

**YOUR PRESENCE  
IS IMPORTANT!**

**JUNE  
7**

## **ANNUAL CONGREGATIONAL MEETING**

**Wednesday, June 7,  
7:00pm**

In-person at Ohr Shalom in the Social Hall and on Zoom in the Ohr Shalom Zoom Room.

Find out more about our incoming Board of Directors, and learn about some exciting new committee membership opportunities!



# DAVAR MEGILLAH

JUNE 2023 • MONTHLY NEWSLETTER • SIVAN/TAMUZ 5783

## **"Now That I Have Reached the Age of Majority"**

*By Rabbi Scott Meltzer*



Bat/Bar Mitzvah is a complicated term in English. Is it a noun? "I am having a Bat/Bar Mitzvah." Is it a verb? "I was Bat/Bar Mitzvahed

a long time ago." And, even more complicated, what does it even mean?

Personally, I like it as a statement of a person's status: "I am Bat/Bar Mitzvah." Granted, very few other people use it this way. It's tied to what I think the words mean.

In fairness, in its most common usage, the term refers to a ceremony, or a whole weekend, during which a Jewish teen, presumably thirteen years old, leads services, reads from the Torah, and hopefully has a great party (or two) and receives lots of gifts – some of which get saved away to help pay for college.

Accepting that colloquial definition, let me tell you what I think it means to become Bat/Bar Mitzvah. As I understand it, as traditionally used, it is a term to recognize that a person has become responsible for the mitzvot (commandments) of Judaism. For those who have attended a Bat/Bar Mitzvah at Ohr Shalom in the past twenty years, it is when I explain to the parents that if the child broke a window before this day, the parents would have been responsible, but beginning now, the child, actually the newly minted young adult, needs to be responsible for their own actions and their consequences.

I believe this is at the core of what it means to be an adult, to be a Jew, responsible for one's own choices, including how to participate in this world as a Jew.

Hopefully by now you have heard that we are starting an Adult B'nai Mitzvah program at Ohr Shalom. I am very excited. You will find additional



## Ohr Shalom's **Adult B'nai Mitzvah**

information about the program on page 7 in this Davar. I want to focus on what it means, as an adult, to become Bar/Bat Mitzvah.

As an adult, we each make our own decisions – what to do, what not to do; what to eat, what not to eat; how to spend our time; what is important to us, and so on. We each bear the burden of many different responsibilities and demands upon us. And we each suffer the consequences and reap the benefits of the choices that we make.

Those who study and prepare for Adult B'nai Mitzvah will certainly learn a lot – about Judaism, about leading services, about chanting Torah and more – but the core of the process is to ask the questions about what does it mean to be obligated by this tradition? As an adult, what are the Jewish choices I make? How is my life a reflection of my being Jewish? How do I understand the mitzvot (commandments) and how much sway do they have over me?

To ask these questions is to take responsibility and ownership over one's own life, and to be mindful and intentional as to how my life is both in my own hands, and is a Jewish life.

So, if you want to further your Jewish learning, if you want to acquire additional synagogue skills and practices, if you want to have fun, and especially if you want to reflect on your own life, choices, opportunities and responsibilities, I hope to see you in Ohr Shalom's Adult B'nai Mitzvah program.

## **Upcoming Events**



**ADULT EDUCATION SCHEDULE**  
See page 7 for details



**Friday, June 2, 6:15pm**  
**ASK THE RABBI**  
See page 3 for details



**Sunday, June 4, 3:30pm**  
**O'KEEFE AND MOORE**  
**GUIDED DOCENT TOUR**  
See page 5 for details



**Wednesday, June 7, 7:00pm**  
**ANNUAL CONGREGATIONAL**  
**MEETING**  
IN PERSON AND ZOOM



**Thursday, June 8, 7:30pm**  
**NESHAMA,**  
**MUSIC OF THE SOUL**  
**AT THE OLD GLOBE**  
See page 4 for details



**Friday, June 9, 6:15pm**  
**KABBALAT SHABBAT**  
**SERVICE WITH THE**  
**OHR SHALOM CHOIR**  
See page 3 for details



**Saturday, June 10 & 24,**  
**12:30pm**  
**LUNCH & LEARN**  
See page 3 for details



**Friday, June 16, 6:45pm**  
**SHABBAT AT THE BAY**  
See page 3 for details



**Sunday, June 25, 7:00pm**  
**MOVIE NIGHT**  
See page 4 for details



## WORDS FROM THE PRESIDENT

**Marvin Yudkovitz**  
President

**“We need you to help us to further build and develop our community – participation and leadership.”**

Friends,

I am hoping that you have noticed all of the new and returning programs at Ohr Shalom. Here is a list of some of them:

- Adult Education Classes
- Adult B’nai Mitzvah Class
- Chavurot (affinity groups)
- Chesed Program Activities
- Environmental Actions
- Family Camp being planned
- Israel Trip being considered
- Shabbat Friday night and Saturday morning programs
- Social Action initiatives
- Synagogue Leadership programs

Do you know about the specifics of each? Take a look in this and past issues of the Davar (all on our OhrShalom.org website) for information. Have you **participated** in any? If you haven’t so far, please give some of them a try.

And in the area of **leadership**, where can you fit in? We need more help running the programs currently in place. If you look at the bottom of this page, you will see the email address for each of the Chairpersons for the activities listed above. Please contact any of them to get involved. If you’re not sure who to contact, call the office, or please reach out to me.

Did you attend the “Lights of Ohr Shalom,” where we honored Lynn and Ivan Mendelsohn and raised some much needed funds? If not, did you see the photos and maybe heard about from some of the attendees. Or maybe you attended the Lag B’Omer Kumzitz? Perhaps you’d like to be involved in planning for **future major programs** such as these or others. Yes, your help is needed here also.

But maybe we don’t currently have a program that meets your needs or interests. That’s one area that I want to focus on in this column. When you think about it, how

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

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**OHR SHALOM SYNAGOGUE**

# DAVAR

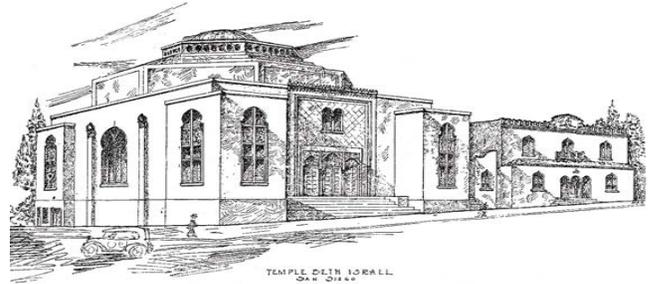
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**DAVAR PUBLISHED MONTHLY**

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



did any of these wonderful programs start, or continue – it’s from members showing an interest, developing the program, and making sure it happened. The first part is the initial idea. I’m sure that many of you have an **idea for a new program** that you would like to see Ohr Shalom start. We want to hear about this. And please don’t let any concerns you may have about logistics (getting the program started, or keeping it running) stop you from discussing the initial idea. Without the initial idea, nothing can happen! Please contact the Board member whose area of interest this falls under. If you’re not sure who to contact or don’t think it’s any of them – contact me. Several of our Board committees did not exist until new programs were conceived and developed. Perhaps your new program will even start an entire new committee!

I would love to see several new programs started in the next several months.

I sincerely hope that you will decide to get more involved in helping Ohr Shalom strengthen what we have now, and build for the future. Whether that means attending one or more of our programs, helping to lead, coordinate, and/or run them, contacting me to discuss the possibility of becoming a member of the Synagogue Board, supplying us with new programming ideas, or participating in other ways – we need your involvement.

