



The Newsletter of Kol HaEmek (Voice of the Valley) March 2011  
 P.O. Box 416, Redwood Valley, CA 95470 Phone # 707-468-4536 Adar I-Adar II 5771  
 Please note: all submissions preferred by the 20th of each month to **Carol Rosenberg**  
**e-mail, <caroldrosenberg@sbcglobal.net>**

**Coming Events**

**Tuesday , March 1, 6:30 KHE Board meeting** at the Koppels; all welcomed; hear the findings of the February community meeting.

**Sunday , March 6, 10:00 am Shul School**

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

**Sunday March 13, 10:00 am Shul School**

**Saturday, March 19, 7:30 pm Movie Night**, title to be announced

**Sunday March 20, 10:00 am Shul School**

**Sunday March 20, 10:00 am** help make lunches for the hungry; call Dan Hibshman, 462-7471

**Sunday, March 20, 1:15-4:00, PURIM PARTY!**

**Friday March 25, 6:30 Kabbalat Shabbat** at the home of Pat and Sam Goldberg, 2050 Woodlake Dr., Ukiah, 463-0218 (see directions on page 3)

**Purim**

**Kol HaEmek Annual Purim Party**

Sunday, March 20  
1:15-4:00 pm

Games for the Children  
 Magic Show  
 Amazing Raffle\*, Hamantashen  
 Fun for the Whole Family  
 call Carol Rosenberg  
 463-8526  
 to volunteer to make hamantashen

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**\*Raffle Offerings! (partial list)**

- David Koppel- 3 hours of gardening services
- Steve Levin - 2 hours of handyman services
- Nancy Merling - 2 dozen blintzes and 2 lb of rugelach
- Divora Stern -ceramic vase
- Carol Rosenberg - a portrait in oil paint of your home
- Betty Idarius - health consultation
- Norm Rosen - baked torte
- Alan Sunbeam - acupuncture treatment
- Elizabeth Raybee - Grout Camp,
- Adina Merenlander & Kerry Heise -Elk House
- Tara Plocher - handmade doll dressed in period clothing
- Jan Stevens - Infant onesy with a turtle design
- Aaron & Matt - collectors' items
- Karla Gitlin - case Frey Vinyards wine

## Holidays and the Portion of the Week

March 5 - Pekudei  
March 12 - Vayikra  
March 19 - Purim  
March 20 - Purim at KHE  
March 26 - Shmini  
April 2 - Tazria  
April 18 - Erev Pesach  
April 19-26 Pesach

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### We Remember :

Arthur Hecht - Adar 7  
Samuel Johoshua Cole - Adar15  
Paul Rothchild - March 30, Adar 29  
Saul Farber - Adar 17  
Betty Wolf - March ?  
Dottie Marans - March 1  
Mildred Rosen - March 4  
Walter Brown Parker - March 13  
Bessie Dale - March 29

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### January 2011 KHE Election of Officers

The election committee reported that they were unsuccessful in finding a candidate for President of the Board of Directors.

The current President volunteered to serve for one more year, proposing that if a new candidate will be found within that year she would resign and remain on the Board. If no new person found within the year, she will resign from the Board next January.

### KHE Board Officers for 2011

Carol Rosenberg, President  
Nancy Merling , Vice President  
Judy Corwin , Secretary  
David Koppel, Treasurer  
Steve Levin  
Divora Stern  
Alan Sunbeam  
Harvey Frankle

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Condolences to Jan and Gary Stephens and their family on the death of Jan's father, Robert I. Kraus

## 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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**Congratulations** to David Vilner on the publication of his book of haiku.

It may be purchased through the Grace Hudson and Sun House museum store. Proceeds go to the Museum. Cost \$16.26 + \$5 mailing

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**Mazel Tov!** to Sara, Tony and Ethan on the arrival of Baby Pele, 11:30 a.m. February 19th. He weighed in at 7 1/2 lbs and 21 inches long.

