



The Ohef Sholom Temple Monthly News Publication

# THE TEMPLE POST

Established 1844  
Volume 58, Issue 1  
June/July 2017

## WE WELCOME OUR NEW CANTOR *Jennifer Rueben*

### MISSION STATEMENT:

*"My House Shall be  
Called a House of Prayer  
For All Peoples"*

To provide a spiritual,  
cultural and educational  
environment inspired  
by the highest  
Reform Jewish values.

### What's Inside:

President's Report.....	2
Worship .....	3
Announcements .....	3
Family Learning .....	4
Donations .....	5
Scholarship Committee..	6
Caring Committee.....	6
Eco-Judaism .....	7
Sisterhood .....	8
OST Anniversary.....	9
Life & Legacy.....	10
Birthdays & Yahrzeits...	12&13
Social Events .....	14
Calendar .....	15



COME MEET

*Cantor Jen*

AT HER FIRST SERVICE

*Friday, June 30*

AT 6:30 PM

When Jacob awoke from his dream of angels ascending and descending a ladder reaching to heaven, he uttered the words, "Ma nora hamakom hazeh!" -- how awesome is this place! These were the words washed over me from the moment that I walked into Ohef Sholom Temple. As I got to know so many of you, I was struck by how willingly you embraced me, and how excited and proud you were to show me this incredible community you have built. I share in your excitement, and I am so honored that you have invited me in to help enhance and execute your vision of a holy community.

In a way, this is a homecoming for me. I was born in Richmond and I am delighted to be returning home to Virginia. It has been a long journey home, by

way of Maine, Minnesota, Boston, Miami, Jerusalem, and New York. In the midst of all this wandering, I earned a degree in opera performance from University of Florida, became certified in Jewish chaplaincy, and

***We are so fortunate to  
have a person of Cantor  
Jen's talent, work ethic,  
passion, and love to  
join our clergy team.***

***She is exactly the  
partner we have sought  
for our congregation  
and for me.***

***- Rabbi Roz***

on May 7th, I was ordained a cantor at Hebrew Union College - Jewish Institute of

Religion in New York. These things have led me here, and I could not be more excited to serve as your cantor.

Abraham Joshua Heschel said, "This is one of the goals of the Jewish way of living: to experience commonplace deeds as spiritual adventures, to feel the hidden love and wisdom in all things." I am so grateful to join you in this task. I cannot wait to experience the awe of singing with you, with Chuck, and with your heavenly choir. I feel fortunate to partner with Rabbi Roz, with your amazing leadership team, and most of all, with you. I am so excited to meet you, to get to know your children, and to embark on this adventure with you.

***Cantor Jennifer Rueben***

Cantor  
[cantorjen@ohefsholom.org](mailto:cantorjen@ohefsholom.org)



## CLERGY

**Senior Rabbi**  
Rosalin Mandelberg  
rabbi@ohefsholom.org

**Cantor**  
Jennifer Rueben  
cantorjen@ohefsholom.org

**Rabbi Emeritus**  
Lawrence Forman  
rabbiforman@ohefsholom.org

## STAFF

**Executive Director**  
Linda Peck  
linda@ohefsholom.org

**Director of Family Learning**  
Chris Kraus  
chris@ohefsholom.org

**Music Director**  
Charles Woodward  
chuck@ohefsholom.org

**Educational Consultant**  
Kitty Wolf  
kitty@ohefsholom.org

**Operations Director**  
Mike Phillips  
mike@ohefsholom.org

**Sunday Learning Administrative Assistant**  
Jim Dunn  
jim@ohefsholom.org

**Graphic Designer**  
Elyse Stinman  
elyse@ohefsholom.org

**Administrative Assistant**  
Wendy Whedbee  
wendy@ohefsholom.org

**Director of Congregational Life**  
Shelley Stephens  
membership@ohefsholom.org

**Controller**  
Anna Rivera  
bookkeeper@ohefsholom.org

**Clergy Assistant**  
Cynthia  
cynthia@ohefsholom.org

## LAY LEADER

**President**  
Karen Fine  
president@ohefsholom.org

## A WORD FROM THE PRESIDENT

**SHALOM!** This Hebrew word for “peace” is derived from the root denoting wholeness or completeness. It is my privilege and honor, as your newly installed President and fellow congregant, to offer you “Shalom”, peace and hope that your journey leads you to wholeness.

Ohef Sholom has been part of my family’s story for close to five generations. It has seen us through times of joy as well as grief, highs and lows. It has been a sacred part of our lives, there for us like an old friend who “has your back”. That “old friend” is our Ohef Sholom community, the people that make up our congregation. The Ohef Sholom community is a wonderful support system that is always there for you – *whether you recognize the need or not.*

Recently, I attended the Scheidt Seminar

*A sacred partnership is a commitment to building and nurturing relationships that elevate the work of leadership to a level of holiness. Sacred partnerships recognize each of us as individuals and our desire to inspire action in our communities. Sacred partnerships are built and nurtured through the Jewish values of mutual respect, trust, honesty, listening and communication, transparency, confidentiality, flexibility, and reflections.*

in Atlanta, held every two years, for incoming temple Presidents, facilitated by the Union for Reform Judaism. The takeaways were many; however, the theme of “building sacred partnerships” was what resonated with me most.

Interestingly, the same values that a sacred partnership are built on are many of the values that were expressed through our Listening Campaign, and which are the foundation for our newly adopted Long Range Plan for our future.



**Karen Fine**  
Temple President

**A PARTNERSHIP IS ONLY AS STRONG AS ITS PARTNERS, AND IN TRUTH, THE ONLY PERSON WE CAN CHANGE IS OURSELVES.**

*The work of building a stronger partnership needs each of the parts of the whole to commit to their becoming stronger. Partnership requires that each of the partners contributes something to the venture. Like a marriage, partnership in the synagogue is more than just a comingling of financial assets; it is also a shared life.*

My goal is for us is to strengthen our sacred partnerships.

*Over the course of my journey I have heard many debate the “business or spiritual organization” question. The answer, in my opinion, is “yes.” We are both. That is what makes us unique, and that is what creates many of our challenges. We need to follow best business practices and keep the doors of a building open, while simultaneously adhering to the spiritual principles and values that are the core of our Jewish faith. It’s not “either/or” but rather an “and also” proposition.*

But first and foremost, we are a house of worship and faith. This is THE reason we exist in our community, and have so for 173 years! But we must operate effectively as a business to be able to continue to do so for many years to come. And this requires us to work together. We are partners.

Over the next few months the new temple officers and lay leaders will be introducing ourselves to you, communicating with you in a variety of new ways, listening to your thoughts and concerns, and providing you with the necessary information to keep you, our partners, updated on our current status and organizational goals. To create the meaningful relationships needed for our community to be whole and complete, we need to embrace

**continued on page 11**

## ANNOUNCEMENTS

Congratulations to **Cathi Laderberg** on the birth of her granddaughter, *Eliana Joele Laderberg*, on March 16. Eliana is the daughter of David & Jessica Laderberg.

The **Gebbers** and **Higgins** are proud to share that **Jennifer Gebler** will be graduating on May 6, 2017 from *Regent University School of Law*. She served as the Editor In Chief of the Law Journal. Jennifer wishes to thank her husband **Drew** and two children, **Maya and Aiden** for supporting her through the last 3 years of her studies. She also wishes to thank Rabbi Roz, Judge Sherman and Ted Kaufman for their emotional support and guidance.

Congratulations to **Commander Elaine G. Luria** on her retirement after 20 years of naval service.

## CONDOLENCES

*Ohel Sholom offers heartfelt condolences to the following members and friends:*

**Ed Snyder**, on the loss of his wife, **Steven (Russie) Snyder**, on the loss of his mother, *Jean Medway Snyder*.

**Sandy Forte-Nickening (Pete)**, on the loss of their daughter, *Jacqueline Banim*.

**David (Rachel) Abraham**, on the loss of his father, *Henry Oscar Abraham*.

**Paula Russel**, on the loss of her husband, *Tom Russel*.

## MAZEL TOV!



Congratulations to **Seth Matias** on his upcoming **Bar Mitzvah** on **June 3!**

Son of Shon & Heather Vodila, Grandson of Joel Laveson, Great-grandson of Lillian Snader.



Congratulations to **Maren Council** on her upcoming **Bat Mitzvah** on **June 10!**

Daughter of Michael & Kenda Council, sister of Aubrey, granddaughter of Don & Kay Goldberg and John & Anne Council.