### OHR SHALOM BOARD OF DIRECTORS

President - MARVIN YUDKOVITZ [president@ohrshalom.org](mailto:president@ohrshalom.org)  
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VP Finance - RAY SACHS [3raymar@gmail.com](mailto:3raymar@gmail.com)  
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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	June 2	6:15pm	Kabbalat Shabbat Service "Ask the Rabbi"
Saturday	June 3	9:30am	Shabbat Service
Friday	June 9	6:15pm	Kabbalat Shabbat Service with the Ohr Shalom Choir
Saturday	June 10	9:30am	Shabbat Service
Friday	June 16	6:45pm	Shabbat at the Bay
Saturday	June 17	9:30am	Shabbat Service
Friday	June 23	6:15pm	Kabbalat Shabbat Service
Saturday	June 24	9:30am	Shabbat Service
Friday	June 30	6:15pm	Kabbalat Shabbat Service
Saturday	July 1	9:30am	Shabbat Service

NO Shabbat Morning Babysitting until further notice.

### Kabbalat Shabbat Service "Ask the Rabbi"

Friday, June 2 at 6:15pm

Your opportunity to ask the questions you have always wanted to.



### Shabbat Morning Service & Lunch & Learn



**Saturday, June 10 & 24**  
**Shabbat Service at 9:30am** followed by  
**Lunch and Learn with Rabbi Meltzer at 12:30pm**

### SAVE THE DATES

## Shabbat at the Bay

Fridays, June 16 | July 14 | August 18

6:45pm | Kabbalat Shabbat Service

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

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

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



### Listening Devices & Bimah Access Available

Ask security guard or Rene. Bimah accessible via lift, as needed. We strive to host inclusive, accessible programs and services that enable all individuals, including individuals with disabilities, to engage fully.

To request an accommodation or for inquiries about accessibility, please contact Gillian Argoff-Treseder.

### COMMITTEE CHAIRS

Building & Grounds/Security - RAULF POLICHAR [polichar@cox.net](mailto:polichar@cox.net)  
 Chesed/Community Caring - AVIVA ROSENBERG [chesed@ohrshalom.org](mailto:chesed@ohrshalom.org)  
 Environmental Projects - ALLYSON DARROCH [greenparrotgraphics@cox.net](mailto:greenparrotgraphics@cox.net)  
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*This newsletter is a publication distributed free of charge to members of Ohr Shalom Synagogue. We regret any omissions and would appreciate being notified in order to amend any involuntary error.*



## PARSHIYOT & CANDLELIGHTING June 2023

### PARSHAT NASO

Fri: June 2 | 13 Sivan  
 Sat: June 3 | 14 Sivan  
 Torah: Numbers 4:21-7:89  
 Haft: Judges 13:2-25



7:34pm

### PARSHAT BEHA'ALOTCHA

Fri: June 9 | 20 Sivan  
 Sat: June 10 | 21 Sivan  
 Torah: Numbers 8:1-12:16  
 Haft: Zechariah 2:14-4:7



7:37pm

### PARSHAT SHELACH MEVARCHIM CHODESH

Fri: June 16 | 27 Sivan  
 Sat: June 17 | 28 Sivan  
 Torah: Numbers 13:1-15:41  
 Haft: Joshua 2:1-24



7:40pm

### PARSHAT KORACH

Fri: June 23 | 4 Tamuz  
 Sat: June 24 | 5 Tamuz  
 Torah: Numbers 16:1-18:32  
 Haft: I Samuel 11:14-12:22



7:42pm

### PARSHAT CHUKAT-BALAK

Fri: June 30 | 11 Tamuz  
 Sat: July 1 | 12 Tamuz  
 Torah: Numbers 19:1-25:9  
 Haft: Micah 5:6-6:8



7:42pm

### 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](#)

# Ohr Shalom ON THE TOWN

## Visits the San Diego Jewish Arts Festival

This year's Festival is so filled with creative intensity that Ohr Shalom on the Town found it difficult to pick just one event. [See the May 2023 Davar for a more complete list of the festival's programs.] But here it is:

### Neshama, Music of the Soul

Thursday evening, June 8, 7:30pm

#### Old Globe Theater

An evening of Jewish music – both serious and light – performed by local stars (and Ohr Shalom regulars) **Yale Strom, Elizabeth Schwartz, Zeji Ozeri, and Myla Wingard**, plus classical and pop violinist Andy Mayer, Federation CEO and vocalist Heidi Gantwerk, the LITVAKdance Company, and others.

Price per ticket is \$18. **The RSVP deadline is June 2.**

Sustaining member tickets are free of charge.

Lynn Mendelsohn continues to handle ticket purchases for *Ohr Shalom on the Town*. Her email address is [mendelynn0511@gmail.com](mailto:mendelynn0511@gmail.com). Or text her at 619-980-1801.



### Neshama – Music of the Soul



### 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



## MOVIE NIGHT

**Al Shelden**  
VP Administration



## Sunday Night Movies Are Returning



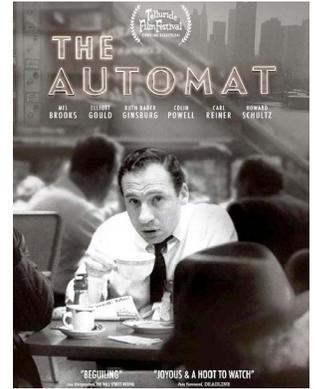
Time for a movie at Ohr Shalom. We're going to take a delightful look at a piece of American (or at least New York and Philadelphia) cuisine. Come see the surprising:

### THE AUTOMAT

Sunday night, June 25 at 7:00pm

[From Mark Feeney's review of the film in the Boston Globe]

Lisa Hurwitz's documentary is a very loving tribute to the fabled Horn & Hardart restaurant chain, which flourished in New York and Philadelphia for much of the 20th century. The Automat was "the house that nickels built. Customers would be presented with an array of dining choices, each visible behind a set of small, gridded glass doors. They were like cubbyholes for cuisine. Customers fed their coins into a slot next to the door, pulled a small knob, and took out their purchase. Among the many bits of Automat-iana the documentary provides is that the knobs were called "turn buttons" – and the cashiers who provided change were known as "nickel throwers." "That was the great thing about the Automat," says Mel Brooks, a big fan. "You needed a lot of nickels. You didn't need a lot of money."



Hurwitz includes numerous clips of references to the Automat from various Hollywood movies of the '30s and '40s. For a time, the restaurants were as big a New York tourist attraction as the Statue of Liberty. "The slot-machine lunch," as one newspaper called the Automat, was as American as apple pie.

At Horn & Hardart's height (the last Automat closed in 1991), it was the largest restaurant chain in the United States and this despite being in just those two cities – with 800,000 people a day eating there. The food wasn't fancy – popular menu items included creamed spinach, baked beans, meat loaf, macaroni and cheese, Salisbury steak, ham and cheese sandwiches, and many pies, not just apple.

Brooks and the late Carl Reiner, who's also interviewed, speak of the pies with special reverence. Also interviewed are the late Ruth Bader Ginsburg (a fan of the creamed spinach) and the late Colin Powell.



## SOCIAL ACTION

**Brad Eisenberg**  
Social Action Chair



## Volunteers Needed

Monthly Lunch for TAY Academy  
**Thursday, June 22**

We are relaunching our support of TAY Academy with volunteers preparing and serving lunch one Thursday each month. As a reminder, homeless teens have a safe place to gather during the day at TAY Academy. Ohr Shalom volunteers have in the past prepared and served lunches to these youth many times.

