



The Newsletter of Kol HaEmek (Voice of the Valley)

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

COMING EVENTS

Monday, January 5, 6:30 KHE Board meeting

Friday, January 9, 6:30 Friday, January 9 HOME

Kabbalat Shabbat and potluck, hosted by Pat and Sam Goldberg. with Shoshanah. Their address is 2050 Woodlake Drive in Deerwood. You drive 4 miles exactly from the 101 off ramp at Perkins.

Driving east to the end of Perkins you turn N. on Redeemer Rd. until you come to Deerwood Dr. It is uphill past the water tower dark with almost no houses. Woodlake is on the left take, the second driveway on the left. It is a long driveway you do not see the house. Parking available by the house.

Friday, January 23, 4:30 Shul School Jay Joseph, teacher

Friday, January 23, 6:30 Round-the-Table Shabbat - We need a host.

Sunday January 25, KHE Annual meeting and information sharing. Join us for a Board prepared brunch for all members of KHE.

Please Note!

Your KHE Board is concerned about our congregations future! Please read the letter from the Board on page 5 and look for an electronic questionnaire coming very soon. Please take the time to respond. We will share the responses and community ideas at our annual meeting.

Thanks!

**KOL HA EMEK'S
ANNUAL MEETING
AND SPECIAL
EVENT!!
JANUARY 25
BEGINNING AT
10:00 A.M.
LUNCH AT NOON
AND DISCUSSION**

**THIS IS OUR ANNUAL OPPORTUNITY
TO SHARE IDEAS, MEET THE
CURRENT BOARD MEMBERS, ENJOY
A MEAL TOGETHER AND SHARE OUR
IDEAS AND PLAN FOR THE FUTURE.**

**BREAKING NEWS!
ELIZABETH RAYBEE, NOTED MOSAIC
ARTIST; IS CONDUCTING A
WORKSHOP WITH ALL OF US THE
MORNING OF THE ANNUAL MEETING!!
WE WILL MAKE STEPPING STONES
FOR THE GARDEN.
WE ARE ASKING AN \$18 DONATION
PER ADULT KIDS ARE FREE. WORK
WILL START AT 10:00A.M.**

**FOR MORE INFO WATCH FOR
CONGREGATIONAL E-MAILS**

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) Tzedekah 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
- 10) Women of the wall

Questions? Call:

David Koppel, 485-8910

send checks to:

**Kol HaEmek, P.O. Box 416,
Redwood Valley, CA 95470**

Condolences to Judith Fuente on the death of her father, Herbert Alan de la Fuente, on 11/28/14, at 96 years, surrounded by his beloved family.

Condolences to Bud, Julie, Douglas, Claudia and Candy Rosenman on the death of Beanie (Silvana) wife and mother.

Portion of the Week and Holidays

January 1 Fast of Tevet and New Year's Day

January 3 - Vayechi

January 10 -Shemoth

January 17 Vaera

January 24 - Bo

January 31 Beshalach Shira

We Remember:

Raymond Glickman - January

Louis Fisher - January

Lynn Teplitsky - January 15

Joseph Brooks-Miller - January 15

Ken Holden - January 16

Jacob J.Borkan - January 16

Tom Lowenstein - January 21

Joshua Edelman - January 30

Arnold M.Kerr - January 30

Pearl Turovitz - Tevet 14

Harold G.Corwin - Tevet 15

Marion Margolis Frank - Tevet 20

Dori Anderson - Tevet 26

Paul Kowarski - Tevet 26

Murray Cohen - Shevat 2

Nathan Zorkowitz - Shevat 3

Many Thanks to Karen & Norm Rosen and the many others who contributed to the playground fund!! The playground equipment is ordered and should be installed in a matter of weeks!

“Take five minutes out to consult your values”

Reb Zalman

Did You Know?

January 1, 2015 is the Tenth of Tevet (Hebrew: עשרה בטבת, Asarah BeTevet), the tenth day of the Hebrew month of Tevet, is a minor fast day in Judaism. The fast commemorates the siege of Jerusalem by Nebuchadnezzar II of Babylonia. This was the beginning of the destruction of Jerusalem, the temple and exile in Babylonia

Congratulations to Janet Mandel on the birth of her second grandchild, grandson Neo, to daughter Audrey. Blessings to all the family.

Congratulations Ariella Heise, Eli Edelman, Noah Edelman, and perhaps other KHE folk we don't know of, for their participation in the production of Willie Wonka at the Ukiah Players Theatre.

A hearty Mazal Tov to Bruce Andich who has been named 2014 Physician of the Year by the Willits Howard Memorial Hospital staff. Practicing medicine since his arrival in Willits in 1976, Bruce serves as a hospitalist on the HMH staff and, along with partial retirement, continues to see patients in his clinic.

