



The Newsletter of Kol HaEmek (Voice of the Valley) December 2008
P.O. Box 416, Redwood Valley, CA 95470 Phone # 707-468-453 Kisleiv 5-Tevet 5769
Please note: all submissions preferred by the 20th of each month to carolrosenberg@sbcglobal.net

Visit our web page: www.kolhaemek.org

Coming Events;

Wednesday, December 3, 7:00 pm
Memorial for Dane Wilkins,
bring deserts and memories to share.

Friday, December 5, Kabbalat Shabbat Service
followed by a veggie potluck dinner.

Sunday, December 7, 10:00 am Shul School

Sunday, December 14, 10:00 am Shul School

Friday, December 19, 6:30 Round the table
Kabbalat Shabbat with songs, stories and veggie
potluck dinner for one and all.

Sunday, December 21, 2pm-5pm Hannukkah
Party & Craft Fair

No men's meeting in December. Please keep
January 28, the last Wednesday of January, free
for KHE's Men's group.

January 2, 6:30 Kabbalat Shabbat Service fol-
lowed by a veggie potluck dinner.

Sunday, January 25, 1:00 pm Members Lun-
cheon and discussion on future planning for
the congregation and the Shul building. Harvey
Frankle will be the facilitator, All invited!!



Sunday, December 21, from 2-5 pm,
HANUKKAH PARTY AND
CRAFT FAIR complete with:

Live music
Crafts
Games for children of all ages, and
Lots of good food!

Bring a dairy potluck dish to share. Latkes
would be great, but we
will also need latke fixings (sour cream and
apple sauce), drinks, and
non-latke foods to eat such as salads,
sandwiches, dip, etc.

Help is needed to make this event a success!
Contact Divora Stern if you are able
to help, 459-9052. We particularly need
volunteers to take charge of
games and clean-up.

Hope to see you all there !

Holidays & Portion of the Week

December 6 - Vayetze
December 23 - Vayislach
December 20 - Vayeshev
December 21-28 - Hanukkah
December 27 - Mikketz

Candle Lighting time

12/5 - 4:33
12/12 - 4:33
12/19 - 4:36
12/26 - 4:40

We Remember:

Mark Kinze Molgaard - 12/7
Chaim Rayberg - 12/10
Ephraim Coren - 12/14
Max Schecter - 12/15
Elizabeth Elberg - 12/23
Leon Horowitz - Tevet 3
Pearl Turovitz - Tevet 14
Marion Frank - Tevet 20

It is with great sadness that we announce that Dane Wilkins died Nov. 19th, in the hospital in San Francisco. Our hearts go out to his family: wife Elise, and children Jessica, Jordan, Sasha, and Eli.

A Memorial Service for Dane will be held at our KHE Shul Wed, Dec 3, at 7 pm.

Please send prayers of healing for Nancy Merling she is undergoing surgery to improve the functioning of her hand.



**Donations to Kol HaEmek
Make a Difference**

Kol HaEmek is grateful for all contributions to our various funds. The following is a list of some of them:

- 1) Building Fund
 - 2) Religious School Fund (Kalifornia Memorial)
 - 3) Scholarship Fund
 - 4) General Fund
 - 5) Memorial Board Fund
 - 6) Tzedakah Fund
 - 7) Rabbi's Discretionary Fund
 - 8) The Marion and Sanford Frank Fund for Feeding the Hungry in Ukiah & Willits
 - 9) Caring for needy Jewish and Arab people in Acre, Israel*
 - 10) MEMBERSHIP
- Questions? Call David Koppel 485-8910

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

*Make your check payable to PEF: Israel-Endowment Fund and earmark it to the Association for Community Development - Acre; HaAsif program. (There is a \$25 minimum requirement for checks to Israel).

PASSINGS

Our congregation will say Kaddish on the anniversary of your loved one's death. Call Rabbi Shoshanah at 467-0456 with your concerns about the loss of a loved one and/or the name and either the Hebrew or English calendar date of death.

Our condolences to Alan (Acorn) Sunbeam on the death of his father Richard Korth of Ithaca N.Y and to Moses and Ari on the death of their Grandfather

Our condolences to Marcela Ries on the death of her mother Pauline Ulrick.

