



The Newsletter of Kol HaEmek (Voice of the Valley)

P.O. Box 416, Redwood Valley, CA 95470

Phone # 707-468-4536

January 2006

Tevet-Shevat 5766

Please note all submissions preferred by the 20th of each month to carolrosenberg@sbcglobal.net

Events in January and February

Fri. January 6, 6:30 pm Rob Gitlin conducting Shabbat Service followed by a Dairy/Parve Potluck

Sat. January 7, 7 pm, Movie at the Shul Night! "THE GREAT DICTATOR" directed by and starring Charlie Chaplin

Sun. January 8, 10-12; (also **1/15** and **1/22**) new term of Sunday School begins.

Sun. Jan. 15, 10 am, Methodist Church in Ukiah, KHE prepares Lunches for the Hungry.

Fri. January 20, 6:30 pm Rabbi Shoshanah to conduct Shabbat Service followed by a Dairy/Parve Potluck

Please note change!

Sat. January 28, 10-12 Rabbi Shoshanah to conduct a Childrens Shabbat Service at the Shul

Sun. Jan. 29, 1:30 pm Brunch at the Shul for new, returning, and prospective KHE members. See article at right.

Tues. Jan. 6 Board meeting 6:30 pm at the Koppels' home in Redwood Valley

Tues, Jan. 31, 6:30-7 pm annual meeting of KHE members; regular board meeting to follow

Save the Date!

Fri, Feb. 17, Shabbat Service at Mariposa School on Low Gap Road as part of Mindfulness Meditation Retreat. See articles on pages 4 & 6.

New Doors at the Shul!

Thanks to Robbie Gitlin and this congregation, we are making wonderful progress toward completing enough work on the Shul to be inspected and finally approved for a county-required use permit.

Our new doors are beautiful, have new locks, and are properly framed. They allow privacy and light and open outward to meet fire-safety regulations.

We are planning to ask for an inspection on January 10, 2006.

May the inspector approve all our hard work!

Get-Acquainted Brunch is Jan. 29

Our annual brunch for new, returning and prospective members of Kol HaEmek will happen on Sunday, January 29, beginning at 11:00 a.m..

This event is a chance for people to get better acquainted with KHE and with one another. It gives the newly elected Board a way to meet newcomers to the congregation and gives KHE members the opportunity to speak to the board as well as hear about KHE's plans and goals for the coming year and longer-term future. There is no charge for this event. You do not have to be a new member to attend. To register call Linda Koppel, 485-8910.

Congratulations!

to Alan Sunbeam, who stepped forward, volunteered and was elected unanimously to fill one of the two vacant seats on the Board. We look forward to his insights and further contributions as an active KHE member and father of two Shul School youngsters.

The annual meeting has been postponed to January 31. Hopefully, another **volunteer** will be willing to help carry on the work of our congregation.

Portion of the Week & Holidays

January 1 - New Years Day,
Rosh Hodesh, Hanukkah 7
January 2 - Hanukkah 8
January 7 - Vayigash
January 14 - Vayechi
January 21 - Shemot
January 28 - Vaera
January 30 - Rosh Hodesh
February 4 - Bo

SAND

day was sunny
mountain far away was seen
mountain was climbed
day was dark
rain began
mountain became a hill
hill became the land
land was settled
settlers came and went
as all things
common to nature and man
sun appeared
rain fell
and we are now
light and water
and perhaps even
a handful of sand

David Vilner
12/8/05

Thanks, but no thanks!!!

Dear Friends of KHE,
Please, please do not leave us any gifts or donations of wonderful objects at the Shul. *We are running out of space.* We hope to build a proper storage room this spring; in the meantime we need to consolidate what we have before we add any more.

If you think your donation will solve a special problem, please check with the Board of Directors or our indoor chairperson, Linda Koppel, or outdoor chairperson, Louisa Aronow.

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) Feeding the Jewish and Arab hungry in Acre, Israel*

10) MEMBERSHIP - Time to renew!!!

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.

Rabbi's Trip to Israel is a GO!

The March trip to Israel with Rabbi Shoshanah is happening! So far the group includes six Mendocino County people and others we don't yet know.

There is still time to sign up if interested: Contact Rabbi Jackie Brodsky at <lachayyim@yahoo.com> for details.

