



The Newsletter of Kol HaEmek (Voice of the Valley)

P.O. Box 416, Redwood Valley, CA 95470 Phone # 707-468-4536

Please note: all submissions sent by the 20th of each month to Carol Rosenberg ([carolrosenberg@pacific.net](mailto:carolrosenberg@pacific.net))

## Coming Events

### No Torah Services in the month of July!

**Sunday, July 21, 10 a.m., Make lunches** to distribute to hungry people. Meet at kitchen of Ukiah United Methodist Church. More info: call Cassie Gibson, 468-5351. And see important article on page 3.

**Friday, August 16, 6:00 pm, Child Friendly Shabbat**, blessings and “Round-the-table” potluck supper with Mia Zimman.

**Saturday, August 17, 10:00 a.m., Torah service** with Mia Zimman. Kiddush to follow. *In order to have a Torah service we need a minion of 10 Adults.*

## FYI

**Friday, September 6, 6:30p.m. Shabbat Service (details to follow)**

**Saturday, September 7, 10:00 a.m. Torah Study**

**Saturday, September 21, 7:30p.m. Slichot Service with Rabbi Chaya Gusfield**  
An opportunity to spiritually prepare for the New Year .

## Dates of High Holiday Services at KHE 2019

Saturday, September 21, Slichot

Sunday, September 29, Erev Rosh HaShanah

Monday, September 30, Rosh HaShanah

Tuesday, October 8, Erev Yom Kippur

Wednesday, October 9, Yom Kippur

Sunday, October 13, Erev Sukkot

Sunday, October 20, Simchas Torah

## A Suggestion from the Editor:

The Torah readings for July are from the book of Numbers and tell some controversial and very important foundation stories. They are about rebellion, conflict, and death. KHE will not be having services during the month of July (vacation time for many). However, your editor recommends reading the text in translation and some of the rabbinical commentary on these portions.

*Korach* Some Levites rebel against the authority of Moses and Aaron. The authority and limitations of the priesthood are established.

*Chukat* The death of Miriam and Aaron. The establishment of practices concerning death and the red heifer. (Remember from Noah Edelman’s Bar Mitzvah last year.)

*Balak* Curses turn into blessings and there is a talking donkey.

*Pinchas* Killings for the greater good.

## Holidays and Torah Readings from the Book of Numbers

July 6 - Korach  
July 13 - Chukat  
July 20 - Balak  
July 27 - Pinchas

August 3 - Matat-Massei  
August 10 - Devarim (Tisha B' Av)  
August 11 - Fast of Tisha B' Av  
August 15 - Tu B' Av-Israeli day of music  
and dancing  
August 17 - Vaitchanan  
August 24 - Eikev  
August 31 - Re'ek

## Opportunities for Tzedakah

**Kol HaEmek** (the Voice of the Valley) is funded by your member dues as well as your generous contributions to a **number** of funds including

- 1) Building Fund
- 2) Religious School Fund
- 3) Scholarship Fund
- 4) General Fund
- 5) Honoring and Remembrance Board
- 6) Tzedekah Fund
- 7) Rabbi's Discretionary Fund
- 8) The Marion and Sanford Frank Fund for feeding the hungry in Ukiah and Willits
- 9) Mazon - A Jewish Answer to Hunger

Call: David Koppel, 485-8910  
send checks to:

**Kol HaEmek, P.O. Box 416, Redwood Valley, CA 95470**

## We Remember

Solomon Elberg	July
Frances Smith	July 2
Esther Andich	July 3
Daris Feig	July 9
Allen Sapoznick	July 9
Miriam Bleicher	July 10
Corrine Dewar	July 16
Henry Lowenheim	July 15 - Tammuz 15
Harold T. Simmons	July 20
Michael Kisslinger	July 20 - Av 4
Ann Katz	July 21
Agnes Scott-Kinney	July 21
Brian Staber-Baumoel	July 26
Meda Newlin	August 1
Gertrude Sussman	August 1
Bunny Bookbinder	August 5
Emily Schaffner	August 8
Edwin Lockhart	August 8
Elena Castaneda	August 9
Donald R. Pierce	August 9
Frances Suffel	August 11
Norman Sher	August 12
Selig Bookbinder	August 15
Norman F. Feldheym	August 15
Robert Glotzbach	August 16
Hannah Igar	August 24
Doug Rosoff	August 24
Irving Teplitsky	August 25
Fay N. Borkan	August 28
Abram Goldberg	August 30
Gladys Breit	August 30
Blanche Wolff	August 31
Bernice Fleiss	Tammis 27
Earlyne Levitas	Av 10
Reuven King	Av 15
Herman Greenwald	Av 23

