



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!

Sunday, March 4, 3:30-5:30 pm, KHE Purim Party, Fun for the whole family. Bring hamantaschen (and/or cookies). See page 4 for details.

Friday, March 23, 6:30 pm. Shabbat Service and potluck supper with guest Rabbi Shifrah Tobacman.

Saturday March 24, 10 a.m. Teaching with guest Rabbi Shifrah.

Sunday, April 1st Passover Seder at Shambhala, gathering time 4:30; begin service at 5:00 pm. For details see at right and on page 6.

Friday, April 13, Shabbat Service and potluck supper with Rabbi SaraLeya

Saturday, April 14, 10:00 a.m., Teaching with Rabbi SaraLeya

Friday, April 27, Home Shabbat service, Look for more information in your e-mail.

Community Seder, Friday, April 1 at 4:30 pm third night of Pesach

Tara and Stuart Marcus have graciously invited us once again to celebrate a Seder at Shambhala, which we will do on the third night of Passover. For those who don't know, Shambhala is a retreat lodge located about 20 minutes west of Orr Hot Springs. In past years, a good number of folks opted to stay overnight and partake of brunch and the gorgeous location the next morning. (The road there is difficult to drive at night!)

We still need help setting up, organizing the kitchen, and with cleanup. Please volunteer.

To register for the Seder, contact Janae Stephens, 707-456-7035. To see about staying overnight with your own sleeping bag, contact Tara Marcus, innana202@aol.com

This is still a ways off, but it's good we're getting the planning under way!

Please plan to bring kosher-for-passover food; no bread, cakes or other foods made with wheat, barley, rye, oats, or spelt unless they say "kosher for passover," and no grain vinegar. We are following Sefardi tradition and that of the Conservative movement and modern Israel, in which rice and legumes are permissible.)

See Janae's instructions on page 6

Torah Portion Of the Week and Holidays

March 1, Purim
March 2, Shushan Purim
March 3, Ki Tisa (Book of Exodus)
March 10, Vayahhel Pekudei
March 17, Vayikra (Begin the Book of Leviticus)
March 24, Tzav
March 30, Erev Pesach
March 31, 2nd Seder; begin counting the omer
April 7, Pesach ends
April 14, Shemini
April 21, Tazia-Melzora
April 28, Acharei-Kedoshim

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, 485-8910

send checks to:

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

We Remember

Betty Wolf - March
Dottie Marans - March 1
Mildred Rosen - March 4
Ann Barr - March 4
Carrie Hamburg - March 4
Isaac Mandel - March 6
Walter Browne Parker - March 13
Bill Roberts - March 14
Glenn Star - March 22
Bessie Dale - March 29/Nissan 12
Samuel Orton - March 30
Michael HaKohen Selah - April 4
Regina L. Klayman - April
Dorothy Waterman - April
Nanette Tver - April 1
Allen M. Rosenberg - April 1
Sidney Epstein - April 11
Edward Sessler - April 7
Sanford Samel Elberg - April 8
Joan Bistrin - April 10
Saul Ginsburg - April 13
Allen Dale - April 17
Irving Batz - April 18
Rose Cecelia Ray - April 21
Arthur B. Miller - April 21
Nathan Perner - April 22
Eleanor B. Miller - April 22
Evelyn Reed - April 22
Beatrice Hecht - April 27/Nissan 22
Samuel Johoshua Cole - Adar 15
Adeline Rosen - Nisan 14
Pearl Renee Horowitz - Nisan 18
Milton Coren - Nisan 25
Charles Sorkowitz - Nisan 28
Leah Frankle - Nisan 7
Jessica Anne Doctors - Iyar 16
Milton Fleiss - Iyar 8

Donations to Kol HaEmek for December 2017-January 2018

Judith M. Corwin
Judith Fuente and David Nelson for homeless food program
Jay Joseph and Jennifer Joseph
David Koppel and Linda Koppel
Nancy Horowitz Bertsch and Ted Bertsch
Elizabeth Raybee
Janae Stephens and Gary Stephens
Barry Vogel and Janet Mendell
Elise Wilkins
Margo Frank and Marc Levine
Darline Bergere and Josh Bergere
Andy Coren and Yvonne Coren
David Vilner
Sara Esserman-Melville and Anthony Esserman Melville

Congratulations to Sudi!

