



Message From The Rabbi



When **Julie** and I visited the Hungarian capital, Budapest, a number of years ago, our Jewish tour guide's parting remarks to us were: "Remember, we Jews were here before the Hungarians." She

was right. And a similar statement can be made about a part of the world much in the news now—Crimea.

There are inscriptions showing that Jews were there even before the destruction of the 2nd Temple in Jerusalem in the year 70 C.E. They continued living there as one group of rulers after another came and went—Romans, Goths, Huns, and the Khazars, the Turkic tribe that not only treated the local Jews well, attracting Jews from other countries, but themselves converted in considerable numbers to Judaism.

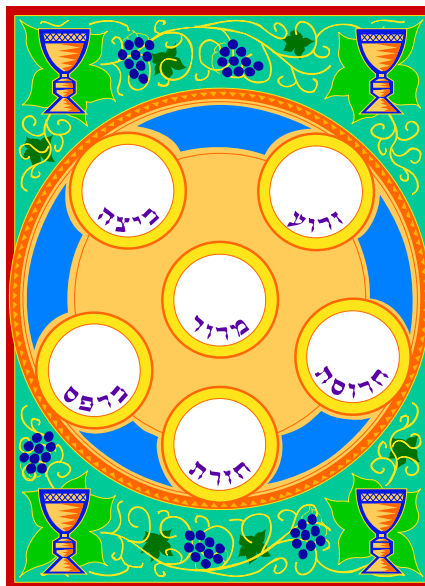
One very interesting group living in Crimea (but not only in Crimea) were the Karaites, Jews who refused to accept the oral law i.e. Mishnah and Talmud, and obeyed only the literal words of the Tanakh, the Hebrew Bible. They follow a different calendar from us, celebrate their holidays at different times, and practice their Judaism quite differently at times. For example, on Sukkot they have no Lulav or Etrog; instead they read the Torah to say that the materials described should go on top of the Sukkah.

According to an ultra-orthodox Rabbi in Jerusalem, the time of the Messiah is now upon us because the Vilna Gaon (one of the greatest 18th century Rabbinical scholars) stated that when Russia annexes Crimea, the Messiah will come. Unfortunately, he seems unaware that Russia annexed Crimea not just in 2014 (from Ukraine), but in 1783 (from the Turks)! After the first annexation, Russian ruler Catherine the Great, although no friend of the Jews, still encouraged them to settle there, and many thousands did so during the following century. In fact late in the 19th century, the early Zionists of the area would train there for their agricultural work in Israel.

After the Russian revolution, a totally new experience began for the Jews of Crimea. The Soviets encouraged the establishment of Jewish collective farms in the area, probably because they suspected the local population of anti-communism and hoped the Jews would be more favorably inclined. The Yiddish writer David Bergelson (later executed by Stalin) visited Crimea and noted the "remarkably well-organized Jewish communes, full of vitality." He found the members "strange creatures: seemingly from here, yet not from here...one foot in Crimea and the other in Palestine." The American Joint Distribution Committee, together with Chicago philanthropist Julius Rosenwald, gave financial support. The Yiddish song Zhankeye celebrates the Jewish worker in the collective, and disdains those who say that Jews are only capable of "handlen"—dealing, trading, bargaining.

Alas, the picture may not have been as rosy as depicted in the Yiddish song and imagined by the American Joint Distribution Committee and David Bergelson. We have an account of Jews who decided to move from Palestine to a collective farm in the Crimea in the 1920's and regretted it bitterly ever after.

In any event, the Nazis put an end to the Jewish experience in Crimea, many Jews fleeing and the others murdered, as in so many parts of Europe. Then followed Stalin's destruction of Jews and Jewish cultural life. The current Jewish population is about 15,000 out of a total population of 2 million. What the future holds for them, as for the rest of the population, only time will tell.



RABBI BARRY SCHECHTER

Services

Friday Evening	8:00 p.m.
Saturday Morning	9:30 a.m.

Minyan

Sunday Morning	9:15 a.m.
Monday, Wednesday and Thursday Evenings	7:40 p.m.

Lower level chapel

Refer to calendar for holiday service times.