With the richness of tradition
and the promise of tomorrow
please join us as
G. Daniel Spence
is called to the Torah
Saturday, January 3, 2009
ten o'clock in the morning
Ukiah Valley Conference Center
200 South School Street
Ukiah, California

Kiddush luncheon to follow the service

Laurie Markowitz Spence & Dale Harrison

Please reply for the luncheon by
Tuesday January 13, 2009

phone
462-2755
<laurieellen@sbcglobal.net>

Garden Report!

I have many plants that would love to sink their roots into the Meditation Garden. If you'd like to help plant stuff, please get in touch!
485-1290 midnite@pacific.net

Shalom,
Louisa

WE NEED YOU!

Call Divora Stern at 459-9052
or
Carol Rosenberg at 463-8526
to volunteer to help with the Hanukkah Party

Shul School Report:

It is so wonderful to see all the smiling faces on Sunday mornings and the Saturday service was a success. Shabbat services are an important part of our children's Jewish education. Thank you to all of those who came and made it possible.

Please remember how hard it was for your child to learn to read English. When learning to read it is difficult to miss lessons and still be able to keep up with the class. If you know that your child is going to be absent please speak to me so that you can help your child with the Hebrew lesson that will be missed. Students may take their books home and study during the week and vacations. This will help with retention.

Students in their second or third year of Gimmel class should be practicing from several days a week to everyday depending on how close they are to Bar or Bat Mitzvah.

Thank you to all of the parents who have been so helpful this year. The guest teacher program is working fantastically.

Many, many thanks,
Sara

Thought you'd be interested in this!

Find out about the Jewish Food Movement in northern California and the national conference (see end of article) that's happening in Asilomar next month.

Hazon Jewish Food Conference (fc@hazon.org) wants to integrate food awareness with Jewish values and teachings focusing on earth stewardship – sustainability.

I received the article out of the Jewish news weekly of Northern California — Nov. 21st 08 <http://www.jweekly.com>

- Marcela Ries

Dear KHE *Chaverim*,

Soon after celebrating the finale of our fall holidays, I took off, as I usually do at this time of year, for a little R&R. I revisited two places in which I spent formative years at different stages in my adult life: Palo Alto, where I lived in the '60s and '70s before moving to Israel, and Boulder, CO where I lived in the late 90s after my return from Israel. Being with old friends and taking daily walks in nature (each day a different trail) were highlights of this very restorative vacation.

Each time I spend a Shabbat outside of Mendocino County, I contemplate attending services wherever I'll be, and scan the local congregations to see where I might go. Both communities were rich in opportunities, spanning the spectrum from Chabad through modern orthodox, conservative, reform, reconstructionist, renewal (none in Palo Alto but two in Boulder) to university Hillels. Each town has also grown Jewishly since I lived there, not just in population but in number and variety of Jewish facilities. Boulder was recently listed in an online survey as one of the 10 most desirable places to live Jewishly in the U.S., and Palo Alto is in the midst of developing a huge, multi-storey Jewish Community Center/ senior housing complex. Both Palo Alto and Boulder now have an eruv, a boundary fence (usually a line of wire) which creates a zone in which orthodox sabbath observers may push a stroller or carry a bag without breaking the Shabbat. I never would have imagined either an eruv, or a demand for one, in either place when I lived there.

When traveling, I often think I'm going to pray with a local congregation simply to experience a service other than one I lead (!) and also to immerse myself again in a more traditional worship mode than is our style here in Mendocino County. So how did I actually spend these two *Shabbatot* (Shabbats) away from home? Late Friday afternoon, my Palo Alto host (an old friend who has actually come to services at Kol HaEmek) and I took a walk along the baylands, in a nature reserve area which has been developed since I moved away from there. Migrating ducks, pelicans, and other birds were swimming and flying around us as the sun set over the hills, the air cooled down, the sky darkened and the first stars appeared. So that was how we welcomed in the Shabbat, or rather it welcomed us. This was the Shabbat of *Breishit* (Genesis), the beginning of the Torah and the annual Torah reading cycle describing the creation of the universe, and it felt so right to usher in this celebration of creation by being in the midst of nature's flux.

