foods. It is part of the ritual food on the Seder plate, chosen to remind us of our lives as slaves where we had to mix mortar to make the bricks for Pharaoh’s buildings. Sephardi charoset is often made with dates as the staple (in Ashkenazi homes the staple is apple) because the color of the dates is similar to the color of mortar. Other Sephardi charoset ingredients include a variety of nuts, apricots, cinnamon and wine.

**Huevos Haminados:** One of the must haves on the Sephardi Seder table is *Huevos Haminados* – hard-boiled eggs Sephardi style. We were treated to these special eggs by Sharon and Raulf Polichar during the Lunch & Learn of the weekend of the Rhodes exhibit in March.

[Some of the information provided here has been adapted from a post written by Rabbi Barbara Aiello, appointed Italy’s first woman rabbi in 2004.]

However you celebrate Passover, *Jag Sameach* to all.

### Huevos Haminados (Hard-Boiled Eggs, Sephardi Style)

Raulf and Sharon Polichar provided these wonderful Sephardi hard-boiled eggs for the Lunch & Learn during the weekend of the Rhodes exhibit in March. According to Raulf: “This recipe is from the cookbook of the Sephardic Temple Tifereth Israel in Los Angeles. It’s pretty close to my Mom’s approach.” Thank you Raulf and Sharon!

*The recipe was contributed by Liane Donnell, Rhodes, Greece:*

Huevos Haminados are served more frequently than any other kind of eggs. Usually, they are served warm, easily reheated by bringing to a boil, preferably in flavored water, for 3 minutes. They are one of the “musts” for the Passover Seder.

#### Ingredients:

- outer skins from 6-10 brown onions (the more the better!)
- 12 eggs
- water to cover
- ¼ cup olive oil\*
- 1 tsp. salt
- 1 tsp. pepper

#### Directions:

Place water, onion skins, oil, salt and pepper in a 4-6 quart pot. Add eggs carefully so as not to crack the shells. Bring to a boil, cover and cook over low heat for approximately 1 hour. Place pan in 225°F oven for 3-4 more hours or overnight.

\*Note: Salad oil may be substituted for olive oil. Some prefer to simmer the eggs, covered, on top of the stove for several hours. Either way, the long, slow cooking produces a superb color, texture and flavor.





## ADULT EDUCATION

Lynn Mendelsohn  
Adult Education Chair

### Adult Intermediate Hebrew Class

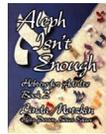
16 Sundays, beginning April 2 from  
9:45-10:45am (On Zoom)  
Instructor: Sue Brown

**Hear ye, Hear ye!!!!!!** We are excited to announce an intermediate Hebrew class for those who have a basic reading knowledge of Hebrew and would like to be able to:

- Read/sing basic prayers
- Understand enough grammar to aid comprehension
- Learn some basic vocabulary and 3-letter roots
- Understand concepts underlying the prayers

**The fee for 16 weeks of class will be \$175.**

The class will use the text: *Aleph Isn't Enough: Hebrew for Adults (Book 2)*, by Linda Motzkin. To enroll, send your payment to the Ohr Shalom office and email the instructor, Sue Brown [shalomsue3@gmail.com](mailto:shalomsue3@gmail.com), so she will know to expect you.



**Please order your text** (available from Amazon and other booksellers).

This class will empower you to grasp the main themes of our services and holidays and to participate more fully in synagogue life.

### 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, 11:00am | No Class on April 5 & 12

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/)

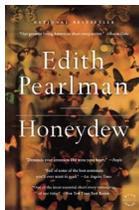
#### **Slow Read Book Club**

• In-depth chapter discussions (ongoing)

Fridays at 11:00am | No Class on April 7

#### **Honeydew**

by Edith Pearlman



In celebration of the 98th birthday of our beautiful synagogue building, and in association with Save Our Heritage Organisation (SOHO), Ohr Shalom is sponsoring a:

## BANKERS HILL WALKING TOUR

With George Franck of SOHO

**Sunday, May 7, 2023, 10:00am**

Exactly 100 years ago, in 1923, Congregation Beth Israel purchased property at Third Avenue and Laurel Street, in the Bankers Hill neighborhood, to build its new synagogue. Completed in 1925, the building was formally dedicated in May 1926.

At that time, Bankers Hill was San Diego's most prestigious locale. While the area has commercialized significantly, many fascinating old structures remain, including several houses designed by San Diego's renowned architect Irving Gill.

Our docent will be George Franck, a former SANDAG Planner, and a master tour leader with SOHO.

**Cost of the tour: \$13.**

**\$10 if you are age 65 or older.**

*(Teens and tweens over 12 are welcome at the adult price if they are able to sustain interest in the tour.)*

The tour will last approximately 1½ hours.

We will assemble at 9:50am in front of the Self-Realization Fellowship, 3072 First Avenue, just north of the First Avenue Bridge.

Please RSVP by May 1st to Lynn Mendelsohn [mendelynn0511@gmail.com](mailto:mendelynn0511@gmail.com) or text 619-980-1801

### Adult Bar and Bat Mitzvah Class Orientation Meeting

**Sunday, May 21 at 10:30am**

The program will begin in late August/early September 2023 and conclude in the late Spring 2024. You are invited to attend the kick-off orientation meeting if you'd like to learn more about this program. [See Marvin Yudkovitz's article in the March 2023 Davar for more information.]

# 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 April:

Monday, April 3

Monday, April 10

Monday, April 17

Monday, April 23



## MEMBERSHIP

Alex van Frank  
Membership Chair

## Blossoming Together: Celebrate the Renewal of Spring with a Chavurah

As we prepare for Pesach with our grocery lists, cleaning, searching for chametz, and making our seder plans, let's also think about how wonderful it is to sit with others at a table together sharing our rituals. I want more of this throughout the year for all of us. This is why I've been busy trying to craft chavurot that I hope will be engaging and meaningful for all.

In a world that often pulls us in many different directions, chavurot provide a space where we can focus on our shared history and beliefs. Chavurot provide a sense of community and belonging for everyone and it can be especially important for those who may feel disconnected from their Jewish roots. Being part of a small group of individuals who share similar values and interests can be incredibly powerful. It allows us to build meaningful relationships with others who we might not otherwise have had the opportunity to connect with. In addition, chavurot can provide a sense of support and encouragement. Through our discussions and shared experiences, we can support each other in our individual journeys and help each other grow.

Like any communal activity, chavurot are not without their challenges. It can be difficult to find a group of individuals who are compatible in terms of interests, schedules, and personalities. In addition, some may feel intimidated by the prospect of participating in a group discussion or may be uncomfortable sharing their thoughts and opinions with others they do not know or know well. However, these challenges are far outweighed by the benefits of participating in a chavurah. For those who are hesitant to join a chavurah, it's important to remember that these groups are meant to be supportive and inclusive. Everyone has something valuable to contribute, and everyone can benefit from the experience of learning and growing together.

