



The Newsletter of Kol HaEmek (Voice of the Valley)

March 2008

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

Adar I-Adar II 5768

Please note all submissions preferred by the 15th of each month to carolrosenberg@sbcglobal.net

Visit our web page: www.kolhaemek.org

COMING EVENTS

Saturday, March 1: 9 am - Torah Study with Carol Rosenberg; **10:00 - Shabbat Service** with visiting Rabbi Carol Caine; **1:30 - 4 pm Talmud Study** with R. Caine (see page 3)

Saturday, March 15, 7:00 pm - Movies at the Shul: *Left Luggage* (see page 5)

Sunday, March 16, 10:15 am - Rabbi's class "Life in the Diaspora": Our Jewish heritage in Iraq & Iran (ancient Babylon and Persia)

Friday, March 21, 5:30 pm - Purim Kaballah Shabbat at the home of Louisa Aronow and Sandy Turner, 520 Laughlin Way, Redwood Valley. We will first read the Megilla and then have a round-the-table Shabbat.

Saturday March 22, 8:00 pm - DADA Purim at the Shul. (\$18 tickets in advance, \$24 at the door.) Music, Dancing, Refreshments, Auction, Dada wackiness.

Sunday, March 23, 1:30-4:00 pm - Purim Party for the whole family: Games, Hamantashen, music, and more.

Wednesday, March 26, 6:44 - Men's Group

Friday, April 4, 6:30 pm - Kaballah Shabbat & potluck to follow,

Saturday, April 19 - Erev Pesach - 1st Seder

**Saturday Evening
March 22**

Dada Purim

**Tickets in advance \$18,
at the door \$24**

**Fine finger food
Merry music**

Alluring Auction

Attire? Formal with a twist

--or Formally twisted.

Be an underwriter or
place a message in the program!
call Nancy Moilanen 459-4039 or
nancybeth@yahoo.com

Sunday Afternoon March 23

1:30-4:00

**Games for the Children
Raffle, Hamantashen**

Fun for the Whole Family

e-mail Adina to vounteer
adina@nature.berkeley.edu



Holidays & Portions of the Week

March 1 - Vayakkal
March 8 - Pekude-Shekalim
March 15 - Vayikra-Zachor
March 20 - Feast of Esther
March 20 - Purim
March 22 - Tzav
March 23 - Shushan Purim
March 29 - Shemini-Parah
April 5 - Tazria-Hahodesh

Update on Ella Russell

Ella has started treatment both chemo and radiation. Friends from Mendocino have been caregiving. Her treatment is very expensive. If possible send money to:

David M. Dobkin
1510 Walnut St.

Suite E

Berkeley CA 94709

Phone 510-549-8275

Miriam Jacobs is asking for people to knit 9-inch woolen squares to be crocheted into a blanket for Ella's homecoming. She needs them as soon as possible, as Ella will be home in a week.

Send them to Miriam Jacobs:

<yogadance@mcn.org>
10240 Hills Rd.
Mendocino, CA 95460

Our condolences to Marcia Pratt and the friends and family of Ben Langton, who died on February 23, 2008;

And to Janine (Vogel) Lieberman and the friends and family of her father Daniel Lieberman, who died February 25, 2008 in Philadelphia.

23rd Annual Jewish Music Festival March 22-30, 2008 Concerts throughout the Bay Area

Tickets 800-838-3006
for information:
<www.jewishmusic festival.org>

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.

We Remember:

Dottie Marans - March 1
Mildred Rosen - March 4
Arthur Hecht - March 7 (7 Adar)
Walter Browne Parker - March 13
Bessie Dale - March 29
Paul Rothchild - March 30
Samuel Orton - March 30
Betty Wolf - March
Annette Tver - March 31

ASK JCI & R

Q: *Farmisht, farbissen, fartumelt, farblondget, farpatshket...* I remember the five Fs from my Yiddishe bubbe. Now I am ready to learn more Yiddish. Any suggestions?

A: Can you believe....We can recommend some excellent adult education classes and bands as well as private tutors and even Yiddish singing and dancing groups. And if it's just a word or two, we haimesheh folks at JCIR will give it a try.

