

MARCH-APRIL 2020

ADAR-NISSAN-IYAR 5780

Shema שמע



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 13, 6:30 Rabbinical Student **Paige Lincenberg** will conduct Shabbat service, veggie potluck to follow

Saturday, March 14, 10:00 a.m Torah Study with Paige Lincenberg

Friday, March 27, 6:30 p.m. Shabbat service with Rabbi Chaya, veggie potluck to follow

Saturday March 28, 10:00 a.m. Torah study with Rabbi Chaya

Sunday, March 29, Feed the Hungry at Plowshares, gather at 3:00 pm, serve at 4:00. Call Cassie Gibson at 468-5351 or Dan Hibshman, 462-7471, to volunteer.

Friday, April 10, Community Seder, gather at Shambhala at 5:00 pm, Seder at 6. To reserve your place and get your food assignment, text Janae Stephens at 707-456-7035 or email her at janae@organicattire.com

Friday, April 24, 6:30 p.m. Shabbat Service at the shul with a visiting rabbi, veggie potluck to follow

Friday, May 1, Shabbat service with visiting Rabbi.

Kol HaEmek Purim Celebration

Sunday, March 8, at 2:00 pm

Hamantaschen

Community play, music and dancing.

Children more than welcome--

plan to bring the whole family!



Torah Readings

From Sh'mot or Exodus

March 7 - Telzaveh

March 14 - Ki Tisa

March 21 - Vayakhel-Pekudei

From Va-Yikra or Leviticus

March 28 - Vayikra

April 4 - Tzav

April 8 - Erev Pesach

March 9-16 Pesach

March 18 - Shmini

April 25 - Tazria Metzora

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

Regina L. Klayman - April

Dorothy Waterman - April

Nanette Tver - April 1

Allen Micah Rosenberg - April 1

Sidney Epstein - April 1

Rose Cohen - April 6, Adar 26

Edward Sessler - April 7

Sanford Samel Elberg - April 8

Joan Bistrin - April 10

Saul Ginsburg - April 13

Leah Frankle - April 16 Nisan 7

Allen Dale - April 17

Irving Batz - April 18

Rose Cecelia Ray - April 21

Arthur B. Miller - April 21

Nathan Pelner - April 22

Eleanor B. Miller - April 22

Evelyn Reed - April 22

Gabrielle Welford - April 24

Beatrice Hecht - April 27, Nissan 22

Meyer Strauss - April 27, Iyyar 7

Paul Rothchild - April 30, Adar 29

Jim Rowland - April

Martha Waldman Kowarsky - Adar 11

Ben Langton - Adar 16

Saul Faber - Adar 17

Adeline Rosen - Nisan 14

Pearl Renee Horowitz - Nisan 18

Milton Coren - April 7 Nisan 25

Charles Sorkowitz - Nisan 28

**Donations to KolHa Emek
December 2019 - January 2020
Thank You!**

Lynne Coen and Charles Hott
Lillian Cohen and Thomas Evans
Judith M. Corwin
Rachel Elkins and Dana Thibeau
Judith Fuente and David Nelson
Jay Joseph and Jennifer Joseph
David Koppel and Linda Koppel
Nancy Bertsch
Carol Park and Steve Park
Elizabeth Raybee
Janae Kraus Stephens and Gary Stephens
Milton and Mildred Rosen Foundation
Marrisa Sizemore and Alex Schultz
Charlotte Rapport and David Rapport
Leon Springer and Nancy Marotta Springer
Margo Frank and Marc Levine
Darline Bergere and Josh Bergere
Robin Sunbeam
Andy Coren and Yvonne Coren
Sherrie Ebyam
David Vilner
Janet Rosen and Stuart Kremsky
Julie Kanel
Marisol Spiegel and Naum Spiegel

A Loving Welcome to
Luna Sophie Zimman
daughter of Mia and Alejandro Zimman
born February 11, 2020

**If you would like to help
make and serve a meal at Plowshares
on March 29,
please call Cassie Gibson at 468-5351
or Dan Hibshman, 462-7471**

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

**Pat Tysoe
Lee Wachs**

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

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

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

Blessing the trees in Kol HaEmek's garden, with
songs led by Louisa Aronow and information on
plants from Kate Marianchild, just before our
wonderful Tu B'Shevat Seder with Rayna Grace.





KHE Community Seder at Shambhala Ranch
Friday, April 10, 5:00 pm
For reservations and food assignment,
text Janae Stephens 707-456-7035
or email her janae@organicattire.com

A note about Pesach

from Rabbi Chaya Gusfield

I am excited to be returning to Kol HaEmek on Friday and Saturday, March 27 and 28. I wanted to let you know that during Torah study on the 28th we will be learning something related to Passover and the Haggadah. I hope to see you there!

For those coming to the Seder in April, I invite you to bring two things if you want:

1. We will have an extra Seder plate on which each of us to place can object that represents a yearning or celebration we are having about the topic of freedom. For example, one year I brought a piece of driftwood I found at the beach in some mud. It represented being both above the muck as well as buried in it. For me it was an acknowledgement of some hard times and the yearning to reach for the sky. Others have brought objects that represented their activism as it was very present for them. Maybe you recently have been freed some something. When we introduce ourselves we will briefly share what we brought and why.

