



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 March 5, 7:00 Shabbat Service with visiting Prayer leader Riv Shapiro on Zoom. ----->

Saturday March 6, 10:00 Torah Study with visiting Prayer leader Riv Shapiro

Sunday March 21, Feeding the Hungry, to volunteer call Dan Hibshman 462-7471 or dhibshman@sbcglobal.net (This meal is to be prepared at Plowshares kitchen.)

Friday, March 26, 7 pm Shabbat Service with Rabbi Meredith leading us in Passover themed Service on Zoom.

Saturday March 27, 10 am Torah Study with Rabbi Meredith on Zoom.

We will not be having a community Seder this year. May you and your loved ones be spared our current plague.

March 27 - Erev Pesach
March 28 - April 4 Pesach

How ever you may have to modify your Passover celebrations, May it be for you be a reminder of the possibility of Liberation, Renewal, Rethinking and Rebirth. May it be a Happy Pesach to all of us. Next year may we all be together.

Riv Shapiro will be visiting Prayer leader Friday, March 5

Riv Ranney Shapiro (pronouns they/them/theirs) is a multi-modal artist, educator and ordained Kohenet based in Oakland, CA. Riv's Judaism is one filled with song and deeply connected to the earth and its cycles. As a ritual leader, cantorial soloist and educator, they're passionate about making Jewish wisdom accessible and inclusive. Riv teaches Jewish Studies at Congregation Netivot Shalom, offers independent holistic B'nai Mitzvah training and serves as a Lead Mentor with Wilderness Torah's middle school outdoor rite of passage program.

For information on actual and virtual seders check the “J” website on or after March 19, 2021.

<https://www.jweekly.com/contact-j/>
 Rebecca Dorf Landau of the “J” staff is collecting list of free and low cost Seders for Northern Californians. She may be reached at: [<tomherz@sbcglobal.net](mailto:tomherz@sbcglobal.net)
 Check out this website! And read the J on line.



Torah Readings and Holidays

March 6, Ki Tisa-Exodus

March 13, Vayakhel Pekudei-

March 20, Vayikra

March 27, Tzav - **Erev Pesach**

March 28 - April 4 Pesach

April 3, Exodus 33:12-34:26, Numbers 28:19-25

April 10, Shmini

April 17, Tazia-Metzora

April 24, Achrei Mot - Kedoshim

April 30 **Lag Ba Omer**

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**

Thank you Helen Sizemore!

Thanks to your efforts, eight bags of groceries were delivered to the Food Bank on the first food collection day.

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
Rose Cohen	March 6, Adar 26
Walter Browne Parker	March 13
Bill Roberts	March 14
Glenn Star	March 22
Samuel Johoshua Cole	March 22, Adar 2 15
Samuel Orton	March 30
Bessie Dale	March 29, Nissan 22
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 1
Patricia Mary Tysoe	April 3
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 Perner	April 22
Eleanor B. Miller	April 22
Evelyn Reed	April 22
Gabrielle Welford	April 24
Ben Langton	Adar 16
Saul Faber	Adar 17
Adeline Rosen	Nisan 14
Pearl Renee Horowitz	Nisan 18
Milton Fleiss	Iyar 8
Jessica Anne Doctors	Iyar 16

Donations to Kol HaEmek for December-January 2020

Thank you

Lucy Bayer
Judith Corwin
Judith Fuente and David Nelson - Homeless food program
Jay Joseph and Jennifer Joseph
Nancy Bertsch
Carol Park and Steve Park
Vicki Patterson
Elizabeth Raybee
Janae Kraus Stephens
Richard Yusem and Rachel Arama Yusem
Margo Frank and Marc Levine - for the Homeless Food program
Darline Bergere and Josh Bergere
Robin Sunbeam
Andy Coren and Yvonne Coren
David Vilner
Joel Cohen

Feeding the Homeless!

Thank you Dan Hibshman, Carol Rosenberg, Deborah Stanger Edelman, Cassie Gibson, Victoria Patterson from Kol HaEmek and Susan Knopf and Jacquie Lolich for helping to make 67 bowls of “Tony’s Veggie Supreme Pasta!” For the homeless at Plowshares today. Also, thank you to Val and Don from Plowshares for all the help and knowing where to take leftovers to people near Walmart etc. it felt so good to be working in community doing good for the community. If you would like to join us we will be making another meal on Sunday March 21 at Plowshares. To volunteer call Dan Hibshman at 462-7471 or e-mail Dan <dhibshman@sbcglobal.net>

For those interested to know what this pasta is imagine chopped summer squash, carrots, celery, onion, garlic with pepper, salt and olive oil baked in the oven, while a pot of tomato sauce, cannelloni beans and chopped parsley simmering on the stove and then boiling a bunch of curly pasta on two pots. Then mix it all together and toss Parmesan Cheese on top and/or Nutritional yeast. I used to make this with my 1-3rd grade class in the “before times” as a Friday fundraiser AND a practical life lesson. Super popular and very nutritious. Vast majority of what I used was organic from Ukiah Natural Foods and Costco. Bowls were got at discount from Ukiah Paper Supply. Average cost was \$2.67 a bowl with the cost of forks and compostable boxes in there. Of course thank you Sara and Pele too!