Congratulations to **Jacob Robinson** on his upcoming **Bar Mitzvah** on **June 17!**

Son of Mia & Paul Robinson, Brother to Izzy, Grandson to Martin Lefkowitz and Myra & Melville Robinson.

## TORAH PORTIONS

### June

**June 3 9 Sivan**

*Torah Study – 9:00 am*

Parashat Naso, Num. 4:21-7:89

Haftarah: Judges 13:2-25

**June 6 12 Sivan**

*Torah Study – 6:00 pm*

**June 10 16 Sivan**

*Torah Study – 9:00 am*

Parashat B'haalot'cha, Num. 8:1-12:16

Haftarah: Zechariah 2:14-4:7

**June 13 19 Sivan**

*Torah Study – 6:00 pm*

**June 17 23 Sivan**

*Torah Study – 9:00 am*

Parashat Sh'lach L'cha, Num. 13:1-15:41

Haftarah: Joshua 2:1-24

**June 20 26 Sivan**

*Torah Study – 6:00 pm*

**June 24 30 Sivan**

*Torah Study – 9:00 am*

Parashat Korach, Num. 16:1-18:32

Haftarah: I Samuel 11:14-12:22

**June 27 3 Tamuz**

*Torah Study – 6:00 pm*

### July

**July 1 7 Tamuz**

*Torah Study – 9:00 am*

Parashat Chukat, Num. 19:1-22:1

Haftarah: Judges 11:1-33

**July 4 10 Tamuz**

*Torah Study – 6:00 pm*

**July 8 14 Tamuz**

*Torah Study – 9:00 am*

Parashat Balak, Num. 22:2-25:9

Haftarah: Micah 5:6-6:8

**July 11 17 Tamuz**

*Torah Study – 6:00 pm*

**July 15 21 Tamuz**

*Torah Study – 9:00 am*

Parashat Pinchas, Num. 25:10-30:1

Haftarah: Jeremiah 1:1-2:3

**July 18 24 Tamuz**

*Torah Study – 6:00 pm*

**July 22 28 Tamuz**

*Torah Study – 9:00 am*

Parashat Matot-Mas'ei, Num. 30:2-36:13

Haftarah: Jeremiah 2:4-28; 3:4

**July 25 2 Av**

*Torah Study – 6:00 pm*

**July 29 6 Av**

*Torah Study – 9:00 am*

Parashat D'varim, Deut. 1:1-3:22

Haftarah: Isaiah 1:1-27



# FAMILY LEARNING

One of the signature experiences in Ohef Sholom Temple Youth (OSTY) is the opportunity to experience retreats hosted by the 5-state region. These experiences bring teens from all over the Mid-Atlantic together for days of bonding, Judaism and friendship. Katelynn McAraw, a youth group teen, writes about her experience attending Spring Kallah at Camp Harlam in Pennsylvania this past April.

BY KATELYNN MCARAW

Imagine a weekend full of excitement, friends, Judaism, social justice, and laughter. Although there are so many other words to describe NFTY (North American Federation of Temple Youth), these are the first ones that come to mind. Unfortunately, I've only experienced two NFTY-filled weekends. Despite this, however, you can find me with all the other MAR-ites (Mid-Atlantic Region) doing the dances and hand movements to every prayer and song, in every cuddle puddle, and with all the other weeping teenagers at the end of each event. Even though it's still fairly new to me, I don't know where I'd be if NFTY hadn't come into my life.

This weekend I had the pleasure to go on my second and final NFTY event, Spring Kallah. I wasn't sure how it would compare to TheVent (the biggest NFTY event of the year). In fact, I was essentially told to bring lots of tissues. All doubts aside, I couldn't help but feel my excitement grow more and more as I waited to meet with the amazing friends I had made the previous month. Not even the 7+ hour bus ride could suppress my enthusiasm. Over the weekend I managed to fully cover myself in paint during capture the flag, keep up with the many NFTY traditions that are still fairly new to me, and



**Chris Kraus**

Director of Family Learning  
chris@ohefsholon.org

dance the night away. I was also educated on mental health awareness and was able to donate many bags of school supplies to Crayons2Calculators (the weekend's social action donation drive). I survived the very long process known as board elections, the interesting camp showers, and camp food that surprisingly wasn't half bad. However, no amount of smiles, laughs, and fun could keep the tears away. Being the last event of the year, Spring Kallah was a very emotional weekend. When Saturday night came around, I couldn't help but wish I had brought extra tissues in advance. It's been about a week now and to quote Smash Mouth's "All Star," the tears "start coming and they don't stop coming."

NFTY-MAR, I will very much miss your inevitable cuddle puddles, the numerous inside jokes, and randomly breaking out into song. In those past four days alone I learned more about myself than I had in the past sixteen years of my life. You accepted and welcomed me for who I am and never have I felt more like I belonged. I am so in love with the people I've met and the friends I've made through NFTY, as well as the values and strongest desire to make a difference in this world that I've acquired because of it. I can't thank enough those who introduced me to NFTY and also those who've made my experience even more memorable.



Katelynn McAraw, 2nd from the right, with friends at Camp Harlam, Kunkeltown, PA, at NFTY-MAR Spring Kallah

## SUMMER DAY CAMPS AT OHEF SHOLOM TEMPLE \$300 per week

Open to children regardless of Temple affiliation  
**CELEBRATE JEWISH HERITAGE**  
with a week of fun, new friends and community.

### MIDDLE SCHOOL ARTS CAMP

June 19-23, 2017

9:30 am - 2:30 pm

Rising 6th-8th graders

Drawing, ceramics & creative dramas

### INTRO HEBREW CAMP, INTERMEDIATE SCHOOL

Aug 7-11, 2017

9:30 am - 2:30 pm

Rising 3rd-6th graders

Introduction and refresher, with art and physical activities

Register at [reservations@ohefsholon.org](mailto:reservations@ohefsholon.org) by June 5 or July 29.  
More info from [chris@ohefsholon.org](mailto:chris@ohefsholon.org)



OSTY at Adventure Park, April 29, 2017

# WE APPRECIATE THE THOUGHTFULNESS OF THOSE WHO SUPPORT OST

by remembering and honoring their friends and loved ones through their generous contributions

Please have your donations submitted to the Temple before the beginning of each month.

## 175th Anniversary

### In Memory of:

AUGUSTA  
GOODMAN  
\*Nancy & Charlie  
Nusbaum  
SUSANNE  
GESHEKTER SMITH  
Nancy & Charlie  
Nusbaum

### In Honor Of The Receiving the Henry B. Kaufmann Award to:

ALYSSA  
MUHLENDORF  
\*Kim & Andrew Fink

## MOLLIE AND GEORGE RADIN ARCHIVES FUND

**In Memory of:**  
JOSEPH COLLECTOR  
Ruth & Edward  
Legum  
NANCY LEITMAN  
FORMAN  
Ruth & Edward  
Legum  
JEAN SNYDER  
\*Ruth & Edward  
Legum

## CARING COMMITTEE FUND

**In Memory of:**  
AUGUSTA  
GOODMAN  
\*Diane & Ken  
Muhlendorf  
**In Honor of  
Receiving the Henry  
B. Kaufmann Award  
to:**  
ALYSSA  
MUHLENDORF  
\*Barbara & Paul  
Johnson  
\*Margaret & Bill  
Sawyer  
**In Honor of  
Receiving the Kurt  
Rosenbach Award  
to:**  
BARBARA DUDLEY  
\*Diane & Ken  
Muhlendorf  
\*Linda, Joyce & Harry  
Graber  
**In Honor of:**  
NAOMEI LIDMAN  
\*Diane & Ken  
Muhlendorf

## FLORAL FUND

### In Memory of:

BARNEY BARR  
\*Lee & Arnold Barr  
LEA BROOKE  
\*Ellen & Danny Coley  
IRA CANTIN  
\*Mary Cantin  
CELIA FRENKIL  
GLASSER  
\*Sandra Glasser  
Tavss, Betty Hecht  
& Barbara & Zak  
Glasser  
IRWIN HELLER  
Adrienne Spigel  
ESTELLE  
HOCHSTADT  
Shelley & Jeff Loeb  
SIDNEY LEON KATZ  
\*Alice & David Titus  
JOSEPH LIVERMAN  
Robert Liverman  
ALAN L.  
NORDLINGER, SR.  
Susan & Alan  
Nordlinger & Family  
ROSE K.  
NORDLINGER  
Susan & Alan  
Nordlinger  
ABRAHAM PERLMAN  
\*Pansy & Jerome  
Perlman  
FELIX ROSENBAACH  
\*Rose & Kurt  
Rosenbach  
FRANCES  
SALLMAIER  
\*Peter Sallmaier  
BESS TAVSS  
\*Barbara Gross  
**In Honor of  
Retirement as  
Commander from  
the United States  
Navy to:**  
ELAINE LURIA  
Elayne Axel  
**In Honor of  
Receiving the Henry  
B. Kaufmann Award  
to:**  
ALYSSA  
MUHLENDORF  
Shelley & Jeff Loeb  
**In Honor of  
Receiving the Kurt  
Rosenbach Award  
to:**  
BARBARA DUDLEY  
Shelley & Jeff Loeb

