



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

December 2006

Kislev/Tevet 5767

See our website: www.kolhaemek.org

Calendar of Events for December

Friday, December 1, 6:30 pm, Shabbat Service and potluck - Audrey Mendell, daughter of Janet Mendell, will be our featured speaker at the potluck. She lives in the Bay Area and is coming "home" to share her experiences this past summer as a participant in a communal Jewish organic and ecologically oriented farm in New England.

Sunday, December 3 and 10, 10-12 noon, Sunday School at the shul

Friday, December 15, 6:00 pm, Family-friendly Hanukah/Shabbat eve will start with candle lighting, kiddush and motzie, then a shared potluck with song and story, without a regular service

Sunday, December 17, 1-4 pm, KHE Crafts Sale & Hanukah Party

Sunday, December 17, 5:45 pm, We will feed the hungry at the Buddy Eller Shelter. Call Cassie (468-5351) or Dan (462-7471) for more information.

Saturday, December 23, 10 am, Eliana Ruach bat mitzvah, see page 5

Saturday, December 23, 7 pm, Movie: *The Schvitz* (The Steambath), at the shul(see page 3)

Wednesday, December 27, 6:30 pm, Men's group meets at shul



Two new classes with veteran KHE teacher Linda Posner, who has recently returned after 3 yrs of intensive Jewish studies in San Francisco:

THURSDAY EVENINGS - 11/30, 12/7, 12/14, 12/21, 12/28, 1/4/07, 1/11/07

5:30-6:45 pm - **READING TORAH** - This class is open to all readers, from new to experienced. We will take turns reading sentences from the weekly parashah, focusing on pronunciation and recognition. My intention is that we will taste the sweetness of the words in our mouths and savor the learning in our hearts. I am reminded of the following words from our morning prayer service: "Blessed are you, our God...who has commanded us to engross ourselves in the words of Torah. Please sweeten the words of Your Torah in our mouth.... May we - all of us - know Your Name and study Your Torah for its own sake...."

7-8:15 pm - **TORAH: THE DREAM OF THE JEWISH PEOPLE** - In this class we will study the dreams and visions given to us in the Torah to help guide our lives.

Each class requires a minimum of 4 people.

\$10 per class; negotiable with Linda

Please call Linda, 459-1546,

or e-mail: linda_posner@yahoo.com

to register for the classes.

3rd Annual Sonoma County Meditation Retreat

with Rabbi Ethan Franzel

Dec.15-17 at Camp Newman

for information call JCC 707-528-4222

or email Dr. Sheila Katz:

<drkatzmeow@pacbell.net>

Fee: \$318; send to JCC, 3859 Montgomery Dr.,
Santa Rosa, CA 95405

Portion of the Week and Holidays

December 2 - Vayetzei
December 9 - Vayishlach
December 15 - Erev Hanukkah
December 16 - Vayeshev-Hanukkah
December 17 - KHE Hanukkah Party
December 23 - Miket -last day of Hanukah
December 30 - Vayigash
December 31 - last day of 2006

KHE Garden Report

Hi folks,

Yes, I finally have a strong-backed person to help with the fall planting! He is the son of one of my students. In the next few weeks I hope to get a few more plants in, and the wood chips spread around. Also prepare for planting etrogs and shade plants in front of the Shul.

Phase 1 of the Meditation Garden is beginning! We now have most of the ingredients for making super soil. I'll need a tractor to help with the mixing. Sandy & I just unloaded a big pile of manure today.

MANY thanks to people who donated to the garden fund!!!

To My Mother Ruth on her 90th

by Robin Sunbeam

If I had a dream it would be
To speak to my mother perpetually
To tell her each day of my toils and travails
And hear of her day in explicit details.

Little could I imagine the probability and joy
To be able to fulfill my dream as the real
McCoy.
To be blessed in the wisdom and grace of her
aura.
A full 90 years! She has reaped life in plethora.

It is impossible to express my elation and bliss
And to look once again at my beloved mother's
face.

MEMBERSHIP-Time to renew!! Paying your membership makes a difference!!

