



August 2013 - Av/Elul 5773, Volume XXVI Number 4

More Latkes, More Baked Goodies, More Parking

Bring Friends & Family to Shomrei Torah's 2nd Annual Jewish Food Fest Aug. 18!

There's no question that food and Jews are a match made in Heaven. Think about all the events at Congregation Shomrei Torah that feature food.

Not to mention mothers & grandmothers are always yelling: "Eat, eat!"

On Sunday, Aug. 18 from 10 am to 3 pm, CST members, friends and people who love them get to go hog (oops... maybe not) wild when we host the 2nd Annual Jewish Food Fest. Because there will be more food than last year!!! The Food Fest Committee promises that the quantity of food will double and in some cases triple. Seriously.

New goodies this year: honey cake, hamantaschen, black and white cookies, poppy seed cookies and gluten-free macaroons. Plus chocolate torte, and babka flown in from Greens Bakery in New York. Back again are all of your favorites. Beer and wine, too.

The Fest will include kids' activities along with live music all day, featuring Robert and

The Festival will include kids' activities along with live music all day...

Amy Ethington who perform "honest songs for complex times;" new Cantor David Frommer and the CST Choir; Mama Loshn Yiddish music with Gale Kissin and her group; and Hifrani, a group playing Klezmer to folk music.



A Second Hand Rose Shop will be selling quality used items and there will be an online auction. New this year will be the "Jewish Mother," who will dispense free advice and tell "fortunes." Rabbi George and Rabbi Kramer will again give personal tours of the Synagogue.

Don't miss out. Go to www.srjewishfoodfest.com for tickets.

High Holy Days Are Right Around The Corner!



Watch your mailbox for your High Holy Days packet. It has lots of information to guide you through the Days of Awe (Yamim Noraim), Make sure to return the forms for your seating cards and other arrangements. For this year's schedule, see page 2.

Reform Movement President Comes to CST Rabbi's Tisch Friday August 9, 6:15 PM

A special note from Rabbi George:

Don't miss the Rabbi Michael Robinson Memorial Lecture!

This year we are honored and so excited to host the president of the Union for Reform Judaism, Rabbi Rick Jacobs, as our key note speaker. Rabbi Michael was an inspiration to Rabbi Jacobs early in his rabbinate and I had the pleasure of getting to know Rabbi Jacobs at the Shalom Hartman Institute in Jerusalem where we are both Senior Rabbinic Fellows. Rabbi Jacobs has his finger

on the pulse of Jewish life like few others in the Jewish community today and has set the Reform Movement on an ambitious course of reinvention and renewal. Like Rabbi Robinson, Rabbi Jacobs cares deeply about Social Justice and the prophetic message which has always been at the heart of what it means to be a Reform Jew.

The title of his talk is "Change and Challenge: Reform Judaism at a Crossroads."

This will be a historic moment in the life of our congregation, a moment you won't want to miss!

SPACE IS LIMITED! Call the office today and reserve your seats! (707) 578-5519

For more information on Rabbi Michael who died in 2006, may his memory be a blessing, go to: rabbimichaelrobinson.com.

HIGHLIGHTS

Salmon and the Holy Days page 4 Legacy Circle Members page 6 New Kiddish Program page 7 B'nei Mitzvah page 8

2013 High Holy Days Schedule

All locations are at CST unless noted by * (Center for Spiritual living)

S'lichot	Saturday, Aug. 31	9:00 PM	
Erev Rosh Hashanah	Wednesday, Sept. 4	6:00 PM 8:00 PM*	Intergenerational Service Adult Service
Rosh Hashanah	Thursday, Sept. 5	10:30 AM*	
Tashlich	Thursday, Sept. 5	4:30 PM	Lake Ralphine at Howarth Park
2nd Day Rosh Hashanah Service	Friday, Sept. 6	10:30 AM	
Shabbat Shuvah	Friday, Sept. 6	6:15 PM	
Shabbat Shuvah	Saturday, Sept. 7	10:30 AM	
Cemetery Service	Sunday, Sept. 8	3:00 PM	Santa Rosa Memorial Park
Erev Yom Kippur-Kol Nidre	Friday, Sept. 13	6:00 PM 8:00 PM*	Intergenerational Service Adult Service
Yom Kippur Afternoon service times are approxim	Saturday, Sept. 14 nate	10:30 AM* 12:45—2:00 P 2:15—3:00 PN 3:15—4:15 PN 4:30 PM 5:30 PM	A Forgiveness: A Conversation



Business Network Now Monthly

The new group B2B@CST will now meet on a monthly basis. Meetings will be held on the second Tuesday of each month in the Kolbo Room, 7:30–8:45 am. The next meeting is August 13th. Even if you weren't able to make the first meetings you are invited to join in. Coffee is provided. \$5 voluntary suggested donation.