Please contact Stephanie Wells at [stephanie068@gmail.com](mailto:stephanie068@gmail.com) or Brad Eisenberg at [socialaction@ohrshalom.org](mailto:socialaction@ohrshalom.org) if you would like to volunteer to prepare, purchase, deliver and/or provide the financial resources for a meal to feed approximately 15 youth in June or in the future. The delivery time and location in Golden Hill will be disclosed to those who volunteer.

Please choose the way(s) you can help. We need the following:

- a. **People to cook**
- b. **People to buy pre-prepared meals (pizza etc.)**
- c. **People to deliver home-cooked or pre-prepared meals**
- d. **Financial assistance**—Donations are welcome. Some people who can cook, etc. may not have the financial resources to buy the food. Donations made to the fund will help us reimburse them.

## Ongoing Food Drive for JFS



Drive-thru distribution and home-delivered meals programs are counting on your support to meet the urgent needs of our community. Please remember to bring non-perishable foods to donate whenever you come to Ohr Shalom. Big blue bins are in the lobby.

If you are financially able, please continue to help by giving online at <https://www.jfssd.org>.

*These are some of the items that are needed most:*

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

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

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

Announcing two summer Ohr Shalom visits to the San Diego Museum of Art (SDMA), Balboa Park, to see the breathtaking new exhibit:

# O'Keeffe AND Moore

with SDMA docent  
(and Ohr Shalom President) Marvin Yudkovitz

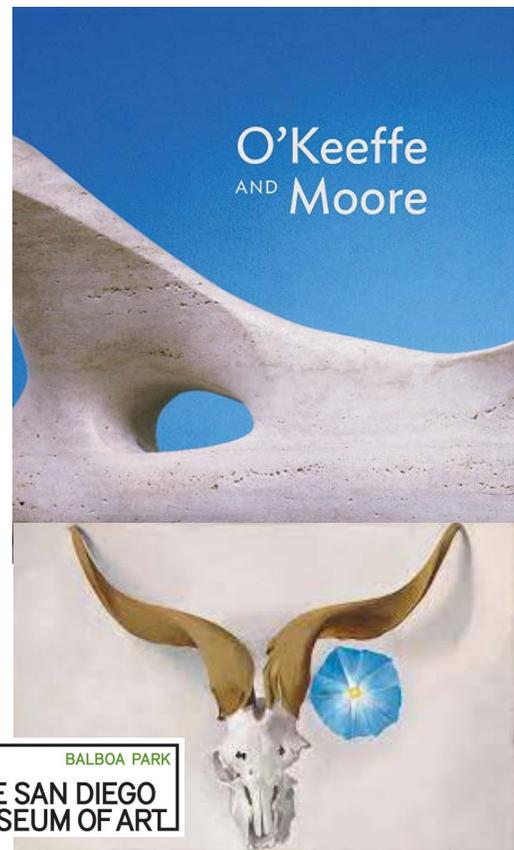
**Sunday, June 4 and Sunday, July 9**  
**Both at 3:30pm**

Through an exhibition of 120 works, two giants of 20th Century art – Georgia O'Keeffe, an American painter, and Henry Moore, a British sculptor – are brought together in a way that enables us to appreciate their surprising similar visions.

### This will be an Ohr Shalom members tour!

Please purchase tickets directly from the Art Museum, either in advance or arrive early that day. The entry fees for non-members are: \$20 for adults; \$15 for seniors, \$10 for military and \$8 for college students. Persons 17 and younger are admitted free. Seeing the O'Keeffe and Moore exhibit will require an additional fee of \$10 per person for non-members.

Please let Marvin know if you are planning on participating (and which date): 240 506-3042 or [president@ohrshalom.org](mailto:president@ohrshalom.org)



BALBOA PARK  
THE SAN DIEGO  
MUSEUM OF ART

# OHR SHALOM'S 20th Annual Calendar 5784: Wall Calendar, a Heads-Up On its Theme

The theme for the coming year will be "Recalling my Bar/Bat Mitzvah: what it meant to me then and what it means to me now." (Please send lots of pictures!)

Ohr Shalom members are encouraged to write a short essay (around 500 words) about their Bar/Bat/B'nai Mitzvah. Contact Gillian if you would like your story and photos to be included.

To volunteer to write for the calendar contact Gillian [office@ohrshalom.org](mailto:office@ohrshalom.org).

To place an ad or greeting for the calendar contact Andrea [graphics2@ohrshalom.org](mailto:graphics2@ohrshalom.org).  
**Order by June 30.**



Happy Birthday  
(Name Here!)  
July 18

Line Greetings  
\$20

#	Item	Price
___	Line Greetings	\$20
___	2.25" x 2.25"	\$40
___	4.5" x 2.25"	\$60
___	Month Sponsor (10" x 0.75")	\$200
___	Calendar Sponsor	Call Office

2.25" x 2.25" \$40

4.5" x 2.25" \$60

Month Sponsor  
10" x .75" \$200

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## 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 June:

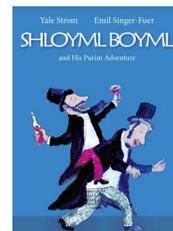
**Monday, June 5 • Monday, June 12 • Monday, June 26**

## MAZAL TOV

**Jose Castillo** on his recent confirmation to the position of Associate Justice on the Fourth District Court of Appeal, Division 1 (San Diego). Jose was previously an Assistant U.S. Attorney and a judge of the San Diego Superior Court. Attorney Laura Scher Castillo, Jose's wife, and their sons Gael and Leo (students in our Religious School) stood by proudly at his swearing-in ceremony.



**Yale Strom** on the publication of his new book: "Shloyml Boyml and His Purim Adventure" (in English and Yiddish). The story, based upon Yale's ethnographic research done in Romania/Moldova and the Carpathian Mtns., introduces the Roma to the reader and how they performed with Jewish klezmer musicians. Illustrated by Emil Singer-Fuer. Available at: <https://www.etsy.com/listing/1418021260/shloyml-boyml-un-di-purim-avanture>



## Memorial Plaques

MARCH 14, 2000

ז' אדר תש"ס

Memorial Plaques must be ordered by Friday, July 14, 2023 to be installed on our Memorial Board by Selichot on Saturday evening, September 9, 2023.

Each bronze engraved remembrance plaque is available for **\$360**.

Please contact Gillian at [office@ohrshalom.org](mailto:office@ohrshalom.org) or call (619) 231-1456 for more information.



## ADULT EDUCATION

Lynn Mendelsohn  
Adult Education Chair

### 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 Last class June 7**

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**

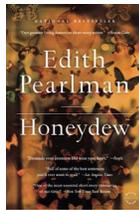
• *In-depth chapter discussions (ongoing)*

**Fridays at 11:00am**

**June 2, 9, 16, 23 no class June 30**

#### **Honeydew**

by Edith Pearlman



## OHR SHALOM WELLNESS

### Meditation

*with Alex van Frank*

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

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



- Lower 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

### Check out the Ohr Shalom Instagram Page! Search ohrshalom .



We have photos from recent events: Lights of Ohr Shalom, Yom Haatzmaut Sing-along with our Choir, Outdoor Adventurers Chavurah and many more.

If you have any content to share, contact Aviva Rosenberg at [chesed@ohrshalom.org](mailto:chesed@ohrshalom.org).

## Introducing the Ohr Shalom Adult B'nai Mitzvah Program

*This truly exciting program is Ohr Shalom's first Adult B'nai Mitzvah Program in over 20 years!*

by Allison Madwatkins

On May 21, 16 enthusiastic Ohr Shalom congregants gathered to discuss the exciting details of this program. We are thrilled to share with you what we have planned:



### Ohr Shalom's Adult B'nai Mitzvah

**Requirements:** The only prerequisite for participation is your genuine interest in learning and your desire to engage in this meaningful journey.

