

## D'VAR HA'RAV: A WORD FROM RABBI MARK

The Book of Life is open before us all. It's *the* image of the approaching High Holidays and what a heavy book it is this year! Our pages are a bit more tattered and torn than usual from the mere density and intensity of living in unprecedented times. Hopefully we've been able to "dog ear" a few or more memorable and meaningful moments in the ups and downs of the past year. Facing perhaps the most unique chapter of our lives, we begin to carefully turn the pages into the New Year to find out what will happen next.

What image works so well for those who value learning and education more than a book! Besides being the "people of the book," we find this idea beginning in the Talmud. "Three books are opened in heaven on Rosh Hashanah, one for the completely wicked, one for the completely righteous and one for those in between." (Talmud Rosh Hashanah 16b) The traditional idea is that most of us are in this last category and that we alone possess the power to tip the scales of divine judgment in either direction. Because our lives are hanging in the balance, we pray that G-d remembers us for life. "*B'rosh Hashanah yikatevun, u'vyom tzom Kippur yeichateimun.*" We pray not only "to be written" into the Book of Life, but "to be sealed" into it. We take the blessing of life seriously! Despite our myriad of Shabbat restrictions, *pikuach nefesh*—saving or preserving life—supersedes every single one of them. It compels us now during a pandemic, no matter the disappointment, longing, and isolation to even stay home on our holiest days of the year. Oy! We prioritize life no matter what. Whatever is going on in our world, we affirm this with joy, "*L'chayim!* To life!"

"An empty page, an open book. Nothing is written and nothing is sealed. Flesh and blood, frail creatures, our lives are fleeting and subject to chance. Yet this we possess: the strength to persist, to prevail, to comfort one another in the dark. Prayer, right action, a turning toward the good – These give us hope and help us to bear the pain of life." (Yom Kippur liturgy, *Mishkan Hanefesh*, the prayer book we'll be using this year)

In many ways the plot of the Book of Life is out of our control. Our lives are an open book, which is written and reviewed, literally or figuratively, by the Divine. But, we also have a hand in writing our own chapters. The medieval Jewish philosopher, Bahya ibn Pakuda, wrote, "Your days are scrolls, write on them what *you* want to be remembered." We can have some influence on the storyline. We can choose our own adventure by the ways in which we lead, act and speak in our daily lives. Character development, the refining of our own character, is essential to life's story.

[continued on pg 4...]



## INSIDE THIS ISSUE

**TALK OF THE SEASON:**  
Savor the Flavors of the High Holidays (pg 4)

**COMMITTEE SPOTLIGHT:**  
Caring and Chesed (pg 6)

## GATHER TOGETHER

The UVJC is currently using Zoom for virtual gatherings (audio/video). If you'd like help learning how to Zoom, please contact Chris at 603-646-0460. There are no silly questions and patient and kind technical assistance is available to help you via the telephone.

Please check our website for calendar updates and events:  
[www.uvjc.org](http://www.uvjc.org)

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# COMMUNITY MESSAGE FROM THE PRESIDENT

## Making 5781 Different

Where to begin in this year like no other year. With Rosh Hashanah approaching, will 5781 be different?

The year of 5780 has been a year none of us anticipated. Each of us has experienced changes we never could have imagined a year ago. Most of us are living a “new” normal and are anxiously waiting for the “old” normal to return.

What can we do in the meantime? How can we make 5781 a good year? Here are my suggestions.

- Recognize all the blessings and richness in our lives.
- Reach out to those we care about. Often and frequently.
- Reach out to people we don’t know very well and use this time of social distance to make new friendships.
- Recognize and meet our personal needs, including asking for help.
- Take part in local and national elections. VOTE!
- Take stock of where we are and where we want to be. Prepare for the High Holidays with purpose—both in our hearts and minds.
- Participate in and support our vibrant Kol HaEmek community.

Let’s make this unusual time a time of growth—both individual growth and community growth. The UVJC continues to expand the depth and breadth of our programs and with your ideas and input we stand ready to offer even more. Our community needs your participation! We also need your help in growing our membership—please invite your friends and colleagues to join us!

I welcome you to please be in touch with ideas, suggestions, questions, and the names of your friends who might be interested in joining the UVJC.

My family and I wish you all the best for a happy and healthy 5781 –  
*Shana tova umetukah,*

*Debbie*



## YOUR TURN!

Have an idea for this newsletter? A new section, community poll question, or special contribution? Do you have a resource about a Jewish topic or something that has been helpful during quarantine that you can share? What would help you get the most out of these newsletters? We want to hear from you! Submit ideas to office@uvjc.org.

