

May 10, 2024 --- 2nd of Iyyar, 5784



The Shema-elah of Kol Ha'Emek (Voice of the Valley)

Physical address 8591 West Road - Mailing address PO Box 1274, Ukiah, 95482

Phone: 707-468-4536 / Articles in this publication are not necessarily the views of the KHE Board.

SCHEDULE OF UPCOMING EVENTS

Friday, May 10, 7 pm: Round-the-Table Shabbat at the Shul. Service led by Rabbi Paige, catered by Cocina Cante. We will reserve seats up front for people who are hard of hearing. Space is still available. Please RSVP! Use the "DONATE" link below.

Saturday, May 11, 10 a.m: Torah service led by Paige; hosted by Sara Esserman.

Saturday, May 25, 7 pm: Movie Night at the Shul. Hosted by Kate Marianchild and Michael Charnes. The movie will be *The Chosen*

Sunday, May 26: Lag B'Omer at Hendy Woods with Mendocino Coast Jewish Community? Stay tuned for more details via email.

Saturday, June 1: Pastels on the Plaza – KHE will be represented by Satako Barash

Wednesday, June 12, 7 pm: Shavuot at the Shul. Leaders to be announced.

Friday, June 14th, Kabbalat Shabbat at 6:00, veggie potluck to follow; hosted by Esserman Melville family

Pele's Bar Mitzvah, Saturday, June 15th 10:00 at RV Grange. Please RSVP ASAP, space is limited.

Bar Mitzvah will be on zoom also. Attendees must RSVP by May 31st as space is limited.

https://www.canva.com/design/DAF9HMHVPfY/jCUpgFvtIdd_n9qwlebTgw/view?utm_content=DAF9HMHVPfY&utm_campaign=designshare&utm_medium=link&utm_source=editor

Saturday, July 20, 7-9 pm: An Evening of Songs and Chants- At the Shul-Host TBA

The Torah Service will be streaming at the following Zoom link:

<https://us02web.zoom.us/j/7196947312?pwd=dDZEYkV4bkVQeGR1aVpuWE9UMmIQQT09>

Interim Shema & Shema-elah Editors:

Bob Mandel & Nancy Bertsch* If you have an article, news to share or a good idea, contact Nancy at nancybeth615@sbcglobal.net

Feeding the Hungry
Sunday May 19, 2:00pm at Plowshares
Call Dan Hibshman at 707-462-7471 or
Cassie Gibson at 707-468-5351 to volunteer

Donate

PLEASE CONSIDER DONATING
TO KHE TODAY!



Nanceleh's Yiddishah Blog By Nancy Horowitz Bertsch

As I am tucking away Grandma's silverware from our Pesach Seder, I am reminded of the many years – actually, decades of which my dear friend, Eva and I created a fresh new Seder each year. It took days of cleaning and then setting the tables just right: count the pillows, need several Matzah plates, who will hide the Afikomen?? Oh and then the flowers, short stems; so we can see across the table. Kippah, candles, wine glasses, Elijah's cup; oh, it goes on and on. Then afterward, the sweet lingering of the Seder items. Things get put away; but some things stay out, clean and ready for the cabinet; but still lingering.

So, it's the same this year, as the memories of Pesach linger, we show you in this issue, beautiful pictures of our KHE Seder in the Shul. The warmth of the pictures glow. The smiles glow. Pesach lingers as we put the Shema-elah together. So does this year's memory of the impromptu Pesach Yiddish Contest popping up in the middle of our Seder.

Well, it was time to take a break, put the fish in the oven and matzah balls in the soup. "Talk Amongst Yourselves...we have a five-minute break". "Have another bite of Janet's Homemade Gilfelte Fish", I called out.

Bruce then decides. "this is the time!" He pulls out his very private list of words and starts:

"It's time for a Yiddish Lesson"

Who knows what "fir kashes" mean? – The room goes silent. "Four Questions, of course!"

What about: "Knaylach" --- I mean; what was I doing? I was dropping them in the chicken soup; but our adult children...missed this very important vocabulary word. So, I came skipping out of the kitchen; "Matzah Balls, Matzah Balls", I chant! I should have won the five bucks put aside for the Afikomen.

After that, Bruce went easy on the group: Ok...What's Pesach? Yay...Passover, someone shouts out.

"and what about, Haggadah--- but pronounced: "ha GO da". They laugh at his interpretation.

I just have to add: "Tsimmes". Now that's the Pesach dish that no one in my family likes: baked sweet potatoes, carrots and prunes. It's all mixed up. It's always left over!. My mom would say: "Don't make such a tzimmes!" Now that's roughly translated as "Hullabaloo". I can tell you now, my Pesach Tsimmes is anything but a Hullabaloo!"

Ahh, it's all so sweet, Pesach memories; like Marty Laibson, my dad's best friend singing *Chad Gad Yah* off key every year. Bruce shared another memory, his Zayde (grandpa for those who need translation) having arrived in NYC in 1910. read *The Forward*, I am guessing a Yiddish publication. Bruce now gets it online. He texted me the other day with *The Forward's* Yiddish vocabulary column: You might need these words if you are a dog lover.

