



The Newsletter of Kol HaEmek (Voice of the Valley)
 P.O. Box 416, Redwood Valley, CA 95470 Phone # 707-468-4536

Please note: all submissions sent by the 20th of each month to Carol Rosenberg (carolrosenberg@pacific.net)

Coming Events

All KHE events will take place on Zoom until further notice. Stay well, stay safe!

Friday, January 8 Shabbat Service with Mia Zimman at **6:30 P.M.** for families with children. Followed at 7:00 P.M. Adult Service.

Sunday, January 10, at 1:00 P.M. Kol HaEmek's annual meeting .

Friday, January 22, 7:00 p.m. Shabbat Service led by Rabbi Meredith.

Saturday, January 23 at 10:00 A.M. Torah Study with Rabbi Meredith.

Sunday, January 31 from 1:00-3:00P.M., virtual Tu B'Shevat Seder led by Kohenet Rayna Grace

Friday, February 12, 7:00 p.m. Shabbat Service with visiting Cantor Bella Feldman.

Saturday morning, February 13, 10:00 A.M. Torah Study with Cantor Bella.

Friday February 26 at 7:00 P.M. Rabbi Meredith will lead us in a Shabbat-Purim service.

Saturday, February 27, 10A.M. Torah Service with by Rabbi Meredith

Kol HaEmek's Annual Meeting

Sunday, January 10, at 1:00 P.M

This will be our annual opportunity to meet newcomers to our community, recap the past year, share ideas for the future of our congregation.



Torah Readings and Holidays B'reishit

(Genesis)

January 2 Vayech (Genesis)

January 9 Shemot from Sh'mot (Exodus)

January 15 **Tu'b Shevat**

January 16 Va'eira (Exodus)

January 23 Bo (Exodus)

January 30 Beshalah (Exodus)

February 6 Yitro (Exodus)

February 13 Mishpatim (Exodus)

February 20 Zachor (Exodus)

February 25 -Fast of Esther

February 26 **Purim**

February 27 **Shushan Purim**

February 27 Tetzaveh (Exodus)

We Remember Them

Raymond Glickman	January
Harold G. Corwin	January 10, Tevet 15
Lynn Teplitsky	January 15
Joseph Brooks-Miller	January 15
Jacob J. Borkan	January 16
Ken Holden	January 16
Tom Lowenstein	January 21
Arnold M. Kerr	January 30
Joshua Edelman	January 30
Steven Perlman	February 2
Robert Kraus	February
Louis H. Klayman	February
Hattie Glickman	February 4
Lola Sher	February 4
Rachel Faigin Bleicher	February 12
Arthur Hecht	February 13, Adar 7
Lewis S. Rapport	February 15
Jucie Stern	February 15
Anita Koppel	February 17
Esther Daniel	February 19
Thomas Brooks-Miller	February 21
Tom Shine Mapp	February 22
Zena Marks	February 27
Donald Brooks-Miller	February 28
Jack Glickman	February 29
Marion Margolis Frank	Tevet 20
Paul Kowarsky	Tevet 26
Dori Anderson	Tevet 26
Samuel Johshua Cole	Adar 15

Opportunities for Tzedakah

Kol HaEmek (the Voice of the Valley) is funded by your member dues as well as your generous contributions to a **number** of funds including

- 1) Building Fund
 - 2) Religious School Fund
 - 3) Scholarship Fund
 - 4) General Fund
 - 5) Honoring and Remembrance Board
 - 6) Tzedekah Fund
 - 7) Rabbi's Discretionary Fund
 - 8) The Marion and Sanford Frank Fund for feeding the hungry in Ukiah and Willits
 - 9) Mazon - A Jewish Answer to Hunger
- Call: David Koppel, 707-485-8910

send checks to:

**Kol HaEmek, P.O. Box 416,
Redwood Valley, CA 95470**

For information on Jewish Life in Northern California !

Check out this website! And read the J on line.

