



גַּן הַלֵּב * Gan HaLev

Garden of the Heart

NEWSLETTER

JULY–AUGUST 2005
www.ganhalev.org

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SIVAN–TAMUZ–AV 5765
shalom@ganhalev.org

LEARNING MORE

Challah

WHILE MOST OF US CANNOT ENVISION A SHABBAT DINNER WITHOUT CHALLAH, each Jewish community around the world has its own special bread for Shabbat. The Ashkenzic Jews from Eastern Europe were the first people to bake the challah we know today. (Rye, pumpernickel, bagels and other breads also came from the Ashkenazi, but for this short article, we will stick with the challah story.) Braiding the challah probably began in Germany during the early Middle Ages. Challah means a round loaf or cake in biblical Hebrew.

In honor of the double portion of manna that God provided for the wandering Israelites, on Shabbat it is customary to place two loaves of challah on the table.

In traditional Judaism, when baking challah, a small piece of dough is removed—about the size of an olive—and burned before shaping the loaves. This piece is thrown into the hot oven and a blessing is recited in memory of the offerings in the days of the Temple. This ritual is known as “taking challah,” and along with lighting the Shabbat candles and immersion in the mikveh, it is one of the three mitzvot associated with Shabbat. (Unlike the candle lighting and the mikveh, however, which only women perform, either a man or a woman can perform the taking challah.)

Anyone concerned about eating eggs can replace the eggs in any challah recipe with flaxseeds and water, blended in a blender. Here’s a recipe for two loaves of eggless challah from *The Jewish Vegetarian Year Cookbook* by Robert Kalechofsky and Rosa Rasiel.

CHALLAH

| | |
|-----------------------------------|---------------------------|
| 2 cups warm water (105°–115°F) | 2 packages dry yeast |
| ½ cup sugar, divided | 6–9 cups unbleached flour |
| 3 tablespoons flaxseeds | ¾ cups water |
| 2 tablespoons honey or rice syrup | |
| 2 teaspoons salt | 3 ounces vegetable oil |
| ½ turmeric | |

Raisins (optional, but include for Rosh Hashanah challah)



In a small bowl, dissolve yeast in 2 cups warm water. Use a thermometer if possible. Otherwise, add 1 cup boiling water to 1 cup cold water. Add ¼ cup sugar, and allow the yeast to work for about 10 minutes while you prepare the dry ingredients.

Place the flaxseeds and water in a blender and blend for about 2 minutes or until the mixture is the consistency of unbeaten egg white. Or grind the seeds in a coffee grinder; place ground seeds and water in the bowl of a food processor and beat to desired consistency.

Place 6 cups of flour, salt, turmeric, remaining sugar and raisins (if using) in a large bowl. Add flaxseed mixture, oil, honey or rice syrup, and yeast. Mix until dough forms, adding more flour if needed. Turn the dough out onto a floured surface, flour your hands, and knead the dough for about 10 minutes. Add flour as necessary until the dough no longer sticks to the board or your hands.

Oil a deep bowl. Put the dough in it, turning to grease it on all sides. Cover the bowl with a damp cloth or with plastic wrap and allow it to rise for about 1½ hours, or until doubled in bulk.

Punch down and allow to rise a second time. Punch down again and knead briefly. Use a heavy, sharp knife to cut the dough in half. Cover one half while you shape the first loaf.

Braid three strands of dough. (Excellent, illustrated directions for braiding can be found at http://www.akhlah.com/holidays/shabbat/recipes/shabbat_challah_braiding_1.php) Place both shaped loaves on an oiled baking sheet. Cover and allow to rise again. Preheat oven to 350°F.

The usual criterion for doneness is that the loaf sounds hollow when rapped on the bottom with your knuckles, or you may insert a thermometer in the crease on the bottom of the bread. It should register 200°. Cool loaves on a cooling rack. Freezes well.

For more information, see *The Jewish Vegetarian Year Cookbook* by Roberta Kalechofsky and Rosa Rasiel. ☪

by Patti Breitman

Executive Committee

For the last 2 years the Board of Directors has operated without formal officers. As an alternative and to better aid our decision making process, we have developed an executive Committee in place of the usual ranking officers. The Board of Directors is currently made up of 8 members, however more are welcome (our by-laws allow up to 18 members.) Each Board Member rotates periodically onto the Executive Committee, which is made up of three Board Members. Each serves on the committee for nine months, after which time they rotate off to become a general Board Member again. The rotations are staggered; so that each new Executive Committee member joins the two who have been on the committee for three to six months. Currently, the Executive Committee is made up of Steve Shaiken, who joined as of June 1, 2005; Diane Whitten-Vile, who has been on the committee since August of 2004; and Michael Pelz-Sherman who joined November, 2004. The next rotation will be in September when Diane will rotate off.