... continued ... ==>

Der hunt – Dog
Dos hintl – little dog
Dos hintle – puppy
Di keyt – lesh
Havken – to bark

Speaking of Yiddish and dogs, we've had dogs named Shayna (sweetness) and Kugel (noodle or matzah pudding) In fact, here's the segue from Pesach Yiddish to dogs: Der hunt, Kugel. Our family joke: "Want some more Kugel?" "No, thanks, I don't eat dog."

B'Shalom, Nancy

Letter *From* The Editor

A question came up recently about what constitutes a good article when contributing to the Shema-elah. Nancy wrote this excellent reply:

Being an old timer of the Shema and past shared editor during the cut, tape and re-copy era; I still hold to the concept that the Shema and KHE are inclusive entities. We strive to not alienate anyone. Our, KHE members' different and sometimes passionately diametric opinions are what make us unique.

I believe this is why we are still a formal community. We are here to welcome the entire Jewish community, no matter one's perspectives on the world... or the entire universe for that matter.

You've heard the saying, "leave your luggage at the doorstep"; KHE's Mission and Vision statements imply the same. Maybe, in these delicate times it should be, "leave your swords at the doorstep".

As you know; we need each and everyone of us to make us a community. We will always have different passionate views. This is who we are. It seems to me, holding respect for our differences is a path to peace.

We welcome respectful articles with differing views. KHE and the Shema can be and are beacons for peace.

B'Shalom, Nancy

Meshupuchah Bulletin Board



Gotta Kvell???
Let Me Know; I'll Post it [Here](#)

PELE' S
Bar Mitzvah

June 15, 2024

RSVP - Please!!!

MAZEL TOV ELI EDELMAN !!
Graduating from Pitzer College
With Honors in
History and Anthropology

Pastels
On the
Plaza
KHE's Artist:
Satoko Barash
June 1st
See Article for
Details

The Neuroscience of Being Jewish by Jo-ann Rosen

Sparked by Nancy's invitation to contribute to this newsy letter, I bow to one mother tongue of mine, Yiddish. Not that I actually speak Yiddish, but rather that it is a lullaby language for me. Yiddish liveliness permeated my home, from OY VEY and OY GEVALT to MAZEL TOV. Used as a way to say things not meant for little ears, I nevertheless, acquired quite a large vocabulary of ... well ways of showing my dislike and judgments of others: schlemiel, schmegeghe, schlemazel, schmendrick,... just to name a few. Perhaps you're familiar with a few of these yourself!

So this morning, receiving the invite to write, curiously, I looked up "oy vey" and "oy gevalt". Iconic Yiddish. Vey is a Germanic derivative of the word for woe, and gevalt means violence! Oy vey!!!

While it is quite human (we know from neuroscience) to focus on the negative (a mammalian survival trait, in a 5:1 ratio), focusing on the negative can snowball blinding us our to the beauty and wonders that we are also surrounded with. We also know from neuroscience, that constantly being in toxic stress can create an overload to the nervous system, an inability to access executive functioning, a skewed view of reality, an inability to connect with others for support and ultimately leads to a breakdown of the body, poor immunity, high blood pressure, and chronic anxiety and depression. Oy vey!!!!

Fortunately, the words mazel tov are also iconic in the world of Yiddish. And here comes the lesson. One of our jobs as Jews is to work against this 5:1 ratio of noticing the negative and make sure that the inevitable slings and arrows of life don't outnumber the blessings. How do we do this? Here's the science:

For starters, make sure every day you wake up focusing on some gratitude, just for waking up. This signals the nervous system that things are good enough to not be on high alert. Perhaps bring to mind just one thing that brings you a sense of well-being, but don't just let it flit through your mind. Savor it, bring it to mind in vivid detail and ask yourself what makes this so good? Notice pleasant sensations that come up as a result inside. Really hold your attention on them. This creates and strengthens the neural pathways to health. This bolsters the immune system, energizes and lifts the spirit. These are the mitzvahs in your life that you may miss otherwise. It is communion with the divine when you do this. It is a form of prayer. And it is a necessary ingredient to finding our way in these incredibly challenging times. From this jumpstart of morning gratitude, we can create a lifestyle of finding more and more blessings throughout the day.

And from this base of well-being, noticing the wonders and blessings (the mazel tovs), mixed in with the woes and violence, we get the inspiration to create more goodness with our actions to heal the world around us, for tikkun olam. To me, this is being Jewish.

Movie Night at the Shul

The Chosen

Friday, May 25, 2024, 7 pm: Movie night at the Shul! Featuring “*The Chosen*”. Home-popped organic popcorn provided--vegan option with advance request: katem@mcn.org.

“*The Chosen*” is a popular 1981 movie starring Rod Steiger. It is based on Rabbi Chaim Potok’s bestselling book of the same name (Simon and Schuster, 1967).

