

MAY AND JUNE 2020

IYAR-SIVAN TAMMUZ 5780



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)

Coming Events

Friday, April 24, at 7:00 Shabbat Service with Rabbi Chaya on Zoom!

Saturday, April 25, Zoom Torah study at 10:00 am. with Rabbi Chaya (Zoom addresses will arrive by E-mail from Bob Mandel)

Friday, May 22 at 7:00 P.M. A Zoom service with Rabbi Meredith.

Saturday, May 23 at 10:00 A Zoom Torah Study with Rabbi Meredith
(Zoom addresses will arrive by E-mail from Bob Mandel)

All KHE scheduled events in person are cancelled unless we can share each others company on Zoom. Stay well, stay safe!

KHE Board announces

Rabbi Meredith Cahn of Petaluma has been selected to serve Kol Ha Emek on a monthly basis and will preside at our High Holiday observances.

A self introduction and more information about Rabbi Cahn is on page 3.

A Hiaku for Covid-19
let go of time
let go of the need for knowing
Love the cat

Regretfully we announce:

Patricia Tysoe passed away at home April 4, surrounded by loving family members. She had been diagnosed with cancer 8 months earlier. Pat was a long-time participant in Inland Mendocino Jewish Community activities. She *kvelled* when sons Adam and Simon had their Bar Mitzvahs in the 1990s. She was a member of the Minyan group that facilitated the purchase of the Shul. She especially enjoyed the High Holidays women's' *mikveh*.

Pat is greatly missed by husband Sam Goldberg, sons Adam and Simon, and their respective spouses Amanda and Tarah. Her three young granddaughters provided solace and kept her motivated and strong as long as possible.

During her illness a friend sent a message that stated in part "Her balance was in the giving". To those who knew Pat well this is an accurate summation of her 71 years. A Celebration of Life is tentatively planned for July 18.

Please include the following in your prayers for health and healing:

**Rabbi Shoshanah
Lee Wachs
and
All of us!**

Torah Readings From Leviticus

May 2 - Achrei Mot Kedoshim
May 8 - Emor
May 16 - Behar-Bechukotai
May 2 - Bamidbar
May 28 - EREV SHAVU'OT
May 29-30 - SHAVU'OT
June 6 - Nasso from Book of Numbers
June 13 - Beha'alotcha
June 20 - Sh'ach
June 27 - Korach

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
Gerald Marans	May 1
Janet Fisher	May 2
Harry Bistrin	May 4
Harold Koppel	May 6
Elenore Feldman	May 9
Harriet Libby Domas	May 14
William X. Silva	May 15
Beatrice Starosta Coren	May 16, Sivan 3
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 10, Sivan 7
Sylvia Marans Elberg	June 12
Thelma Cohn	June 12
Joseph P. Suffel	June 21
Elliot Rivers	June 29
Natalie Wachspress	June 29
Milton Fleiss	Iyar 8
Jessica Anne Doctors	Iyar 16
Sidney Kowarsky	Sivan 14
Herbert Rubin	Sivan 24
Bela Goldberg	July 10, Tammuz 7
Bernice Fleiss	Tammuz 27
Henry Lowenheim	July 15, Tammuz 15

From Rabbi Meredith Cahn

Hello, Kol HaEmek community!

Sherrie invited me to introduce myself to you and Carol told me I have a page. So let's get started. My family lived in Orange County until I was three, when my parents divorced and my mother transplanted my two older sisters and me in Queens, New York, to be near her family.

I moved back to California—San Francisco—when I graduated college. I spent time trying on different versions of myself. I lived in a commune for a while. I volunteered at a free women's health clinic for a time, which set me on the path into women's health, public health and a Master's in public health, from UC Berkeley. I thought I had found my path to be a social activist, and I spent five years as director of the clinic at which I had volunteered.