**Duration:** The program will run for two years, allowing ample time for meaningful learning and growth.

**Tailored Tracks:** Bat/Bar Mitzvah is a journey that is both communicative and personal. Unlike other adult B'nai Mitzvah programs, the Ohr Shalom program is designed to provide both individualized and group learning experiences, customizable based on individual interests and educational needs.

**Rabbi Meltzer** will be teaching some core components that all participants will engage with and simultaneously participants will have the opportunity to choose from specific "tracks" based on their interests, goals, and educational needs. These tracks include:

- Basic Hebrew Literacy
- Advanced Hebrew Reading/Leading of Services
- Reading of Torah and Haftarah
- Judaic Ethics, History, and Thought

We understand that every participant has unique educational needs. While some may opt to delve into all areas of study, others may choose to focus on specific tracks. This program is designed to provide both individualized and group learning experiences.

Throughout the program, participants will work towards the milestone of a Bar or Bat Mitzvah. The specific aspects of the ceremony will be determined collectively by the group and individually by the participants.

**Step-by-Step Process:** The first step of the program, during the summer of 2023, will focus on bringing participants up to speed with basic Hebrew reading. Then, in the fall, we will delve into the other enriching components.

If this sounds interesting to you but you missed the orientation meeting, don't despair. We haven't started yet!!! Please reach out to Rabbi Meltzer at [rabbi@ohrshalom.org](mailto:rabbi@ohrshalom.org) and Allison Madwatkins, our program coordinator, at [adultbnaimitzvah@ohrshalom.org](mailto:adultbnaimitzvah@ohrshalom.org) to get enrolled. Don't miss out on this incredible opportunity to deepen your Jewish knowledge, connect with the community, and celebrate an "adult level" Bar or Bat Mitzvah.

*Join us on a transformative journey as we embark on the Ohr Shalom Adult B'nai Mitzvah Program.*

# Yom Yerushalayim and Last Day of Religious School



## Ohr Shalom Overnight Camp Scholarships

Any Ohr Shalom member child attending a Jewish overnight camp can receive a partial scholarship (amount to be determined). Please contact the office with the name of your child and which camp they will be attending by June 16, 2023.



## LAUREL STREET BEAT

from Springsong Cooper,  
Religious School Committee Chair

As our Religious School year comes to a close and we reflect on the past year, what has been your favorite part about coming to Religious School and what is something you think would make Religious School even better?

**Isabella (Kitah Vav):** *Favorite:* Our teachers, because they are really nice and make it more fun for us. *Make it Better:* I think Religious School would be even better if we could do activities together with all the grades and have the older kids teach the younger kids something they know.



**CJ (Kitah Hey):** *Favorite:* The fun activities we did for the last day of Religious School before spring break. *Make it Better:* I think it would make Religious School better if we had more opportunities to focus on Hebrew (without distractions). I would like to do more Hebrew because I don't know that much.





**Susie Meltzer**  
Israel Desk

## Highlighting Jewish Women Advocates For Israel

This past March Israel participated in International Women’s Month, as they do every year, by also recognizing the work of a select few extraordinary Israeli women who, through their achievements, became role models in Israel and worldwide for girls and women.

While researching material on the topic of notable modern Jewish women for this month’s Davar, I came across Kylie Ora Lobell’s list of “Jewish Women to Follow.” These unique individuals serve in diverse roles as Jewish activists as they continue making a difference in Israel and the Jewish world beyond. Ms. Lobell is a journalist and personal essayist living in Los Angeles, who contributes to Jewish publications including *Aish*, *The Jewish Journal of LA*, *Chabad*, *The Washington Post* and *The Los Angeles Times*. She also runs *JewessMag.com*, an online magazine for Jewish women. Her personal list of women was inspiring. Here are some moving examples from Kylie Lobell’s list.

**Representative Alma Hernandez (D)** is an Arizona State House Representative from Tucson and a fierce advocate for Israel and Judaism online. She is a Mexican Jew who converted as a teenager when she learned about her Jewish roots. While running for office, she was not deterred when KKK Grand Wizard David Duke targeted her. Hernandez prides herself on building bridges between the Democrats and Republicans in the State House and fighting antisemitism through lawmaking.

**Amy Albertson’s** Instagram bio identifies her as Chinese American Jew. She is an activist and social media strategist and currently an associate at the Tel Aviv Institute. She also works for At The Well, an organization that helps Jewish women embrace their well-being through ancient Jewish rituals. On Instagram, Amy highlights topics like anti-Asian racism and antisemitism and describes how the two cultures are similar.



Alma Hernandez



Amy Albertson



Shekhiynah Larks



Noa Tishby

**Shekhiynah Larks** is a diversity trainer and program coordinator at *Be’chol Lashon*, a Jewish organization in San Francisco helping to establish the language and experience of Jewish diversity as an integral part of Jewish identity. Shekhiynah is a Black Jew who creates videos about her multi-cultural identity, using them as her vocal responses to hate such as coming from Black Hebrew Israelites and antisemitic statements from Kanye West. It is her goal to give a voice to the Black Jewish community and help other Jews better appreciate them.

**Noa Tishby** is an actress, producer, and author of *Israel: A Simple Guide to the Most Misunderstood Country on Earth (2021)*. She has spoken at the United Nations General Assembly and served as Israel’s first Special Envoy for Combating Antisemitism and Delegitimization, creating videos about Holocaust revisionism, terrorist attacks in Israel, and supporting the IDF, in which she served as a young adult.

These Jewish women represent powerful examples of the Jewish advocacy developed by young, creative, and strong women. They are using their talent, as well as professional resources, social media, and commitment to create changes near and far to break down prejudices and misinformation about Israel, the Jewish People and antisemitism.

*Yasha Koach to them!*

**NOTE:** The Lipinsky Family San Diego Jewish Arts Festival (JFEST) is celebrating 30 years of performances exploring Jewish history, people, and ideas in music, theatre, dance, and fine arts. On June 1 and 11, JFEST 2023 will again feature the “Women of Valor” awards, honoring a group of inspiring Jewish women who have made distinctive contributions to our local Jewish community. For the full JFest schedule: [sdjfest.org](http://sdjfest.org).



## ENVIRONMENTAL PROJECTS

**Allyson Darroch**  
Environmental Projects Chair

### The Light Bulb Blues

You want to do the Right Thing.. You want to be ecologically responsible, but sometimes it's much harder than you thought. A few years ago we learned how bad incandescent light bulbs were. They were dangerous, really a fire hazard risk since they were quite hot. They didn't last terribly long and were inefficient as a light source. So we got fluorescent light bulbs. They were great; not cheap, but Compact Fluorescent Lights (CFLs) use about 75 percent less energy than incandescent bulbs. Saving energy helps the environment. Using less energy means less greenhouse gases. They lasted a long time, plus they were swirly looking. So you bought a box and replaced all those incandescent bulbs with this great innovation.

When eventually they did burn out you found out that they could not be thrown in the trash. All fluorescent lamps and tubes must be recycled, or taken to a household hazardous waste (HHW) disposal facility, a universal waste handler (e.g., storage facility or broker), or an authorized recycling facility. (Title 22, division 4.5, chapter 23, section 66273.8, the law requiring that fluorescent lamps be recycled or disposed of properly, has been in effect since February 9, 2006.) Fluorescent lamps contain mercury. If a CFL bulb breaks inside your home, clean it up immediately using these tips:

- Get everyone, including pets, out of the room.
- Open the windows, turn off the HVAC system, and close the door if possible.
- Allow the room to air out for at least 10 minutes, then follow EPA guidelines for cleanup. (For example, put them in a box in the garage marked HAZARDOUS WASTE.)