Kol HaEmek's own Sudi Wachspres will celebrate the release of his record album *Endless Light* on March 16. It will be issued by Tartelet Records (in Copenhagen) under his moniker Space Ghost. Sudi was bar-mitzvahed in 2014 (by Rabbi Shoshanah) and grew up in the congregation. He lives in Oakland where he DJs and produces music. To find out more about *Endless Light*, follow this link to an early review:

<http://www.grooveattack.com/2018/02/02/space-ghost-endless-light>

Condolences to Reid Edelman, Deborah, Eli and Noah

On the death of Reid's mother

Carol Ann Edelman

June 1, 1937 - February 6, 2018.

Beloved wife of Dr. Harvey Edelman: a beautiful old-fashioned couple truly in love throughout fifty-nine years of marriage. Loving mother of Harlan Edelman of San Francisco and Reid Edelman of Ukiah; cherished mother-in-law of Deborah Edelman of Ukiah. Amazing grandmother (as they always describe her) of Eli and Noah Edelman



Congratulations to:

Merrick and Dominick McNamara, children of Miriam Koppel and Casey McNamara. These boys saved their \$81 of tzedakah money and chose to donate it to the Homeless Shelter. They presented their money to Redwood Community Services and then visited the shelter with their grandparents, Linda and David Koppel.

✦ *Kol HaEmek* ✦

Purim Party and Raffle!

Sunday, March 4

from 3-5 pm

Fun for the whole family!

Music, Hamantaschen, Games,

Ice Cream

a play and much more!



Kol HaEmek Purim Party Raffle

March 4, 2018

Don't forget your raffle tickets
If you can't come to the party, mark your
tickets and send them in with your
donation!

1. Seasonal 9" torte by Il Padrino—Norm Rosen
2. Five Photo/Greeting Cards—Cassie Gibson
3. Framed original drawing—Eva Rosen
4. Two pieces of silver jewelry—Eva Rosen
5. Large sunburst garden sculpture/ornament; an original design; made of etched brass with a verdigris finish; can be used as a plant stake; can be left outdoors, will not rust—Barbara Stanger
6. Frog Prince garden sculpture/ornament; an original design; made of etched brass with a verdigris finish; can be used as a plant stake; can be left outdoors, will not rust—Barbara Stanger
7. Lotus vaporizing pipe; perfect taste and no butane fumes; vaporization in 3-4 seconds; economical; your herb is heated only when you inhale; made in Mendocino County—Steven Levin
8. Mosaic Art—Elizabeth Raybee
9. Small V neck with $\frac{3}{4}$ sleeves; Jasmine design; block printed and hand-dyed organic top—Janae Stephens
10. Large short-sleeve scoop neck; Willow design; block-printed and hand-dyed organic top—Janae Stephens
11. XL long sleeve; Heucherella design; block-printed and hand-dyed organic top—Janae Stephens
12. Everyday China cup, salad bowl and serving piece; handmade originals; hand-painted; functional; dishwasher safe—Marlana River

Tickets:

1 for \$5

6 for \$25

15 for \$50

Special Raffle:

For a leaf on the Kol Ha'Emek Honoring/Remembrance Board

Tickets/\$20

From Janae Stephens, coordinator of the Community Seder:

Hello Chaverim,

I volunteered to coordinate the food for our community Seder (Sunday, April 1) at the beautiful Shambhala Ranch. Please note that my phone number is [707-456-7035](tel:707-456-7035) (voice or text) and you can also email me at jan@jp4wellness.info.

In order to plan a balanced meal, please let me know:

1. The number of people in your party
2. What you will be bringing. Please see list below and please no matzoh as we have plenty of that.
3. We are asking everyone to also bring either Passover wine or grape juice in addition to a food item.
So... what beverage will you bring?
4. Be sure to leave your contact info if you leave me a voice message and a good time to return the call if that is your preferred method of communication. Texting and email work well for me.