The first meeting was very successful with 20 people representing different businesses. Subsequent meetings will "showcase" two members who will give a brief presentation of their business.

Members doing business with members. Community within community. Join us.

The Shomrei Torah Voice is a periodical issued monthly except for the combined June/July issue. It is published by Congregation Shomrei Torah, 2600 Bennett Valley Road, Santa Rosa, CA 95404 and is distributed free of charge to members and supporting advertisers. Subscriptions are available for \$30 per year. Please direct inquiries to the Shomrei Torah office, 578-5519; office fax number 578-3967.



Just two weeks until the Biggest Event of the Year

Sunday, August 18 10:00 AM to 3:00 PM

Buy tickets online NOW. Tell your family and friends.

Don't miss out—we sold out last year. Go to www.srjewishfoodfest.com for tickets.

\$5.00 for attendees ages 13 and older; free for kids under 13; and FREE for day-of-event volunteers.

If you're a volunteer on the day of the event, you don't need a ticket. Free kids must be registered.

2. Spread the Word

You are our best advertiser! Send the email flyer you received to everyone you know outside CST.

3. Sign up to volunteer

Contact Deborah Cutler at djcutler@sonic. net or Ann DuBay at jeremyo@sonic.net

4. JOIN US! August 18

ALL parking is at the fairgrounds and it's free. Enter through the Jockey Club on Bennett Valley Rd. No parking at CST or Waterfall Towers.

Whole Foods Yulupa Shoppers

Bring your shopping bags (any type) when you shop at Whole Foods Yulupa. When they ask if you want the \$.05 per bag to go to a donation, PLEASE say "Yes, the Jewish Food Fest." Believe it or not, this simple gesture can make hundreds of dollars for Shomrei Torah. Tell your friends, too! Whole Foods is one of our generous Food Fest sponsors.

Can You COPE? Can your family COPE in an emergency?

Sunday October 6, 3:00 PM

Citizens Organized to Prepare for Emergencies (COPE) is a volunteer emergency preparedness organization under the auspices of the Santa Rosa Fire Department. Wherever you live we will help you organize your neighborhood, your street, and your family to deal with disaster. Learn how to make your home and grounds safer, and how to increase your chances of surviving an earthquake or a wildfire. We can save our own lives and our community when we are prepared.



Torah for Beginners

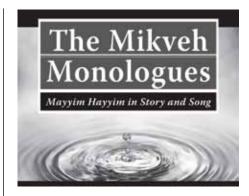
Tuesdays:

Gateway into a Jewish approach to Scripture with Rabbi George Gittleman

July 30, August 6, August 13 6:30 - 8:30 PM

In this class Rabbi George will cover the basics of what Torah is, the rich oral tradition as compared to the written tradition of Jewish spiritual wisdom, the content of the books and how to approach interpretation from a Jewish perspective.

This three-week class will take place at the Center for Spiritual Living. Look for registration information in an upcoming Chai Lites weekly email or contact the Center for Spiritual Living office at 546-4543.



A performance by Shomrei Torah members!

Come see members of your community perform in this original play written by celebrated author Anita Diamant, the author of "The Red Tent".

October 12th, 8:00 PM

Dessert reception to follow.

Tickets on sale August 1st. Check the CST website and Chai-lites for ticket information.

Save the Date • CST Men's Retreat • October 18-20, 2013

CONNECT, COMMUNE and CELEBRATE!



Expiration Date: _





Hinei Ma Tov!

"How good it is when brothers come together."

"The CST Men's Retreat is my opportunity to get to know old friends better and make new friends in a relaxed, fun, and beautiful environment. I would not miss it!" —Jeremy Olsan

Count me in! I want to attend the CST MEN'S RETREAT	 Deadline is Friday, September 27th
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Name		Address		
City:	Zip:	Phone (indicate day or evening): _	Email:	
Form of Payment:	redit Card □ Check □ Cash	Check Amount:	Check #:	
☐ Authorize Card on Fi	le at CST (Fax form to 578-396	7) (Signature):		
Cradit Card Amount	•	Visa/Mastersard #		

☐ Contact me about how I can help with the retreat.