After a lovely dinner, we settled down around the table to actually read the *parashah*. Now my friend is a California born Jew who grew up completely secular, and then married a Scottish-born Jew who had grown up to shed his orthodoxy but remain very culturally Jewish, body and soul. He had died of Alzheimer's several years back. Who would have guessed that their oldest grandson, now a young adult and the son of a non-practicing Jewish mother and non-Jewish black father, would become immersed in the study and practice of orthodox Judaism? He and a friend, who also has a Jewish mother and non-Jewish black father, regularly sleep Friday night at my host's house, so that they can manage the hour-plus walk to and from the synagogue which is closer than the walk from their own homes. They usually attend services Friday eve, have dinner at rabbi's home, sleep over at grandma's, and then return to synagogue Saturday morning. This particular Shabbat eve, they'd each attended different orthodox services, and the friend had made it back to the house just in time to join us for our line-by-line reading and study of *Breishit* together. I relished the contributions of this young man who had learned a lot of traditional commentary from his teachers.

The grandson only arrived after we'd gone to bed; after his dinner at the rabbi's house, he'd volunteered to accompany an elderly guest on his walk home which went in an entirely different direction from grandma's. Both of these young men perform together as a Jewish rap duo; grandma says their lyrics are really good. Saturday, for my friend and I, became a day of rest and then walking in the foothills of the peninsula. No, we never made it to an organized service, but we did share a wonderful Shabbat together and we did meet the Hillel rabbi and her family on our hiking trail that afternoon!

On to Boulder. I was delighted and honored to spend Shabbat eve with my mentor and friend Rabbi Tirzah Firestone and her husband at their newly built home in the woodlands just below the Rockies. The weather was balmy and we celebrated Shabbat out of doors. Before falling into a deep sleep that night, I read to myself the *parashah* of the rainbow sign. Next morning, Tirzah and I, along with 2 other friends, sat in silence for an hour in the retreat center she has built close by the house. From there, we naturally moved into sitting outdoors and sharing the dreams we had dreamt during the Shabbat night. And then two of us gravitated back into the retreat center to engage in the practice of Authentic Movement (allowing yourself to move as you are moved to move, with your eyes closed, and with another witnessing). This has been an ongoing, and deeply spiritual, practice for me since 1990. So neither the other mover nor I made it to the conservative service in town that we had intended to attend, but we were very gratified by the richness of our morning Shabbat time together. And that afternoon, I joined another dear friend on her birthday, which we celebrated by walking along her favorite nature trail, a trail I knew well and rejoiced in revisiting.

Now when I recently spoke on the phone with my Palo Alto friend, and told her I was writing this column about my Shabbat away from home, she queried whether I really wanted to model for the congregation how to spend Shabbat without attending services - wasn't I likely to lessen the number of folks coming to the Shul to pray? I was a bit taken aback, but not enough to change the topic of this commentary. I love praying in community, and I hope you do too. I also love the truth, and the truth is that both of these Shabbatot, spent outside of a traditional synagogue, held great meaning and joy for me. The time didn't simply pass - we were conscious of it being Shabbat time, holy time, spent in holy communion, and that made all the difference.

B'shalom oovrachah, Shoshanah

The Hebrew Free Loan Society

131 Steuart St., Suite 425, San Francisco CA 94105

you know of someone in need of a loan, perhaps we can help.
Contact us at info@hflasf.org or 415.546.9902.

In My Opinion;

Someday I may figure out that there is truly a time for all seasons under heaven, not this evening. This evening I'm contemplating the irony of the universe. Why did my friend Norman suffer all kinds of physical illnesses and be kept alive for a year? Maybe to be good and ready to say good-bye?

I just came from helping a dear friend eat her dinner. She is a resident at a local nursing home. All she kept saying over and over is that she is useless and that she wants to go home to the cemetery. I kept saying Hashem will take her in the proper time and it wasn't up to us. She truly wants to leave this world because her body is tired and she feels the best thing she can do for those she loves is die so they can be free of her as a burden. While I was feeding my friend at the same table, an aide received word that another resident had died. She cried, wiped her eyes and continued to gently feed a woman unable to feed herself because of a stroke.

This past weekend I took a small girl swimming hoping that water would comfort a child that lost her father just days before. I also realized that her loving father had been ill most of her young life. His family wanted so much for him to live and he had so much to live for.

