

News & Fun Activities

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Tri-Valley Cultural Jews

Your East Bay Secular Humanistic Jewish Community

TriValleyCulturalJews.org

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(925) 485-1049

Affiliated with the Congress of Secular Jewish Organizations

Our mission statement: "A Secular Humanistic community serving those who identify with the Jewish People through family, culture and history, rather than through religion."



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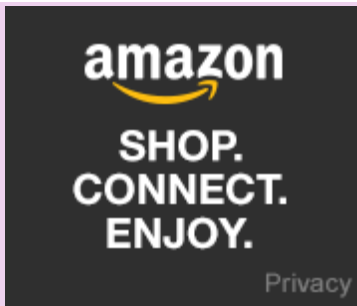
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October 6th 2018



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TVCJ Community News

Come to Our Events

Board meeting/TVCJ Planning

Date: Tuesday, October 9th, 2018

Time: 7:00 p.m. to 9:00 p.m.

Place: Ireland Home, [19663 Fremery Court, Castro Valley 94546-3540](#)

All members are welcome

Havdalah - Pizza & Game Night

Join us as we welcome the new week with a simple cultural Havdalah ceremony. Bring your favorite game, and get ready to enjoy good food, fun, and company.

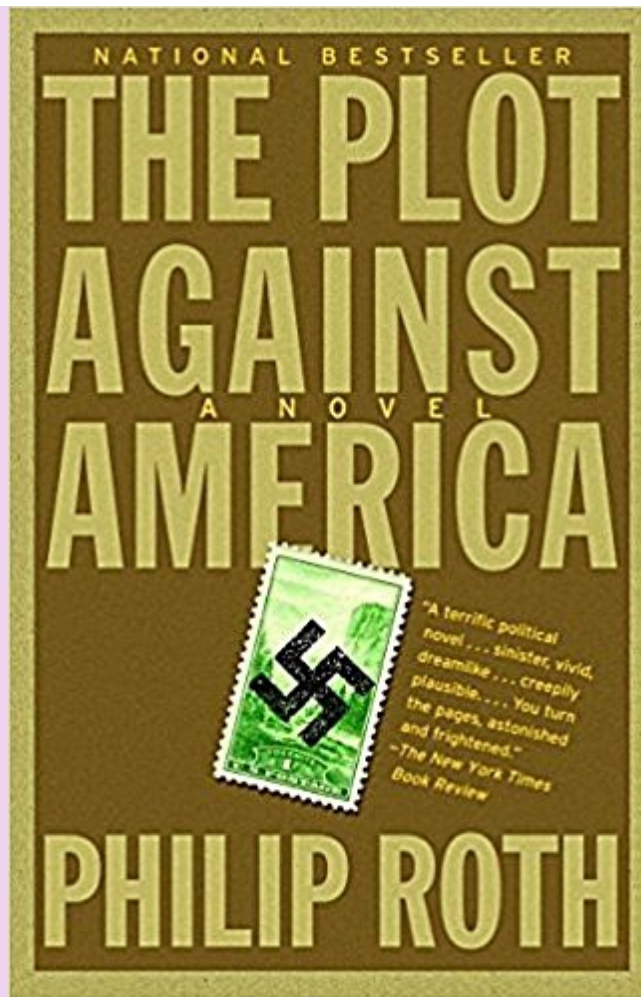
Date: Saturday, October 13th, 2018

Time: 6:00 p.m.-8:00 p.m.

Place: Ireland Residence, 19663 Fremery Court, Castro Valley, 94546

Cost: \$10.00 per member 13 and over, and \$12.00 for non-members.

For those who do not eat pizza the cost will be \$2.00 per member 13 and over, and \$4.00 for non-members. **Please make a note in the Evite comments letting us know that you will not be eating pizza.**



One Bay One Book | Shavout Book Discussion

Please read this year's book selected by Jewish Learning Works and we will have a book discussion during our Shavout celebration. This year's book is [*The Plot Against America*, by Philip Roth](#). Roth's stirring 2004 work of counterfactual historical fiction, depicts the impact on a New Jersey Jewish family of Charles Lindbergh's defeat of Franklin Roosevelt in the 1940 presidential election. Led by Jim Van Buskirk. You can purchase the book on Amazon [here](#). Shavout is at the beginning of June this year so you have plenty of time to read this national bestseller.

Rosh Hashanah



We had a wonderful turn-out for our Rosh Hashanah observance at the Bothwell center this year. We started with a walk to the creek for Tashlikh, to symbolically wash away the less favorable parts of last year and talk about the beauty we left in the world this past year. Then we had a most delicious potluck dinner followed by a meaningful ceremony which included Sophia's amazing shofar blowing! Top it off with apples, challah, honey cake and other desserts for a very fulfilling evening.

