



The Newsletter of Kol HaEmek (Voice of the Valley) January 2009
P.O. Box 416, Redwood Valley, CA 95470 Phone # 707-468-4536 Tevet -Shevat 5769
Please note: all submissions preferred by the 20th of each month to carolrosenberg@sbcglobal.net

Visit our web page: www.kolhaemek.org

Coming Events

Friday, January 2, 6:30pm Kabbalat Shabbat Services followed by a veggie potluck dinner & Rosie Gitlin will share with us her experience last spring of living in Austria and what it meant for her Jewish identity.

Saturday, January 10, 7:00pm Movie Night **“Focus”** is based on Arthur Miller’s book about prejudice in World War II America, starring William H. Macy.

Sunday, January 11, 10am Shul School

Friday, January 16, 6:30pm Round-the-table Shabbat with songs, stories and a veggie potluck dinner at the home of Steve and Joan Levin, 1400 Pepperwood Place, off the north end of Redemeyer Road, Ukiah 462-3131

Sunday, January 18, 10:00 Prepare bag lunches at the Methodist Church, Ukiah, 468-5351

Sunday, January 25, 10am Shul school

Sunday, January 25, 1:00pm **Community Luncheon and Annual Meeting:** Where are we going? Moderated by Harvey Frankle, all members of our Jewish community are invited. We need to hear from YOU!

Wednesday, January 28, 7pm, men’s group at the shul, meatless potluck

The Kol HaEmek Community is invited to a luncheon prepared by your Board of Directors and a community meeting on Sunday, January 25, at 1:00 pm (directly after Shul school)

Harvey Frankle will moderate a session on community planning for our future. Proposals will be heard for Shul additions and modifications. Your board will install officers and you will plan our congregation’s future.

(Don’t say we didn’t ask YOU!)



Saturday, January 31, 10:00am at Ukiah Valley Conference Center, Daniel Spence’s Bar Mitzvah

Sunday, February 1, 10am Shul School

Special Days & Portion of the Week

January 1 - a new year
January 3 - Vayigash
January 10 - Vayechi
January 17 - Shemoth
January 19 - Martin L. King, Jr. Birthday
January 20 - Inauguration Day
January 28 - Vaera
January 31 - Bo &
Daniel Spence's Bar Mitzvah

Candle Lighting Date & Time

1/02 - 4:45
1/09 - 4:51
1/16 - 4:58
1/23 - 5:06
1/30 - 5:14

We Remember:

Jannett Allinikov - January 1
Jacob J. Borkan - January 16
Tom Lowenstein - January 21
Joshua Edelman - January 30
Marion Frank - Tevet 20
Pearl Turovitz - Tevet 14
Leon Horowitz - Tevet 3
Nathan Zorkowitz - Shevat 3

A man with outward courage dares to die.
A man with inward courage dares to live;
but neither of these men
Has a better and a worse side than the
other.

Lao Tzu translated by Witter Bynner

Donations to Kol HaEmek
Make a Difference

Kol HaEmek is grateful for all contributions to our various funds. The following is a list of some of them:

- 1) Building Fund
- 2) Religious School Fund (Kalifornia Memorial)
- 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 & Willits
- 9) Caring for needy Jewish and Arab people in Acre, Israel*
- 10) MEMBERSHIP

Questions? Call David Koppel 485-8910

Please mail your contributions to:

Kol HaEmek

P.O. Box 416

Redwood Valley, CA 95470

*Make your check payable to PEF: Israel-Endowment Fund and earmark it to the Association for Community Development - Acre; HaAsif program. (There is a \$25 minimum requirement for checks to Israel.)

PASSINGS

Our congregation will say Kaddish on the anniversary of your loved one's death. Call Rabbi Shoshanah at 467-0456 with your concerns about the loss of a loved one and/or the name and either the Hebrew or English calendar date of death.

All Our Good Wishes...

to Aaron Brennan on his semester abroad. Aaron, the elder son of Mari Rodin and Clay Brennan, will be going to South Africa for seven months.