Feedback on the last Shema

We just read this issue as we received it and found it to be excellent, highly interesting and informative, and thank you for continuing to send us an email copy.

The Rabbi's message was especially interesting! We were sorry to read about the sign.

Hope that you get a fine turnout for the [December] showing of "The Great Dictator," which I remember well from back in the 40's, an outstanding film and a great performance by Chaplin!*

Best regards to ALL at Kol HaEmek and all good wishes for the coming Chanukah Holiday, and for the year 2006!

With a cordial Shalom,
Harry and Doris Gluckman
Alameda, CA 94501-5642
(510) 523-0330
harry@gluckman.com

* The earlier showing was postponed; now it is set for **SATURDAY JANUARY 7, 7 pm**, at the Shul. See article at right.

Letter to the Community

Shalom,

Thank you to folks who donated some money to help with my medical bills after my bike crash. And thank you to lots and lots of people in the Jewish community who have been so helpful offering to do things for me or Louisa, and visiting and calling. I certainly appreciate all that y'all have done for Louisa and I recently.

Healing is progressing slowly but surely. I imagine that folks sending healing energy my way at various Friday night services has helped. I look forward to being able to help in the shul garden again soon and to help move tables and chairs around at Shabbat services and other events. It won't be long.

Respectfully Yours,

Sandy Turner

CHAPLIN'S "THE GREAT DICTATOR"

by Bill Ray

A prophetic comedy at the threshold of the Second World War (started in order to save civilization, I'm sure) will be showing on Saturday, January 7, 7 pm, at the little theater at Kol HaEmek.

The film is humorous and witty, a pantomimic and aesthetic joy, whose sound and music are part of the drama, and profound enough that Chaplin's goodbye speech was reprinted for the millions during the war. It is suitable for every age. The storyline is that the great dictator and town barber are identical and get switched. Chaplin's pantomime infuriated Hitler and Chaplin understood enough of his subject to detest him. They were born only a few days apart.

In terms of Jews and whom W.C. Fields called the world's greatest ballet dancer, it could be said that Chaplin was a universalist. Whether this was more his original spiritual bent or a learned lesson, we don't know for sure. Chaplin traveled with the then-lower-class Jews of vaudeville, absorbed some of the universal Schlemiel--what you gonna do? this is life!-- and went on to project both sides of that sense of being, its simultaneous complaint and joyous prayer. The immigrant Jewish performers he knew had the wisdom and gratitude as well as the foibles of survivors. That paradoxical figure on stage in rural burghs all over the country, minus the ethnic characteristics, became nourishment for Chaplin's "Tramp" -- Everyman.

That he could have adopted any persona is possible. But that the one he did create was so much like the itinerant Jew of legend is an indication of a worthy source for the first cinematic demigod. John Wayne was kind of a stepdown in portraying what is and what matters.

Enthusiasts are invited to bring food and blankets for their comfort as they dream travel into the film. There is no admission, though members may support the theater with donations.

See you at the movies!

Garden Report

The garden is slowly evolving.....

You've probably noticed the mounds & fences in front of the Shul. As expected, our lumps of landscaping were irresistible to young bikers. Hopefully, as the landscaping fills in, the mounds will not be so tempting. (I considered embedding barbed wire in the mounds but some sensible people talked me out of it.) The best garden protection would be beautiful boulders arranged among the plants. If you have a truck to help with bringing boulders from the Willits grade to our Shul, please let me know.

Did you notice that the treacherous blackberries have been removed from the area around the deck? I continued Hesh's work by crawling under the deck to pull them out, then poured crude glycerin on them, then covered them with vinyl cloth & wood chips. I hope they'll stay under control for a while. But there are plenty more blackberry areas in need of taming.

And did you see the cover crop that's coming up where the earth was scraped away? Hopefully the soil will get greatly enriched for future planting.

Big thanks to Tony for digging trenches to maintain the integrity of our mounds in the front.

We will celebrate Tu B'Shvat on February 12th. While the children have a Tu B'Shvat seder with Shoshanah, parents are invited to help prepare gopher cages and holes for trees. Then the children will join us for tree planting. Please contact me if you would like to donate a memorial tree to plant on Tu B'Shvat.