Questions? Call David Koppel 485-8910

**Please mail your contributions to:
Kol HaEmek, P.O. Box 416, Redwood Valley,
CA 95470**

*(AND PLEASE PAY RELIGIOUS SCHOOL
FEES--we need to pay for salaries and textbooks!)*

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 will Remember, and say Kaddish for:

Marion Frank - Tevet 20
Pear Turovitz - Tevet 14
Mark Kinze Molgaard - December 7
Chaim Rayberg - December 10
Ephraim Coren - December 14
Max Schechter - December 15
Elizabeth Elberg - December 23

Yizkor

by Miriam Wolfe

A deep purple blossom for Liebe Tsvia, the
painter.

A bright red for Communist Isaiah.
Walking back from the bowl
Brimming with living memories of the dead
I keep my eyes down
Passing the feet of the long line moving
forward:

A man's feet in tan socks and brown sandals,
An older woman's feet in sturdy, white lace-ups,
A younger woman's bare feet with silver
toenails,

All moving toward the vivid colors of loved
ones
Waiting for us
To float with them.

A Positive Way to Help the Suffering in Darfur

from Judy Corwin

I have been involved with the movement to end the genocide in the Darfur region of Sudan for the past two years. I have been searching for a way to act that actually makes a difference, and I recently came across a project that I think is simple, direct and powerful.

In the Megillah (the newsletter from the Mendocino Coast Jewish Community) there was an appeal to assist the Jewish World Watch with a project focused on Darfur. Jewish World Watch (JWW) is a project of a coalition of synagogues working together to mobilize synagogues, their schools, members and the community to combat genocide and other egregious violations of human rights around the world. JWW programs educate and activate its constituents and the community, and develop resources to assist victims and survivors of acts of inhumanity around the globe.

This particular project addresses the violence against female refugees from Darfur, Sudan. The hope is to reduce the vulnerability of women and girls when they must venture out from the refugee camps seeking cooking fuel. Often when they leave the camps these women are beaten, raped and branded by the local population or the Sudanese-supported Janjaweed militia. JWW is providing solar cookers to the women of the Iridimi camp in Chad. With these cookers the need to leave the camps and collect firewood is eliminated.

The goal is to provide 2 solar cookers for each family tent (approximately 5 people per tent). 350 families are already using these solar cookers successfully. \$100.00 purchases 8 stoves for 4 families; \$50.00 purchases 4 stoves for 2 families, etc.

If you would like to make a contribution, checks should be made payable to Jewish World Watch. You can mail them to me at 488 Mendocino Drive, Ukiah, CA 95482. I will forward them to JWW.

If you would like more information, you can call me at 468-1680, e-mail me at jcorwin@uusd.net, or you can visit JWW's website at <http://www.jewishworldwatch.org/index.asp>.

Please take the time to consider and contribute to this worthwhile cause. I was drawn to it because I have felt so helpless for so long regarding Darfur. Writing letters and making phone calls to politicians did not feel very effective. (However, I know they are important, and I encourage people to educate themselves on the issues surrounding Darfur, and to write letters and make phone calls.) Still, I feel that this is a way we can make an immediate and important difference in the lives of these people. ★

Next Movie at Ironing Board Theater

THE SCHVITZ (The Steambath) will be shown on Saturday, December 23, 7 pm at the Shul.

Formerly a centerpiece of shtetl life, then seemingly lost in war, but culturally transported to New York City and still thriving, the NYC steambath is an anachronism of modern life.

Every house has a bath, after all. Nevertheless, ages, sexes, ethnicities continue to mix in the Big Apple, not knowing the tradition, or their own backgrounds in many cases. How come it is the hip thing already? Experience the impact of the longest-lasting influences of all cultures: food, friends, and getting clean - directed by Jonathan Berman, a documentarian of the City.

Sunday, December 17, 1-4 pm

Hanukkah Party &

Hanukkah Crafts Sale



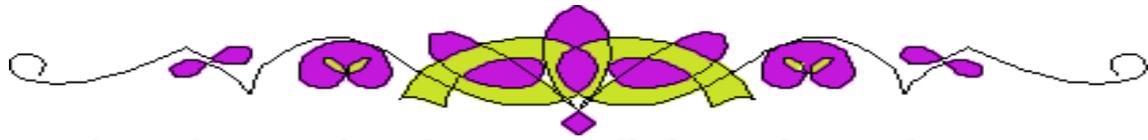
Come One, Come All to the Shul!

