

MARCH-APRIL 2019

ADAR I & II -NISAN -5779



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

Friday, March 1, 6:30 pm, Shabbat Service chanted by **Rayna Grace Mathews**; potluck supper to follow.

Friday, March 8, Shabbat Service, 6:30 pm, with visiting **Rabbi Chaya Gusfield**; potluck supper to follow.
Saturday morning March 9, Torah study with **Rabbi Chaya Gusfield**.

Sunday, March 17, 10:00 a.m. KHE prepares lunch for the hungry at Ukiah United Methodist Church kitchen, volunteers needed. Call Cassie Gibson at 468-5351 or Dan Hibshman at 462-7471 for more info.

Thursday, March 21, 7:00 pm, a reading of the Book of Esther at the home of Carol Rosenberg, 501 Jones St., Ukiah, 463-8526. There will be Hamantaschen!

Friday, March 22, Round-the-Table Shabbat supper and Purim party, potluck supper with Hamantaschen for desert.----->

Friday, April 12, Home Shabbat Service and potluck supper at Elizabeth Raybee's new home 809 Maple Ave., **Joel Cohen** will provide music, call Elizabeth for directions 743-1437

Kol HaEmek Purim Celebration

Friday Evening, March 22, at 5:30 pm

Around-the-table potluck Shabbat supper with blessings, followed by Hamantaschen

Community play, music and dancing.

**Children more than welcome--
plan to bring the whole family!**



Sunday, April 21, at Shambhala

KHE Community Seder on the third night of Passover,

With Rabbi SaraLeya

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

Holidays and Torah Readings

From the Book of Exodus

March 2 - Vayakhel-Shekalim

March 9 - Pekudei

March 16 - Vayikha-Zachor

March 20 - Fast of Esther

March 21 - Purim

March 22 - Shushan Purim

March 23 - Tzar

March 30 - Shemin-Parah

April 6 - Taxria

April 13 - Mezora

April 19 - Erev Passover

April 20-27 - Passover

April 27 - Yiskor

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 3

Mildred Rosen - March 4

Ann Barr - March 4

Carrie Hamburg - March 4

Isaac Mandel - March 6

Milton Coren - March 7, Nisan 25

Walter Browne Parker - March 13

Bill Roberts - March 14

Leah Frankle - March 16, Nisan 7

Glenn Star - March 22

Samuel Johoshua Cole - March 23, Adar II, 15

Bessie Dale - March 29, Nisan 12

Samuel Orton - March 30

Paul Rothchild - March 30, Adar 29

Michael HaKohen Selah - April

Regina L. Klayman - April

Dorothy Waterman - April

Nanette Tver - April 1

Allen Micah Rosenberg - April 1

Sidney Epstein - April

Edward Sessler - April 7

Sanford Samuel 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 Pelter - April 22

Eleanor B. Miller - April 22

Evelyn Reed - April 22

Gabrielle Welford - April 24

Beatrice Hecht - April 27, Nissan 22

Martha Waldman Kowarsky - Adar 11

Ben Langton - Adar 16

Saul Faber - Adar 17

Rose Cohen - March 3 Adar 26

Arthur Hecht - Adar 7

Adeline Rosen - Nisan 14

Pearl Renee Horowitz - Nisan 18

Charles Sorkowitz - Nisan 28

Community Seder, Friday, April 21, Third night of Pesach, 4:30 pm

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 may seem 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 5

Some information on our visiting prayer leader Mia Zimman and teacher for February 22 and 23.

Mia Zimman is a Jewish educator, spiritual director, and facilitator of lifecycle rituals. She regularly leads Shabbat and holiday services, retreats in Jewish spirituality, kids and family programs, and interfaith dialogue & events. She is a lead educator for Camp Tawonga's B'nai Mitzvah program in San Francisco and works independently as a guide for children in their coming of age journey for their B'nai Mitzvahs. "Mia studied with Rabbi Shefa Gold for many years and is a graduate of the Kol Zimra chant leadership training."

She currently lives in Petaluma, CA, with her husband, Alejandro.

Our visiting Rabbi for Friday, March 8 at 6:30 and March 9 at 10:00a.m. is Rabbi Chaya Gusfield



From Rabbi Chaya Gusfield

The last Torah portion of Shmot (Exodus) is Pekudei. It celebrates the completion of the building of the mishkan, the sanctuary of our ancient people. I so look forward to meeting you all to celebrate Shabbat in the place where you make sanctuary with each other, with Shabbat, and with the Sacred. We will explore what sanctuary feels like for Kol HaEmek. On Shabbat morning I will share with you the learnings I have harvested from teaching a special Torah class where each person studied and shared with the group what they learned from their birth parshah and how guides them today. Their birth parshah is the parshah that was being read around the world on the day of their Hebrew birthday. We will approach Pekudei as if it was our own birth parashah. What does it have to teach and guide you and why? I will bring several sources to unpack a few themes that reached out to me. Won't you join me?

