



The Newsletter of Kol HaEmek (Voice of the Valley) November 2008  
P.O. Box 416, Redwood Valley, CA 95470 Phone # 707-468-4536 Heshvan - Kislev 5769  
Please note: all submissions preferred by the 20th of each month to [carolrosenberg@sbcglobal.net](mailto:carolrosenberg@sbcglobal.net)

Visit our web page: [www.kolhaemek.org](http://www.kolhaemek.org)

## COMING EVENTS

**Sunday, November 2, 10:00** Shul School

**Friday, November 7, 6:30** Kabbalat Shabbat Service, potluck supper

**Sunday, November 9, 10:00** Shul School

**Saturday, November 15, Morning Service,** Required for Shul school children. Kiddush to follow

**Saturday, November 15, 7:00** MOVIE Night

**Sunday, November 16, CONCERT** (see information opposite)

**Friday, November 21, 6:30** Home Shabbat with Bruce and Cassandra Andich, in Willits, 750 Highway 20: turn right at "cow" mailbox painted in black & white, go uphill, call 459-4855 for additional directions

**Wednesday, November 26, Men's group**

**Thursday, November 27, Happy Thanksgiving to all of you!**



## Eliyahu and Qadim

**A Special Concert Event at KHE**  
**Sunday, November 16, 4-6 pm**

KHE is proud to sponsor a Sunday afternoon concert of Hebrew and Arabic music brought to us by Melissa Prager. Melissa is a former KHE member now living in the Bay Area. She writes:

This four-member group specializes in music inspired by traditional music of the Near East. Since first forming in 2006, they have quickly built a standing-room only following throughout the Bay Area and beyond. Their repertoire includes Arabic, Jewish-Yemenite, Indian, Iranian, Moroccan and Turkish music, celebrating the common musical and spiritual heritage of the now troubled region's ancient cultures.

"Qadim" is a word found in both Arabic and Hebrew meaning "ancient" as well as "that which will come."

Website: [www.EliyahuQadim.com](http://www.EliyahuQadim.com)

The cost is a suggested voluntary donation of \$15 for adults and \$10 for youth plus the opportunity to buy CDs.

### Can You Help with Housing?

We need to find places with community members for the musicians and Melissa to stay Sunday night, preferably near the shul. There will be 4 musicians (includes one couple) and Melissa, for a total of 5.

Call Melissa at 310-592-5028 or Carol at 463-8526 to volunteer your guest room.

## PORTION OF THE WEEK

November 1 - Noah  
November 8 - Lech Lecha  
November 15 - Vayera  
November 22 - Haye Sarah  
November 27 - Thanksgiving  
November 28 - Rosh Hodesh  
November 29 - Toldot

### Candle Lighting

11/7 - 4:47  
11/14 - 4:41  
11/21 - 4:36  
11/28 - 4:34

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### Attention!

The Trip to Pizek, Prague, and Budapest looks like it will happen! No dates as yet, so stay tuned for more information! Or call the Rabbi, 467-0456, if you are interested.

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Many thanks to our congregation for the generous giving of Tzedakah to those in need throughout our community and the world.

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talking to others  
always try to be yourself  
there is no one else

David Vilner



## 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.

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### We Remember:

Lillian Rothchild - 11/2 (28 Heshvan)  
Maurice Marans - 11/?  
Doris Rogers - 11/16  
Solomon Glazer - 11/19  
Fritz Frank - 25 Heshvan  
Robert Leo Kisslinger - 11/27

Condolences to Divora Stern on the death of her brother, David.

## Yom Kippur Sign

by Amy Wachspress

As I was leaving shul on Yom Kippur, I kept thinking about Zena's Open Torah words. She said she has not found the spiritual enlightenment that others have found, even though she knows she is an old soul. Yet her story about being called to a holy place while in Peru certainly seemed to me like a surge of spiritual enlightenment.

As I backed my car out of my parking space, I thought about words spoken by many others who held the Torah and I felt a wave of frustration with God, spirit world, the source of creation, or whatever we might communicate with in our personal version of prayer. I wished, for just one moment, that God/Spirit/Source was not so cryptic and mysterious and that the messages we receive would come in more concrete form, easier to understand.