**Congratulations also** to grandparents Ken & Jeanne Esserman and Tony's parents, Athena Melville and Michael Melville

## **Community Seder at the Shul!**

### **April 19th**

Harvey Frankle has volunteered to organize and conduct a community Seder at the Shul. We will have space for about 40 persons.

If you would like to sign up to attend and participate in planning the event, please contact harvey at <woodnbooks@wildblue.net >

Jackie Pelner Frankle has offered to coordinate a vegetarian/dairy potluck for the event.

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QuickTime™ and a  
TIFF (LZW) decompressor  
are needed to see this picture.

## **Friday March 25, 6:30 pm, Kabbalat Shabbat at the home of Pat Tysoe and Sam Goldberg, 2050 Woodlake Dr., Ukiah, 463-0218**

Directions:

We live in Deerwood. Take Perkins East until it becomes Vichy Springs Rd. Bear left at the “dead end” & continue straight as Vichy Springs becomes Redemeyer Rd. Stay on Redemeyer past El Dorado & turn right onto Deerwood Dr. Keep going up Deerwood Dr. approximately 2 miles (past the water towers on your right) until our street, Woodlake Dr. Turn left. Our mailbox & driveway are well marked but you can't see our house from the road. Our house is about 200 yards up the driveway. There is limited parking in our driveway area but lots of street parking.

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## **Attention: Concerning Jewish Books for Young Children**

The PJ Library books are finally arriving regularly, and we are happily integrated with the coast congregation, in ordering for Mendocino County as a whole. Feedback about the books that finds its way back to me has been positive, though I haven't heard a great deal. The people who receive the books do not pay directly for them, the costs to be paid by a foundation or a donor. The distributor of the books, the PJ Library, pays about half the cost of what the books and distribution are worth, coming to about \$40 per year, per child. They would like to see anybody receive the books who wants them, a noble ideal. In Mendocino County we have had people signing up online, and then, between Mina Cohen (with the coast congregation) and me we decide to whose congregation the people belong, and whether we want to underwrite the cost of the books for them. As usual, it's only a question of money. Occasionally, people sign up with whom neither Mina nor I are acquainted (nor have heard of), and then the question arises whether we give the okay or not. Thus far, we have had some donations, but they do not come close to covering the entire expense, which has come to \$440 for Mendocino Inland Jewish Community, covering monthly books to 12 children. I am willing to supplement the expense for this year, and maybe next year, but I thought I should open the question to the community, as it will require more donations for this program to be self-sustaining. If enough money is raised, we could cover anybody that signs up, if you think that's a good idea. I am open to any questions or suggestions.

*Ace Barash*<satokob@comcast.net>



## STUDY GROUP FORMING

Wednesday March 16, 7-9 pm

### at the Shul

How about a small intimate group who wish to examine their Judaism a little more closely - a *chavura*, if you will, or a “Corps of Discovery” as Meriwether Lewis would have it. Possibilities are endless. We could meet once a month or once a week and delve into subjects of our own choosing. I have some ideas and I’m sure we can come up with lots more. So let’s have a meeting, and if we wish we can begin with the book *G\_d Was In This Place and I, I Did Not Know: Finding Self, Spirituality and Ultimate Meaning*.

This book explores 7 different interpretations from 7 different rabbis during 7 different eras in 7 different places. The quotation occurs when Jacob wakes from his dream of the Stairway to Heaven.

In this fun exploration we find ourselves in a conversation with centuries of teachers. We can gather to penetrate the meaning of the same text through story, song, bibliodrama, and especially our own perspective.

Other possibilities for further seminars can include but are not limited to: “Adventures in Bibliodrama” (a kind of psychodrama but with biblical archetypes), “Toward Building a Friday Night Service,” or anything else we as a group choose to study.

