



# Shema שמע

The Newsletter of Kol HaEmek (Voice of the Valley)

Physical address 8591 West Road -Mailing address P.O.Box 416, Redwood Valley, 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

**Sunday, March 5, 10:30 a.m.**  
baby naming, with Rabbi Josh----->

**Sunday, March 12, 2:00 p.m. Family Purim Party**, games, music, potluck and *Hamentashen*

**Friday March 31, 6:30 pm, Kabbalah Shabbat** with Rabbi Josh and a potluck supper.

**Saturday, April 1, 10:00 a.m, Kabbalah and Jewish Spirituality**, 3rd Class, with Rabbi Josh

**Tuesday, April 11, 5:30 pm, Second Night Communal Pesach Seder** with Rabbi Josh, *location and details to be determined. Check your E-mail*

**Friday April 28, 6:30 pm, Kabbalah Shabbat** with Rabbi Josh and a potluck supper to follow

**Saturday, April 29, 10:00 a.m., Kabbalah and Jewish Spirituality**, last class, with Rabbi Josh

To the KHE Community:

Please join Matthew and Rianne Kravitz as we welcome our son, Edison, into the Jewish community. We will be performing a baby naming ceremony, led by Rabbi Josh, where we will introduce Edison as one of the covenant with his new Hebrew name.

Following the ceremony, we will be celebrating the boy's 2nd birthday with a party including snacks, games, crafts, and bubbles!

Date: Sunday, March 5, 2017

Time: 10:30 a.m.

Place: Kol HaEmek

KHE Community Purim Celebration

**Sunday, March 12**

2:00 pm

**Purim Party**

Purimspiel, Games for Children,  
Music

Let's all bring Hamentashen  
and good things to eat.

Come One, Come All!

## **We Remember**

Dottie Marans -March 1  
Carrie Hamburg -March 4  
Betty Wolf - March 4  
Mildred Rosen - March 4  
Ann Barr - 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  
Nanette Tver-April 1  
Allen Micah Rosenberg - April 1  
Sidney Epstein - April 1  
Milton Coren - April 4 Nisan 25  
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 -April 21  
Arthur B.Miller - April 21  
Nathan Pelner - April 22  
Eleanor B.Miller - April 22  
Evelyn Reed - April 22  
Gabrielle Welford - April 24  
Meyer Strauss - April 27-Nissan 14  
Martha Waldman Kowalski - Adar 11  
Ben Langton - Adar 16  
Saul Faber - Adar 17  
Adeline Rosen - Nisan 14  
Pearl Renee Horowitz - Nisan 18  
Charles Sorkowitz - Nisan 28  
Leah Frankle - Nisan 7  
Beatrice Hecht - Nissan 22  
Rose Cohen - Adar 26  
Paul Rothschild - Adar 29  
Milton Fleiss - Iyar 8

## ***Portion of the Week and Holidays***

March 4 - Terumah  
March 11 - Tetzaveh Zachor  
March 12 - Purim  
March 13 - Shushan Purim  
March 18 - Kitisa Parah  
March 25 - Vayakel Pecked

April 1 - Vayikra  
April 8 - Tzav  
April 10 - Erev Pesach 1st Seder  
April 11 - Pesach 2nd Seder  
April 15 - Numbers -28  
April 22 - Shemini  
April 29 - Tazia-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**

KHE Community Purim Celebration  
Sunday, March 12

2:00 pm  
Purim Party

Purimspiel, Games for Children,  
Music!!!

Let's all bring Hamentashen  
and good things to eat.

Come One, Come All!



# Purim!

Purim is a Jewish holiday observed this year on March 12. It commemorates the deliverance of the Jewish people in the ancient Persian Empire from destruction in the wake of a plot by Haman. According to the Book of Esther, in the Hebrew Bible, Haman, royal vizier to King Ahasuerus (presumed to be Xerxes I of Persia), planned to kill all the Jews in the empire, but his plans were foiled by Mordecai and his adopted daughter Queen Esther. The day of deliverance became a day of feasting and rejoicing.

Purim is celebrated annually according to the Hebrew calendar on the 14th day of the Hebrew month of Adar, the day following the victory of the Jews over their enemies. Today, only Jerusalem celebrates Purim on the 15th. It is celebrated by giving mutual gifts of food and drink, giving charity to the poor, a celebratory meal, and public recitation of the Scroll of Esther, additions to the prayers and the grace after meals. Other customs include drinking wine, wearing of masks and costumes, and public celebration.

Purim has more of a national than a religious character, and its status as a holiday is on a lesser level than those days ordained holy by the Torah. Accordingly, business transactions and even manual labor are allowed on Purim. The four main mitzvot (obligations) of the day during Purim celebration are: Listening to the public reading, usually in synagogue, of the Book of Esther, sending food gifts to friends, giving charity to the poor, and eating a festive meal.