Then came the next great light innovation: light-emitting diode (LED) bulbs. They are even better, longer lasting with more light. And cooler. They must also be recycled. LEDs use tiny microchips to conduct electrical current. These include trace amounts of heavy metals such as lead and arsenic. Some communities have recycling collections for LED bulbs to try to prevent them from ending up in a landfill. So another box in the garage marked "Used Light Bulbs. Do not throw in the trash." Maybe take them to one of the E-Waste recyclers? No, they take computers, cables, TVs but not light bulbs.

The City of San Diego offers eight (8) one-day Collection Events every year. Lamps and bulbs are accepted at these events. Except not CFLs or LEDs. So what can you do? Those boxes are getting full. As it happens, The City of San Diego does accept fluorescent lamps/bulbs, compact fluorescent lightbulbs (CFLs) and light-emitting diodes (LEDs) at their HHW Transfer Facility, by appointment only. <https://www.sandiego.gov/environmental-services/ep/hazardous/lamps-bulbs>. You can call (858) 694-7000 to schedule an appointment. For additional recycling/disposal options, go to the Links and Resources page. If you live outside San Diego City boundaries, then visit <http://earth911.com/> or call 1-800-CLEANUP.

Yes, it's never as easy as it seems, but candles and kerosene lamps really aren't an option!



## FROM OUR EXECUTIVE DIRECTOR

**Gillian Argoff-Treseder**  
Executive Director

### Keeping Us Safe – Eric Carranza

When I started at Ohr Shalom five years ago, the company we were using for security was less than reliable. Their employees would show up late or not at all. After being stood up one too many times, I decided we should switch security providers. I went with what I knew and consulted ASC, the company used by the JCC. Always responsive and knowledgeable, the office staff and personnel that they provide are professional and easy to work with. I worked with them to get a consistent security officer who would learn our habits and our congregants and therefore be able to provide us with the best security for our needs.



Eric Carranza

Well, we lucked out! For the last 4 years our ASC security officer has been **Eric Carranza**. Eric knows every Shabbat regular, Religious School student, parent and grandparent as well as their cars. He often tells me someone has arrived at the Synagogue 5 minutes before they've found parking. He's always willing to help with a setup here or there and carry a bag for someone to the food donations. I often find myself sending a note to his supervisors letting them know how incredible he has been in certain situations.

Here's a little more about Eric. He was born in Norfolk, Virginia but moved to San Diego at the age of 1. His father retired from the Navy and his mother is a retired nurse having worked at Kaiser. His older sister Suzanne (MSN – MS in Nursing) works at the VA hospital. Eric served in the Navy for 7 years as a Surgical Hospital Corpsman – two years in Puerto Rico and five years in San Diego. While currently single, he hopes to have a family in the future. When he's not working at Ohr Shalom or Jewish Family Service's Safe Parking Lot, he spends time surfing and playing poker.

Eric continues to be our eyes and ears, keeping us safe as we pray, learn and celebrate within the walls of Ohr Shalom. Throughout the pandemic, Eric skillfully and painstakingly recorded every person entering our building to ensure not only our safety from an outside threat but also the possibility of the spread of COVID. His tracking kept us all safe.

The next time you come to Ohr Shalom, please remember to thank Eric for his service to Ohr Shalom and our country.

SCAN TO TEXT NOW

Don't let antisemitism go unchecked. Report incidents you've experienced or witnessed.

**TEXT HATEHELP TO 833-448-0248**



**Eva Brzezinski**  
Ohr Shalom Board Member

## Where Is the Salt?

The simple answer: EVERYWHERE! Salt has been used to preserve foods for millennia. It makes food taste good. It is also used as a binder and stabilizer for foods. The human body requires a small amount of sodium to conduct nerve impulses, contract and relax muscles, and maintain the proper balance of water and minerals. It is estimated that we need about 500 milligrams of sodium daily for these vital functions. But too much sodium in the diet can lead to high blood pressure, heart disease, and stroke. It can also cause calcium losses, some of which may be pulled from bone. Most Americans consume at least 1.5 teaspoons of salt per day, or about 3,400 milligrams of sodium, which contains far more than our bodies need.



Guidelines for Adequate Intakes (AI) of sodium were established based on the lowest levels of sodium intake used in randomized controlled trials that did not show a deficiency but that also allowed for an adequate intake of nutritious foods naturally containing sodium. For men and women 14 years of age and older and pregnant women, the AI is 1,500 milligrams a day.

Food sources: According to The Centers for Disease Control and Prevention, the top 10 sources of sodium in our diets include: breads/rolls; pizza; sandwiches; cold cuts/cured meats; soups; burritos, tacos; savory snacks (chips, popcorn, pretzels, crackers); chicken; cheese; eggs, omelets.

Almost any unprocessed food like fruits, vegetables, whole

grains, nuts, meats, and dairy foods is low in sodium. Most of the salt in our diets comes from commercially prepared foods, not from salt added to cooking at home or even from salt added at the table before eating.

About 70% of the sodium Americans eat comes from processed, prepared foods such as crackers, cheese, and canned foods, and restaurant meals. It's recommended that you limit those foods as well as eating out in restaurants. Start cooking more at home and think of the herbs and spices you use. There are commercially available salt-free seasoning blends, or you can make your own.

Suggested substitutions for using added salt:

- fresh and dried herbs like thyme, dill or parsley are great for fish and chicken and poultry
- black pepper, rosemary and paprika are great seasonings for beef and steak
- basil, oregano and garlic are Italian cooking staples
- lemon juice or zest
- vinegars (apple cider, balsamic) and white wine all pack a flavor punch
- chili peppers or powder, crushed red pepper, cumin and curry are very flavorful seasonings to help you reduce your sodium intake
- dry or prepared mustard is a low-sodium option as prepared mustard has a vinegar base
- fresh onions, scallions and leeks are great for savory dishes, as is onion powder

## Lag B'Omer





## CHESED/COMMUNITY CARING

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

### Have a New Baby in Your Family?

The Chesed Committee loves celebrating new babies and other joyous occasions in the Ohr Shalom community. We give Ohr Shalom “onesies” to members with new additions to their family and may offer to provide a meal train for them as well. Newlywed? New homeowner? We gift mezuzahs and can coordinate their hanging as well.

Please let us know of any joyous occasions your family is celebrating. Don't hesitate to contact me at [chesed@ohrshalom.org](mailto:chesed@ohrshalom.org)

Last month's Chesed Committee meeting was postponed until a future date (TBD). We are always looking for new members to join us. If you're interested in participating, please contact me for more information.



Adrienne  
(granddaughter of  
Beth & Steven Herrick)  
modeling our Ohr  
Shalom Onesie

## BANKERS HILL WALKING TOUR

by Joe Castiglione

On the brilliantly sunny Sunday morning of May 7th, more than a dozen members of the Ohr Shalom community gathered in front of the Self-Realization Fellowship on First Avenue for a walking tour of Bankers Hill's residential architectural treasures. George Franck, of the Save Our Heritage Organisation (SOHO), explained how San Diego's growth around the turn of the 20th Century drew architects and builders to the area, and produced a wealth of homes in a variety of styles, including Victorian, Craftsman and various historical revivals.

While a number of architects – including William S. Hebbard, Richard Requa, and Hazel Wood Waterman (San Diego's first woman architect) – contributed to neighborhood's unique architectural fabric, a particular focus of the tour was the early modernist buildings of iconic San Diego architect Irving Gill. On the 90-minute walking tour, which explored both the Second Avenue Historic District and the Bankers Hill Historic District, the group saw half a dozen of Gill's memorable homes, which are often characterized by their boxy shapes, flat roofs, lack of ornamentation, and striking use of arches.