Whether we are lifelong members of the Jewish community or are just beginning to explore our Jewish identity, chavurot offer a space for us to come together and engage in meaningful conversation and learning. Here is an example of the chavurot that have already been started and there are more in the works. If you are interested please contact me directly at [membership@ohrshalom.org](mailto:membership@ohrshalom.org)

### **Jewish Literature (co-ed)**

Mondays 10:00am

On Zoom

Tricia Pummil

[tpummil@hotmail.com](mailto:tpummil@hotmail.com)

### **Mahjong**

TBD

In Person

Jessica Lemoine

[jessicasontag.lemoine@gmail.com](mailto:jessicasontag.lemoine@gmail.com)

860-416-2473

### **Outdoor Adventurers**

We had our first introductory meeting on March 12, and are already planning several activities. Several members have volunteered to coordinate these, and notifications will be sent out to all of those who have expressed an interest in this Chavurah. Until someone else volunteers to take over coordination of this, contact Marvin Yudkovitz, [president@ohrshalom.org](mailto:president@ohrshalom.org) if you are interested in receiving updates.

### **Board Gamers**

**First Meeting - Monday, April 17, 7:00pm** Ohr Shalom, 2nd floor

Alex van Frank

[membership@ohrshalom.org](mailto:membership@ohrshalom.org)

## Ohr Shalom's 20th Annual Calendar 5784:

**SUBJECT: "Recalling my Bar/Bat Mitzvah: what it meant to me then and what it means to me now." (Please send lots of pictures!)**

Contact Gillian if you would like your story and photos to be included.

### Sponsorship and advertising opportunities.



Celebrate ...

- Rosh Hashanah
  - Birthdays
  - Anniversaries
- B'nai Mitzvot
  - Weddings
- Advertise your business

## TRIVIA

The Trivia Challenge in the March 2023 Davar was: **"What does Pirkei Avot (Teachings of the Sages) say about Charity (Tzedakah)?"**

**The answer: The more Charity, the more Peace. (Pirke Avot 2:7)**



## RABBINIC INTERN

**Shanee Michaelson**

Rabbinic Intern

## Freedom

*“Within the grip of winter, it is almost impossible to imagine spring. The gray perished landscape is shorn of color. Only bleakness meets the eye; everything seems severe and edged. Winter is the oldest season; it has some quality of the absolute. Yet beneath the surface of winter, the miracle of spring is already in preparation; the cold is relenting; seeds are waking up. Colors are beginning to imagine how they will return. Then, imperceptibly, somewhere one bud opens and the symphony of renewal is no longer reversible. From the black heart of winter a miraculous, breathing plenitude of color emerges.”*

~ JOHN O'DONOHUE

This has been one of the longest, coldest winters that I can remember in Southern California. But as I write these words, spring has arrived. Though we still have rain in the forecast, in a matter of weeks we will stop praying for it daily, changing our prayer to one for dew. This year our liturgy, based around the weather pattern of ancient Israel, matches our current climate.

Our great spring holiday, Passover, is also upon us. In our Tradition, it is known as exactly that, “the holiday of spring,” or *chag ha'aviv* in Hebrew. It also goes by a few other names: the holiday of matzah or *chag ha'matzot*, the holiday of the pesach offering or *chag ha'pesach*, and the holiday of freedom or *chag ha'cherut*.

Freedom can mean different things. Lately, I have been thinking about freedom in the context of modern Iran. “Woman, life, freedom” has been the rallying call of a global movement in solidarity with the women of Iran who are demonstrating for their basic civil rights. Rights as simple as being able to walk with their hair uncovered, if they so choose. Rights as large as being able to direct the course of their lives without the intrusion of the morality police. Yes, that’s a real entity there, and a dangerous one. By now, most people know that it was the tragic death of Mahsa Amini which triggered this movement. But the struggle is far from over.

For me this feels personal; after all, I was almost born in Iran. My parents were married there, and planning to stay in the country where my mother’s family had lived for literally thousands of years. But to paraphrase Monty Python, no one expects the Islamic Revolution. My parents moved first to Israel, where I was born, and then to Los Angeles, where the rest of the family had migrated. I was spared the compulsory hijab, the schoolchildren’s indoctrination into hatred of both Israel and America. My Hebrew is much better than my Farsi, and my English surpasses them both. Yet sometimes I wonder about that shadow self, the self I didn’t have a chance to become: an Iranian woman with an American father rather than an American woman with a Persian mother. Who might she have been?

In every generation one is obligated to see oneself as one who personally went out from Egypt, says the Haggadah. I see myself in the women of Iran. Say it with me: *Zan, zendegi, azadi*. Woman, life, freedom. May they feel the wind in their hair this spring. May they be given their basic civil rights, and may they know freedom soon.

## SUSTAINING MEMBERS OF OHR SHALOM

Eva Brzezinski and Frank Darbe  
Elizabeth Green and Morris Lazard  
Joy Heitzmann and Jack Cohen  
Jessica and Richard Lemoine  
Susie and Eli Meltzer  
Lynn and Ivan Mendelsohn  
Raymond and Marcia Sachs  
Al and Marilyn z”l Shelden  
Jennifer Tuteur  
Marvin Yudkovitz and Judy Gaines  
Pepe and Sonia z”l Zyman  
Anonymous (3)



## WORDS FROM THE PRESIDENT (CONT.)

- Make a **donation** to Ohr Shalom by contacting the Ohr Shalom office or by choosing the “Donate” tab on Ohr Shalom’s website. You can indicate the reason for the donation. Your donation will be recognized in the Davar.
- Include Ohr Shalom in your **will** by making a bequest and/or identifying property or savings to leave to Ohr Shalom. This should be done in consultation with your legal and/or financial advisor. In addition, please contact the Ohr Shalom office.
- Join the **Legacy Society**. Sign a pledge to donate some portion of your estate to a Jewish organization, such as Ohr Shalom. Please contact Lynn Mendelsohn to discuss this. More detailed information and applications will be forthcoming on this, soon.
- Many of the ideas listed above are included in our three “Mazal Tov” **pamphlets** located in the Synagogue lobby: “Marriage,” “Your Child’s Bar or Bat Mitzvah,” and “Birth of Your Child or Grandchild,” as well as the “Remember Your Loved One at Ohr Shalom” pamphlet. You can also contact the office to request a pamphlet.
- Finally, please let us know if you have a specific idea, not mentioned above, as to how you can assist us. Ray Sachs, Rabbi Meltzer or I would love to discuss it with you.