Annual Latke Tasting Contest

Crafts for the Holidays

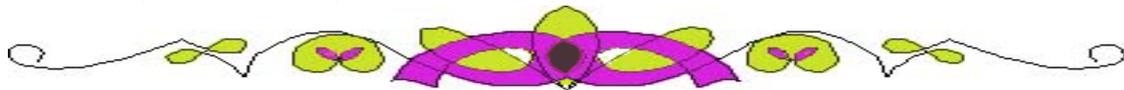
Games for Children----& MUSIC!!

All are invited to bring latkes, salad and other food to share; we'll heat the latkes and provide applesauce & sour cream



Donation List For the Shema April through October 2006

Bruce Andich, Cassandra Andich, Louisa Aronow, Sandy Turner, Leslie Batz,
Daniel Wentworth, Darline Bergere, Harry Bistrin, Joan T. Bistrin, Lynne Coen, Charles Hott,
Andy Coren, Yvonne Coren, Judy M. Corwin, Stan Showers, Shoshanah Devorah,
R. Bobby Ducharme, Michael Ducharme, Sherrie Ebyam, Reid Edelman, Deborah Edelman,
Sanford Elberg, Rachel Elkins, Dana Thibeau, Ariana Elster, Shari Epstein, Tom Jacobson,
Sara Esserman Melville, Anthony Esserman Melville, Esther Faber, Ana Mahoney,
Larry Fabiszch, Mary Farkas, Margo Frank, Marc Levine, Harvey Frankle, Jackie Palmer-Frankle,
Steve Frenkel, Nan Frenkel, William Friedman, Judith Fuente, David Nelson, Renee Gannon,
Jeremy Mann, Cassie Gibson, Chris Gibson, Steve Ginsburg, Robbie Gitlin, Karla Gitlin,
Sam Goldberg, Pat Tysoc, Joel Goldberg, Cindi and Ann Barr Goldberg, Abram Goldberg,
Bela Goldberg, Robin Goldner, Marc Komer, Janet Gurvitch, Victoria Harris, Mathew Harris,
Dan Hibshman, Leslie Kirkpatrick, Jay Joseph, Jennifer Joseph, Aaron Katz,
Kathy Dingman-Katz, Michael Kisslinger, Anne Molgaard, Robert Klayman,
Ava Holly-Klayman, David Koppel, Linda Koppel, Randy Kutler, Christine Kutler, Linda Lane,
Steven Levin, Joan Levin, Leslie Levitas, Robert Mandel, Daniel Mandelbaum, Benna Kolinsky,
Stuart Marcus, Tara Lesley-Marcus, Zena Marks, Jim Hecht, Mary McMillan, Janet Mendell,
Adina Merenkander, Kerry Heise, Nancy Merling, Jon Meyer, Patricia Meyer,
Nancy Moilanen, David & Elisa Moilanen, Jean Morawski, Carol Park, Steve Park,
Susan Pepperwood, Val Peres, Linda Posner, Isa Posner, Hillel Posner, David Rapport,
Charlotte Rapport, Bill Ray, Judith Ray, Elizabeth Raybee, Michael Charnes, Marlana River,
Mari Rodin, Clay Brennan, Bud Roseman, Silvana Roseman, Norm Rosen, Karen Rosen,
Jo-ann Rosen, Carol D. Rosenberg, Michael Selah, Muhasibi Shalom, Antonio Andrade,
Susan Sher, Hattie Sher, Josephine Silva, Andrea Silverstein, Dennis Patton, Tal Sizemore,
Helen Sizemore, Laurie Spence, Dale Harrison, Jan Stephens, Gary Stephen, Ben Stough,
Geri Stough, Eva Strauss-Rosen, Robin Sunbeam, Kayla Meadows Varney, Lillian Vogel,
Amy Wachspress, Sudi Reed, Penny Walker, Irwin Feldman, Karin Wandrei, Elise Wilkins,
Dane Wilkins, Rose Winkler, Richard Yusem, Rachel Arama