And to Reid Edelman, Melanie Katz, Amanda Katz, Kathy Katz, and Ari Sunbeam for their participation in the recent production of Eurydice at Mendocino College.

Congratulations to Judy Corwin's daughter, Sharia Pierce. She is starring in a Pulitzer nominated play, Other Desert Cities, December 5 - December 21 at the Main Stage West Theatre in Sebastopol. More information and tickets at <http://www.mainstagewest.com>

Margo Frank LCSW

Individual Psychotherapy and Coaching
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Eldercare Consultation

www.margofrank.com
LCS18143

707.462.1877

Your Business or Service Information could go here!

\$10/month Business Card

(approx. 2" x 3 1/4")

\$1/month 1 Line

Individuals are encouraged to use this service if they would like to let others know about something. If interested, please contact David Koppel at 485-8910, davekoppel@yahoo.com

Donations to KHE for October and November 2014

Thank You!

Judith Corwin - In Memory of Dorothy and Harold Corwin

Judith Corwin - In Memory of Stan Shower

Rachel Elkins and Dana Thibeu

Dan Hibshman and Leslie Kirkpatrick - Playground

Jay Joseph and Jennifer Joseph

David Koppel and Linda Koppel - Playground, in honor of Carol Rosenberg's birthday

Adina Merenlender and Kerry Heise - Feeding the Hungry in memory of Marion Frank

Adina Merenlender and Kerry Heise - Playground

Nancy Horowitz Moilanen and David and Elisa

Susan Sher - Playground

Linda Posner

Laurie Spence and Dale Harrison - Playground

Jan Stephens and Gary Stephens

Jan Stephens and Gary Stephens - Playground, in honor of Carol Rosenberg's birthday

Lillian Vogel - Playground, in honor of Carol Rosenberg's birthday

Amy Wachspres and Ron Reed - Feeding the Hungry, in memory of Marion Frank

Nancy Merling

Penny Walker and Irwin Feldman - Playground

Richard Yusem and Rachel Arama

Milton and Mildred Rosen Foundation

Barbara Waugh and Ernie Waugh

Hillel Posner

Sam Goldberg and Pat Tyson - Playground, in honor of Carol Rosenberg's birthday

Erika Strong and Douglas Strong

Leon Springer and Nancy Marotta Springer

Darline Bergere and Josh Bergere

Alan Sunbeam - Feeding the Hungry, in memory of Marion Frank

Alan Sunbeam - Rabbi's Fund

Shoshanah Deborah - Playground, in honor of Carol Rosenberg's birthday

Joel Goldberg and Cindi Barr Goldberg - Playground

Andy Coren and Yvonne Coren

Sherrie Ebyam and Carol Orton

Roberta Werdinger

Barbara Stanger and Leo Stanger

Harry Bistrin Memorial Trust

Osher Zelig

Dear Members of the KHE Community,

KHE is very likely to face a financial and spiritual crisis in the near future. We need your help and a renewal of community involvement. Last year, without counting the donation from the Harry Bistrin trust, we experienced a deficit between income and spending of over \$4,000.

This year, with a wonderful donation from the Rosen Trust, we are still facing a deficit of approximately \$15,000 in comparing our revenues to our expenses. Thanks to the Harry Bistrin and Rosen Trust donations we can cover both deficits and still maintain our Rabbi's contract, which runs through the end of the next Jewish calendar year. Unless things improve we cannot make future promises or know what level of income to project for expenses.

What is of particular concern to the Board is the large decrease in our membership contributions for this current year. Our annual membership contributions are projected to be about \$15,000 less than what was contributed last year. This is not sustainable. Attendance at holiday and monthly services appears to be down as well.

On the plus side we will have a new playground being installed before spring that we hope our children and grandchildren will thoroughly enjoy. We are also looking forward to a wonderful Purim/DADA party planned for us by Elizabeth Raybee on February 28th. This will be fun and hopefully raise some money.

We are hoping you will attend our **Annual Meeting and Community Brunch on January 25**. We will be sending out an electronic questionnaire before that date related to the future of KHE which we would be grateful for your taking time to complete. We also hope you will all come to the Annual Meeting with honest opinions and concrete suggestions and ideas that address our community needs and ways to raise sufficient funds to maintain a Jewish presence in Mendocino County.

Sincerely,
Sherrie Ebyam and Carol Rosenberg
for the KHE Board

Dear KHE Chaverim,

Two different topics this month:

1) Feeling any ambivalence toward Israel these days? Feeling any ambivalence toward being Jewish? Do the two seem connected to you? A couple of people this fall told me they were not going to attend High Holiday services at KHE this year because of their antagonism to Israel's actions in Gaza this past summer. Their dissatisfaction with Israel led them to distance themselves from Judaism and our Jewish community. How do you react now when reading this? How did the recent Israel/Gaza fighting affect your own attitudes and experiences regarding who you are and your affiliation or affinity with Jewishness ?(You don't have to be Jewish to answer this.)