The tour concluded with a walk across the pedestrian-only Spruce Street suspension bridge, which was built to allow pedestrian access to the streetcar lines that once ran on Fourth and Fifth Avenues.

As the Ohr Shalom group returned to our starting point, we couldn't help but notice the new construction rising all around Bankers Hill, a reminder that the neighborhood continues to evolve. As some jewels of San Diego's architectural past are preserved, just a few blocks away a new architectural present rises ever higher.



Katherine Teats House #2 at 3415 Albatross Street. Built 1912-13. Irving Gill, architect. Photo Credit: San Diego Historical Society

## COMMUNITY EVENTS

### JPlays with the Roustabouts presents Enter Laughing

Sunday, June 11, 2023 | 7:00-9:00pm

David & Dorothea Garfield Theatre  
Lawrence Family JCC

In the well-regarded farce, *Enter Laughing* by Joseph Stein, aspiring actor David Kolowitz attempts to make his own way in the theater world, ignoring the pleas of his overbearing parents and devoted girlfriend. What ensues is pure hilarity as we witness the many missteps David takes on his journey to stardom. This final reading of the season is performed by San Diego's leading theatre actors.

### 5-Minute Play Festival

Monday, June 19, 2023 | 7:00 - 8:30pm

David & Dorothea Garfield Theatre  
Lawrence Family JCC

Enjoy comedy, tragedy, and everything in between during this one-of-a-kind theatrical experience. Directed by Omri Schein and performed by a slate of professional San Diego actors, the evening features scripts written by playwrights from our very own community and beyond. You will be treated to an evening of laughter, inspiration and thought-provoking questions.

[https://www.lfjcc.org/cjc/arts\\_and\\_ideas.aspx](https://www.lfjcc.org/cjc/arts_and_ideas.aspx)

## COMMUNITY EVENTS



### 2023 Lipinsky Family San Diego Jewish Arts Festival (JFest)

Enjoy a full program of new Jewish plays, concerts, dance and much more this month. See brief descriptions of the JFest events in the May 2023 Davar. And for a complete schedule of events and to purchase tickets, see [sdjfest.org](http://sdjfest.org).

Artistic Director: Todd Salovey;  
Managing Director: Ohr Shalom member Matthew Graber.

# Ohr Shalom's Sulam for Emerging Leaders

by Jonah Weinberg

When we first met last year, the 12 participants in Ohr Shalom's inaugural class of the *Sulam for Emerging Leaders* (SEL) program were mostly strangers; I only knew one person by name and recognized a few faces from attending services. Over the following seven months, we would get to know each other quite well, as we learned together, shared our experiences, and visited each other's homes for lively Shabbat meals.

*Sulam*, the Hebrew word for "ladder," was developed by United Synagogue for Conservative Judaism (USCJ), the central organization for Conservative synagogues in the US, and much like its eponymous name, the program seeks to help congregations "elevate" leadership potential within its members. According to a 2018 survey, more than 50% of the lay leaders of American Jewish organizations will be over 65 in the next five years, and congregations have recognized that simply waiting for younger people to step up is not an option; instead, active cultivation is needed.

SEL was developed to reach congregants who have shown leadership potential, and seeks to engage them more with their community in the short term, and to be aware of and to consider more active positions in the future. SEL recognizes that not everyone has the time or interest to serve as a congregational board member or committee chair, but there are so many other roles and opportunities to step up in ways that fit our individual interests and schedules.

Over seven sessions, Ohr Shalom's Sulam class delved into challenging questions about leadership from both Jewish and secular perspectives. We shared our thoughts about how to be more inclusive leaders; we learned *Gemara* about leadership themes; and we had spirited debates about how to support and grow our own congregational community. Additionally, we learned in detail about how



L-R: Rebecca Iden, Mike & Lina Martinico, Jeremy & Alex van Frank, Marvin Yudkovitz, Jonah Weinberg, Allison Madwatkins, Jared Solomon, Joe Castiglione, Aviva Rosenberg. *Corners*: Rabbi Scott Meltzer and Jodi & Matt Graber

the congregation is run, from the org-chart to how the operating budget is developed.

As the last session concluded on April 23, this former group of strangers was now a much more cohesive *chevrah*. Rather than simply closing our workbooks and saying goodbye, we spent much of our time enthusiastically talking about how to keep our momentum going. Not each of us had the time to take on a new responsibility right now – some of us are parents of small children and teens, some have arduous work schedules, and others are military. But "right now" isn't really the point of Sulam. It's not about recruiting you to do what you can't do, or don't have the resources for; it's about igniting your interest and harnessing your enthusiasm, so when you do have time, you know the range of opportunities you have before you and can choose something meaningful to you.

Each of our 300 member-families have actively chosen to belong to Ohr Shalom, and SEL offers an opportunity for all of us to play a role in ensuring that it continues to welcome San Diego Jews for generations to come.

Invitations for the next SEL are scheduled to be sent around the Summer of 2024, with the program beginning in the Fall of 2024. Please let Marvin Yudkovitz or Rabbi Meltzer know if you may be interested in participating.



## JEWISH COMMUNITY DAY

**Petco Park**

**Sunday, June 25 at 1:10pm**

***San Diego Padres vs. Washington Nationals***

The Theme Game package includes a themed hat giveaway with each ticket purchased through the offer. Visit [padres.com/themegames](https://padres.com/themegames) to purchase tickets, or contact Logan Washburn at 619.795.5137 or [lwashburn@padres.com](mailto:lwashburn@padres.com) with questions or to purchase a group of 10 or more tickets.

# TODAH RABAH AND LIFE CYCLE EVENTS

## Thank you for your generous donations in May:

### SYNAGOGUE FUND

Stella and Eriberto Salzman  
**In loving memory of Rochelle Wolf**  
 Allan Wolf  
**In loving memory of Leah Goldman**  
 Harriet and Sheldon Wolpoff  
**In loving memory of Judith Silberg**  
 Rachel Millstone  
**In loving memory of Helen Horn**  
**In loving memory of Abraham Horn**  
 Jerry Horn  
**In honor of Lynn and Ivan Mendelsohn**  
 Malcolm E. Hindin

**Todah Rabah to LeAnne Adams**  
 Robert Heft

### RABBI'S DISCRETIONARY FUND

**In honor of the bris of Aaron Mendoza**  
 Stuart Rubenstein

### TODAH RABAH TO OUR SHABBAT SPONSORS

Judith Gottesman  
 Rebeca Sod

*We apologize for any omissions.*



**Share a Simcha**  
 or commemorate a loved one's yahrzeit with your Ohr Shalom family by sponsoring Kiddush.  
**Shabbat Morning Kiddush Sponsorship: \$180**  
 Contact Gillian [office@ohrshalom.org](mailto:office@ohrshalom.org)

**CONDOLENCES**

To the **Algazi family** on the passing of **Albert Algazi z"l** beloved father and grandfather.

To the family of **Mr. Boaz Laniado z"l** beloved father of **Oz Laniado** (Shelly Podlipsky), **Karin Pulido** (Josh), **Eli Laniado**. Grandfather of **Ariel, Lían, Shir Laniado** and **Sun Pulido**.

