



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

**Tuesday April 5, 6:30** KHE Board meeting at the Koppels; all welcome

**Wednesday, April 5, 5:30-6:45, Chorus**

**Wednesday(s) 4/6,4/13,4/20,4/27 7:00 pm** at the Shul. Discussion of "God was in This Place and I Did Not Know It" by Lawrence Kushner with Harvey Frankle

**Saturday April 10, 10:00 a.m.** Family Shabbat with Rabbi Shoshanah and our Shul School

**Friday April 8, 6:30** Kabbalat Shabbat to welcome home Rabbi Shoshanah, followed by a catered veggie/dairy potluck. This special Shabbat is hosted by Norman and Karen Rosen in memory of Norm's father, Manny Rosen

**Monday, April 14, 7:00** Rosh Hodesh Nisan-- A movement workshop to help us prepare for Pesach by cleaning out our inner hametz, recognizing where in our lives we are enslaved, and rebirthing ourselves as we pass through our own Red Sea. Dress comfortably and bring a mat or blanket for lying on the floor.

**Saturday, April 16, Movie Night** at KHE  
**Sunday April 17, 10:00** Shul school

**Tuesday, April 19, Community Seder**

**Friday, April 22, Kabbalat Shabbat** with Rabbi Shoshanah at the Shul followed by veggie/dairy potluck. Hosted by Sara & Anthony Meelville to celebrate the birth of baby Pele.

**Community Seder April 19th at 6:30 p.m.**

Harvey Frankle will conduct this seder for the first 40 people who call and send their \$10 reservation/donation to David Koppel at P.O.Box 416 Redwood Valley 95470. To keep costs this low Jackie is coordinating food preparation to insure that it is dairy and pesadich.

*see Jackie's letter pages 4-5*

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**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.

Call or e-mail the Rabbi to register!

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*Sara and Anthony Esserman-Melville*  
*invite*  
*the community to join them*  
*June 25 at 10:00 a.m. at the Shul*  
*for the Bar Mitzvah of their son*  
*Ethan Tyler*  
*Luncheon to follow*  
*To RSVP please e-mail Sara at*  
*saramelville@pacific.net*

## Portion of the Week and Holidays

April 2 - Tazria  
April 9 - Metzora  
April 16 - Achrei Mot  
April 18 - Erev Pesach  
April 19-26 - Pesach  
April 30 - Kedoshim

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### We Remember:

Bessie Dale March 29/ Nisan12  
Pearl Renee Horowitz - Nisan 18  
Charles Sorkowitz - Nisan 28  
Regina Klayman -  
Dorothy Waterman -  
Sidney Epstein - April 1  
Nannette Tver - April 1  
Allen Michah Rosenberg - April 1  
Milton Coren - April 7  
Joan Bistrin - April 10  
Eleanor Miller - April 12  
Arthur B. Miller - April 12  
Saul Ginsburg - April 13  
Leah Frankle - April 16  
Allen Dale - April 16  
Rose Cecelia Ray - April 21  
Beatrice Hecht - April 27  
Michael Kohan Selah - April 29

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### Please Note !

This coming autumn at the High Holidays we will be reconstructing our *Remembrance List*. Please make sure you re-register your departed family members with your name and their date of death in English or Hebrew.

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### Congratulations !

To Philip Corwin for providing first aid in Portugal

To Ariella Heise on her role as a "Bad Guy" in the SPACE production of 101 Dalmatians

To Ari Sunbeam singing a solo at the Ukiah High School Chorus concert

## 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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### Special Volunteer Needed!

KHE published phone number 707-468-4536; it is a message phone that is monitored by a community volunteer.

We periodically change the volunteer who has access to the phone. Karin Rifkin, the current volunteer, has completed her term of service and we need a new person to access that phone, answer questions and/or send the messages on it to the appropriate person.

This job may take 3 minutes a day to check for messages. Or 10-20 to return the calls or pass the referral on to a board member to answer. You can be an important volunteer and stay at home.

**Friday, April 8, 6:30 pm**  
**A Round-the-Table**  
**Family Kabbalah Shabbat**

*We will welcome Rabbi Shoshanah home!*

Thanks to Karen and Norman Rosen, who are arranging a catered meal in memory of Norm's father, Manny, a long-time supporter of KHE, this will not be a potluck!

It is important to the Rosens that families with young children and others who find attending Friday evening services difficult come, and that we all enjoy the Sabbath meal together. We'll say traditional blessings, enjoy dinner, sing favorite songs and after dinner hear the Rabbi's stories.

All are welcome!

