



The Newsletter of Kol HaEmek (Voice of the Valley)

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

Phone # 707-468-4536

September 2010

Elul 5770 - Tishri 5771

Please submit articles by the 20th of the preceding month to carolrosenberg@sbcglobal.net

Visit our web page: www.kolhaemek.org

Coming Events:

Saturday, September 4, 8:30pm Selichot
spiritual preparation for the New Year.

Wednesday, September 8, 7-9pm Erev Rosh HaShanah

Thursday, September 9, Rosh HaShanah Service 9:00am; Children's Service 10-10:45am; at about noon, after reading the Torah and the first round of shofar blowing, we will break for Kiddush. We will resume at about 12:30 to continue the traditional Rosh HaShanah service and shofar blowings and finish about 2 pm.

This plan will enable those who want to experience a full Rosh HaShanah service to do so.

Tashlich 2:30pm, potluck picnic at the Lake Mendocino Pomo Day Use Area B; Use Highway 20 to reach the northwest part of the lake; go past the Pomo roundhouse to the second parking lot, park near the bathrooms and walk toward the lake.

Friday, September 10, Shabbat Evening Service 6:30pm, with R. Shoshanah, potluck supper to follow.

Sunday, September 12, Mikveh 1:00pm for men 3:00pm for Women at Pennyroyal Lake.
Meet in the Parducci parking lot.

Friday, September 17, Erev Yom Kippur, Kol Nidre Service, 7:00-9:00



Saturday, September 18, Yom Kippur

◇Morning service 10:00am - 2:00pm

◇Children's Service 10 - 10:45am

◇Afternoon Service 4:00pm until 3 stars are visible in the sky; open Torah, Yiskor, evening concluding service, followed by break-the-fast potluck,

Wednesday, September 22, Erev Sukkot

Friday, September 24, 6:30 Sukkot/Shabbat Celebration and a Potluck meal.

Friday, October 1, Simchat Torah/ Shabbat 6:00, celebration with dancing and scrolling of the Torah, followed by Shabbat Kiddush, candle-lighting and potluck

For your Information:

The KHE Board is happy to announce that Rabbi Shoshanah has signed a contract to continue to serve our community for the next two years. To celebrate her seven years of service to this community she will receive four months of sabbatical to use as she prefers.

Save the Date: December 18, 2010 for the Bat Mitzvah of Melissa Thibeau at our Shul!
Melissa is the daughter of Rachel Elkins and Dana Thibeau.

Portion of the Week and Holidays

September 4 - Nitzavim/Vayelech
September 8 - Erev Rosh HaShanah
September 9 - Rosh HaShanah
September 11 - Ha'azinu
September 17 - Erev Yom Kippur
September 18 - Yom Kippur Leviticus 16
September 22 - Erev Sukkot
September 23 - Sukkot
September 25 - Leviticus 22: 26
October 2 - Breishret

We Remember:

Tina Marans - September
Rae Stanten - September 12
Belle Spiegel - September 15
Jacob Goll - September 17
Sidney Spiegel - September 18
Philip Kam - September 21
Dorothy Corwin - September 22
Abraham Posner - September 23
Hyman Andich - September 29
Jerry Horowitz - Elul 29
Asenath Rosenberg - Sukkot

How to be a participant, not a passenger!

Contact Carol Rosenberg (463-8526) if you'd like to host a Shabbat in your home or at the Shul this fall or winter. A celebratory occasion (e.g, birth, birthday, anniversary, special circumstance) is always a good reason for hosting, but you may just feel like stepping up and offering this mitzvah.

If there is a special way you would like to contribute to High Holiday services (song/music, meditation, inner exercise, dvar torah, etc.) please contact Shoshanah (sdevorah@gmail.com or 467-0456).

If you'd like to help with setup or cleanup, or being a greeter for the High Holidays, contact Carol R., 463-8526.

Tzedakah at the beginning of the Jewish year is as traditional as honey cake and round challah! We Jews celebrate holidays and happiness by giving to others; we remember our dead by supporting the living.

Here are efforts that we support:

- * The Marion and Sanford Frank Fund for Feeding the Hungry in Ukiah
- * Promoting social rights and community mediation for Jews and Arabs in Acre, Israel.
- * Serving emotionally disturbed children and children from troubled homes throughout Israel regardless of religion, race, origin, or social status (see orr-shalom.org.il).

Make your checks for the latter two payable to PEF: Israel-Endowment Fund, and earmark them to either the **Association for Community Development - Acre** or **Orr-Shalom Children's Homes**. There is a \$25 minimum requirement for each check to Israel.

Of course you may also choose to support ANY CHARITY OF YOUR CHOICE.