So come for the humor, come for the joy, come for the sharing, the warmth, the adventure. Seminar to begin Wednesday evening, March 16, 7-9pm, at the shul and continue for the next 7 weeks. Books may be purchased at the first meeting; \$12 dollars each. Facilitator Harvey Frankle. Please call Harvey, 459-9235, or e-mail woodnbooks@wildblue.net for further info and to let him know which evenings are most convenient: Mondays, Tuesdays, or Wednesdays.

B’Shalom *Harvey*

## GARDEN REPORT

Thanks to everyone who helped manifest a marvelous Tu B’Shvat at our Shul!!! On the north side, 5 shrubs and 1 tree were planted to continue the wind protection plan for those blasting summer winds. Three little oaks were also planted on the south side. The oaks were started by seniors at Ukiah Health Care over a year ago. I totally enjoyed spending 2 Sunday mornings with parents and Shul School kids, out in the sunshine, with worms and shovels. It was not planting for sissies!!! We had to dig down, expose thick plastic, and cut through the plastic before we could even begin to dig the planting holes. In a few years I hope to see shul kids running around the shrubs, playing hide ‘n seek, and picking pineapple guavas and fruit of the strawberry tree. Also many thanks to Alan Sunbeam for cheerfully pitching in. Furthermore, we still have 3 little goldfish in the wine barrel!

I greatly appreciate the generous donation for our Shul Trees, bequeathed to us from Dan Waterman. It was a unique experience for me to drive up to our local nursery and pick out the biggest plants I could find, instead of the cheapest. I would like to create a memorial art piece for him. Also, the Tal Sizemore Garden will be completed as soon as our grapes are available. Any artists interested in collaborating on this?

I’m so delighted that our Shul Garden is really becoming a model for water conservation and Tikkun Olam. I gave 3 tours of the Biblical Garden last fall, and students from the AP Environmental Science class at Instilling Goodness School will be visiting soon. If you’d like to join the tour, give me a call. I’m finding that when I go to the Shul garden to work, I don’t want to leave. I gaze upon the garden with joy instead of thinking, “Oy Veh!!!” and questioning my sanity.

So if you need a moment of peace, stop by the meditation garden & relax. You don’t even have to pull any weeds.

Shalom  
*Louisa*

**KHE CAMPOUT**  
**FRI EVE-SUNDAY, June 3-5**

**SHUL SCHOOL FINALE and B'NEI MITZVAH Vision Quest**

**LOCATION:** Beautiful RUSSIAN GULCH STATE PARK, near MENDOCINO, with access to the ocean as well as a hike inland to a waterfall.

ALL MEALS will be prepared for you! - Friday evening through Saturday night.

The program concludes Saturday night, but many of us will be sleeping over and packing up in the morning. We don't need to leave until noon on Sunday.

Reserve your spot now! \$60 per family covers the campsite for Friday through Sun until noon. This is a good deal less than the cost to book a campsite on your own for two nights. (The parks doubled their fee!) Check-in starts at 2 pm.

Food: \$25 per person 13 and over; \$12.50 per child. This includes Friday dinner, Saturday breakfast, lunch, supper, and campfire, and Sunday breakfast. Snacks are not included.

RESERVE YOUR PLACE NOW by contacting David Koppel, 485-8910 or davekoppel@yahoo.com and then returning the form below with a check made out to KHE and earmarked "KHE Campout- 2011" to cover the costs of campsite and food. Send to KHE Campout Weekend, P.O. Box 416, Redwood Valley, CA 95470.

Name of Family \_\_\_\_\_ # of family members \_\_\_\_\_

<b>Description</b>	<b>cost</b>	<b>Quantity</b>	<b>Total</b>
Campsite per Family (Friday and Saturday)	\$60		\$_____
Food for Adults – 4 meals (13 and older)	\$25	each x_____	\$_____
Food for Children 4 meals (4 to 12 years old)	\$12.50	each x_____	\$_____
			Total: \$_____

We will arrive Friday afternoon, set up tents (we have some extra tents for those without--let us know if you need one), enjoy Shabbat dinner together followed by a celebration, including preparing our bnei mitzvah for their own adventure. Saturday morning, we'll have a leisurely breakfast and more holiday celebration together, and after lunch, (the bnei mitzvah will have rejoined us by then) free time in the afternoon. We'll regather for supper and then havdalah and campfire fun (smores, singing and drumming!).