For more information about connecting to Jewish life or for your free copy of Resource/A Guide to Jewish Life 2008/5768 (which has a Yiddish section), call JCI & R at 415/777-4545 or toll-free 877/777-JCIR (5247) or email Info@JewishNfo.org

Jewish Community Information and Referral is a service of the Jewish Community Federation of San Francisco, Marin, Sonoma and the Peninsula www.sfjcf.org



Mostacudos

Nutty spice delights from the Sefardic community of Rhodes. They contain no wheat flour.

1 & 1/2 cup of cleaned ground almonds
1 & 1/2 cup of cleaned ground walnuts
1 cup sugar
1/2 teaspoon of ground clove
1/2 teaspoon cinnamon
2 generous tablespoons honey
1 large or 2 smaller eggs
Mix until it all sticks together
Shape into small balls
Bake on a greased pan about 7 minutes at 395 degrees F.

Visiting Rabbi Made March 1 a Special Shabbat

9 am TORAH-AND-BAGELS - study the weekly parashah (portion) with Carol Rosenberg - **thanks Carol D. for another delicious and nutritious morning excursion into the Torah. A minyan explored the parashah & haftorah.**

10 am - SHABBAT MORNING SERVICE for young and old led by GUEST RABBI CAROL CAINE, followed by potluck lunch - **well attended, (even baby Leora came), teen leadership, much singing and Rabbi Carol was engaging for younger and older; mazel tov to Eva and Bill for their Torah reading.**

1:30-4 pm - ENTERING THE TALMUD workshop with Rabbi Carol Caine.

Imagine an opportunity to enter into an on-going conversation with the great sages of the Jewish tradition, claiming a place for ourselves at their holy table. In this workshop, we will provide an accessible introduction to the Talmud and contemplate the meaning its teachings have for us today.

Register for the workshop by calling Carol Rosenberg, 463-8526 - **the small study circle was thoroughly engaged in the sampling Rabbi Carol provided and two hours seemed like ten minutes.**



How Many People are interested in a Community Seder - Sunday, April 20?

We are currently considering a community Seder and need a committee of volunteers as soon as possible!

Carol & Nancy cannot do it alone!

If interested and/or willing to help, call Carol, 463-8526

In My Opinion:

On Thursday, February 7, David Smith-Ferri spoke at our Shul. For those who might not know David, he is a slight, shy man. He loves his wife and daughter, but left them at home when he needed to evaluate another's situation with his own eyes. He went to Iraq, again and again.

David read to us his poems, inspired by his experiences with the people of Iraq and his reaction to their stories. He showed the faces of those (non-combatants) who found their bodies and lives altered by the bombing.

What struck me most was what he and his friends did when faced with the pain of others, and the unfairness of their injuries they saw. They created an agency in Amman, Jordan that provides medical care to Iraqi refugees.

They help choose the clients, they find the funds; when possible they connect with other agencies that can help these people. They make a difference in the lives of people who are not remotely related to them.

All my life I have been told "It is not your problem," "Don't interfere," "Mind your own business," "You can't change the world."

David felt the pain of others and took action. He is affecting the world.

One man living right here in Ukiah is making life better for one person at a time.

To contribute to David's efforts e-mail him at <smithferri@pacific.net> or The Direct Aid Initiative (DAI) <www.directaidiraq.org>.

On a local level there are many in our Jewish community also committed to affecting the injustice and pain in the world by seeing a need and taking action. To support David's work go to <www.battlefieldwithoutborders.org>

If you want to be involved locally in helping others you may want to call Cassie Gibson, our Ukiah contact for meals for the homeless in Ukiah, or Bruce Andich for those in need in Willits. Call Plowshares and volunteer, as many in our congregation do. Judy Corwin and Sara Esserman-Melville will tell you how to provide money for refugees in Darfur. The Ukiah Community Center needs volunteers as well. There is no lack of opportunities to provide hands-on service to those in need.