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.

Please doublecheck to make certain that the names of your loved ones are on our Yiskor list!

FYI

Calendars for the Jewish New year and other Judaica are available at the 3 Sisters shop, 112 South School St., Ukiah. Call 463-2320.

Geoff of Cinnabar Ceramics, Ukiah, will make up Jewish holiday designs for special orders. The shop is at 106 W. Church St. Ukiah. Call 621-1135.

Annual Support and Information for **Kol HaEmek, Jewish Year 5771**

*Please return your membership/High Holidays commitments by September 4.
We need to arrange seating (at our Shul) for the correct number of attendees.*

Mail to: Kol HaEmek, Box 416, Redwood Valley, CA 95470

Name _____ AND _____
Address _____
City/State _____ Zip _____
Children _____ Birth Date _____
_____ Birth Date _____
Phone(s) _____ E-mail _____

I would like to receive my Shema: Paper and Email or Email Only

Annual Support (1st three levels include High Holidays, Newsletter, Rabbi Services)

- \$ 1100 + Patron
- \$ 550 Family
- \$ 250 Individual
- \$ 50 Newsletter
- \$ _____ Other

Payment Method

- I have included a check or credit card authorization for full payment.
 - Charge my credit card: Quarterly: \$ _____ Monthly: \$ _____
- Circle card type: **Visa** or **MasterCard**

Name on Card: _____ Phone: _____

Mailing Address of Card: _____

Amount of charge: \$ _____ Today's Date: _____

Card #: _____ - _____ - _____ Expiration: _____

Signature of Card Holder: _____ 3 Digit # on Back _____

High Holiday Services Only

- Will attend High Holiday services: Rosh HaShanah Yom Kippur.
- Paid or pledged annual support for 5771 which includes High Holidays services.
- Instead of annual support, I/we pay Adult(s) @ \$225 and Child(ren) @ \$60

Thank you for your support!



Mazel Tov, Nancy!

Did you know that Nancy Moilanen started a program in Willits to help socialize patients impaired by brain disorders, like stroke? She has two couples meet a couple times a week for 2 or 3 months, to share a meal and learn communication skills. Clear goals are set and monitored. Physical therapists are present to evaluate and train patients.

Nancy dreamed this one up all by her lonesome. It's been going a couple of years--here and nowhere else. Unique program, innovative and reproducible elsewhere.

The point is: she's documented her work and has been invited to present it to a national audience at the annual convention of Speech Pathologists this fall in Philadelphia.

This is a very big deal: local girl taking the national stage in front of her professional peers."

Submitted by *Bruce Andich*

Amy Wachspress also wrote in to let us know of Nancy's invitation to speak: "This is a huge honor and tremendous recognition of her innovative work in her field."

Congratulations!

to Lillian Vogel on her 101st Birthday.

Mazel Tov!

To Louisa Aronow for her article which has been published as an "online exclusive" by *Tikkun*. Here is the direct link to the online article: <http://www.tikkun.org/articlephp?story=Aronow> It is published as one of the Current Thinking articles under the "contemporary culture" section: <http://www.tikkun.org/index.php?topic=ct>

Looking for a Mitzvah opportunity?

Here is your chance to remember how lucky you are and to help those who don't have enough to eat. Every other month on the third Sunday, we make and give away about a hundred bag lunches. We are looking for someone to take responsibility for distribution of the lunches at 1 pm in front of the Social Services building in Ukiah. It's quick, easy, rewarding, and we'll show you just what to do. You would not necessarily have to do the distribution every time yourself, but would be responsible for making sure that someone will do so. If you are interested, please call Margo Frank, 463-1834.

FYI:

With regret, the KHE Board has accepted the resignation of Robert Klayman. Many thanks, Robert, for your many years of service. The KHE Board is delighted to welcome Harvey Frankle, who finally accepted our long-time offer to join the KHE Board of Directors.

Donations to KHE during the Months of May June July 2010

Darline Bergere
Harry Bistrin
Andy & Yvonne Coren
Judy Corwin
Jay and Jennifer Joseph
Linda & David Koppel
Nancy Horowitz Moilanen

Carol Orton
Esther Pelner
Linda Posner
Elaine & Ken Prarat
Carol Rosenberg
Erika & Doug Strong
Robin Sunbeam

A contribution has been made in gratitude of all the members of Ko haEmek who volunteered to be in "Esther Pelner's support group", this enabled Jackie and Harvey to take a much needed vacation. Thank you all!!

