



The Newsletter of Kol HaEmek (Voice of the Valley)

P.O. Box 416, Redwood Valley, CA 95470

Phone # 707-468-4536

July - August 2010

Tammuz -Av-Elul 5770

Please submit articles by the 20th of the preceding month to [carolrosenberg@sbcglobal.net](mailto:carolrosenberg@sbcglobal.net)

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

## Coming Events

**Tuesday, July 6, 6:30 p.m.,** KHE Board meeting - Planning for High Holidays, All Welcomed!

**Friday, July 10, 6:30 p.m.,** Kabbalat Shabbat and potluck with R.Shoshanah.

**Saturday, July 17, 10 a.m.,** Garden tour Shul garden

**Saturday, July 17, 7:30** Movie at the Shul

**Tuesday, July 20,** Tish B'Av  
Traditional fast day for the Jewish people

**Friday, July 31,** Home Shabbat (location to be announced)

**Thursday-Sunday, August 5-8**  
20th Mendocino County Women's Retreat--more info in right-hand column

**Friday, August 14, 6:30 p.m.,** Kabbalat Shabbat and potluck, community-led service

**Saturday, August 21,** Movie at the Shul

**Friday, August 28,** Home Shabbat (location TBA)

**Thursday, August 5 - Sunday, August 8**

20th Mendocino County Women's Retreat  
PEOPLE OF THE MOUTH

A Conversation About Conversation

**Cost:** \$275-\$310 sliding scale  
(Women under 30: \$210)

for information contact:

Harriet Bye [bysawyer@mcn.org](mailto:bysawyer@mcn.org)

707-937-3622

Deena Zarlin [dzarlin@mcn.org](mailto:dzarlin@mcn.org)

707-937-0341

Rabbi Margaret Holub [mholub@mcn.org](mailto:mholub@mcn.org)

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## Attention All Singers!

All people interested in singing in the KHE choir should contact Charlie Seltzer, 485-9632. The choir will be singing next for the High Holidays.

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## Attention all Torah readers and those who would like an opportunity to read for the first time!

Please call or e-mail Rabbi Shoshanah to receive a portion for Rosh HaShanah or Yom Kippur 467-0456 or [sdevorah@gmail.com](mailto:sdevorah@gmail.com)

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## Attention Shofar Blowers!

Please check your Shofar--someone has the wrong one, and it needs to be returned to Bruce Adich for the correct one.

[<mdandich@yahoo.com>](mailto:mdandich@yahoo.com)

**P.S. Its time to start practicing for the High Holidays!!**

## Weekly Portion and Holidays

July 3 - Pinchas  
July 4 - USA Independence day  
July 10 - Matot Masa  
July 17 - Devarim Hazon  
July 20 - Tish B'Av - Fast of Av  
July 24 - Vaetchanan Nachamu  
July 31 - Ekev  
August 7 - Reeh  
August 10 - Rosh Hodesh beginning the period of inner reflection in prep for the High Holidays.  
August 14 - Shoftim  
August 21 - Ki Tetze  
August 28 - Ki Tavo

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## We Remember:

Solomon Elberg - July  
Mary Nicolai - July  
Esther Andich - July 3  
Natalie Wachspress - July 8  
Allen Sapoznick - July 9  
Miriam Bleicher Rayberg - July 10  
Ann Katz - July 21  
Agnes Scott-Kinney - July 21  
Henry Lowenheim - July 22  
Meda D. Newlin - August 1  
Gertrude Sussman - August 1  
Elena Castaneda - August 9  
Donald Pierce - August 9  
Benjamin Fishel-Dunbar - August 14  
Norman F. Feldheym - August 15  
Hannah Igar - August 24  
Fay N. Borkan - August 28  
Gladys Breit - August 30  
Richard Horowitz - Av 5  
Earlyne Levitas - Av 10  
Dinah Godfrey - Elul 7

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## Mazel Tov and Congratulations to:

Karen and Norm Rosen and all the family on the birth of their first grandchild, Serafina Helena (daughter of Ari and Dawnelise), born May 6, 2010.

## 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) **Association for Community Development-Acre** serving low-income Jewish and Arab Israelis living in Acco/Acre\*
  - 10) **Orr Shalom** programs throughout Israel for disturbed children and youth from troubled homes\*
- \*Make your check payable to PEF-Israel Endowment Fund and earmark it to either the Association for Community Development-Acre or Orr Shalom. (There is a \$25 minimum requirement for checks to Israel.)
- 11) **MEMBERSHIP!!**

Questions? Call David Koppel 485-8910

Please mail your contributions to:  
Kol HaEmek, P.O. Box 416, Redwood Valley, CA 95470

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## Mazel Tov and Congratulations to:

Amy Wachspress and Ron Reed and all the family on the occasion of their son Akili's graduation from San Diego State University.