Sisterhood News

We appreciate everyone's patience as we deal with serving without the use of a kitchen. I cannot thank **Paulette Lieb** and her crew including **Janine, Leona** and **Yona** for going above and beyond and making sure we have kiddishes and oneqs. We are thankful that some progress has been made in getting our kitchen back in use. We hope to have our Mother's Day celebration using the newly refurbished facility.

Hoping many of you will be joining me for our book club reviews with **Selma Katz** and that you have had a chance to read the books she suggested for winter reading. We wish you a joyous Passover.

Sheila Wexler

Men's Club News

Due to the water problem in both kitchens we were unable to have our March 30, 2014 Men's Club Breakfast. We will let you know when it can be rescheduled. Check your email and watch for a flier for the new date. Thank you.

Herman Nussbaum

THANK YOU... THANK YOU...

Rog and Trudye Fischhoff - Thanks to our Kol Emeth Family for the good wishes sent to us in honor of our granddaughter, Naomi Fischhoff's recent Bat Mitzvah. (We have three more to come. We are so blessed!)

Also thanks to all for the wonderful Leagrams received for my recent birthday; you made my day!

Stephen Jaffe and Gail Meyers Jaffe - Very belated thanks to everyone who sent us Leagrams for our anniversary. It was so thoughtful of you!

Dawn Rosen would like to thank everyone for the donations given by the congregation in memory of her father, James Kwasigroch.

Congregation Kol Emeth Sends Deepest Sympathy to: Margaret Besser on the passing of her beloved husband, **Harry Besser Helene Ellis** on the passing of her beloved husband, **Bernard Ellis Lisa Garbaty, Brooklyne Garbaty Smith, and Vivianna Garbaty Smith** on the passing of her father and their grandfather, **Aaron Garbaty The Gordon family** on the passing of their beloved father, **Lloyd Gordon**

Yahrzeit / Yizkor Donations

Leonard and Diane Balter
Berta Benhabib
William Berkowitz
Sol and Jane Bernstein
Judy and George Blinick
Leona Boris
Dr. Donald and Roberta Charous
Raquel Hochwert
The Jaffe Family
Edward Jans
Brian Katzman
Leona Katzman
Alfred and Shirley Kleifield
Irene Kogan

Gregory Menn
Ann and Martin Moltz
Janine Oberrotman
Michael and Iris Okmin
Old World Theatre Company
(Cast of "Of Mice and Men")
Bill Raffeld
Harriet and Jacob Reifer
Bob and Sarine Rohde
Lois Schwartz
Anne and Eugene Solar
Charlene Urow
Benny and Phyllis Wapner
Shirley Wool

Should you wish to honor the memory of your beloved departed with a permanent Memorial Plaque, please contact the synagogue office at 847-673-3370.

Message From The President

We are now in the midst, to varying degrees, of preparation for Pesach both in a physical and a spiritual sense. The physical portion is often arduous and has fallen to our women to perform.

Spiritually we have additions to the regular Sabbath Service marking down the weeks to the beginning of the Holiday. This, by the nature of our tradition, has fallen to the men.

"Going back is a creative process. The events of childhood are like the Hebrew alphabet; the vowels are missing, and the older self has to make sense of them. Robert Frost's famous poem about the two paths diverging in the woods isn't only about the two paths. It also describes how older people go back in memory and impose narrative order on choices that didn't seem so clear at the time.

The person going back home has to invent a coherent tradition out of discrete moments and tease out future implications. He has to see the world with two sets of eyes: the eyes of his own childhood self and the eyes of his current adult self. He has to circle back deeper inside and see parts of himself that were more exposed then than now. No wonder the process of going home again can be so catalyzing. The process of going home is also reorienting. Life has a way of blowing you off course. People have a way of forgetting what they originally set out to do. Going back means recapturing the original aspirations. That's one reason Jews go back to Exodus every year. "

Regards and happy Pesach,

Paul Helman, President

I give you the answer, You give me the question

A: Midrash

Q: What is a Middle-East skin disease?

A: The Gaza Strip

Q: What is an Egyptian belly dance?

A: A classroom, a Passover ceremony and a latke

Q: What is a cheder, a seder and a tater?

A: A sofer

Q: On what do Jews recline on during Passover?

A: Babylon

Q: What does the rabbi do during some sermons?