My husband, stepdaughter and I moved from San Francisco across the Golden Gate Bridge to Marin County, on our gradual move north. To settle into our new community, we decided to look at the two Jewish congregations, as I had only recently gotten in touch with my Jewish roots during work we had done at the clinic on cultural sensitivity.

I became an active member of Rodef Sholom, and especially its sisterhood, writing the first women's seder haggadah (book for the ritual) and being the "Seder Queen" for many years. I attended biennial national conferences and brought what I learned home to our sisterhood, establishing retreats, shabbatons, classes. I became more and more attracted to study and learning, and finally decided to pursue the rabbinate. Simultaneously, my husband, Sam, and I adopted our daughter Olya from Russia.

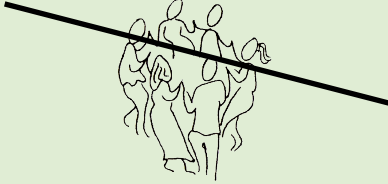
My rabbi directed me to the Academy for Jewish Religion California, a transdenominational seminary in Los Angeles, geared especially for second (or third) career students. Rabbinic school was one of the joys of my life—I remember one summer class with several of my by now dear friends, thinking that—if I could afford it, I could imagine studying like this for the rest of my life.

After graduation, I was hired as the rabbi for a small congregation in North Lake Tahoe. Tahoe was not the place for my family: we don't ski or hike or golf...My daughter, Olya, got sick there and it was only when we came home to the Bay Area that she regained her health.

When we returned—this time to Petaluma, I worked on completing four units of clinical pastoral education (chaplancy training) and earned national board certification. I have worked as a chaplain at Kaiser Santa Rosa, Alta Bates Summit Medical Center, and for the past three years, at St. Paul's Towers, a senior community in Oakland, a job I love.

I love Jewish traditions, and especially love deconstructing them, discerning the historical and spiritual roots and meanings and adapting them to our time and place. I love to pray in a minyan, continue learning with a group willing to plumb some personal depths and ask some deep questions. I study and teach Mussar and facilitate groups on the topic of wise aging. I conduct life cycles, and live happily in Petaluma with my husband, our daughter, two cats, a dog and soon to be a grandchild. I look forward to meeting and getting to know you!

Shavu'ot, May 29-30



We cannot plan for our usual community night of crafts and poetry. You may choose to celebrate this holiday by eating a traditional dairy meal, by reading the book of Ruth and studying Jewish texts. Giving Tzedakah especially to food programs and making and eating blintzes and cheese cake is traditional practice as well.

See article on Page 5

**Donations to Kol Ha Emek for February
and March
Thank you!**

Judith M Corwin (2)
Rachel Elkins and Dana Thibeau
Judith Fuente and David Nelson (2)
Jay Joseph and Jennifer Joseph
David Koppel and Linda Koppel
Nancy Bertsch
Carol Park and Steve Park
Elizabeth Raybee
Janae Kraus Stephens and Gary Stephens
Marissa Sizemore and Alex Schutz (2)
Marilyn Katzel
Carol Rosenberg
Leon Springer and Nancy Marotta Springer
Margo Frank and Marc Levine
Miriam MacNamara
Darline Bergere and Josh Bergere
Robin Sunbeam
Andy Coren and Yvonne Coren (2)
Sara and Tony Esserman-Melville
Julie Kanel
Marisol Spiegle and Naum Spiegle
Michael Nemeth

(2) these are additional donations for a variety of special gifts to KHE.

**Musings by Darline Bergere KHE Board
Member**

Most of us are of an age to remember, Louis Armstrong, singing, "What a wonderful world." Now more than ever, we need to think about the things that we were too busy to notice. We can look at what's happening around us as scary and unmanageable, or we can look at it as a mixed blessing.

Taking the time to call someone we haven't talked to in a long time, because we now had the time. To hello.

Walking the dog and meeting neighbors that you just rushed past before. Did you see the flowers in bloom – even though they're blooming at an unusual time. Did you see the young deer scampering down Spring Street? Did you see that redbud tree in bloom that you don't remember seeing before.