# HEBREW SCHOOL AND YOUTH HAPPENINGS

Greetings from outside of the Roth Center!

In the face of much uncertainty, my goal is to make sure the children of Kol Ha'Emek stay connected with their Jewish peers, maintain the Hebrew they've learned, nurture their Jewish identities, and continue developing the skills to meet challenges in a way that is consistent with Jewish values. While doing all of this, it's important to keep our community healthy and vibrant. Therefore, Hebrew school will start remotely for most students and in-person (outdoors under a special chuppah) for the youngest students. In addition to school, I invite the community to join us, wearing masks and staying 6 feet apart from those who are not in your household, for monthly outdoors socially-distant activities:

- **September:** Apple picking and gleaning for donation to The Haven
- **October:** Sukkot adventure
- **November:** Jewish scavenger hunt outdoors at the Roth Center
- **December:** Hannukah candle lighting at the Roth Center
- **January:** Tu Beshvat snow shoeing adventure on the golf course
- **February I:** Rosh Chodesh and Lunar New Year moon-watching party
- **February II:** Purim costume parade
- **March:** Afikoman treasure hunt outdoors at the Roth Center
- **April:** Lag B'Omer campfire with s'mores at Occom Pond
- **May:** Shavuot cheesecake picnic and teacher appreciation

I am trying to make this year's learning experience as normal and positive as possible. This requires extra planning from teachers and staff, extra attention and help from parents, and more patience and flexibility from students. I need everyone's commitment to help the children stay six feet apart during in-person activities, get connected on electronics and stay focused for virtual classes, and do the assigned homework. Likewise, I am committed to keeping everyone in the loop, answering questions, supporting parents as they help children with their homework, and being as flexible as I can in order to accommodate everyone's needs. Please understand that this letter is my best guess at what will be possible and that it is subject to change.

To register for Hebrew School, visit our website ([www.uvjc.org](http://www.uvjc.org)).

*L'shana tova v'briah* (a happy and **HEALTHY** New Year),

*Melissa*



Join us for apple picking in September!



Join us for a Sukkot Adventure in October!  
(Pictured: Geffen in our new pop-up sukkah)



Join us for a scavenger hunt in November!

## UPPER VALLEY JEWISH COMMUNITY CEMETERY

The UVJC owns and maintains our own cemetery for your comfort and service in times of need. We encourage our members to think about their future needs in advance. For more information, please call the office at 603-646-0460.

## WE JOYOUSLY WELCOME OUR NEWEST MEMBERS!

GRACIE CALLAGHAN

NATALIA CALLAGHAN

TAMAR SCHREIBMAN & JUSTIN ANDERSON



**DID YOU KNOW?** You can enroll your child(ren) in PJ Library to receive free books each month, free music, and more! Learn how by visiting: <https://pjlibrary.org/>

# TALK OF THE SEASON: SAVOR THE FLAVORS OF THE HIGH HOLIDAYS

## RABBI MARK'S SALAD FOR AN AUSPICIOUS NEW YEAR

Each item in the salad has a special blessing or intention that accompanies it for the year.

### Ingredients:

- 8 cups bite-size pieces of romaine and/or green leaf lettuce (about 1 large or 2 small heads)
- 1 cup chopped carrots, cut in 1/4-inch pieces
- 1/2 cup chopped leek (white and very light green part only), cut in 1/4-inch pieces
- 1/2 cup diced, cooked, drained beets (canned OK), cut in 1/4-inch pieces
- 1/2 cup chopped, pitted medjool dates, cut in 1/4-inch bits
- 2 cups diced cooked winter squash, cut in 1/4-inch pieces
- 4 oz. lox or smoked salmon
- 1/4 cup pomegranate seeds
- 1 cup of balsamic vinaigrette, approx.

### Instructions:

Toss lettuce, carrots, leeks, beets, dates, and squash in a large bowl. Refrigerate if making in advance. Before serving, shred lox into 1/2-inch bits and add to salad with pomegranate seeds. Just before serving, toss with almost all the dressing, adding more (if needed) to taste.

Note: Make your own salad dressing by blending olive oil, balsamic vinegar, lemon juice, and honey.

Courtesy of *Faith Kramer*



[D'VAR HA'RAV continued from pg 1]

At this time of year we grab the Book of Life from our bookshelves and dust it off. Even before we dig in, we know that its ending, as always, is uncertain. This is nothing new. The plot will thicken and before we know it we'll be in the grips of a book we can't put down. May it be just that good! Let's turn the first page eagerly with hope to start anew. This is in itself the essential blessing of a new year. May our next chapters be written and sealed in good health!