□ I have included an additional \$25.00 (or more) to provide scholarships for those men in the congregation that request assistance.

If you are interested in receiving a scholarship for this event, contact Rabbi George

3 Digit Security Code (on back of card):

Please deliver this form and payment to: Congregation Shomrei Torah, 2600 Bennett Valley Road, Santa Rosa, 94504, Attn: Men's Retreat.

For more information contact Mervin Maier (479-8142)

Salmon and the Holy Days

I write this as my plane jets its way through a thick layer of grey cumulus clouds, a wet, whirling blanket of grey so common in Southeast Alaska. I am on my



"...like the Salmon,
we all "come home"
for the Holy Days...
we just know we
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way home after a week in Juneau, visiting a colleague who recently moved there. Juneau is surreal; a small town of 30.000 tucked at the foot of a steep mountain range, between two glaciers and a large, bay-like channel. Juneau is to mountain views as Sonoma County is to vineyard vistas; every turn in the road is another breathtaking scene, constantly evoking in me an impulse to sing Psalm 123: "Esai enai, el haharim me-ayin ya-avo ezri/ I lift my eyes unto the mountains from where my help comes, it comes from Adonai, maker of heaven and earth."

All summer, salmon arrive – Kings, Pinks, Chums and Silvers – tens of thousands of them pouring into the channel from the Pacific and then running up the many streams that tumble down from the mountains all around Juneau. Yes, I did fish and even kept and ate some, but I won't bore you with that tale today.

It's the spawning salmon that inspired me to write today, because as I observed their annual pilgrimage I could not help but think of our own, the Holy Days, which are early this year and now just around the corner. It's a bit of a stretch, but think about it: like the salmon,

we all "come home" for the Holy Days, making our way from near and far, motivated by a plethora of emotions at least some of which feel like instinct: we just know we need to be there. Thankfully, we don't all then spawn and die... but in truth, for many of us it is as if we are "dead", at least to the synagogue, inasmuch as we may not show up again until next year. I love the fact that we are all together, but even after all these years (this will be my eighteenth Holy Days with you), I still struggle to accept the occasional nature of my relationship with many of you.

For years my discontent focused on worship; I love to pray in community and longed to hear 800 people in unison say "Shema Yisrael" more than a few times a year. I've grown a bit over the years – y'all are excellent teachers - and now my concern is not so much worship but rather relevance. How, I wonder, could Shomrei Torah be more relevant in your lives so that you would want to come around more often than just for the Holy Days? What would make congregational life so compelling that being involved (more than just showing up on occasion) rose closer to the top of your priority list? What does this relevant, compelling, necessary experience look like? What do you need that we could offer (in a Jewish

"How, I wonder,
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framework, of course), that would draw you in and keep you involved?

It is true that at the end of their long journey the salmon spawn and die. It is also true that in their death they create new life via their progeny and the immense amount of nutrients their decaying bodies give back to the stream and the eco-systems they flow through; dig up earth in a Sonoma County vineyard and you will find salmon DNA! Salmon is more than just a fish: it's an essential link in the chain of Being we share. Essential, relevant. What would it take for Jewish life and your Jewish community to feel that way as well?

B'shalom, Babbi George

New Beginnings

Some of you may have noticed the new face on the President's Message this month. Thanks to the Board of Directors and the CST membership, I was nominated and approved to serve our congregation as its president for the next two years. I'll admit, I'm a little nervous about this new role, but I am confident in the building blocks laid by my predecessors, the knowledge that I'm not leading alone, and our shared mission and vision for Shomrei Torah. Our congregation works so well because of the community we create together. In the coming year there are many opportunities for you to participate in congregational life, some are familiar and some are new. One of the new practices that has been introduced this month is the Elul Blog 5773. What is Elul and why would you want to blog about it? Elul is the last month of the Jewish calendar (this year from August 7 -September 4) and the month preceding the High Holy Days. Elul is a time for introspection, reconciliation, and heightened spirituality. Individually and as a community, it is traditional to prepare during the month of Elul for the Holy Days. This preparation is a time to reflect on our lives and perhaps make adjustments to ourselves, our families, and our communities in the New Year.