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

LeAnne Adams	Koba	Ruben Rosental
Ilan Averbuch	Morris Lazard	Brian Stannard
Sue Brown	Jessica Lemoine	Rachel Treseder
Joe Castiglione	Jim Lewis	Mirabelle Vann
Louise Chandler	Isabelle Lipner	Isaac Vargas
Emma Cripps	Nate Lipner	Jonah Weinberg
Alexander Dujowich	Eli Meltzer	Spring Song Weiner
Allyson Darroch	Jennifer Meltzer	Golda Wells
Elisheva Edelson	Susie Meltzer	Margalit Wollner
Jonathan Geiger	Ivan Mendelsohn	Aviva Wolpoff
Xavier Gumbayan	Lynn Mendelsohn	Marvin Yudkovitz
Maverick Hamel Garcia	Amy Morris	Abraham Zipp
Joe Hartman	Bill Morris	Jane Zeer
Alberto Hamui	Kevin Okin	India Zubiller
Ross Kanter	Rocky Reid	

**Todah Rabah** to **Marci Prag, Matthew Razinsky** and **Jim Lewis** for another delicious Kehillatit dinner.

**Todah Rabah** to **Shoshanah Feher Sternlieb** who was inadvertently left out of the thank yous/acknowledgments of the Lights of Ohr Shalom setup crew. We apologize to Shoshanah for accidentally omitting your name.

# Yahrzeits

Salomon Gurvich	Remembered by the Veinbergs Family .....	2-Jun/13 Sivan
*Joseph Wright	Donald Wright's Father.....	2-Jun/13 Sivan
Joseph Bernstein	Steven Bernstein's Father .....	3-Jun/14 Sivan
Newton Broudy	Alice Broudy Cupples' Great Uncle .....	3-Jun/14 Sivan
Morris Kuritsky	Lloyd Kuritsky's Father .....	3-Jun/14 Sivan
Irene Turner	Remembered by Roz Berman .....	3-Jun/14 Sivan
Lillian Zeidler	Elaine Smith and Janice Zipp Cannizzaro's Aunt .....	3-Jun/14 Sivan
Fancine Lanar	Remembered by Marvin Yudkovitz.....	4-Jun/15 Sivan
Bess Maxwell	Alice Broudy Cupples' Grandmother.....	4-Jun/15 Sivan
*Joan Sourasky Salomón	Eva Brzezinski's Mother.....	4-Jun/15 Sivan
*Louis Greenberg	Laurie Slade's Grandfather .....	5-Jun/16 Sivan
Paul Pascal	Jeanne Argoff's Grandfather .....	5-Jun/16 Sivan
Stephen Jay Horrow	Remembered by Nathan Weiss .....	6-Jun/17 Sivan
*Menachem Conorte Maya	Simon Bielaz, Wolf Bielas and Mina Cohen's Grandfather .....	6-Jun/17 Sivan
Howard Mostel	Linda Mostel's Uncle.....	6-Jun/17 Sivan
*Jeanette Goldberg	Karen Rund & Susie Meltzer's Mother, Rabbi Scott Meltzer & Brett Meltzer's Grandmother.....	7-Jun/18 Sivan

# Yahrzeits

Marilynn Gould	Stacy Van Goor's Mother.....	7-Jun/18 Sivan
*Justin Keith Ressler	Remembered by Vivien Ressler .....	7-Jun/18 Sivan
Ana Grinberg de Zaidman	Aaron Zaidman's Mother .....	8-Jun/19 Sivan
Rita Zemach	Marilyn Greene's Mother .....	8-Jun/19 Sivan
Eva Zipp	Elaine Smith and Janice Zipp Cannizzaro's Aunt .....	8-Jun/19 Sivan
Bluma Chayet	Zack Chayet's Mother .....	9-Jun/20 Sivan
Moises Katz	Becky Margolis' Father .....	9-Jun/20 Sivan
Hersch Beer Lisker	Remembered by Susanne Lisker .....	9-Jun/20 Sivan
Nathaniel Wollman	Remembered by Alice Broudy Cupples.....	9-Jun/20 Sivan
Melvin Ander	Jacquelin Ander's Husband.....	10-Jun/21 Sivan
Samuel Eichenbaum	Remembered by Joe Rubin.....	10-Jun/21 Sivan
*Ethel Sevaard	Remembered by the Polichars and Awerbuchs.....	10-Jun/21 Sivan
*Harold Luck	Andrea Luck's Father .....	11-Jun/22 Sivan
Arturo Popowski	Esther Zaidman's Father .....	11-Jun/22 Sivan
David Strom	Yale Strom's Father .....	11-Jun/22 Sivan
Israel Broder	Aaron Rubinstein's Uncle.....	12-Jun/23 Sivan
Eudith Douglas	Avigayil Levy-Yochanan's Grandmother.....	12-Jun/23 Sivan
David Handelman	Sara Fainstein's Father .....	12-Jun/23 Sivan
Cecilia Munoz	Deborah Suissa's Aunt .....	13-Jun/24 Sivan
Theodore Yudkovitz	Marvin Yudkovitz's Father.....	13-Jun/24 Sivan
Ronald Meltzer	Rabbi Scott Meltzer and Brett Meltzer's Father .....	14-Jun/25 Sivan
*Fiszal Sommer	Elena Kucinski's Father .....	15-Jun/26 Sivan
Elena Finkelberg	Jorge Finkelberg's Mother .....	16-Jun/27 Sivan
Bernardo Galek	Samuel Galek's Father .....	16-Jun/27 Sivan
David Goldberg	Zack Chayet's Nephew .....	16-Jun/27 Sivan
David Kronich	Mark Chandler's Grandfather.....	16-Jun/27 Sivan
Muriel Weinberg	Judy Gaines' Mother.....	16-Jun/27 Sivan
Albert Cohen	Anita Nemoy's Father and Justina Nemoy's Grandfather .....	17-Jun/28 Sivan
Frank Gross	Elaine Gottesman's Uncle .....	17-Jun/28 Sivan
Mollie Wachman	Elaine Smith and Janice Zipp Cannizzaro's Aunt .....	17-Jun/28 Sivan
Kalman Zeff	Dana Zeff's Father.....	17-Jun/28 Sivan
Nomi Levy	Alberto Levy's Wife.....	18-Jun/29 Sivan
Sergio Rosental	Ruben Rosental's Brother .....	18-Jun/29 Sivan
Louis Rubin	Joe Rubin's Father .....	18-Jun/29 Sivan
Edyth Geiger	Jonathan Geiger's Mother .....	19-Jun/30 Sivan
*Elliot Howard Feldman	Roberta Greene's Cousin .....	20-Jun/1 Tamuz
Bernie Miliband	Jared Solomon's Grandfather .....	20-Jun/1 Tamuz
*Nathan Artenstein	Sara Artenstein's Husband .....	21-Jun/2 Tamuz
David Leo Iden	Rebecca Iden's Grandfather .....	21-Jun/2 Tamuz
Lena Reichler Grossman	Sherry Berlin's Grandmother .....	21-Jun/2 Tamuz
Java Govezensky	Bertha Szmuilowicz's Mother .....	22-Jun/3 Tamuz
*Bud Phillips	Julie Phillips' Father.....	22-Jun/3 Tamuz
Jerome Zulanch	Debra Meltzer and Jamie Meltzer's Father .....	22-Jun/3 Tamuz
*Diana Polichar	Raulf Polichar's Mother .....	23-Jun/4 Tamuz
*Reuben Shelden	Al Shelden's Father .....	23-Jun/4 Tamuz
Elsa Margolis	Mauricio Margolis' Mother.....	24-Jun/5 Tamuz
Sylvia Sternlieb	Geoffrey Sternlieb's Mother .....	24-Jun/5 Tamuz
*Pearl Strauss	Jackie Ander's Sister .....	24-Jun/5 Tamuz
Clyde Escoffery	Yvonne Scarlett's Grandfather .....	25-Jun/6 Tamuz
Kyle E. Murray	Yvonne Scarlett's Nephew .....	25-Jun/6 Tamuz
Sonja Cohn	Becky Zipp's Grandmother .....	26-Jun/7 Tamuz
Loretta Ehrenwerth	Elaine Smith and Janice Zipp Cannizzaro's Aunt .....	26-Jun/7 Tamuz
*Leo Safir	Doreen Casuto's Father.....	26-Jun/7 Tamuz
Marina Cuenca	Cristy Veinbergs' Mother.....	28-Jun/9 Tamuz
Tauba Dresser	Samantha Hardy's Grandmother.....	28-Jun/9 Tamuz
Jessica Nudelstejer	Julie Miller's Daughter .....	28-Jun/9 Tamuz
Frank Robinson	Norman Greene's Uncle.....	28-Jun/9 Tamuz
Gerald Lazard	Morris Lazard's Father.....	29-Jun/10 Tamuz
*Dorothy Levin Broudy	Alice Cupples' Mother.....	29-Jun/10 Tamuz
Helen Mintzer	Bonnie Tabak's Mother and Jennifer Tabak-Levy's Grandmother .....	29-Jun/10 Tamuz
Anna Razinsky	Elias Razinsky's Mother and Matthew Razinsky's Grandmother.....	30-Jun/11 Tamuz
Moises Smeke	Remembered by Vida Sportes, Miryam Slovatizki & Reyna Forman .....	30-Jun/11 Tamuz
Gyorgy Weisz	Elizabeth Green's Cousin .....	30-Jun/11 Tamuz