The responsibilities of the Executive Committee include making decisions that a President would typically make, especially between regularly scheduled meetings. The committee helps to direct the administrative staff and respond to community issues that need to be resolved between meetings. ☺



גן הלב Gan HaLev

The Jewish Congregation of the San Geronimo Valley

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Julie Vogt, *Administrative Aide*

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| Suzanne Sadowsky | 488.4861 |
| Steve Shaiken, <i>Executive Committee</i> | 459-4762 |
| Diane Whitten-Vile, <i>Executive Committee</i> | 479.3040 |

NEWSLETTER

Julie Vogt, *Editor*
Laurie Chorna & Davo Knepler, *Proofreaders*
Bonnie Fisk-Hayden, *Design and Layout*

High Holiday Planning

Rosh Hashana 5766 begins on Monday night October 3. This year we are very pleased to announce that our High Holiday Services will be conducted by Rabbi Shula Stevens. Reb Shula has been working with Gan HaLev during this past year as the teacher of our B'nai Mitzvah class in our Penina Maier Sunday School. During the summer months, a group of us will be meeting with R'Shula so that she can get a sense of what our services have been like— "our" melodies, the participatory nature of our services, the instrumental and choral music, the readings and drashs offered by our members. We hope that Armin Rosencranz, our lay leader, will also be with us and join in the services. Armin has led our High Holidays since the first time that we gathered for the Yom Tovim in 1992. He has done an outstanding job of leading our congregation and our High Holiday services for all these many years. If you are interested in being a part of the High Holiday ritual committee and participating in our meetings with R'Shula during the summer, please call me, Suzanne Sadowsky at (415) 488-4861. ☺

Yahrtzeits in memory of. . .

| | | | |
|------------------|-----------------|----------|---------|
| Morris Lazaroff | July 9, 1997 | 4 Tamuz | 7-11-05 |
| Yetta Lazaroff | July 10, 1997 | 5 Tamuz | 7-12-05 |
| David Sobel | July 12, 2000 | 9 Tamuz | 7-16-05 |
| Marshall Chorna | July 16, 1996 | 29 Tamuz | 8-5-05 |
| Morton L. Elkins | July 21, 1997 | 16 Tamuz | 7-23-05 |
| Hyman Chorna | July 24, 2003 | 24 Tamuz | 7-31-05 |
| Virginia Levine | August 12, 2000 | 11 Av | 8-16-05 |
| Herbert Buros | August 16, 1969 | 2 Elul | 9-6-05 |

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Recruiting for a Teacher

WE ARE SEEKING A PART-TIME TEACHER for our Fall 2005–06 session. Qualified candidates will have a strong knowledge of Jewish ritual, practice, liturgy, and observance, as well as familiar with prayer-book Hebrew. Should have the ability to teach children from diverse Jewish backgrounds, age-ranges, and with varying prior Jewish educational experiences. Ideal candidates will have an understanding and appreciation for Jewish spirituality.

Interested candidates should send resumes by Aug 1 to Gan HaLev, PO Box 280, Woodacre, CA 94973; or e-mail to shalom@ganhalev.org; or Fax to (415) 488-8827. ☺

Bat Mitzvah Mazel Tov

Samantha Sharpe will be called to the Torah as a Bat Mitzvah on August 6 at the Belvedere Community Center. Mazel Tov to Samantha and her family! ☺

Let us hear from you!

Send your input for this Newsletter by the 15th to:
P.O. Box 280 Woodacre CA 94973
e-mail: shalom@ganhalev.org.

A subscription to the Newsletter is included in the membership fee. Subscriptions for non-members are available with a minimum donation of \$36 per year.

GAN HALEV T-SHIRTS

Hot off the press! Beautiful floral design in all sizes: both kids and adults. They are white, with water color flowers on the front, and Gan HaLev in Hebrew on back—with short sleeves, 100% cotton. The adult shirts sell for \$15 and kids \$12. A great way to donate to the synagogue while displaying pride in Gan HaLev.