Tree Of Life

Perfect for a Special Birthday or a Special Anniversary, the Kol Emeth Tree of Life offers a unique and lasting record of your simcha. Any type of happy occasion is beautifully engraved for all to see.

Consider purchasing a Leaf, an Acorn or even a Rock for our beautiful Tree Of Life. For only \$118.00 you can purchase a Leaf, for \$236.00 an Acorn or for a Rock it is only \$354.00. Please contact **Judy Kessler** in the Synagogue Office for more information or to order.

This is such a terrific way to honor someone on a special occasion.

We Celebrate...
We Pray...
We Remember...

MAZEL TOV TO

Leonard and Helene Colen on the Bat Mitzvah of their granddaughter, Madelyn Bloom
Ron and Eileen Yedlin on their new home
Dr. Nissin and Olema Behar on their new home
Yona and Norman Gelfand on the marriage of their daughter, Karen to Adam Cohen in Israel
Roger and Trudye Fischhoff on the Bat Mitzvah of their granddaughter, Naomi Fischhoff

BOOK DONATIONS

Shabbat Prayer Book donated by **Sarine and Bob Rohde** in memory of Norman Helman
Shabbat Prayer Book donated by **Dr. Paul Helman and Ruth Bittner** in memory of Brad Price
3 Shabbat Prayer Books donated by Deborah Schechter and Sam Majerowicz in memory of Brad Price
Shabbat Prayer Book donated by **Sarine and Bob Rohde** in memory of Bernard Ellis

CONGREGATION WANTS TO WISH A SPEEDY RECOVERY TO

Phyllis Borak Lois Schwartz
Roger Fischhoff David Sohn
Miriam Goldberger Ron Yedlin
Nanette Greenspon

DONATIONS FOR SPEEDY & COMPLETE RECOVERIES

Helene and Len Colen Paulette Lieb
The Jaffe Family Michael and Iris Okmin
Bernard and Fern Katz Bill Raffeld
Brian Katzman Sarine and Bob Rohde
Leona Katzman

DONATIONS TO DEFRAY THE COST OF ONEGS AND KIDDUSHES

The Dunn Family

DONATION FOR PURIM HAMENTASCHEN

Ann and Marty Moltz

GENERAL AND SIMCHA DONATIONS

Claire Foreman Janine Oberrotman
Stacy and Jose Hernandez Sarine and Bob Rohde
The Jaffe Family Sheila Wexler
Paulette Lieb

DONATIONS TO RABBI'S CHARITY FUND

Sarine and Bob Rohde

Newly Revised Office Hours

Monday, Wednesday, & Thursday 8:30 a.m. - 4:00 p.m.
Tuesday 9:30 a.m. - 4:00 p.m.
Friday 8:30 a.m. - 3:00 p.m.

The office will close at noon on April 14th for Passover and will reopen on April 23rd. The office will be closed on May 26th for Memorial Day. The office will be closed June 4th and 5th for Shavous.

Our office secretary is **Judy Kessler**.

We appreciate and encourage newsletter contributions from all our congregants but, hard copy (paper) submissions will no longer be accepted. If you are unable to submit electronically, please contact **Judy** in the office. All emails must be sent to hakol@fischhoff.com. Articles must be sent by the 10th for the following month's newsletter.

Ha Kol is compiled by **Judy Kessler** and edited by **Roger Fischhoff**.

Old World Theatre Company Presents "Fools" By Neil Simon

For a laff riot and a zany 2 hours of pure comedy see "Fools" by Neil Simon. It is the antidote for a very cold winter! This coming May, Fools rolls into the UIC Theatre full blast!!

In preparing its fourth play of the season OWTC is having the time of its life. The comedy genius of Neil Simon has the cast in stitches at every rehearsal. And it will do the same to you! Simon's unique style of comedy for this play combines with the likes of the humor of Mel Brooks, Sid Caesar, Woody Allen and Steve Martin.

Old World Theatre Company has been so thankful for the wondrous support of Kol Emeth this year. Many of the performances of our productions were sold out thanks to members of Kol Emeth. Both "Of Mice and Men" and "The Heiress" played to many capacity houses. And we hope to see you at UIC for "Fools."

Reservations are available by calling the synagogue office 847-673-3370 or the OWTC at 312-857-8487. And remember that the purchase of a ticket not only helps to support the cultural program at Kol Emeth but is also partially a donation to the synagogue.