## **In My Opinion:**

The days are growing longer. I'm so pleased to see sunshine at five in the afternoon. Rain or cold never depresses me as much as darkness of winter. As I sit at my computer the time is 6:01 p.m. and there is enough light to see the silhouette of the trees on the western hills. The time of year is coming when I will not have to think about how to make it home before dark. I do go out in the evening if I know my way. Unfortunately, I still have to figure how far can I walk or if there are a lot of stairs.

These are the small concerns of growing older. Since I studied gerontology these changes are not a surprise. It's rather like knowing the next stage of development for a child. Only with aging it's the next loss.

There was a time when I had no fear of falling, no sense of having to be careful. The total expectation that my body could do what I asked it to do. When weather was an adventure. When I had no fear of being able to see in the dark. I threaded needles for Grandma and couldn't imagine why this was so hard for her.

There is another part of aging that is even harder than loss of mobility. For some it usually is losing control, becoming invisible, ignored. I remember a volunteer at a Senior Center confessing she lied about her age, She told everyone she was 72, not her real age of 84. She said, "No one listens to a really old person--at 72 I still get respect."

The hardest of all changes with aging for me is having to ask for help> I can't do all the things I'd like to do by myself anymore. I know I have a hard time asking people to help me. I have less of a problem asking for individuals I care about or for organizations that I think are important. Therefore I ask all of you to volunteer and help Kol HaEmek.

Your board, a few dedicated volunteers, and especially I can't continue to be the ones preparing for services, or repairing the Shul, or making all the decisions. We collectively have grown older. The youngsters on your Board are in their fifties. Most of us are retired.

We are now thinking about having Board meetings in the afternoon so we don't have to drive in the dark of winter. It's the graying of Mendocino County, it's coming to grips with the changes we all have to make and the fact that this Board is willing to cheerfully give up control for the survival of the organization and for the continuance of a Jewish presence in this county.

Many thanks to Jackie Pelner-Frankle, Louisa Aronow, Robin Sunbeam and Sherrie Ebyam who showed up and contributed so much to the February meeting.

Love, *Carol*

## **Donations to KHE for the months of December 2010 and January 2011**

*Martha Carol - In memory of Esther Pelner*  
*Judy Corwin - General*  
*Rachel Elkins & Dana Thibeau - General*  
*Judith Fuente & David Nelson - General*  
*Dan Hibshman & Leslie Kirkpatrick - In Memory of Milton Rosen*  
*Jay Joseph & Jennifer Joseph - General*  
*David Koppel & Linda Koppel - general*  
*David Koppel & Linda Koppel - In memory of Esther Pelner*  
*David Koppel & Linda Koppel - In memory of Milton Rosen*  
*Nancy Horowitz Moilanen - General*  
*Linda Posner - General*  
*Esther Pelner - Chevra Kadisha*  
*Esther Pelner - Rabbi's Fund*  
*Esther Pelner - General*  
*Norm Rosen & Karen Rosen - Kitchen Fund*  
*Norm Rosen & Karen Rosen - In Memory of Fritz Frank (Frank Food Fund)*  
*Muhasaibi Shalom & Antonio Andrade -General*  
*Nancy Merling - General*  
*Richard Yusem & Rachel Arama - General*  
*Barbara Waugh & Ernie Waugh - Newsletter*  
*Betty Lacy - In Memory of Milton Rosen*  
*Betty Lacy - In memory of Tal Sizemore*  
*Andrea Silverstein & Dennis Patton - General*  
*Karin Wandrei - General*  
*Chevra Kadisha of Sinai Memorial Chapel - General*  
*Darline Bergere & Josh Bergere - General*  
*Leslie Feldman - General*  
*Andy Coren & Yvonne Corwin - General*  
*Janice Berman - General*  
*Suzanne Waterman - Chevra Kadisha Fund*  
*Ben Waterman & Judith Waterman - KHE*  
*Ben Waterman & Judith Waterman - General*

