

MAY- JUNE 2018

IYAR- SIVAN-TAMMUZ 5778



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!

**Friday, April 27, 6:30 p.m. Shabbat Service**  
and potluck supper with visiting  
Rabbi Shifrah Tobacman

**Saturday Morning April 28, 10: a.m. Study  
session** with Rabbi Shifrah Tobacman

**Saturday, May 19, 7:00-10 pm Shavuot study  
night** at the shul

**Sunday, May 20, Making of lunches for  
hungry people**, 10:00 a.m., Ukiah  
United Methodist Church kitchen, corner  
of Pine and Smith streets, Ukiah

**Friday, May 25, 6:30 pm Shabbat Service**  
and potluck supper with Rabbi SaraLeya

**Saturday, May 26, 10:00 a.m. Torah Study**  
with Rabbi SaraLeya

**Sunday, June 3, Community Work Day**, 10  
a.m.-2 pm, pizza lunch for all!

**Friday, June 22, Shabbat Service** with Rabbi  
SaraLeya and potluck supper at Norm and  
Karen Rosen's home, 1304 W. Clay St.,  
Ukiah; for directions call 462-0661

**Saturday Morning, June 23, 10:00 a.m. Noah  
Edelman's Bar Mitzvah**, Ukiah Valley  
Conference Center, 200 S. School Street,  
Ukiah ----->

## Shavuot Study Night

**Saturday, May 19, 7-10 pm**

Experience study of Torah through making of art,  
creating poetry, reading the Book of Ruth  
along with a potluck sharing of dairy treats.  
We will collect food offerings for the Food Bank.

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## Community Work Day!

Come one, come all! Sharing work is fun and much  
easier than doing it alone.

Our Shul needs to install earthquake ties on library  
bookcases,

Organizing the Library shelves

Cleanup of our garden and playground

Fixing the drainpipes

Painting the railings in the front of the building

Cleaning out the back hall closet

A pizza lunch will be served.

Call or email Sherrie Ebyam to volunteer

530-414-1104, Sherrie Ebyam <[ebyam@sbcglobal.net](mailto:ebyam@sbcglobal.net)>

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Please join us to celebrate the Bar Mitzvah  
of our son, Noah Edelman  
June 23, 2018 at 10 am at the  
Ukiah Valley Conference Center  
200 South School St., Ukiah  
With love and joy, Deborah and Reid Edelman  
Please RSVP to [deborahse@att.net](mailto:deborahse@att.net)

## Torah Portion Of the Week and Holidays

May 3 -Lag B'omer  
May 5- Emor  
May 12- Behar Bechukoai  
May19 - Erev Shavuot  
May 19 - Bamidbar  
May 20-21- Shavuot  
May 26 - Naso  
June 2 - Behaalotcha  
June 9 -Sh'lach  
June 16 - Korach  
June 23 - Chukat  
June 30 - Balak

## 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) Tzedakah 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

Jim Rowland - May  
Joel Green Yossel - May  
Ben Rosenberg- May 1  
Gerald Marans - May 1  
Janet Fisher-May 2  
Harry Bistrin - May 4  
Harold Koppel - May 6  
Elenore Feldman - May 9  
Harriet Libby Domas -May14  
William X. Silva - May15  
Beatrice Starosta Coren - May16, Sivan 3  
Marvin Guthartz - May17, Iyar 19  
Nancy Brooks-Miller -May 22  
Julius Markowitz - May 26  
Vera Meyerhoff - June  
Daniel Rosenberg - June 1  
Harry Stanten - June 2, Sivan 6  
Edward Wandrei - June 5  
Helen Feinberg Ginsburg - June 6  
Harry Rothchild - June 6  
Sylvia Marans Elberg - June12  
Thelma Cohn -June 12  
Joseph P. Suffel - June 21  
Elliot Rivers - June 29  
Natalie Wachspress - June 29  
Meyer Strauss - Iyar 7  
Sidney Kowarsky - Sivan 14  
Herbert Rubin - Sivan 24  
Bernice Fleiss - Tammuz 27  
Henry Lowenheim - Tammuz 15

Condolences to Janet Mendel and the Mendel family on the death of Janet's sister, Carol Mendel Hughes, on April 1,2018

## Shavuot in the Talmud

The first step in the development of Shavuot after the exile was the official establishment of the date of the revelation on Mount Sinai. The date indicated by the ancient sages was the sixth of Sivan, which was accepted by the majority of rabbis. One of the first official rabbinic texts to connect the giving of the Torah with Shavuot was a passage in the Midrash [commentary], Exodus Rabbah, chapter 31, attributed to Rabbi Meir. Here, mention is made of the “Festival of the Harvest on which the Torah was given to Israel.”