## Wishing the Best Of Luck to:

CANTOR WALLY  
SCHACHET-BRISKIN  
& FAMILY  
Shelley & Jeff Loeb  
**Wishing a Happy  
Birthday to:**  
JUDY HURWITZ  
Shelley & Jeff Loeb  
NANCY LAZIER  
Shelley & Jeff Loeb  
**Wishing a Speedy  
Recovery to:**  
JAY LAZIER  
Shelley & Jeff Loeb  
**A Donation Has  
Been Given by:**  
Shelley & Jeff Loeb

## OHEF SHOLOM FOUNDATION FUND

**In Honor of  
Receiving the Kurt  
Rosenbach Award  
to:**  
BARBARA DUDLEY  
\*Rose & Kurt  
Rosenbach

## EDWARD J. KESSER RELIGIOUS SCHOOL FUND

**In Memory of:**  
PHYLLIS BERMAN  
KAPLAN  
\*Leslie Friedman

## MEN'S CLUB FUND

**In Honor of  
Bestowing Alyssa  
Muhlendorf as the  
Recipient of  
the Henry B.  
Kaufmann Award to:**  
MEN'S CLUB  
\*Diane & Ken  
Muhlendorf

## OSTY-PURIM CARNIVAL

**In Honor of  
Receiving the Henry  
B. Kaufmann Award  
to:**  
ALYSSA  
MUHLENDORF  
\*Ted Kaufman

## RABBI ROSALIN MANDELBERG'S DISCRETIONARY FUND

**In Memory of:**  
AUGUSTA  
GOODMAN  
\*Susan & Alan  
Nordlinger  
BOBBY LEVINE  
Pearl Taylor  
**With Appreciation  
for the Beautiful  
Wedding Ceremony  
of Sheyna Dorfman  
and Andrea Kirby to:**  
RABBI ROSALIN  
MANDELBERG  
\*Terry & Howard  
Dorfman

**In Honor of the Bat  
Mitzvah of Britt  
& Shelly Simon's  
daughter to:**  
SYDNEE SIMON  
\*Dale & Laurence  
Polsky  
**With Appreciation  
for Being a Part  
of My Retirement  
Ceremony to:**  
RABBI ROSALIN  
MANDELBERG  
\*Elaine Luria

## RELIGIOUS SCHOOL RELIEF FUND

**In Memory of:**  
JACKIE BANIM  
Bob Liverman  
JEAN SNYDER  
\*Pam & Dan Snyder  
**In Honor of  
Receiving the  
Virginia Center  
for Inclusive  
Communities  
Humanitarian Award  
to:**  
KIM FINK  
Robert Liverman  
**Wishing a Happy  
Birthday to:**  
JOAN DALIS  
Robert Liverman  
ED KRAMER  
Robert Liverman  
LAWRENCE  
STEINGOLD  
Robert Liverman

**In Honor of  
Graduation from  
Norfolk Academy to:**  
TANHEN COOPER  
\*Charlotte Corey  
**In Honor of Your  
Confirmation at  
Ohef Sholom Temple  
to:**  
KATHERINE COOPER  
\*Charlotte Corey

## TEMPLE FUND

**In Memory of:**  
JACKIE BANIM  
\*Judy & Burton Jaffe  
AUGUSTA  
GOODMAN  
\*Leslie Friedman  
JEAN SNYDER  
\*Fay & Richard Kline  
**In Honor of  
Receiving the Henry  
B. Kaufmann Award  
to:**  
ALYSSA  
MUHLENDORF  
\*William Halprin  
\*Judy & Bob Rubin

**In Honor Of  
Receiving the Kurt  
Rosenbach Award  
to:**  
BARBARA DUDLEY  
\*Ted Kaufman  
Jay Legum  
**Wishing A Happy  
Birthday to:**  
SUSAN DONN  
Bob Liverman  
SANDY FORTE-  
NICKENIG  
Bob Liverman  
ROBIN KATZ  
Bob Liverman  
**Wishing a Speedy  
Recovery to:**  
CAROL SHERMAN  
\*Susan & Alan Stein  
**In Honor of a New  
Home to:**  
RABBI CONNIE &  
DR. GERALD  
GOLDEN  
Jay Legum  
**With Appreciation  
for His Years Of  
Service to OST to:**  
TED KAUFMAN  
\*Anne & Eddie  
Kramer

**Best Wishes and  
Good Luck on  
Becoming President  
Of OST Board to:**  
KAREN FINE  
\*Anne & Eddie  
Kramer

## TREE OF LIFE

**In Honor of the 80th  
Birthday of:**  
CAROL ROSENBLATT  
\*Susan Adler &  
Family  
\*David, Jennifer &  
Joe

## WOODWARD MUSIC FUND

**In Memory of:**  
HELEN BLICKENS  
Marilyn Mendelson  
AUGUSTA  
GOODMAN  
\*Leslie Friedman  
\*June & Bo Saks  
\*Mimi & Bobby Stein  
JEAN SNYDER  
\*Elayne Lavenstein  
Axel  
\*Shauna & Helen  
Snyder  
**Wishing A Speedy  
Recovery to:**  
JAY LAZIER  
Jay Legum

**LOUIS H. & ANNE  
K. FRIEDMAN  
TREASURER'S FUND  
In Memory of:**  
JACKIE BANIM  
Celia & Jay Friedman  
JULIUS MARCUS  
Celia & Jay Friedman

**LESLIE  
LEGUM CAMP  
SCHOLARSHIP  
In Honor of the Birth  
of Her Grandson to:**  
ABBEY PACHTER  
Jay Legum  
**In Honor of the Birth  
of Their Grandson,  
Jake Charles Saks,  
to:**  
JUNE & BO SAKS  
Jay Legum

# CARING COMMITTEE

Did you know that Ohef Sholom Temple is a member of the Ghent Area Ministry (GAM)? GAM is a non-profit, outreach ministry. In 2000, fifteen churches in the Ghent neighborhood joined forces to address the needs of the marginalized residents of Norfolk. Local clergy realized that those in need could be best served if the resources of area churches and temples were pooled together. Today, GAM is supported by 19 congregations including Ohef Sholom Temple and Congregation Beth El.



GAM is dedicated to helping the homeless and underserved by offering financial assistance, resources and services. Some of the services provided are utility assistance, prescription assistance, dental and

vision access, the Coat Closet (the closet holds all types of clothing for men and women), a Food Pantry, and transportation assistance (HRT local and Greyhound bus tickets). In 2016, over 2100 clients visited the facility located on Colonial Avenue. It is incredible that 146 families received utility assistance, 95 clients acquired 249 prescriptions, 15 individuals received vision care and 9 people received dental assistance. GAM was also able to provide food bags to 566 housed families

and 381 hygiene kits were given to our homeless population. Over 700 visits were made to the clothing closet. Financial assistance also enabled 23 people to obtain DMV identification cards. It is easy to see that working together has produced significant results.

As you may know, Ohef Sholom Temple is one of the 41 participating organizations that are part of the Norfolk Emergency Shelter Team (NEST). NEST provides overnight shelter for homeless men and women during the winter months-late November through the end of March. Ghent Area Ministry has a direct connection to NEST. GAM serves as the umbrella 501(c)(3) non-profit organization that allows NEST to receive grant funds and private donations. Grant funds from the City of Norfolk and contributions from organizations and individuals enable NEST sites to host about 100 homeless people each winter night.

If you would like more information or are interested in opportunities to get involved with GAM or NEST, please contact me at [nicole530raleigh@gmail.com](mailto:nicole530raleigh@gmail.com). More information about GAM can also be found at [www.gamnorfolk.org](http://www.gamnorfolk.org).