Rabbi Jonathan Sacks z”l said: “What matters in the long run is not what gifts we have, but what use we put them to.” Balancing our annual budget relies on each of our members to help in any ways that they can. Please contribute the gifts that you are able to for the sacred use (*t’rumah*) of our congregation.



## SOCIAL ACTION

**Brad Eisenberg**  
Social Action Chair



### KEEP SAN DIEGO BEAUTIFUL

It has been a wonderful rainy and snowy winter. Water makes the plants green, and it is a joy to see it rushing down the streets, culverts and creeks. But when storms hit San Diego, that is when trash and pollutants start moving downslope towards our beaches and bays. Community-minded San Diegans who want to see clean beaches have long looked to **I Love A Clean San Diego** to organize cleanup work parties.

I was looking at their website and noted that their big annual "Creek-to-Bay Cleanup" is on Earth Day, which is on Shabbat this year. Looking for an alternative way to help keep San Diego clean, I stumbled upon a program where you can stencil a warning on storm drains to remind people not to dump anything down these structures, since they eventually empty into the ocean.

Around this program we have planned a fun, crafty work party to stencil the storm drains around our Ohr Shalom neighborhood on Sunday, April 23 after Religious School. We will meet in the social hall at 12:00pm for bagels and begin the project at 12:30pm. Look for me there.

Please RSVP to [socialaction@ohrshalom.org](mailto:socialaction@ohrshalom.org) to let me know you are coming. We are looking for around eight volunteers. (See the ad on this page for more information about this project.)

#### Social Action Fund

We are still looking to build up our reserves to provide a meal to feed people either living at the JFS Safe Parking Program, meals for TAY Academy youth, or for purchase of new hygiene products. I thank you in advance for your generous support.

### OHR SHALOM NEIGHBORHOOD STORM DRAIN STENCILING PARTY

**Sunday, April 23 after Religious School**  
**Meet in the Social Hall at 12:00pm for bagels.**  
**Project begins at 12:30pm.**

Join us for a fun, crafty work party to stencil storm drains around Ohr Shalom with warnings that help remind San Diegans that items such as oil, food wrappers, and cigarette butts don't belong in the storm drains.

San Diego's storm drains eventually empty into the ocean (not the sewers!). Urban storm-water runoff is considered the biggest contributor to coastal marine pollution.

We are looking for around eight volunteers. Please RSVP to [socialaction@ohrshalom.org](mailto:socialaction@ohrshalom.org) to let me know you are coming.

*Suggestion: Wear closed-toed shoes and clothes you do not mind getting paint on.*



### Pesach Food Drive

**JFS is still accepting Kosher for Passover food.**

Please deliver items directly to JFS, or donate at [www.jfssd.org/donate](http://www.jfssd.org/donate).



### TAY ACADEMY

TAY staff provides counseling and other services, including some "grab and go" food. Even though we haven't been able to donate meals during COVID period, TAY still needs our help. If you are able to help, please contact Brad Eisenberg, Social Action chair, [socialaction@ohrshalom.org](mailto:socialaction@ohrshalom.org)

### RABBI'S MESSAGE (CONT.)

freedom by taking a class, a hike, attending a service, serving on a committee, joining us for Shabbat dinner once a month?

This is a time of reflection for each of us as individuals, but also for us as a community. We shouldn't simply go back to doing things the way we have always done them. This is a great moment for us to reflect on our communal practice – what we do, how we do it, how often we do it. Will you help us do that?

These past three years have radically affected the synagogue budget. Now that we are reemerging, and re-creating, we are also reworking the budget. Here, also, we need your help. As we emerge into a freedom moving towards lots of potential for change and growth, are you ready to increase your support of the synagogue to support the important work we do, and to make possible the change and growth we would love to see happen?

Pesach is almost here. I am very excited to sit around the table, sing our story, eat soup and charoset ... the first night at home, the second night with lots of you at the synagogue. I am also really excited this year to spend a lot of time not only celebrating our freedom from yesterday, but the world of possibilities for our freedom towards tomorrow.

I hope you will join me. *Chag Pesach kasher vesameach!*



*18th Annual*  
**LIGHTS OF OHR SHALOM**  
*Honoring*  
**LYNN & IVAN MENDELSON**

Sunday, April 30, 2023 | 5:00pm

\$180 per person

*For vegetarian options, please contact the office*

*To RSVP contact the office before April 10*

Ohr Shalom Social Hall  
2512 Third Avenue | San Diego, CA 92103

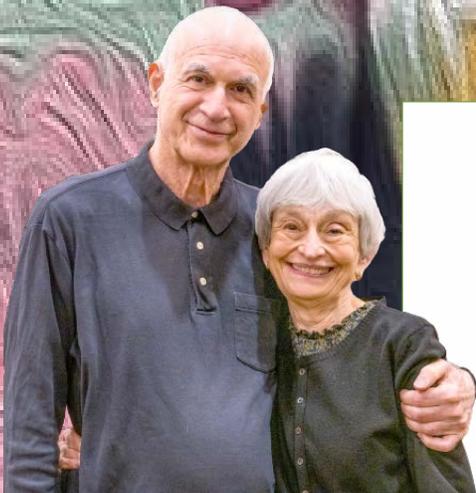


# Sunday, April 30, 2023

Purchase your tickets now for this year's *Lights of Ohr Shalom* evening as we honor **Lynn and Ivan Mendelsohn** for their considerable contributions to our synagogue.

## 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 .....\$350
- EIGHTH PAGE.....\$200
- CONGRATULATIONS (Name Listing) .....\$100



**The deadline has been extended to  
Wednesday, April 5** to place a greeting in the  
Tribute Journal for Lynn & Ivan or advertise your  
business. Thank you for your contribution!

Place your order by contacting  
Andrea Luck at [graphics2@ohrshalom.org](mailto:graphics2@ohrshalom.org)  
or call (619) 231-1456.

## RELIGIOUS SCHOOL



Religious School  
resumes April 16th at



## Coastal Roots Farm!

Religious School parents, bring your students directly to the farm by 9:30am on Sunday, April 16th. Stay for a parent coffee with Rabbi Meltzer, Gillian and Springsong.

## LAUREL STREET BEAT

from Springsong Cooper,  
Religious School Committee Chair

As former slaves, we remember what it was like to be unwelcome as foreigners, thought of as strangers in ancient Egypt. Therefore, we are instructed to welcome the strangers in our community. *Who are these strangers today? What can you do to welcome them?*

**Mirabelle (Kitah Vav):** People who are recognized as strangers today are people who emigrate from other countries, people of different religions who might not be accepted, people of the LGBTQ community, and people who are not white. All those people are still being affected in ways today by not having the same rights or being seen as equal. We can welcome them into our schools and where you work and ask them "how are you treated as a foreigner," "why do you think you're being treated like that," and "how do you think we can change that?"



