



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](mailto:carolrosenberg@pacific.net))

## Coming Events

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

**Friday, November 6, at 6:30 pm**, Zoom Shabbat service led by Mia Zimman

**Friday, November 20, 7 pm**, Zoom Shabbat service led by Rabbi Meredith

**Saturday, November 21, 10 am**, Torah Study led by Rabbi Meredith

**Friday, December 11 at 6:30 pm**, Zoom Shabbat service led by Kohenet Rayna Grace

Wednesday December 10, Erev Hanukkah  
Hanukkah, December 11-19 *No program scheduled. See pages 4,5,6 for Hanukkah info!*

### Please note!

\*All meetings and services are on **Zoom** until further notice. You will receive the Zoom Meeting address on e-mail a few days before the service,

### Mazel Tov!

To Olya Doctors-Cahn on the birth of her son, Ethan Doctors-Cahn, on October 10, 2020. Ethan is the grandson of our Rabbi, Meredith Cahn, and her husband Sam Doctors.

**Unfortunately** we cannot gather as a community for Holidays this year this includes Hanukkah.

However in This issue of the Shema we have included the facts of the Hanukkah story, candle blessings, recipes and the rules for playing dredle.

We hope that you and your family enjoy the coming holidays by what ever means available to you, in person, Face-time or Zoom.

May you enjoy each other, and the spirit of Thanksgiving and Hanukkah and we, as a Community be thankful for what we do have, and do enjoy.

Much love,  
The KHE Board  
Sherrie Ebyam, Carol Rosenberg, David Koppel, Sara Esserman-Melville, Barbara Stanger, Nancy Merling and Vicki Patterson

\*\*\*Join Zoom Meeting with Rabbi Meredith  
<https://us02web.zoom.us/j/84035750590?pwd=VkpZVW53TTFoZlpsVjhqa29UdGxHQT09>

Meeting ID: 840 3575 0590  
Password: 045848  
One tap mobile  
+16699006833,,84035750590#,,1#,045848# US (San Jose)

Or dial in:  
+1 669 900 6833 US (San Jose)  
Meeting ID: 840 3575 0590  
Password: 045848

### **Torah Readings** From B'reishit (Genesis)

November 7 - Vayera  
November 14 - Chayei Sara  
November 21 - Toldot  
November 28 - Vayeitzei  
December 5 - Vayislach  
December 10 - Erev of Hanukkah  
December 11-19 Hanukkah  
December 12 - Vayeishev  
December 19 - Mikeitz  
December 26 - Vayigash  
January 2 - Vayechi

### ***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) Tzedakah 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**

**Please include the following in your prayers for health and healing:**

Lee Wachs  
Atta B Fine  
Nancy Merling

### **We Remember**

Maurice Marans	November
Estelle Koppel	November 5
Lillian Rothchild	November 11, Cheshvan 28
Norman Neldman	November 14
Doris Rogers	November 16
Solomon Glazer	November 19
Dane Wilkins	November 19
Cynthia Suffel	November 23
Laurie Spence	November 26
Robert Leo Kisslinger	November 27
Herbert Alan Fuente	November 28
Jane Gurko	November 30
Milton Rosen	December 4
Evelyn Rapport Cohen	December 6
Mark Kinze Molgaard	December 7
Chaim Rayberg	December 10
Max Schechter	December 15
Joseph E. Suffel	December 16
Esther Pelner	December 19
Elizabeth Elberg	December 23
Dora Goldberg Levin	December 23
Sanford "Fritz" Frank	Cheshvan 25
Louis Jonas	Kislev 10
Myra Cohen	Kislev 6

### **For information on Jewish Life in Northern California !**

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

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

**Donations to Kol HaEmek for August and September  
Thank you\***

Lucy Bayer

Lyne Coen and Charles Hott In Honor of 3 Women healers lost this pass year:

Laurie Spence MD

Pat Tysoe RN

Muhasibi Shalom LCSW

Judith M. Corwin

Rachel Elkins and Dana Thibeau Homeless Food Program and General Fund

Steve Frenkel and Nan Bearden Frenkel

Judith Fuente and David Nelson Homeless Food Program and General Fund

Cassie Gibson and Chris Gibson

Dan Hibshman and Leslie Kirkpatrick

Jay Joseph and Jennifer Joseph

Linda Koppel and David Koppel

Nancy Bertsch

Carol Park and Steve Park

Vicki Patterson

Elizabeth Raybee

Susan Sher

Eva Strauss-Rosen

Janae Kraus Stephens and Gary Stephens

Nancy Merling

Maralyn Lowenheim \*\*Please note her obituary on page 5

Divora Stern

Erika Strong in Memory of Douglas W. Strong

Leon Springer and Nancy Marotta Springer

Debora Stanger-Edelman and Reid Stanger-Edelman

Darline Bergere and Josh Bergere

Robin Sunbeam

Andy Coren and Yvonne Coren

Sherrie Ebyam

Mark Levin and Kathy Crosby

Joel Cohen

Barbara Stanger and Leo Stanger Homeless Food Program and General Fund

Linda Risha Thompson and Earl Antonio Thompson

\* if not stated otherwise donations were made to the general fund

## **Thanksgiving and it's memories!** *by Carol Rosenberg*

At 18 years of age I promised to marry Dan Rosenberg, the son in family that took their Judaism very seriously. After a year of Friday Shabbat dinners and Jewish celebrations with the Rosenberg family, it was clear that from the day we married, Christmas, Easter, Halloween, Valentines day and all the non-Jewish type celebrations except Thanksgiving were gone from my life.

Thanks to my husband's rebellion, we did not keep kosher, but we did observe the Jewish year with all its celebrations. It was clear after the first uncomfortable Thanksgiving dinner at the Rosenberg's home that included my mother and brother, future Thanksgiving dinners would be celebrated in my home with only my family.

In the early years, the menu was a little strange. We started with shrimp cocktail in honor of Grandma Fanny as well as candied sweet potatoes for Aunt Bea. there has to be baked potatoes and gravy for Uncle Harold. There was turkey and, in addition, chicken for my mother, who would tell you in great detail why turkey did not agree with her. As time passed, we added creamed onions for my husband Dan, and chestnut stuffing for Deborah. Both pumpkin and apple pie were required to meet everyone's taste for dessert.

As I write this, I can still smell the foods we prepared. First the cranberry sauce, cooked early in the week, always including a sliced orange, on the Wednesday, Deborah and I made the pies. Prepping vegetables came next, preparing a broth with onions, celery and carrots and the neck and gizzards of the turkey for making the stuffing and gravy. Early Thursday morning I would fill the house with the smell of onions and celery browning for the stuffing. The smell alone would wake up the entire family.

There have been changes over the year; the nature of the family has changed. Dear ones are gone and new members have been added. The foods have changed as well. The chicken disappeared after my mother's death. We have added non-gluten substitutions and vegetarian options. There is a new concern that requires preparation; that is, finding beds for the ten of us if you include either of my sisters-in-laws.

Last Thanksgiving we all gathered at my daughter's home in Ashland Oregon. Thanks to her friends being away we had an extra house to use. In addition to the Thanksgiving dinner, we had more than week of meals and meal preparation. We had computers to charge, jigsaw puzzles to solve, and walks in Lithia Park. There were many trips to the airport, the upset of cancelled flights, and the dynamics of all of us together. It was both wonderfully sweet and very complicated, similar to our Thanksgiving meal. It was memorable and wonderful ! In fact, so memorable that I have made four paintings from photos taken that week.

This year who knows? Getting together in time of covid seems both impossible and unsafe. We are most likely to celebrate far from each other, connected only by Zoom, memory and smells of onions and celery browning, turkey in the oven and the tang of apples and cinnamon being prepared for pie.

## Condolences

To Carol Park and her family on the death of her mother MARALYN LOWENHEIM January 17, 1928 - September 21, 2020. We remember Mrs. Lowenheim who was a contributor to KHE and spent many high holiday seasons with us.

She was the mother of Carol, Gwen, and Hedy; mother-in-law to Steve and formerly Stuart; grandmother of Matthew (Ligaya), Frieda, and Rosa (Barth); great-grandmother of Malaya, Henry, and Sloane; She had an incredible love of opera, classical music, reading, nature, and the U.S. Constitution. Her curiosity about life never ceased.

