



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 preferred by the 20th of each month to carolrosenberg@sbcglobal.net

November 2005
Tishri/Heshvan 5766

ACTIVITIES IN NOVEMBER!

Fall Classes with Shoshanah - 7 pm

Wednesday evenings at our Shul

Wednesday, Nov. 16 - Making Your own Tallit

Been wanting to make your own tallit, but haven't gotten around to it yet or had the know how? Bring your own material for the tallit itself (a rectangular shawl/scarf that you have made or bought; check that it is not a combination of wool and linen), and then learn how to tie the tzitzit (ritual fringes) on the four corners. You can bring your own ball of embroidery yarn which matches your shawl for the fringes, or use traditional white yarn which will be provided. Each participant will receive written guidelines to take home for future reference. Learn about the history and meaning of tallit and tzitzit, and when and how to use a prayer shawl.

Wednesday, Nov. 23 and Nov. 30 - Spiritual Autobiography and Your Life as Sacred Text.

A two-part opportunity to see your life as a spiritual journey.

During the first week, we will write our own spiritual autobiographies, i.e., reviewing your life from the perspective of your unique development as a spiritual being with your own story (stories) to tell. Doesn't matter whether you've never done this before or are a veteran of this approach; the outcome is novel and enlightening each time.

During our second meeting, we will continue our writing inquiry but shift our emphasis to seeing elements of our own lives as sacred text. What happens when we focus on a chapter of our own experience as if it were being recorded by a scribe who is writing a parashah (weekly portion) of Torah? Bring pen and paper (or battery laptop) and a curiosity to discover more about your own life journey.

Other Events at the Shul!

Friday, Nov. 4, 6:30 pm, Shabbat Service and potluck at the Shul, Jan & Gary Stephens, hosts

Friday, Nov. 11, 7-9 pm, featured speaker Jill Culiner, author of *Finding Home: In the Footsteps of the Jewish Fusgeyers* will discuss this topic and read from her book. (See article on page 2.)

Saturday, Nov. 12, 10:00 am., Shabbat Children's Service

Sunday, Nov. 13, 1:30 pm, Community Meeting at Shul. Subject: Ukiah cemetery. Come and let your thoughts and preferences be known.

Friday, Nov. 18, 6:30 pm, Shabbat Service and potluck, Bella & Michael Feldman, hosts

Saturday, Nov. 19, 7:00 pm, Movie at the Shul night "The Pawnbroker" (*Description on page 2*)

Sunday, Nov. 20, 10 am, Lunch making - Join us in preparing food to be distributed to hungry people in Ukiah. Place: Ukiah United Methodist, Church kitchen, Smith & Pine Sts. Info: call Cassie, 468-5351

Saturday Morning 10:00 am, Shul is open for Prayer

Wednesday, Dec. 7 - Reading Kohelet (Ecclesiastes)

The Biblical book of Kohelet leaves behind simple equations of reward and punishment, and questions what life is all about. The author of this wisdom literature is said to have been King Solomon. We'll read the words together and discover how and if they resonate with us today. Bring a Bible with you.

(Rabbi's classes continued on page 5)

Portion of the Week

November 6 - Noach

November 13 - Lech-Lecha

November 20 - Vayera

November 15 - Thanksgiving

November 27 - ChaiSarah

December 4 - Toldat

Jewish Author to Tell Stories of 'Fusgeyers' in Lecture at KHE

Jill Culiner, author of *Finding Home: In the Footsteps of the Jewish Fusgeyers*, will visit our KHE Shul on Saturday, Nov. 12, 2005, 7-9 pm to discuss this book and its unusual subject.

The author has written to us to explain: "My book uncovers a largely forgotten corner of Jewish history. The *Fusgeyers* (Yiddish for "foot-goers" - wayfarers) were the thousands of Jews who fled persecution in Romania in the early 1900s by marching through--and out of--their country. One hundred years later, I also crossed Romania on foot, searching for traces of the almost vanished Jewish community. I then continued along the former immigrant trail that led from Budapest through Vienna, Frankfurt, Rotterdam, London, and Liverpool, through Canadian gold and silver boom towns and westward to the Jewish farming communities of the prairies."

Copies of *Finding Home: In the Footsteps of the Jewish Fusgeyers* will be available at her lecture, which will include ample opportunity for questions and discussion

Jill Culiner has been a writer, public speaker and radio broadcaster for many years. She has spoken about the *Fusgeyers* in Jewish communities throughout Canada, and her story is likely to hold strong interest for American Jewish communities as well. We encourage you to join us for this interesting (free) cultural event.