**Sam (Kitah Gimmel):** I think people should be treated the same - no matter where they're from. If I see people not letting someone in, I can welcome them at my house.



## TA'AM TORAH A TASTE OF TORAH

Program for 4-year-olds at Ohr Shalom  
**April 23, May 7 & 21**  
**Sundays, 10:30-11:30am**  
\$20 each session  
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



## YOUTH GROUP

Shoshannah Bunton  
USY Youth Director



## A JOB WELL DONE!

Thank you to all of those who participated in and volunteered at Ohr Shalom's Purim Carnival! Our USY Board Members did an amazing job leading the 3rd-8th grade slime station and the USY Raffle was a huge hit.

### USY EVENTS IN APRIL

**April 16 – San Diego USY Rollerskating Event**, Grades 3-6 – 1:00pm-3:00pm. Event held with the 5 other San Diego USY Chapters.

**April 21-23 – Sr. USY Regional Spring Convention**, Grades 9-12. This event is held outside of Ohr Shalom and the San Diego Community with USY Chapters from Southern California, Nevada and Arizona.

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

## PURIM 2023



PURIM 2023





**Susie Meltzer**  
Israel Desk

## **THE MARCH OF THE LIVING: SENDING JEWISH TEENS ON A LIFE-CHANGING TRIP**

The **International March of the Living** is happening April 16-30, bringing more than 8,000 Jewish 11th and 12th grade teens from the United States and 50 countries around the world to Poland and Israel to study the history of the Holocaust and to examine the roots of prejudice, intolerance and hate. The goal is not so much to learn about history, but to enter into history.



During the first week in Poland, the Western Region delegates will travel together around the country, searching for traces of an extinct world. Along the way they will also encounter a resurgence of Jewish culture with experiences such as enjoying a dinner at the JCC of Krakow. They will witness firsthand this vibrant community organization working untiringly to provide constant support to Ukrainian citizens. As a tribute to all the victims of the Holocaust, they will end their visit to Poland on Yom HaShoah during the 80th anniversary of the Warsaw Uprising by walking with March of the Living delegations from around the world the 3 kilometers from Auschwitz to Birkenau. Sadly, this year there will not be a Holocaust survivor available to accompany them.

The teens will then fly to Israel to experience their ancient and modern history up close, with highlights including Masada, the Kotel, and Rabin Square. They will also visit a kibbutz, meet with leading scholars, and enjoy some time on the beaches in Tel Aviv. At the end of their journey, the entire delegation will march to the Old City of Jerusalem to connect with all of Israel for a solemn Yom Hazikaron commemoration. Their trip will conclude with a farewell celebration on the 75th anniversary of Yom Ha'atzmaut, followed by a mega concert at the Tank Museum, site of the Battle of Latrun in 1948.

This 35th year of the March of the Living program contains important Jewish and universal messages that hopefully will resonate with the participants, including advancing their love for Israel and their connections with the Jewish people, being prepared to fight indifference, racism, and injustice, being aware to not remain silent in the face of oppression, and resolving to not stand by when there are threats of anti-Semitism. Along the way there will be conversations about increasing Tikkun Olam, reminders about helping



Hadarya Levy, Maital Meltzer and Nechama Bunton will participate in this year's March of the Living.

those most in need and reaching out to people of other faiths and cultures. Studies show that March of the Living alumni come home with a greater commitment to Israel and to their local communities through assisting the homeless, volunteering in various humanitarian efforts, and working to combat prejudice and hatred.

Who is going from San Diego? There are seven San Diego teens traveling this year as part of the March of the Living. Three are exceptional teen leaders and Religious School *Madrichim* from Ohr Shalom – **Nechama Bunton, Hadarya Levy** and **Maital Meltzer**. They have received financial support for the trip in part from the Lou Dundst Foundation that is allocated to the March of the Living. Along with their trip preparations, they have all read Lou's autobiography and are planning to talk about his life and values while at Birkenau.

We wish them all a wonderful and meaningful trip and look forward to hearing about their experiences when they return. *L' hitraot.*

### **Lag B'Omer** **at Rabbi Meltzer's House**

**Monday, May 8th**

**6:15pm Minyan**  
**7:15pm Kumsitz**

Come for Minyan and stay to celebrate Lag B'Omer. (Or you can just come for one or the other.)

**RSVP to Ohr Shalom office required by May 4th.**





## ENVIRONMENTAL PROJECTS

**Allyson Darroch**  
Environmental Projects Chair

### THE 8 R'S OF ZERO WASTE

Everything is a resource, and “just throwing it away” won’t help communities like San Diego continue to move toward the goal of zero waste. We have to start by changing our thinking.

Here are 8 opportunities for every individual and business to start reducing material going into the landfill or an incinerator and helping to create a sustainable society.



#### REFUSE

Just say no by refusing to buy products that aren’t necessary or are harmful to the environment. One of the easiest ways to reduce our impact on the environment is to make the choice to refuse or opt-out of buying products that you don’t actually need.

Before you make a new purchase, here are some things to ask yourself:

1. Am I purchasing this item because it’s something I need?
2. Is there a way to purchase this item second-hand or in a way that doesn’t demand new resources?
3. How long will I use this item for? Is it meant for single use and, if so, are there alternatives that can be purchased to reduce having the need to replace it in the short term?

#### REDUCE

Use less by reducing what you consume so you can create less waste and reduce your overall CO2 footprint. If you have solar you will notice that they give you a “you have offset X number of trees.” Doesn’t seem like much but keep in mind that you are only one person.

#### REUSE

Think beyond an item’s original purpose by reusing or repurposing what you already have in your home. The cardboard may serve a second purpose as the back of a picture frame. Your plastic non-recyclable bag can be reused in any number of ways before its tossed. Get as much use out of it. Wrapping your extra shoes, dumping the cat litter and taking back to the grocery store for a second or third use. That equals that much less new plastic.

Compost all organic materials back into the soil rather than a landfill to maintain a circular life cycle. In San Diego you don’t have to have a garden now that the county is composting.

#### ROT

Compost all organic materials back into the soil rather than a landfill to maintain a circular life cycle.

#### REPAIR

Give an item extra life by fixing or repairing what you have before consuming something new. This one is tricky. Can anyone repair that toaster, or rewire the lamp? You can. There are “Fix-It Clinics” that teach you how do make some simple repairs yourself.

See <https://zerowastesandiego.org/sdfixitclinic/>

#### REDESIGN – REGULATE

These two are harder and require a degree of political activism that many are not at ease with. Start small write your congressman. Maybe your representative is looking for some new cause to champion. What have you got to lose? Lobby for redesign when a product cannot be recycled, composted, or repurposed.