Submitted by Anthony Esserman Melville

Maggid BY MARGE PIERCY

The courage to let go of the door, the handle.
The courage to shed the familiar walls whose very
stains and leaks are comfortable as the little moles
of the upper arm; stains that recall a feast,
a child's naughtiness, a loud blattering storm
that slapped the roof hard, pouring through.

The courage to abandon the graves dug into the hill,
the small bones of children and the brittle bones
of the old whose marrow hunger had stolen;
the courage to desert the tree planted and only
begun to bear; the riverside where promises were
shaped; the street where their empty pots were broken.

The courage to leave the place whose language you learned
as early as your own, whose customs however dan-
gerous or demeaning, bind you like a halter
you have learned to pull inside, to move your load;
the land fertile with the blood spilled on it;
the roads mapped and annotated for survival.

The courage to walk out of the pain that is known
into the pain that cannot be imagined,
mapless, walking into the wilderness, going
barefoot with a canteen into the desert;
stuffed in the stinking hold of a rotting ship
sailing off the map into dragons' mouths,

Cathay, India, Siberia, goldenh medina
leaving bodies by the way like abandoned treasure.
So they walked out of Egypt. So they bribed their way
out of Russia under loads of straw; so they steamed
out of the bloody smoking charnelhouse of Europe
on overloaded freighters forbidden all ports—

out of pain into death or freedom or a different
painful dignity, into squalor and politics.
We Jews are all born of wanderers, with shoes
under our pillows and a memory of blood that is ours
raining down. We honor only those Jews who changed
tonight, those who chose the desert over bondage,

who walked into the strange and became strangers
and gave birth to children who could look down
on them standing on their shoulders for having
been slaves. We honor those who let go of every-
thing but freedom, who ran, who revolted, who fought,
who became other by saving themselves.

Recipes for Passover

Nancy Merling's Haroseth

1 1/2 lb peeled chopped apples
4 Tb honey
1 c. walnuts (best if lightly toasted)
Pinch of salt
Sweet kosher wine

Chop all dry ingredients in a food processor/or by hand
place in a bowl. Add wine until the mixture holds together.
Add a pinch of cinnamon if desired. Taste, add more honey if desired.

Asenath Rosenberg's Apple Kugel

4 eggs separated
2/3 cup sugar
Juice and rind of 1/2 lemon
3 large apples grated (2 cups)
1/2 cup matzoh meal

1. Beat egg whites until stiff
 2. Mix all other ingredients together
 3. Fold in egg whites
- Pour into a greased 8: square pan bake in a 375 degree oven approximately 30 minutes

Broccoli Spinach Kugel

4 matzoh crumbled and soaked in 2 cups of water
1 onion diced and browned in 1Tb of oil
2 additional Tb of oil
1 1/4 cups of frozen spinach defrosted and well drained.
4 eggs
2 cups frozen broccoli pieces
1/2 t. garlic powder 1t.onion powder +1/2 t pepper

Matzoh should be mushy, not liquid, to this add the browned onion, oil, spinach, other seasoning and eggs. Mix well until combined.

Line a 7x11 pan lined with parchment paper

Arrange broccoli on bottom of the pan. Add spinach and matzoh mixture. Cover loosely with foil.

Bake for 1 hour at 350 degrees.

Counting of the Omer Between Pesach and Shavuot -from Judism101.org

You shall count for yourselves -- from the day after the Shabbat, from the day when you bring the Omer of the waving -- seven Shabbats, they shall be complete. Until the day after the seventh sabbath you shall count, fifty days... ([Leviticus 23:15-16](#))

You shall count for yourselves seven weeks, from when the sickle is first put to the standing crop shall you begin counting seven weeks. Then you will observe the Festival of Shavu'ot for the L-RD, your G-d ([Deuteronomy 16:9-10](#))

According to the Torah ([Lev. 23:15](#)), we are obligated to count the days from [Passover](#) to [Shavu'ot](#). This period is known as the Counting of the Omer. An omer is a unit of measure. On the second day of Passover, in the days of the [Temple](#), an omer of barley was cut down and brought to the Temple as an [offering](#). This grain offering was referred to as the Omer.

