

Message From The Rabbi



"Purim zenen alle shikurim nichter." This Yiddish saying, which means "on Purim all drunks are

sober", expresses the strange upside-down quality of the holiday of Purim. On Purim, the holiday on which the Talmud tells us we should get so drunk that we cannot tell the difference between the phrases Blessed be Mordecai and Cursed be Haman, i.e. the holiday on which the sober get drunk, on this holiday the Yiddish saying tells us, the drunks are sober. (Before you rush out to stock up on alcohol in preparation for inebriation, I hasten to add that Maimonides, puritanical here as in other areas, "explains" that the Talmud merely means one drinks enough to fall asleep and it is then that one does not know the difference between Blessed be Mordecai and Cursed be Haman.)

And the Megilla of Esther, the scroll we read on Purim, does indeed speak of an upside-down world in which a plot to exterminate all the Jews in the large and mighty Persian empire, a plot hatched in the royal palace by

Haman, the chief minister to the king, and written into law by the king, is foiled by the king's beautiful wife, Esther, a Jewish woman who has kept secret her Jewish identity on the instructions of her uncle Mordecai. Not only is the plot foiled, but by the end of the story the Jews are fighting back with such vigor that non-Jews in the kingdom are converting to Judaism in great numbers.



Do we dare, even at this time when the world, and especially the Jewish world, is confronted with evil that is widespread and frightening, do we dare to draw from the story of Purim a glimmer of hope, the hope that even apparently inevitable evil can be defeated, and that fear and sadness can be transformed into relief and joy?

I hope so.

Happy Purim to all.

Rabbi Barry Schechter

Services	
Friday Evening	8:00 p.m.
Saturday Morning	9:30 a.m.
Minyan	
Sunday Morning	9:15 a.m.
Refer to calendar for holiday service times.	

Sisterhood News

Mark your calendar for Sunday, March 1st from 10am-noon, as our next celebrity chef will be our own Office Manager, **Judy Kessler**. **Judy** is known far and wide for her delicious, Passover Apricot Cheesecake and she's willing to share her family secrets.

On Sunday, April 26th, **Jaime Hersh** will be sharing her family recipe for Mandel Brot (Jewish biscotti). In May, **Julie Foreman** will open her recipe vault and create a delicious, savory item for us. Details to come.

All cooking demonstrations include a tasting, a raffle prize, chatting, and lots of laughing. Please reserve your space now for all of the upcoming demos—spaces are limited. Please RSVP to **Jennifer Blitz** at, jblitz@dunnweb.us.

ADDITIONAL DATES:

April 23rd is our Torah Fund luncheon at the synagogue. More details to follow.

Sheila

Men's Club News

The Kol Emeth Men's Club kicked off the year with a brunch event focusing on the best places to invest in 2015. We had a wonderful speaker, Scott Limper, the Executive Vice President - Trust Department at Glenview State Bank, who did a wonderful job of engaging the crowd and answering questions. We are excited to start the year with great attendance to the event.

Our next Men's Club event, the White Elephant Art Auction, on March 8th, promises to be fun, interesting, and exciting! We invite all members (or even non-members!) to donate "objects de art" which for some reason or another no longer are being displayed in their homes. Let's find those wonderful paintings, amazing curios, and other "art" a new home! Really - the more interesting it is the more fun we will have!

All proceeds from the event will go to the synagogue. Any objects which, for some reason, do not get sold, can be redeemed or they will be donated to local charities.

Finally, we will be sending out 2015 forms to renew your membership in the Men's Club. Remember - both men and women are welcome! Look for them in the mail soon.

Bill Dunn,
Men's Club President

Congregation Kol Emeth Sends Deepest Sympathy To

Elaine Snow on the passing of her cousin, Ira Helfer

Paul Helman on the passing of his nephew

Shirley Lanoff on the passing of her husband, **Dr. Gilbert Lanoff**

Yahrzeit/Yizkor Donations

Maurice and Eve Alfille
Nata Andinysh
Howard Aronson
Lester Ascher
Marvin and Sylvia Asher
Marsha Barnett
Nissin and Olema Behar
Berta Benhabib
Sonia Berk
Irwin and Karen Berkley
Beverlee and Howard Bernstein
Margaret Besser

Richard Bloom and Micki Ross
Leona Boris
Len and Helene Colen
Sharon and Barry Curtis
Betty and Norman Elkin
Clara Foreman
Helen Galnick
Chester Gaynes
Howard and Carol Gopman
Elaine Heilig
Racquel Hochwert
Michael Horowitz

The Jaffe Family
Bernard and Fern Katz
Irene Kogan
Kenneth and Marcy Levin
Gloria Manus
Joyce Messer
Howard Mirsky
Diane Mulkerin
Herman and Ruth Nussbaum
Janine Oberrotman
Mike and Iris Okmin
Irina Polevoy

Lee Price
Phyllis Projansky
Bill Raffeld
Jean Rosenblum
Rita Rosenthal
Lois Schwartz
Marjorie Shlaes
Judith Silver
Eugene and Anne Solar
Charlene Urow
Arnold and Ina Weiner
Brian and Rivka Weiner

Message From The President

Ready or not Adar 14 (15 if you happen to reside in a walled city, specifically Jerusalem) will bring Purim. It has for the past 2700 years, give or take a century or two, and we expect, with some confidence, that it will do so again this year.