Vote for regulation that makes producers and manufacturers responsible for the end of life of their products. Support those legislators that support these issues.

#### RECYCLE

Reduce the extraction of raw materials by recycling everything you can. It’s true that plastic is tough but glass, paper and metals are an easy recycle.

A Cautionary Tale: Avi has immigrated to Canada and applies for job as a lumberjack. The company really needs people so Avi gets called for an interview. The interviewer looks at him. He doesn’t look like a lumberjack – he’s slightly built, maybe a bit older. “So, what experience do you have?” they ask. Avi replies, “Well, I used to work in the Sahara Forest.” The interviewer is taken aback. “Don’t you mean the Sahara DESERT? Avi says, “Yeah, that’s what they call it now.”

One person CAN make a difference. Maybe it doesn’t seem like it at first, but remember, you aren’t alone.

My thanks to Lynn Mendelsohn for sharing the San Diego Zero Waste website with me. <https://zerowastesandiego.org>

## COMMUNITY EVENTS

### Yom HaShoah Community Holocaust Commemoration

Sunday April 16, 1:00pm

#### Celebrating 70 Years of Survivors in San Diego

*Lawrence Family JCC, Garfield Theatre*

On Yom HaShoah we remember the 6 million Jews who were killed in the Holocaust, honor those who survived, and teach future generations so it never happens again. Our mantra has been “Never Forget and Never Again.” Our program will feature a video honoring and celebrating 70 years of Survivors in San Diego. We will hear stories of Survivors thriving and creating new lives in our community from a panel of a Survivor and second-generation family members. More information and registration: <https://www.jewishinsandiego.org/-/holocaust-survivors-yom-hashoah-community-holocaust-commemoration>

#### Memorial Installation

Wednesday, April 12-Wednesday, May 24

*Lawrence Family JCC, Gotthelf Art Gallery*

Historical photographs and descriptive text tell the story of Survivors creating new lives in San Diego. The self-guided installation will include a featured wall of the New Life Club, South Bay, North Park, and 54th Street JCC.



## FROM OUR EXECUTIVE DIRECTOR

**Gillian Argoff-Treseder**  
Executive Director

## COOKIES! עוגיות

Who doesn't love cookies? I remember the delicious care packages my Bubbie would send us filled with her delicious strudel, apple pie and our favorite chocolate and butterscotch chip cookies. These cookies are still the ones I make my father for his birthday and my kids on special occasions. Cookies hold a unique place in hearts and in our traditions.

I'm writing this article just after Purim, so I've been making and eating a lot of hamantaschen. I'm also buying authentic cookies for the Jewish Life on Rhodes event (which was just phenomenal), which will then be followed by Pesach and all the different versions of macaroons.

As you see, I've been spending a lot of time thinking about cookies! Thinking about all these cookies makes me want to start (or re-start) a baking group at Ohr Shalom. I believe there was a group many years ago, but so many things need a reboot after COVID. Wouldn't it be fun to get together once a month to bake cookies for our events, learn from each other, and maybe even have a cooking/baking class now and then? If you are interested in helping me get this going, send me an email. (Please note: anyone cooking or baking in our kitchen must take the food handlers test online. It's easy, inexpensive and only takes an hour or two of your time to complete. I will forward the link if you are interested.)

This baking group doesn't have to be a huge commitment. It will just be fun to get together and bake for our community and ourselves. We can bake extra for our Chessed committee to give to those in need or for our local firefighters or police. The possibilities and deliciousness are endless.

Betayavon! בתאבון



## CHESED/COMMUNITY CARING

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

Do you enjoy talking on the phone? Want to have a new friend to chat up with? **Our Ohr Shalom Chesed/Community Caring Program** is looking for volunteers to make calls to members who are on their own, unable to frequently leave their home, and/or have very few family members with whom they can keep close contact. Your responsibility would only be to call them occasionally, and check in with them, so they do not feel lonely. It is very informal but worthwhile to these members. If you are interested in participating, I will match you up.

[chesed@ohrshalom.org](mailto:chesed@ohrshalom.org)

And, if you are interested in having someone call you, please let me know.

### Next Meeting of the Chesed Committee

Spring is finally here! Hope everyone has a good Passover. We will have our Chesed meeting via zoom on **Thursday, April 20** right after minyan. Please join if you would like to learn more about the Chesed Community and would like to join in on the Mitzvah making.

### 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.

## COMMUNITY EVENTS

### Treasures from the Music Collection of the Astor Judaica Library

**Thursdays at 2:00pm**

Astor Judaica Library at Lawrence Family JCC

Free programs of recorded music. **Eileen Wingard**, moderator. Co-sponsor, *We Are The Tree Of Life*.

**April 27:** *Songs of the Ghetto*, guest, Fanny Libovitz

**May 11:** *Music from Terezin*, guest, **Sandy Scheller**

**June 1:** *Music by Holocaust Refugees*, guest TBA.

### Professor Jacob Goldberg Lecture Series

**April 18, 19 and 20 at 7:00pm**

David & Dorothea Garfield Theatre  
Lawrence Family JCC

Professor Jacob Goldberg, a former senior advisor to Israeli Prime Minister Ehud Barak, presents his annual lecture centered on the current political landscape in the ever-changing Middle East. Register at: [https://www.lfjcc.org/about/upcoming\\_events.aspx](https://www.lfjcc.org/about/upcoming_events.aspx)

### JFS Annual Heart & Soul Gala

*Planting for the Future*

**Saturday, April 15, 6:00pm**

at the Rady Shell at Jacobs Park

**Gala Honorees:**

**Joan & Irwin Jacobs and Marie Raftery and Dr. Bob Rubenstein**

<https://www.jfssd.org/heart-soul-gala/>

### Lou Dunst Memorial Lecture UCSD Holocaust Living History Workshop

**April 26, 2023 at 5:00pm Presented by Joel Poremba**

"My Name is Staszek Surdel: the Improbable Survival of Nathan Poremba." Joel Poremba's account of his father's improbable Holocaust survival, published in book form in 2021, constitutes a fitting tribute to a life of extreme hardship and endurance. For more information and to register for this free lecture: <https://library.ucsd.edu/visit/library-workshops/holocaust-living-history-workshop/events/2022-2023.html#April-26-My-Name-is-Staszek-Su>

## Jewish Life on Rhodes Exhibit – Bravo!

by Lynn Mendelsohn



**Raulf Polichar** was beaming.

It was Saturday evening, March 11th. A standing-room-only crowd had jammed itself into the Ohr Shalom social hall to hear **Aron Hasson** – Chairman of the Rhodes Jewish Historical Foundation – outline the history of the Jews of the island and describe his 25-year-long project of preserving its artifacts.