Here's the winter garden wish list:

TRUCK to bring gravel to fill in trenches and/or boulders

PERSON WITH A DRILL to make drain holes in the boat in back

MORE WOOD CHIPS

HELP with spreading wood chips, planting more stuff, moving plants, pruning, blackberry control, putting in more irrigation lines, etc.

MOWING will be necessary soon!!!!

Don't hesitate to contact me if you'd like to participate in the Kol Ha Emek Garden.

midnite@pacific.net 485-1290

Shalom,

Louisa Aronow

Jewish and Buddhist Traditions Blend in February Retreat

A collaboration between Buddhists and Jews in mid-February will offer an unusual retreat and ritual experience to all interested people.

Kol HaEmek and the Ukiah Community of Mindful Living, a group of practitioners in the Mindfulness tradition of monk and teacher Thich Nhat Hanh, are co-sponsoring this event. It will take place at Mariposa Institute, a rural setting west of Ukiah, from Friday evening, February 18, through Sunday, February 20. Participants may choose to attend for part or all of the weekend.

As taught by the Vietnamese Zen Buddhist master Thich Nhat Hanh, Mindfulness emphasizes awareness of the present moment and uses meditation as a way to follow a spiritual path. The retreat will include times of meditation, practiced especially in silence and in a wooded environment of Mendocino County. All meals will be taken in silence. However, there will be ample opportunities for spoken sharing and reflection, group discussion, and creative expression through writing, music, movement and/or art.

The Jewish calendar places the holiday Tu B'Shvat, with its emphasis on nature and marking of "the birthday of the trees," during this time of year. Thus one retreat activity on Sunday, Feb. 20, will be a Tu B'Shvat seder (ritual celebration). The retreat will begin with our weekly Shabbat service on Friday evening. (Of course, we usually celebrate Shabbat at the shul, but on Feb. 18 it will be at Mariposa.)



Tu B'Shvat, according to Rabbi Shoshanah Devorah, is "the birthday of the trees." Historically, it marked the time when one year's harvest of fruits was complete and the new year's cycle of growth and fruition was beginning again. In the society of ancient Israel this division had practical significance in connection with annual taxes collected on harvests.

In contemporary times, the late-winter holiday has converged meaningfully with environmental consciousness.

Lyn Fine, an ordained Mindfulness teacher and one of the event organizers, commented, "The retreat will deepen our awareness

Fresh Apple Cake (no wheat, no eggs, no milk)

2 cups peeled, cored & chopped apples
1 cup sugar 1/4 cup melted Nucoa stick margarine
Mix and set aside 15 minutes

Meanwhile, mix:

1 cup brown rice flour	1 cup quick oatmeal
1 tsp. baking soda	1 tsp cinnamon
1/2 tsp. nutmeg	1/2 tsp. allspice
pinch of salt	

Optional:

1/4 cup currants or chopped raisins
1 Tbsp. brown rice flour
1/4 cup chopped nuts

Blend dry ingredients into apple mixture. Add nuts & other fruit. Pour into greased & floured 8-in. square pan. Bake at 350 degrees for 45-55 minutes. Cool on rack for 30 minutes before frosting.

Frosting (optional)

1 1/4 cups sifted powdered sugar
4 Tbsp. softened Nucoa stick margarine
1/2 tsp. vanilla extract or 1/2 tsp grated lemon peel
Blend & spread on cooled cake.

The Paradoxical Commandments

by Dr. Kent M. Keith

<http://www.paradoxicalcommandments.com/>

People are illogical, unreasonable, and self-centered.
Love them anyway.

If you do good, people will accuse you of selfish
ulterior motives.
Do good anyway.

If you are successful, you win false friends and true
enemies.
Succeed anyway.

The good you do today will be forgotten tomorrow.
Do good anyway.

Honesty and frankness make you vulnerable.
Be honest and frank anyway.

The biggest men and women with the biggest ideas
can be shot down by the
smallest men and women with the smallest minds.
Think big anyway.

People favor underdogs but follow only top dogs.
Fight for a few underdogs anyway.

What you spend years building may be destroyed
overnight.
Build anyway.

People really need help but may attack you if you do
help them.
Help people anyway.

Give the world the best you have and you'll get
kicked in the teeth.
Give the world the best you have anyway.