An entire talmudic tractate, called *Bikkurim*, deals with the offerings of first fruits in the Temple. The Mishnah of Bikkurim 1:6 states that the period for bringing the first fruits was any time from Shavuot to Sukkot. The villagers would first assemble in the large town of the district and would go up together with their first ripe fruits to the Temple where they would be welcomed with song by the Levites. The Mishnah of Bikkurim (chapter 3) graphically describes the scene:

At the rise of morning an official says, ‘Rise and let us go up to Zion, to the House of the Lord our God.’ An ox walked before them, its horns covered with gold, and with an olive crown on its head. The *halil* (flute) was played before them till they reached the vicinity of Jerusalem. Upon coming close to Jerusalem, they sent word ahead and decorated their *bikkurim*. The important officials went out to meet them...and all the tradesmen in Jerusalem stood before them and greeted them, ‘Our brothers, the men of such and such a place, you have come in peace.’

The flute was played before them till they reached the Temple Mount. Even King Agripas took the basket on his shoulders and carried it till he reached the courtyard. When the pilgrims reached the courtyard, the Levites sang, ‘I will exalt You, O God, for You have saved me and You have not rejoiced my enemies over me.’

With the basket still on his shoulder, the Israelite read, ‘I have told the Lord your God this day that I have come to this land that the Lord swore to our fathers to give us. My father was a wandering Aramean and he went down to Egypt and he sojourned there and he became there a great, mighty, and numerous people. And the Egyptians harmed us, and they afflicted us and they put hard labor upon us, and we cried out to the Lord, the God of our fathers, and the Lord heard our voice, and the Lord took us out from Egypt with a strong hand...and God brought us to this place, and God gave us this land, a land flowing with milk and honey. And now, I bring the first fruits of the land that you have given me, O God.’ After completing the entire *parashah* [portion], the Jew places the bikkurim basket by the side of the altar, he bows down and goes out.

The High Priest then acts on behalf of the people as a whole, presenting before the altar the special Shavuot wave-offering, two loaves of bread made of wheat, the first products of the spring wheat harvest that begins just as the barley harvest comes to an end. Thus Shavuot in ...[second temple] times celebrated the bounty of the spring harvest season.

### The Festival is Transformed

In rabbinic times, a remarkable transformation of the festival took place. Based on the verse “In the third month after the children of Israel were gone forth out of the land of Egypt, the same day they came into the wilderness of Sinai,” [Exodus 19:1] the festival of Shavuot became the anniversary of the giving of the Torah at Sinai.

Although Shavuot was known in the Bible by several names, including the Feast of the Harvest, the Festival of Weeks, and the Festival of the First Fruits, the sages added the name “*Atzeret*”—withdrawal. In the Torah, the last days of the two other pilgrimage festivals (Passover and Sukkot) are referred to as *Atzeret* to indicate on the seventh day of Passover and on the eighth day after the beginning of Sukkot, there must be a withdrawal from all menial labor.

Shavuot, too, was given the name of *Atzeret* by the Rabbis so as to emphasize the necessity of abstaining from menial labor on this holiday as well. In fact, for this reason, the sages referred to Shavuot by the name *Atzeret* almost exclusively. They refused to adopt the theme of “Giving the Torah” in assigning a name to the festival, because in their thinking it would be sacrilegious to limit the celebration of the giving of the Torah to a single day. To them, every day of the year should be considered as a day of receiving the Torah anew.

*Excerpted with permission from Every Person’s Guide to Shavuot (Jason Aronson, Inc).*

## Pertinent Background of

### Rabbi Shifrah Tobacman, MA, MPA

#### Kehillah Synagogue, Piedmont CA (2001 – Present)

Lead ritual preparation (*tahara*) for burial as long-time member of *Chevra Kadisha*. Provide ritual leadership as community member for families following the death of a loved one (*shiva* gatherings). Represent community on social justice issues in the community. Provided workshops for community members to enhance spiritual practice and well-being, including on Compassionate Listening (2004-2008), Counting the Omer (2010, 2012, 2014), Aging Well (2011-2012), and Jewish Rituals for Death and Mourning (2003, 2007, 2009). Served as *bonei mitzvah* teacher for teens (2007-2009). Led Shabbat morning services under direction of rabbi (2004- 2006). Led development and was primary author of a handbook for community members on end of life rituals (2001). Contributor to a Kehilla collection of teachings for counting the Omer.

#### Or Zarua Havurah, Berkeley, CA (2005 - Present)

Co-lead shabbat and holiday services and educate congregants as member of small Reconstructionist community (ongoing). Provide teachings and *divrei torah*. Facilitated a workshop for the community on how to have difficult conversations on controversial topics (2011). Facilitated community study session of the Movement for Black Lives Platform (2017).

Lifecycle Ritual Officiant (2003-Present) for weddings, memorials, funerals, baby-naming ceremonies, and other rituals.

*Adult Education Teacher* for Jewish, interfaith and non-Jewish groups including Kehilla Community Synagogue, Congregation Ner Shalom, Or Zaruah, JCC- East Bay, Starr King School of the Ministry, New Revelation Community Church in Oakland, East Bay Housing Organization. (2006-Present)

In celebration of 108 years well lived...

The extend family of Lillian Brown Vogel, cordially  
invites the greater Kol Ha 'Emek Community to

***THE ULTIMATE LILLIAN FEST***



**High noon:** May 26, 2018 -- Saturday of Memorial Day  
weekend -- School for Performing Arts and Cultural  
Education 508 West Perkins, Ukiah.