2. If you have poems or songs or readings that are not in the Haggadah that you want to bring to possibly share at the right time during the Seder, please let me know in advance. For example, maybe you have a poem or song or story about spring/parsley, or about matzah, etc. You can reach me at cgusfield@gmail.com. See you soon!

Take Care,
Rabbi Chaya Gusfield

(pronouns: she, her, hers)

Community Seder information

Our community Seder will once again be at beautiful Shambhala Ranch in Comptche. We are blessed by the generosity of Stuart and Tara Marcus, who have opened their retreat center to our community for our Seders. Thank you, Stuart and Tara!

Our Seder this year will be led by Rabbi Chaya Gusfield. It will take place on Friday, April 10th. We will gather at 5:15 and start at 6:00 pm. If you can come earlier to help set up, please do.

This year our Seder is on Shabbat and Rabbi Chaya will lead a chanting service the next morning, Saturday, April 11, at Shambhala starting at 10 a.m. Feel free to bring instruments if you like.

Please RSVP soon so we can plan. Janae Stephens is organizing the food. Please email (best) her at janae@organicattire.com with Pesach in the subject line, or text her at 707-456-7035. Please let her know:

- The number of people in your party who are coming
- If you plan to stay overnight at Shambhala (you will need to bring your own bedding)
- If you can help with set up
- What food and drink items you will bring, including a breakfast item if you are staying overnight

We are asking everyone to bring a food dish (see guidelines below) and kosher for Passover wine or grape juice.

Foods we will need for the seder:

- Seder Plate items: including plenty of charoset and enough peeled eggs for everyone who eats eggs. Rabbi Chaya suggests also cooked small potatoes for dipping in addition to parsley (a Russian tradition that will help stave off hunger)
- Matzah ball soups (both chicken and vegetarian)
- Gluten-free matzah balls
- Vegan main dish
- Raw veggie salads
- Cooked veggie dishes
- Root vegetable dish
- Desserts

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

If there are more than one or two of you in your party, please consider bringing more than one dish so we have enough food for **everyone**.

*As several people are gluten intolerant and/or avoiding grains – **gluten free dishes are encouraged.***

In addition to a food dish, please also bring some kosher for Passover wine or grape juice.

If you are staying overnight, please let Janae know what you can bring for breakfast. Janae will let Tara know, so do not call Tara about accommodations. If you have any special requests, you can let Janae know.

If you use packaged items in prep for your food donation, please make sure they are kosher for Passover.

What to AVOID when cooking for Passover: wheat (except for kosher for Passover matzoh and matzoh meal), rye, oats, barley, spelt, grain vinegar, and grain alcohol. Corn, soy and quinoa are fine for Passover. Also apple cider vinegar and lemon are fine for salad dressings.

We look forward to having you join us for our wonderful community Seder!

Recipes for Passover

Vegetarian soup

Potato, quartered
6 cups of water
2 onions, quartered
2 peeled carrots, whole

1/2 head of celery
2 parsnips, whole and peeled
bunch of parsley
2 cloves of garlic whole

Simmer until vegetables are soft.

Remove carrots, slice into coins, strain soup into a strainer over another pot, mash down the vegetables to get all possible flavor into the broth. Add vegetarian bouillon cubes if necessary to taste, add sliced carrots and matzah balls. Meanwhile prepare spicy matzoh balls (or a prepared mix of matzoh balls. They are really quite good.)

Spicy matzah balls

1 cup matzah meal
2 Tb oil
1 tsp salt
4 eggs

1/4 tsp grated nutmeg
1/4 tsp ginger
2 Tb chopped parsley
2 shakes paprika
Tb of grated onion

Mix dry ingredients together. Add 4 eggs, one by one, cover and refrigerate for at least 2 hours. Bring 6-8 cups of water with added Tb. salt (not Soup) to a rolling boil. Wet your hands, use your hands to roll mixture into balls the size of a walnut and drop them into salted boiling water, one at a time. Simmer for a half hour, remove balls with a slotted spoon and place immediately into heated soup.

Simmer 1/2 hour

Basic Haroset

Grate 3 apples, chop 1 cup nuts (almond or walnuts or a mixture of both), add a generous tablespoon(s) of honey, 1/4 teaspoon of cinnamon. Mix all together. Slowly add sweet kosher wine to moisten until it looks like . . . Haroset!

Spinach Souffle 4-6 portions

10 ounces fresh spinach or 1 pkg, frozen spinach (defrosted)
1/2 lb cream cheese
1 lb cottage cheese
1/2 cup matzah meal
3 well beaten eggs
salt and pepper to taste

Heat oven to 350 degrees F, grease 1 quart souffle dish or casserole

Cook the spinach, drain. Add cream cheese to melt in hot spinach, add other ingredients stir pour into pan and bake for 40 minutes.

Flour measurement substitutes for Passover

1 cup regular flour = 1/4 cup matzah meal
= 3/4 cup potato starch
1/2 cup regular flour = 2 Tb. matzah cake meal
= 6 tablespoons potato starch



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 < nancymerling@att.net >
Barbara Stanger	234-3261 < arnaenterprises@gmail.com >
Sara Esserman-Melville	463-2247 < sarmelville@pacific.net >
Darline Bergere	462-7534 < thejeplady@pacific.net >

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