Working with authorities on Rhodes, Mr. Hasson has established an in situ museum. In the U.S. and Europe, he and his wife Chris staff a traveling exhibit of cherished objects that evoke the daily pre-World War II lives of Jews on Rhodes.



Raulf, whose maternal family is from Rhodes, had dreamed for years of bringing this exhibit to San Diego. At last, over that March weekend, Ohr Shalom welcomed hundreds of people who dropped by to view crafted linens, clothing, ritual items, and written records produced by an intensely Jewish culture that nearly was erased by the Holocaust. The weekend also brought together many members of the Rhodesli diaspora from throughout San Diego. In addition to Raulf, members of Ohr Shalom with Rhodesli ancestry are **Stella Salzmann, Joy Heitzmann, Anita** and **Justina Nemoy** and **Luna Keller**.

Mr. Hasson's talk was a highlight of a weekend of rich and varied events that included a Friday night Kabbalat Shabbat service featuring Sephardic selections from the Ohr Shalom choir, a Shabbat Lunch & Learn where Rabbi Meltzer reviewed Biblical and historical references to the Island of Rhodes, and a Sephardic dessert reception Saturday evening. At the exhibit, a video of scenes of Rhodes played in a continuous loop. Mr. Hasson gave repeated impromptu talks about his treasures. Rhodesli descendants, and their friends and relatives, found one another. The weekend brimmed over with information, family stories, appreciation of beautiful and well-used objects, and the warmth of community.

Ohr Shalom is grateful to Raulf Polichar for his persistence in suggesting that Ohr Shalom host the exhibition. Thanks also are in order to the exhibit's financial sponsors: The Lou Dunst Foundation, Ana and Jose Galicot, and Sharon and Raulf Polichar. The event was co-sponsored by the Sephardic Committee of the San Diego Center for Jewish Culture.

Ohr Shalom expresses its deep gratitude to Aron and Chris Hasson for their dedication, through the Rhodes Jewish Museum and the Rhodes Jewish Historical Foundation, to conserving and archiving the material remnants of that lost community. The Foundation's website is <https://www.rhodesjewishmuseum.org/>.



For more photos from Ohr Shalom's Jewish Life on Rhodes exhibit, please see the museum's Facebook page at <https://www.facebook.com/rhodesjewishhistoricalfoundation>

# TODAH RABAH AND LIFE CYCLE EVENTS

## Thank you for your generous donations in March:

### SYNAGOGUE FUND

**In loving memory of David Goldstein**  
Toni and Don Goldstein

**In loving memory of Doris Glickman**  
Sheldon and Harriet Wolpoff

**In loving memory of Lev ben Aharon**  
Aaron Rubinstein

**In loving memory of Tillie Wolf**  
**In loving memory of George Wolf**  
**In loving memory of Aida Heller**  
Allan Wolf

**In loving memory of Theodore Schiffman**  
Judie Dresser

**In honor of the birth of granddaughter,  
Adreinne Lee**  
Beth and Steven Herrick

**Thank you for wonderful programs**  
Laura and Steven Friedman

**Thank you for Rhodes Program**  
Geoff Phillips

**Thank you for Rhodes Event**  
Aron Hasson

**In honor of March of the Living**  
Beto and Michal Hamui

### JFS FOOD PANTRY

**In loving memory of Morris Casuto**  
Anonymous

**In loving memory of Maurice Polichar**  
Raulf and Sharon Polichar

### RABBI'S DISCRETIONARY FUND

Lou Dunst Foundation

**In loving memory of David Maizel**  
Sally and Louis Maizel

### TODAH RABAH TO OUR SHABBAT SPONSORS

Doreen Casuto  
Casuto Family  
Alice Broudy Cupples  
Melissa and Gregoria Galicot  
Koba  
Rocky and Debbie Reid

*We apologize for any omissions.*

***Mazal Tov:***  
**Beth and Steve Herrick** on the birth of their granddaughter, **Adrienne Lee** to parents **Molly Herrick & Patchen Preston.**

***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 tasty Irish-themed dinner.  
*To office volunteers* **Jim Lewis, Earl McNicholls** and **Allison Madwatkins**  
*Hamentashen Bakers:* **Mark and Elaine Smith**  
*Purim Carnival Volunteers:* **Springsong Cooper Weiner, Maggy Dujowich, Bobbi Frank, Nadia** and **Jeff Gumbayan, Joy Heitzmann, Allison Madwatkins, Mitra Nowroozi,** and **Justina Nemoy, Cory Weissman** and **Stephanie Wells**  
*USYers coordinated by Shoshannah Bunton:* **Nechama Bunton, Hadarya Levy, Maital Meltzer, Yael Meltzer, Rachel Treseder, Ari van Frank, Ariella van Frank** and **Golda Wells**  
*Erev Purim Celebration:* **Shoshanah Feher Sternlieb, Jennifer Meltzer, Aviva Rosenberg, Brian Stannard** and **Alex van Frank.**

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

LeAnne Adams	Jessica Lemoine	Amy Morris
Jeanne Argoff	Natan Lemoine	Bill Morris
Ilan Awerbuch	Ruth Levy	Linda Mostel
Sue Brown	Eli Meltzer	Rocky Reid
Joe Castiglione	Jennifer Meltzer	Aviva Rosenberg
Louise Chandler	Susie Meltzer	Ruben Rosental
Allyson Darroch	Yael Meltzer	Brian Stannard
Elisheva Edelson	Ivan Mendelsohn	Alex van Frank
Hudi Eshel	Lynn Mendelsohn	Jonah Weinberg
Jonathan Geiger	Rabbi Shane	Springsong Weiner
Joe Hartman	Michaelson	Margalit Wollner
Alberto Hamui	Phil Miller	Milo Wolpoff
Koba	Rachel Millstone	Marvin Yudkovitz
Morris Lazard		Jane Zeer

# Yahrzeits

Raquel Grinberg	Ruben Rosental's Grandmother.....	1-Apr/10 Nisan
Norma Weinshanker	Stuart Weinshanker's Mother.....	1-Apr/10 Nisan
*Caroline Ornstein	Remembered by Sisterhood.....	2-Apr/11 Nisan
Rivkah Yehudit Sheehan	Remembered by Anita Nemoy and Justina Nemoy.....	2-Apr/11 Nisan
Gertrude Weinstein	Sheldon Wolpoff's Mother.....	2-Apr/11 Nisan
Henry Green	Barbara Haislip's Father.....	3-Apr/12 Nisan
*Rosa Antokolsky de Maya	Wolf Bielas, Simon Bielas and Mina Cohen's Grandmother.....	4-Apr/13 Nisan
Mildred Green	Barbara Haislip's Mother.....	4-Apr/13 Nisan
*Ruth Ressler	Remembered by Vivien Ressler.....	4-Apr/13 Nisan
Graciela Kantorovich	Remembered by Sara Zands.....	5-Apr/14 Nisan
Jack Linsk	Amy Morris' Father.....	5-Apr/14 Nisan