## Recipe for Hamentaschen from The Chabad Website

- 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!)
- 2 tsp. baking powder
- 1 tsp. cinnamon
- 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. Add the baking powder and cinnamon with the last half cup of flour. 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 dollop of filling in the middle of each circle. Fold up the sides to make a triangle, folding the last corner under the starting point, so that each side has a corner that folds over and a corner that folds under (see picture). Folding in this "pinwheel" style will reduce the likelihood that the last side will fall open while cooking, spilling out the filling. It also tends to make a better triangle shape.

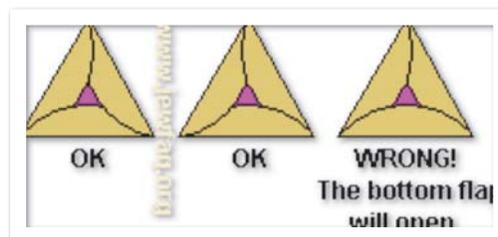
Bake at 350 degrees for 15-20 minutes, until golden brown but before the filling boils over! Traditional fillings are poppy seed and prune, but apricot is my favorite. Apple butter, pineapple preserves, and cherry pie filling all work quite well. I usually use grocery store brand fruit preserves, and of course the traditional Simon Fischer brand prune lekvar. I have also made some with Nutella (chocolate-hazelnut spread); I find it a bit dry that way, but some people like it.

The number of cookies this recipe makes depends on the size of your cutting tool and the thickness you roll. I use a 4-1/4 inch cutting tool and roll to a medium thickness, and I get 20-24 cookies out of this recipe.

### Wheat-Free, Gluten-Free Variation

If you are on a wheat-free diet for wheat allergies or a gluten-free diet for celiac-sprue, substitute 2 cups of buckwheat flour and 1/2 cup of milled flax seed for the white and wheat flour. Reduce the baking powder to 1 tsp. The resulting hamentaschen will have an unusual pumpernickel color, but they taste great!

Make sure the buckwheat flour you use is wheat-free/gluten-free! Sometimes buckwheat flour is mixed with white or wheat flour. Hodgson Mill buckwheat and flax are gluten-free.



FYI

Many of you have taken the opportunity to meet and hear our Rabbi Josh Jacobs-Velde. As a congregation we are pleased to have this thoughtful, spiritual man serve as our Rabbi.

Rabbi Josh is available to perform Rabbinical services for families in our community. Performing "Life Cycle" ceremonies" is not included in our contract with Rabbi Josh.

Please call or e-mail him for information on his fee schedule for Rabbinical services for your family's weddings, B'nei Mitzvahs, naming ceremonies, or funerals.

Your payments may be made through the the Rabbi's Fund of Kol HaEmek, and use of our Shul is available to Kol HaEmek members.

Rabbi Josh Jacobs -Velde

Phone: 508-494-1631 <rabbi.josh18@gmail.com>

**Jo-ann Rosen**

3751 Low Gap Rd.

Ukiah, CA 95482

(707) 468-1673 (home)

Dear Friends,

Would you help me bring hope and healing to trauma survivors to Israel and Palestine? I have spent the last two years bringing the Community Resilience Model (CRM) to my home in Ukiah, California, and now I want to find out if it can help bring healing to the Middle East.

CRM teaches people to understand how trauma affects their nervous systems and trains them to use simple body based tools to recover and support their resilience. Resilient people can self-regulate so make good decisions, are creative problem solvers, and can be models for others in their community. Anyone can learn these tools, no professionals needed, and the method is adaptable to all ages, religions and cultures.

Community Resilience means well being accessible on a community wide scale. CRM trainings have been used in trauma hot spots where war, social upheaval and natural disasters have struck: Haiti, Nepal, South Africa, Kenya, the Philippines, Guatemala, Rwanda, Turkey and France with Syrian refugees, etc. Those who learn the skills are then taught how to teach others in their communities, so the base of resiliency broadens.

I will be spending this spring in the Holy Land making contacts and partnering with non-profits and peace promoting organizations, giving presentations and trainings. I am doing this on my own. It is a leap of faith that others will want to help make it happen. Funds will help pay for travel expenses, learning materials, interpreters, local transportation.

I expect this to be a two-way exchange. The number of groups in Israel and Palestine who have been working relentlessly in the face of huge challenge for peace and social equity is amazing. We here in the US have a lot to learn from them as well. So in addition to offering what I can, I hope to bring back some inspiration for us all, to use the resiliency tools we are developing for ourselves to do the hard work right here.