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a gift from Izzy Green

Dear KHE Chaverim,

I'm excited about next month's Tu B'Shevat retreat. I've been wanting to do something with KHE in nature since I came to town. I love to meditate in a group setting. And I have found the teachings of Thich Nhat Hanh very user-friendly and helpful, both personally and with others. The retreat location is close and easy to get to, and the price is right, covering expenses only.

Meditation is no longer an unknown, alien practice to many of us. For some, it has become a regular part of our lives. Others may still be curious to experience silence as a spiritual path. A great variety of meditation techniques are available these days. Jewish teachers have incorporated Buddhist, Hindu, Sufi, and native American techniques into Jewish formats in order to bring Judaism alive today. In recent years, we have rediscovered and reintroduced traditional Jewish meditation practices dating back hundreds and even thousands of years. It would be easy to offer a retreat that features only classic Jewish meditations. So why offer a weekend that brings together Jewish practices with Buddhist practices?

To begin with, the idea for the retreat came from Jewish practitioners of meditation who follow the teachings of Buddhist monk Thich Nhat Hanh. I'm guessing it's important to them to weave together their Jewish identity with their Buddhist practice. (For example, retreat leader Lyn Fine, of the Bay Area, is a teacher in the Thich Nhat Hanh lineage who has taught at Elat Chayyim, the Jewish Retreat Center in NY State, and conducted mediation work between Israelis and Palestinians). Both feel valuable to them, and I imagine they would like to integrate these aspects of themselves rather than isolate them into separate compartments of their lives. Is this unreasonable? My teacher, Reb Zalman Schachter, talks about acknowledging hyphenated Jews (e.g., Jew-Bu), and the need to welcome all of a person into the Jewish community, so that Jews whose life has been enhanced by Buddhism would not need to put aside or hide this part of themselves when they're in a Jewish milieu (nor vice versa, I would hope). And I have heard the Dalai Lama call for people to practice Buddhist principles of living without needing to convert from their religion of origin to Buddhism.

Now why does this appeal to me? No doubt because my own exposure to Buddhist meditation has been helpful in my life. During my trip to India in 1990, I participated in a 10-day silent Vipassana (insight meditation) retreat taught by Goenka. This approach starts with focusing on the breath and moves on to body scanning and sending compassion out into the universe. Aside from Jewish prayer practice, Goenka Vipassana remains my fundamental meditation practice today. During that same trip, I spent a week in personal meditation guided by a Buddhist monk from Bangladesh at a monastery in Bodghaya, where the Buddha traditionally became enlightened. The monk at first wanted me to bow down to a golden statue of the Buddha, which I told him I chose not to do. He thought for a moment, and replied that he felt okay with my refusal since the Buddha said that the true temple is inside oneself.

Back in Israel where I was living, I then participated in 10-day silent Vipassana retreats of about 100 participants each (with waiting lists, too). Can you imagine 100 Israelis sitting in silence for 10 days? They were hungry for this experience. It was in Jerusalem that I had the honor of meeting the Dalai Lama on the first day of his first trip to Israel. I knew from a friend who worked for the NY Times that he was going to make an unpublicized stop at an overlook near my house. I gathered four branches of yellow jasmine from my garden, and was there to greet him when he stepped out of his car. He smilingly accepted my offer of the jasmine, and then reached out to shake my hand and speak to me. I wanted to invite him home to dinner (I resisted this impulse); he felt so present, and his contact was so direct and gracious.

I then moved to Boulder, CO to study at the Naropa Institute, where meditation was part of the required curriculum. How I appreciated having a meditation hall right there in our classroom building, so that I could pop into this sacred space at any hour to sit for a while in silence. How I appreciated starting and ending every class with a few minutes of shared silence. And it was here at Naropa, with its Tibetan Buddhist heritage, that I became Reb Zalman's teaching assistant in his classes on Judaism. And I recall participating in a Naropa meditation weekend with Vipassana teacher Sylvia Boorstin (who lives in Sonoma County). As a Jew (and author of the book, "Funny, You Don't Look Buddhist"), she felt the need to interrupt our practice to tell us that the Israeli premier Rabin had just been assassinated. When Roger Kamenetz, author of "The Jew in the Lotus," came to town to be interviewed with Reb Zalman for a Public Television program about their meeting in Dharamshala with the Dalai Lama, the filming happened in my living room. It was during this rich period of Jewish/Buddhist inspiration and cross-fertilization that I was studying to become a rabbi.