The Pelner-Frankle Family

BELIEF SYSTEM

I'm cruising south on 101,
Static-y radio blaring in my high flying dumpster.
The man on the roadside, thumb outstretched.,
Instant glimpse and you know his life ain't been easy.
Eyebrows arched in resigned plea.
My foot goes to the brakes.
"Where ya goin?"
"Petaluma."
'I'm passing by there if you don't mind first stopping at the burrito place.'
He is most agreeable and appreciative and we are burrito bound.
Enter air conditioned stove-smells, blasting juke box, mariachi.
I order mine and ask him, "You getting anything?"
"Sure." He lights up and orders a chicken to go.
The cashier states the cost. I whip out my cash but he doesn't whip out his,
Probably because he don't have none.
So I see this was an unstated treat on my part, oh well,
In fact, damn, am I well off! Plenty of cash and a credit card if that gets low.
On the road again steering wheel in one hand, tin foil, stripped to the waist burrito in the other.
Accelerate to the chomping.
"Do you believe in God?" asks my burritoed car guest.
My chomping stops and my churning starts.
What kind of trip is this guy on?
Did he kick his drug addiction by becoming addicted to the God thing?
He's gonna make up for mooching rides and burritos with some lame attempt to convert my atheist ass?
"Do I believe in God?" I ask him as if while kneeling in the pew next to mine, I had just caught him sneaking a look at a porn mag.
But nowhere in his face do I see a sign of the haughty believer, just a sad guy asking a sad question.

"Do I believe in God?" Well, in most ways, I don't, but I suppose in some ways I do, but not in the way most people do. But I resent it when folks try to push their religious trips on me."
He's stopped eating. He's clutching his burrito, staring at the dashboard.
"Why do you ask?" I ask.
He stares at the dashboard, his eyes welling up and blinking.
"I just wanted to say "God bless you" for buying me a burrito."

Michael Charnes

A GUIDE TO JEWISH LIFE IN THE BAY AREA

Dear Kol HaEmek/MCJC-Inland,

The new online version of *Resource: A Guide to Jewish Life* is now available. It looks just like the printed edition with every page and every ad appearing just as it does in the 2010 edition that was just mailed to you. The software allows you to turn pages online, search for accounts and look through the index of advertisers. Since *Resource* is an invaluable tool for all Jews in the Bay Area, we would appreciate it if you publicized the availability of our new online edition in print and e-mail newsletters or e-mail blasts that you send out to your online lists.

The website is <http://www.jewishresourceguide.com>.

Also, please continue to remind your membership to read the only Jewish newspaper in the S.F. Bay Area. I can be found at <http://www.jweekly.com>. We appreciate your support.
**J Weekly 225 Bush Street Suite 1480
San Francisco CA 94104-4281**

In My Opinion:

How does one prepare for Rosh HaShanah and Yom Kippur? My mind tells me I should review the year, read holy texts, at least Deuteronomy, and make goals for the coming year. Then I laugh, and think about what I really do. What really happens, what the Holidays really mean to me.

I start out doors (if it's not too hot). Cut the grass, pull some weeds, cut back the hedges so kids going to school can walk on the side walk. As time permits I move indoors to vacuum, clean out drawers and closets. As I start to straighten my closet I think about what shall I wear to Shul. Shall I be my normal comfy self, take clothes seriously like my mother did, maybe follow the Aquarian Minyan tradition of whatever, as long as it's white?

I look into my closet and unexpectedly out comes a lifetime review! All the Yom Tov's of my life appear, sometimes in order, sometimes as a holiday scramble!

A child visiting grandparents in Shul and not having a clue. The embarrassment of being sent to school and finding 5-10 non-Jewish kids there who say, If you're not Irish or Italian, you must be Jewish. Pulling down the window shades before eating on Yom Kippur as my mother insisted.

The beauty of my mother-in-law's holiday table. Insuring that my husband had a Holiday service to attend no matter where we lived. Reading the list of sins and realizing how few I had yet experienced. The difficulty of fasting and feeding babies chicken soup with noodles. The look on my children's faces as we asked them to skip a bedtime snack because it was Erev Yom Kippur. Attending reform services with my husband and children, leaving temple and breaking the fast with orange juice and challah and then driving to my in-laws to set out the family break-fast. The glorious smell of coffee brewing after a fast.

The magic of Yom Tov in Mendocino with Hanan, the long drive home to Colin and Deborah's delicious soup. The decision-making of which congregation to attend in the Bay Area, so many choices. Then the return to Ukiah and the Kol HaEmek years! Shall we continue to have services with Shefa Gold? Shall we find a resident Rabbi? Will we continue to rent or have services in our own little Shul? Where will we find chairs? Will we have a full house or too full a house? Who will bring the apples? Did I forget anything important? Will the congregation be content? How will I make it better?