It would be helpful if you call or e-mail Carol Rosenberg of your intention to attend so we can give the caterer an accurate count of how many adults and children to expect.  
Carol 463-8526 <carolrosenberg@sbcglobe.net>

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*KHE Donations for February 2011*

*Judy Corwin - General*  
*Harvey Frankle and Jackie Pelner-Frankle -*  
*In Memory of Jan Stephen's father, Bob Krause*  
*He was a wonderful man*  
*Jay Joseph and Jennifer Joseph - General*  
*David Koppel and Linda Koppel - General*  
*Nancy Moilanen - General*  
*Lillian Vogel - Purim*  
*Nancy Merling - Purim*  
*Sally Emerson - Purim*  
*Marilyn Katzel and James Katzel - Purim*  
*Karin Wandrei - Purim*  
*Darline Bergere and Josh Bergere - General*  
*Andy Coren and Yvonne Coren - General*  
*Carol Orton - General*  
*Bud Roseman and Silvana Roseman - Scholarship*  
*Sherrie Ebyam - General*  
*Janice Berman - General*  
*Delilah Raybee and Adam Gutride - In Memory of*  
*Tal Sizemore*

## **Facebook Friends for Kol Ha Emek**

During our community meeting the suggestion was made to create a Facebook page to encourage better communication between members and others that might be interested in KHE activities. Robin Sunbeam volunteered to start the project. I received this message from Nancy Moilanen:

*Seems there's a facebook group starting up via Robin.Sunbeam.*

*The group is a "closed" group meaning that persons cannot join unless invited by other members.*

*Over all the intention of the group is to increase communication amongst KHE's members and friends.*

*Would it be possible to send out a letter to our group and invite them to request KHE Facebook group membership.*

*They can do this by e-mailing me at*  
*[nancybeth615@yahoo.com](mailto:nancybeth615@yahoo.com)*

*I'll direct them on how to join Facebook and then ultimately join the KHE group.*

*Currently there are almost 50 members. We have been inviting people to invite their friends who are already on Facebook.*

*It will be a way to increase communication, but, for sure...it will not reach everyone...as persons need to be on Facebook to be in the group. Some folks may not want to do that...and that is fine.*

*Thanks, Nancy*

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## **Rabbi's Pirkei Avot Classes Resume**

Wed, May 4, 7 pm - Pirkei Avot/ Sayings of our Ancestors, Chapter 2. Tradition calls for reading these jewels of ancient rabbinic wisdom after Pesach each year. Last year we delved into Chapter 1. This year we will start with Chapter 2 and see how far we proceed, meeting on successive Wednesday evenings.

SHALOM: *From Jackie Pelner Frankle*

Hi Everyone. It is time to start thinking about Passover! This is one of my favorite Jewish holidays, a joyous holiday. A time to come together as a family, with friends, and community. I love the history and symbolism of it. I love to think of it as “how was I liberated this year” What Yam Sof did I pass thru successfully this year. There is something so special about a Holiday that can remain relevant for 4,000 years. A new beginning, it’s also spring, a time of renewal with new life springing up everywhere, after a long wet winter. This year Kol HaEmek will celebrate Passover a little bit differently. Pesach will be in the Shul and a POT LUCK on the second seder night. TUESDAY APRIL 19 at 6:00. Harvey will lead the Seder and create a new Haggaddah for the occasion. We will have to have all the food both Kosher f

We don’t just want to have a lovely Seder at the Shul, but we want to help you have a fuller experience of Passover in your homes.

Here are the guidelines for the food for our Seder in the Shul!

1) FOOD APPROPRIATE FOR THE SHUL:

THE SHUL IS KOSHER. We want everything brought into the Shul to be DAIRY/VEGETARIAN. No meat products of any kind, including chicken or turkey. Some fish is acceptable, fish with fins or scales is kosher, shellfish is not.

2) FOOD APPROPRIATE FOR PASSOVER AT THE COMMUNITY SEDER:

As you know we can eat unleavened bread during passover, but there are other foods that are not acceptable. Nothing with wheat except Matzoh (Baked for Passover 2011) or Matzoh Meal.

NO LEGUMES, BEANS, DRY PEAS OR SOY PRODUCTS INCLUDING TOFU or SOY SAUCE , NO CORN or RICE or PEANUTS  
NO LEAVENING AGENTS SUCH AS BAKING SODA OR YEAST,  
NOTHING FERMENTED  
IF YOU BAKE, USE POTATO STARCH, MATZOH MEAL OR MATZOH CAKE MEAL.

3) The Shul can seat a maximum of 40 people. So please let us know if you plan to come and how many people you plan to bring.

4) We will need 2-4 Seder plates, with all of the ritual foods, horseradish, Haroses, egg, parsley.