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.

Film series presents :“The Pawnbroker” 1965, from the novel by Bernard Malamud with Rod Steiger as a hopelessly embittered survivor of the Nazi catastrophe now an emigrant transplanted to a Negro ghetto. The urban locale is an implicit player in this drama of survival in post-War America.

Director Sidney Lumet was a master at city depiction. Trapped physically and paralyzed psychically, Steiger seeks redemption in the depths of human loss. He escaped annihilation only to find his equals battered by Fate on the Streets of Gold. The Black and the Jew understand Exile as no other American ethnic groups can. It is not a film for children, but teenagers and adults can learn something and see a work of superior cinematic art.

Letter to the Editor:

Dear Carol et al,

Thank you for sending me October's *Shema*. I was stimulated to write a response to the themes in both Shoshanah's and Nancy's articles.

Shoshanah's paradox: Ein Sof meaning "no end" and Ayin meaning "there is not." I do not see it as a paradox.

Endlessness (without a beginning or ending) contains everything that is.

However, there is not a "single" entity.

Everything is everything else. This understanding may be realized in deep meditation and when intuitively done the paradox disappears.

Nancy's point about our passionate community having strong exact opposite opinions brings to mind a haiku

I wrote not too long ago:

**a monk sits mindful
calmly deletes his ego
aah, no more problems**

I suppose we could change the above to this:

**a jew sits mindful
calmly deletes her ego
oiy, no more tsuris**

Let there be peace and harmony and love! Our little lives are fleeting!!! It's truly a time for forgiveness.

B'shalom, David Vilner

Mother's Helper/Childcare Needed:

We are looking for a reliable person to help take care of our two boys (a 3 month old and a 4 year old) three or four days a week from 4 pm to 6 pm during the months of January to April. Some light house-keeping would also be part of the job (helping fold laundry, unload dishwasher, run errands, etc.). Must have own car. If you know of anyone who might be interested, please have them call Reid or Deborah, 463-1926.

The Willits News is recruiting for a Feature Writer and reporters. If interested, call 459-4643

DICTIONARY

tsuris- troubles

kugel-noodle pudding

Gesundheit!-good health (also bless you! when you sneeze)

Garden Report

Do you like garden planning?

If you'd like to help revise the KHE Shul garden plan, please call Louisa at 485-1290 or email her: midnite@pacific.net.

We need lots of suggestions for drought-resistant plants & a beautiful meditation garden.

Here's the latest from Louisa:

WHEN THE RAINS START WE CAN BEGIN PLANTING LOTS OF STUFF!!

TOOLS TO BRING: GLOVES, BIG CLIPPERS, LITTLE CLIPPERS, SQUARE END SHOVEL, POINTED END SHOVEL, PICK AX

HERE ARE SOME THINGS THAT NEED TO BE DONE TO PREPARE FOR FALL PLANTING:

1) spread wood chips on vinyl in the front of Shul. You can use the wheelbarrow that's behind the Gitlin's clinic or a big piece of plastic to haul the chips around

2) get big cardboard pieces from the back & put them in the front on the dirt & cover with wood chips

3) dig up blackberries growing all around the building, especially near the deck. Put them in the organic trash pile way in the back. You might have to water the ground to get the blackberries out

4) mow green plants in back of Shul ("lawn") & weeds around the mulberry tree. If you want to use Shul mower, please get instructions first from Louisa, Bill Ray, or Robbie Gitlin

5) dead-head roses & all other flowers as necessary

6) get a wheelbarrow load of gravel from the garden area & put it on the little skinny dirt areas on the south side of the parking lot, in front

**THANKS FOR HELPING WITH
KOL HA EMEK's BIBLICAL GARDEN!**

- Louisa

From the Prez's Desk...

Dear KHE Community,

It's late October, and we are not yet even through this exciting month of Tishrei 5766. On Sunday afternoon, October 16, our Shul was all aflutter with yardworkers, gobs of kids, Hebrew songs, scents of kugel and bagels wafting out of the kitchen and Sukkah builders.

Carol Rosenberg and I could not help grabbing each other in joy as we took it all in. 26 years...and here we are. We have our Shul...and the people have come.