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## Mazel Tov and Congratulations to:

Mari Rodin and Clay Brennan and all the family on the occasion of their son Aaron's high school graduation.

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## Mazel Tov and Congratulations to:

Dr. Max Sizemore (son of Helen and Tal), on the completion of his schooling in neuro-biological research, at the U. of Washington.

## Condolences to the Coren Family

Beatrice Starosta Coren, Andy Coren's mother, died peacefully at home May 16, 2010 with her family at her side. She was 93 years old. She had lived with Andy, Yvonne and Phillip for the past year, moving to Ukiah from Florida. Her husband, Milton, and her older son, Ephraim, both died in 2002.

Beatrice is also survived by her daughter, Elayne (Hershel); grandson Scott (Ellen) and David; four great-grandchildren: Jack, Abe, Livia and Paige; and her husband's brother, Len (Dana).

Bea was born in Villa Dolores, Cordoba, Argentina, the 4th of 5 children of Modko and Freda Starosta, who had immigrated to Argentina from Russia via France. When she was five years old her mother died of breast cancer. Her father was unable to care for five young children and Beatrice was sent to Uruguay and Paraguay to live with relatives, and finally at the age of 12, to New Jersey to live with her mother's sister, Fanny. Bea arrived in the U.S. speaking no English and communicated with her aunt in Yiddish. She attended a high school Spanish class to learn English (this was in 1931).

Bea met Milton Coren at a "Nature Friends" camp in the late 1930s. This was a left-wing political group. Milton always said that from the moment they met, Bea was the love of his life. They married in 1939 and raised Milton's brother Len (who was 17 years younger) as their own, and had 3 children.

Bea lived independently after Milton died until her health problems increased and she came to live with us in June 2009.

We appreciate all of the support that we have received from the community over the past year.

*Yvonne*

## Mazel Tov!

To Bob Mandel, who completed the Rotary-sponsored Scary Monster Bike Ride from Ukiah to the coast and back on June 6.

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## Congratulations!

To Judy Corwin on completing 25 years of teaching and retiring.

Now we at KHE have every intention of asking her to go back to work - for us!

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## And . . .

Ethan, son of Sara & Tony Esserman-Melville, qualified for Honorable Mention at the State Science Fair!!

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## Rock & Soul Music Camp

Summer Arts and Fantasy Camp

Academic tutoring and Music lessons

Hosted by Anthony and Sara Esserman-Melville

For more information call them, 463-2247

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Suggestions for future movies are appreciated.  
E-mail <steven L@pacific.net>



## Smart Shop

*High Quality sharpening by hand  
Eric Cinowalt*

Call- 845-1025 or Sharpensmart@gmail.com

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## Cinnabar Ceramics

106 W. Church St, Ukiah

472-0800

Wedding Registry, packing & shipping  
microwave safe

## **Extinction**

As a conservation biologist I have studied and tried to prevent extinction for most of my life. I have also been Jewish for all of my life but my Jewish religion and culture have been independent from my life as a scientist. This seemed perfectly normal and I think it will mostly remain that way. Separation of the spiritual world and science is not readily accepted by the Native American tribal members that I have been studying with lately. They are interested in Traditional Ecological Knowledge, which refers to long-standing practices of indigenous communities steeped in an understanding of their relationship to the earth and the universe. I am begging to understand more fully that for many native people traditional knowledge takes on a personal and spiritual meaning. Not separating the study of science from religion is a very new experience for me – not surprising to those of you who know me and my feelings or lack thereof for religion.

During our most recent Pomo Naturalist class one of the Pomo students stated his fear of his culture becoming extinct. Of course I have read the statistics on the numbers of languages being lost around the world and what terrible threats indigenous people still face. “Of the estimated 7,000 languages spoken in the world today, linguists say, nearly half are in danger of extinction and are likely to disappear in this century. (NYT 9/18/2007)” However, hearing a local young person state his fear of having his own culture become extinct shook me with the personal loss that people threatened with cultural extinction feel.