Recipe for Latkes (potato pancakes)--makes six five-inchers (may be doubled)

1 small yellow onion
1 pound of (Idaho) potatoes, peeled
3 tablespoons vegetable oil
1/2 teaspoon (non-iodized) salt
applesauce and/or sour cream (especially nice if dill is added)

freshly ground pepper to taste
1 lightly beaten egg
1 tablespoon matzo meal
1/4 tsp. dill weed or 1 pinch of cinnamon (optional)

1) Grate onion into a bowl with the coarse holes of a hand grater or with the coarse holes of a food processor. Grate the potatoes the same way. Stir now and then to keep the potatoes from discoloring. Drain the mixture to get the moisture out but keep the white starch that settles at the bottom to add to the bowl. Stir in the egg, pepper, matzo meal, salt and optional seasoning.

2) Heat 1 tablespoon of the oil in a 10-12-inch skillet. When the oil is rippling, spoon in 1/2 cup of the mixture for each latke and flatten it with the back of a spoon. You will be able to make 2-3 latkes at a time. Cook over moderate heat for about 3 minutes. Turn and cook for 3 minutes on the other side. They should be crisp and nicely browned. Add more oil as needed for each batch. Serve immediately with applesauce and/or sour cream, or freeze for later serving.

Hi, everyone,

I enjoyed the Al Gore movie, but I'd like to suggest the council and/or board clarify the relationship between our "non-profit" status and "political discussions" that were forbidden post-flic last night.

That is, my understanding from being on non-profit boards is that the organization cannot use its name to endorse any partisan political candidate publicly. That makes sense.

But I can't see how our non-profit status would be endangered by discussing political/partisan issues in an open forum. That would seem to be part of any democratic process, ie, free speech. In other words, dis-allowing such discussion is, in fact, a violation of the Constitution.

A possible argument might be that the shul, being a sanctified space, shouldn't ? lower? its holiness by allowing potentially inflammatory discussion.

Perhaps we could run amok and things could degenerate into a Rush Limbaugh/Fox news kind of thing?

Lastly: who determines what discussion is "political"? Aristotle originally defined the term to mean something like "the art of people deciding how to live together."

Bruce Andich <mdandich@yahoo.com>



In My Opinion:

We are approaching the season of the year commonly referred to as the “Holiday Season.” As a Jew I have a strong sense that thankfully I just finished the ‘Holiday Season.’ I do look forward to a warm and peaceful Thanksgiving Day with family and friends, but I don’t have the need to overdo the midwinter madness and the disappointments and exhaustion that may come with the holiday. I’m grateful that I don’t have to celebrate Christmas. I don’t have to get caught up in Christmas shopping, house decorating or a baking marathon.

There have been Christmases in my life, some of them were joyful, some pleasant, some regretful. The regretful ones were as a child when my father’s choice of gifts for my mother were a disappointment, and the tears and tension lasted the entire day.

My favorite was in London. Living with us was a Norwegian student who as December approached was wistful about missing Christmas with her family. She said, trying to be cheerful, “I’ll experience an American Christmas.” We explained that as a Jewish family we didn’t do Christmas. My husband looked at her fallen face and said, “However, you can show us what a Norwegian Christmas is like; you can share it with us in your room.” On Christmas day we went to Karin’s room where she had prepared a Norwegian Christmas for us with candles, foods she prepared and hand-made gifts for the children. It was beautiful how it was shared.

I can enjoy someone else’s party and not want to copy it for myself. I never felt the need to make Hanukah into a “Jewish Christmas.” Our family lit the Hanukiah and sang the blessings each evening. We usually had one party at Grandma and Grandpa’s house on the Sunday of the festival with relatives and friends. Each family brought their Hanukiah and each man lit them in sequence; my children were surrounded by candles and a family singing the blessings together--they were awestruck.

Join us on December 15th for a Shabbat Hanukkah service. Bring your Hanukiah. We will light the first candles together. Friday evening. Our crafts fair and Hanukah party is on Sunday the 17th. We can surround your children with candlelight and song with their Jewish community. All you need is to bring are some latkes or salad. We will provide the applesauce and sour cream--and love. *Carol Rosenberg*

A NEW BOOK!