Our communal blog (www. shomreitorah.org) will provide bi-weekly prompts with questions of self-reflection, ranging from how we utilize our time and money to our relationships with family, friends, and work. This process asks us to think about our personal choices and how they have shaped our lives. The blog will also provide links to additional resources and hopefully be a source of discussion as we work together for a sweet New Year.

B'shalom, Rachael

> "Our congregation works so well because of the community we create together."

URJ Biennial

December 11-15 — San Diego

A Biennial is the convention put on by the Union for Reform Judaism every other year. Those who attend Biennials include rabbis, lay leaders, congregants, educators... and anyone interested in Judaism from a Reform perspective. December 11-15, 2013, Reform Jews from all over North America will be meeting up in San Diego for the 72nd Biennial. It will be fun, informative, and inspirational – and this year it's all just 600 miles from home!

Learn more at http://urj.org/biennial13/, where Early Bird registration is now open. Discounted room blocks are available at the Marriott Marquis San Diego Marina and Manchester Grand Hyatt San Diego, and we are working on group travel discounts for CST members. Please let Denise know if you are interested in attending. Hope to see you in San Diego!





2013 SAN DIEGO, CA



Volunteer Opportunities

Elisha's Pantry needs your help. We are looking for 2 volunteers to help pick up free bread from two establishments that donate their bread and other items to the pantry. Requirements are a car to transport the bread from the establishments to the pantry and to be able to lift 10-15 pound bags. Both establishments are very close to the pantry. We would need your services on Wednesdays only. Please contact CST office for more information at 707-578-5579.

We are again in need of your help. This year, at Erev Yom Kippur and on Yom Kippur, we will be asking you to bring your filled food bags, that will benefit Elisha's Panty, to the trucks that will be parked outside the building. We need our young people to help us load the trucks. If you are 13 years or older and want to help with this year's food drive, please contact CST office at 707-578-5579. All the helpers will be released to attend services approx. 5-10 minutes before the start of services.

LEGACY NEWS

Meet Legacy Circle Members Linda and Jeff Sargent



Linda and Jeff Sargent are among the newest members of CST's Legacy Circle. The Sargents' have been members of the Congregation for over thirteen years. They most value being part of the synagogue's community and the relationships they have formed with other members.

The Sargents' also enjoy having a place to go to enhance their spirituality. They feel the religious school is great and they appreciate the Chaverim Program for their teenagers. Overall, they enjoy the sense of feeling comfortable and accepted as CST members.

Their motivations for joining the Legacy Circle involve keeping a vibrant synagogue for future children and their families. They feel keeping a thriving Jewish community is most important and by their support of CST this goal is enhanced, though they have no specific program or purpose intended by their legacy gift.

The Sargent family has been active volunteers for several synagogue events over the years.

Jeff has served on the Religious School committee for four years. They both helped with the landscape planting and procurement of plants for CST's grounds. Linda currently serves on the Chaverim committee. Both of their sons had their Bar Mitzvahs at CST and they continue to be involved in the Chaverim program for teenagers. They volunteered at the First Annual Jewish Food Fest last summer and hope to help again this year.



Linda and Jeff Sargent with their sons, Cameron and Zachary.

Environmental Action Committee

Tip of the Month

Rabbi Zutra said, "One who covers an oil lamp, or uncovers a naphtha lamp, transgresses the prohibition of bal tashchit, since these acts cause the lamp to burn with unnecessary speed."

Stay Cool.......Save \$\$\$......Reduce Pollution! Energy Tips for Hot Summer Days

Program thermostat settings around your summer schedule -- a few degrees higher when no one is home.

<u>Use ceiling fans</u> to create a cool breeze, and be sure to turn them off when you leave a room.

Better yet, install a whole house fan, an alternative to air conditioning that operates during "off-peak times" (morning and evening).

Maximize shade by closing curtains and shades to keep the sun's rays from overheating your home interior.

Reduce oven time or use a microwave instead.

<u>Check air conditioner filters</u> monthly and have your system inspected annually for optimum efficiency.

EAC has new focus — Sonoma Clean Power

The Environmental Action Committee of Shomrei Torah has been discussing a new format for its efforts toward Tikkun Olam. We have decided to aim toward one or two special environmental topics each year that have particular meaning here in Sonoma County as well as impact in the greater world. We want to take an educational orientation to this topic for ourselves, and perhaps others in the CST and Sonoma County communities.

