

JULY -AUGUST 2015

TAMMUZ-AV-EULL 5775

# Shema יְהוָה



The Newsletter of Kol HaEmek (Voice of the Valley)

Physical address 8591 West Road -Mailing address P.O.Box 416, Redwood Valley, 95470 Phone: 707-468-4536

Please note: All submissions sent by the 20th of each month to Carol Rosenberg ([carolrosenberg@pacific.net](mailto:carolrosenberg@pacific.net))

## COMING EVENTS

**Friday July 10, 6:30 pm,- Kabbalat Shabbat at the home of Cassandra and Bruce Andich** with Rabbi Shoshanah and potluck supper in Willits  
See directions----->

**Sunday, July 19, 10 a.m., Meals for the Hungry**  
To help: call Dan Hibshman at 462-7471

**Our Jewish Monologues, beginning Tuesday July 7, 7:00 pm on Tuesdays, July 7, 14, 21, 28, Aug 4, 11, 18 at our Shul-** Our Jewish Monologues will be a continuing series of weekly summer workshops with Shoshanah, inviting us to rediscover the Jewish dimensions of our own personal journeys. We'll have time to write individually and then read aloud. Please contact Shoshanah, [sdevorah@gmail.com/467-0456](mailto:sdevorah@gmail.com/467-0456), to register for the series.

**Saturday, July 25, 8:00 pm, Reading Lamentations, the traditional reading for Tish B' Av.** At R. Shoshanah's home, 1101 E. Gobbi St.

**Friday, July 31, 8:00 pm, Tu B'Av, Outdoor musical evening and party at the shul.** For more detail, see opposite and page 7 ----->

**Friday, August 14, 6:30 pm, Kabbalat Shabbat,**  
Host and location to be announced.

## Note!

**Directions to Home of Bruce and Cassandra, 750 Hwy 20, Willits:**

Drive about 0.7 miles west on Hwy 20 from the intersection with Hwy 101. Note large green Cal Trans highway sign on your right, announcing distance to the coast.

Turn on right-turn signal no later than that sign, as traffic behind you will be starting to speed up. Driveway is about 30 yards past that sign, a sharp right-hand turn marked by mailboxes, one of which is a prominent black-and-white cow pattern.

Come (slowly) up the 1/4-mile driveway and do NOT take the first left or the next two right-hand forks in the road; you'll end up at our garage. Park up on top and walk on down.

For assistance: 459-4855 or 671-6503.

**Friday, July 31, Tu B'Av outdoor musical evening and party, 8:00 pm, at the shul.** See the last of the sunset and the rising of the moon. Bring finger food and beverages to share. Bring musical instruments, blankets, and bug spray.  
Also see page 7



## We Remember:

Solomon Elberg - July  
Frances Smith - July 2  
Esther Andich - July 3  
Daris Feig - July 9  
Alan Saposnick -July 9  
Miriam Bleicher -July 10  
Corrine Dewar - July 16  
Harold T. Simmons - July 20  
Ann Katz - July 21  
Agnes Scott-Kinney - July 21  
Brian Staber-Baumoeil - July 26  
Gertrude Sussman - August 1  
Meda Newlin - August 1  
Bunny Bookbinder - August 5  
Edwin Lockhart - August 8  
Emily Schaffner - August 8  
Elena Castaneda - August 9  
Donald R.Pierce - August 9  
Frances Suffel - August 11  
Norman Sher - August 12  
Norman F. Feldheim - August 15  
Selig Bookbinder - August 15  
Doug Rosoff - August 24  
Henry Lowenheim - Tammuz 15  
Bernice Fleiss = Tammuz 27  
Earlyne Levitas - Av 10  
Herman Greenwald - Av 23  
Jay Jones - Elul 6  
Dinah Godfrey - Elul 7  
Ben Rosen - Elul 12

All good wishes to David Koppel for a speedy recovery from surgery.

Congratulations and best wished for many more happy years to Linda Koppel and David Koppel on the 40th anniversary of their wedding.