Raised in Coney Island; educated at Lincoln HS; lived life in Boro Park and Midwood; .She received her BA from Brooklyn College, MSW from Hunter College, was additionally trained at the National Institute for the Psychotherapies, and for 50 years as a psychotherapist helped hundreds of patients find their way.

Donations in her name may be made to:  
Visiting Nurse Service of New York  
<https://www.vnsny.org/>  
Homeless and Travelers Aid Society  
<http://hatas.org/>

## The Basic Story of Hanukkah *from the Judaism 101 website*

The story of Chanukkah begins in the reign of Alexander the Great. Alexander conquered Syria, Egypt and Palestine, but allowed the lands under his control to continue observing their own religions and retain a certain degree of autonomy. Under this relatively benevolent rule, many Jews assimilated much of Hellenistic culture, adopting the language, the customs and the dress of the Greeks, in much the same way that Jews in America today blend into the secular American society.

More than a century later, a successor of Alexander, Antiochus IV was in control of the region. He began to oppress the Jews severely, placing a Hellenistic priest in the [Temple](#), massacring Jews, prohibiting the practice of the Jewish religion, and desecrating the Temple by requiring the sacrifice of pigs (a non-[kosher](#) animal) on the altar. Two groups opposed Antiochus: a basically nationalistic group led by Mattathias the Hasmonean and his son Judah Maccabee, and a religious traditionalist group known as the Chasidim, the forerunners of the [Pharisees](#) (no direct connection to the modern movement known as [Chasidism](#)). They joined forces in a revolt against both the assimilation of the Hellenistic Jews and oppression by the Seleucid Greek government. The revolution succeeded and the Temple was rededicated.

According to tradition as recorded in the [Talmud](#), at the time of the rededication, there was very little oil left that had not been defiled by the Greeks. Oil was needed for the [menorah](#) (candelabrum) in the Temple, which was supposed to burn throughout the night every night. There was only enough oil to burn for one day, yet miraculously, it burned for eight days, the time needed to prepare a fresh supply of oil for the menorah. An eight day festival was declared to commemorate this miracle. Note that the holiday commemorates the miracle of the oil, not the military victory: Jews do not glorify war<sup>5</sup>

**For Hanukkah variety Sweet Potato-Parsnip Latkes (makes approximately 25 pancakes)**

Ingredients

2 pounds garnet sweet potatoes(yams) rinsed and peeled  
1 pound parsnips, peeled  
10 shallots  
6 large eggs beaten  
3/4 cup + 2 table spoons matzoh meal  
1 tablespoon kosher salt  
1 teaspoon black pepper  
Vegetable oil for frying

1. Using the coarse side of a box grater or the medium coarse grating disc of a food processor grate potatoes, parsnips and shallots. toss together in a large bowl
2. Add eggs, matzoh meal, salt & pepper,toss to mix well
3. Pour 1/4 inch of oil in a 10-12 inch frying pan(with sides at least 2 inches high) heat over medium heat when oil reaches 350 degrees using gently place 1/3 cup of mixture into hot oil. Using 1/3 cup of mixture for each pancake. Cook 3-4 at a time, do not crowd pancakes. Turn and cook on reverse side when edges are brown and crispy.
4. Transfer finished pancake to paper towel to drain briefly, keep pancakes warm in a 200 degree oven until all are ready to serve. To freeze Pancakes to serve at a later date, place fried pancakes between layers of aluminum foil, freeze and reheat in 350 degree oven on a baking sheet.

**Ginger sour cream Topping**

In a small bowl mix together 1 cup sour cream,2 Tablespoons apple cider and 2 teaspoons freshly grated ginger root.

**Fruit Cobbler (Good warm or cold For Thanksgiving or at a Hanukkah)**

Ingredients:

2-2 1/2 cups fruit  
2 cups flour  
1 1/2 cup sugar  
4 tsp baking powder  
1 1/2 sticks of butter  
1 1/2 -1 3/4 cups milk  
1/4 teaspoon cinnamon

Barely melt butter, place in bottom of a 13"x9" baking pan/or a square pan.