Why are the messages from spirit so hard to decipher? Can't we just get a clear, solid sign once in a while? It doesn't have to be a burning bush, but it would be great if it made sense. As I pulled out of the parking lot, I telegraphed a message to God/Spirit/Source, "Just once, show me a solid sign!" It was at that very moment that I noticed, for the first time, the lovely big new Kol HaEmek sign in front of the shul. Does God have a sense of humor after all? How long has that sign been there? Why am I so unperceptive that I hadn't noticed it before? And how come I first noticed it while raging against the God/Spirit/Source for a sign?

## Open Letter to Congregation Kol HaEmek:

On behalf of my family and myself, I would like to thank all of you for allowing us to share our son's special day with you. It was everything I could have hoped for and more. You opened up not only your shul, but also your arms and welcomed us as if we were old friends. In today's times, that is a rare find. May each and everyone of you have much sunshine with a touch of darkness to remind us to live each day as if it were our last. Rabbi Shoshanah, thank you for doing such a fine job with Zach, it was as if you knew him forever.

Sincerely,  
Naomi Kalvin and family

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### JCC Maccabi Games® Community

#### Kickoff Event

Thursday, November 6, 2008

6:00 - 8:00 pm

At the JCCSF - 3200 California Street  
Compete! Host!

#### Volunteer!

August 2 - 7, 2009

[www.jccmaccabisf.org](http://www.jccmaccabisf.org)

Become a JCC Maccabi Games® athlete today. Team San Francisco wants local Jewish athletes ages 12 - 16 to compete in 14 different sports. Meet other athletes, work together on social action and have fun! Contact Josh Steinharter today at 415.292.1253 or [jsteinharter@jccsf.org](mailto:jsteinharter@jccsf.org)!

*Dear KHE Chaverim,*

During Open Torah on *Yom Kippur* afternoon, some folks talked about fear and their *kavanah*, their intention, to banish fear from their lives. And then we opened *Yizkor* with *Col haOlam Kulo Gesher Tzar M'od* (All of the World is Just a Narrow Bridge), in which we sang “*V'ha'icar lo l'fached clal*” (And above all is not to fear at all). I remember when Reb Hanan gave a concert in my garden several years back, he changed that line of the song, because he said he didn't think it realistic to never fear at all.

When I participated in wilderness vision quests, the group leaders wanted people to express their fears before we went out on our solo fasts. From their years of experience, they knew that people who are aware of their fears and have addressed their fears are better equipped for survival than those who don't acknowledge them. Fear is such a primal emotion that comes with being alive; it seems to me we are hardwired to be able to fear. But then what? Back in my Somatic Psychology program at Naropa, we learned to welcome all emotions as they arise, and that emotions are meant to move through us. Problems arise when the emotions don't sequence through us completely, but get stuck in us and become part of our body armor, stifling and limiting our aliveness and responsiveness to new sensations and situations. This is what concerns Dorit Bat Shalom, whom I quoted on Erev *Yom Kippur*. She is struggling with how she and her fellow Israelis can healthily move ahead in their lives without continuing to be overwhelmed and traumatized by both Holocaust consciousness and the violence they have experienced through living in Israel.

We can't always choose what happens to us, but we do have choice regarding how we respond.

There is a well-known Hebrew phrase, *pachad Yitzhak* (the fear of Isaac), which describes the great fear Isaac felt at being offered as a sacrifice, and almost killed, by his own father. Reb Zalman Schachter notes that Isaac had a choice as we do in our lives: he could have spent the rest of his life completely traumatized and looking backwards to that moment, or he could chose to move forward in his life. The *midrash* tells us that Isaac DID die on the mountain for just a moment, and then came back to life. Perhaps this was a death of the Isaac he had been until then and some of the ways he had understood the world until then. A letting go. Now, newly revived and spared, he could grow into his new life and whatever it might bring.