Our first topic that we have chosen regards the proposal for Sonoma Clean Power that was recently passed by the Sonoma County Board of Supervisors and is currently making the rounds of the various city councils for consideration. We want to study this potentially enticing, but complex set of ideas, and perhaps hold a public seminar to help all of us make intelligent choices regarding the local public policy, as well as our personal choice regarding electricity options in our home that are part of the proposal.

For more information, consider joining our next discussion on Wednesday, August 21 at 7 PM at CST. Also, visit www.shomreitorah.org/community/environmental-action/ for more information.



In addition to our renowned Tot Shabbat program this year, we are adding an introduction to Religious School for all Pre-K, children 3-5 years old.



Parents are invited (but not required) to stay throughout the class. As your children become more comfortable separating, you are able to enjoy your free time, coming back at the end for T'filla (services) from 11:00-11:15 in the sanctuary.

This is a preschool class where you can meet new friends and build budding Jewish relationships that can blossom for years to come. During these classes there will be tons of hands-on art activities, spirited movement and music, playground time, and fun Jewish learning. Field trips will be held at Art & Soul Music School, Santa Rosa.

Open to the entire Jewish community. \$180 for the entire program.

For more information, contact Rabbi Kramer at (707) 578-5519.

Cancer Resource Team At Your Service

If you were recently diagnosed with cancer, there are other members of the congregation who have experienced similar challenges and want to help. Would you like someone to talk with you and/or members of your family? We are here to listen, answer your questions and hold your hand. Contact the CST office at 707-578-5519, to be paired up with a member of the team..



NFTY/SHORTY

SHORTY capped off a great year with the NFTY spring conclave regional event. 12 members of SHORTY attended the event at Camp Newman. During the event SHORTY was recognized by the region through receiving an award for the largest increase in participation in regional events, among the chapters of the region, for the 2012-2013 academic year. Additionally, Zach Peterson and Jacob Matalon also received awards in recognition of their perfect participation in regional events during the academic year. We are looking forward to another successful year and a restful summer.

Sincerely, Aaron Selya

Dear Families,

Hope you are having a wonderful summer. We look forward to seeing you at Tot Shabbat whenever you can make it.



Here are some Save the Dates for your calendar:

Friday – August 2, 2013 5:00pm Rosh Hashanah theme

Saturday – September 21, 2013 9:30am Sukkot Theme

Friday October 11, 2013 5:00pm Simcha Torah theme

STARS

Dear parents;

I am so excited to start a new year with you! This year we are offering online registration. If you are a new family to STaRS, please call Vikki at 578-5519 to get started. If you registered last year, you can still use the same email (username) and password you were given. If you do not remember your password, please contact Vikki at vrutherford@shomreitorah.org

Kindergarten-3rd Grade Sunday 9:00am-11:15am

11:00am-11:15am All School T'filla (Services)

4th grade - 7th Grade, Sunday 11:00am-1:00pm

4th - 6th will continue to meet on Wednesdays from 4:00pm-6:00pm

There are limited funds for scholarships. If you are requesting a Religious School Scholarship, you must fill out the scholarship section of the registration process. And you must fill out the narrative section telling us why you need assistance. We do not turn students away due to financial constraints. To continue this long standing tradition, please consider making a donation to our scholarship fund to help pass down our tradition from generation to generation.

Volunteering at STaRS is an essential part of our school community. We appreciate your volunteering, but if you are unable to make this 4 hour commitment, you may "opt out" of your volunteer hours by paying \$100.

I am thrilled about starting our new year, and excited to see you all following summer break. Please feel free to call me or stop by with any questions or concerns.

Warmly, Rabbi Stephanie Kramer

B'nei Mitzvah

Jacob Herbstman

August 3, 2013 – 27 Av 5773

Join us in celebration as our son, Jacob Herbstman, becomes a Bar Mitzvah on August 3, 2013.

Susan Langer and Bob Herbstman





Ethan Ike

August 10, 2013 — 4 Elul 5773
Please join us in celebration as our son, Ethan, becomes a Bar Mitzvah on August 10, 2013. Kiddush luncheon to follow.