## Portion of the Week and Holidays

July 4 - Balak  
July 11 - Pinchas  
July 18 - Matot Mase  
July 25 - Devarim Hazon  
August 1 - Vaetchanan Nachamu  
August 8 Ekev  
August 15 Reeh  
August 22 Shoftim  
August 29 Ki Tetzie

## Upcoming High Holidays for 2015-5776

September 13, Erev Rosh HaShanah  
September 14-15, Rosh HaShanah  
September 22, Erev Yom Kippur  
September 23, Yom Kippur  
September 27, Erev Sukkot  
September 27- October 4, Sukkoth  
October 5, Shemini Atzeret  
October 5, Erev Simchat Torah

## Opportunities for Tzedakah

**Kol HaEmek** (the Voice of the Valley) is funded by your member dues as well as your generous contributions to a number of funds, including:

- 1) Building Fund
  - 2) Religious School Fund
  - 3) Scholarship Fund
  - 4) General Fund
  - 5) Memorial Board Fund
  - 6) Tzedakah Fund
  - 7) Rabbi's Discretionary Fund
  - 8) The Marion and Sanford Frank Fund for feeding the hungry in Ukiah and Willits
  - 9) Mazon -a Jewish Answer to Hunger
- Question? Call:  
**David Koppel, 485-8910**  
send checks to:  
**Kol HaEmek, P.O. Box 416, Redwood Valley, CA 95470**



## KHE Stepping Stone Project

The stepping stones are complete. They are colorful and charming.

Now we need equipment to dig a path to install them.

Anyone have use of a small backhoe ?



### Donations to KHE for April and May - Many, many thanks!

Mimi Doohan

Judith M. Corwin

Rachel Elkins and Dana Thibeau

Judith Fuente and David Nelson

Jay Joseph and Jennifer Joseph

David Koppel and Linda Koppel

Nancy Horowitz Moilanen, David Moilanen and Lisa Maas

Linda Posner

Helen Sizemore In honor of the 4/08/15 birth of

Rosalie Jean Sizemore Schultz

Daughter of Marisa Sizemore and Alex Schulz

Darline Bergere and Josh Bergere

Robin Sunbeam

Andy Coren and Yvonne Coren

Sherrie Ebyam

**Dear KHE Chaverim,**

Some of you let me know you enjoyed reading my April Shema column about how I came to Ukiah. This story I shared was an important passage in my life, and it was very satisfying to have the opportunity to put its various elements down on paper. Reliving the experience in my memory over a decade later via organizing it into written form was like putting jigsaw puzzle pieces together to form the complete picture. I first recorded the twists and turns of this story for a monologue group I'd joined last fall. Then reading what I'd written to other members of the group deepened and clarified the experience further for me. That I could share such till-then private material and have my telling affirmed by those listening was thrilling and rewarding.

This was my life that I was presenting and it had value for me as well as for those witnessing my story. And this was a reciprocal endeavor! Each week we wrote and then shared different memories as we responded to that week's particular assigned topic. We delighted in hearing the unique vagaries of each person's true tales. And we also had confirming "aha moments" when someone else's descriptions mirrored something familiar in our own personal histories. In some alchemical way, healing and integration happened via our process of writing and sharing. When our course finished, I wanted more!

And so this summer we shall be creating our own Jewish monologues here at KHE. I anticipate that this will be a fun and evocative and probing and rewarding experience for those of us participating. Don't simply think, "Oh, I don't need to bother writing down this stuff. I look at the topics and I know the answers." Well, writing things down is like making a weaving--the pattern emerges from the details, and sometimes our own details surprise us. On the other hand, don't let the challenge of writing scare you away. The aim is to tell your story, not to belabor composing a perfect essay. So if you are intrigued, sign up by contacting me before our first session.

B'Shalom ovrachah/In Peace and Blessing, Shoshanah

**P.S.** Our monologue course involved each of us choosing one piece we'd written and shared amongst ourselves to present to the public during an evening show. When Ellen Weed, our leader, told us at the first session that this production would be the finale to our course, most of us were taken aback. We hadn't realized a public performance was to culminate our efforts.

Without the performance, the course turned out to be a wonderful weekly gathering and valuable, insightful process in and of itself. But the performance brought our individual and group experiences to yet a more potent level. Our stories prompted enthusiastic response from the audience. Ellen Weed went home that night with a waiting list that filled two more rounds of her monologue course for months to come. In fact, three members of our Jewish community, Margo Frank, Benna Kolinsky, and Isa Davila are participating in the current monologue productions of "First Person Plural" on July 1 in Ukiah and July 2 in Anderson Valley.

