



The Newsletter of Kol HaEmek (Voice of the Valley) February 2009
P.O. Box 416, Redwood Valley, CA 95470 Phone # 707-468-4536 Shevat -Adar 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:

Sunday, February 1, 10:00am Shul School
Order your Bagels!

Friday, February 6, 6:30pm Kaballah Shabbat Service hosted by Elizabeth Raybee & Michael Charnes - Veggie potluck

Sunday, February 8, 10:00am Shul School

WEDNESDAY, FEBRUARY 11, 7:00pm ----->
Israeli Deputy Consul Ismail Khaldi

Saturday, February 14, Shabbat Morning Service. All invited. Required for Shul School children. Bring a pot-luck dish for the kiddush luncheon.

Saturday, February 14, 7:00pm Movie Night at the Shul, "Rashevski's Tango" (**more info p. 3**)

Sunday, February 15, we prepare dinner for Ford St Shelter. Call Dan Hibshman at 462-7471 to volunteer.

Friday, February 20, 6:30pm Shabbat Service will be at the home of Yvonne & Andy Coren, 233 Oak Knoll Rd. at So. Dora, Ukiah.

Wednesday, February 25, Men's Group, 7pm

Sunday, March 1, 10:00am Shul School

Sunday, March 8, Purim Party for the whole family! (Save the date!)

March 15 - Pick up bagel bags at 12:15 at the Shul!

**Israeli Deputy Consul
of San Francisco
Ismail Khaldi
will speak about his life and work
at Kol HaEmek
Wednesday, February 11, 7pm**

An Israeli Arab, Ismail Khaldi was born and raised in the Bedouin village of Khawalid in the Western Galilee.

He holds a master's degree in international relations from Tel Aviv University and a B.A. in political science from the University of Haifa. Mr. Khaldi began his term at the Israeli consulate in San Francisco in December 2006. Prior to that appointment, he worked for the Ministry of Foreign Affairs in both the North American Division and the Arabic Media Department, where he served as the spokesperson to Arabic media on the issue of disengagement from Gaza). Earlier in his career, Khaldi served in the Defense Ministry, the Israeli Police, and the Israeli Defense Forces.

His appearance at Kol HaEmek is a unique opportunity for us to learn and communicate. Besides our congregation, the general public is being invited to attend this event.

Portion of the Week

February 2 - Besshalach/Shira
February 14 - Yithro
February 21 - Mishpatim/Shekalim
February 28 - Terumah

Candle lighting times

2/6 - 5:21
2/13 - 5:29
2/20 - 5:37
2/27 - 5:44

Many, Many Thanks to Joan Levin

Joan was the volunteer creator of the KHE Web-site. She has maintained the site since its creation. In the last year some of her responsibilities have been turned over to Robert Mandel, a professional IT person. Robert, bless him, will continue Joan's efforts and be our new Web Master.

He can be reached at <boblxvii@hotmail.com>

Board Elections

Each January with the beginning of our fiscal year your KHE Board holds elections for officers.

The difficulty is finding enough volunteers for our Board. This is a no-pay, no-thanks job. Each year we try to convince experienced members to stay on a just a little bit longer and find a replacement with the skills needed by our community. You are invited to KHE Board meetings, which are scheduled the first Tuesday of each month at 6:30pm at the Koppels' home.

For 2009 - Repeat performances by:
President - Carol Rosenberg; Vice Pres. - Divora Stern; Treasurer - David Koppel; Secretary - Jan Stephens
Members at large: Alan Sunbeam, Robert Klayman, Steven Levin, Nancy Merling and our new member, Mark Levin, who can be contacted at 467-9037 <levinme@ah.org>

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.

We Remember:

Louis Klayman, February ?
Rachel Taigin Bleicher, February 12
Arthur Hecht, February 1
Esther Daniel, February 19
Tom Shine Mapp, February 22
Sudharma Kumari, Shevat 22

Many Many Thanks!

To Harvey Frankle for his leadership and Louisa Aronow as our scribe, as well as to the KHE Board, for a terrific members' luncheon, meeting and future planning session on January 25.

Thanks, too, to all of you who attended, contributing and coming up with your great ideas.

The Board of Directors will digest the recommendations and officially create committees to put your ideas into reality.
More next month--check the March SHEMA!!

Many, Many Thanks to:

Milton Rosen for his very generous donation to our Building Fund.

And Thanks:

to Sinai Memorial Chapel and its Chevra Kadisha Society for this year's subvention grant.

We have been honored to be a grant recipient for the past several years. Our movie of the month program and much of our educational resources have benefited from subvention grants from this organization.



For questions concerning Israel contact:

Eytan Elterman, Director of Community Affairs
Consulate General of Israel
to the Pacific Northwest
456 Montgomery St. Suite #2100
San Francisco, CA 94104
Phone (415) 844-7504 Fax (415) 844-7555

“Rashevski’s Tango”

KHE Movie of the Month
February 14, at 7:00pm

Director Sam Garbarski explores the complexities of Jewish identity in contemporary Belgium in this uplifting tale about family relationships, romance, religion and interfaith marriage. The Rashevski clan’s secular matriarch, Rosa, — who puts more trust in the tango’s curative powers than in God — seems to be the glue holding the family together. When she dies, her baffled brood strives to find meaning within their religious and ethnic heritage.