Another word for fear that appears more frequently in our liturgy and in the Torah is *yir'ah*. Daily morning prayer begins with the ancient phrase, “*reshit hochmah yir'at YHVH*” = Fear of YHVH is the beginning of wisdom. Now this might not sound very appealing to those who want to replace fear with love. But Judaism doesn't say it's one or the other. Our tradition says we need both for balance. Translating *yir'ah* as awe, rather than fear, may make the phrase more appealing. “Awe” brings us from the tight constriction of fear to the spacious expanses of awe, from the sense of “small me” to the sense of our being part of something larger than ourselves - from *mochin d'katnut* (limited everyday consciousness, literally “mind of smallness”) to *mochin d'gadlut* (expanded consciousness, literally “mind of greatness”)-- not a bad way to start each day.

Psalm 27, which we read daily to prepare ourselves for the High Holidays, starts out from this place of *mochin d'gadlut*: “YHVH is my light and my salvation, whom then shall I fear (*irah*, the future tense of *yir'ah*)? YHVH is the strength of my life, of whom then shall I be afraid (*efchad*, the future tense of *pachad*)?” The psalm goes on to describe many tribulations that can befall us (such as being surrounded and attacked by enemies, or being abandoned by one's parents), so the psalmist is not naive about distressing situations in which we may find ourselves.

But the psalmist has one request: “to dwell in YHVH’s house all the days of my life.” While experiencing all this other stuff which is happening, the psalmist seeks day after day to stay present in and be nourished by the divine sacred space. Neither the mundane nor the holy cancels out the other, but imbuing one’s life with holy presence can change one’s perspective so that fear of the mundane is not paramount.

The classic *Adon Olam* hymn similarly shifts our focus from the minutia of our lives to the awesome, incomparable Eternal who was present before creation and will be present after creation. Yet this grandness of scale shifts to intimate relationship in the final lines of the song: “*B’yado afkid ruchi, b’eit ishan v’a’ira, v’eem ruchi gviyati, Adonai lee v’lo ‘ira*”= I entrust my breath and spirit to God’s hand, when I’m asleep and when I’m awake, my body is with my spirit, YHVH is for me, is mine, I shall not fear.

Your comments are invited.

*B’shalom oovrachah,*  
Shoshanah



## **Thank you one and all!**

Here are some of the thanks we all owe to the many volunteers who provided our Kol HaEmek community with a wonderful High Holiday season.

To Rabbi Shoshanah Devorah, who helped us reach a higher spiritual place and celebrate our joy in being alive!

To our Board members Robert Klayman, who took on the major part of setup and sprucing up the building; Divora Stern, who supervised the kitchen and helped call people to Aliyahs; and Nancy Merling, who took on the responsibilities of reception.

To Bruce Andich, Elizabeth Raybee and Jordan Osborn for their Shofar blasts.

To Louisa Aronow and Judy Corwin and Dan Waterman, who decorated with flowers and plants.

To Rachel Stern, Sara & Tony Esserman-Melville and Deborah Edelman, who provided positive holiday experiences to our children.

To Joel Cohen who inspired us with incredible cello music. To William Ray, Harvey and Jackie Frankle and Jan Stevens, whose voices raised our spirits. To all those who simply helped--our thanks and blessings for a genuine community celebration of our faith, our trust, and our good fortune to live and pray together in these beautiful valleys.

Love,  
Carol Rosenberg



## GARDEN REPORT

The garden survived the summer!!!!

The next plan is to harvest as much rainwater as possible, for the least expenditure possible, so we can reduce next year's water use as much as possible. I shared my water collection plan with Anna Birkas, a professional hydrologist, and she gave me some suggestions. Hopefully I will have time to make a small, simple model of rainwater harvesting so Kol HaEmek members can see how we can cherish our blessed H<sub>2</sub>O. I also would like to create water collection areas in the earth with woodchips. If you'd like to learn more about rainwater harvesting, come on down and I'll give you a tour.

Also, Anna Birkas has a business called "Water Design." She'll come to your home and do a free consultation! Call her at 463-1912.