If folks in our summer KHE Jewish Monologues workshop are interested, we too might take the leap of offering a performance to our KHE community. Should that be the case, we are fortunate that veteran actress and director Linda Posner has agreed to work with participants in polishing their storytelling for a larger audience.

## Our Jewish Monologues

**7 pm, Tuesdays, July 7, 14, 21, 28, Aug 4, 11, 18 at our Shul**

**A summer workshop of weekly sessions with Shoshanah from July 7 - Aug 18** inviting us to rediscover the Jewish dimensions of our own personal journeys. We'll have time to write individually and then read aloud. Particular sessions will delve into:

- “my earliest Jewish memory”
- “my best memories of being Jewish”
- “my worst memories of being Jewish”
- “how have I learned to be Jewish?”
- “when and where do I feel most Jewish?”
- “how has being Jewish impacted my life?”

Seeing what comes up for you when you address these topics in writing can be a powerful and deep experience. Therefore, this is not a drop-in group. You need to make a commitment to attend all the sessions. If you want to participate but know you can't attend every week, please let Shoshanah know when you sign up. All members of our community are welcome to participate, Jewish and non-Jewish alike. You are welcome to write your monologues with pen and paper or on battery-operated laptops and tablets that you bring.

Please contact Shoshanah, [sdevorah@gmail.com/467-0456](mailto:sdevorah@gmail.com), to register for the series.

### Secrets of the Torah

The Sod [secret] of the Torah does not refer to the Kabbala. For those things are already found in revealed texts, and since anyone who desires may learn them and study them with a *chaver* [study partner], we can hardly call them secret. So the real meaning of "secret" with regard to the Torah must refer to what is revealed to everyone according to their particular degree of spiritual advancement in the Torah. And this indeed is the meaning of "secret" and not something which anyone is able to learn with his friend or his student; but that which remains for each individual according to their own unique abilities and rung."

Cited by Lawrence Kushner, *River of Light*, p. 50, from *Aysh Kodesh*, (Jerusalem, 1960), p. 150

### **From Rabbi Hillel for our graduates:**

If I am not for myself who will be for me?  
But if I am only for myself, what am I?  
And if not now when?

### **Mazal Tovs!** (Any more out there you would like to share?)

To **Phil Coren** and his parents Andy and Yvonne on Phil's graduation from UC Santa Barbara with a B.S. in Chemistry and Biochemistry

To **Melissa Thibeau** and her parents, Rachel Elkins and Dana Thibeau on her graduation from Clear Lake High School. Melissa will be attending Oregon State University in Corvallis this fall.

To **Hattie Sher** and her mom, Susan, on Hattie's graduation from Ukiah High. Hattie is the recipient of SPACE's Seiji Sugawara Performing Arts Scholarship and is heading to Cal State Fullerton to study musical theater or economics. She finished the run of "Legally Blonde" at Mendocino College, and is currently rehearsing for a production of "West Side Story" in Santa Rosa at the Wells Fargo Center for the Arts that will run July 17 through 2.

To **Sequoia Lockhart** and her mother, Phylee Binder, on Sequoia's graduation from Oregon State University.

To **Anna Rosenberg** on graduation from the University of Barcelona, Spain and to **Alejandra Rosenberg** for acceptance at Columbia University in N.Y. with a generous scholarship from Portugal. Anna & Alejandra are the daughters of Michael Rosenberg and Maribel Navarro and the grand-daughters of Carol Rosenberg.

### **Mazal Tov**

and birthday wishes to Bela Goldberg, who celebrated her 91st on June 10. After a fall and a hip operation, Bela has moved to Brookside on Dora Street in Ukiah. This makes her more accessible for visiting. We wish you well in your new home, Bela.

To Elizabeth Raybee, her daughter Amethyst and son-in-law Jon on the birth of Judah Luther Frech, weighing in at over 8 lbs at birth on Saturday, June 20. Congratulations and love to all!

To Pat Tyson and Sam Goldberg on the marriage of their son Simon to Tarah Woodrum on June 20, 2015. the couple will continue to live in Berkeley.  
Tarah is to begin nursing at Alta Bates Hospital.