Over the past 10 days, since the High Holidays, I have heard remarks and witnessed actions which define us as a unique and special Jewish community:

"Our community, our spirituality, is how a community should be."

"We wanted a Rabbi to love us--our Rabbi, Shoshanah, does love us."

"I wouldn't miss Yom Kippur for anything."

"I love our intimacy."

"People are getting a real sense of "My Community."

"Open Torah, with people speaking their truths, gives members a sense of connectedness to one another."

"The Rabbi gives us a sense of sacredness during the High Holiday service."

Here are some highlights...now all mixed up...out of sequence in my mind...

-Erev Rosh HaShanah...a full house for our first High Holiday Service!

-We didn't have our Ark on Yom Kippur...Why? Because our Ark has a home. Instead, a beautiful table was set with white lace and satin to hold our Torah.

-Rabbi Shoshanah moving us to God experience...opening us...to listen and feel.

-Bill Ray gently interrupting services to request new parents to introduce their babies to us.

-Our own community members singing and performing Kol Nidre: Bella Feldman, Bill Ray and Andrea Silverstein.

-Carol Rosenberg greeting each congregant with open arms as they walked in the door.

-Apples & Honey on the back porch: "Don't mess the floor!"

-Bruce Andich spearheading the lodge set-up...transforming the Brooktrails ballroom into our "Sanctuary"
The room set the mood...we all came together.

-Harvey Franckle's now famous version of Shefa's "Halleluyah"!

-Jan Stephens and Jackie Perner leading further Halleluyahs -in rounds

-Dance

-Did I say "Bella" yet? "Bella" ...What else needs to be said?

-Kids, and those reaching their 6th decade and beyond channeling blessings to the congregation.

-All the different community members, taking turns, taking honors to hold the Torah before the community.

-Shofar Blowing & our Shul Acoustics...Wow!

-Norm and Carol reading Yiskor names; many of us knew Carol read her own family names.

-Torah Readers

-Drums and Jonah...Michael, Elizabeth and Tony had us all spellbound and singing the Haftarah.

-I will open to you, my beloved.....

-Open Torah

This last one memory stops me. I was astounded as person after person sat, Torah in arms, in front of our congregation, speaking their truths, tears glistening. One after another; testimonies and thank yous to our Rabbi for being there specifically for them; testimonies and thank yous to community members for being there specifically for them.

Prez's Desk, cont.

Our truth is that we have become a sacred, intimate and supporting community. Our truth is that we have a spiritual leader who loves us, educates us and moves us forward. Our truth is that we have created a spiritual center, our Shul, which acts as centerpiece to gather us.

Stepping out of High Holidays and into Sukkah, I feel a deep sense of gratitude for our entire community and all which we have created while reaching for and serving G-d. We have an exciting and busy year in front of us. If you think there's been lots to do, "Jewish", at the Shul...just watch the calendar...we are going to be busy!

Oh, and just one last comment...I've been meaning to acknowledge someone who works tirelessly. I'd like to remind you all to acknowledge him, too - Rob Gitlin...our Building Project Leader. Many of us work hard and give countless hours to KHE, yet...in my mind...Robbie's insights and his drive over the past several years are what have brought us to where we are today in our Shul. Thank you, Robbie. And, to you, my community, Thank you.

Shalom, Nancy

Rabbi's Classes *continued*
Weds, Dec. 14 and 21 - Entering the world of Niggunim (wordless melodies)
An opportunity to learn about the tradition and use of niggunim in Judaism, and to experience and learn two classic chassidic niggunim, the "Rav's niggun" composed by Schneor Zalman, first leader of the Lubavitcher chassids (also known as Chabad), and the niggun of the Besht, the Baal Shem Tov who founded the Chassidic movement back in the 1700s. We will practice these niggunim, whose tunes are designed to touch our souls and transport us to higher and deeper realms. Participants will receive musically notated copies of the niggunim for home practice and recollection.

Wed, Dec 28 - The Unexpurgated Version of the Chanukah Story
What really went on in the Maccabean rebellion? We will read from the original Books of the Maccabees, written over 2000 years ago, to discover the dynamics underlying this famous guerilla rebellion of the Jews against the Hellenist ruler Antiochus.