**Nicole Rosenblum**  
Caring Committee Representative  
[nicole530raleigh@gmail.com](mailto:nicole530raleigh@gmail.com)

# SCHOLARSHIP COMMITTEE

**Applications Due: June 30, 2017**

## College and Medical School Scholarships

These OST scholarships have been established at your Ohef Sholom Foundation as a result of the outstanding generosity of several Temple families. Awards are not based on financial need. There are four undergraduate college funds: (1) the Goldback Scholarship Fund, (2) the Kanter-Levy Scholarship Fund, (3) Sarah and Edward Levy Fund II, and (4) the Sarah Cohen Scholarship Fund. One of the funds is expressly for students who are not Jewish. These funds assist in financing a recipient's undergraduate college education. Another Sarah and Edward Levy Fund is available to assist the children of Ohef Sholom Temple members in good standing in financing their medical school education. While certainly not a "full ride," these scholarships are usually enough to provide significant assistance to purchase books and supplies. Applications for these scholarships are available in the Temple office or online at <http://www.ohefsholom.org/community/youth/youth-scholarships>.

Last year, OST awarded \$18,600 in scholarships to 16 students. If you have any questions about these scholarships or would like to make a contribution to scholarship funds, please call the Temple office at 625-4295.

**Ed Kramer**  
Scholarship Committee Chair





## Enhance Our Sacred Outdoor Space on Shabbat!

Saturday, June 10, 12:00 pm – 2:00 pm

*"The Eternal God took the people and placed them in the Garden of Eden, to keep it and watch over it." (Genesis 2:15)*

Save the date and plan to join us for meaningful fun and fellowship!  
All ages are welcome!



After enjoying morning Shabbat Services, the Eco-Judaism Subcommittee will host a planting and tending of the native plant garden and installation of sustainable resources on Redgate Avenue. We will install: a solar-powered water feature as a water source for wild animals, rain barrels to provide an easier and renewable source to water the garden, and more bat boxes on the property.

All of these efforts translate our Jewish values of environmental stewardship into action, connect us to the earth by gardening for wildlife, and help Ohel Sholom complete requirements to earn a national certification from the National Wildlife Federation's Sacred Grounds program. Rain date: June 17, 2017.



**Alyssa Muhlendorf**  
Eco-Judaism Chair

## Summer greetings from your new Sisterhood Co-Presidents!



First, sincerest thanks to Margaret and Nichole for your past 2 years of Sisterhood leadership. Also, heartfelt thanks to all board members and volunteers for your service. Though so many give so much, we truly believe we get more than we give. That is Sisterhood.

### About your new Co-Presidents

Jeanne has been an engaged Sisterhood board member and served as Treasurer since 2012. She has chaired the Men's Club and Chanukah dinners. Jeanne is a Pediatric Nurse Practitioner at Tidewater Children's Associates. She and Julius have 2 kids: Robert lives in Kauai and Bessie is in her 3rd year at UVA. "Dr. Abbey" has been an OST Board member since 2011, started Prime Time, and chaired Shabbaton 2015 & 17 with her wonderful committee. She enjoys her 2 daughters & sons-in-law, 3 grandsons, creativity, and travel. She has retired after 40 years in Nursing and healthcare informatics, in clinical, educational and administrative roles.

### What is Sisterhood?

For those who may not know, Sisterhood women enjoy **popular activities** like the September social at Mermaid Winery, which we will have again this September. In October, Shabbaton offers a welcome respite from our hectic lives with a spiritual retreat. Other wonderful programs include the Jewish book club, Women's Seder, and rummage sale. Sisterhood **supports OST** by hosting the congregational dinners at Chanukah and celebrating the Men's club. Every Shabbat, Sisterhood provides the beautiful floral arrangement on the bima and our Onegs. Members also run the beautiful Judaica Shop. We provide **community service** through the *ForKids* meals program, the Soup Kitchen, and the Caring Committee, which sponsors NEST and the Quilting project. Sisterhood **supports OST members** by sending Uniongrams to those celebrating simchas and get-well notes to the ill, and administering camp scholarships from The Leslie Legum Camp Scholarship Fund. Sisterhood also **makes donations to selected charities**.



For Sisterhood, all of these activities are important because they give us so many opportunities to get together, get to know each other, and support each other as we explore and develop our lives together as Jewish women.

We are looking forward to your participation as we plan and enjoy the many activities to come. Make sure to look for details about the events at the Mermaid Winery and Shabbaton in the next pOST, which will come out in August. In the meantime, have a wonderful summer.

**Jeanne Miller**  
Sisterhood, Co-Chair

**Abbey Pachter**  
Sisterhood, Co-Chair



MERMAID WINERY



**OST Women  
Save the Date!**

**October 20 - 21**

**Sisterhood Shabbaton 2017  
Stay tuned for details**



## We of Ohef Sholom: Celebrating two anniversaries

**TRADITION** has us celebrating anniversaries with paper, pearls, and pansies. Later, it's wood, sapphires, and daisies. A full decade commands tin, diamonds and daffodils. And hitting the big 5-0 is, well, pure gold straight across the board, oh, and violets. Happy-Anniversary.com goes no further than 75th, for which only huge diamonds will do.

To even *think* of celebrating a 100th year anniversary, (Ohef Sholom's sanctuary's), and a 175th (the Congregation's) is simply mind-boggling. Yet, it is a proud reality as we prepare to recognize, ring-in, and commemorate our long and illustrious history as a "House of Prayer for All Peoples."

1844 marks the first actual record of Jewish worship in Norfolk, Virginia. The small group, just barely a *minyan*, called itself Congregation House of Jacob. By 1850, with the arrival of German immigrants, Jewish numbers increased enough to purchase burial property – first things first. In time, with a certain amount of "Americanizing" that followed the end of the Civil War, a shift in religious ideologies brought on the eventual reorganization of the congregation. In 1870, Ohef Sholom, "Lovers of Peace" separated from the more traditional faction, recognized today as Beth El Temple. The rest, of course, is history – our history.

And what a history we have shared. It is a point of great distinction that our members have provided Tidewater with its share of community shapers and leaders. Stepping up and speaking out, we have continued, as a congregation, our legacy of social progressiveness and our responsibility as stewards of our community's welfare.



Terri Budman and I have the great honor to chair this historic dual anniversary celebration. We are working on a year's worth of programming with the objective to engage our entire Temple family. In fact, the idea is to be so inclusive to have every Temple member's participation in one event or another.

***"We of Ohef Sholom"***  
***will kick off the year of celebrations***  
***with a rededication service marking***  
***the sanctuary's beginnings and end***  
***with a celebratory gala – building on***  
***our past to secure our future.***

June Sacks and Sharon Nusbaum are chairing the congregational and community-wide service slated for the fall of 2018.

"We of Ohef Sholom" invite you of Ohef Sholom to join your Temple family in what promises to be a fitting tribute to our founding generations, as well as a fundamentally meaningful investment for our families now and in the future.

We welcome your feedback, your ideas, and most importantly, your participation. Contact either of us at: [coregroup@aol.com](mailto:coregroup@aol.com) (Kim Fink), or [terridenison@cox.net](mailto:terridenison@cox.net) (Terri Budman).

Looking forward to what We of Ohef Sholom can and will accomplish as one soon-to-be 175-year-old temple family.



My father, Marvin Simon, of blessed memory, as acting president for OST's first "Century and a Quarter" said on the occasion "...with appreciation to all who have gone before and with great expectations for those who follow." Decades later, I am proud to report that those who followed, who have stepped up – continue to inspire, to energize, to lead.

***Kim Simon Fink***  
175th Anniversary Committee, Chair

## Donor: Mandi & Ross Firoved

*"It is our responsibility to leave behind that foundation - a way to continue to teach Jewish traditions and beliefs for the next generation."*



Mandi & Ross Firoved recently took advantage of Tidewater Jewish Foundation's current *Legacy Match Life Insurance Program* to purchase a life insurance policy to leave a legacy gift to the Temple.

They note, "This was a very easy accessible way to donate to an organization that will provide for you for the rest of your life."

Both Mandi and Ross come from diverse backgrounds with traditions ranging from ultra orthodox to Southern Baptist. Both of their fathers joined the navy during the Vietnam era, were stationed in Norfolk, and established their families here.

Fast forward to the 90s, Mandi was bartending at the old Brownstones (which incidentally was the original synagogue in Norfolk on 20th street) when Ross ordered a Samuel Adams. It was love at first sight.

Raised at Ohef Sholom Temple, Mandi says, "I was raised to learn and respect all the Jewish traditions but practice what is personally meaningful to me. OST was perfect for my parents and is perfect for my husband and children."