ASK JCI & R

Ask JCI & R about help for hard times: The need for emergency assistance has increased dramatically. Helping each other during these times is the Jewish community's highest priority. Please call us for information about services in the Jewish community. Here is a sample of the services available:

JFCS Emergency Assistance Network (JEAN)
Counseling and case management
Financial and credit counseling
Short-term financial loans or grants
www.jfcs.org

Jewish Vocational Service
Jewish Employment Network offers career and employment workshop, including
Moms in career transition
Re-careering after age 50
On-line networking for jobs and careers
Recession-proofing your career
Job search help and career coaching
www.jvs.org

Hebrew Free Loan is here to help with interest free loans with a variety of needs, including: adoption, business, debt consolidation, emergency, recently unemployed, special needs, lifecycle and student loans.
www.hflasf.org

a service of the Jewish Community Federation of San Francisco, Marin, Sonoma, and the Peninsula.
Please visit our websites www.JewishNfo.org and www.sfjcf.org

Help Link United Way Bay Area connects you to hundreds of community services including help for the elderly and emergency services. You can call 211, or 800 273 6222.
www.211bayarea.com

Call JCI&R 415-777-4545 or toll-free 877-777-JCIR (5247)

WITH THE RICHNESS OF TRADITION
AND THE PROMISE OF TOMORROW

please join us as

G. Daniel Spence

is called to the TORAH

Saturday, January 31, 2009

ten o'clock in the morning

Ukiah Valley Conference Center

200 South School Street

Ukiah, California

Kiddush luncheon to follow the service

Laurie Markowitz Spence &
Dale Harrison

*Please reply for the luncheon by
Tuesday January 13, 2009*

462-2755

<laurieellen@sbcglobal.net>



THANK YOU

I would like to sincerely thank everyone in this community for all the help through the period of my husband's long illness and death. Thank you to those who brought food, flowers and stories of loss and survival. Thank you to those who gave my kids rides, took them to play, called and visited. Thank you to those who helped with the memorial service. Thank you really to Kol Ha Emek for being there for us...ALWAYS. You are all so wonderful and giving. We do indeed get by with a little help from our friends. We as a family are healing. We look back with fondness and love at the time we had with our Dane, yet we look forward hopefully and happily to the time we have left on this awesome planet...

THANK YOU

*Elise Wilkins, Jessica Osborn, Jordan Osborn,
and Sasha Wilkins*

GARDEN REPORT

Many Thanks to the KHE Board of Directors for approving some \$\$\$ for our Biblical Garden! We now have a budget to continue progress on the Meditation Garden and continue necessary maintenance throughout the year. I'm dedicated to continue water conservation awareness, so I'm donating time and money for the rainwater projects at the Shul.

Perhaps you've noticed some big ditches on the west side of the parking lot in front. These will be filled with woodchips soon. Thanks to the great tractor work of Peter Reynolds (Down to Earth Landscaping), we have some nicely-sculpted mounds in back, and two carob trees planted so far. I hope to continue sculpting and planting all winter, so please let me know if you'd like to join the fun.

Wood chips are wanted!!!!

Please let me know if you have extra, or if you have lots of branches that we could chip.

Remember - if you want to catch some rainwater, Anna Birkas will help with your water design. She will do a free consultation with you, to give you an idea of where to start. She has a master's degree in Hydrology. Call her at 463-1912.

Best wishes for a green and wet winter!

Shalom,
Louisa
485-1290
midnite@pacific.net



Movie of the Month: FOCUS

Based on Arthur Miller's book about prejudice in World War II America, "Focus" stars William H. Macy as an overanxious, spineless New Yorker whose decision to purchase badly needed eyeglasses changes his life. After being demoted at work because the spectacles make him "look Jewish," Macy can no longer close his eyes to the anti-Semitism proliferating all around him. Co-stars Laura Dern and Meat Loaf turn in impressive supporting performances.

Saturday, January 10, 7:00pm at the Shul

AVODAH: The Jewish Service Corps is a year-long program for young adults ages 21-26. Corps members work full time on issues such as immigration, hunger, literacy, public health, and others while exploring their Jewish identity in a pluralistic and open environment. The application for the 2009-2010 year is now available online.