Each Holiday I bring my life to the service, each stage of my life, each year's experiences, each year's blessings and losses. If the services give me hope and a sense of my place in the world, I'm content and able to cheerfully face the adventures of the year to come.

May this year's Holiday fill us all with the joy of the continuity of Jewish life and a sense of our place in this, our Community.

With love, *Carol*

Attention Shofar Blowers!

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

<mdandich@yahoo.com>

P.S. It's time to start practicing for the High Holidays!!

Dear KHE Chaverim,

In my last *Shema* column, I mentioned the importance of the cycle of seven in our Jewish heritage. This applies as well to our High Holidays, which fall in the seventh month of Tishrei, beginning with Rosh HaShanah on the first day of the new month. Yes, a bit confusing that the “head of the year,” i.e., Rosh HaShanah, also marks the beginning of the 7th month in the calendar, but so it is. This is because Nisan, which marks the beginning of spring and the holiday of Pesach, is traditionally counted as the first month of the calendrical year.* Nisan (whose name comes to us from our Babylonian exile two and a half millenia ago) is called in the Torah by the name of Aviv, which literally means “spring.” It’s not difficult to associate the green vitality of spring-time with new beginnings. But then count through the succeeding months of Iyar, Sivan, Tammuz, Av, Elul, and we’re ready for a shabbaton, a seventh month, a shift. The harvest is in, to be celebrated during Succot in this seventh month of Tishrei, and it’s time to take a break.

Each time we sing “*V’Shamru*” before the Shabbat *kiddush*, the words remind us that God created the world in six days and rested on the seventh (*oovayom hashvee’ee shavat vayinafash*). *Shavat* is the same root as Shabbat and Shabbaton; God is taking a break. *Yinafash* is the verb form of *nefesh*, which means both breath and soul. So God is taking a breath, a breather, in order to resoul. We can look at the holidays of Tishrei in the same light. We need to stop. Only then can we look back and take an accounting of our acts, in their most detailed and broadest aspects, over the past months. With a little perspective now, what HAVE we created? And where do we want to go from here?

Before answering this last question, we need to let go. We need to be present and relax from the momentum of creating. We’re told that each Shabbat we receive our *neshamah yeterah* - more of our soulbeing comes to us, our essence of who we really are, which at its root is God. This is *tshuvah*, return. And this is what we are called to in a big way each time the High Holidays come around. Yom Kippur is sometimes described as the Sabbath of Sabbaths. We give ourselves over utterly to letting go of whatever grit is in the way of our connecting with the One. How wonderful that we have a way to acknowledge that we have erred, and to ask for and be granted forgiveness, so that self-condemnation does not need to separate us from our purity and holiness. We empty out - no work, no eating, no sex, no bathing, no leather, no perfumed oils (21st Century: no telephone, no computer, etc), so that nothing can distract us from simply being aligned with and supported by our deepest/highest Being on this day.

As on Shabbat, when we let go and release, then we can be filled with Divine Presence. This influx energizes us, nourishes us, so that our joy emerges fully as we enter into our celebration of Succoth. We enjoy the blessing and beauty of the harvest festival, and appreciate our deep dependence on the earth and its bounty, and yet the flimsy succah we have built reminds us of our true home in God. These holidays have brought us to a remembering that God is within and without - and among us, for we congregate and experience these days of awe as a community during this seventh month. And then we bid goodbye to this cycle with Simchat Torah, the joy of the Torah, when we scroll back to the beginning. We’re starting afresh, and we have Torah to show us the way. A living Torah, to inspire us and guide us and be interpreted and applied by us as we move ahead into the new year.

L’Shanah Tovah! Looking forward to experiencing this seventh month with you! And, once again, if you are harboring any complaint, hurt, grudge, whatever, that needs clearing with me before the Holidays, please contact me so we can lighten that burden. I ask your forgiveness for any ways in which I have knowingly or unknowingly wronged you.

B’shalom oovrachah, Shoshanah

*There are actually 4 new years in the Jewish calendar. You can do a computer search if you want to know more.



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

Return Service Requested

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

Kol HaEmek	468-4536
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
Harvey Frankle	459-9235

Address changes (e-mail, etc): contact David Koppel 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)

Interfaith Council: Cassie Gibson (468-5351) (Food preparation for homeless in Ukiah)

Jewish Community Information & 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 & Robert Klayman 391-6114 rklayman@mchcinc.org

New Members: Carol Rosenberg (463-8526)

Rabbi's Council: community and calendar planning; **liaison** - contact Nancy Merling, grandnan@saber.net (456-0639)

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)