# YAHREZITS

Ruth Levitan	Marilyn Levitan's Grandmother .....	6-Apr/15 Nisan
Isaac Veinbergs	Miguel Veinbergs' Father .....	6-Apr/15 Nisan
Rabbi Leo Geiger	Jonathan Geiger's Father .....	8-Apr/17 Nisan
Matilda Green	Elizabeth Green's Grandmother .....	8-Apr/17 Nisan
Rose Slovis	Lisa Slovis Mandel's Grandmother .....	9-Apr/18 Nisan
Elsie Hirsch	Evelyn Schwimmer's Mother .....	10-Apr/19 Nisan
*Irving Krantz	Remembered by Richard Scholten .....	10-Apr/19 Nisan
Manuel Rechtman	Sara Fainstein's Uncle .....	10-Apr/19 Nisan
*Robert J. Kolkey	Debbie Reid's Father .....	11-Apr/20 Nisan
Raquel Stepensky	Teshy Wellman's Mother .....	11-Apr/20 Nisan
Raquel Melnik	Remembered by Silvia Gold .....	12-Apr/21 Nisan
*Samuel Szmuiłowicz	Bertha Szmuiłowicz' Husband, Isaac Szmuiłowicz and Eva Zagursky's Father .....	12-Apr/21 Nisan
*Samuel Wasserman	Jacquelin Ander's Father .....	12-Apr/21 Nisan
Abraham Berman	Remembered by Roz Berman .....	13-Apr/22 Nisan
Jean-Claude Lemoine	Richard Lemoine's Father .....	13-Apr/22 Nisan
*Gert Thaler	Remembered by Ohr Shalom .....	13-Apr/22 Nisan
*Arthur Witz	Evelyn Sevel's Father .....	13-Apr/22 Nisan
Marcos Handelman-Wolman	Sara Fainstein's Brother .....	14-Apr/23 Nisan
Sharlene Chester	Evelyn Sevel's Sister .....	15-Apr/24 Nisan
Betty Feldmar	Toni Goldstein's Mother and Jennifer Meltzer's Grandmother .....	15-Apr/24 Nisan
David Sevel	Remembered by Evelyn Sevel .....	15-Apr/24 Nisan
Bellida Suissa	Deborah Suissa's Mother .....	15-Apr/24 Nisan
Jack Weinshanker	Stuart Weinshanker's Father .....	15-Apr/24 Nisan
Esther Cohen	Remembered by Aaron Rubinstein .....	16-Apr/25 Nisan
Maurice Grossman	Sherry Berlin's Father .....	16-Apr/25 Nisan
*John Kluchin	Elaine Gottesman's Father .....	17-Apr/26 Nisan
Perla Miller	Silvia Gold's Mother .....	17-Apr/26 Nisan
*Rosie Artenstein	Sara Artenstein's Daughter .....	18-Apr/27 Nisan
Berta Fainstein	Jaime Fainstein's Mother .....	18-Apr/27 Nisan
Moritz Grun	Elizabeth Green's Great Uncle .....	18-Apr/27 Nisan
Agnes Erzsebet Szekely	Elizabeth Green's Cousin .....	18-Apr/27 Nisan
Julianna Szekely	Elizabeth Green's Great Aunt .....	18-Apr/27 Nisan
Eva Weisz	Elizabeth Green's Cousin .....	18-Apr/27 Nisan
Ilona Weisz	Elizabeth Green's Great Aunt .....	18-Apr/27 Nisan
Jakab Weisz	Elizabeth Green's Great Uncle .....	18-Apr/27 Nisan
Shelley Berman	Roz Berman's Husband .....	19-Apr/28 Nisan
Anne Jaffe	Elaine Smith and Janice Zipp Cannizzaro's Aunt .....	19-Apr/28 Nisan
Audrey Karsh	Remembered by Susanne Lisker .....	19-Apr/28 Nisan
Jaime Najmias	Sara Artenstein's Brother .....	19-Apr/28 Nisan
Zev Deicas	Mauricio Deicas' Father .....	20-Apr/29 Nisan
Samuel Green	Remembered by Marda Rose .....	20-Apr/29 Nisan
Kathryne Schor	Renee Schor's Grandmother .....	20-Apr/29 Nisan
Joseph Marcus Siprut	Mark Siprut's Father .....	20-Apr/29 Nisan
Richard H. Cupples	Remembered by Alice Broudy Cupples .....	21-Apr/30 Nisan
*Alex Veinbergs	Sylvia Galicot and Jacobo Veinbergs' Father .....	21-Apr/30 Nisan
Leon Greene	Richard Greene's Father .....	22-Apr/1 Iyar
*Ethel Edyce Wasserman	Jacquelin Ander's Mother .....	22-Apr/1 Iyar
Eva Fordham	Jeanne Argoff's Grandmother .....	23-Apr/2 Iyar
Dorothy Siegan	Karen Rund and Susie Meltzer's Aunt .....	23-Apr/2 Iyar
Fannie Mollov Krampf	Linda Mostel's Grandmother .....	24-Apr/3 Iyar
Abraham Margolis	Mauricio Margolis' Father .....	24-Apr/3 Iyar
Yitzchak Baruch Tauber	Susanne Lisker's Grandfather .....	24-Apr/3 Iyar
Rebecca Bloom	Jennifer Tuteur's Great-Grandmother .....	25-Apr/4 Iyar
David Chayet	Zack Chayet's Father .....	25-Apr/4 Iyar
*Ronan Bell	Remembered by Leah Golembesky .....	26-Apr/5 Iyar
Jacob Chazan	Remembered by Celia Chazan .....	26-Apr/5 Iyar
Moises Dryjansky	Celia Chazan's Father .....	26-Apr/5 Iyar
Enrique Moscona	Remembered by Ohr Shalom .....	26-Apr/5 Iyar
Abraham Zemach	Marilyn Greene's Father .....	26-Apr/5 Iyar
*Abraham Horn	Jerry Horn's Father .....	27-Apr/6 Iyar
Elya Schnell	Sue Brown's Grandfather .....	28-Apr/7 Iyar
Eugene Agostino	Christine Eisenberg's Father .....	29-Apr/8 Iyar
Miriam Argoff	David Argoff's Mother .....	29-Apr/8 Iyar
Harry Lane	Jane Zeer's Uncle .....	30-Apr/9 Iyar
*Ruth Phillips	Julie Phillips' Mother .....	30-Apr/9 Iyar