I want to thank all that came out, we had many new families join us. I also want to thank all that helped me put on this momentous evening. Noah who greeted folks, Rebecca took pictures, Joy printed the programs, Debby went shopping for us, Judy set up, clean up and led music, Carol made the challah, Luba and Leah made the honey cakes, the Morrisons helped with set up, Eileen and Louis helped clean up, Kelly passed out wine, Solomon who helped with formatting the program as well as running last minute errands. Thanks also to David Gates for set up and clean up and for Debby and Tom for playing

music. If I forgot anyone, thank you!! It really takes the entire community to make an event happen!

I wish all of you a Gut Yor(a good year)!

Thanks.

Jamie



Our Favorite Rosh Hashanah Potluck Recipes

Sweet Potato Casserole

Potluck Dish Made by Leah Morrison
Courtesy of The Wellness Mama Cookbook

Total Time: 1 hour | Active Time: 15 minutes
12 Servings

Ingredients:

4 pounds of sweet potatoes,

Dairy-Free Chili Cheese Dip

Potluck Dish Made by Phyllis Looney
(Vegan, gluten-free and soy-free too)

Prep: 10 mins. | Cook: 10 mins. | Total: 20 mins.

Ingredients:

* 1-1/2 cup cashews, soaked for at least 1 hour

peeled
1 teaspoon salt
1.5 sticks unsalted butter or 1 cup coconut oil
¼ cup coconut milk
½ teaspoon vanilla extract
2 cups pecans
½ cup almond flour
½ cup honey or maple syrup

Instructions:

Preheat the oven to 325F.
Grease a 9x13-inch baking dish with butter and set aside.

Fill a large stockpot with several quarts of water and bring to boil. Place the sweet potatoes in the pot and cook over high heat until tender; drain and mash.

In a large bowl, blend the sweet potatoes, salt, 1 stick of the butter (or ½ cup of the oil), coconut milk, and vanilla with an immersion blender or hand mixer until smooth. Pour evenly into the prepared baking dish and set aside. Finely chop the pecans. In a medium bowl, mix the pecans, the remaining ½ stick butter (or ½ cup oil), flour, and honey by hand until crumbly. Sprinkle the mixture over the sweet potato mixture. Bake for 30 minutes, or until the topping is lightly brown.

Halibut with Blitzed Chickpeas, Carrots, Lemon and Garlic

* 1 orange bell pepper, roughly chopped
* 1 cup unsweetened dairy-free milk (I used a coconut/almond blend)
* 3 teaspoons chili powder
* ¼ cup nutritional yeast
* 1 tablespoon onion powder
* 3 tablespoons taco seasoning (more if needed after blending all ingredients)
* 1-2 cans black beans, rinsed and drained (I used 1 can)
* 12 oz. fresh salsa (jarred not recommended, I used Trader Joe's homestyle salsa as suggested)
* Optional garnishes: cilantro and sliced green onions

Instructions:

1. Drain and rinse soaked cashews.
 2. Place cashews, bell pepper, milk, chili powder, yeast in a blender. Puree until thick and creamy.
 3. In a large saucepan, add onion powder, taco seasoning, black beans and salsa. Stir constantly & heat through.
 4. Add in the blended mixture (the cheese sauce), stir to combine.
 5. Season to taste with salt and pepper.
 6. Garnish as desired.
- Can be served with veggies, chips, over potatoes, or cooked rice.

Lentils and Rice with Yogurt Sauce

Potluck Dish Made by Mary-Frances Colvin
Recipe Created by Kim Kushner

Simply braised halibut served over a bed of chopped chickpeas, herbs, and spices. Ready in under 20 minutes, this is a perfect, healthy choice for lunch or dinner. Swap out the halibut for your favorite fish and experiment with different veggies, like cherry tomatoes and zucchini.

Makes 4-6 servings

Ingredients:

3 bags of shredded carrots
2 red bell peppers, stemmed and seeded cut into chunks
¼ of a lemon, skin on, seeds removed, cut into small chunks
2 cloves of garlic
2 tablespoons chopped cilantro or chopped herbs (parsley was used)
1 can (15 ounces) chickpeas, drained and rinsed
1 tablespoon light olive oil
1 teaspoon turmeric
1 tablespoon paprika
Kosher salt and freshly ground pepper
8 skinless halibut fillets, about 4 ounces each – (32 ounces total)
Extra virgin olive oil

Instructions:

In a food processor, combine the carrots, bell pepper, lemon and garlic. Process until chopped into small pieces. Add the herbs and chickpeas and pulse 1 or 2 times