Yael says: "As an alum of the program, I know first-hand the impact a Corps member has on the communities we serve. Corps members live together in one of our four program sites—New York, New Orleans, Chicago, and Washington D.C.-and participate in a myriad of group learning activities including weekly seminars and several retreats. These gatherings complement the work experience and provide a useful outlet for skills training, community bonding, and reflection. Corps members explore a variety of topics, such as community organizing, conflict resolution, and race relations, while hearing from lead activists and professionals involved in social change. Through AVODAH, Corps members explore the link between Judaism and social justice. Corps members receive a modest living stipend and are eligible for an Americorps Education Award of up to \$4,725."

More information is available at:
www.avodah.net

The Obama Era Begin by *Amy Wachspress 11-08*

What a week it has been. Tuesday evening I had a house full of friends who joined me to watch the (election) returns. I have spoken with so many people who were not willing to believe we had a win until they declared it official because we have been disenfranchised twice before when the election was stolen from our grasp. I read one story about a man in Florida who slept in the room with the absentee ballots until election night so that no one could steal them! I was afraid to hope. But Obama is all about hope, isn't he?

Ron was in Chicago, at ground zero, visiting his family. He didn't go to Grant Park because you had to buy a ticket to get in. So he watched on TV at his sister Wanda's house. He called me just after 8:00 my time hollering his head off. I was in the kitchen. "They just declared him the winner," he whooped. At that moment screams and yells erupted in my living room as my friends saw Obama declared the winner on MSNBC. "It's real, isn't it?" I asked Ron. "They can't take it away from us, can they?" He responded by asking, "Are you crying, Baby?" And I was.

The group celebrating at my house were a bunch of older folks and within minutes all the cell phones lit up as everyone's children called. Our children. With a future again. I spoke with Yael and Akili, both so excited to have voted to make history. The guests in my house wept and hugged and rejoiced. My friend Margo said, "I never realized I was this patriotic, but I feel so patriotic. I'm proud to be an American again." My thoughts exactly. My family, like Margo's, fled anti-Semitism in Eastern Europe only a couple of generations ago. We expected so much from our new homeland. It has taken a long time to stand and deliver.

On Friday night I went to synagogue, where I asked the rabbi to help me say the prayer for coming safely through life-threatening danger. Our little congregation opened the ark together, put our hands on our Torah (our scroll is a Holocaust survivor), and spoke the prayer, which thanks God/Source/Spirit/Creator for sustaining us and nurturing us through a dangerous time. We made it through. The days ahead will not be perfect, perhaps not even smooth in any sense, but we have moved into a new era. I feel an evolutionary shift occurring. All things are again possible.

..... Love and light to you all. Rosa sat, Jesse marched, Oprah spoke, and Martin died for this moment in history to arrive.

On Dec 17, 2008, Nancy Moilanen wrote:

Hey folks...I'm sending this out to several of you...Does anyone know how one would say: "Respect" in Yiddish?

decent, respectable, honorable **onshtendik** **on·shten'·dik / oon·shten'·dik (adj.)**

distinguished, respected, prominent **khoshev** **khosh'·ev (adj.)**

importance; respect **khshives** **kh·sheev'·es (f.)**

important; respected **khoshev** **khosh'·ev (adj.)**

proper, respectful, decent **laytish (adj.)**

respect, honor **derkherets** **der·kher'·ets (m.)**

respect, regard, esteem, deference **akhtung** **akh'toong (f.)**

respectable, honest, fair **orntlekh** **or'entlekh (adj.)**

In My Opinion: by Carol Rosenberg

Last Wednesday evening I came home from visiting a friend in time to have a bite of supper before going off to help an English learner improve her skills. That meant I could be at the Ukiah Players Theater by 8:15 to help make costumes, and I wondered if I had time to take in the three bins that I put out for waste removal. Then it hit me. I had so programmed my time that I didn't think I had all of two minutes for taking care of my own stuff. I sat in the car for a minute and reviewed my priorities. I then collected the garbage cans, all three of them, and put them away.