Food items:

With the exception of dessert, all dishes must be dairy free.

What to avoid when cooking for Passover: wheat (except for matzoh), rye, oats, barley, spelt, grain vinegar, and grain alcohol. Corn and quinoa are fine for Passover.

As some of us are gluten intolerant and/or avoiding grains – gluten free dishes are encouraged.

Stuart and Tara will make a turkey so we will need the following:

- * Seder plate with the foods that go on it: parsley, horseradish, shankbone, roasted egg, etc.
- * Charoset – enough for everyone
- * Parsley and horseradish - enough for everyone
- * Gefilte fish and red horseradish (here is a gluten-free recipe if anyone is daring enough to try it <https://elanaspantry.com/gefilte-fish/> Usually freshwater fish is used and most likely can be substituted here)
- * Hard boiled eggs, peeled!
- * Matzoh ball soup (if there are enough of us vegetarians, perhaps a veggie soup?) <https://elanaspantry.com/matzoh-ball-soup/> anyone wants to try a recipe using almonds and no wheat.
- * Potato/root vegetable dishes
- * Veggie dishes
- * Salads (green and other veggie salads–no beans or grains)
- * Dessert

Please tell me how persons will be coming with you and what you can bring. I hope you will be flexible if someone else has offered to bring what you are offering.

Thanks! Janae

Voice or Text: 707-456-7035

jan@jp4wellness.info Email

Recipe for Hamantaschen*

- 2/3 cup butter or margarine
- 1/2 cup sugar
- 1 egg
- 1/4 cup orange juice (the smooth kind, not the pulpy)
- 1 cup white flour
- 1 cup wheat flour (DO NOT substitute white flour! The wheat flour is necessary to achieve the right texture!)
- Various preserves, fruit butters and/or pie fillings.

Blend butter and sugar thoroughly. Add the egg and blend thoroughly. Add OJ and blend thoroughly. Add flour, 1/2 cup at a time, alternating white and wheat, blending thoroughly between each. Refrigerate batter overnight or at least a few hours. Roll as thin as you can without getting holes in the batter (roll it between two sheets of wax paper lightly dusted with flour for best results). Cut out 3 or 4 inch circles. Put a tablespoon of filling in the middle of each circle. Fold up the sides to make a triangle, overlapping the sides as much as possible so only a little filling shows through the middle. Squeeze the corners firmly, so they don't come undone while baking. Bake at 375 degrees for about 10-15 minutes, until golden brown but before the filling boils over!

Traditional fillings are poppy seed and prune, and apricot. Apple butter, pineapple preserves, and cherry pie filling all work quite well.

*Thanks to Judaism 101

Mostacudos

Nutty spice delights from the Sefardic community of Rhodes. They contain no flour. They are great for Purim and Pesach and those that do not eat gluten!

- 1 & 1/2 cup of cleaned ground almonds
- 1 & 1/2 cup of cleaned ground walnuts
- 1 cup sugar
- 1/2 teaspoon of ground clove
- 1/2 teaspoon cinnamon
- 2 generous tablespoons honey
- 1 large or 2 smaller eggs

Mix until the mixture sticks together

Shape into small balls

Bake on a greased pan for about 7 minutes at 395 degrees F

These tend to stick, so lining the baking pan with parchment paper is a great idea.



Kol Ha Emek MCJC-Inland
P.O. Box 416,
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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 ages
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- To be inclusive of all partnerships and family configurations
- 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
- 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

Kol HaEmek Information & Resources

Board Members

Sherrie Ebyam - President	530-414-1104 < ebyam@sbcglobal.net >
Bob Mandel - Vice President	696-2712 < bobLXVII@hotmail.com >
David Koppel - Treasurer	485-8910 < davekoppel@yahoo.com >
Carol Rosenberg - Secretary	463-8526 < carolrosenberg@pacific.net >
Nancy Merling	456-0639 < nancymerling@att.net >
Barbara Stanger	234-3261 < arnaenterprises@gmail.com >
Moses Sunbeam	228-9980 < moses_sunbeam@gmail.com >
Karen Rifkin	391-9299 < karenrifkin@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