<https://www.jweekly.com/contact-j/>

Torah of Awakening for Kol HaEmek Members

Hello Chaverim,

Here is a heads up for all of you about an opportunity to dive into your connection with Hashem. Right after Yom Kippur I became a member of Torah of Awakening (TOA) with Reb Brian Yosef Schachter-Brooks. I am loving it! Almost every day, there are teachings and meditations that I can access via Zoom and if the timing doesn't work for me, I can access the recording either on his website, <https://www.torahofawakening.com>, or on his Facebook group for members. Reb Brian's Jewish Integral Meditation, chants and Torah teachings bring Judaism alive for me and help me connect with our rich and beautiful scriptures and liturgy in a deeper way. I thought his teachings would resonate with our community so I approached Brian and the Board with the idea of our whole community becoming a member of TOA and having access to his calls and recordings.

Reb Brian has agreed to give us free access to his offerings for a month long TRIAL PERIOD [on Sunday January 17](#). He will host a Zoom call for our members on that Sunday, 1/17 at 3 pm. Here is the link: <https://zoom.us/j/92055215131?pwd=aHdsc3VEZlIDdjBpZ2Q0V3c2ZEtGZz09>. For those of you who receive your paper Shema via mail, please check your email where you will find information about the meeting with the link.

You are invited to attend services, meditations, and teachings; everything that is offered through the Torah of Awakening website. IMPORTANT: If you do participate, the Board would GREATLY appreciate any feedback you have so it can decide how or whether to move forward with TOA as a community.

Here is an interview with Brian Yosef Schachter-Brooks about his new book "Kabbalah for Beginners" with Cyrise Beatty from the Ashland, OR Jewish community: <https://youtu.be/UN9UIMzGtwo>. If you listen to this, you will get a good feel for his work. Rabbi SaraLeya wrote back to me after I emailed the community about Brian and said she has worked with him and loves his offerings.

And lastly, a note to us from Brian:
Shalom Kol HaEmek community!

I have enjoyed getting to know Janae and Sherrie, and I am excited about the possibility of forming a relationship with you all and having you experience Torah of Awakening and our offerings. I started Torah of Awakening in 2016 as an online Jewish meditation community, and currently we have learning and meditation almost every day. The idea of connecting with a synagogue community seems like a natural next step.

If you would like to know more about me and Torah of Awakening, you can click the link below to read. <https://www.torahofawakening.com/about-torah-of-awakening.html>

I hope to gather with you on Zoom soon and meet you!

All blessings,
Reb Brian Yosef Schachter-Brooks

Submitted by Janae Stephens
janae.k.stephens@gmail.com

Tu B' Shevat: wisdom for living, garnered from the trees and fruits of Israel *from aish.com*

Jewish wisdom is full of insightful comparisons between the Jewish People and the trees and fruits of Israel, urging us to learn character perfection from our deep rooted forest friends. So now, with Tu B'Shvat, the New Year for Trees approaching, it's time to put the spring in your step, branch out and take a leaf out of nature's book with these ten green gems.

1. Be diligent, like an almond!

The almond tree is the symbol of Tu B'Shvat, the first tree to blossom - always right on time. Its essential quality is encapsulated in its Hebrew name, '*shaked*', coming from the verb '*lishkod*' meaning to be diligent. In Hebrew a '*shakdan*' is someone who is always reliable, punctual and diligent.

2. Find the sweetness of life even in the bitter times

If you've ever visited Israel, you'll notice the date palms are one of the few trees that can flourish anywhere - even on the salty marsh land of the Dead Sea where nothing else grows. In fact Israel produces a third of its date harvest from the shores of the Dead Sea. And what do these dates produce? Honey! The sweetest thing of all. King David took inspiration from these amazing trees, writing in Psalms, "A righteous man will flourish like a date palm." Even if you find yourself in the most bitter of places, stand tall, stick to your values and share some sweetness for others to enjoy!

3. A birthday in the middle of winter? New life is just around the corner.

Just like trees, we all go through our personal winter when productivity feels on the wane. How do we bring ourselves back to life? Trees may now look bare and dead, but don't be deceived; the sap is already rising in the tree trunks and first signs of life are about to appear. We may not see fruit yet, but the inspiration is there. As long as we stay connected, still thirsty for inspiration even through the winter, Tu B'Shvat teaches us that new hope and new life is never far away.