**Donations to Kol HaEmek  
Thank You !**

Judith M. Corwin  
Judith Fuente and David Nelson--Homeless food  
Jay Joseph and Jennifer Joseph  
David Koppel and Linda Koppel  
Elizabeth Raybee  
Janae Kraus Stephens and Gary Stephens  
Leon Springer and Nancy Marotta Springer  
Margo Frank and Marc Levine  
Andy Coren and Yvonne Coren  
Julie McGovern

**A prayer on visiting the garden  
Gratitude to the flowers**

Gratitude to the bees  
Gratitude to the mycelium  
Gratitude to the trees

Gratitude to the carbon sequestered in the earth  
Gratitude to all life  
I'm humble before you  
by Louisa Aronow

**Important Information!**

We are happy to announce that Sara Esserman Melville has joined the KHE board.

However another Board members is still needed. The time to step up has arrived!! Many of you have served in the distant past, as KHE has existed for over 30 years. We need your service again.

**All our wishes for complete healing  
to:**

Bela Goldberg  
Laurie Spence  
Lee Wacht  
Jennifer Joseph

Congratulations and Happy Birthday to Bela Goldberg and her family on Bela's 95th Birthday!

**Major Changes Coming  
to Lunch Program!!**

Plowshares has received a grant to enable it, in addition to every weekday, to serve weekend meals at its facility on South State Street. This means at least two things: 1) the preparation and distribution of lunches at other locations will be discontinued; and 2) congregations that were making those lunches--including Kol HaEmek--are needed to volunteer to prepare and serve those weekend meals at Plowshares.

This will be a big change for our group of lunchmakers, who need to discuss the matter and decide how they want to proceed. The next--and last--time when they meet at the Methodist Church kitchen to make lunches will be Sunday, July 21, at 10 a.m.

People in that group are encouraged to stay afterwards to discuss the issues arising from this change. In addition, others who would like to participate in that meeting are welcome to attend; the meeting will begin around 11:00 a.m. (It will possibly move to someone's house nearby, but, if you are interested in the meeting, come to the church on time!)

If you'd like more information before July 21, call Cassie Gibson at 468-5351 or Dan Hibshman, 462-7471

## Annual Support and Information

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

Name \_\_\_\_\_ and \_\_\_\_\_

Address \_\_\_\_\_

CityState \_\_\_\_\_ Zip \_\_\_\_\_

Children \_\_\_\_\_ BirthDate \_\_\_\_\_

Phone# \_\_\_\_\_ E-mail \_\_\_\_\_

I would like to receive my Shema  Paper and E-mail OR  Email only**Annual Support**---first three levels include **High Holidays, Newsletter and Rabbinical Services****I would like to help** with the following activities: Jewish educational programs Community Food program for the hungry Special projects: Holiday gatherings, Newsletter or \_\_\_\_\_ Host a Shabbat at the Shul or at my home I have served on the board and am willing to serve again I'm interested in serving on the Board**Annual Support** \$ 1200+ Benefactor (\$300/quarter or \$100/month) \$ 600 Family(or \$150 /quarter or \$50/month) \$ 300 Individual(\$75/quarter or \$25/month) \$50 Newsletter Other**Payment Method** I have included a check or credit card authorization for full payment. for \$ \_\_\_\_\_**Charge my credit card**  Quarterly\$ \_\_\_\_\_,  Monthly\$ \_\_\_\_\_

Circle card type Visa or Mastercard

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## **Tisha B'Av**

## **Jewish History -The 9<sup>th</sup> of Av**

Exodus Generation was condemned to Die in Desert. As related in Numbers 14, when the Spies that Moses sent to the Land of Canaan returned with their disheartening report the people wept all night the night of Av 9th -- proclaiming that they'd rather return to Egypt than attempt to conquer and settle it; G-d decreed that the entire generation would wander in the desert for 40 years until the last of them died out, and that their children, under the leadership of Joshua, would enter the land He promised as Israel's heritage.