Mandi says her father was her greatest influence in shaping her Jewish identity through observation and "arguments." Mandi also fondly recalls a youth director, Bennett "Banana" and his wife Trish who "nourished my questions and curiosity, allowed me to express my frustrations, and sculpt my foundation of Judaism."

Ross credits two fraternity brothers to opening his eyes to Judaism. He also notes that his father-in-law constructed the framework for him to be able to be comfortable with and expand upon all the Jewish teachings that he had been exposed to.

"We feel very blessed to live in this country," says Mandi. "It is our responsibility as humans and as Jews to try to continuously give no matter what. *Tzedakah* is just part of being Jewish, and our children observe that."

Ross adds, "Both of my parents died when I was a young child and other families took care of me. It's not by accident that we have what we have, and we need to share that." Ross teaches his children that

"We don't know if we will ever need help, but it is our responsibility to take care of others." He feels that we should be held accountable for what we leave for our children and grandchildren. Paraphrasing Hillel, Ross asks, "If not me, who? If not now, when?"

They were excited to learn about this TJF program. As Ross explains, "This program was made for people under 50 years old who want to be able to leave a legacy but who are not millionaires. It's made for every day people to allow them to leave a substantial amount."

Because they are young, an insurance policy is affordable, especially since the Tidewater Jewish Foundation is currently able to subsidize 35% of the premium for 10 years.

Mandi and Ross were convinced with the following example that Scott Kaplan of the Tidewater Jewish Foundation explained:

The Firoveds were sold!

- **DONATING \$125 A MONTH FOR 10 YEARS WOULD AMOUNT TO A \$15,000 GIFT TO THE TEMPLE**

- **WITH THE TJF MATCH PROGRAM, \$125 A MONTH FOR 10 YEARS RESULTS IN A \$250,000 ENDOWMENT GIFT TO THE TEMPLE.**

- **BY WAY OF COMPARISON, A GIFT OF \$250,000 WOULD TAKE 2,000 MONTHS OF \$125 DONATIONS OR 167 YEARS!!**

Mandi concludes, "This gift ensures that our children can come home to a family temple – a place we consider home for our life cycle events. We want the Temple to be around for our children and their children."

For more information about how you can leave a legacy gift, please contact Matt Fine, Chair of Life & Legacy Committee, ([matthewfine@cox.net](mailto:matthewfine@cox.net)) or Linda Peck ([linda@ohefsholom.org](mailto:linda@ohefsholom.org))



The Tidewater Jewish Federation (TJF) match program is targeted to congregants under 50 years old, and uses a subsidy to incentivize younger congregants to use a life insurance policy as an endowment vehicle. TJF will match funds to pay 35% of the premium, up to \$40,000 per policy. The premiums must be paid in 10 years or less.

LIMITED TIME ONLY!

NEW LEGACY MATCH

LIFE INSURANCE PROGRAM

Have you considered making a lasting gift to YOUR Jewish community?

Tidewater Jewish Foundation (TJF) is offering a Legacy Match Life Insurance Program which provides a **35% match** toward the cost of life insurance.

SAMPLE PREMIUMS FOR A \$250K POLICY TO BE PAID FOR 10 YEARS

Couples Age	Total Annual Premium \$250,000 Policy	Annual Premium Paid By TJF	Tax Deductible Annual Premium Paid By Donor	Net Annual After-Tax Cost To Donor
35	\$1,856	\$650	\$1,206	\$808
40	\$2,338	\$818	\$1,520	\$1,018
45	\$2,934	\$1,027	\$1,907	\$1,278
50	\$3,560	\$1,246	\$2,314	\$1,550

Rates are for illustrative purposes only and based on recently quoted non-smoker preferred rates for a 2-life survivorship policy. Assumes combined tax rate of 33%. Actual premiums may differ.

AT-A-GLANCE:

- Policy must have a minimum face value of \$250,000 for two-life policies or \$100,000 for single life policies
- Premiums are to be paid in 10 years or less and the Tidewater Jewish Foundation will pay 35% of the premium up to \$40,000 per policy in total (\$4,000/year maximum)
- Beneficiary(ies) of the policy must be Jewish affiliates

continued from page 2

Shalom.

The lyrics of Kehillah Kedosha by Dan Nichols, illustrates this sacred partnership so succinctly:

EACH ONE OF US

must play a part

EACH ONE OF US

must heed the call

EACH ONE OF US

must seek the truth

EACH ONE OF US

is a part of it all

At the end of the day, communal growth is about deepening relationships – with one’s self, with others, with the larger community, with the world, and ultimately with all aspects of the Divine fabric that we call Life.

Hazak hazak v’nithhazek.

Let us be strengthened by each other.

Karen Fine  
President

# LOST & FOUND

Are you missing an umbrella?

A jean jacket?

A pair of sunglasses?

The Lost & Found box in the front office is overflowing!

Please come by and take your items home.

good



RABBI  
DEBORAH COHEN

FRIDAY, JUNE 9  
6:30 P.M

Please join us for a Shabbat Service as we bid farewell to our outstanding Interim Associate Rabbi, Debbie Cohen. Rabbi Cohen has been an invaluable help in shepherding our congregation through the trials of the past year and we will greatly miss her warmth, intelligence, and wonderful stories.

This night also marks five years since Temple Sinai and Ohel Sholom became one Temple Family.

A festive Oneg will follow!

bye



## JUNE BIRTHDAYS

### June 1

Craig S. Derkey  
Richard G. Diamonstein  
Tracee Elwess  
Sherry Goldstein Hecht  
Ellen Mesh  
Arlene Strelitz  
Marti J. Wachtel

### June 2

Linda Ausch  
Samantha Golden  
Betty Hecht  
Ruth R. Legum  
Ina L. Schmidt

### June 3

Teresa L. Canepa  
Nancy E. Rosenberg  
Susan Sussman  
Kenneth N.  
Whitehurst, Jr.  
Henry C. Wolf

### June 4

Shelly Simon

### June 5

Pat Forman  
Kenneth Muhlendorf  
Norbert L. Newfield  
Kurt M. Rosenbach

### June 6

David Brown  
Ann Nusbaum

### June 7

Besianne Tavss Maiden

### June 8

Jennifer Gebler  
Robert C. Goodman,  
Marja-Leena Jacobson  
Jerry Meltsner  
Jonathan Rathsam  
Jeffrey A. Swartz  
Linda Kayer Willey

### June 9

Kirby Lefkowitz  
Sharon Shanker

### June 10

Teresa Lynne Shapiro  
Lynne Sward  
Jack Young

### June 11

Judy Benjamin  
Karen Longwater

### June 12

Michael Gebel  
John Lomogda  
JoEllen Rose

### June 13

Sharon Goldner  
Jonathan Jacobs  
Lawrence Klar  
Blanche B. Nusbaum  
Alfred M. Schulwolf

### June 15

Jonathan Muhlendorf  
Victor Pickett

### June 16

Susan Allen Cohn  
Angela Christina Harris

### June 17

Sarah Cardet  
Izaak D. Glasser  
June Goldman  
Franklin Eugene Green  
Jan Lane  
Robert Zentz

### June 18

Joshua Kinnear  
Alvin A. Wall

### June 19

Donald Hurwitz  
Don Keeling  
Stuart J. Kerner

### June 20

Leon Sarfan

### June 21

Dennis W. Gruelle  
Cynthia Levy  
Errol S. Lifland  
Michael Makela  
Ilene Snyder

### June 22

Barry Kinnach  
Sandra C. Mendelsohn  
Pansy D. Perlman  
Penny G. Powders

### June 23

Peter Benson Crockin  
Kim S. Fink  
Dmitry Gotkis  
Susan Hooks  
Irwin B. Levinstein  
Shelley Loeb  
Rona McMillan  
Sharon A. Ross  
Baila P. Waldholtz

### June 24

Sarah K. Keasey  
David Metzger

### June 26

Brian C. Bachman  
Eleanor Sue Kanter  
Martin Levin  
Brenda G. Lisner  
Abbey Pachter  
Sharon Rosenbaum  
Kenneth Weinstein

