



The Newsletter of Kol HaEmek (Voice of the Valley) January -February 2011
P.O. Box 416, Redwood Valley, CA 95470 Phone # 707-468-4536 -Tevet -Shevat-Adar 5771
Please submit articles by the 20th of the preceding month to carolrosenberg@sbc global.net

Coming Events!

January 4, 6:30 pm KHE Board meeting -
Election of officers

Friday, January 14, 6:30 Kabbalat Shabbat
with Robbie Gitlin, followed by veggie/dairy
potluck..

Sunday, January 9 ,10:00 am-12:15 pm Shul
School

Sunday January 23 ,10:00 am-12:15 pm Shul
School

Friday, January 28, 6:30 Kabbalat Shabbat at
the home of Carol Rosenberg, 501 Jones St.,
Ukiah ,followed by veggie/dairy potluck.

Sunday, January 30 ,10:00 a.m..Shul School

Friday, February 11, 6:30 Kabbalat Shabbat
with Robbie Gitlin, followed by veggie/dairy
potluck..

Sunday, February 6, 10:00 am-Shul School

Sunday, February 13, 1:00
1:00 pm Annual members meeting and brunch

Friday, February 25, 86:30 Kabbalat Shabbat
at the home of Karen & Norm Rosen, 1304 W.
Clay St., Ukiah, followed by veggie/dairy pot-
luck..

Sunday , February 27,10:00 am-12:15 Shul
School

An Interfaith Gathering for Peace

Saturday, January 15,
10:00 a.m.-3:00 pm
Methodist Church Hall, Ukiah

all interested persons,
please call Sandy at 485-1290

KHE needs to prepare a short program;
hopefully our chorus would prepare a
song or perhaps two?

Sunday, February 13 at 1:00 p.m.
at the Shul
Community Meeting and Brunch
Meet the KHE Board

Find volunteers to help meet
the community's current needs!

Develop a plan
for the congregation's
financial survival!

Share your vision
for the congregation's future!

Portion of the Week and Holidays

January 1 - Vaera
January 8 - Bo
January 15 - Beshalach
January 22 - Yitro
January 29- Mishpatin
February 5 - Terumah
February 12 - Tetzveh
February 19 - Ki Tisa
January 20 - Tu B'Shevat
February 21 - Presidents Day
February 22 - Washington's Birthday
February 26 - Vayakhel

Condolences to

Norman & Karen Rosen and their families on the death of Norm's father, Milton Rosen, a beloved father and a generous supporter of KHE.

Condolences to

Jackie Pelner Frankle and Harvey Frankle, and their sons, Isaac & Josh, on the death of Jackie's mom, Esther Pelner. During Esther's long illness and decline she remained a supporter of KHE.

We Remember:

Raymond Glickman - January
Joseph Brooks -Miller - January 15
Jacob J. Borkan - January 16
Tom Lowenstein - January 21
Marion Margolis Frank - Shevat 20
Dori Anderson - Shevat 26
Murray Choen - Shevat 2
Nathan Zorkowitz - Shevat 3
Rachel Fagin Bleicher - February 12
Arthur Hecht - February 13 - Adar 7
Lewis S. Rapport - February 15
Esther Daniels - February 19
Thomas Brooks -Miller - February 21
Tom Shine Mapp - February 22
Samuel Johoshua Cole - Adar 15
Saul Faber - Adar 17

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.

Many Thanks to

Geoff at Cinnabar Ceramics for his generous donation of Hanukkah holiday plates.

Heavenly missiles
predawn darting silken threads
my eyes witness all

David Vilner

Attention Shul School Parents!
Spring Term

January

1-9

1-23

1-30

February

2-6

2-27

March

3-6

3-13

3-20 Purim

April

4-10

4-17

4-30 Family Shabbat Service with Shoshanah

May

5-15 Shoshanah at Shul School

5-22 Lag b'Omer

June

3-5 Camp out **Russian Gulch State Park**

Save Friday afternoon, June 3 through Sunday, June 5 as the dates for our Third Annual KHE CAMPOUT!

This year we shall gather at the **Russian Gulch group campground** on the Mendocino Coast. Tony, Sara, Hillel, and Shoshanah will one weekend. **This year we will have a special rite-of-passage component for all the bnei mitzvah of 2010/11.** The campout is open to all KHE folk, and is already a Shul School tradition. We're also looking forward to being joined by folks from the coastal Jewish community.

BLOCK OUT THE DATES ON YOUR CALENDAR NOW SO YOU KNOW YOU CAN COME!
Let other organizers of potential programs for that weekend Know you will be with us.

Championing Myself

I will make my own music
and the words will be my own
from the love I have gotten
from the rocks I have thrown
from the hurt and the anger
turned into a mellower song
I hope to help some others,
understand
how to get along.

L'chaim

Life to me is like a beautiful glorious thing,
then it turns into a whip and lashes out and gives me a terrible sting.

Learn!