4. Challenging times bring out the best in us.

When an olive is crushed, it produce oil which lights up the world, reminding us that although we would rather a smooth ride in life, the challenges of life can often bring out the best in us. The Zohar explains that Torah study is only really absorbed when one makes sacrifices to learn it. No one's looking for tough times, but when they come along, don't lose hope. We never know what light might emerge.

5. Joy through humility.

Grapes produce wine which brings us happiness. The grape doesn't mind being trodden on, squeezed to a pulp, filtered, stored and left in a dark barrel to ferment for years. Does any other fruit suffer such treatment? The grape is the king of all fruit precisely for its quality of humility. One day it will turn into wine, soar in price and bring joy to the world. Our rabbis teach us we drink wine on so many occasions in Jewish life to instill this message of humility learned from the grape. When we are prepared to set our egos aside and start to see all of life as a gift, the blessing we have brings joy to our eyes.

6. Never stop searching for answers.

The secret to knowledge is to never stop searching. The Talmud learns this from the fig tree which, unlike other fruit trees, ripens little by little over a period of time. The more you search, the more you will find. Torah is a tree of life; as long as we hold on to it and are willing to ask questions, it will always continue to provide us with answers.

7. Don't judge another Jew.

We never really know another person fully inside and out, and often we can jump to conclusions. The pomegranate has hundreds of seeds, hidden away in secret chambers and is also likened to the Jewish People, as the Talmud teaches, "What a wonderful nation Israel! Even the most unlikely Jews keep many aspects of tradition, or engage in secret acts of kindness." These are the hidden pomegranate seeds of every Jew.

Tu B'Shevat continues:

8. Take a bite out of opportunity.

The apple tree teaches us to sense when a great opportunity is on the horizon and immediately seize it with both hands. King Solomon compared the Jewish People at the Giving of the Torah to an apple tree. "Like as an apple tree blossoms appear before it even produces leaves, so too the Jews at Mount Sinai declared 'We will do,' and then said 'We will understand.'" Opportunities always come with a risk, but sometimes we can spend so long assessing our options that the moment will pass us by.

9. True beauty is always found within.

Appearances can often deceive. The Zohar praises the walnut as a fruit that keeps its secrets well hidden. A thick shell, seems at first inedible, however within it reveals a wonderful source of protein. The Talmud teaches, "That which is precious is always hidden away," hence the Torah not only has a cover, but is also hidden away in the Ark, which also has a cover. In relationships, first impressions can often lead us to the wrong conclusions. The walnut teaches us to protect that which is of most value and understand there is always more to people than meets the eye.

10. Everything has a purpose

Rabbi Abraham Yitzchak Kook, the first chief rabbi of Israel, was once walking in the fields when a student accompanying him plucked a leaf off a tree. Rav Kook was visibly shaken. Turning to his companion he said, "Believe me when I tell you I never simply pluck a leaf or a blade of grass or any living thing unless I have to." He explained further, "Every part of the vegetable world is singing a song and breathing forth a secret of the divine mystery of the Creation."

For the first time the young student understood what it means to show compassion to all creatures. Everything serves a purpose, every tree, fruit and blade of grass are gifts to us to enhance our world. If we can master such sensitivity for the plant world, how much more so for the people around us.

Wishing you a happy new year for trees!

Donations to Kol HaEmek for October-November

Thank you

Louisa Aranow

Lucy Bayer

Judith M. Corwin

Rachel Elkins and Dana Thibeau

Judith Fuente and David Nelson-Homeless -food program

Jay Joseph and Jennifer Joseph

Nancy Bertsch

Carol Park and Steven Park in Remembrance of of my mother Maraylyn Lowenstein

Elizabeth Raybee

Karen Rosen and Norman Rosen for the Food program and In memory of Maralyn Lowenstein and Carol

Rosenberg's 86 Birthday

Leon Springer and Nancy Marotta Springer

Miriam McNamara-School

Darline Bergere

Jean Morawski and Mike Morowski

Yvonne Coren and Andy Coren

Joel Cohen

The Celebration of Purim

The following information comes from The Chabad web-site. I have take the liberty of modifying the information to keep in in line with the less formal practice of our traditions. I am also thinking of the limitations on observance during the time of covid when we are not meeting in person at our Shul.