### June 27

Jay Lazier  
Rebecca S. Sacks

### June 28

Sharon Laderberg  
Adam Lefkowitz

### June 29

Elise Berkowitz  
Martha Colen

### June 30

Diane Muhlendorf  
Sarah K. Newfield

## JUNE YAHRZEITS

### May 28 - June 3

Flora Albert  
Frieda Berman  
Amelson\*  
Bertha M. Aronson\*  
Dr. Richard Bartley\*  
Jerry Baydush\*  
Harold I. Breit\*  
Israel L. Brenner  
Abraham Bress  
Lewis Alfred Bress  
Rachel Brown\*  
Seymour Chapel  
Sara Joo Davidson\*  
Jennie Lohrman  
Dobbs\*  
Abraham Donn\*  
Sarah Feldman  
Charles Joseph Foster V  
Steven Friedman  
Ruth Basch Front  
Marion Glazer  
Lavada Goldberg\*  
Kate Goldstein  
Sylvia Greenspoon  
Clara G. Harris\*  
Donald Higgins  
Edwin "Buddy"  
Jacobson\*  
Felmore Jacobson  
Bernard Jaffe  
Solomon Kaplan  
Sarah Kayton\*  
Reba M. Leterman\*  
Agatha L. Leventhal\*  
Seymour (Buddy)  
Levinson\*  
Sonya Levy  
Anna Lee Liverman\*  
Jacob Markovitz

Maurice J. Miller\*  
Harry Nicholson\*  
Minna Nordlinger\*  
Bertha Reisner  
Doris Roth  
Roberta Schiff  
Rose Silvertown  
Brian Simon  
Harriet Solomon  
William Waldman\*  
Julia Weisel\*  
Belle V. Weiss  
Shirley Ann Yusuf

### June 4 - 10

Leo Baydush\*  
Alice Blumenson  
Priscilla Close  
Arthur Paul Cohen\*  
Emma Cross  
John Doe  
Milton Drucker\*  
Minnie Eisenstein\*  
I. Morton Feldman  
Arthur Frasca  
Sylvia Geffen  
Rachel F. Goldstein\*  
Murray B. Goldsticker  
Peggy Hellner  
Minnie B. Hollan  
Albert Laderberg  
Edna Sara Lazaron  
Rabbi Morris S.  
Lazaron  
Charles P. Leavitt  
Regina Weiss  
Lefkowitz  
Emanuel Lester  
Elsie Leviton  
Jacob Levy  
Moe Levy\*  
Sarah Lobock

David Lowenberg  
Dr. Eugene  
Lowenberg\*  
Ellie M. Marx\*  
Sarah Meyerson  
Mary Elizabeth  
Perkins  
Ida Schafetz  
James Scranton  
Michael Shank  
Richard Wingfield

### June 11 - 17

Phillip Barr\*  
Rena Myers Bartley\*  
Belle S. Bear  
Max A. Berger\*  
Jerome Breinin  
Robert Broudy  
Sarah Rebecca  
Cooper\*  
Bessie P. Dozoretz\*  
Meyer Engelberg  
Joseph S. Evans\*  
H. William Fink  
Samuel H. Fried\*  
Harold Friedman  
Elsa Wallerstein Gerst  
William Goldman  
David Goldrich\*  
David H. Goodman\*  
Stanley Leigh  
Harrison\*  
William H. Harrison\*  
Samuel Kaiser  
George B. Kaufman\*  
Hilda Saxon  
Kerpelman  
Malvina Kirschner  
Allen Kline  
Isabelle H. Kline\*  
Coralyn Lakamp

David Ari Leavitt  
A.J. Legum  
Leonard Levitan  
Simmy Sadie Levy  
Lena A. Liverman  
Lt. David Lowenberg, Jr.  
Bernard Lubschutz  
Marilyn Moon  
Margaret Newfield  
Murray Pikeln  
Stephen L. Preddy  
Jeanne Reznick  
Lena Riskin  
Rita B. Rosenberg\*  
Joseph Rottenberg  
Maurice Sacks  
Jean Schepper  
Daniel Schneider  
Ann Shapiro  
Louis Shapiro  
Lester S. Sherrick\*  
Moe Aaron Snyder  
Shirley Steinberg  
Ernestine Stiffman  
Bernice Stillman  
Elise Loemann  
Ullman\*  
Louis Wasserman\*  
Pauline Wasserman\*  
Jerrold Weinberg\*  
Bonnie Brill Zipkin

### June 18 - 24

Stuart Abramson  
Minnie Silverman  
Adler\*  
Jennie F. Barr  
Philip Belkov  
Stella Chase  
Rita Cogan  
Mathilde (Tillie)

Farber  
Mamie Heller Fine\*  
Thomas M. Friedman\*  
Pauline Becker  
Galumbeck  
Harry L. Gilbert\*  
Ruth Kaufman  
Goldstein  
Sarah Yetta Hecht  
Albert G. Isay  
Beatrice Kagan  
Dr. Bruce Kane  
David Kaufman  
Henry B. Kaufmann\*  
Richard B. Keeley  
Naomi Karlin  
Laderberg  
Leo Levine  
Carl Lifland\*  
DeWitt Moody  
Dorothy Jean Rager\*  
Harry Sacks  
Morrie B. Silverstein  
Anna Smith  
Rachel Steel\*  
Selma Swersky  
Solomon D. Troy  
Israel Winn  
Jeffrey Winn  
Sigmund Wolf

### June 25 - July 1

Ilona Arany\*  
Samuel Ashinoff\*  
Marsha Bartley\*  
Fannie Bass  
Philip Bass  
Philip S. Bass  
Billy Bazar  
Emeri Berkovitz  
Dr. Walter Berman

Jack Bodner  
Lynn Chapel  
Bertha G. Cohen\*  
Doris Meyer Cohen\*  
Irene Cohen  
Sara Comess\*  
Harry Echmann  
Sidney Feldman  
Abe A. Forman\*  
Bessie Galumbeck  
Suzanne Galumbeck\*  
Carl Gilbert\*  
Max Goldberg  
Roger A. Horne\*  
David G. Jacobs\*  
Stephanie Jacobson\*  
Jack Klar  
Goldie Levin  
Ben Levy  
Kathryn Levy  
Moses Levy  
Frank Livingston\*  
Clara Lohrman\*  
Fannye Metzger\*  
Cameron Munden\*  
Eleanor Neukrug  
Alan Nusbaum  
Harry Pincus, Sr.\*  
Harry Puritz  
Peter Reisner  
Andre Roberto  
Irving Rosen  
Ada Rosenfeld  
William Rosenfeld  
Robert Rovner  
James Schiavo  
Henry Schlesinger\*  
Sarah G. Segal\*  
Florence Sherman\*  
Shirley Sobel  
J. Arthur Stein

## JULY BIRTHDAYS

### July 1

Marsha Hirschler  
Linda S. Laibstain  
Michael Rosenblum  
Susan Ryan  
Leonard B. Zacks

### July 2

Brian Deutsch  
Jeanette Friedman

### July 3

Roy Beskin  
Seth Gilbert  
Shirley Schulwolf  
Hainer  
Robert S. Kline  
Daniel R.  
Weckstein

### July 4

Ragan Freeman  
Marilyn Allison  
Helen Margolius  
George Rowland  
Jean M. Snyder

### July 5

George H.  
Metzger  
Marc Moss  
Gerald M. Zeno

### July 6

Jonathan Harris  
Joan S. Harrison  
Barry Kayer  
Cindy Levin

### July 7

Alex Berkowitz  
Morton A.  
Brownstein  
Allen Larar  
Marty Moody  
Donald Sussman

### July 8

Josh Hobbs  
Heather Keller  
-Umberger

### July 9

Leanne Goldstein

### July 10

Joel Cohn  
Burton H. Jaffe  
Susan F. Katz  
Barbara Pributsky

### July 11

Cathi M.  
Laderberg

### July 12

Dale Jacobs  
Lynnda Brotman  
Matthew Epps  
Mary Ann Nadler  
Marc L. Paster  
Gilbert F. Schmidt,  
Jr.