5) When it comes to cooking at home for my family I sometimes keep menus simple and Seasonal, very basic foods, soup with Matzoh balls, big salads, Matzoh toast with butter, chicken or fish, and fruit, nuts, dates and figs for dessert,(very Middle Eastern) BUT then sometimes I get into very fancy Passover recipes, like Angel food cake with Matzoh meal, or my favorite 7-layer Matzoh cake, great to make with children. There is a great variety of recipes for this holiday (Try on line under Pesach), we will be e-mailing some of our favorites . Does anyone have a copy of the 7 layer Matzoh Cake

to share with the community? I can't find mine. Or bring a family favorite???

6) We will be providing some of the necessary holiday ritual food, the wine, juice, matzoh and gefilte fish. This can get very expensive. Therefore we will ask for contributions to cover the cost: \$10 for adults and \$5 for children under 12. We also need to know how many people are coming so we can purchase enough.

WE HAVE TO HAVE ENOUGH MAIN COURSES, SIDE DISHES, DESSERTS, ETC.  
THEREFORE WE HAVE TO KNOW WHO IS COMING AND WHAT YOU ARE BRINGING.  
We want this to be community-based process with lots of participation and communication.

PLEASE CALL ONE OF US BY APRIL 1 IF YOU ARE INTERESTED IN COMING, BY  
APRIL 10 TO START TO REALLY ORGANIZE THE MENU!!!

a) Please call ASAP if you have a favorite dish that you would love to bring, perhaps an old family recipe. No matter what dish you make, you will need to bring enough for 10 people! AND how many people are you bringing.

b) If you don't have a favorite dish to bring we can make suggestions or provide you with a recipe.

c) If you don't want to cook we can have you buy something.

d) If you can't do the above, you can always contribute money to help pay for all the expenses.

7) We think we will be setting up the tables on Sunday, April 17 and will need a group of people to help. This shouldn't take long.

We will be putting together plates of food right before the seder and will need a group to help. This is very important! *We will need people to clean up after!*

WE NEED YOUR HELP TO MAKE THIS EVENT A SUCCESS!!!!

8) We are here to help you. If you have questions please call:

Jackie Pelner-Frankle in Willits, 459-9235, main coordinator of food and very familiar with dietary rules

Judy Corwin 462-4661 in Ukiah to let her know what you are bringing.

Sherry Ebyam 530 414-1104 for people in Lake County

Carol Rosenberg 463-8526 or Nancy Merling 456-0639 Chefs extraordinaire, with food or recipe questions

Dear KHE Chaverim,

Feb 18th: I've just returned to the Jerusalem area from a four-day trip to Mitzpeh Ramon, a town situated in the heart of the Negev desert. What makes Mitzpeh so unique is that it sits at the edge of a geological phenomenon known as Machtesh Ramon, or the Ramon Crater, a deep and long and wide depression in the earth which seems to have been created when an ancient mountain collapsed. Evidence of former volcanic activity abounds, and multicolored earth/sands and interesting rock formations help make the place special. The grand scale of the crater is awe inspiring. Who lives in this isolated desert town today? A mixture, like everywhere else in Israel, but here the diversity includes air force personnel and their families, Black Hebrews (American blacks, not considered Jewish) who came from the US decades ago and settled in the Negev, Moroccans, Russians, artists, and desert lovers.

The bus ride from the Jerusalem area is itself a "trip." Instead of taking the shortest route and heading south as the crow flies, which would take us through the West Bank and past Hebron, the bus stays within the "green line" of the State of Israel and travels west from Jerusalem before heading south. We went from the green (in winter) Judean hills, with almond trees blooming here and there on the slopes, to the citrus groves (trees full with fruit) in the flat lands nearer the Mediterranean coast. As we continued south the crop turned to fields of grain, which was now a bright green and short as a crew cut. (Traditionally, barley will be harvested around Pesach, and wheat at Shavuot.)

The area around Beersheva features clusters of trees which were planted midst the tans and browns of the desert landscape. Also clustered around Beersheva are the Bedouin encampments which are more like neighborhoods these days, with permanent houses and a tent here and there. I saw repeated road signs for "Watch out for Camels," but didn't spot any. A Bedouin woman did sit next to me on the bus, with only her eyes and hands uncovered. I enjoyed the smell of campfire which emanated from her. During another stretch of the trip, a young border policeman sat next to me. He'd been released from his base near Ramallah to attend a brit in Beersheba and had to get back the same day. I offered him a hard-boiled egg, which he rejected, saying he worked in the base kitchen and had already cooked and peeled 100 eggs that morning. He told me he'd served as a sniper for his first two years of service, and was now glad to have switched jobs. There were many young soldiers, male and female, on the bus, going to and from their bases.