Did it really happen? Arguments as to it's liberal historicity have and will no doubt continue to swirl but that begs the point. Our people have survived many Hamanic onslaughts and have miraculously survived long after our demonic oppressors have been consigned to the dusty graves of history. Their bones are dried but ours are quite healthy thank you!

Our celebration of Purim revolves around the reading of the "Megillah Esther" originally on the day of the Holiday, and later on it's eve as well. From a very early date women were obliged to attend in as much as it was a woman who bravely brought about our deliverance.

In our reading at Kol Emeth, **Rabbi Schechter** will skillfully utilize the traditional cantillation unique to the book as well as additional cantillation from "The Book Of Lamentation". We look forward to our Rabbi's unique interpolations in English. This is well in keeping with the early traditional injunction to read the epistle in a language intelligible to the congregation. In addition, he will unroll and hold it in the manner in which medieval epistles were read if not sung.

The name of Haman, that evil descendant of Amalek, is pronounced 54 times and is greeted with raucous noise. This tradition stems from 13th century France and Germany to fill the command to "blot out the name of Amalek", that symbol of incarnated evil.

Of course, in case just noise might prove insufficient, we also indulge in a bit of symbolic corporal destruction in the eating of Hamentashin, literally from the Yiddish for Haman's Pockets"

Traditionally, following noise and food comes drinking and general merriment. This became the origin, beginning in the 14th Century, of the Purim Spiel. That Spiel, in it's myriad forms and branchings, has lead through the intervening seven hundred years to the stages of Broadway and the screens of Hollywood.

Perhaps Purim will continue to rank in our religious hierarchy as a "minor Holiday" but it's continued celebration and proliferations are of timeless significance to our people in it's "Mixed Multitude". Long may those gregors twirl and sound out our song of survival!

Paul Helman

Should you wish to honor the memory of your beloved departed one with a permanent memorial plaque, please contact the synagogue office at 847-673-3370 for additional information.

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

MAZEL TOV TO

Dr. Paul Helman and Ruth Bittner on their new home
Judy Kessler on the marriage of her son Steve Kessler to Heather Loughlin
David Arieti on the birth of his grandson, Eli Nathan. Eli's proud parents are David's son Amiel and daughter-in-law, Teri.

NEW MEMBERS

Marcia and Larry Rabin

CONGREGATION WANTS TO WISH A SPEEDY RECOVERY TO

Margaret Besser	Barry Curtis
Janet Boguchwal	Clara Foreman
Phyllis Borak	Neil Handleman
Paul Bower	Herman Nussbaum
John Burns	Elaine Snow
Helene Colen	Sheila Wexler

DONATIONS FOR SPEEDY & COMPLETE RECOVERIES

Len and Helene Colen	Mike and Iris Okmin
Dr. Paul Helman and Ruth Bittner	Berenice White
The Jaffe Family	

GENERAL DONATIONS

Janet Boguchwal	The Jaffe Family
Len and Helene Colen	Mike and Iris Okmin
Dr. Joel and Sally Feder	Berenice White
Trudye and Roger Fischhoff	

KIDDISH AND ONEG FUND

Lisa Garbaty	Sam Majerowicz and
Brian Katzman	Deborah Schechter
Leona Katzman	

DONATIONS TO RABBI'S CHARITY FUND

Sarine and Bob Rohde

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

Office Hours

Judy Kessler, the office manager, will be in the office Monday, Wednesday and Thursday, from 8:30 am - 4:00 pm, Tuesday from 9:30 am - 4:00 pm, and Friday from 8:30 am - 3:00 pm.

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**.

The Cabaret is Back!

Save the Date - Sunday, August 9, 2015

Congregation Kol Emeth will once again be presenting a cabaret! "*What the World Needs Now is Love Songs*" will be presented on Sunday, August 9, 2015, at the Skokie Theater. There will be two performances, 2 pm and 7 pm.

The show will feature Chicago's top cabaret professionals: Beckie Menzie, Tom Michael, Joan Curto, Daryl Nitz, and Carla Gordon. And, of course, **Rabbi Barry Schechter** will be our master of ceremonies.

Watch for information on becoming a Kol Emeth Broadway Angel and ticket sales.