This is the first of five national tragedies that occurred on Av 9 listed by the Talmud (Taanit 4:6), due to which the day was designated as a fast day. The other four are: the destruction of the two Temples, the fall of Betar, and the plowing over of Jerusalem. (see below)

### **Holy Temples Destroyed (423 BCE and 69 CE)**

Both the first and second Holy Temples which stood in Jerusalem were destroyed on Av 9: the First Temple by the Babylonians in the year 3338 from creation (423 BCE), and the second by the Romans in 3829 (69 CE).

### **Fall of Betar (133 CE)**

Betar, the last stronghold in the heroic Bar Kochba rebellion, fell to the Romans on the 9th of Av of the year 3893 (133 CE) after a three-year siege. 580,000 Jews died by starvation or the sword, including Bar Kochba, the leader of the rebellion.

### **Expulsion From England (1290)**

On this date in 1290, King Edward I of England issued an Edict of Expulsion, ordering the expulsion of all Jews from his territory.

### **Spanish Expulsion (1492)**

The Jews of Spain were expelled by King Ferdinand and Queen Isabella on the 9th of Av of 1492, terminating many centuries of flourishing Jewish life in that country.

## **Tu B'Av, the 15th Day of Av**

This is both an ancient and modern holiday. Originally a post-biblical day of joy, it served as a matchmaking day for unmarried women in the Second Temple period (before the fall of Jerusalem in 70 C.E.). Tu B'Av was almost unnoticed in the Jewish calendar for many centuries but it has been rejuvenated in recent decades, especially in the modern state of Israel. In its modern incarnation it is gradually becoming a Hebrew-Jewish Day of Love, slightly resembling Valentine's Day in English-speaking countries.

There is no way to know exactly how early Tu B'Av began. The first mention of this date is in the Mishnah (compiled and edited in the end of the second century), where Rabban Shimon ben Gamliel is quoted saying:

There were no better (i.e. happier) days for the people of Israel than the Fifteenth of Av and Yom Kippur, since on these days the daughters of Israel/Jerusalem go out dressed in white and dance in the vineyards. What were they saying: Young man, consider whom you choose (to be your wife)? (*Ta'anit*, Chapter 4)

The Gemara (the later, interpretive layer of the Talmud) attempts to find the origin of this date as a special joyous day, and offers several explanations. One of them is that on this day the Biblical "tribes of Israel were permitted to mingle with each other," namely: to marry women from other tribes (Talmud, *Ta'anit*30b).

**Tu B'Av**, continued:

This explanation is somewhat surprising, since nowhere in the Bible is there a prohibition on “intermarriage” among the 12 tribes of Israel. This Talmudic source probably is alluding to a story in the book of [Judges \(chapter 21\)](#): After a civil war between the tribe of Benjamin and other Israelite tribes, the tribes vowed not to intermarry with men of the tribe of Benjamin.

It should be noted that Tu B'Av, like several Jewish holidays (Passover, Sukkot, Tu B'shvat) begins on the night between the 14th and 15th day of the Hebrew month, since this is the night of a full moon in our lunar calendar. Linking the night of a full moon with romance, love, and fertility is not uncommon in ancient cultures.

For almost 19 centuries — between the destruction of Jerusalem and the re-establishment of Jewish independence in the State of Israel in 1948 — the only commemoration of Tu B'Av was that the morning prayer service did not include the penitence prayer (*Tahanun*).