Call 488-4524 to place your orders now.

Mazel Tovs

CONGRATULATIONS TO ONE OF OUR CONGREGANTS AND ONE OF OUR TEACHERS.

ARMIN ROSENCRANZ received this year's Associated Students of Stanford University (ASSU) teaching award. This is an award completely organized and decided upon by students, so it is a particular honor to receive it. Armin is a professor of Human Biology. Congratulations, Armin!

SUSAN TACHERRA, who has been teaching the pre-K and K class for our Sunday School for many years is being honored by being chosen as a Mentor Teacher through the Early Childhood Education Department of College of Marin. This is a new program to Marin, although it is in place in some other counties in California. The program places student teachers at the College of Marin in the classrooms of the Mentor Teachers—one will be placed in Susan's classroom in Stinson Beach next year. In addition to being an extraordinary teacher for preschoolers and Kindergarteners in our Sunday School, Susan is the Director of the West Marin Montessori Preschool. Congratulations, Susan! ☺

Cheder Chailights

Open House September 11

Another successful school year has come to an end, and we are proud of our B'nai Mitzvah students as well as the younger students. We are already planning for the new school year. Look for registration packets in the mail in the next month. To help us get off to a great start, please return your applications as soon as possible, so we can begin making class assignments. Call if you need a pre-enrollment form now. We hope everyone is enjoying the summer and we look forward to seeing all of you on the first day of class: Sunday September 11, 10 A.M.–12:30 P.M. at the SGV Community Center. For more information, please call 488-4524. ☺

KlezCalifornia Music Festival

September 17 and 18 at Berkeley Richmond Jewish Community Center. Visit www.KlezCalifornia.org for more information. *Note: There will be no Sunday School on September 18 so that we may attend this event.*



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FRESH ORGANIC HERBAL FORMULAS

Thank You to Our Generous Congregants

Bobbie Wunsch for facilitating and hosting the Board of Director's retreat in May

SHABBATS

Bob Cahn for hosting Shabbat Gatherings

Davo Knepler for leading Shabbat Gatherings

Diane and Sheldon Whitten-Vile for leading the Music Shabbats.

LAG B'OMER

Susan Tacherra and family for hosting Lag B'Omer

SCHOOL VOLUNTEERS

To all the parent volunteers helping in class during the last school year

NEWSLETTER

Susan, Phillip and Joshua Witt for newsletter labeling

DONATIONS RECEIVED FROM

Rader family

Egger-Weiler family

Dave Cort

Nancy Masters and Paul Cohen

Jennifer Lipson and Stuart Sharpe

Suzanne Sadowsky in honor of Davo's 50th birthday

Volunteer Exploration

Our June Shabbat discussion focused on our lives as Volunteers. Following are some of the thoughts shared and expressed:

"When we volunteer we expand our experience, learn new skills, and meet people."

"We do service beyond being paid."

"As a volunteer we feel we choose to perhaps make a contribution."

"We feel good to be part of a community. We make it possible for something to happen. Our reward is that we feel good."

We also considered the lessons we learned from our worst volunteer experiences. We had a stimulating, fun and focused evening where we all felt we'd gotten to know each other better.

—Dahlia Kamesar

As a service to our Jewish community and the greater community of the San Geronimo Valley, through the Faiths Partnership Program/Marin Community Foundation, we help to provide Volunteers for other local non-profits.

Yes, I support Gan HaLev!

I wish to become a member of the Congregation (Annual dues are 1% of adjusted gross income)

I wish to make a donation in the amount of:

\$1000 \$500 \$360 \$180

\$100 \$50 \$36 other \$ _____

\$ _____ per month for one year

I plan to make an online donation through CharityBox.com

I am interested in automatic bank deductions.

I'd like to contribute time and/or my business resources.

I'd like this gift to remain anonymous.

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Education Committee

by *Micahel Pelz-Sherman*

PARENT AND STUDENT GATHERING

Sunday, August 21, from 1 P.M.–3 P.M.
Information-food-fun

Bring friends who may be interested in attending the Penina Maier Children's School

At the home of Michael Pelz-Sherman
21 Valleystone Drive, San Rafael (Marinwood)
Please RSVP mpelzsherman@yahoo.com or 415-444-0822.