***Gesundheitskuchen* -- Good Heath Cake (Jewish Holiday Kitchen by Joan Nathan)**

- | | |
|-----------------------------------|---|
| 3 eggs | 2 1/2 cups sifted flour |
| 1 cup sugar (a little less is OK) | 1 heaping Tablespoon baking powder |
| 1 cup shortening melted & cooled | 1 cup milk |
| 1 teasp. vanilla | Grated rind of a lemon or grated rind of 1/2 orange |
| 1/2 teasp. salt | Confectioners' sugar |

1. Preheat oven to 350 degrees & grease a tube pan.
2. Beat eggs well. Add sugar, again beating well. Add cooled shortening and vanilla, and mix. Add the remaining ingredients, except for the confectioners' sugar, and mix until smooth.
3. Pour into tube pan and bake 45 minutes. Cool in the pan 10 minutes, then turn out and cool completely. Sprinkle top with sifted confectioner's sugar.

Jewish Meditation Retreat in Santa Rosa

The Jewish Community Agency of Sonoma County, with Support from Congregation Shomrei Torah and Congregation Beth Ami, presents the 2nd Annual Sonoma County Jewish Meditation Retrea, December 16-18, 2005, Camp Newman, Santa Rosa.

Deepen Your Jewish Spiritual Connection through
KO'ACH HASHEM
THE POWER OF THE NAME

Come and celebrate a contemplative Shabbat that will enhance your daily spiritual life using a variety of mindfully meditative techniques. Open to individuals with no, some or extensive meditation experience. Back by popular demand, Rabbi Ethan Franzel, visiting scholar-in-residence from Main Line Reform Temple Beth Elohim in Philadelphia, will facilitate the joyful weekend of Hebrew chanting and meditation, Hasidic storytelling, Jewish mystical teaching, communal prayer and much more. Talented and dynamic musicians will round out the weekend of moving and meaningful music.

In addition, Sonoma County's own Rabbi Ted Feldman (B'nai Israel), Rabbi George Gittleman (Shomrei Torah), Rabbi Elisheva Salamo (Ner Shalom), and Rabbi George Schlesinger (Beth Ami) will be participating in the retreat. Sponsored by the Jewish Community Agency (JCA), Congregation Beth Ami and Congregation Shomrei Torah, this life-enriching opportunity is open to all levels of meditation experience. The Jewish Meditation Retreat sold-out last year, so save the date and contact the JCA office at (707) 528-4222 or visit the website www.jcagency.org. You can also direct questions to Dr. Sheila Katz at (707) 849-5944 or email drkatzmeow@pacbell.net.

DECEMBER AUDITIONS SCHEDULED FOR 'FIDDLER ON THE ROOF'

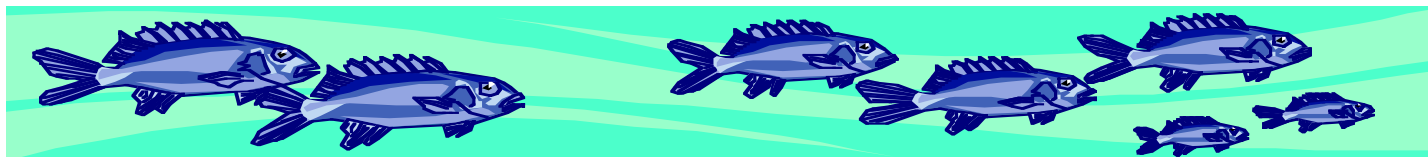
The Mendocino College Theatre Arts Department in association with Ukiah Civic Light Opera will hold auditions soon for their upcoming Spring 2006 production of *Fiddler on the Roof*.

The story of this beloved musical, set in 1905 in the small Russian Jewish village of Anatevka, involves Tevye, a poor dairyman; Golde, his wife; and their daughters, who want to marry not as the matchmaker arranges but for love! The play sensitively explores the role of tradition in a changing world. It also deals powerfully with the growing anti-Semitism in Czarist Russia at the time. Memorable songs from the show include "Sunrise, Sunset," "If I were a Rich Man," "Matchmaker," and "To Life."

Reid Edelman is directing this major production and Kathy Katz will design and build its costumes (with the assistance of Carol Rosenberg). It would be great, in addition, to have more members of the Jewish community involved both onstage and backstage for this very special production. Anybody with an interest in working on the show should contact Reid Edelman at 468-3172. A large ensemble of actors, singers, dancers and technical crew is needed.

There will be an important informational meeting on Monday, December 5, at 6 pm in Mendocino College's Center Theatre for everybody with an interest in working on the show. The auditions will be Saturday, December 10, from 10 a.m.-6 pm. Callbacks will be held Sunday, December 11, from 10-2. Everybody who auditions will need to sing, dance and act. However, no previous training or experience in these areas is needed.