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



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**CALENDAR OF EVENTS** **JUNE 2023**

**Sivan/Tamuz 5783**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Kabbalat Shabbat</b>  <i>with the Ohr Shalom Choir</i>  <b>Friday, June 9, 6:15pm</b></p>  <p>See page 3 for details</p>	<p><b>Sunday Night Movie</b>    <b>THE AUTOMAT</b>  <b>Sunday night, June 25 at 7:00pm</b>          See page 4 for details</p>		<p><b>1</b>      <b>12 Sivan</b>          6:15pm - Minyan</p>	<p><b>2</b>      <b>13 Sivan</b>          11:00am - Slow Read Book Club          2:00pm - Office Closes          6:15pm - Kabbalat Shabbat Service "Ask the Rabbi"   7:34pm</p>	<p><b>3</b>      <b>14 Sivan</b>  <b>Parshat Naso</b>           9:30am - Shabbat Service   8:35pm</p>	
<p><b>4</b>      <b>15 Sivan</b>          3:30pm - Docent Tour at SDMA          6:15pm - Minyan</p>	<p><b>5</b>      <b>16 Sivan</b>          6:15pm - Minyan          7:00pm - Choir Practice</p>	<p><b>6</b>      <b>17 Sivan</b>          6:15pm - Minyan          7:00pm - Meditation with Alex van Frank</p>	<p><b>7</b>      <b>18 Sivan</b>          10:00am - Adult Ed: Daf Yomi          11:00am - Psalms          6:15pm - Minyan          7:00pm - Annual Congregational Meeting</p>	<p><b>8</b>      <b>19 Sivan</b>          6:15pm - Minyan          7:30pm - On The Town at Old Globe Theater</p>	<p><b>9</b>      <b>20 Sivan</b>          11:00am - Slow Read Book Club          2:00pm - Office Closes          6:15pm - Kabbalat Shabbat Service with the Ohr Shalom Choir   7:37pm</p>	<p><b>10</b>      <b>21 Sivan</b>  <b>Parshat Beha'alotcha</b>           9:30am - Shabbat Service          12:30pm - Lunch &amp; Learn   8:38pm</p>
<p><b>11</b>      <b>22 Sivan</b>          6:15pm - Minyan</p>	<p><b>12</b>      <b>23 Sivan</b>          6:15pm - Minyan          7:00pm - Choir Practice</p>	<p><b>13</b>      <b>24 Sivan</b>          6:15pm - Minyan          7:00pm - Meditation with Alex van Frank</p>	<p><b>14</b>      <b>25 Sivan</b>          10:00am - Adult Ed: Daf Yomi          6:15pm - Minyan</p>	<p><b>15</b>      <b>26 Sivan</b>          6:15pm - Minyan</p>	<p><b>16</b>      <b>27 Sivan</b>          11:00am - Slow Read Book Club          2:00pm - Office Closes          6:45pm - Shabbat at the Bay   7:40pm</p>	<p><b>17</b>      <b>28 Sivan</b>  <b>Parshat Shelach Mevarchim Chodesh</b>           9:30am - Shabbat Service   8:41pm</p>
<p><b>18</b>      <b>29 Sivan</b>  <b>FATHER'S DAY</b>          No Minyan</p>	<p><b>19</b>      <b>30 Sivan</b>  <b>ROSH CHODESH TAMUZ</b>          6:15pm - Minyan          No Choir Practice</p>	<p><b>20</b>      <b>1 Tamuz</b>  <b>ROSH CHODESH TAMUZ</b>          6:15pm - Minyan          7:00pm - Meditation with Alex van Frank</p>	<p><b>21</b>      <b>2 Tamuz</b>          10:00am - Adult Ed: Daf Yomi          6:15pm - Minyan</p>	<p><b>22</b>      <b>3 Tamuz</b>          6:15pm - Minyan</p>	<p><b>23</b>      <b>4 Tamuz</b>          11:00am - Slow Read Book Club          2:00pm - Office Closes          6:15pm - Kabbalat Shabbat Service   7:42pm</p>	<p><b>24</b>      <b>5 Tamuz</b>  <b>Parshat Korach</b>           9:30am - Shabbat Service          12:30pm - Lunch &amp; Learn   8:43pm</p>
<p><b>25</b>      <b>6 Tamuz</b>          6:15pm - Minyan          7:00pm - Movie Night</p>	<p><b>26</b>      <b>7 Tamuz</b>          6:15pm - Minyan          7:00pm - Choir Practice</p>	<p><b>27</b>      <b>8 Tamuz</b>          6:15pm - Minyan          7:00pm - Meditation with Alex van Frank</p>	<p><b>28</b>      <b>9 Tamuz</b>          10:00am - Adult Ed: Daf Yomi          6:15pm - Minyan</p>	<p><b>29</b>      <b>10 Tamuz</b>          6:15pm - Minyan</p>	<p><b>30</b>      <b>11 Tamuz</b>          11:00am - Slow Read Book Club          2:00pm - Office Closes          6:15pm - Kabbalat Shabbat Service   7:42pm</p>	<p><b>1</b>      <b>12 Tamuz</b>  <b>Parshat Chukat-Balak</b>           9:30am - Shabbat Service   8:43pm</p>
<p><b>2</b>      <b>13 Tamuz</b>          6:15pm - Minyan</p>	<p><b>3</b>      <b>14 Tamuz</b>  <b>BAR MITZVAH: ABRAHAM ZIPP</b>          6:15pm - Minyan</p>	<p><b>4</b>      <b>15 Tamuz</b>  <b>INDEPENDENCE DAY</b>          Office Closed          6:15pm - Minyan          7:00pm - Meditation with Alex van Frank</p>	<p><b>5</b>      <b>16 Tamuz</b>          10:00am - Adult Ed: Daf Yomi          6:15pm - Minyan</p>	<p><b>6</b>      <b>17 Tamuz</b>  <b>FAST OF TAMUZ</b>          6:15pm - Minyan</p>	<p><b>7</b>      <b>18 Tamuz</b>          2:00pm - Office Closes          6:15pm - Kabbalat Shabbat Service "Ask the Rabbi"   7:41pm</p>	<p><b>8</b>      <b>19 Tamuz</b>  <b>Parshat Pinchas</b>           9:30am - Shabbat Service   8:42pm</p>