*L'shana tova*, a good New Year,

*Rabbi Mark*

## AND FOR DESSERT... "THE NORMA" APPLE CAKE

### Ingredients:

- 1 cup almond flour
- 1 2/3 cups powdered sugar
- 1/2 cup all-purpose flour
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- Finely grated zest of one lemon
- 6 large egg whites, lightly beaten
- 3/4 cup (1 1/2 sticks) unsalted butter, melted
- 6 plums, chopped
- 2 medium baking apples, peeled and thinly sliced

### Instructions:

In a large bowl, combine the almond flour, powdered sugar, all-purpose flour, cinnamon, salt, and lemon zest. Whisk in the egg whites and slowly stir in the butter. Cover the bowl and refrigerate for 1 to 2 hours.

Preheat the oven to 450° with a rack positioned in the center.

Grease a pretty, round pan with butter or oil. Spoon half the batter into the pan and sprinkle the plums all around. Spoon the other half of the batter and use a spatula to carefully spread the batter over the plums. Arrange the apples on top.

Bake for 10-15 minutes until the cake batter begins to solidify. Lower the temperature to 400 and bake another 10 minutes. Turn off the oven and let cake stand in the oven until firm, about 10 minutes more. Let cool on a rack and dust with powdered sugar.

<http://www.tabletmag.com/recipes-2/213297/the-norma-apple-cake>

**DONATIONS (THRU 8/21/20)  
RECEIVED WITH GRATITUDE:**

**GENERAL FUND**

**Debbe and Carey Callaghan**  
in honor of Roberta Berner and  
Richard Abel

**Sue and Paul Etkind** in honor of  
Bonnie Kimmelman our 2020 Shem  
Tov Award recipient

**Roger Feldman**

**Kathy and Jeff Parsonnet** in honor of  
those members whose efforts  
have contributed to the welfare of  
our community

**Linda Wertheim** in appreciation of  
UVJC pray class with Rabbi Mark

**RABBI DISCRETIONARY FUND**

**Karen and Kenneth Kaliski**

**Cheryl and Hugh Rostad** in memo-  
ry of Albert Firestone, Cheryl's uncle

**Arline and Barry Rotman** in memo-  
ry of Milton Schwartz, Arline's father

**Megan and David Sobel and family**  
in honor of Arthur Sobel's birthday  
(father, grandfather)

**SCHOOL PROGRAMMING FUND**

**Mary and Samuel Zucker** in memo-  
ry of Eva Zucker, Sam's mother

**UPPER VALLEY HAVEN BAGEL /  
DANISH FUNDRAISER**

**Ellen and Michael Bettmann**

**Shari Boraz**

**Ariel Cahn-Flores and Rafael Flores**

**Debbe and Carey Callaghan**

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**Scott Genzer**

**Janet Goldberger**

**Carolyn Gordon and David Webb**

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**Susie Linsey**

**Rabbi Mark Melamut and Hayley  
DeLugach**

**Yoni and Stephen Neirman**

**Bruce Pacht**

**Scott Rebhun and Karen Cheyney**

**Ellen and Daniel Rockmore**

**Marlene and Rusty Sachs**

**Nina Sand-Loud and Keith Loud**

**Alan and Ursina Schnur**

**Lynn and Gary Schwartz**

**Anne Segal**

**Nancy and Mark Severs**

**Robert Shumsky**

**Annie and Jeff Silverstein**

**UVJC BIMAH BASKET FUND**

**Mark and Nancie Severs** in honor of  
Nathan Thomas Oxman, first grand-  
son of Judy & Thomas Oxman, son of  
Elliott & Vy (Luong) Oxman, Mazel Tov