At the end of this class, I had to rush home to braid two round challahs, grab the fruit and cheese, and get my family to Shul for Shavuot (all the while hoping the challah would have time to rise and bake at the Shul before the designated time to eat). What would normally be a somewhat mindless herding of bread and children suddenly took on new meaning. I had a festival to celebrate with elders who knew the traditions and dances that have been passed down over thousands of years. We have a language that is not only found in the Torah that we were celebrating, but is spoken on the street and by members of my family and community. I am so rich with culture that I could afford to complain about Hebrew school as a child and watch my kids do the same. I take for granted that I have a living culture, language, traditional foods, and know wonderful scholars and community members who study our religion and are willing to share anytime. The students in the Pomo Naturalist course have opened my eyes to my own good fortune. So here is a LONG overdue thank you to my family, former Hebrew school teachers and Rabbis, Rabbis Shoshanah Devorah and Margaret Holub, and our entire Mendocino County Jewish community for keeping our tradition and sharing so many treasured festivals and rituals with me and my family.

Toda Raba, Adina

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## **Attention Families with Children!**

In order to plan for next fall’s Shul School, please contact Carol and tell her if your children will be attending Shul School. 463-8526 or [carolrosenberg@sbc global.net](mailto:carolrosenberg@sbcglobal.net)

## Message from Shefa Gold

This summer I'm excited about teaching a retreat in California August 2-8 as part of the Ruach Ha'aretz Greening the Godfield. My class is called The Art of Praise and it's based on an ancient and powerful text called Perek Shira. The power of this text is its very pagan orientation that instructs us to listen to the songs that at all parts of Creation are singing to their Creator. (It's a perfect text for Chanters because it says that all of Creation is chanting!) Rather than being a steward of Creation or having dominion over it, we can begin to find our own voice in the great chorus. This text has helped me in healing my separation from Nature and given me a new sense of Belonging to the larger community of the Cosmos.

I'm hoping that you'll help me spread the word about this retreat so that I can gather a vital and dynamic group of adventurers to join me in this journey of celebration. With blessings for your journey to the mountain. *Shefa*

The Art of Praise, Ruach Ha'Aretz, at the Bosch Baha'i Center near Santa Cruz  
For info call 415-339-867 or email [info@ruachhaaretz.com](mailto:info@ruachhaaretz.com)

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## Join the Global Effort to Recover the Names of Shoah Victims

Join the ranks of Yad Vashem's worldwide network of volunteers working in one-on-one outreach efforts with Holocaust survivors and members of their generation to recover the names of Shoah victims before they are lost forever. For ideas and resources on how to launch a names recovery campaign in your area, visit Yad Vashem's [Community Outreach Guide](#) for updated program information on the project in Israel and in Russian-speaking Jewish communities around the world.

Yad Vashem has provided a 10-minute Pages of Testimony tutorial video to learn how to help survivors and others from their generation to fill out Pages of Testimony. To volunteer for the project or for more information contact [names.outreach@yadvashem.org.il](mailto:names.outreach@yadvashem.org.il)

To submit a Page of Testimony, there is a link on the left portion of the screen from the Basic Search page at [http://www.yadvashem.org/lwp/workplace/IY\\_HON\\_Welcome](http://www.yadvashem.org/lwp/workplace/IY_HON_Welcome). Click the words "Submit Additional Names."

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## Meditation and Jewishness

A very caring member of our community recently asserted that she is against meditation in our services because it's not Jewish. How untrue! We know that 2000 years ago there were devout folks (known as Hasids back then) who sat in silence for an hour before prayer and an hour after prayer. And in the heart of the Jewish Quarter of Jerusalem in the 19th and 20th centuries there was a synagogue, Beit El, in which one could enter round-the-clock and sit in silence. It was known to have drawn participants from a variety of both Mideastern and European backgrounds, who usually prayed separately in their own synagogues. And Rav Kook, the ultra-orthodox chief rabbi of Palestine under the British, involved in all the controversial issues of his day, was a great advocate and practitioner of silent meditation as an essential mode for experiencing spaciousness and developing one's authentic self in connection with the Source.

*Shoshanah*

*Dear Chaverim,*

Seven, as we know, is a special number in Judaism, with the world being created in 6 days and God resting on the seventh, with the importance of Shabbat in the weekly cycle, and with the biblical resting of the land every 7 years. Seven is a time for a conscious pause, a time to rest and replenish. And then there's the "seven year itch," which I presume is not of Jewish origin. Well, this summer completes my seventh year serving as rabbi of Kol HaEmek. As the line from "Fiddler" goes: "Swiftly flow the years...." Anticipation, excitement, disappointment, gratification, satisfaction - I imagine that you, as well as I, have experienced this mix, plus more, in the course of my tenure here.