"Fools" plays May 15, 16, 17, 22, 23, & 24 at 8:00pm and Sunday, May 18 at 2:30pm. So remember to be stylishly foolish, foolhardy and fool of laughter, see Fools - a foolproof comedy for all ages!!

PASSOVER SERVICES

Monday, April 14
Morning Services (Fast of Firstborn) 8 a.m.
(Please email reply if you are coming!)
Tuesday, April 15 9:30 a.m.
Wednesday, April 16 9:30 a.m.

When holidays fall during the week, we often have difficulty forming a Minyan. Please try and come as much as possible. Even if you can only come for part of the service, that is very helpful.

We wish you all A Happy Passover!

After Passover, two elderly Jewish men were sitting in a wonderful deli frequented almost exclusively by Jews in New York City. They were talking amongst themselves in Yiddish—the colorful language of Jews who came over from Eastern Europe. A Chinese waiter, only one year in New York, came up and in impeccable Yiddish asked them if everything was okay and if they had enjoyed the holiday.

The Jewish men were dumbfounded. "Where did he ever learn such perfect Yiddish?" they both thought. After they paid the bill they asked the restaurant manager, an old friend of theirs, "Where did our waiter learn such fabulous Yiddish?"

The manager looked around and leaned in so no one else will hear and said... "Shhhh... He thinks we're teaching him English."



Congregation Kol Emeth

5130 West Touhy Avenue
Skokie, Illinois 60077



Address Service Requested

- Rabbi **Barry Schechter**
- President/Religious Matters **Dr. Paul Helman**
- Secretary **Leigh Sisk**
- Treasurer **Michael Okmin**
- House Committee Chairman **Len Colen**
- Sisterhood Representative **Sarine Rohde**
- Men's Club Representative **Bob Rohde**

“Bagels and Broadway” Encores at CKE

Congregation Kol Emeth is proud to announce its 2014 Culminating Event on June 29. Our “Bagels & Broadway” event will commence with a deluxe dairy buffet brunch followed by a luxury bus ride to see the Tony winning musical, “Avenue Q” at the Mercury Theater. This event is **FREE** to each member who has achieved at least \$100 in Earning Fund Credit. Guest’s tickets are \$115 EFC or cash/check each.

Shown at left are many ways you can earn EFC in order to attend “Bagels & Broadway” at little or no cost simply by soliciting ads, purchasing Leagrams and cards from Sisterhood and other ways listed. We hope to see all of you joining us at this delicious musical/comedy event.

Complete description of “Avenue Q” is located elsewhere in this HaKol. So don’t delay bringing in those Ad Book ads!

Please note, this Muppet/Actor musical comedy contains adult humor and, as such, may not be suitable for young children.

Kol Emeth Earning Fund

The following are

Ways to Accumulate Earning Fund Credit

Sisterhood Functions

- Happy Day and Memorial Cards \$1.50 per card
- Leagrams 100% Credit

Congregation Functions

- Donation Letters..... 25% Credit
- Raffle Tickets..... 100% Credit
- Tree of Life (leaf, acorn, rock) 5% Credit

Ad Book

- Special Listings 100% Credit
- Regular Member Ads..... 100% Credit
- Memorial Ads 100% Credit
- Non-Member Ads 85% Credit

Elaine Snow
Earning Fund Chairperson

It’s Ad Book Time Again!

Your Ad Book Packet was sent several weeks ago. Please contact all your sources for ads or cash donations. This is one of the many ways you can accumulate earning fund credit and attend our Culminating Event.

Not only will you have an enjoyable time, you will be helping raise money for YOUR SYNAGOGUE. Your help is greatly needed and appreciated to make 2014’s Ad Book the best yet!

Sandy Cochran
Ad Book Chairperson

AVENUE Q



A gut-bustlingly hilarious modern musical focusing on a group of unique 20-somethings making their way in the big city, seeking their purpose in life. Although the show addresses humorous adult issues, it is similar to a beloved children's show; a place where puppets are friends, Monsters are good and life lessons are learned. Winner of the Tony "Triple Crown" for Best Musical, Best Score and Best Book, AVENUE Q is part flesh, part felt, and packed with heart. AVENUE Q is a laugh-out-loud musical that tells the timeless story of a recent college grad named Princeton who moves into a shabby New York apartment all the way out on AVENUE Q. He soon discovers that although the residents seem nice, it's clear that this is not your ordinary neighborhood. Together, Princeton and his new-found friends struggle to find jobs, dates, and their ever-elusive purpose in life.