From the Prez's Desk:

Dear Kol HaEmek,

Right now, it's 11:30 pm the night after our exuberant Chanukah Party and my first night home after spending the weekend with the Jewish Community Agency of Sonoma County's 2nd Annual Jewish Meditation Retreat.

The theme of the retreat was, "Ko'ach HaShem, The Power of the Name." The visiting Scholar-in-Residence was Rabbi Ethan Franzel, from Temple Beth Elohim in Wynnewood, PA.

I'm counting on my fingers: there were seven rabbis who offered teachings. A Silent Shabbat...(except for chanting in the sanctuary)...led us in developing our new community. Meditative eating, walking and movement helped us to listen and see. Music, candlelight, warm kosher food, a camp cat, dance & personal conversations wove us together. Hashem's light sealed us. Each time I place my fingers on the keyboard to share just even one gift I received, my mind and heart flood over. I look forward to individually sharing with you some of those personal moments.

But what I really want to share now is something bigger than that...it's all of us. It's our own community's beauty. I've been looking forward all eve to effuse the awesomeness of the moment of walking into our Chanukah Party (yet, an hour late as I just pulled in from the Retreat). It was like returning home to my family...Shalom Aleichem! Home looked great! I was greeted with a multitude of warm smiles, hugs & kisses. There was music and color and art & craft pieces to stun us all. Kids were skittering everywhere. Our guest muscians, Jon and Rose Batzdoff, and their band even brought their own family and friends to join in our joy. I'm told what I missed was an even more crowded room of celebrants dancing, laughing, and eating latkes. (There wasn't even one left!) Even so, the portion I caught blew me away.

So I send a deep Thank You to this year's Chanukah Chairwoman, Nancy Merling. Thank you to all who assisted and to all of you who just came and had fun!!! We have countless blessings, much to be grateful for and much to celebrate.

At our last Board Meeting, Alan Sunbeam was elected to the Board to fill one of two current vacancies. We welcome Alan and look forward to his contributions. At the end of this month, we will have our KHE Annual Meeting. This is a community wide open meeting (Jan. 31.; 6:30 @ Koppel Residence). We will elect our Board Members and Officers. We welcome members interested in serving our community.

It has a been an honor and pleasure to serve as your Board of Directors President this past year. It was an honor and pleasure to walk in through our new door today. Thank you.

B'Shalom, Nancy

As a chaplain in Seattle a few years later, I was called to the room of a Jewish man who was dying. His non-Jewish wife, who practiced Buddhism, asked if I would recite the Shema. Together with his family, we chanted the Shema, creating a special atmosphere in the room. The wife then asked if I would "do something Buddhist." Hmm. What to do? Following the man's breath, I softly improvised, "Breathe in love, breathe out harmony, breathe in peace, breathe out compassion...", continuing in this mode and slowing down with him until he gently breathed out his last breath. Holy, holy, holy (kadosh, kadosh, kadosh) was how this experience felt to me. Thank you, Thich Nhat Hanh, from whom I had learned this practice of aligning intentions with each breath.

Hailing from war-torn Vietnam, living in France today, and with a world-wide following, Buddhist monk Thich Nhat Hanh encourages the practice of gentleness and compassion, and emphasizes the interdependence and connectedness of us all. As Jews, the "God is one" of our Shema leads us to understand that we and all of creation come from and are sustained by the same source. For our Tu B'Shevat retreat, may the Buddhist focus on compassion and the interrelatedness of all being(s) enhance our Jewish practice of life being service to God, and may we all be nourished by, and in turn nourish, the Tree of Life. May coming together in silence and song be healing for each of us and for our planet.

Donors to Kol HaEmek 7/2/05 through 12/14/05 Thank you, one and all!