Acts of violence against Jews around the globe have increased in recent months. Might this fact also affect one's readiness to openly identify with the organized Jewish world? Consciously or unconsciously, might the dangers of visibility motivate one to downplay or even attempt to shed one's Jewish identity and associations? Who needs all this baggage anyway? Isn't my life fine without it? If being identified with Israel, or organized Jewish life, or simply being Jewish, makes me feel more vulnerable or increases my anguish, isn't that reason enough to distance myself? Why risk being associated with Israeli policies and military acts or Jewish archaic religious practices that I feel alienated from anyway?

And so I wonder about the possible link between these matters and the issues of declining KHE financial support and attendance raised in Carol Rosenberg and Sherrie Ebyam's article in this Shema. We really need your support if we are to remain a viable community and provide at least one "welcome all" Jewish address in inland Mendocino County. Do you care? As I approach retirement, I invite you to envisage what kind of local Jewish community you would like to foster and be part of here.

Perhaps the above musings resonate for you or perhaps they really seem far from the mark. Perhaps your Jewish identity is strong. Perhaps the situation in Israel/Palestine, and the increase in violent anti-Jewish acts in many places, give you heartache but don't dampen your Jewish connection or participation in KHE at all. Or perhaps you do feel ambivalent about being Jewish (as many have shared with me over the years), but that ambivalence is not directly related to Israel or anti-semitism. Would you like to share your thoughts in writing in the next Shema, or with a group of KHE folk interested in discussing these matters?

I am writing this on the seventh night of Chanukah, which means "rededication," a holiday all about keeping our Jewish identity alive. I invite you to consider how you really want to rededicate yourself in 2015 to helping your own light shine within and out into our world. Hopefully, your engagement with KHE can help that happen for you, can help our local Jewish community thrive, and can help foster the light of tikkun olam in our world.

2) Acknowledging Mental Illness

I was brand new in Mendocino County in the midst of preparing High Holiday services here for the first time, when I was contacted by a member of the KHE community wanting to confer with me. This person's young adult child had suffered a bad reaction to a drug trip, and had never fully recovered in the years since.

The caring parent was distraught at the ongoing difficulty in finding a supportive and healing environment for the offspring. This continues to be a problem today, more than eleven years later.

Another KHE member held a memorial service for a sibling some time ago, and in grief spoke of the brother's difficulties in coping and need for help throughout his adult life. We have a member of our KHE community who for years has self-identified as mentally ill, and this talented and caring person really has ongoing difficulties taking care of basic needs. What is our role as a community here? After months of homelessness, and now in rainy weather, this person has been sheltered in recent weeks by a big-hearted member of our community.

And a couple of years back, a well-functioning member of our community suddenly lost their grounding, and went through many months of agonizing mental illness, including a period of being hospitalized. Fortunately, caring folks in the local community organized support that made a difference. This person, who feared life-long hospitalization, has bounced back to health and full functioning in the larger world. A success story!

Just recently, someone contacted me about their aged father who of late has been making irresponsible decisions and taking unwise, dangerous actions detrimental to himself. This is very difficult for his grown children, who want to support him, a Holocaust survivor, and yet want him to be in safe surroundings.

All of these individual scenarios point to the need for recognizing how common mental illness, whether episodic or chronic, is in our community. Those experiencing it, as well as their families and friends, can be under a lot of stress and strain from the symptoms, from the lack of funds and facilities for providing needed care, and from the stigma attached to mental illness. My awkward use of pronouns in the examples above points to my desire to honor the privacy of the people involved.

This fall I took a course for family and friends of people living with mental illness given by the local branch of NAMI, the National Alliance for the Mentally Ill. I learned a lot and I saw how helpful the classes are for families struggling with how best to support a mentally ill person and keep their own sanity at the same time. Participants expressed their gratefulness for this educational program again and again. NAMI also runs a support group for families and friends, as well as programs for folks living with mental illness. To find out more, you can contact Donna Moschetti, the current local NAMI president, at 391-6867.

B'shalom oovrachah/In Peace and Blessing, Shoshanah



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 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

(707) 468-4536

Board Members

David Koppel, Treasurer	485-8910 < davekoppel@yahoo.com >
Nancy Merling,	456-0639 < nancymerling@att.net >
Carol Rosenberg	463-8526 < carolrosenberg@pacific.net >
Sherrie Ebyam	530-414-1104 < ebyam@sbcglobal.net >
Mark Levin	467-9037 < mlevin@pacific.net >
Bob Mandel	696-2712 < bobLXVII@hotmail.com >
Sigrid White	272-1859 < sigridwhite@gmail.com >
Barbara Stanger	234-3261 < aurnaenterprises@gmail.com >

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

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