Potluck Dish Made by Derek Greenberg

Makes 4 to 6 servings

Total Time: 1 hour 30 minutes

Yogurt Sauce Ingredients:

1 cup plain whole-milk yogurt.
Do not substitute low-fat or non-fat yogurt. You can substitute a plant-based yogurt to make this a vegan dish, but I haven't tried to do so yet.
2 tablespoons fresh lemon juice. Buy 2 lemons and squeeze out the juice. It's worth it.
1/2 teaspoon minced garlic. Or, increase this to 1 teaspoon if you love garlic. That's what I did.
1 teaspoon dried garlic powder. I added this before chilling the mixture so the garlic could re-hydrate. This blends well with the fresh garlic, but should not overwhelm the sauce with garlic flavor.
1/2 teaspoon salt

Lentils and Rice

Ingredients:

8 1/2 oz (1 1/4 cups) large green or brown lentils, picked over and rinsed. I dump the lentils onto a large sheet pan and sort them, removing anything that doesn't seem right. Rinse using a fine-mesh strainer.
1 1/4 cups basmati rice
3 tablespoons vegetable oil
2 shallots (or one huge shallot), minced

until all the ingredients are chopped into tiny pieces. But not mushy.

In a large saute' pan, heat the light olive oil over medium-high heat. Add the chickpea mixture and stir in the turmeric and paprika. Season generously with salt and pepper to taste. Cook the mixture until bubbly, about 3 minutes.

Reduce the heat to medium-low. Season the halibut with salt and pepper, and place the fish over the chickpea mixture. Drizzle the halibut with extra-virgin olive oil. Cover and simmer for 10 minutes. Uncover and spoon some of the sauce and chickpea mixture over the fish before serving.

Make-Ahead Tip: The chickpea mixture can be prepared up to 2 days in advance stored in an airtight container in the fridge. Halibut with blitzed chickpeas may be prepared up to 4 hours in advance and stored in the fridge. Do not freeze.

Reheating: Halibut with blitzed chickpeas, carrots, lemon and garlic may be reheated in the saute' pan, partially covered, over medium heat for about 5 minutes.

3 garlic cloves, minced
1 1/2 teaspoons ground coriander
1 1/2 teaspoons ground cumin
3/4 teaspoon ground cinnamon
6 oz (6 cups) baby spinach
1/4 - 1/2 cup slivered or sliced almonds, toasted. I toast them in a dry, non-stick skillet over medium heat, tossing constantly and keeping an eye on it so nothing burns. When nuts are golden brown, immediately transfer to a large sheet pan and spread them out to cool. You want to stop the cooking process by using this cooling technique. I like almonds, so I went with 1/2 cup of slivered almonds.

Instructions:

For the yogurt sauce, whisk all ingredients together in a bowl, cover and refrigerate until needed

For the lentils and rice, bring 4 cups water, lentils and 1 teaspoon salt to boil in Dutch oven over high heat.

Reduce heat to low and cook until lentils are tender, 15 - 17 minutes. Lentils should NOT be cooked into mushiness, because they will be cooked further with the rice in another step. Drain lentils and transfer to a large bowl. This step ensures the cooking process is halted.

Place rice in medium bowl, add hot tap water to cover by 2 inches, and let stand for 15

minutes. Using your hands, gently swish rice to release excess starch, then carefully pour off water. Continue to add cold water to bowl of rice, swish gently, and pour off starchy water at least 5 more times until water runs almost clear. Drain rice in fine-mesh strainer.

Rinse out the Dutch oven and dry thoroughly. Add oil, a pinch of kosher salt and shallots. Cook over medium heat until shallots are softened, 3 to 5 minutes. This is a sweat, not a sauté, so don't let the shallots brown. If this happens, lower the heat. Stir in garlic, coriander, cumin, cinnamon and 1/4 teaspoon pepper and cook until fragrant, about 30 seconds. This lets the spices bloom in the oil.

Stir in rice and cook, stirring occasionally, until edges of rice begin to turn translucent, about 3 minutes. As you may have guessed, you are using the pilaf method, where rice is toasted slightly in oil prior to being cooked in liquid.

Stir in 2 1/2 cups water and 1 teaspoon salt. Bring to a boil. Stir in lentils, reduce heat to low, cover, and cook until rice is tender and liquid has been absorbed, about 12 minutes. At this point, keep in mind that the rice is not fully cooked! It needs to steam in the next step.