Cassie - 468-5351

Bruce - 459-4855

Judy - 469-1680

Sara - 463-2247

Plowshares - 462-8582

Community Center - 888 N. State St., Ukiah

To Our Movie Lovers:

Many thanks to Bill Ray for his efforts in bringing interesting films to our community. Bill has now resigned as chair of the Film Committee; the new chairpersons are Steve Levin and Robert Klayman. They will be bringing a film to us on the second Saturday of each month! Steve's e-mail is <stewel@pacific.net> Robert's is <robertklayman@sbcglobal.net>

Saturday, March 15, 7:00 pm - first film in the new series is *Left Luggage*

Set in Belgium in the early 70's, *Left Luggage* is an intensively emotional story of two Jewish families struggling to rebuild meaningful lives after their personal devastation during the Shoah. Chaja, a rebellious philosophy student struggling to come of age in both the secular and Jewish worlds, accepts a position as a nanny in a Chasidic family with 5 children. Drawn to Simcha, the youngest, who doesn't speak, Chaja is forced to confront and painfully reconcile which pieces of one's lost luggage must be left behind and which are carried along throughout one's life.

This film is deeply thought provoking and is definitely not suggested for young audiences. Strong performances by Maximilian Schell, Topol, Isabella Rossellini, and director/actor Jeroen Krabbe.

To all Shema Readers!

Do you want a paper Shema, an electronic Shema, or Both?

To utilize the bulk rate for mailing we need to send out 200 copies. Currently we have fewer than we need, since many ask for an electronic Shema. If we could double the electronic Shemas only, we could save money on printing costs with little increase in postage costs. We have been told that some people don't remember the info on the electronic version and want both, one for speed and one for retention. Please e-mail me and specify your preferences; we need to do a cost analysis.

Thanks, Carol

(ed note: it is possible for each recipient to print out all or any part of their electronic Shema - see the menu bar options of Adobe Acrobat Reader)

Announcement From Tikkum Olam

I'm writing to ask for your help in identifying outstanding teens in Jewish communities throughout California to be nominated for the 2008 Diller Teen Tikkun Olam Awards. The award, from the San Francisco-based Jewish Community Federation's Endowment Fund, grants \$36,000 each to five Jewish California teens. Nomination forms are due on March 11, 2008.

Our goal is to reach out so that all who are eligible can be considered. We would appreciate your help by distributing this "call for nominations" through your congregation's email or newsletter, asap. The details are below, including links to nomination forms and an online video of the 2007 winning teens. Please feel free to contact Robyn Carmel at the Diller Teen Initiative, 415-512-6432 or robync@sfjcf.org with any questions. Thank you so much for helping us in this effort to showcase California's exceptional teens.

Regards,
Suzan Berns,
for the Diller Teen Tikkun Olam Award

Dear KHE Chaverim,

I've spent these past few days cutting my first CD. And it's been a lot of fun.

The motivation came from bar mitzvah students who found use of a practice tape of prayers and songs to be archaic, and requested a CD with tracks for easy honing-in and downloading.

Since the tape the kids had been using was one that I had made back in the 1990s for a congregation in Boulder, Colorado, it did make sense to me not only to move to CD format, but to update the contents.

Now what does "update the contents" mean when we're talking about a Shabbat morning service?

The CD follows the basic setup of our KHE Shabbat morning siddur. In one sense, we're training our students to become familiar with a prayer format which enables them to enter any Jewish community in the world and recognize the basic elements of the service. And yet, each congregation, let alone country ordination, develops its own style of prayer and rendition of songs.

How many of you grew up with particular prayers or parts of a service that feel all wrong to you when you hear them sung to a different tune or "done" differently?

The Boulder tape offers two different tunes for singing the Halleluyahs of Ps. 150, neither of which is in current use at Kol HaEmek (nor were they the Halleluyahs I grew up with). Even with our new KHE CD, choices had to be made, and so one Halleluyah tune is offered, with options as to whether to sing it with or without verses.

This is the melody that our Shul School children know best. I didn't record another popular KHE Halleluyah tune (a Shefa chant often led by Harvey Frankle at Bnei Mitzvah ceremonies and holidays). At this writing, I have invited Harvey to record it for our CD. Hopefully, it will continue to thrive in our community whether or not it is part of the new CD.

I think it is a blessing that our services are not completely standardized, and may they never be!

When meeting with Bnei Mitzvah families to plan their ceremonies, we go through our siddur and choose which versions of the classic prayers to use, and which optional prayers, songs and readings to include. So no two Bnei Mitzvah services are ever exactly alike.