In case you were wondering, I was ordained in the Jewish Renewal Movement in 2006 after serving as a member of the lay spiritual leader team for Kehilla Community Synagogue in Piedmont for many years, then served Beth Chaim Congregation for 7 years as associate rabbi, was the interim rabbi for Temple Beth Ora in Edmonton, BC, and am now serving as a Palliative Care Chaplain for Kaiser Oakland/Richmond. I am still strongly connected to Kehillah. In addition to providing pastoral care and teaching classes, I have co-lead a special reflective second day Rosh Hashanah service for over 7 years with my dear friend Eve Decker, a Buddhist dharma teacher and musician. I have a strong hashpa'ah practice (individual and group spiritual direction) and enjoy pastoral care. When I was 19 years old I spent some formative time in Mendocino County (Albion and Caspar and the Covelo) and look forward to meeting you all.

**Donation to Kol HaEmek
November-December 2018
Thank You !**

Judith M Corwin
Judith Fuente and David Nelson - Homeless Food
Program
Jay Joseph and Jennifer Joseph
David Koppel and Linda Koppel
Nancy Bertsch and Ted Bertsch
Elizabeth Raybee
Janae Stephens and Gary Stephens
Nancy Merling
Marisa Sizemore and Alex Schultz
Ariana Elster - Homeless Food Program
Barbara Waugh and Ernie Waugh
Charlotte Rapport and David Rapport
Mary McMillan
Leon Springer and Nancy Marotta Springer
Margo Frank and Marc Levine
Jean Morawski In memory of Marlana River
Andy Coren and Yvonne Coren
Jaye Alison Moscariello and Bill Taylor
David Feig Pollin- Memorial for Marlana River

**Kol HaEmek Board needs a new
member!**

*No experience necessary--you will
be warmly welcomed, with
gratitude*

This is your opportunity to become a
KHE Board member and have your
opinions on Shul management and Jewish
life in Mendocino County heard and
implemented!

For more information call Sherrie Ebyam
1-530-414-1104

**All our wishes for complete
healing to:**

Laurie Spence
Lee Wacht
Andy Coren
Kathy Katz

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.

From Janae Stephens, coordinator of the Community Seder:

Hello Chaverim,

I volunteered to coordinate the food for our community Seder (Sunday, April 21) 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.
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:

- * Matzoh
- * 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 many people 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

Passover - Lynn Ungar

Then you shall take some of the blood and put it on the door posts and lintels of the houses... and when I see the blood, I shall pass over you and no plague shall fall upon you to destroy you, when I smite the land of Egypt. Exodus 12:7&13.

They thought they were safe
that spring night, when they daubed
the doorways with Sacrificial blood.
To be sure, the angel of death passed them over, but for
what?

Forty years in the desert without a home, without a bed,
following new laws to an unknown land.

Easier to have died in Egypt
or stayed there a slave, pretending
there was safety in the old familiar

But the promise, from those first
naked days outside the garden,
is that there is no safety,
only the terrible blessing
of the journey. You were born
through a doorway marked in blood.
We are, all of us, passed over,
Brushed in the night by terrible wings.

Ask that fierce presence,
whose imagination you hold.
God did not promise that we shall live,
But that we might, at last, glimpse the stars,
Brilliant in the desert sky.

A Purim Poem-Deborah Rosenberg

March 4, 2016

My Purim costume was turquoise,
gold and flowing.
They said "Ooh, Good queen Esther."
But I was Vashti!
The king's first wife who refused to dance
for drunken lords and the King's decree.
Reviled, disgraced and divorced away.
The first villain of the tale.

Sure, with yielding, sweetness, sacrifice,
Esther saved us all.
But Vashti,
in defiance, fierceness and with real spite,
She saved herself.

That has to count as well for us.
What choice would you make?
What choice must I make now?
Do we defer,
or break convention and trust to do what's
right, alone
or dance to music only we can hear
when it feels right to move?

Follow-Through on Ideas Discussed at Annual Meeting

Do we have 10 people interested in learning how to make delicious foods for Passover?
If you are interested in a workshop on Pesach foods, please either e-mail or call Nancy Merling at
<nancymerling@att.net> or 456-0639

We are planing an event for Sunday, April 7, at 1:30. All interested participants will be sent a recipe
and shopping list and asked to buy the ingredients for one dish. On the Sunday afternoon we will
share the preparation, cooking or baking and of course we will eat our work!

In Addition:

We are considering an additional workshop on making Tzitzis for a favorite shawl. If this is something
that interests you, call or e-mail Carol Rosenberg at 463-8526 or carolrosenberg@pacific.net If we
have enough interest we will plan a workshop.



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 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 >
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 < aurnaenterprises@gmail.com >
Moses Sunbeam	228-9980 < mosessunbeam@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