You can bake brownies and surprise someone. On your walk, you can put them in a bag and leave them on their porch with a note. There are so many little things that we can do to make other people's life a little more pleasant. Reaching out to others makes our own life nicer. We forget a little of our own angst.

We can't change everything that's happening but we can do things to take our mind to another place. We're all in this together and we have the power to help each other in small but meaningful ways.

Don't constantly watch the news, it will only take your mind to unhappy places. Pick one program that you like, the commentator you like, and just watch that program. After that, go to a non-news program.

These are the times that show us who we are. Be brave, stand tall, and do everything you can to make other people know you're glad they're here. If you meet someone that can't say hello or smile – then still say hello and give them your biggest smile.

Shavu'ot

from the Judaism 101 website

You shall count for yourselves -- from the day after the Shabbat, from the day when you bring the Omer of the waving grain seven Shabbats, they shall be complete. Until the day after the seventh sabbath you shall count, fifty days... You shall convoke on this very day -- there shall be a holy convocation for yourselves -- you shall do no laborious work; it is an eternal decree in your dwelling places for your generations. Leviticus 21:15-16, 21

The Festival of Weeks is the second of the three major festivals with both historical and agricultural significance (the other two are [Passover](#) and [Sukkot](#)). Agriculturally, it commemorates the time when the first fruits were harvested and brought to the [Temple](#), and is known as Hag ha-Bikkurim (the Festival of the First Fruits). Historically, it celebrates the giving of the [Torah](#) at Mount Sinai, and is also known as Hag Matan Torateinu (the Festival of the Giving of Our Torah).

The period from Passover to Shavu'ot is a time of great anticipation. We count each of the days from the second day of Passover to the day before Shavu'ot, 49 days or 7 full weeks, hence the name of the festival. See [The Counting of the Omer](#). The counting reminds us of the important connection between Passover and Shavu'ot: Passover freed us physically from bondage, but the giving of the Torah on Shavu'ot redeemed us spiritually from our bondage to idolatry and immorality. Shavu'ot is also known as Pentecost, because it falls on the 50th day; however, Shavu'ot has no particular similarity to the Christian holiday of Pentecost, which occurs 50 days after their Spring holiday.

It is noteworthy that the holiday is called the time of the *giving* of the Torah, rather than the time of *receiving* of the Torah. The sages point out that we are constantly in the process of receiving the Torah, that we receive it every day, but it was first given at this time. Thus it is the giving, not the receiving, that makes this holiday significant.

Shavu'ot is not tied to a particular calendar date, but to a counting from Passover. Because the length of the months used to be variable, determined by observation (see [Jewish Calendar](#)), and there are two new moons between Passover and Shavu'ot, Shavu'ot could occur on the 5th or 6th of [Sivan](#). However, now that we have a mathematically determined calendar, and the months between Passover and Shavu'ot do not change length on the mathematical calendar, Shavu'ot is always on the 6th of Sivan (the 6th and 7th outside of [Israel](#). See [Extra Day of Holidays](#).)

It is customary to stay up the entire first night of Shavu'ot and study [Torah](#), then pray as early as possible in the morning.

It is customary to eat a dairy meal at least once during Shavu'ot. There are varying opinions as to why this is done. Some say it is a reminder of the promise regarding the [land of Israel](#), a land flowing with "milk and honey." According to another view, it is because our ancestors had just received the Torah (and the dietary laws therein), and did not have both meat and dairy dishes available.

The book of Ruth is read at this time you may find it at ; https://www.chabad.org/library/bible_cdo/aid/16453

Thoughts on a Tuesday afternoon, March 31, 2020

The sun is shining, the dogwood beginning to blossom I want to run out and get plants and topsoil for the vegetable bed and planters that I inherited from my neighbor, also house paint and primer for the peeling south wall of the house.

STOP!