Kol HaEmek congregant **Amy Wachspress** has just published her first book, *The Call to Shakabaz*. This is a children's fantasy adventure story that demonstrates the fundamental principles of nonviolence as practiced by Dr. King and Gandhi. Although the official publication date is January 15, 2007, the book is already available as a sneak preview at Mendocino Book Company or directly from the author. Call Amy and Ron at 468-4118 or go to the *Wozza Books* website for more information: www.wozabooks.com. Amy will be signing copies and reading from the book at her book launch at Mendocino Book Company on January 15, 2007 at 3:00 pm. This can be a great holiday gift for the children in your life.



Dear KHE Chaverim,

As I sit down to write to you all on a beautiful fall afternoon, a day after heavy rains, I'm still feeling the glow from this past weekend. Friday eve no KHE services were scheduled, and I went with my pre-bought ticket to the Mendocino College production of "Metamorphoses," directed by our own Reid Edelman. I knew that this would be my only opportunity to see the play, and I was very conscious that this was how I was choosing to spend my Shabbat eve.

I found the performance amazing. With humor and wonderfully creative staging, acting, and dancing, the play immersed us in the basic dilemmas we humans experience generation after generation, and the repercussions that emerge from the choices we make. Yes, the episodes came from ancient pagan myths, but I truly felt I'd experienced a holy evening. This was excellent theatre, portraying metamorphoses on stage which touched me deeply on many levels and expanded my consciousness with rippling effects for hours afterwards --a wonderful erev Shabbat.

The next morning, in great spirits, I led family Shabbat services at the Shul, which continued my high from the night before. I always find it a treat to meet with the young ones of our community and their parents, and to explore how we can experience holiness and blessing each moment during our service together.

It was interesting that the week's parashah included the bit about Lot's family being told not to look back while fleeing from the destruction of Sodom and Gemorah by fire and brimstone; his wife couldn't resist a backward glance and was turned to a pillar of salt down at the lowest place on earth (the Dead Sea). The "Metamorphoses" play had included a parallel in which the hero is retrieving his beloved from Hades, the land of the dead, but is told he'll lose her if he looks back at her following behind him; just before concluding the successful escape he glances back at her and thereby dooms her to return to the depths and the dead.

So forward we go in life.... I'd also pre-bought my ticket to hear Amy Goodman, of public radio's "Democracy Now," who spoke in Fort Bragg on Saturday night. So that called for an afternoon drive through the redwoods in time to watch a gloriously clear sunset over the Pacific. And then on to a packed auditorium. After having heard Amy on the radio for years, I was very curious to see, to experience in person, this dynamo of a fearless woman.

Now I have no idea if Amy is Jewish, but she sure seems to me like our modern-day version of a Biblical prophet, decrying what she sees as wrong with our society, calling for action, tikkun olam, and putting herself on the line to rectify the evils. We were part of her 100-city tour to promote community radio and TV stations--she arrived in time to give her powerful talk, left afterwards by car for San Luis Obispo where she was speaking the next day, and was back on the East Coast the following day for more talks and her radio program. The lady's got guts and stamina. Kol haCavod--all honor to her--for her devotion to protecting democratic rights.

My next morning began with watching the sunrise, followed by a walk along the MacKerricher coast, with its seals and seaweed and cormorants and waves and foam. The skies and waters were grey now, but as beautiful in their own way as the sunny, colorful panorama the day before. And then on to Caspar, to join in the coastal Jewish community's celebration of 18 years with Rabbi Margaret and 10 years in their own building. The heartfelt spirit and affection in this sister community were palpable on this occasion, as well as a sense of accomplishment and years flown by. Along with the camaraderie and good food, I enjoyed hearing all the stories and the skits and songs and jokes shared about each other.

And then goodbye to the Coast and back along the windy roads to our own inland home, returning with a sense of wellbeing and joy and gratefulness for the opportunity to have shared in all these wonderful happenings of one weekend journey here in Mendocino County. Amen! Sela!

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 Board Members:	468-4536
Carol Rosenberg, President	463-8526
Dan Hibshman, Vice President	462-7471
David Koppel, Treasurer (Financial committee)	485-8910
Bill Ray, Secretary	459-5850
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)