In Beersheva, I needed to change buses, and I left the Egged bus company (a cooperative, and the biggest bus company in the country) for the Metropolitan, a relatively new bus company run by Russian immigrants which serves communities in and near the Negev. South of Beersheva, we were clearly in the desert, with only minimal attempts at farming here and there, but with land formations that touch my heart and soul. The whole trip from Jerusalem to Mitzpeh Ramon was less than 4 hours, including the break in Beersheva and the many stops along the way.

I'd headed south to visit a friend from my Seattle days who has made aliyah to Israel and chosen to live in this special environment despite her children and grandchildren being up north. It was a treat for me to introduce her to the majestic wilderness site of Ben Gurion's grave, and then walk with her through the narrow and beautiful canyon of En Avdat. We emerged by climbing the vertical cliff via a path hewn from the rock by Byzantine hermits over 1500 years ago, and fortified at a few critical points by metal ladders put in place for modern hikers. Not bad for two women turning 70!

Highlights of being in Mitzpeh Ramon include the ibex which roam comfortably among the low-rise apartments, the intense rain, wind, and desert-dust storm which left us afterwards unable to see through dirty windows, and the awesome gigantic, full rainbow which held for half an hour over the desert scenery during a sudden break in the storm. We came outside for the rainbow, were hardly able to keep ourselves standing because of the wind, and then found ourselves completely drenched to the skin when the downpour resumed. We found refuge in a new French restaurant which was not officially open yet, but the manager sat us next to a heater and provided us with hot tea. He had spent his army years in this area, and had now moved down from the center of the country to be near the quiet and wilderness.

Before starting his new job, he'd hiked for nine days along the part of the Israel Trail which stretches from Mitzpeh Ramon to Eilat..

Mar 18: A very full month has passed since I wrote the above, and in a week I am due to be back in California. Now how can I even begin to share with you my experiences of two weeks in my old neighborhood in Jerusalem? I just opened a KHE email to discover that Karen and Norm Rosen (bless you both and your father's memory) are hosting a catered Kabbalat Shabbat at the Shul on Friday, April 8, in which I will be sharing stories from my trip with you. So I don't need to feel frustrated now that I can't tell all I'd like in this one column. I look forward to being with you again!

For KHE old-timers: I left Jerusalem to return to my family in Tel Aviv via a shiva stop at Mevo Modiim, the rural community founded by followers of Shlomo Carlebach. Jewish renewal rabbi Ayla Grafstein of Phoenix was sitting shiva there for her mother, z"l, who had died in Arizona and been buried in Israel. As we talked, R. Ayla shared that when R. David Wolfe-Blank, of blessed memory, had first come to Mendocino County to lead High Holiday services, he'd invited Ayla to join him. She revealed that their preparation together had consisted of being by the ocean at the Mendocino Coast and praying to Shechinah for guidance; David trusted that all would fall into place during services. Perhaps you were there and can share with the rest of us what you remember from back then. R. Ayla, who has just changed her name back to Sarah Leah, fondly remembers an awesome High Holiday experience.

So awesome experiences can happen wherever you are. I'm so thankful for those I've experienced here on this trip. May the deep nourishment I've received here become manifest in many beneficial ways back with you and our KHE community in Mendocino County. Know that you have been in my prayers here.

B'todah oovrachah m'Eretz Yisrael, Shoshanah

P. S

I'm very glad that after many years of wanting to, I finally did participate in Machsom Watch, an ongoing program in which older Israeli women volunteer to be present at checkpoints in the West Bank to help ensure that young soldiers remember to treat Palestinians respectfully as they pass through. (Note: just this past week, a few days after I'd been to Hebron, one such checkpoint was closed down by Israel to ease the Palestinians' life, and the next day five members of a Jewish family -mother, father, and 3 young children- in a nearby settlement were slaughtered at night in their home). When I'd asked the young border guard soldier who sat next to me on the bus to Beersheva (see adjoining column), what he thought of the women of Machsom Watch, his immediate response was "bogdim," which means "traitors." He said you can never trust anyone at a crossing--even a pregnant woman may be carrying explosives. I gently asked him, what about a simple old man, wouldn't you want to treat him with respect, to remember our good values? He was willing to hear me, and we parted in a friendly manner when we got off the bus.

I went with Machsom Watch to Hebron, a place where the presence of Jewish settlers has been especially full of friction. Once upon a time, I guided regularly at the Cave of the Machpelah, back in the days when Jews, Muslims, and Christians were visiting and praying peacefully at this traditional burial site of the ancient patriarchs and matriarchs. Putting aside the bitter politics for a moment of this part of Hebron in which Jewish settlers are oppressively situated among a Palestinian population, I was impressed to look out over most of Hebron (which today is Palestinian ruled and legally inaccessible to Israeli citizens) and see high rise buildings and an impressive domed shopping mall which didn't exist on my prior visits. My own experience on this morning was quite uneventful, which is good....



**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)