Rehearsals will begin in mid-January and continue until the show opens on March 31. Performances will run through April 9.



Dear KHE Chaverim,

This past summer, at one of the Ukiah concerts in the park, the Brazilian music was alive and upbeat. There was a good-natured excitement in the air, both among those dancing and those picnicking. I bumped into more members of the local Jewish community than I see together anywhere other than at High Holiday services. When I mentioned this to a friend there, he replied, "Well, of course. People come here to have a good time." Well, yes, but...I come to Kol HaEmek to have a good-time, too, and I most often do. How about you? What motivates you to come, to participate in KHE activities, and show up at the Shul? Or to not come....

At the check-out line in the supermarket today, I chatted with a member of our community (non-Jewish, wife and her children are Jewish) who had brought his young teen son to services for the first time last week. His son enjoyed himself, and reported that "those folks know how to have a good time." I was so glad to hear that - a young outsider who didn't carry a build-up of ambivalent attitudes about Jewish worship service (as do so many members of the tribe) simply having fun celebrating a holiday he'd known nothing about. It isn't always so simple for the Jews among us.

I just met someone via the phone yesterday who told me that he and his wife were once strong participants in the community; that was when they were young parents. Now that they're empty-nesters, they no longer feel the draw to be active. I did discover, however, that this person has pitched in with the physical building of our Shul. And this person also just volunteered to do some outreach to bring knowledge of Jewish culture to a non-Jewish venue in our county. And while he and his wife belong to a non-Jewish spiritual community, they have been thinking about showing up for some KHE activities; they miss the social component. Uh huh. They'd thought of coming to High Holiday services, but.... Reminds me of when I was studying at Naropa in Boulder, Colorado. Quite a few of the devoted Buddhists on the staff of this Tibetan Buddhist Institute turned out to be Jewish; this was revealed when Rabbi Zalman Schachter joined the faculty. His loving and joyous approach to being Jewish drew them "out of the closet" to experience their original heritage, without having to forego their Buddhist practice. And frankly, they appreciated the warmth, the feeling of *mishpochah*, family, that being among Jews gave them.

Now in my own life I've gone back and forth in my levels of participation in the Jewish community and observance of Jewish religious traditions. Back in the seventies, I taught in every Jewish setting in the vicinity of Palo Alto - reform, conservative, humanist, JCC- but didn't belong to a congregation or regularly attend services. Yet holiday celebrations with friends were very important, and often happened in my home. After moving to Israel, it was eight years before I started attending services, and then I became hungry to study and pray in a great variety of Jewish settings. I relished becoming familiar with the richness and depth of our traditions that I had never experienced in America, at the same time that I rankled at the stifling of women's voices and the dogmatic views that can be found in orthodox circles. But since then, wherever I've been - Jerusalem, Boulder, Seattle, and now Ukiah - I've had my home congregation of which I've been glad to be a member. This has never stopped me from relishing the opportunity to pray with other minyans or to reach beyond Jewish borders to our larger human treasuries of wisdom and spiritual practice. And this doesn't mean that my home congregation has always done things just the way I would want them done. One member of KHE recently told me that there's aspects of our services he really doesn't like, but that for the most part, he appreciates what we've got going. He was quite surprised when I told him that that's what I have always heard from most synagogue-goers everywhere I've ever been.

Now Rabbi Shlomo Carlebach suggested a few decades back that Jews were drawn to go elsewhere for spiritual succor because we were still too close to the holocaust, and anger and suffering over what had happened made it too hard to come to God through Judaism in love and joy. For our tradition certainly calls upon us to be joyous - just last Friday eve we were dancing with great spirit to *Ibdo et haShem b'simcha* (Serve God in joy!). And we also sing *Zeh hayom asah Adonai, nagilah venismecha vo* (This is the day the Lord has made; let us rejoice and be glad in it). Much has happened in recent years to reinfuse the practice of Judaism with love and joy. Yes, I'll dance to the Brazilian beat and I'll also feel joy learning Torah, and sharing communal meals, and chanting, and introducing our children to their rich endowment and sharing important times in each other's lives. Yes, for me, that's all part of having a good time.

B'shalom oovrachah, In peace and blessing, Shoshanah



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:	
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

Open Seat

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 & Lake County (Volunteers needed, contact 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)