Leslie Jo Feldman

8/24/2010

Donations to KHE in November

*Judy M. Corwin
Jay Joseph and Jennifer Joseph
David Koppel and Linda Koppel
Nancy Moilanen
Linda Posner
Eva Strauss-Rosen - Rabbi's Fund
Sam Goldberg and Pat Tysoe - In Memory of Dan Waterman
Sam Goldberg and Pat Tysoe - In Memory of Tal Sizemore
Sam Golberg and Pat Tysoe - In Memory of Todd Harrison
Shoshanah Devorah - In Memory of Tal Sizemore
Darline Bergere and Josh Bergere
Andy Coren and Yvonne Coren
Carol Orton
Sherrie Ebyam
Janice Berman
Suzanne Waterman
Suzanne Waterman - Rabbi's Fund*

My Sweet Adonai

December 16, 2010

My Dearest Adonai,
I don't possess Hebrew
I don't have the words to the prayers,
I don't have the times to bend my knees
and the pattern of the Shabbos Service.
I don't know all the Prophets, Psalms,
books of Torah,
I don't know Talmud, Midrash, the myriad Rabbis,
I don't know the calendar, all the festivals, holy days,

I don't know much about You and Your People,
All People,
I don't know very much.

I do know that I love you with all my heart and soul,
And I am eternally Grateful that you have created me.

by *Mary Farkas*,
(Former resident of Mendocino County, now living in Fillmore ,CA)
<mefarkas@gmail .com>

In My Opinion

I have asked the Board of KHE to select a new President. I do not intend to leave the Board at this time. I just think that after four years KHE needs a person with new ideas and energy to revitalize our congregation. Frankly folks, I'm getting tired of covering all the bases that are needed. Partially this is my own fault for not finding volunteers to do what needs to be done. I hope you will respond with enthusiasm to the new person. Perhaps it's the recent losses this congregation has experienced that have made me realize we need to insure our community's survival by securing leadership of the next generation.

Hopefully my successor will be found by our January meeting. January is the beginning of our fiscal year, when we install officers for the coming year and when we have either a New Members Bunch or a Membership Meeting. The last two years we have had a membership meetings, Harvey conducted a splendid one two years ago that created committees of members with shared program ideas. This "good idea" needs revitalization as does the volunteer pool that our congregation depends upon. A membership meeting is a wonderful opportunity to plan our goals and objectives for the coming year, meet new officers, and make plans that meet the needs of the current membership.

At last year's meeting I shared with you the budget and expenditures of your congregation; most were not interested.. I took this as a vote of confidence in the Board. This may be true ,but it also means very few wanted to look at the financial needs of providing for Jewish presence and a place of meeting in inland Mendocino County.

Please begin to think about what you want from this congregation and what you are willing to do to make that happen. Please plan to attend the members meeting on **Sunday February 13, at 1:00p.m. after Shul school. The board will prepare a sumptuous luncheon for your pleasure, and we are looking forward to hearing your ideas.**

As you are aware, Rabbi Shoshanah will be away from December through the end of March. Robbie Gitlin (bless him) has offered to conduct the Shul service on the second Friday of January, February and March. We still need volunteers to host those services. We do have volunteers to host the Service on the fourth Friday of each month. Hosting at either the Shul or at homes entails supplying a challah or two, grape juice and wine , setting up before and cleaning up after the services.

If you are willing to host a service you may call me at 463-8526 through January 12. After that call Nancy Merling at 456-0639.

Many, many thanks for the opportunity to be of service.

Love, Carol

Many, Many thanks - To all of you who made Hanukkah such a delight. What incredible magicians the Edelmans are!

And to all those wonderful people who helped set up and return the Shul to normal after Melissa's Bat Mitzvah, my gratitude.

Carol

Dear KHE Chaverim,

As I am writing this column, yet another person connected to our KHE community is dying. Esther Pelner, 91 years of age, has taken no water or food for some 8 days now. It is common for people as they near death to no longer desire to take in nourishment as their bodies close down. She did actually taste a latke two weeks ago during Chanukah! Yet it's been weeks since Esther has spoken, or even responded with anything more than a possibly responsive blink of her eyes, so her ceasing to eat or drink was not a conscious decision to end her life, but rather part of the natural process of her letting go. She has actually held on to life for a very long while, considering that several times over these last few years, her death seemed imminent. And yet she has survived, diminished in her capacities but still breathing, still alive. This time she really will die soon, but even the medical staff of her nursing home stopped making predictions as to when, since she has outlasted them all. In traditional Jewish terms, Esther is now "goseset," in that stage of no return when one does nothing to either prevent or hasten what is happening, but supports the process of dying as it is occurring.

[Note: Esther. z'l, died some two hours after this paragraph was written.]