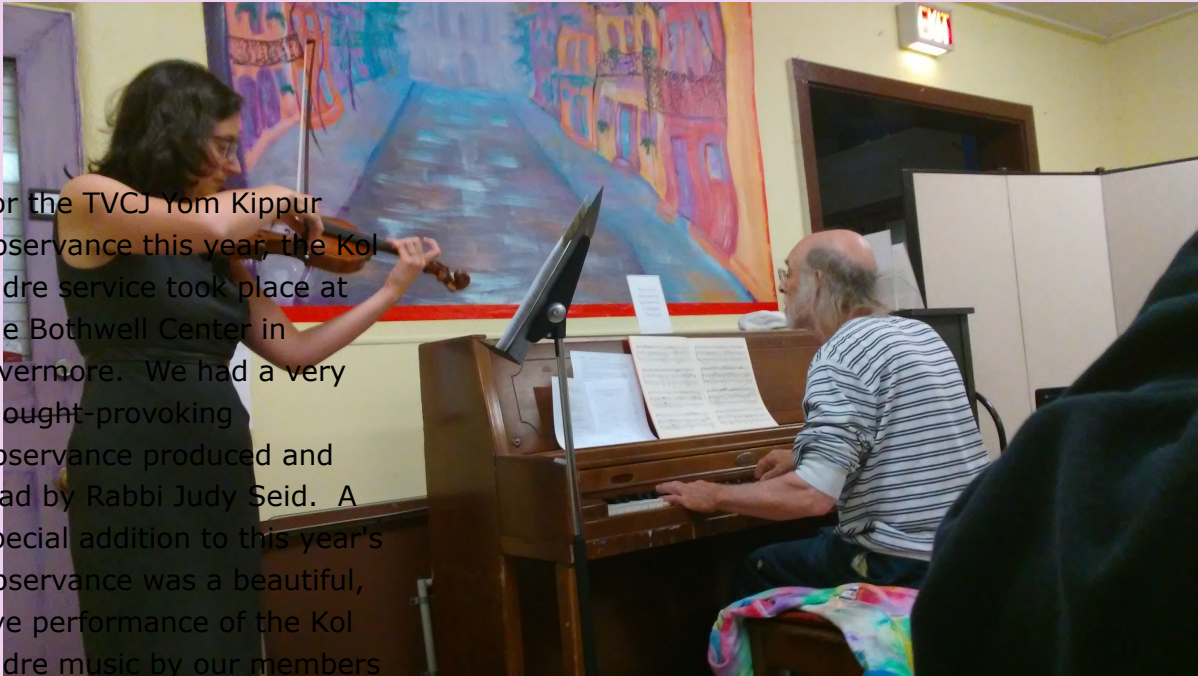
Remove pot from heat and place spinach on top of lentils and rice. Do not stir in the spinach. Lay a clean dish towel over the pot, cover with lid, and let sit for 10 minutes. The towel prevents condensation that forms on the lid from dripping down into the pot, so it's an important step. During this time, the spinach will wilt and the steam trapped in the pot will complete the cooking process for the rice.

Using fork, fluff lentils and rice as you incorporate the wilted spinach. Season with salt and pepper to taste (I added a healthy pinch of kosher salt and some grinds of fresh black pepper). At this point, the mixture is a bit on the bland side. It needs acid, which the yogurt topping will provide.

Pour the yogurt sauce in dollops over the rice and lentils in the pot and sprinkle with the toasted almonds. Serve!

Yom Kippur - Kol Nidre

For the TVCJ Yom Kippur observance this year, the Kol Nidre service took place at the Bothwell Center in Livermore. We had a very thought-provoking observance produced and lead by Rabbi Judy Seid. A special addition to this year's observance was a beautiful, live performance of the Kol Nidre music by our members Natalie Kostinski and Tom Green. Also, Derek Greenberg and Judy Seid lead us in songs on the guitar, and Sophia Ireland blew the shofar for us to both open and close the observance.





Sukkot



Our members had a fantastic time raising the sukkah at this year's Sukkot celebration. We learned about "ushpizin," or welcoming guests, and talked about who we would invite to our celebration; we also put it into practice by welcoming members of the local Muslim community to the event. Thank you to Jamie Ireland, Rebecca Ireland, Leah Morrison, and Isaac Passovoy for helping

make this event happen.



In October We Remember:

Seymour Seid
Adina Senensieb

Who We Are

Board Members:

Jamie Ireland 510-888-1404
Rebecca Ireland 510-888-1404
Joy Randel 925-362-3245
Karen Furst 925-784-1775
Scott Pepper 650-296-6295

Newsletter: Joy Randel 925-362-3245

Webmaster: Noah King 925-371-8585

JCS Teachers: Judith Seid,
Jamie Ireland



Happy October Birthdays:

Larry Lubran

Family Shabbat/Havdalah

Coordinator: Scott

Pepper 650-296-6295

Movie Coordinator: Wendy

Berenson 925-829-0554

Adult Programming: Karen

Furst 925-784-1775



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