I do know there is a happy medium between a self-centered life and one that considers more than one's self. I've hit this wall before, it's very familiar. There have been times when I said yes to all requests for my time and other times when all I said was no. I thought I had reached a livable balance, but last Wednesday it needed some adjustment. I'm sure this is true for most of us.

Believe me, I do realize most of you have more to do than you care to think about. But I'm going to ask for your help anyway.

On January 25, the KHE Board is holding a members' luncheon and planning session at 1:00 pm at the Shul. Harvey Frankle has volunteered to be the moderator and facilitate the planning session. Yes I will make blintzes for all or anything else that will encourage you to come and help us plan for our Jewish community's future. We need your honesty and your creative thinking.

Do we want to modify the program? Improve or change kids' education? Change religious services or where to have them, how or what we plan for holiday celebrations? We have received some donations for the building - do we want modification or expansion?

We, the eight people on the Board, cannot and will not make all the decisions for a more than 200-person community without more input from you. We do know you have your own concerns and priorities but all of you at one time or another participated in Jewish life in these valleys and we want your help in planning for the future of a Jewish presence here.

If you want to contribute an idea in advance or insure enough blintzes, you can call me at 463-8526 and let me know you are coming.

Dear KHE Chaverim,

I'm sitting here now on the solstice, wearing wool to keep me warm as I look at the cold rain outside the window. Just a few hours hence, God willing, I'll be at the Shul to join in our celebration of the first night of Chanukah. Knowing that I would be at the Shul today, Sunday, I chose to make yesterday, Shabbat, a time for a "day walk." I liked the idea of honoring the solstice, Chanukah, and the Shabbat with a day walk. This is a practice I learned from the vision quest program I've written about before, in which you fast from sunup through sundown, and invite the day's solo journey to take you where it will. I'd spent both the summer solstice and the fall equinox on day walks in the wooded environs of Lake Mendocino.

Usually, the day is spent outdoors in nature, but I knew I'd need to adjust that premise for the winter solstice since I already felt a bit "under the weather" and our actual weather has been so cold lately. So I turned off my phones (a traditional Shabbat practice) and planned to spend a good part of the day indoors. I even made a list the day before of which inside activities would be kosher for this modified day walk. I woke up without an alarm just in time to see the first pink dawning of the southeastern sky. With alacrity, I dressed in many layers and headed outside. Fortunately, I live surrounded by vineyard, and I proceeded to find a perfect spot for viewing the sunrise on a raised deck built by my landlord above the vines. Frost everywhere, birds darting everywhere - several flying by quite close to my head - me being surprised to see so many robins at this time of year (I'm not enough of a birdwatcher to know if they were migrating or are local residents, but it was a gift to see these traditional harbingers of spring on such a frigid morn). Cloud formations shifting from the wind and light, colors and shapes birthing, transforming, dying - magnificence in each new moment.

I am a long-time advocate of watching sunrises and sunsets, but truth is I see sunsets much more often than I do sunrises. I happen to be a night person, and the intention needed to get up and out for a sunrise just doesn't match the ease of my tuning in to a sunset. I heartily recommend the practice of sunrise and/or sunset watching - it's a great show available 2x each day for free, and the simple act of witnessing somehow nourishes and inspires and connects. For me, watching a sunrise or sunset is a healing act.

And regarding sunrises, there's always that anticipation: when will the ball actually appear, and exactly where, and what color will it be this very morning? You don't know until it actually IS born new. And then when the sun did emerge yesterday, the light was suddenly so blinding that I couldn't distinguish much of my surroundings at first. I could no longer see the exquisite details of the frost on the wooden posts nearby. And at such a moment, it's easy to understand HaAri's version of earlier creations, which didn't succeed because the light was too strong for the vessels, shattering the containers and leaving about shards of hidden light for us to discover and redeem in our world. And easy to understand the miracle of how just a little light can light up the darkness.