**UVJC CEMETERY FUND**

**Jane Lipson** in memory of Phyllis  
Fay Gotlieb, her mother

**Mary and Samuel Zucker** in memo-  
ry of Susanne Zucker, Sam's sister

**YAHRZEIT CONTRIBUTIONS**

**Sue and James Berg** in memory of  
Phyllis Zucker, Sue's mother

**Aila Conarck** in memory of Harriet  
Levy, her aunt

**Bayle and Richard Drubel** in memo-  
ry of Leon Weiner, Bayle's father

**Janice and Bill Fischel** in memory of  
Beatrice & Isadore Goldberg, Janice's  
parents

**Janice and Bill Fischel** in memory of  
Lois & Jack Fischel, Bill's parents

**Janice and Bill Fischel** in memory of  
John Fischel, Bill's brother

**Dianne and Gary Levine** in mem-  
ory of Abraham Rosenberg, Gary's  
grandfather

**Dianne and Gary Levine** in memory  
of Anna Rosenberg, Gary's grand-  
mother

**Jeffrey Licht** in memory of Barbara  
Licht Burwick, Jeffrey's sister

**Gabi and Eric Merberg** in memory  
of Miriam Merberg, Eric's grand-  
mother

**Gabi and Eric Merberg** in memory  
of Eli Novick, Gabi's grandfather

**Bruce Pacht** in memory of Joseph  
F. Daschbach, Bruce's friend and  
mentor

**Bruce Pacht** in memory of Harold  
Pacht, Bruce's father

**Diane Roston** in memory of Sidney  
Roston, her father

**Marlene and Rusty Sachs** in memo-  
ry of Jeanee Sachs, Rusty's mother

**Marlene and Rusty Sachs** in memo-  
ry of Jim Sachs, Rusty's brother

**Marlene and Rusty Sachs** in mem-  
ory of Walter Simmenauer, Rusty's  
friend

**Lynn and Gary Schwartz** in memory  
of Ellen Farkas, Lynn's mother

**Lynn and Gary Schwartz** in memory  
of Irving Schwartz, Gary's father

**Sharon and Jerome Smith** in mem-  
ory of Eve Smith, Jerome's mother

**Sharon and Jerome Smith** in mem-  
ory of Israel Smith, Jerome's father

**Phyllis Whitney** in memory of Paul  
M. Zavod, Phyllis's father

**THANK YOU KINDLY FOR YOUR GENEROSITY!**

## COMMITTEE CHAIRS

### CARING & CHESED COMMITTEE

Roberta Berner,  
Laura Harris-Hirsch

### COMMUNICATIONS

COMMITTEE  
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Jeff Lubell

### SECURITY COMMITTEE

Rob Greene

### SOCIAL ACTION COMMITTEE

Carolyn Gordon

*Committees are open to all community members; we encourage you to get involved to help shape our community!*

## ROTH CENTER OFFICES

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# COMMITTEE SPOTLIGHT: CARING & CHESED

## Caring and Chesed (Loving Kindness) Committee

*The mission of the Caring and Chesed Committee is to enhance our sense of congregational community by reaching out to individuals with tangible expressions of caring and chesed as Jewish communities around the world have done for generations.*

The UVJC/Kol Ha'Emek's Caring and Chesed Committee aims to help build our sense of community by reaching out to members in a variety of ways. All of our outreach, whether it be small, simple gestures or more complex efforts, is meant to show caring as well as reflect the values of respect and confidentiality. Especially in a time when so many of us are staying close to home, our work helps us connect as a community in meaningful ways.

What are some of the things we do?

- Welcome new members with visits and packages;
- Send cards in times of celebration and in times of recuperation;
- Provide refreshments after funerals;
- Make phone calls and visit members from time to time;
- Assist with occasional chores, including food deliveries, driving, and more.

The Soup Group is now part of the Caring and Chesed Committee, and we have chicken, vegetarian, and vegan soup on hand for delivery! We produce Kosher soup, then store it in the Roth Center kitchen for pick-up. Although the Roth Center has been closed during the pandemic, we can still make arrangements with Chris in the office to pick up the soup of your choice.

If you know of someone who would appreciate some caring and chesed, or if you would like to volunteer to help, please contact Committee Chair Roberta Berner (603-790-8365 or berneral@aol.com) or Co-Chair Laura Harris-Hirsch (603-252-1127 or lauralebanon@gmail.com).

*"On these three things the world exists: on Torah, on worship, and on doing deeds of loving kindness (Chesed) for others." Pirkei Avot (Talmud, Ethics of the Fathers)*



We may be physically apart, but there's a lot going on! Join us for one of our many Zoom services or programs, or suggest a new idea that you'd like to see offered! Make sure you're subscribed to the weekly email list to receive ongoing updates. [Pictured here: June 2020 Psalms Study class led by Rabbi Mark]

**NOTE FROM THE EDITOR:** As a community, many of us have been exploring issues of racial (in)justice. This excerpt from Reeve Green's compelling Bar Mitzvah (June 27, 2020) *drash* offers us hope for the future.