### **Margo Frank LCSW**

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### **Please Note!**

Let your business be known. We are now offering this remarkable opportunity for: \$10/month for a business card (approx. 2" X 3 1/4 ") \$1/month per line

If interested, please contact David Koppel at 485-8910, [davekoppel@yahoo.com](mailto:davekoppel@yahoo.com)

## The 15th of Av: Love and Rebirth

### The Jewish mini-holiday of Tu B'Av

The 15th of Av is undoubtedly the most mysterious day of the Jewish calendar. A search of the Shulchan Aruch (Code of Jewish Law) reveals no observances or customs for this date, except for the instruction that the *tachanun* (confession of sins) and similar portions should be omitted from the daily prayers (as is the case with all festive dates), and that beginning on the 15th of Av one should increase one's study of Torah, since at this time of the year the nights begin to grow longer, and "the night was created for study." And the Talmud tells us that many years ago the "daughters of Israel would go dance in the vineyards" on the 15th of Av, and "whoever did not have a wife would go there" to find himself a bride.

And this is the day which the Talmud considers the greatest festival of the year, with Yom Kippur (!) a close second!

Indeed, the 15th of Av cannot but be a mystery. As the "full moon" of the tragic month of Av, it is the festival of the future redemption, and thus a day whose essence, by definition, is unknowable to our unredeemed selves.

From The Habad website

### Friday July 31, Tu B'Av Outdoor Musical Evening and Party at the Shul, 8:00 pm

**Outdoor Musical Celebration of Tu B'Av at the Shul - Come sit and relax on our back deck or bring a blanket and enjoy the night sky from our lawn as we sing and make music together. Bring your instruments, the songs you want to sing or hear sung, and enjoy the rising of the full moon. This Biblical occasion when the tribes would gather for dancing and matchmaking has been revived in modern times as a time for good-spirited music making out of doors. Come enjoy. You are welcome to bring finger foods and beverages to share.**





**Kol Ha Emek MCJC-Inland  
P.O. Box 416,  
Redwood Valley, CA 95470**

Our purpose is to create an environment in which Jewish culture, religion and spiritual life can flourish, to perpetuate and renew our Jewish connections with ourselves and our homes, within our community and the world.

- To provide space for religious study and prayer.
- To share life cycle events through meaningful Jewish traditions
- and sponsor Jewish education for all ages
- To be inclusive of all partnerships and family configurations
- To include interfaith families and Jews-by-choice
- To network with other Jewish communities
- To educate and share our culture with other Mendocino County residents
- To be a foundation for *Tikkun olam* (healing the world)  
as a community through socially just actions and by Mitzvot)
- To offer to our membership in exchange for financial and other contributions and allow all to participate
- regardless of the ability to pay

**Kol HaEmek Information & Resources**

**Kol HaEmek**

**Board Members**

David Koppel, Treasurer	485-8910 < <a href="mailto:davekoppel@yahoo.com">davekoppel@yahoo.com</a> >
Nancy Merling, President	456-0639 < <a href="mailto:nancymerling@att.net">nancymerling@att.net</a> >
Carol Rosenberg	463-8526 < <a href="mailto:carolrosenberg@pacific.net">carolrosenberg@pacific.net</a> >
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Sigrid White	272-1859 < <a href="mailto:sigridwhite@gmail.com">sigridwhite@gmail.com</a> >
Barbara Stanger	234-3261 < <a href="mailto:aurnaenterprises@gmail.com">aurnaenterprises@gmail.com</a> >

Brit Mila: Doctors willing to do circumcisions in their office or your home; Robert Gitlin D.O. (465-7406), Sam Goldberg (463-8000); Jeremy Mann (463-8000)

Chevra Kadisha (Jewish Burial)) Helen Sizemore (462-1595)

Community support: Willits, Divora Stern (459-9052), Ukiah, Margo Frank (463-1834)

Interfaith Council: Cassie Gibson (468.5351(415)-777-4545, (887)777-5247

Rabbinical Services/Special Ceremonies: Rabbi Shoshanah Devorah (467-0456) [sdevorah@gmail.com](mailto:sdevorah@gmail.com)

Tzedakah: Fund (Financial Assistance) David Koppel (485-8910)