Remember there is a plague and its favorite victim is some one like me! You haven't been to a store in two weeks and it might be much longer. What am I comfortable asking others to buy for me? Yes, groceries they qualify, but only every two weeks. A pick up at the drug store; I think I have a plan for that. Plants for the garden and paint, I don't think so.

When you have prided yourself as being a person that helps others this is a remarkable turn around and I'm not comfortable depending on others. However, I have my house, I have a dogwood tree to watch I have a list of neighbors and friends I can call to shop for me. I'm truly blessed. My family, thank the lord, is still well and even if they live in highly dangerous areas for the corona virus they have each other and so far sound cheerful, they are able to work from home and mostly have ongoing income. I keep saying it could be worse and it is for many.

Yay! More blessings for me to count.

In addition I found a piece of needlepoint canvas and many colors of thread, I have canvases and so far all the colors of acrylic paint I need. If I get bored I have 75 pounds of clay in my car. The car has a full tank of gas There are books on my shelf that I have not read. And of course Pesach is almost here and I have yet to really clean my kitchen.

Yes! I can do Pesach; I have kosher l'pesach wine, Matzoh. Apples, nuts, even horseradish and matzoh ball soup mix. There is a brisket in the freezer. Memorial candles for those I love whom I no longer have to worry about. I have face time and zoom and all sorts of ways of seeing those I do worry about. I have the family Haggadahs.

I found myself telling a friend that I will do a one person Seder. Not having a Seder is not an option for me. Pesach is that time of both the best memories of my family and the worst times I can remember. It was when we had wonderful family Seders with my favorite relatives The ones I remember best were when I was a child. Except for *Borei P'ri ha-gafen* I could not understand a word of Hebrew but there were baby chicks in the basement and Aunt Anna's matzoh latkes so we wouldn't get hungry and I could play with my cousins.

I was 14 the April my father died, I an adult when my mother died at the end of March and Pesach was while we waited for the army to bring back my son's body. It was also when friends, community and even strangers came to my aid each time I needed them. I can also remember the moment in the Seder as my son Mike said the four questions and he realized he now needed to be an adult in our family.

Pesach is always bittersweet. It is a time of flowers and tears. This year I will truly be alone and able to feel what ever I need to feel. Hopefully I will be able to count my blessings and see the joy of rebirth and new beginnings and not focus on times of death and loss.

Carol Rosenberg 3-31-20

Cheese pie for Shavu'ot, from Nancy Merling

This is like a cheese cake but smaller better suited for a small family or one person (please note cream cheese and eggs should be at room temperature.)

Crust

1 1/4 cups graham crackers

1 Tb sugar (if graham crackers are gluten free add less sugar they are very sweet)

1/2 tsp. cinnamon

6 Tb melted butter

Filling

12 oz cream cheese

1/4 c. sugar

2 eggs

1 t. vanilla

grated rind of a lemon

1/2 cup heavy cream

Topping

2 c. sour cream 1/4 cup sugar

Crust

Mix crumbs, sugar cinnamon add butter mix thoroughly. Turn into a battered 9" pie pan. Use your fingers to press crumb mixture into the pan making a firm ridge on the edge. Refrigerate while you make the filling. Heat the oven until 350 degrees.

Filling

Using an electric mixer beat the cream cheese, add sugar and lemon rind, Add egg at a time. Add the heavy cream. Beat until only smooth. Pour cream mixture into the chilled crust. bake at 350 degrees for just 25 minutes. Cool for 20 minutes.

Topping

Lower oven to 300 degrees. Mix 2 cups sour cream with 1/4 cup sugar. Spread mixture over pie filling, leave ridge of crust bare. Bake for 5 minutes. Refrigerate for several hours or overnight.

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

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

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



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 ageTo be inclusive of all partnerships and family configurationsTo 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
- 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
-

Kol HaEmek Information & Resources

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Darline Bergere	462-7534 < thejeplady@pacific.net >

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