Perhaps you've heard the ancient *midrash* about Adam worrying that the world was coming to an end his first winter as each day shortened and there was more darkness. He thought it was his misbehaving that was bringing about this apparent tragedy, and so he fasted for 8 days. Then he noticed that the days began getting longer with more light again and, with more life experience, realized that this was the way of the world. And so each year we repeat this journey into darkness and we help remember the light is there and will emerge again by lighting our Chanukah candles for eight days. This is a time for connecting with the *or ganuz*, the hidden light within each of us and within our world, which corresponds to the "Let there be light" at the beginning of Genesis. This is the light which precedes the physical light of the sun, moon, and stars, which come into being only on the fourth day of creation. But the sun, the moon, the stars, and the candles we light point us towards the light hidden within.

Now when I returned home from this morning foray, the thermometer on my deck read 20 degrees! I had been sitting outside for over an hour and I quickly got back into bed and fell asleep. And the rest of this dedicated day was spent in intervals of sleeping and activity. The pull to sleep was overwhelming at times, and I gently gave in to it. We're told that this month of Kislev (by the time you read this, we will have moved on to Tevet) is characterized by the healing power of sleep (see Melinda Ribner's book, "Kabbalah Month by Month"). So entering the darkness via sleep can in itself be healing. And within this restorative darkness, the *or ganuz* may be revealed to us through our dreams and inner visions. May we find support from both the darkness and the light, and the interplay between them, during the changing moments of each new turning of our planet.

B'shalom oovrachah, Shoshanah



Kol HaEmek/MCJC-Inland
P.O. Box 416
Redwood Valley, CA 95470



Return Service Requested

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.

Our Mission is to express and support Judaism in the following ways:

- To provide a space for religious study and prayer
- To share life cycle events through meaningful Jewish traditions
- To offer and sponsor Jewish education for all ages
- To be inclusive of all partnership 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 of the world) as a community through socially just actions and education, and by mitzvot (good deeds)
- To offer membership in exchange for financial and other contributions, and allow all to participate regardless of ability to pay

Kol HaEmek Information & Resources

Kol HaEmek	468-4536
Board Members:	
Carol Rosenberg, President	463-8526
David Koppel, Treasurer (Financial Committee)	485-8910
Nancy Merling (Rabbi's Council)	456-0639
Divora Stern	459-9052
Alan Acorn Sunbeam	463-8364
Steven Levin	462-3131
Robert Klayman	391-6114
Jan Stephens	459-1207

Address changes (e-mail, etc): contact David Koppel davekoppel@yahoo.com or call (485-8910)

Brit Milah: Doctors willing to do circumcisions in their office or in your home: Robert Gitlin, D.O. (485-7406); Sam Goldberg, M.D. (463-8000); Jeremy Mann, M.D. (463-8000); Sid Mauer, M.D. (463-8000);

Chanan Feld, Certified Mohel (510-524-0722). **Assistance with the ceremony, contact the Rabbi** (see below)

Chevre Kadisha (Jewish Burial): Eva Strauss-Rosen (459-4005); Helen Sizemore (462-1595)

Community Support: If you need help (illness, family crisis) or you can be called on when others need help; in Willits, call Divora Stern (459-9052); In Ukiah, Tal Sizemore (462-1595); Lake County (Volunteer needed, call a board member)

Editor of the Shema: Carol Rosenberg, Dan Hibshman & Tal Sizemore (carolrosenberg@sbcglobal.net)

Interfaith Council: Cassie Gibson (468-5351) (Food preparation for homeless in Ukiah)

Jewish Community Information and Referral: Bay Area activities and services (415) 777-4545 or toll free at (877)777- 5247.

Library: At the Kol HaEmek shul, 8591 West Road, Redwood Valley; open at shul events and by appointment

Movies-at-the-Shul: Steven Levin 462-3131 stevenL@pacific.net

New Members: Carol Rosenberg (463-8526)

Rabbi's Council: assists with community and calendar planning; **liaison** - contact Nancy Merling, grandnan@saber.net (456-0639)

Rabbinical Services/Special Ceremonies: Rabbi Shoshanah Devorah, 467-0456, sdevorah@gmail.com

Use of Torah/Siddurs: Schedule ahead of time with a board member.

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