Carol Rosenberg

The Megillah, a.k.a. “The Book of Esther,” is the scroll that tells the Purim story. It is said; “Listen to the public reading twice: once on Purim night, and again on Purim day. This year, that’s Monday night, March 9 and Tuesday, March 10. Pay attention—it is crucial to hear every word.”

When Haman’s name is mentioned you can twirl *graggers* (noisemakers) or stamp your feet to eradicate his evil name. Tell your kids that Purim is the only time when it’s encouraged to make noise during services!

The Megillah is read from a handwritten parchment scroll, using an age-old tune. One of Purim’s primary themes is Jewish unity. Haman tried to kill us all. We were all in danger together, so we celebrate together too. Hence, on Purim day we place special emphasis on caring for the less fortunate.

Chabad recommends : Give money or food to at least two needy people during the daylight hours of Purim, March 10. On Purim, we give a donation to whoever asks; we don’t verify his or her bank balance first. As with the other mitzvahs of Purim, even small children should fulfill this mitzvah. You may make a donation for our KHE Feeding the hungry program, or Plowshares, the Food Bank or The Homeless Shelter.

On Purim we emphasize the importance of friendship and community by sending gifts of food to friends. On Purim day, March 10, send a package containing at least two different ready-to-eat food items and/or beverages (e.g., pastry, fruit, beverage) to at least one Jewish acquaintance during the daylight hours of Purim.

It is preferable that the gifts be delivered via a third party. Children, in addition to sending their own gifts of food to their friends, make enthusiastic messengers. So does the post office.

On the Shabbat before Purim (this year, March 7), a special reading is traditionally held in the synagogue. We read the Torah section called Zachor (“Remember”), Exodus 17:8–16), in which we are enjoined to remember the deeds of (the nation of) Amalek (Haman’s ancestor), who sought to destroy the Jewish people.

On Purim, we include the brief V’al Hanissim section in all the day’s prayers, as well as in the day’s Grace after Meals. This prayer describes the Purim story and thanks G–d for the “miracles, redemptions, mighty deeds, saving acts and wonders” that He wrought for our ancestors on this day many years ago.

On Purim, children—and some adventurous adults too—traditionally dress in costumes, an allusion to G–d’s hand in the Purim miracle, which was disguised by natural events.

Purim Information Continues:

The Fast of Esther

To commemorate the prayer and fasting that the Jewish people held during the Purim story, some people fast on the day before Purim. This year the fast is on Monday, March 9. The fast begins approximately an hour before sunrise, and lasts until nightfall.

Shushan Purim

In certain ancient walled cities—Jerusalem is the primary example—Purim is observed not on the 14th of Adar (the date of its observance everywhere else), but on the 15th of Adar. This is to commemorate the fact that in the ancient walled city of Shushan, where the battles between the Jews and their enemies extended for an additional day, the original Purim celebration was held on the 15th of Adar.

The 15th of Adar is thus called “Shushan Purim,” and is a day of joy and celebration also in those places where it is not observed as the actual Purim.

Where Do Our Songs Come From?

Hineh Ma Tov, which we will sing at our Annual Meeting, comes from the 133 Psalm of David
Composed by M. Jacobson

Psalm 133 in translation reads as follows;

Behold ,how good and how pleasant it is
For brethren to dwell together in unity!
It is like the precious oil upon the head,
Coming down upon the beard;
That cometh down upon the collar of his garments;
Like the dew of Hermon,
That cometh down upon the mountains of Zion;
For there the lord commanded the blessing,
Even life for ever.

THE SONG FOLLOWS

Hineh ma tov uma na'im
Shevet achim gam yachad.