Here's a brief update on the activities of the Gan HaLev Education Committee. The committee (currently consisting of myself as chair, Suzanne Sadowsky, Laurie Chorna, Suz Lipman, and our newest member, Karen Bayle) meets about once a month to discuss issues and make plans concerning the Penina Maier Children's School and its relationship to Gan HaLev. The committee was involved in the planning of our lovely and moving commencement ceremony on June 12, which marked the first graduating Bar/Bat Mitzvah class in the school's history.

Currently the committee is primarily focusing on the following activities:

1. Finding a teacher for the school to replace Julie Egger, who is leaving the school after many years of service to the Gan HaLev community. Julie's extraordinary musical talents and teaching expertise will be greatly missed at the school, though we expect to see (and hear!) her at upcoming events. Please see the position announcement in this newsletter and contact the committee if you know of anyone who might be qualified and interested.
2. Coordinating outreach efforts to help increase the membership of the school and the congregation. We are doing this by posting flyers, advertising, and press releases in various publications. If anyone would like to help us improve and expand our outreach efforts, please contact the committee.
3. Discussing a possible new staff position for the school to oversee curriculum development. ☺



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Shabbat Discussion

There will be a Shabbat discussion and potluck dinner August 26, 6:30 P.M. at the home of Suz and Michael Lipman. Children are welcome. Suggested topics are encouraged. Please call Bob Cahn at 456-9475 for more information. ☺



Sunday school children participate in a hayride during our Lag B'Omer celebration in May.

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CALENDAR OF EVENTS

AUGUST 7, 10:15 AM-12:15 Board of Directors meeting at the home of Diane and Sheldon Whitten-Vile, 180 Waterside Circle, San Rafael. All are welcome.

SUNDAY, AUGUST 21, FROM 1-3 P.M. Sunday School information event for new and prospective families, at Michael Pelz-Sherman's home. For directions or more information, send email to mpelzsherman@yahoo.com, or call 415-444-0822.

AUGUST 26, 6:30 PM. Shabbat discussion and potluck dinner at the home of Suz and Michael Lipman, 310 Rydal Ave., Mill Valley. Children are welcome. Suggested topics are welcome. Please call Bob Cahn for more information at 415-456-9475.

SUNDAY SEPTEMBER 11, 10AM-12:30 P.M. Penina Maier Children's School Open House at the San Geronimo Valley Community Center.

Watch this space for an exciting announcement regarding an adult B'nai Mitzvah Program.

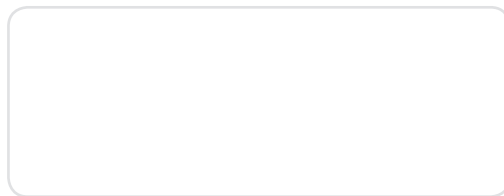
HIGH HOLIDAY SERVICES

October 3, 7:00 pm Erev Rosh Hashana (SGVCC)
 October 4, 9:30 am Rosh Hashana Morning (SGVCC)
 October 5, 11:00 am Rosh Hashana second day Morning & Tashlich at Samuel P. Taylor Park
 October 12, 6:30 pm Erev Yom Kippur (SGVCC)
 October 13, (SGVCC):
 * 9:30 am Yom Kippur Day
 * 12:30 pm Yizkor/Memorial Service
 * 5:30 pm Yom Kippur concluding service & Break Fast
 All services will be led by Rabbi Shula Stevens.

Candlelighting Time and Parsha

| JULY | PARSHA | TIME |
|---------------|----------------------------------|--------|
| 1 | Numbers 16:1-18:32 | 8:18pm |
| 8 | Chukat Numbers 19:1-22:1 | 8:17pm |
| 15 | Balak Numbers 22:2-25:9 | 8:13pm |
| 22 | Pinchas Numbers 25:10-30:1 | 8:09pm |
| 29 | Matot Numbers 30:2-32:42 | 8:03om |
| AUGUST | | |
| 5 | Masei Numbers 33:1-36:13 | 7:56pm |
| 12 | Devarim Deuteronomy 1:1-3:22 | 7:48pm |
| 14 | Tisha B'Av | |
| 19 | Vaetchanan Deuteronomy 3:23-7:11 | 7:39pm |
| 26 | Deuteronomy 7:12-11:25 | 7:29pm |

Time Value — Please expedite



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