Every night, from the second night of Passover to the night before Shavu'ot, we recite a [blessing](#) and state the count of the omer in both weeks and days. So on the 16th day, you would say "Today is sixteen days, which is two weeks and two days of the Omer." The [Orthodox Union](#) has a chart that provides the transliterated Hebrew and English text of the counting day-by-day. Or if you'd prefer an amusing (yet still accurate!) Simpsons-themed discussion of the Omer along with an Omer calendar, check out [The Homer Calendar](#).

The counting is intended to remind us of the link between Passover, which commemorates the Exodus, and Shavu'ot, which commemorates the giving of the Torah. It reminds us that the redemption from slavery was not complete until we received the Torah.

This period is a time of partial mourning, during which weddings, parties, and dinners with dancing are not conducted, in memory of a plague during the lifetime of [Rabbi Akiba](#). Haircuts during this time are also forbidden. The 33rd day of the Omer (the eighteenth of [Iyar](#)) is a minor holiday commemorating a break in the plague. The holiday is known as Lag b'Omer. The mourning practices of the omer period are lifted on that date. The word "Lag" is not really a word; it is the number 33 in Hebrew, as if you were to call the Fourth of July "Iv July" (IV being 4 in Roman numerals). See [Hebrew Alphabet](#) for more information about using letters as numbers.

There was at one time a dispute as to when the counting should begin. The [Pharisees](#) believed that G-d gave Moses an [oral Torah](#) along with the [written Torah](#), and according to that oral Torah the word "Shabbat" in [Lev. 23:15](#) referred to the first day of Passover, which is a "Shabbat" in the sense that no work is permitted on the day (Rosh Hashanah and Yom Kippur are both referred to as "Shabbat" in this sense, though they cannot both occur on a Saturday in the same year; see [Lev. 23:24](#) and 23:32; see also [Lev. 23:39](#) the first and eighth days of Sukkot are called "Shabbat"). In this view, held by most Jews today, the counting begins on the second night of Passover, that is, the day after the non-working day of Passover. The Tzedukim (Sadducees) rejected the idea of an oral Torah and believed that the word "Shabbat" in [Lev. 23:15](#) referred to the Shabbat of the week when Pesach began, so counting would always begin on a Saturday night during Passover. The Sadducees no longer exist; today, only a small sect call the [Karaites](#) follow this view.

One year later!

Just below are musings from Darline Bergere from her thoughts one month into Covid restrictions. Now a year later her advice is even more important. Each morning I take a walk in my neighborhood. This February morning the buds and blossoms are even more precious than I have ever seen them before.

I delight in seeing the same people each morning and as I wish them a good morning It's really my prayer of gratitude for being alive.

Carol Rosenberg

Musings by Darline Bergere Former Board Member of KHE

Most of us are of an age to remember, Louis Armstrong, singing, "What a wonderful world." Now more than ever, we need to think about the things that we were too busy to notice. We can look at what's happening around us as scary and unmanageable, or we can look at it as a mixed blessing.

Taking the time to call someone we haven't talked to in a long time, because we now had the time. To hello.

Walking the dog and meeting neighbors that you just rushed past before. Did you see the flowers in bloom – even though they're blooming at an unusual time. Did you see the young deer scampering down Spring Street? Did you see that redbud tree in bloom that you don't remember seeing before.

You can bake brownies and surprise someone On your walk, you can put them in a bag and leave them on their porch with a note. There are so many little things that we can do to make other people's life a little more pleasant. Reaching out to others makes our own life nicer. We forget a little of our own angst.

We can't change everything that happening but we can do things to take our mind to another place. We're all in this together and we have the power to help each other in small but meaningful ways.

Don't constantly watch the news, it will only take your mind to unhappy places. Pick one program that you like, the commentator you like, and just watch that program. After that, go to a non-news program.

These are the times that show us who we are. Be brave, stand tall, and do everything you can to make other people know you're glad they're here. If you meet someone that can't say hello or smile – then still say hello and give them your biggest smile.

www.jewfaq.org/holidaya.htm

Learn about the **Jewish** holiday of **Passover**, known to Jews as **Pesach**. Includes an outline of the seder (the family holiday ritual meal) and a recipe for haroseth. The order of the service is listed as well as favorite Seder songs.



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
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Kol HaEmek Information & Resources

Board Members

Sherrie Ebyam - President	530-414-1104 < ebyam@sbcglobal.net >
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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