Who is AVENUE Q appropriate for? Adults love AVENUE Q, but they seem a little, er, fuzzy on whether it's appropriate for kids. We'll try to clear that up. AVENUE Q is great for teenagers because it's about real life. It may not be appropriate for young children because AVENUE Q addresses issues like sex, drinking, and surfing the web for porn. It's hard to say what exact age is right to see AVENUE Q - parents should use their discretion based on the maturity level of their children. But we promise you this - if you DO bring your teenagers to AVENUE Q, they'll think you're really cool.

How To Eat Right on Passover:

Staying Healthy With a Limited Menu

Does your typical holiday involve a huge Seder meal followed by a week of matzo and macaroons?

You can do better. Here's how.

By Beth Warren

If we simply ate the foods off the Seder plate—an egg, some horseradish, a scoop of haroset—nobody would worry about weight gain during Passover. But our holiday feasts go far beyond unleavened bread and bitter herbs. No doubt, it will be hard to resist all the tantalizing temptations placed before us next week. But by keeping a few key things in mind, we can please our Passover palates without turning into matzo balls ourselves.

THE SEDER

Preparing to stay healthy on Passover starts before the actual Seder meals. First, as with any meal, do not go into the Seder hungry, especially if your Seder has a long first half, which means the meal won't be served until late. An empty stomach makes it difficult to fuel your mind to make healthy choices. It may not be easy in any case to pass up your aunt's famous kugel, but if you feel satisfied before it's placed in front of you, you can at least think clearly enough to reason against devouring a whole pan of it. Try eating a snack with protein and fiber, such as one-quarter of an avocado with sliced cucumber and tomato, within one hour of the start of your Seder. If you cannot find a real food snack, try swiping a high-quality-protein egg off the Seder plate!

Once the Seder gets started, use the first half's blessings over foods, including the greens and bitter herbs, to start arming your belly with the best fiber-filled choices. Use the matzo eaten during the Seder as the starch portion of your meal, and stick with veggies and protein once the buffet is served. And as for the matzo, stick to whole grain options to help you become full on less starch.

If you are overwhelmed (and starving) by the time the buffet is presented, pile on tons of veggies immediately and start crunching, giving some time for both your belly and your mind to consider good choices for the other spots left on your plate. Don't scarf the carbs first; you may be more likely to not only overeat, but actually to consume more calories overall.

When scavenging the buffet table during the meal, think about quality over quantity. It is not a matter of what you will not eat ("No way I'm going to touch one plate of potatoes") but instead, what you will allow yourself to eat. If you write off foods before coming into the meal and then have a taste of something on your "forbidden" list, you are more likely to lose control and overeat. It is better to have a realistic plan to consume the foods that are worth it.

If you are hosting, take advantage of this control by offering many vegetable dishes that can fill up most of your plate. If you are eating elsewhere as a guest, arm yourself with knowledge of how much you can eat: four to six ounces high-quality protein like fish or chicken, about a half-cup of a good quality carbohydrate like potatoes, and then mostly vegetables. Also, it is not a crime to casually ask your friends or family what they will be serving. Knowing before you go will help you target exactly which foods will make up your meal and shrug other dishes off as not being an option.

Some of the Seder's classic dishes can be used to your health advantage. For example, matzo ball soup is a great choice—for a whole meal: The matzo ball is a starch, the chicken is a protein, and the celery, onion, and carrots are vegetables. Think about eating a large bowl of soup, slowing down and allowing yourself to feel full and satisfied; you may surprise yourself by not feeling the need to eat more food. Careful with gefilte fish, though: It typically has added sugar and starch with less real fish.

According to the well-cited Mediterranean diet, drinking a glass of red wine with a meal is a healthful option. The antioxidant resveratrol has anti-inflammatory properties, helping to prevent atherosclerosis. We are pushing the limits with the Seder's required four glasses of wine, though, so try to skip the added sugars from the dessert table.