Whisk together flour, sugar, baking powder, and cinnamon. Add milk, stir, pour over butter. Spread fruit over the top.

Bake for 55 minutes at 350 degrees

Note: If you are using non-gluten flour add 1 1/2 zanthan gum

## Prayers or lighting Hanukkah candles

Each night light the shamash and one additional candle after saying the prescribed blessings. Start with a candle in the holder farthest to the left, and add one candle each night moving toward the left until, on the last night, all the candles are lit.

The candles should be lit 30 minutes before nightfall; Candles should be lit from left to right each night; Fill the unlit oil or place the unlit candles in the hanukkiah as you face it from right to left.

1. Light the shamash and, while holding this candle, say the blessings ).
2. Finally, after the blessings, light the candle or oil, from left to right, and replace the shamash in its designated spot.
3. The Blessings

*Baruch Atah Adonai Eloheinu Melech HaOlam, asher kidshanu b'mitzvotav v'tzivanu l'hadlik ner shel Hanukkah.*

Blessed are You, O Lord Our God, Ruler of the Universe, Who has sanctified us with Your commandments and commanded us to kindle the lights of Hanukkah.

*Baruch Atah Adonai Eloheinu Melech HaOlam, she'asah nisim l'avoteinu, b'yamim haheim bazman hazeh.*

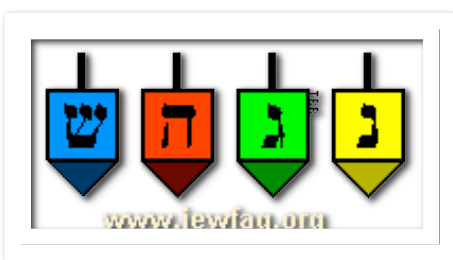
Blessed are You, O Lord our God, Ruler of the Universe, Who made miracles for our forefathers in those days at this time.

Then say, on the first night only say the *Shehecheyanu* blessing:

*Baruch Atah Adonai Eloheinu Melech HaOlam, shehecheyanu, v'kiyamanu vehegianu lazman hazeh.*

Blessed are You, O Lord Our God, Ruler of the Universe, Who has kept us alive, sustained us, and brought us to this season.

During the half-hour that the candles are burning, try to refrain from work (including housework) and focus, instead, on telling the stories and singing the songs surrounding Hanukkah.



### The Dreidel Game (Reading tight to left)

Yellow-Nun  
Green-Gimmel  
Red-Hai  
Blue-Shin

A dreidel is marked with four [Hebrew letters](#): Nun, Gimel, Hei and Shin. These letters stand for the Hebrew phrase "Nes Gadol Hayah Sham", a great miracle happened there, referring to the miracle of the oil.

The letters also stand for the [Yiddish](#) words nit (nothing), gantz (all), halb (half) and shtell (put), which are the rules of the game! There are some variations in the way people play the game, but the way I learned it, everyone puts in one coin. A person spins the dreidel. If it lands on Nun, nothing happens; on Gimel (or, as we called it as kids, "gimme!"), you get the whole pot; on Hei, you get half of the pot; and on Shin, you put one in. When the pot is empty, everybody puts one in. Keep playing until one person has everything. Then redivide it, because nobody likes a poor winner.





**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 < <a href="mailto:ebyam@sbcglobal.net">ebyam@sbcglobal.net</a> >
David Koppel - Treasurer	485-8910 < <a href="mailto:davekoppel@yahoo.com">davekoppel@yahoo.com</a> >
Carol Rosenberg - Secretary	463-8526 < <a href="mailto:carolrosenberg@pacific.net">carolrosenberg@pacific.net</a> >
Nancy Merling	456-0639 < <a href="mailto:nancymerling81@gmail.com">nancymerling81@gmail.com</a> >
Barbara Stanger	234-3261 < <a href="mailto:aurnaenterprises@gmail.com">aurnaenterprises@gmail.com</a> >
Sara Esserman-Melville	463-2247 < <a href="mailto:samelville@pacific.net">samelville@pacific.net</a> >
Victoria Patterson	467-1932 < <a href="mailto:patterson.victoria2@gmail.com">patterson.victoria2@gmail.com</a> >

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