This past week we held an "Oy Veh" workshop for caregivers at the Shul, and some 18 people showed up. We have so many folks in our community now caring for elderly, ailing parents. To end the evening, I spoke about the Jewish emphasis on seeing everyone as made in the image of God, and of our prayer calling for "healing of soul and healing of body" which can help remind us that those needing care are more than just their illnesses or increasingly dysfunctional bodies. I called for remembering sacredness in the caregiving situation. Only two days went by till I needed to remember my own words, and how difficult it can be to embody them in a real-life situation. As hospice chaplain, I was visiting a woman in her 90s who is being cared for at home by her son. He asked me if he could run over to the DMV while I was there, and I assented. My job as chaplain is to provide emotional and spiritual support to patients and their families. But I was left with the patient sitting on the toilet when I arrived, and so it fell to me to help her return to the living room. Now I have changed many a diaper of my own children and grandchildren, but this was my first occasion to literally wipe off the poop on an adult's body and pull up her Depends. I debated leaving the cleaning up of the mess on the toilet seat and floor to her son (this was not my job!) and then thought of him needing to tend day after day to this sometimes cantankerous woman who can no longer care for herself.

So I took the high road, and a few minutes later we were sitting in the living room, and this senior now told me of when she had been caregiver for her mother, and how one day in frustration she had slammed her mother down on the bed, and was still seeking forgiveness for that from both God and herself. (In the film we watched at the Oy Veh meeting, we learned that even a well educated, well-to-do family member could be driven by the burdens of caregiving to abuse a beloved relative.) Moving in and out of dementia, she then asked me if her mama was still alive. And then she asked me, in all seriousness, where her home was. I wondered aloud whether she meant her former home, but she only seemed satisfied when I suggested that her real home was in God. She is devout Christian, and reading Scriptures to her (she is almost blind) is an established ritual of our visits together. This week her leather-bound Bible flipped open to Matthew. Sometimes her hearing is very acute, but now she had difficulty making out my words even when I enunciated as clearly as I could. At least five times in a row, getting louder and louder, I articulated the same phrase, "Sea of Galilee," until she said, "Oh, Sea of Garlic?" She was serious, but thank God for the humor in the situation, which helped me relax a bit.

Tshuvah/return is not just a practice for the High Holidays. What got me through this particular visit in good spirits was tshuvah, returning again and again to our foundational Jewish precepts of oneness, of love your neighbor as yourself, and of the innate holiness we can tap into and promote in any situation. I surely felt that I was being tested. God bless all caregivers!

On another topic entirely, by the time you read this Shema, I will already have begun my sabbatical, which runs from January through March. I am very grateful for the four months the KHE Board has granted me, some of which I will be using this year, and some next year. I begin by heading for Colorado and the annual conference of Ohalah, the Jewish Renewal Rabbinical Association. I plan to arrive in Israel later in January in time to join a mission of some 20 rabbis from the Board of Rabbis of Northern California. Our itinerary, all in Jerusalem, focuses on meeting with a variety of leaders, from Anat Hoffman who was arrested for carrying a Torah at the Western Wall, to President Shimon Peres. I look forward to staying in Israel till the latter part of March, being with my family, and friends, having opportunities to study and reflect, and wandering a bit in the land. I'm leaving not knowing who the President of KHE will be when I return. I thank Carol for the wonderful opportunity of working with her these past several years. Are you the right person to step forward and lead our KHE community in 2011? Is there someone you would like to see as President? Have you approached him/her or the Board about this? How do you see yourself helping to keep KHE vital, viable, and important to your own life?

Wishing each of you and all of us many blessings in 2011,

B'shalom oovrachah, v'l'hitraot, *Shoshanah*

Harry Bistrin, KHE member and active voice over the years in community affairs, has just bid goodbye to Ukiah and moved to Eureka, where he will be living with his daughter Tina and her husband. We will miss him and wish him well in his new home, which is actually his old stomping grounds from before he moved to Mendocino County.

“ Purim for Grownups”

A session with Rabbi Zalman, (R. Shoshanah's teacher) on a rare teaching on the West Coast.

At the Havurah, Ashland ,OR

March 11-13 cost \$215 per person, registration necessary, For info call Bari 541-488-7716

or <havurahshirhadash.org>



Kol HaEmek/MCJC-Inland
P.O. Box 416
Redwood Valley, CA 95482

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 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

707-468-4536

Board Members:

Carol Rosenberg, President	463-8526
David Koppel, Treasurer (Financial committee)	485-8910
Alan (Acorn) Sunbeam (Library)	463-8364
Judy Corwin	462-4661
Divora Stern	459-9052
Nancy Merling (Rabbi's Council)	456-0639
Harvey Frankle	459-9235
Steve Levin	462-3131

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 Maurer, M.D. (463-8000),

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

Community Support: *If you need help (illness, family crisis) or can be called on when others need help,* in Willits call Divora Stern 459-9052, in Ukiah Margo Frank 463-1834

Editor of the Shema: Carol Rosenberg (e-mail carolrosenberg@sbcglobal.net)

Jewish Library at Kol Ha Emek 8591 West Road Redwood Valley. Call for an appointment 463-8364

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.

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)