When it comes to dessert, fresh fruit and dark chocolate are good options, but if you really must try your host's I-can't-believe-it's-not-hametz dessert, choose one item and move on. Remember, no one is holding you hostage until you eat every item at the table. You should not feel it is mandatory to try every dish to be a grateful guest.

THE REST OF THE HOLIDAY

Many of us rely more on processed and pre-packaged foods on Passover than we normally do. So, no matter what you choose to eat for the eight days, if you make it from scratch, you're already making a better choice for your health.

Try to incorporate more fruits and vegetables into your daily meals and snacks; they're kosher for Passover and taste the same as they do the rest of the year. Plan ahead and crunch on precut carrots and cucumbers instead of the limited munchie options of kosher-for-Passover chips and macaroons.

During the holiday, carbohydrates and starches are the least of what you eat because so many of them aren't kosher for Passover. Because of this, Passover is an opportunity to balance your meal and snack choices the way they truly should be for overall health and weight loss; take this chance to learn how to recalibrate your food choices for the rest of the year. And drink tons of water to keep GI symptoms like bloating and constipation at bay, especially if you are not used to the high fiber content of fruits, vegetables, and whole grains.

In the 1920's a lone Jewish businessman settled in Narimbia, then a German colony in Africa. When he died without family, his small circle of friends decided they would give him a Jewish burial.

Knowing little of what a Jewish burial entailed, they wrote to their friends in Europe asking what they should do. Their friends informed them that they should engrave a Jewish Star with some Hebrew lettering on the tombstone.

Engraving the Jewish Star was easy enough, but Hebrew lettering in the distant colony was difficult to find (back in the days before faxes and internet access). So they went through the deceased's belongings looking for some lettering. They searched his house, until one of his friends said, "I found it!". There in the cupboard was an old box with Hebrew lettering.

They created a tombstone with a Jewish Star and engraved the Hebrew writing from the box - כשר לפסח "Kosher for Passover". It was a box of matzoh. This tombstone still stands today in a cemetery in Narimbia; the Hebrew letters were engraved upside down.

A Jew in a far-off place, both physically and spiritually, still felt the need to connect to G-d on Passover. Little did he know the far-reaching effects that box of matzoh would have for him. Matzoh is called the "food of faith", for with only matzoh on their backs, the Jews followed G-d out of Egypt into the desert. It was not a coincidence that it was through matzoh that this businessman, who was in his own wilderness, chose to maintain his relationship with G-d.

Let's not wait until we feel like we are in a wilderness to connect with G-d. Let's eat matzoh this Passover and renew our covenant with Him. Our "stuff" tells a lot about who we are. Having matzoh, Jewish books, ritual objects or Jewish artwork enriches and enhances our identity. When a person walks into our home, he should be able to feel that it is a Jewish home.

Hoping your home is filled with many "Kosher for Passover" things on Passover and Kosher "stuff" throughout the whole year. We wish all a happy, healthy and meaningful Passover.

Roger and Trudye Fischhoff

This is a bonus page that does not appear in the printed version.

SISTERHOOD NEEDS YOUR HELP WITH ONEG SHABBATS & KIDDUSHES

Sisterhood is in need of help with sponsoring Oneg Shabbats and Kiddushes. We would appreciate it if you would like to help us by contributing any amount or share your Oneg Shabbat or Kiddush with someone. You do not have to pay for the whole Oneg or Kiddush unless you want to.

You can honor someone, or celebrate birthdays or anniversaries and you can also sponsor in memory of a dear one. As of January 1st the whole Oneg Shabbat will be \$90.00 (not fancy), and a whole Kiddush will be \$170.00 (not fancy). These prices really do not cover everything, but it will help defray some of the costs to Sisterhood. This way we can continue to give you nice Oneg Shabbats on Friday evening and on Saturday morning a nice Kiddush.

If you are interested in doing any of the above, please contact Sarine Rohde at 847-966-9882 or Paulette Lieb at 847-679-3235 for sponsoring either an Oneg Shabbat or a Kiddush.

Thank you for your help - Sisterhood appreciates whatever you can do. So just give one of us a call and we can plan together.

Thank you,
Sarine Rohde,
Sisterhood Representative

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NAME(S) _____

PHONE NUMBER _____

OCCASION _____

DATE TO SPONSOR _____

JUST A DONATION TO DEFRAY COSTS _____