**Dear KHE Chaverim,**

Today is Sunday, the first day of the regular work week in Israel, and I am back in Mevasseret Zion after spending Shabbat in Jerusalem. M.Z. is a suburban town in the Judean hills outside Jerusalem- the name means “announcer of Jerusalem,” and it is located next to a main highway leading into the new and ancient city. Built of gleaming white low-rise apartments, M.Z. was first constructed back when I was living in Jerusalem in the 1990s. Friends who are now in the U.S. offered me the use of their apartment while they are in the U.S., and I was unsure as to whether I wanted to be located neither in the heart of Jerusalem nor in Tel Aviv where my family lives.

But I have very much enjoyed simple walks around M.Z., which is perched on hills with wonderful air and wonderful views of Jerusalem and surrounding hilltops in every direction I look. And the town has been designed with bricked and landscaped walkways which enable you to get around as a pedestrian without having to walk on sidewalks next to vehicular traffic. The population is mixed secular and religious, and in addition to the government-sponsored orthodox synagogues which are found in every community, M.Z. has a thriving Reform congregation which boasts the first Israeli-born woman rabbi in Israel and a fine building which houses not only services but also lectures, study sessions, and film evenings.

When I walked over to check out the spot and meet the rabbi, the first person I met inside was a woman I knew from decades ago when we were both active tourguides, and whose mother, z”l, and I were friends in a weekly meditation circle. That’s how it is in Israel. On the very first day of our Northern California rabbis’ mission in Israel, we came to the tent of Gilad Shalit’s family, who have been camping for weeks (months) outside the Prime Minister’s home calling for action to bring about the release of this young soldier who was kidnapped years ago and is still being held by Hamas in Gaza. After meeting with his father, I went to sign the petition supporting his release, and two of the three women sitting at the petition table immediately recognized me from my work in the Society for the Protection of Nature in Israel back in 1979-81!

This past Friday eve in my old neighborhood of Jerusalem, I attended Kabbalat Shabbat at Nava Tehilla, a new and growing Israeli version of egalitarian/renewal Judaism with lots of singing and spirit. So many of those present were known to me - from my orthodox neighbors whose son was one of the lead guitar musicians and whom I’d last seen in a stroller, to Bonna, one of the founders of Women of the Wall and her husband Shmuel, a fellow tourguide, to Reb Zalman’s youngest son Yotam who is studying at Pardes Institute this year, to Hanalei who is a renewal rabbinical student spending a year here and whom I know well from my Boulder years, to Nomi, an American married to a Russian immigrant, and who has found her calling in the new profession known as tmichah ruchanit/spiritual support, the Israeli equivalency of modern chaplaincy, to Ruti and Michael Kagan who founded Nava Tehilla and whom I know from years ago in Jerusalem when she was doing Reiki and he was a scientist with whom I offered classes in Jewish spirituality. Israeli born, Ruti is now a rabbi ordained by Reb Zalman, and together with their young adult children they started Nava Tehilla in their home, but soon needed to move to a larger space. With the chairs set in concentric circles, and the beautiful chants (all created here to texts from the prayerbook) and loving energy filling the space, I felt I was back in my nest, and also within the beautiful rose which is referred to in the opening of the Zohar as both Knesset Yisrael (the congregation of Israel) and the Shechinah.