Death coming too soon for comprehension is not new to me either. At fourteen I watched my father die. In just over a year I saw a strong young man become weak and ill. He left with nothing but his love of his family. I've had a messenger and a telephone call informing me that those I loved were killed suddenly in accidents.

Why do some shells of former wonderful or not so wonderful people live out their days in pain and helplessness? What are the final lessons to be learned before we can leave this world? Why are good people called away in seconds? I do suspect it's just random accident and all that prayer can do is give us the strength to survive it all.

I can't speak for others, all I can do is look at those who suffer, with compassion. I try to give sympathy and understanding to the care-givers even when they don't respond to my friend as I want them to. I try to follow my mother's advice and end quarrels and misunderstandings before bed time, just in case. I also eat a little ice cream. There is much sweetness in just being on this green planet. Our sages have given us permission to live well and to live sweetly as long as we are here. Judaism does not value hair shirts or endless self punishment. Maybe the illogic of life is enough, we mayn't really need to add to the burdens of human loss.

With love,
Carol

WANTED: a live-in part-time caregiver, separate quarters, salary and duties negotiable.
Great for a relative or a friend needing a home. Call Lillian Vogel, 462-1142.

For Hanukkah variety try these latkes!

Sweet Potato-Parsnip Latkes (makes approximately 25 pancakes)

2 pounds garnet sweet potatoes (yams) rinsed and peeled
1 pound parsnips, peeled
10 shallots
6 large eggs beaten
3/4 cup + 2 table spoons matzoh meal
1 tablespoon kosher salt
1 teaspoon black pepper
Vegetable oil for frying

1. Using the coarse side of a box grater or the medium coarse grating disc of a food processor, grate potatoes, parsnips and shallots. toss together in a large bowl

2. Add eggs, matzoh meal, salt & pepper, toss to mix well

3. Pour 1/4 inch of oil in a 10-12 inch frying pan (with sides at least 2 inches high) heat over medium heat: when oil reaches 350 degree, gently place 1/3 cup of mixture into hot oil, using 1/3 cup of mixture for each pancake. Cook 3-4 at a time, do not crowd pancakes. Turn and cook on reverse side when edges are brown and crispy.

4. Transfer finished pancake to paper towel to drain briefly, keep pancakes warm in a 200 degree oven until all are ready to serve. To freeze Pancakes to serve at a later date, place fried pancakes between layers of aluminum foil, freeze and reheat in 350 degree oven on a baking sheet.

Ginger sour cream Topping

In a small bowl mix together:
1 cup sour cream
2 Tablespoons apple cider and
2 teaspoons freshly grated ginger root

Help prepare for our holiday celebration

The Hanukkah party needs all kinds of latkas. We prefer pre-fried pancakes that we can heat in the oven. We also need salads and desserts.
Bring your Hanukiah, so we can light up our world together!



Kol HaEmek/MCJC-Inland
P.O. Box 416
Redwood Valley, CA 95470



Return Service Requested

Our purpose is to create an environment in which Jewish culture, religion and spiritual life can flourish; to perpetuate and renew our Jewish connections with ourselves and our homes, within our community and the world.

Our Mission is to express and support Judaism in the following ways:

- To provide a space for religious study and prayer
- To share life cycle events through meaningful Jewish traditions
- To offer and sponsor Jewish education for all ages
- To be inclusive of all partnership and family configurations
- To include interfaith families and Jews-by-choice
- To network with other Jewish communities
- To educate and share our culture with other Mendocino County residents
- To be a foundation for *tikkun olam* (healing of the world) as a community through socially just actions and education, and by mitzvot (good deeds)
- To offer membership in exchange for financial and other contributions, and allow all to participate regardless of ability to pay

Kol HaEmek Information & Resources

Kol HaEmek	468-4536
Board Members:	
Carol Rosenberg, President	463-8526
David Koppel, Treasurer (Financial Committee)	485-8910
Nancy Merling (Rabbi's Council)	456-0639
Divora Stern	459-9052
Alan Acorn Sunbeam	463-8364
Steven Levin	462-3131
Robert Klayman	391-6114
Jan Stephens	459-1207

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)

Chevr 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 Hiltshman & 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: Steven Levin 462-3131 stevenL@pacific.net

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 Shoshannah 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)