Bruce Andich, Cassandra Andich, Louisa Aronow, Sandy Turner, Ace Barash, Satoko Barash, Esther Baruch and David Butler, Carol Bass, Leslie Batz, Daniel Wentworth, Darline Bergere, Bud Bernard, Harry and Joan T. Bistrin, Martha Carol, Lynne Coen and Charles Hott, Mina Cohen, Jeffrey Berenson, Andy and Yvonne Coren, Judy M. Corwin and Stan Showers, Isa and Amunka Davila, Shoshanah Devorah, Barbara and Al Dorevitch, R. Bobby and Michael Ducharme, Sara Esserman and Anthony Melville, Sherrie Ebyam, Reid and Deborah Edelman, Sanford Elberg, Rachel Elkins and Arlene Elster, Sally Emeson and Mali Arad, Shari Epstein and Tom Jacobson, Jason Erlick and Carla Longchamp, Esther Faber and Ann Mahoney, Mary Farkas and Margaret Jense, Else Feibusch, Michael and Bella Feldman, Ernie Fine, Janet and Louis Fisher, Margo Frank and Marc Levine, Laurie Frank, Harvey Frankle and Jackie Perner-Frankle, Steve and Nan Frenke, Judith Fuente and David Nelson, Renee Gannon and Jeremy Mann, Cassie and Chris Gibson, Steve Ginsburg, Robbie Gitlin and Karla Gitlin, Sam Goldberg and Pat Tysoe, Robin Goldner and Marc Komer, Rosamond Gumpert Jorgensen, Janet Gurvitch, Victoria and Mathew Harris, Elizabeth Hart and Pat Hart, Dan Hibshman and Leslie Kirkpatrick, Judith and Ralph Jacobson, Susan Jordan and Ron Wong, Jay and Jennifer Joseph, Hesh Kaplan Aaron Katz and Kathy Dingman-Katz, Robert Klayman and Ava Holly Klayman, David and Linda Kopple, Randy Kutler and Christine Kutler, Betty Lacy, Steven and Joan Levin, Alan Levy, Mark Liebert, Robert Mandel, Isaac and Betty Mandel, Zena Marks and Jim Hecht, Mary McMillan, Adina Merenlender and Kerry Heise, Nancy Merling, Jon and Patricia Meyer, Robert Mofhitz and Michael HaKohan, Nancy Moilanen, Carol Orton and Sherrie Ebyam, Carol and Steve Park, Stephen and Elizabeth Pasternak, Vicki Patterson, Esther Perner, Susan Pepperwood, Val Peres, Elaine and Ken Prara, Nina Presmont and Barbara Kremidas, David and Charlotte Rapport, Bill and Judith Ray, Elizabeth Raybee and Michael Charnes, Karen Rifkin, Marlana River, Mari Rodin and Clay Brennan, Bud and Silvana Roseman, Norm and Karen Rosen, Jo-ann Rosen, Ari Rosen and Dawnelise Regnery, Carol D. Rosenberg, Hyman Rudoff and Josephine Campbell, Charles Seltzer and Lark Letchworth, Susan and Hattie Sher, Andrea Silverstein and Dennis Patton, Tal and Helen Sizemore, Laurie Spence and Dale Harrison, Leon Springer, Jan and Gary Stephens, Divora Stern, Eva Strauss-Rosen, Erica and Douglas Strong, Robin Sunbeam, Janine and Barry Vogel, Lillian Vogel, Amy Wachspres and Ron Reed, Penny Walker and Irwin Feldman, Karin Wandrei, Daniel Waterman, Marcy and Gerald Welt, Sigrid White, Tonia and John Widler, Elise and Dane Wilkins, Miriam Wolf



Kol HaEmek Information & Resources

Kol HaEmek

Board Members:

Nancy Moilanen, President	459-4039
David Koppel, Treasurer (Financial committee)	485-8910
Carol Rosenberg, Secretary	463-8526
Divora Stern	459-9052
Nancy Merling (Rabbi's Council)	456-0639
Bill Ray	459-5850
Dan Hibshman	462-7471
Alan Acorn Sunbeam	463-8364

Open Seat

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**

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 Vogel & Rosen Law Offices, 280 N.Oak St., Ukiah

New Members: Nancy Moilanen (459-4039)

Publicity: (*Volunteer needed, contact a board member*)

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@earthlink.net

Use of Torah/Siddurs: Schedule ahead of time with a board member.

Tzedakah Fund (Financial Assistance): David Koppel (485-8910)