**Remembering potlucks** from her childhood, Lillian  
asked that bring your own plate, cutlery and goblet.  
And a yummy food to share.

**RSVP:** [LillianFest@gmail.com](mailto:LillianFest@gmail.com)



## Kabbalistic Interpretation\* of counting the Omer + 49 days of self-study and meditation

The period of the counting of the *Omer* is considered to be a time of potential for inner growth – for a person to work on one's good characteristics (*middot*) through reflection and development of one aspect each day for the 49 days of the counting.

In [Kabbalah](#), each of the seven weeks of the *Omer*-counting is associated with one of the seven lower [sefirot](#):

1. [Chesed](#) (loving-kindness),
2. [Gevurah](#) (might),
3. [Tipheret](#) (beauty),
4. [Netzach](#) (victory),
5. [Hod](#) (acknowledgment),
6. [Yesod](#) (foundation),
7. [Malchut](#) (kingdom).

Each day of each week is also associated with one of these same seven *sefirot*, creating forty-nine permutations. The first day of the *Omer* is therefore associated with "*chesed* that is in *chesed*" (loving-kindness within loving-kindness), the second day with "*gevurah* that is in *chesed*" (might within loving-kindness); the first day of the second week is associated with "*chesed* that is in *gevurah*" (loving-kindness within might), the second day of the second week with "*gevurah* that is in *gevurah*" (might within might), and so on.

\*from Wikipedia



So many Hamantaschen!

Klezmer music for KHE Purim:  
Acorn, Michael Charnes, and Anthony Esserman-Melville. on the right Ida --- who also played Queen Esther in the Purim play



## **Know Your Community**

The following is an interview with Kol HaEmek member, **Bob Mandel**. If you would like to be featured here, please contact Susan Sher @ [ssher@pacific.net](mailto:ssher@pacific.net)

I was born in **New York in the mid-1960's**.

I came to Mendocino County **in 1999**.

My favorite places in Mendocino County are **the beach, Montgomery Woods and the beer garden at the Anderson Valley Brewery.**

I give back to my community **by sending Kol HaEmek alerts, serving as Kol HaEmek vice-president and generally, being a good, upstanding citizen.**

I am thankful **that I live in this beautiful place and know all these beautiful people.**

I look up to **people who remain true to themselves.**

I am most proud of **my successful navigation of this crazy world, my career paths ending here and the friends I've made.**

My fondest childhood memory is **marching at the "No Nukes" rally in NYC in 1977 and hearing Jackson Browne and Bruce Springsteen sing "Promised Land."**

My heroes are **Albert Einstein, Lance Armstrong and Barack Obama.**

You should give this a try: **bike riding.**

Friends would describe me as **active, energetic, social and whimsical.**

I regret **more the things I have not done than the things I have done.**

I get the greatest joy from **being with friends and family, and sitting with my cats in my backyard.**

I worry about **the ruination of the world as we know it in the hands of greedy men.**

This changed my life: **getting a scholarship to Boston University.**

My favorite writer of the moment is **Neal Stephenson.**

My favorite movies and TV shows are **sci-fi and comedies.**

The most memorable trip I ever took was **living a year abroad in Israel and traveling in Europe and the Mideast, starting with a one-way ticket from Boston to Paris on the 200<sup>th</sup> anniversary of Bastille Day.**

If I have learned one thing, it is **the unpredictable nature of life and the need to roll with it.**

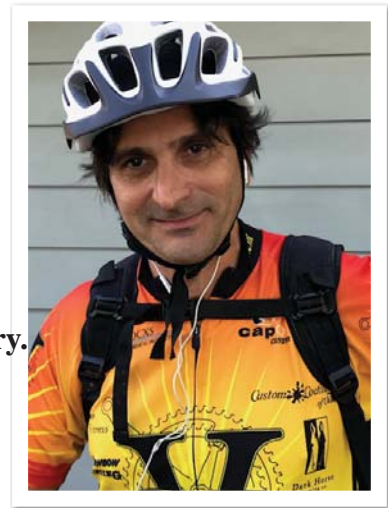
I have been most inspired in my life by **teachers and parents.**

This is on my bucket list: **trekking in Nepal.**

One thing I wish I could change about the world is **the speed at which it is developing.**

I wish more Jews **would go to Israel and take the time to understand what it is to be a Jew.**

Some things people would be surprised to know about me are **that I still rock out as hard to the music from the 90's as I did then; I've never been to Mexico; and I have lived in 5 states.**





**Kol Ha Emek 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> >
Bob Mandel - Vice President	696-2712 < <a href="mailto:bobLXVII@hotmail.com">bobLXVII@hotmail.com</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> >
Nancy Merling	456-0639 < <a href="mailto:nancymerling@att.net">nancymerling@att.net</a> >
Barbara Stanger	234-3261 < <a href="mailto:arnaenterprises@gmail.com">arnaenterprises@gmail.com</a> >
Moses Sunbeam	228-9980 < <a href="mailto:mosessunbeam@gmail.com">mosessunbeam@gmail.com</a> >
Karen Rifkin	391-9299 < <a href="mailto:karenrifkin@gmail.com">karenrifkin@gmail.com</a> >

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