“This historical drama takes place from 1944-1948 in the Williamsburg district of Brooklyn, a factionalized neighborhood of Hasidic and Orthodox Jews who rarely mix or interact. After a ballgame between rival yeshivas turns ugly, an unlikely friendship develops between two teenagers from the competing teams. As Zionism surges after the end of WWII, the boys’ influential fathers take opposing positions, threatening their sons’ friendship as they grow into adulthood.”

Can anyone show us how to connect a computer to the flat screen at the Shul for running movies ???

Additional Community Happenings:

Ukiah Pastels on the Plaza -- Sat June 1st, 2024 at 10:00 am to 3:00 pm

River Oak Charter School once again hosts the incredible community event, Pastels on the Plaza. The theme this year is “Planting Connections”. Join your fellow community members, businesses, artists, and musicians as we work to raise money for the public school children at River Oak while we celebrate, create art, enjoy good food, and of course, dance!

Artist Satoko Barash will represent Kol Ha Emek by creating a beautiful pastel drawing. This event is a benefit for River Oak Charter School. This year’s theme is “Planting Connections.” Come support Satoko and enjoy live music, face painting, carnival games, handmade flower crowns, and more! Please join the fun in Alex Thomas Plaza in downtown Ukiah!

Would you like to host a Home Shabbat? Please contact Rayna Grace for more information how!

Feeding the Hungry

Dan and Cassie are looking for volunteers to help out with feeding the hungry, Sunday, May 19th, 2 PM at Plowshares. If you’re interested in helping out, please contact Dan Hibshman at 707-462-7471 or

PESACH, PESACH, AND MORE PESACH

Thanks to everyone who came out and helped make the community Seder such a success this year! Here are some of the comments we received about it:

“I enjoyed the seder more than I expected. There was a welcoming atmosphere and people reached out to meet others. I relished getting to know some new people. The reservation process was relatively straightforward. Janae followed up with a request for a different food. There seemed to be a lot of food but it was all eaten. And yummy. Seders are always long and I appreciated the snack foods. The leaders did their best to move us through it without compromising meaning. I'm glad there were enough people to clean up. It seemed everyone did a little something. Overall, it was very well organized and went smoothly.”

“Pesach 2024 The Feast of Freedom! So thankful to have a community to celebrate with, an extended family. I have often had a word of the year impressed upon me. Usually it is something I need to develop in myself. I have in the past had a year to meditate on love, grace, gratitude, humility and how to bring it into my daily life with intention. This year during Pesach, a word came to my heart and that was unity. All of us are drawn together with one purpose and mind to observe and remember what we have experienced through our ancestors and now ourselves. Once slaves, now a free nation, our lives are woven into the same story. Different as we are, the common thread of community will always bring us together.”

“Our Seder was a resounding success, attended by almost 40 people! The food was marvelous - the company even better! And then for the Pesacdicka desserts. There were so many of them, they were quite varied, and the quantities were very generous. Quite unusual at a Seder! Janae and Sherry did a great job! I wish there were more singing though. You can't do a Seder without that, and if we would've had a few more chants it would've been perfect.”

“We saw everything and everyone just fine!... Communications were just fine, also ... Food was plenty, tasty, and great varieties ... I like everything and everyone! ... Hammocks to rest overnight after a great walk so we might not drive home after the great meal ...



Kol HaEmek MCJC-Inland
P.O. 1274
Ukiah 95482 CA



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 and sponsor Jewish education for all ages
- 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 as a community through socially just actions and by Mitzvot

Kol HaEmek Information and Resources - Main Phone Number: (707) 468-4536

Board Members:

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Kate Marianchild	707-463-0839	mkatem@mcn.org

If you or someone you know would like to serve on the Board, please contact Sherrie Ebyam.
If Membership dues are affordable; Please speak w/a Board member for "trade arrangement"

Community Services:

Brit Mila - in doctor's office or in your home
Robert Gitlin D.O. - 707-465-7406
Chevra Kadisha - Jewish Burial
Helen Sizemore - 707-367-0250
Community Support
Willits, Divora Stern - 707-459-9052
Ukiah, Margo Frank - 707-463-1834
Outreach Coordinator: Rayna Grace
(707) 703-9189 kolhaemek@gmail.com
Interfaith Council
Cassie Gibson - 707-468-5351
Rabbinical Services - Special Ceremonies are available
Send your e-mail request to Sherrie Ebyam



PLEASE DONATE TO KOL HA EMEK! TO MAINTAIN EXISTING SERVICES AND RESUME OFFERING SERVICES THAT LAPSED DURING THE PANDEMIC, MEMBER DONATIONS MUST BOUNCE BACK TO AT LEAST PRE-COVID LEVELS. IN ADDITION TO DONATING, PLEASE EMAIL IDEAS FOR FUNDING SOURCES OR STRATEGIES TO KOLHAEMEKR@GMAIL.COM