"...hope is not an emotion. Hope is a cognitive, behavioral process that we learn when we experience adversity, when we have relationships that are trustworthy, when people have faith in our ability to get out of a jam." Brene Brown

**October-January Donations to Kol HaEmek Thank you!**

Louisa Aronow and Sandy Turner - Memorial Leaf

Dorothy Asbury and Robert Asbury

Janet Mendell and Barry Vogel

Lillian Cohn and Thomas Evans

Judith M. Corwin

Isa Davila

Harvey Frankle and Jackie Pelter Frankle - Memorial Leaves

Steve Frenkel and Nan Bearden Frenkel

Judith Fuente and David Nelson - Feed the Hungry

Cassie Gibson and Chris Gibson

David Koppel and Linda Koppel

David Koppel and Linda Koppel - Memorial Leaf

Robert Mandel

Adina Merenlender and Kerry Heise

Nancy Horowitz Moilanen and David and Elisa

Carol Park and Steve Park

Elizabeth Raybee

Janae Kraus Stephens and Gary Stephens

Nancy Merling

Richard Yusem and Rachel Arama Yusem

The Milton and Mildred Rosen Foundation

Marisa Sizemore and Alex Schultz

Ariana Elster

Betty Lacy

Sam Goldberg and Pat Tyson - Memorial Leaf

Marilyn Katzel and James Katzel

Margo Frank and Marc Levine

Darline Bergere and Josh Bergere

Jean Morawski and Mike Morawski

Robin Sunbeam

Shoshanah Deborah

Andy Coren and Yvonne Coren

Sherrie Ebyam and Carol Orton

David Vilner

Shari Epstein and Tom Jacobson

Sara Esserman Melville and Anthony Esserman Melville

Mark Levin and Kathy Crosby

Sigrid White and Leila Achtoun

Barbara Stanger and Leo Stanger

David Feig Pollin

## Know Your Community

The following is an interview with Kol HaEmek member, Hattie Sher.  
If you would like to be featured here, please contact  
Susan Sher @ [ssher@pacific.net](mailto:ssher@pacific.net)



I was born in 1997 in Hanoi, Vietnam.  
I have lived in Mendocino County since September 1998.  
My favorite places in Mendocino County are the coast and Montgomery Woods  
(honorable mention: Shoefly & Sox).  
I give back to my community by recently working at the City of Ukiah ice rink  
in 35 degree weather; volunteering for and teaching dance and singing at SPACE when I was in high school.  
I am thankful that I have been in a healthy and happy relationship for the past year.  
I am most proud of my strong work ethic.  
My hero is Adele (because she is brilliant and humble).  
Friends would describe me as quirky, funny, sarcastic and cynical but caring.  
If I could do something over I would stand up for myself and let my voice be heard in more situations.  
I get the greatest joy from going on adventures and visiting new cities, countries, and landmarks.  
An historical figure I admire is Bernie Sanders.  
I worry about what will happen after I graduate college, i.e., what kind of job will I get, and what shape the world  
will be in.  
My favorite writers are Shel Silverstein and Roald Dahl.  
My favorite movie and TV shows are Eternal Sunshine of the Spotless Mind; Parks & Recreation; and The Office.  
My favorite musical artists are Adele, Amy Winehouse, Beyonce and Bon Iver, just to name a few (in alphabetical order)  
because I like a wide range of musical artists.  
A talent I'd like to have is to speak many languages.  
My favorite foods are grilled cheese sandwiches and ravioli.  
The most memorable trip I ever took was meeting my birth mother in Vietnam when I was 10.  
If I have learned one thing, it is that since I graduated high school, I see how important it is to put in the time and effort to stay  
connected with people I care about.  
These are on my bucket list: skydiving, competing on the TV travel/adventure show, The Amazing Race.  
I have been most inspired in my life by art in all its various forms: music, theater, paintings, literature, etc.  
One thing I wish I could change about the world is to eliminate the hatred that some people feel towards other people who are  
not like them; we need to work together to survive this crazy mess of a world.  
In 10 years, I see myself contributing to creating positive social change in the world; having a job I love; and raising a bunch of  
dogs.  
I wish more Jews would learn more about their heritage and educate themselves about the Israel-Palestine conflict through  
non-biased sources.  
Something people would be surprised to know about me is: I failed the personality test for employment at Disneyland.



**Kol Ha Emek 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
- 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**

### **Kol HaEmek**

**(707) 468-4536**

### **Board Members**

Sherrie Ebyam -President	530-414-1104 < <a href="mailto:ebyam@sbcglobal.net">ebyam@sbcglobal.net</a> >
Bob Mandel -Vice President	696-2712 < <a href="mailto:bobLXVII@hotmail.com">bobLXVII@hotmail.com</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:nancymerling@att.net">nancymerling@att.net</a> >
Sigrid White	272-1859 < <a href="mailto:sigridwhite@gmail.com">sigridwhite@gmail.com</a> >
Barbara Stanger	234-3261 < <a href="mailto:aurnaenterprises@gmail.com">aurnaenterprises@gmail.com</a> >

Brit Mila: Doctors willing to do circumcisions in their office or your home; Robert Gitlin D.O. (465-7406),

Sam Goldberg (463-8000; Jeremy Mann (463-8000)

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: Rabbi Josh Jacobs-Velde <[rabbi.josh18@gmail.com](mailto:rabbi.josh18@gmail.com)>Phone 508-499-1631