OWTC Program Change

Dear Members of Congregation Kol Emeth,

Old World Theatre Company has been informed by Samuel French, Inc. that the performing rights to *Driving Miss Daisy* have been pulled and will not be available until after October 2015. This sudden change in the availability of performing rights usually is imposed on companies such as ours when a major producing company buys out the rights across the country for a proposed Broadway revival of the play. So this means we are not allowed to perform this play until after that date.

We therefore have selected another play to fill Miss Daisy's time slot. That play is *Blood Knot* by Athol Fugard. We performed one of Fugard's plays previously with great success during our first season -- *Master Harold and the Boys*. *Blood Knot* is a powerful play telling the story of two brothers who live in a one room shack in a crumbling section near Port Elizabeth, South Africa during Apartheid. They are half-brothers who share the same mother. Zachariah is a dark-skinned black man whereas Morris is light-skinned to the point that he can easily pass as a white man. Along the same lines as the plays, *Of Mice and Men* and *Waiting for Godot*, Fugard's brothers are forced to face each other and themselves as they dream of escaping the stagnation of their lives.

We know many of you will be as disappointed as we are that we cannot keep *Daisy* on our schedule for this year. We hope then to include it in our next season, providing the rights are available. But we feel *Blood Knot* is a play that supports our mission of presenting plays that are beautifully written by major playwrights with an exceptional story and compelling characters.

We thank you for your continued support of our theatre company and look forward to entertaining you during the rest of this season.

With warmest regards,

Bill Raffeld, Artistic Director
Old World Theatre Company

Blood Knot will be performing March 14, 15, 21, 22, 28 29. Saturdays at 8pm and Sundays at 2:30 pm. Reservations for tickets may be made at the synagogue office- 847-673-3370. Also mark your calendar for our last play of the season-- *Harvey* by Mary Chase and will be playing May 14,15,16,17,21,22,23.

Congregation Kol Emeth

5130 West Touhy Avenue
Skokie, Illinois 60077



Address Service Requested

Rabbi	Barry Schechter
President	Dr. Paul Helman
Treasurer	Michael Okmin
House Committee V.P.	Len Colen
Acting Financial Secretary	Michael Okmin
Recording Secretary	Ann Moltz
Sisterhood Representative	Sarine Rohde
Men's Club Representative	Bob Rohde



Thank You... Todah Rabbah...

Trudye Fischeff - Thank You dear Kol Emeth family for the "Happy Birthday" leagrams recently received. You really made my day!

Heather. Also, I would like to thank everyone who sent a Leagram for my birthday.

Judy Kessler - Thank you to everyone who has made a donation in honor of the marriage of my son, Steve, to my daughter-in-law,

Judy Kessler - Thank you to everyone who has come into the office to help during these very busy months. **Bernard Katz, Jane Halpert, Trudye Fischeff, Nathan and Anna Kagan.**

Remember... HaKol's deadline is the 10th of the month prior to publication. Thanks!

Another year has passed
And we're all a little older.
Last summer felt hotter
And winter seems much colder.

We used to go out dining,
And couldn't get our fill.
Now we ask for doggie bags,
Come home and take a pill.

There was a time not long ago
When life was quite a blast.
Now I fully understand
About 'Living in the Past'

We used to often travel
To places near and far.
Now we get sore behinds
From riding in the car.

We used to go to weddings,
Football games and lunches..
Now we go to funeral homes
And after-funeral brunches.

We used to go to nightclubs
And drink a little booze.
Now we stay home at night
And watch the evening news.

We used to have hangovers,
From parties that were gay.
Now we suffer body aches
And wile the night away.

That, my friend is how life is,
And now my tale is told.
So, enjoy each day and live it up...
Before you're too damned old!

Contributed by **Len Colen**

The Jewish Dog

A man walks into shul with a dog. The shammass comes up to him and says, "Pardon me, this is a House of Worship. You can't bring your dog in here."

"What do you mean," says the man, "this is a Jewish dog. Look."

The shammass looks carefully and sees that in the same way that a St. Bernard carries a brandy barrel round its neck, this dog has a tallis bag round its neck.

*"Rover," says the man, "kippa!"
"Woof!" says the dog, then he stands on his hind legs, opens the tallis bag, takes out a kippa, and puts it on his head.*

*"Rover," says the man, "tallis!"
"Woof!" says the dog, then he stands on his hind legs, opens the tallis bag, takes out a tallis, and puts it around his neck.*

*"Rover," says the man, "daven!"
"Woof!" says the dog, who then stands on his hind legs, opens the tallis bag, takes out a siddur, and starts to daven.*

"That's fantastic," says the shammass, "absolutely amazing, incredible! You should take him to Hollywood, get him on television, get him in the movies, he could make millions of dollars!!"

"You speak to him," says the man. "He wants to be a doctor."

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 anti-oxidant 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.

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