Her website: [VillageEcosystems.com](http://VillageEcosystems.com)

I have many plants that would love to sink their roots into the Meditation Garden. If you'd like to help plant stuff, please get in touch!

485-1290 or [midnite@pacific.net](mailto:midnite@pacific.net)

Shalom,

Louisa



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## Please start thinking about what you want for and from our Shul!

As most of you know, we have received two generous donations for our building, totaling \$40,000. What we want to do with this money is unclear. We as a congregation need a clear vision so we can proceed.

We can't proceed unless we have the same or similar ideas of what we want. We need to plan for the near and distant future of our congregation.

To facilitate this, your Board is planning to use our tradition of the Members Brunch as an occasion for planning. It will be a luncheon on January 25, 2009. The discussion at this event will be to see if we can come up with consensus of what we all want.

We are now collecting ideas and possible costs for projects with REASONABLE price tags to start the planning project.

Please send your ideas to me, Carol Rosenberg, or call a member of the Board to share your brainstorm. (See directory on the mailing page)

Thanks, *Carol*



## Chocolate Honey Cake

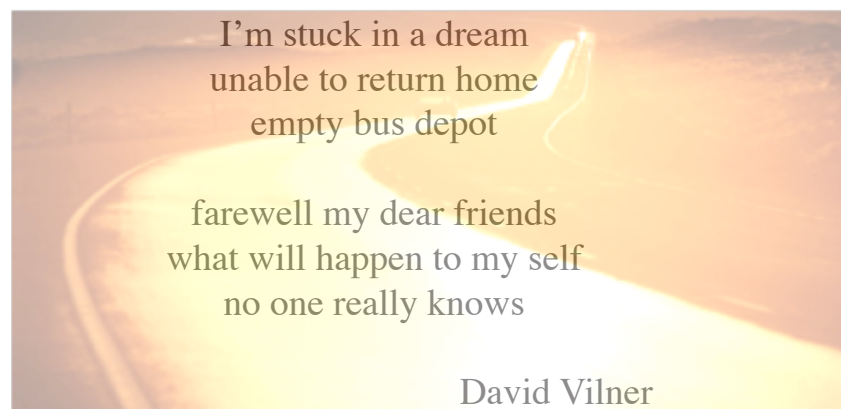
adapted from *A Treasury of Jewish holiday Baking*, and by Adina Mendelson & Carol Rosenberg

### Ingredients

1 cup vegetable oil  
1 cup sugar  
2/3 cup brown sugar  
1 cup honey  
1t. vanilla  
4 eggs  
1/3 cup cocoa powder  
2 3/4 cups all purpose flour  
1/2 t. baking soda  
1 T. baking powder  
1/2 t. salt  
1/4 t. cinnamon  
1 cup coffee (room temperature or flat cola)  
1/3 chopped, slivered or sliced almonds  
1/2 cup chopped semi-sweet chocolate (chopped choc. chips)

### Method

1. Heat oven to 350. Grease and flour a 9"-10" tube pan.
  2. In a medium bowl, blend the oil with sugars, honey and vanilla
  3. Blend in the eggs and mix well.
  4. In a larger bowl, mix together the dry ingredients. make a well in the center and stir in the wet ingredients, slowly adding the coffee. Blend to make a smooth batter, add almonds & chocolate chips
  5. Pour batter into pan and add the almonds
  6. Bake for 15 minutes, then reduce heat to 325 bake another hour, or until the cake springs back. Turn over on a rack or plate and let cool for several hours.  
remove pan from the thoroughly cooled cake and dust with powdered sugar
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**Kol HaEmek/MCJC-Inland**  
**P.O. Box 416**  
**Redwood Valley, CA 95470**

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**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**

<b>Kol HaEmek</b>	<b>468-4536</b>
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
Karen Rifkin	462-2789

**Address changes (e-mail, etc):** contact David Koppel [davekoppel@yahoo.com](mailto: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)

**Chevra 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](mailto: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](mailto: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](mailto:grandnan@saber.net) (456-0639)

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

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

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