Brian Ike and Melissa Jason-Ike

Support Group In The Community

Support group forming this fall in Marin for Jewish women who have been in abusive or controlling relationships past or present. Co-led by Shalom Bayit and the Bay Area Jewish Healing Center, and co-sponsored by various Jewish organizations and congregations. The group will be free and confidential; free childcare will be provided. Individual counseling is also available. To sign up, call Shalom Bayit toll free at (866) SHALOM-7 (866-742-5667). Additional information about Shalom Bayit is available at www.shalom-bayit.org; info about the Healing Center is available at www.jewishhealingcenter.org *

An even greener Shomrei Torah

The CST Board of Directors has approved a new policy regarding the use of eating utensils at the temple. As of July 2013, all utensils used will be either our current flatware or compostable.

If you are hosting an event and choose to use flatware, it is your responsibility for washing, drying and returning the flatware to their respective trays. If you choose to buy compostable utensils, contact the office, 578-5519 and you will be provided with an approved procurement list. All used compostable utensils should be discarded in the green waste cans provided throughout the building.

By now, you have probably figured out when you nosh or dine at CST, just about everything you pick up is compostable....all the food, the paper plates, the napkins, the paper cups and now the utensils. And what is left, the plastic Kiddush and drink cups should be discarded in the blue recyclable bin. See how easy it is to have zero waste at Shomrei Torah! And Kermit the frog said it's not easy being green. Please remind your children and guests of the way to properly discard waste at CST. Todah Rabah.





Doggies, Bunnies, and Birds, Oh My!

Scenes from the June 9 Pet Blessing











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Office Hours:

Monday–Friday 9:00 AM–12 Noon, 1:00–5:00 PM

www.shomreitorah.org

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Thank you.



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Advertisements shall be limited to one-half page maximum size; advertisement positioning in *The Voice* will be on a rotating basis; the appearance and content of the advertisements shall be in good taste. Because this is a subjective assessment, final approval of any advertisement shall be at the discretion of the temple administrator, the Rabbi and/or the editor of *The Voice*.

VOICE Display Ad Rates

For Shomrei Torah Members

For Non-Members

	6-Month*	<u>Annual</u>		6-Month*	<u>Annual</u>
Business card:	\$120.00	\$240.00	Business card:	\$150.00	\$300.00
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Ads and payment must be received in the temple office by the 5th of the month to start in the next month's issue. For more information, please call the temple office at 707-578-5519.

*Introductory rate for new advertisers







B2B@CST

A Business Networking Group

The business members of Shomrei Torah are making a connection. Please join us!

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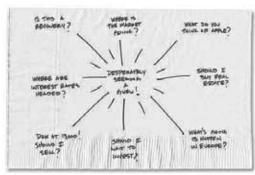
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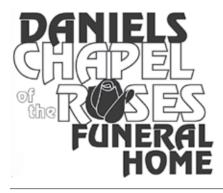
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AUGUST SERVICES-



Friday, August 2

5:00 pm *Tot Shabbat* 6:15 pm *Shabbat Service*

Saturday, August 3

8:45 am Torah Study led by Rabbi George 10:30 am Bar Mitzvah of Jacob Herbstman

Friday, August 9

6:15 pm Rabbi's Tisch – Guest Speaker Rabbi Rick Jacobs

Saturday, August 10

8:45 am Torah Study led byJudith Helman 10:30 am Bar Mitzvah of Ethan Ike

Friday, August 16

6:15 pm Shabbat Service

Saturday, August 17

8:45 am Torah Study led by Rabbi George 10:30 am Shabbat Service

Friday, August 23

6:15 pm Shabbat Service

Saturday, August 24

8:45 am Torah Study led by Rabbi Kramer 10:30 am Shabbat Service

Friday, August 30

6:15 pm Shabbat Service

Saturday, August 31

8:45 am
Torah Study led by Cynthia Nestle
10:30 am Shabbat Service
9:00 pm S'lichot Service

See our latest calendar at www.shomreitorah.org/calendar

THE PURPOSE OF THIS CONGREGATION

- To worship God in accordance with the beliefs and teachings of Reform Judaism.
- To cultivate and nurture in ourselves and our children a love and understanding of Jewish heritage.
- To develop a sensitive, caring and supportive congregational community where all are welcome and included.
- To act with responsibility and compassion in our community.
- To support the principles of equality, freedom and shalom among all peoples.