The weekend before I’d spent Shabbat in a movement workshop at the Sea of Galilee. Participants were from Israel, Europe, and America, and I was surprised when I was asked to lead kiddush on Friday night (traditionally led by a male). After the motzie, 4 sisters, all of whom are orthodox, stood up and sang Eishet Hayil, a poem from Proverbs which extols the qualities of a virtuous woman, and which is traditionally sung by men to their wives at the Shabbat table. I’d never heard women sing it by themselves before. One of these sisters lives in the orthodox community of Kfar Etzion, and I’d never seen women from there in pants before. But I’ve been told that a lot more modern orthodox women wear pants today than when I was living here.

(One the other hand, a few ultra-orthodox women, on their own initiative, have starting wearing garments and veils that cover all but their eyes. The process is called “Talibanizatzia.” I’ve seen photos but no one in person.) The other sisters all live in a “cfar,” an ecological and spiritual village they are creating inside Kibbutz HaLamed Heh. They told me they moved from comfortable homes into rebuilt chicken coops and daubed mud huts, and hope to be a model for Israelis of simple communal and sustainable living in our age. One of the sisters described herself as a healer; the other three are core members of a well known dance troupe known as Vertigo.

Yet another woman at the workshop told me she is dedicated to developing a mikveh site open to folks to mark spiritual passages in their life (however they define that) at a spring located in a reconstructed ancient archeological village just outside Jerusalem. Currently, the government-sponsored, orthodox-controlled, mikvaot (plural of mikve) which are located all over the city are open only for the traditional practices of immersion by brides before weddings, by married women at the cessation of their periods, by men before Shabbat, by scribes before writing the holy name YHVH, and by converts to orthodox Judaism. She also enthusiastically invited me to come to the ecological village for High Holidays this fall, where an orthodox rabbi leads services with singing and dancing and great spirit. I thanked her, and reminded her that I hoped to be doing just that in my own community in Mendocino County.

I hope I have given you a small taste of my experiences here in Israel. I can’t express how touched I have been simply walking the lanes and byways, enjoying shared meals and conversations with friends, watching the sunset over the Mediterranean (at a site that used to be known as a scruffy hangout for prostitutes and today is a lovely public beach), doing my own mikvaot in the Mediterranean and the Kinneret (Sea of Galilee), and, of course, spending very precious time with my beloved family. In this letter, I have not delved into politics or Israeli responses to what is happening in the neighboring countries, but you know as much about that as I do. As always when I am here, I am wishing that you could be here, too, to experience Israel firsthand. Do plan to come!

**B’shalom oovrachah m’Eretz Yisrael, Shoshanah**

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## **Hamantash**

Dough:

2/3 cup butter or parve margarine	1/2 tsp vanilla
1/2 cup sugar	2 1/2-3 cups all purpose flour
1 egg	1tsp baking powder
dash of salt	

Mix ingredients. Roll out dough, cut into circles, Spoon prune paste, apricot jam, or poppy seed filling into the middle of the round, fold up 2 sides then the 3rd. Bake on greased baking sheet at 350 degrees 10-16 minutes until lightly browned.

## **Poppy seed filling**

**Grind 8 ounces poppy seeds.** Heat 1/4 cup boiling water + 8 ounces of sugar, heat until dissolved. Add poppy seeds, cook for a few minutes. Add 1 egg white, 1/2 teaspoon vanilla, rind and juice of 1/2 lemon, rind & juice 1/2 orange, 2 ounces of raisins, 2 chopped figs, 1 cup apricot or raspberry jam, 1/4 cup butter or margarine a sprinkle of cinnamon and a tablespoon of rum. Heat through. Cool in refrigerator to thicken.

Please note: you can skip the figs or the rum or either the orange or the lemon. Don’t forget to grind and cook the poppy seeds!



**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	<b>463-8526</b>
Nancy Merling Vice Pres.(Rabbi's Council)	456-0639
David Koppel, Treasurer (Financial committee)	485-8910
Judy Corwin, Sect.	462-4661
Alan (Acorn) Sunbeam (Library)	463-8364
Divora Stern	459-9052
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)

**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](mailto:sdevorah@gmail.com)

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

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