Question for you and for me living here in Mendocino County: how Jewish do we want our lives to be? This is certainly relevant for me personally. Here I am a rabbi of a congregation which often holds services only twice a month. What does this say about my level of Jewish engagement? At least I show up for those I lead! Is attending services a measure of being Jewish? Not for most Jews I know, but I'm the rabbi! What does it mean that I'm a part-time rabbi? Am I a "not rabbi" the rest of my time, or part of that time? I think that a lot of people see me as rabbi all of the time. Even folks who tell me they see me more as a friend than as their rabbi, will ask me a rabbinical question as we're walking along or talking at the Co-op.

I do have my own private Jewish spiritual practices that I engage in regularly, and I have tried to encourage the same for congregants over the years via various classes, Shema articles, style and content during services, and personal conversations. Have I succeeded? Is there anything particularly Jewish about your daily observances? I also do a daily insight meditation (from Buddhism), and yoga exercises (from Hinduism), and love to silently watch sunrises and sunsets (which I learned from a Taoist teacher). I think it's wonderful for Jews to incorporate such healthful, healing practices into our lives. But for me, they don't substitute for specifically Jewish practices such as a daily cycle of prayers, including upon awakening and before going to sleep, washing of hands and blessing of food, bringing in and saying goodbye to Shabbat, and text study. These Jewish practices consciously (and unconsciously, I'm sure) help align and connect me to my people, my heritage, to God, and to all being(s). They remind me of the centrality of tzedek and shalom, of chesed and rachamim, of sanctifying life (e.g., kiddush and kaddish), of Echad. How about for you?

I'm so glad I had the opportunity to live in Jerusalem and be part of a sea of Jews and Jewish observance and Jewish history. Sometimes I dearly miss this richness of Jewish environment, with ongoing options of local synagogues, classes and lectures to attend, ancient and modern Jewish sites before my eyes at every turn, and Jewish textual references embedded in mundane conversation (in Hebrew, of course!) even amongst the non-religious. Even the Bay Area offers a much richer smorgasbord of Jewish activities and opportunities than does Mendocino County. Yet a part of me loves that I have the freedom here to explore just how much and what kind of Jewish observance suits me. That I can speak and live my truths about being Jewish and not fear criticism for being "beyond the Pale." That I'm not burdened with modeling a limited type of "good Jew" (for example, that I can dance away with you at Sundays in the Park and still be rabbi). That I can experiment as much as I want in KHE programming, knowing that this KHE community can hold me. And vice versa: that each year that I'm here, I get to know more of you on a one-to-one level, and with those whom I already have had ongoing contact, to experience the vagaries and ups and downs of any relationship as time goes by, as our experiences accrue and hopefully deepen.

I appreciate the overall “good-naturedness” of our community. It’s rare that I see many of you at one KHE gathering, but I have come to realize that KHE is comprised of subsets that come together for different combinations of the programming we offer. For example, different people are drawn to come to campouts, classes, services at shul and at homes, films, talks, musical happenings, holiday celebrations, and fundraisers. Larger, wealthier congregations might have volunteer committees and/or paid staff involved in organizing these different aspects of Jewish communal life. Since I am the only paid staff person (outside of the Shul School), and because of my own eclectic interests, I often have a role in designing, promoting and coordinating many of these varied activities. And yet, I do hope I encourage your initiative in creating, leading, and participating in KHE programs. “Rabbi” should not be a substitute for communal leadership or participation. In some intentional or unconscious way, might you have stepped back and become a bit more passive in your participation since I’ve been here?

Our dear and able president, Carol, tells me that “what we really wanted and you are giving us is your presence in the community. You help us with rootedness and you provide a safety net. There’s someone to go to....” *Keyn yehi ratzon*/May it be so! With thanks and appreciation for our continuing and ever evolving relationship,

*B’shalom oovrachah*/In peace and blessing, Shoshanah

I myself was curious to see the array of classes I had offered over the 7 years. Here they are, more or less chronologically arranged from 2003 up to the present. Some were a session long; others lasted for several weeks:

Bikkur Holim (Visiting the Sick): Healing Practices in our Jewish Tradition,  
Jewish Views of the Afterlife, Kabbalah: A Four Worlds Approach to Understanding Who We Are,  
Eitz Chaim (The Tree of Life) and the Sefirot: Manifestation of Divine Energy within our World and Ourselves, The Amidah Prayer: What’s It all About and How to Pray It,  
Meditation in a Jewish Setting, Jewish Practices to Enhance Spirituality in Our Daily Lives,  
Jewish Dream Practices, Jewish Mourning Practices, The Megillah of Esther, Suffering from the Jewish Point of View, “In my Flesh I see God” (Job): Jewish perspectives on the Body,  
Hebrews, Israelites, and Jews- A look at our origins as a people and how we evolved in the context of the ancient Middle East,  
Jews, Palestinians, and Israelis - A look at Jewish settlement in the Holy Land over the past two centuries,  
Interfaith Marriage and Conversion, “From the Depths I Call to You” - a Movement Workshop,  
Tikkun Olam - Healing of our World: Part I - Social Justice and Welfare; Part II - Jewish Tradition and Environmental Welfare, Making Your Own Tallit, Spiritual Autobiography and Your Life as Sacred Text,  
Death and Mourning as part of our Communal Caring, “I can Read Hebrew!”, Celebrating Passover at Home, Reading Kohelet (Ecclesiastes), Entering the World of Niggunim,  
The Unexpurgated Version of our Chanukah Story, Jewish/Buddhist Mindfulness Retreat (at Mariposa),  
Shabbat and Tu B’shvat, Anti-Semitism in History and in Our Lives,  
“Healing of Soul, Healing of Body/Refuat HaNefesh, Refuat haGuf”- Healing Circle,  
“Oy, Have I got a joke to tell you!”, Making the Most of our Wisdom Years (with Margo Frank),  
Talking about the Hard Stuff - End-of-Life Decision Making (with Margo Frank),  
“Blessings of a Skinned Knee”- parenting discussion group, The Cycle of Jewish Holidays,  
Waskow: “Seasons of Our Joy”, Enhancing Spirituality in our Everyday Lives: Jewish Daily Practices,  
Holy Eating, Rosh Hodesh Nissan for men and women outdoors in nature, Israel in Our Lives,  
Our Jewish Heritage in Iraq (Babylon) and Iran (Persia), B’Tzelem Elohim/In the Image of God-via computer with chevruta study partners, Dipping into the Zohar: “A River Flows Forth from Eden”,  
Studying Talmud via Pirkei Avot (Sayings of the Fathers)



**Mendocino County Jewish Communities/Inland  
Kol HaEmek (Voice of the Valley)  
P.O. Box 416  
Redwood Valley, CA 95470**

## **Return Service Requested**

Rabbi's classes continued:

“I can Read Hebrew!”, Celebrating Passover at Home, Reading Kohelet (Ecclesiastes),  
Entering the World of Niggunim, The Unexpurgated Version of our Chanukah Story,  
Jewish/Buddhist Mindfulness Retreat at Mariposa, Shabbat and Tu B’shvat,  
Anti-Semitism in History and in Our Lives,  
“Healing of Soul, Healing of Body/Refuat HaNefesh, Refuat haGuf”- Healing Circle,  
“Oy, Have I got a joke to tell you!”,  
Making the Most of our Wisdom Years (with Margo Frank),  
Talking about the Hard Stuff - End-of-Life Decision Making (with Margo Frank),  
“Blessings of a Skinned Knee”- parenting discussion group,  
The Cycle of Jewish Holidays, Waskow: “Seasons of Our Joy”,  
Enhancing Spirituality in our Everyday Lives: Jewish Daily Practices,  
Holy Eating, Rosh Hodesh Nissan for men and women outdoors in nature,  
Israel in Our Lives, Our Jewish Heritage in Iraq (Babylon) and Iran (Persia),  
B’Tzelem Elohim/In the Image of God-via computer with chevruta study partners,  
Dipping into the Zohar: “A River Flows Forth from Eden”,  
Studying Talmud via Pirkei Avot (Sayings of the Fathers)

### **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 (Secretary)	456-0639
Divora Stern, V.P.	459-9052
Alan Acorn Sunbeam	463-8364
Steven Levin	462-3131
Robert Klayman	391-6114

**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),  
traditional mohel: Moshe Trager, 415-366-6757

**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 468-4536)

**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) and Robert Klayman 391-6114 [rklayman@mhcinc.org](mailto:rklayman@mhcinc.org)

**New Members:** Carol Rosenberg (463-8526)

**Rabbi's Council:** 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)