### July 13

Charles N. Cooper  
Suzanne Feldman  
Linda F. McGreevy

### July 14

Suzanne W. Gruelle

### July 15

Carole Sacks

### July 17

Stuart Katz  
Cathy Lynn  
Romash  
Mimi Stein  
Ruth F. Tavss

### July 18

Joseph Hooks  
Bari Kraus

### July 19

Jerome D. Perlman

### July 20

Sandra Coplon  
Margaret S.  
Sawyer

### July 21

Fredrick Dagen  
Delores Beverly  
Fox  
Martin M.  
Freedman  
Gail Heagen  
Joseph H. Hecht  
Nathan Jaffe  
David Titus

### July 22

Marilyn B.  
Buxbaum  
Beth Campion  
Michael Konikoff  
Roberto Luna  
Robert Pariser

### July 23

Edwin A.  
Salomonsky  
Nancy H. Wall

### July 24

Mathew Freeman  
Jeremy Laws  
Bruce I. Longman  
Cara D. Novick  
Steven Taubman

### July 25

Suzanne Freeman  
Karen Grunsfeld  
Stacie Moss  
Gail Salzberg  
Debi Stadlin

### July 26

James Belote  
Jerome Gold  
David J. Soforenko

### July 27

Kristina Cartwright  
Cheryl Frasca  
Norman Olitsky

### July 28

Sura Goldner  
Jay W. Legum  
Lauren Truslow

### July 29

Paula L. Blachman  
Megan Brown  
Eric J. Freeman  
William L.  
Nusbaum

### July 30

William D. Coley  
Rachel Frieder  
Shari Kletz  
Marcia Landman  
Joashua F.  
Schulman  
Sandra Glasser  
Tavss

### July 31

Matthew Fisch  
Patricia Kayer

## JULY YAHREZEITS

### July 2 - 8

Jay D. A. Barr  
Ethel Bass\*  
Arthur Bear  
Harry Berman\*  
Jeffrey Blair  
Helen Katz Bowdree  
Ethel Brotman  
Lewis P. Cooper\*  
Ida Goldblatt  
Diamondstein\*  
Roth Raw Dreggors  
Rosabel S. Fleishman  
Phyllis Gilbert  
Gertrude Rubenstein  
Goldberg\*  
Satoris Gutterman  
Esther Jacobs\*  
Blanche Kaufman\*  
Max Kleinfeld\*  
Frank Laderberg\*  
Jacob W. Legum  
Jean Levin  
Leon Miller  
Charles Moore  
Murray Paster  
Minna Powders  
Betty Romulus  
Joseph Rose\*  
David Saks  
Benjamin Salomonsky\*  
Elise Simon  
Sandra Slaven  
Meyer Staub  
Lillian M. Strelitz\*  
Lillian Strom\*

Herman Unger\*  
Samuel Weisberg  
Benjamin Weisel\*  
Birdie Weitsman  
Murray Wolsh

### July 9 - 15

Henry S. Blumenthal, Jr.\*  
Joe Chernitzer  
Raymond Israel Cohen  
Max Comess\*  
Dudley Cooper\*  
Alan Seth Deutsch  
Leah W. Drew\*  
Bernhard Ebersson\*  
Phillip Engel\*  
Barbara Leterman  
Fletcher\*  
Milton L. Friedman\*  
Bertha Levine Gilbert  
Joseph Glanzer\*  
Martha R. Goldin\*  
Barbara Haag  
Jack Hogen  
Virgie Johns  
Elsie Goldstein Kerley  
Lenora Kroll  
Benjamin J. Levy\*  
Sidney Lutzin  
Robert Mccullough  
Evelyn Nadler  
Dr. Henry Newfield  
Harold Rapp  
Leon Salzberg  
Harry C. Schapiro  
Milton G. Schloss  
Beverly Schulman

Fannie Seldes  
Shirley Smith  
Meyer Steingold\*  
Stephen D. Unger\*  
Helen Wasserman Van  
Os\*  
Eloise Ward  
Ruth C. Wasserman\*

### July 16 - 22

Ida Adelsdorf\*  
Cecil Blum\*  
Harry Cohen  
Joseph B. Cooper\*  
Fredric Coplon  
Larry Dagen  
Dorothy Flax  
Herbert Freeman  
Richard Carl Geis  
Samuel E. Goodove  
Eric Hecht  
Emma Heimanson\*  
Samuel R. Heller\*  
Elise N. Hofheimer\*  
Barbara Broudy Howie  
Shirley Hurwitz  
John Bennett  
Jacobson\*  
Fleurette Joo\*  
Jeffrey Kesser  
Adele H. Koster\*  
Kenneth Levi\*  
Solomon Loeb\*  
Roberta Moore  
Henry Milton Nordin\*  
Sally Rogers  
Milton Saul

Carolyn Schlenger  
Tybell Schub  
Hilda Cohen Shank  
Michael Shanker\*  
Hy Sherman  
John "Jack" Simmons\*  
Luba Zelda R. Small  
Joseph Smith  
Sylvia Stark  
Pauline J. Turner\*  
Pauline C. Whitlock\*  
Lucy With  
Renee Wolfson  
Fannie Zittrain

### July 23 - 29

Linda Brill Barnes  
Ralph J. Berlin\*  
Florene Feinberg  
Berman\*  
Joseph Bohrmann\*  
Leonard Breinin  
Raymond A. Cogan  
Betty Cohen  
Theodore H. Cohen\*  
Esther Comess  
Louis H. Friedman\*  
Frances S. Garnher\*  
Marcelle H. Gates\*  
Margaret Glans  
Etta Goldblatt  
Florence W. Goldstein\*  
Elsa Campe Goodman\*  
Rose S. Gordon\*  
Gertrude Gore  
Anna Ruth Gross  
Lewis D. Hirschler, Sr.\*

Benjamin Hofheimer\*  
Jefferson Davis  
Hofheimer  
Leo Jacobs  
David Kane  
Charles King\*  
Amelia Kline\*  
Iosif Kosoi  
Michele Krock  
Irving Leibowitz  
Rose Lifland\*  
Anna C. Lisner  
Junius Miller  
Lorin Goodman  
Nelson\*  
Joseph Rosenbaum  
Jacob Rotholz\*  
Sylvia W. Schechter\*  
Lawrence Snyder  
Shirley Miriam Sobel\*  
Esther Solomon  
Sam G. Spindel\*  
Lewis N. Strelitz\*  
Gertrude B. Weisberg  
Harold Wolff  
Mildred Zacks  
Mollie Zimberg

### July 30 - August 31

Benjamin Allen  
Barbara Alper  
Rachel L. Cohen  
Irving Cooper\*  
William Cross  
Milton Donn\*

Alberta Evans  
Jennie Fass\*  
Lisa Frank  
Jennie Friedman  
Marsha Goldman  
Samuel Goldstone\*  
Ruth N. Goodman\*  
Teddy F. Greenhood  
Jerry Griffin  
Cantor Joseph Guthertz  
Robert Hecht  
Benjamin Hoffer\*  
Ida Horwitz  
Irving Kas  
Morris Kluger  
Harry Legum\*  
Howard Legum  
Milton Lewis  
Leo H. Maltz  
Celia Mandelkern\*  
Julius Miller\*  
Jay Lawrence Millison  
Mary Munich  
Charles W. Novitch\*  
Herman C. Petock  
Levi Plant\*  
Henry Porter  
Margery Salzberger  
Ruth Sherman  
Sidney Slane  
Abraham Smith  
Miriam Rae Snyder  
Martha Stein\*  
Norma T. Steingold  
Minnie G. Strelitz\*  
Walter W. Vatcher

\* denotes memorial plaque

# HIGHLIGHTED EVENTS

For more details on OST events please  
visit: [www.ohefsholom.org](http://www.ohefsholom.org) or find us on Facebook

**June 2**  
5:30 pm



## Chanting Group

Join Rabbi Roz as we engage in this ancient spiritual practice. There will be a brief teaching, chanting of our sacred texts, and time for reflection.

Please RSVP [reservations@ohefsholom.org](mailto:reservations@ohefsholom.org).

**June 3**  
9:00 am

## OSTY/JOSTY Clean the Bay

This regional event is organized by the Chesapeake Bay Foundation and OSTY will be one of hundreds of groups participating around the state. Contact OSTY Advisors Robyn & Paul at [ostyadvisors@gmail.com](mailto:ostyadvisors@gmail.com) for details and to RSVP.

**June 8, 13, 22**  
**July 13, 18, 27**



Various times

## Quilting Group

We meet two Thursdays a month from 10:00 am to 1:00 pm & one Tuesdays a month from 5:30 pm to 8:00 pm.

Please contact Marsha Moody at [vamoody1@verizon.net](mailto:vamoody1@verizon.net) for further info.

**June 10**  
12:00 pm



## Eco-Judaism event

After enjoying morning Shabbat Services, the Eco-Judaism Subcommittee will host a planting and tending of the native plant garden and installation of sustainable resources on Redgate Avenue. All ages and skill levels are welcome!

**June 16**  
**July 21**  
7:45 pm



## Prime Time Dinner

Join OST's Prime Time after Shabbat Services for dinner. Locations to be determined. Open to all OST congregants. Cost: price of meal

Please RSVP to: Shelley Stephens at [shelley@ohefsholom.org](mailto:shelley@ohefsholom.org).