In recent decades Israeli civil culture promotes festivals of singing and dancing on the night of Tu B'Av. The entertainment and beauty industries work overtime on this date. It has no formal legal status as a holiday. It is a regular workday — nor has the Israeli rabbinate initiated any addition to the liturgy or called for the introduction of any ancient religious practices. The cultural gap between Israeli secular society and the Orthodox rabbinate makes it unlikely that these two will find a common denominator in the celebration of this ancient/modern holiday in the foreseeable future.

[www.myjewishlearning.com/article/tu-bav/](http://www.myjewishlearning.com/article/tu-bav/)

### **Follow-Through on Ideas Discussed at Annual Meeting**

There will be a ***Soul Collage Introduction on Sunday, October 27***, 1:00-4:00 pm at the Shul. Leslie Kirkpatrick will be our leader and we can accommodate the first 10 people to register. To register call or e-mail Carol Rosenberg 463-8526/[carolrosenberg@pacific.net](mailto:carolrosenberg@pacific.net)

We are considering an additional workshop on **Making Tzitzis** for a favorite shawl. If this is something that interests you, call or e-mail Carol Rosenberg at 463-8526 or [carolrosenberg@pacific.net](mailto:carolrosenberg@pacific.net) If we have enough interest we will plan a workshop.

### **An old friend came by to visit!**

Many of you remember Daniel Lev the Maggid that led services when KHE was young. He is now a Psychologist and a Rabbi. He and his wife were visiting Ukiah and came to see our Shul. He and his wife are planing to leave Hawaii in the next few years and are considering coming here.

Daniel asked to be remembered to all of you and gave me contact information. He is a specialist in chronic pain management and can be reached at <[The comfort Doc at Gmail.com](mailto:The comfort Doc at Gmail.com)> or 808-633-6569

## **For information on Jewish Life in Northern California !**

Jewish Film Festival

the Hebrew Loan Society

Check out this website! And read the J on line.

<https://www.jweekly.com/contact-j/>

### **Some questions that you may want to consider before The High Holidays.**

What does your religious practice do for you?

What questions does it answer?

Does your practice agree with your beliefs?

Where did our religious faith begin?

what was the landscape? what part of the world?

what was the social structure?

what cultures were likely to influence this religion?

What came before and what came after?

What is the difference between a religion and religious practice?

Are faith and belief the same?

What do you think is the relationship between God and man?

Fences around the law define the degrees of religious practice.

Where do you think the fence around the Torah should be ?

What is sacred?

What makes it sacred?

How and when were you accepted into the community?

When was the last time you examined your system of beliefs?

Are you in the same place now?



**Kol HaEmek MCJC-Inland**  
**P.O. Box 416,**  
**Redwood Valley, CA 95470**

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 space for religious study and prayer.
- To share life cycle events through meaningful Jewish traditions
- and sponsor Jewish education for all ages
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- To be inclusive of all partnerships 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 the world)  
as a community through socially just actions and and by Mitzvot)
- To offer to our membership in exchange for financial and  
other contributions and allow all to participate  
regardless of the ability to pay

### **Kol HaEmek Information & Resources**

#### **Board Members**

Sherrie Ebyam - President	530-414-1104 < <a href="mailto:ebyam@sbcglobal.net">ebyam@sbcglobal.net</a> >
David Koppel - Treasurer	485-8910 < <a href="mailto:davekoppel@yahoo.com">davekoppel@yahoo.com</a> >
Carol Rosenberg - Secretary	463-8526 < <a href="mailto:carolrosenberg@pacific.net">carolrosenberg@pacific.net</a> >
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Moses Sunbeam	228-9980 < <a href="mailto:mosessunbeam@gmail.com">mosessunbeam@gmail.com</a> >
Sara Esserman -Melville	463-2247 < <a href="mailto:saramelville@pacific.net">saramelville@pacific.net</a> >

Brit Mila: A doctor to call for to a referral to a Mohel - Robert Gitlin D.O. (465-7406),

Chevre Kadisha (Jewish Burial)) Helen Sizemore (367-0250)

Community support: Willits, Divora Stern (459-9052), Ukiah, Margo Frank (463-1834)

Interfaith Council: Cassie Gibson (468-5351)

Rabbinical Services/Special Ceremonies are available; send your e-mail request to Sherrie Ebyam