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



**CALENDAR OF EVENTS** **April 2023**

**Nisan/Iyar 5783**

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

**Yom Ha'Atzmaut Sing-A-Long with the Ohr Shalom Choir**  
**Tuesday, April 25th at 7:00pm**  
*See details on front page*



**Yom HaShoah Community Holocaust Commemoration**  
**Sunday April 16, 1:00pm**  
*See details page 15*

**1 10 Nisan**  
**Parshat Tzav**  
 9:30am - Shabbat Service  
  
 7:51pm

<p><b>2 11 Nisan</b>          No Religious School          6:15pm - Minyan</p>	<p><b>3 12 Nisan</b>          6:15pm - Minyan          7:00pm - Choir Practice</p>	<p><b>4 13 Nisan</b>          6:15pm - Minyan          7:00pm - Meditation with Alex van Frank</p>	<p><b>5 14 Nisan</b>  <b>Erev Pesach Fast of the Firstborn</b>          2:00pm - Office Closes          First Seder   6:53pm</p>	<p><b>6 15 Nisan</b>  <b>Pesach I</b>          Office Closed          9:30am - Pesach Morning Service          6:00pm - 2nd Night Community Seder</p>	<p><b>7 16 Nisan</b>  <b>Pesach II</b>          Omer Day 1          Office Closed          9:30am - Pesach Morning Service          6:15pm - Shabbat Pesach Service   6:54pm</p>	<p><b>8 17 Nisan</b>  <b>Pesach III</b>          Omer Day 2          9:30am - Shabbat Pesach Service   7:56pm</p>
<p><b>9 18 Nisan</b>  <b>Pesach IV</b>          Omer Day 3          No Religious School          10:30am - Tour with Mark Siprut          6:15pm - Minyan</p>	<p><b>10 19 Nisan</b>  <b>Pesach V</b>          Omer Day 4          6:15pm - Minyan          7:00pm - Choir Practice</p>	<p><b>11 20 Nisan</b>  <b>Pesach VI</b>          Omer Day 5          6:15pm - Minyan   6:57pm</p>	<p><b>12 21 Nisan</b>  <b>Pesach VII</b>          Omer Day 6          Office Closed          9:30am - Pesach Morning Service</p>	<p><b>13 22 Nisan</b>  <b>Pesach VIII</b>          Omer Day 7          Office Closed          9:30am - Pesach Morning Service with Yizkor   7:59pm</p>	<p><b>14 23 Nisan</b>          Omer Day 8          11:00am - Slow Read Book Club          2:00pm - Office Closes          6:15pm - Kabbalat Shabbat Service   6:59pm</p>	<p><b>15 24 Nisan</b>  <b>Parshat Shemini Mevarchim Chodesh</b>          Omer Day 9          9:30am - Shabbat Service   8:01pm</p>
<p><b>16 25 Nisan</b>          Omer Day 10          9:30am - Religious School @ Coastal Roots Farm          1:00pm - Community Yom HaShoah @ JCC          6:15pm - Minyan</p>	<p><b>17 26 Nisan</b>          Omer Day 11          6:15pm - Minyan          7:00pm - Choir Practice</p>	<p><b>18 27 Nisan</b>  <b>Yom HaShoah</b>          Omer Day 12          6:15pm - Minyan          7:00pm - Meditation with Alex van Frank</p>	<p><b>19 28 Nisan</b>          Omer Day 13          10:00am - Adult Ed: Daf Yomi          11:00am - Psalms          6:15pm - Minyan</p>	<p><b>20 29 Nisan</b>          Omer Day 14          4:30pm - Religious School          6:15pm - Minyan          6:45pm - Chesed Meeting</p>	<p><b>21 30 Nisan</b>  <b>Rosh Chodesh Iyar</b>          Omer Day 15          11:00am - Slow Read Book Club          2:00pm - Office Closes          6:15pm - Kehillatit Shabbat Service &amp; Dinner   7:05pm</p>	<p><b>22 1 Iyar</b>  <b>Parshat Tazria-Metzora Rosh Chodesh Iyar</b>          Omer Day 16          9:30am - Shabbat Service          12:00pm - Lunch &amp; Learn   8:06pm</p>
<p><b>23 2 Iyar</b>          Omer Day 17          9:30am - Blood Drive          9:30am - Religious School          10:30am - Ta'am Torah          12:30pm - Social Action Project          6:15pm - Minyan</p>	<p><b>24 3 Iyar</b>          Omer Day 18          6:15pm - Minyan          7:00pm - Choir Practice</p>	<p><b>25 4 Iyar</b>  <b>Yom HaZikaron</b>          Omer Day 19          6:15pm - Minyan          7:00pm - Yom Ha'Atzmaut Sing-A-Long with the Ohr Shalom Choir</p>	<p><b>26 5 Iyar</b>  <b>Yom HaAtzma'ut</b>          Omer Day 20          10:00am - Adult Ed: Daf Yomi          11:00am - Psalms          6:15pm - Minyan</p>	<p><b>27 6 Iyar</b>          Omer Day 21          4:30pm - Religious School          6:15pm - Minyan</p>	<p><b>28 7 Iyar</b>          Omer Day 22          11:00am - Slow Read Book Club          2:00pm - Office Closes          6:15pm - Kabbalat Shabbat Service"   7:10pm</p>	<p><b>29 8 Iyar</b>  <b>Parshat Acharei Mot-Kedoshim</b>          Omer Day 23          9:30am - Shabbat Service   8:11pm</p>
<p><b>30 9 Iyar</b>          Omer Day 24          9:30am - Religious School          5:00pm - Lights Of Ohr Shalom Galal          6:15pm - Minyan</p>	<p><b>1 10 Iyar</b>          Omer Day 25          6:15pm - Minyan          7:00pm - Choir Practice</p>	<p><b>2 11 Iyar</b>          Omer Day 26          6:15pm - Minyan          7:00pm - Meditation with Alex van Frank</p>	<p><b>3 12 Iyar</b>          Omer Day 27          10:00am - Adult Ed: Daf Yomi          11:00am - Psalms          6:15pm - Minyan</p>	<p><b>4 13 Iyar</b>          Omer Day 28          4:30pm - Religious School          6:15pm - Minyan</p>	<p><b>5 14 Iyar</b>  <b>Pesach Sheini</b>          Omer Day 29          11:00am - Slow Read Book Club          2:00pm - Office Closes          6:15pm - Kabbalat Shabbat "Ask the Rabbi"   7:15pm</p>	<p><b>6 15 Iyar</b>  <b>Parshat Emor</b>          Omer Day 30          9:30am - Shabbat Service   8:16pm</p>