**June 19 - 23**  
9:30 am



## Judaic Arts/ Drama Camp

For rising 6th, 7th & 8th graders. Visit our website for more information. Registration fees are due in full by June 5.

For more information, contact Chris Kraus at [chris@ohefsholom.org](mailto:chris@ohefsholom.org).

**June 26**  
9:30 am



## Soup Kitchen

Spend a few hours (9:30-1:30) helping to feed and provide basic clothing and toiletry items to 75-80 very appreciative folks in need.

Please contact Dorianne Villani 617-8624 or [dvillani@cox.net](mailto:dvillani@cox.net).

**July 21**  
5:30 pm



## Chanting Group

Join Rabbi Roz as we engage in this ancient spiritual practice. There will be a brief teaching, chanting of our sacred texts, and time for reflection.

Please RSVP [reservations@ohefsholom.org](mailto:reservations@ohefsholom.org).

**July 31**  
9:30 am



## Soup Kitchen

Spend a few hours (9:30-1:30) helping to feed and provide basic clothing and toiletry items to 75-80 very appreciative folks in need.

Please contact Dorianne Villani 617-8624 or [dvillani@cox.net](mailto:dvillani@cox.net).



# JUNE 2017

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
				1	2 5:30 pm Chanting Group 6:30 pm Shabbat Services	3 9:00 am Torah Study 10:00 am EC Retreat 10:30 am Bar Mitzvah of Seth Matias
4	5	6 4:00 pm House Committee Mtg 6:00 pm Torah Study	7 6:00 pm Men's Club Mtg	8 10:00 am Quilting Group 12:00 pm Life & Legacy Mtg	9 6:30 pm Shabbat Services	10 Eco-Judaism Native Garden Planting Day 9:00 am Torah Study 10:30 am Bat Mitzvah of Maren Council
11	12	13 5:30 pm Quilting Group 6:00 pm Torah Study	14	15 7:00 pm Board Mtg	16 6:30 pm Shabbat Services 7:40 pm Prime Time Dinner	17 9:00 am Torah Study 10:30 am Bar Mitzvah of Jacob Robinson
18	19 9:30 am Judaic Arts/ Drama Camp	20 9:30 am Judaic Arts/ Drama Camp 6:00 pm Torah Study 6:30 pm Worship Committee Mtg	21 9:00 pm Life & Legacy Mtg 9:30 am Judaic Arts/ Drama Camp 2:00 pm Special Needs & Security Committee Mtg	22 9:30 am Judaic Arts/ Drama Camp 10:00 am Quilting Group	23 9:30 am Judaic Arts/ Drama Camp 6:30 pm Shabbat Services	24 9:00 a.m. Torah Study 10:30 a.m. Shabbat Services
25	26 9:30 a.m. Soup Kitchen	27 6:00 p.m. Torah Study	28	29	30 6:30 pm Shabbat Services	



# JULY 2017

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
						1 9:00 a.m. Torah Study 10:30 a.m. Shabbat Services
2	3	4 Office Closed in Observance of Independence Day	5 6:00 pm Men's Club Mtg	6	7 6:30 p.m. Shabbat Services	8 9:00 a.m. Torah Study 10:30 a.m. Shabbat Services
9	10	11 6:00 p.m. Torah Study	12	13 10:00 a.m. Quilting Group 6:00 pm Executive Committee Mtg	14 6:30 p.m. Shabbat Services	15 9:00 a.m. Torah Study 10:30 a.m. Shabbat Services
16	17	18 5:30 p.m. Quilting Group 6:00 p.m. Torah Study	19 9:00 pm Life & Legacy Mtg 2:00 pm Special Needs & Security Committee Mtg	20 7:00 p.m. Board Mtg	21 5:30 pm Chanting Group 6:30 pm Shabbat Services	22 9:00 a.m. Torah Study 10:30 a.m. Shabbat Services
23	24	25 6:00 p.m. Torah Study	26	27 10:00 a.m. Quilting Group	28 6:30 p.m. Shabbat Services	29 9:00 a.m. Torah Study 10:30 a.m. Shabbat Services
30	31 9:30 a.m. Soup Kitchen					

IF YOU'D LIKE TO ADD AN EVENT TO THE TEMPLE CALENDAR, PLEASE EMAIL [RESERVATIONS@OHEFSHOLOM.ORG](mailto:RESERVATIONS@OHEFSHOLOM.ORG).



530 Raleigh Avenue, Norfolk, VA 23507

757-625-4295 757-625-3762 (Fax)

[www.ohelsholom.org](http://www.ohelsholom.org)

Rosalin Mandelberg, Senior Rabbi

Jennifer Rueben, Cantor

Lawrence A. Forman, *Rabbi Emeritus*

Non-Profit Org.

US Postage

**PAID**

Norfolk, VA

Permit No. 230

### Officers

Karen Fine  
Matthew Weinstein  
Barbara Dudley  
Lawrence Steingold  
Steve Kayer

**President**  
**Vice-President**  
**Secretary**  
**Treasurer**  
**Member-at-Large**

### Board of Directors

Carol Brum  
John Cooper  
Barbara Dudley  
Mandi Firoved  
Tammi Foer  
Andrew Fox  
Celia Friedman  
Mark Friedman  
Mark Hecht  
David Hirschler  
Bonnie Kerner  
David Kushner  
Robert Liverman  
Robin Mancoll  
Dr. David Metzger

Marsha Moody  
Alyson Morrissey  
Alyssa Muhlendorf  
Dr. Bert Newfield  
Sharon Nusbaum  
Dr. Abbey Pachter  
Rick Rivin  
Nicole Rosenblum  
Paula Russel  
Margaret Sawyer  
Joashua Schulman  
Ira Steingold  
Todd Waldman  
Kenny Weinstein  
Gail Wolpin

**OST Sisterhood Co-Presidents**  
Jeanne Miller & Abbey Pachter

**Men's Club President**  
Jonathan Kranz

### Past Presidents

Minette Cooper  
Kim Simon Fink  
Linda Fox-Jarvis  
Robert C. Goodman, Jr.  
Steven Kayer  
Edward G. Kaufman  
Dr. Howard Kesser  
Edward A. Kramer  
Cathi M. Laderberg

Natalie G. Levinson  
Charles S. Nusbaum  
Robert C. Nusbaum  
William L. Nusbaum  
Harry Pincus, Jr.  
Kurt M. Rosenbach  
Dr. Robert M. Rubin  
Henry M. Schwan  
Linda Spindel  
Alan D. Stein

### Honorary Directors

Thomas Bachman  
Terri Budman  
Allan Donn  
Morris Fine  
Sandra Forte-Nickenig  
Jay M. Friedman  
Leslie Friedman  
Joan Harrison  
Nancy Hirschler  
Andrew C. Kline

Steve Kocen  
Jay Legum  
Alex Pincus  
Dr. Meredith Rose  
June Saks  
Miriam Seeherman  
The Honorable Louis Sherman  
Louis D. Snyder  
Alan Troy  
Stanley Waranch



## Yoga with April Megginson

4-session series focusing on graceful aging

**Tuesdays**  
**11:00 - 12:00 pm**  
OST's Yoga Room

April is a Certified Yoga Therapist (one of only 5 in Hampton Roads) and an Registered Yoga Instructor with over 500 hours of training. The class will focus on postural alignment, mindfulness and breath in order to bring about greater health, well-being, balance and calm.

Session 1: June 6, 13, 20, 27  
Session 2: July 4, 11, 18, 25  
Session Cost \$60  
Checks payable to April Megginson

Space is limited. No prior experience necessary. All mats & props included for class use.  
Please RSVP at [reservations@ohelsholom.org](mailto:reservations@ohelsholom.org) or call the Temple Office at 757-625-4295.



## SOUND HEALING Through Chanting and Sacred Vessels

With Rabbi Roz and Toni Whitmont  
Friday, July 21, 2017  
5:15 pm - 6:15 pm

Experience inner peace, soul nourishment, and personal transformation through the vibration resonance of chanting our texts and quartz and gemstone singing bowls. There will be a brief teaching, chant practice and sound healing, and time for reflection.

Based in Sydney, Australia, Iani Whitmont is an accredited crystal sound therapist, who uses her deep connection to Jewish Mysticism and Kabbalah and her beautiful singing bowls to support both spiritual practice and personal and planetary healing.

RSUP to [reservations@ohelsholom.org](mailto:reservations@ohelsholom.org)