Hineh ma tov uma na'im
Shevet achim gam yachad.

Chorus
Hineh ma tov
Shevet achim gam yachad.

How good and pleasant it is
For brothers & sisters to sit together.
How good and pleasant it is
For brothers & sisters to sit together.

Chorus
How good it is
For brothers & sisters to sit together.

Cookie Dough Hamantashen

2/3 cup of margarine or butter ½ teaspoon vanilla
½ cup sugar 2 ½-3 cups flour
1 egg
3 table spoon milk or water

1. Cream shortening with sugar. Add egg and continue to cream until smooth.
2. Add milk and vanilla. Stir in flour until a ball of dough is formed. (a food process is excellent for this)
3. Chill for 2-3 hours or overnight.
4. Preheat oven to 375 F.
5. Take ¼ dough, roll out on a floured board to 1/8" cut into circles. Fill with 1 teaspoon of filling. Fold into three corner cookies.
(Press two sides together then fold the third side over and press the ends together)
6. Bake on a well greased cookie sheet for 10-15 minutes, until the tops are golden brown.

Fillings:

Prune paste, Apricot jam, poppy seed filling or nut filling, or Nutella!

Nut filling

1-1/2 cup ground walnuts, 1 teaspoon cinnamon, ½ cup sugar

Poppy seed filling

1 egg ¼ cup sugar
1/8 c water 2 oz. raisins
4 oz poppy seeds couple of figs or prunes chopped
¼ rind and juice of an orange ¼ rind of a lemon
cinnamon to taste ¼ cup margarine or butter
½ cup apricot jam 1 /4 vanilla

1. Combine water and sugar simmer until syrup
2. GRIND poppy seeds in a food processor or blender add to sugar syrup
3. Add egg white and vanilla, lemon & orange, rum, raisins, figs, and cinnamon simmer for 5 minutes
4. Add jam and butter until it all melts and is smooth,
5. Chill In fridge.
6. Fill cookies
(I often do not add rum, figs or both orange and lemon)



Kol HaEmek MCJC-Inland
P.O. Box 416,
Redwood Valley, CA 95470

Our purpose is to create an environment in which Jewish culture, religion and spiritual life can flourish, to perpetuate and renew our Jewish connections with ourselves and our homes, within our community and the world.

- To provide space for religious study and prayer.
- To share life cycle events through meaningful Jewish traditions
- and sponsor Jewish education for all ageTo be inclusive of all partnerships and family configurationsTo include interfaith families and Jews-by-choice
- To network with other Jewish communities
- To educate and share our culture with other Mendocino County residents
- To be a foundation for *Tikkun olam* (healing the world)
- as a community through socially just actions and and by Mitzvot)
- To offer to our membership in exchange for financial and other contributions and allow all to participate
- regardless of the ability to pay
- To include interfaith families and Jews-by-choice
- To network with other Jewish communities
- To educate and share our culture with other Mendocino County residents
-

Kol HaEmek Information & Resources

Board Members

Sherrie Ebyam - President	530-414-1104 < ebyam@sbcglobal.net >
David Koppel - Treasurer	485-8910 < davekoppel@yahoo.com >
Carol Rosenberg - Secretary	463-8526 < carolrosenberg@pacific.net >
Nancy Merling	456-0639 < nancymerling81@gmail.com >
Barbara Stanger	234-3261 < aurnaenterprises@gmail.com >
Sara Esserman-Melville	463-2247 < samelville@pacific.net >
Victoria Patterson	467-1932 < patterson.victoria2@gmail.com >

Brit Mila: A doctor to call for to a referral to a Mohel - Robert Gitlin D.O. (465-7406),

Chevra Kadisha (Jewish Burial)) Helen Sizemore (367-0250)

Community support: Willits, Divora Stern (459-9052), Ukiah, Margo Frank (463-1834)

Interfaith Council: Cassie Gibson (468-5351)

Rabbinical Services/Special Ceremonies are available; send your e-mail request to Sherrie Ebyam