Shabbat Shalom,

Have you ever had a sudden feeling of doubt about something, some reality, that you always took for granted? Like, if you believe in something, and for some reason you think of something and it makes you see the belief in a whole new light, one that may cause you to lose faith?...This is what my portion, *Korach*, is all about. It's about a group who accuse Moses and Aaron of abusing their connection to G-d and raising themselves above the community to make themselves more holy...

At first glance, Korach did wrong by standing up to Moses, Aaron, and G-d, and leading a rebellion against them. But think about this: one of the reasons that we are so proud of the USA's Constitution is the First Amendment, the right to free speech. So, Korach had not acted violently and attacked Moses and Aaron, and even though he might have tried to overthrow him, he hadn't actually done this yet. He just questioned them, and got together a bunch of people to prove that this wasn't a joke. I think that standing up to authority is essential for change, but I also think that Korach's rebellion was something born out of arrogance and a misinterpretation.

As the Jewish people, one of our main tasks is to strive to be holy. And right now during our current times of injustice and failed health, this certainly rings true...If you want to

go above and beyond, and you have some extra food or money to spare because your job doesn't require real social interaction, then donate to a local food bank. Help at a soup kitchen. I would like to ask all of you, depending on if you can, to volunteer, out of the pureness of your hearts, to help in any way you can, because we're all in this together. Speaking of "we're all in this together," many in our country continue to protest police brutality. So many people in this country have died to the police just for being black. It's terrifying, enraging, and to not act is almost as bad as saying you don't care that hundreds, thousands of innocent lives have been taken from this world. You could lead a rally on Pennsylvania Avenue or you could simply repost something on Instagram. Anne Frank once said, "How wonderful is it that nobody needs wait a single moment before starting to improve the world?" I believe this certainly rings true to me. I went to a rally in South Royalton, Vermont, and some of the things I learned there are scary. I lay on the ground, hands behind my back for eight minutes and 49 seconds. Not only was it uncomfortable, but George Floyd was held down like that for almost nine minutes with over 200 pounds of force pressing against his neck.

Nothing, absolutely nothing, could even slightly justify such a crime against humanity, and I hate racism with everything I have...I beg you, do whatever you can to fight. Change starts with all of us...Thanks to everyone who has helped me become who I am and guided me to becoming a Bar Mitzvah. I am elated to be here, and although it might have been nice to see you all sitting in front of me in real life, I will hopefully always remember today as one of the best of my life.

## MAZAL TOV, B'NAI MITZVAH!

**TWYLA WEINSTEIN | SEPTEMBER 5, 2020**  
Daughter of Heather Salon & Adam Weinstein

**HENRY HENKEN | OCTOBER 17, 2020**  
Son of Hilary Ryder & Matthew Henken

**SOLLY FLORES | NOVEMBER 7, 2020**  
Son of Ariel Cahn-Flores & Rafael Flores

תְּהִלָּה  
Heartfelt thanks to the many essential workers who continue to put themselves at risk to care for us. We are most grateful and appreciative of your service and caring for our community.





Roth Center for Jewish Life  
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Hanover, NH 03755

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NH Info: [www.voteinnh.org](http://www.voteinnh.org)  
VT Info: <https://sos.vermont.gov/elections/voters/>

**CAN'T GET ENOUGH?**

Visit our website for the latest news, cool resources, event updates, and fun opportunities.

**WWW.UVJC.ORG**

NEWSLETTER  
DESIGNED BY:  
CHAMELEON  
STUDIOS

**CELEBRATE SUKKOT**

**Saturday, October 3 @ 10am**

Celebrating Sukkot  
and Honoring

Shem Tov Recipients:

*Deb Kaplan*

*Tom & Robyn Jacobs*

*Bonnie Kimmelman*

**October 4 - 8 (times below)**

Socially Distanced Sukkah

Visits and Blessings

*10 minute visits, please make  
an appointment in advance*

**Sunday, October 4 @ 3-5pm**

**Tuesday, October 6 @  
10:30am-12:30pm**

**Wednesday, October 7 @ 4-6pm**

**Thursday, October 8 @ 8-10am**

**GIFT DESIGNATIONS**

*Gifts may be directed to the General Fund or one of the following:*

**Adult Ed** (guest speakers and other special adult programs)

**Cemetery** (landscaping and maintenance of our cemetery)

**Endowment** (to support the future of the community)

**High Holiday Appeal** (enabling free High Holiday services and sustaining ongoing Jewish life in our community)

**Library** (for purchase of books or other library materials)

**Rabbi's Discretionary** (charitable purposes determined by the Rabbi)

**School Programming** (special programs outside of the curriculum)

**Teen Programming** (support for young adults in our community to participate in Jewish programs)