Partly for this reason, we included in the CD renditions of Pitchu Li, Kol Haolam Kulo, and Because of My Brothers and Friends, none of which are a traditional part of the Saturday morning liturgy, but all of which are in our prayer book and have been popular with members of our community. And we put in Tov L'Hodot L'Adonai, which is in the liturgy but which we have rarely sung since I moved here, and yet I know it was regularly sung by those who would meet for Saturday morning services in Willits some years back.

And the CD includes two different traditional hymns for ending a service (Eyn Keloheyenu and Adon Olam) as well as the popular Od Yavo Shalom, which was created only a few decades ago and has swept the Jewish world, including our congregation, and which does not appear in the siddur at all.

While the immediate impetus for the recording was to meet the needs of our Bnei Mitzvah students, I do hope that the CD will enjoy a much larger listening audience! Anyone who would like to become more familiar with the service will benefit from having a copy and using it as a learning tool. So often people tell me that they don't come to services because of a "fear factor" of feeling awkward because of not knowing the service and therefore feeling like an outsider. Well, here is a good solution to overcoming that obstacle.

The CD also offers a way of observing the Shabbat without actually coming to Saturday morning services at our Shul, which is handy since at KHE we favor Friday night observance and don't currently have all that many Shabbat morning gatherings during the year. I also recommend the CD for anyone who wants to deepen their spiritual practice, since, in my experience, simply listening to the prayers and songs shifts one's being into a more consciously sacred state. FYI, with the exception of a few tracks such as the Torah service and the Nishmat prayer, most of the items are part of the daily Shacharit (morning) prayer service, and so are very suitable for everyday prayer purposes--and certainly suitable for everyday listening.

I want to deeply thank Tony Melville, who has been joyfully bringing music to our Shul School kids this year, for handling the technical end of making this CD. Tony has put in many hours on this endeavor. And thanks to Sara and Ethan who were so gracious while we appropriated their living/dining room area to make the recording. May this little CD make its way into our minds and hearts!

B'shalom oovrachah (in peace and blessing),
Shoshanah

Copies of the CD will be available at the Shul for a cost of \$10. If you want us to mail you a copy, please send money to David Koppel at P.O. Box 416, Redwood Valley 95470



Cookie Dough Hamantash Recipe

2/3 cup of Pareve margarine or butter	1/2 cup sugar
2 1/2 cups sifted flour	1 egg
3 tablespoons of milk, water or fruit juice	1/2 teaspoon of vanilla

Cream shortening with sugar. Add egg and continue creaming until smooth. Add liquid and vanilla. Chill for 2-3 hours or overnight. Preheat oven to 375 degrees. Take 1/4 dough, roll on floured board to 1/8". Cut into 2-inch circles. Fill with 1teaspoon filling. Fold in to 3-corner cookies. Press sides together, then fold 3rd side over. Bake on a well greased cookie sheet 10-15 minutes, until tops are golden brown.

Nut filling: 1-1/2 cup ground walnuts, 1 t.cinnamon, 1/2 c. sugar

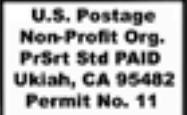
Poppy seed filling

1 egg white, 1/8 c. water, 1/4 lb poppy seeds, 1/4 t. vanilla, 1/4 rinds of lemon & orange, dash of cinnamon, 1/4 c.margarine/butter, 1/4 c.sugar, 1/2 raisins, 1/2 c. apricot or raspberry jam, 1/4 c. butter/margarine

Combine sugar and water. Simmer over slow heat. Grind poppy seeds in a food processor, add to sugar - water. Add egg white, vanilla orange & lemon rind, raisins, cinnamon. Simmer for 5 minutes. Add jam & butter until butter melts and all is combined. Chill in refrigerator until firm. Fill cookies 1 t.per cookie.



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.

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
Dan Hibshman, Vice President	462-7471
David Koppel, Treasurer (Financial Committee)	485-8910
(open seat)	
Nancy Merling (Rabbi's Council)	456-0639
Divora Stern	459-9052
Alan Acorn Sunbeam	463-8364
Steven Levin	462-3131
Robert Klayman	462-5067

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);

Chanan Feld, Certified Mohel (510-524-0722). **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 a board member*)

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 and 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: Bill Ray (459-5850)

New Members: Carol Rosenberg (463-8526)

Rabbi's Council: assists with 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)