The 24th Jewish Music Festival, March 21-29, 2009

Tickets go on sale February 1st: 1-800-838-3006
or www.jewishmusicfestival.org
Discounts available for groups of ten and more

Save the date: Fri-Sun, May 29-31
Shavuot weekend for a KHE camp-out on the coast at Russian Gulch State Park. More info to follow....

Shul School Review

The guest teachers have been wonderful; thank you Rabbi Posner, Laurie Spence, Sigrid White, Adina Merenlender, Mari Rodin, Carol Rosenberg, and Deborah Edelman for making it all possible. Also, thank you to Elise Wilkins and Sigrid White for substitute teaching for Linda Koppel.

Herron Spence and Jordan Osborn are terrific teachers and we are very lucky to have them on our staff this year.

I am thankful for their intellect and maturity. Also, I would like to especially thank Rachel Elkins, who teaches Bet Class Bible stories and provides and prepares snack every Sunday; Linda Koppel for teaching Aleph Class; and Anthony Esserman Melville for guiding us in musical Teffilah (Prayer) and Shira (Music). These three individuals spend time getting ready for each Sunday during their busy work week and then they come and volunteer their time. Without these amazing people there would be no Shul School. Thank you to all who make our Shul a place for learning.

Sara Esserman Melville
Director/Teacher

A Mikvah Workshop

for

Jewish Ritual Facilitators

Monday Feb. 23, 2009

4-8 pm, Berkeley

for info contact:

Julie Batz at

Julie@jewishmilestones.org

or Karen Kushner, Director of the Jewish
Welcome Network

karenk@jewishwelcomenetwork.org

Bagel Bags March 15

The fourth annual Bagel Bag Tzedakah Project is here. The Gimmel class of the Kol HaEmek Shul School is raising money for Doctors Without Borders.

Doctors Without Borders/Médecins Sans Frontières (MSF) is an international medical humanitarian organization created by doctors and journalists in France in 1971.

Today, MSF provides aid in nearly 60 countries to people whose survival is threatened by violence, neglect, or catastrophe primarily due to armed conflict, epidemics, malnutrition, exclusion from health care, or natural disasters. MSF provides independent, impartial assistance to those most in need. In 1999, MSF received the Nobel Peace Prize.

Each bag contains one bagel, cream cheese, lox, onions, tomatoes, and cucumbers (enough to make one fantastic sandwich) and is sold for the incredibly low price of \$5! All proceeds will go to Doctors Without Borders.

Please fill out, detach, and return the bottom of this flier to Sara Esserman Melville at Kol HaEmek by Sunday, March 8, to ensure enough supplies are bought. Checks can be made out to Kol HaEmek.

Bagel Bags will be available for pick up at the Shul on March 15th at 12:15pm.

Name _____

Phone # _____

of bags: _____

Total \$ _____

Thoughts on the meaning of Shabbat

by Robert Lozito

I chose to serve others because I choose to serve God. But since God can do anything 1000 times better than I, why would He want my help?

We are God's people, created in His image. And our God is the one true good and benevolent God. So we must represent him accordingly. To do otherwise would separate us from God's love. When God's love shines upon us we become filled with the light of love. When you are helping people they may see this beautiful light and do likewise.

However, to help others I must stay healthy in body and spirit. It is physically demanding to come home tired and realize I have not prepared a good meal for myself and I still need to bring in the firewood. Being weak and tired I'm more open to sickness. God's law tells us to rest for good reason. Also I get emotionally depressed when someone takes unfair advantage of my kindness, or is cruel to me. Then my spirit is hurt and I'm a wounded bird fluttering on the ground. This is why I come to you. This is why I must stay strong.

If no one is left to hold onto the light of the true God, the earth will die under the rule of false gods.

Robert's address is:

P.O. Box 104

Petrolia CA 95558-0104



MY POEM:

IF I FELL IN LOVE WITH YOU, I'D HOPE YOU'D BE A JEW.
AND WE'D BOTH UNDERSTAND. THAT WE LEARNED CHRISTIANITY, FROM SCHOOL, RADIO, DOCTORS OFFICES AND T.V. BY THE TIME WE WERE THREE.

IF I GIVE MY LOVE TO YOU; I'LL HOPE YOU ACCEPT THAT I AM NOT A KOSHER JEW. BECAUSE MY FAMILY DIDN'T SEE THE POINT.

AND I JUST WANT TO BE A JEW IN A CHRISTIAN SOCIETY .

AND I WOULD NOT EVEN COMPLAIN TO BE JEWISH JUST LIKE YOU AND MYSELF TO NOT GO INSANE, BEING PLAIN THAT I HAVE TO BE HONEST TO YOU AND ME.

SO I HOPE YOU SEE THAT, I WOULD LOVE TO LOVE YOU AND THAT I WOULD CRY TO BE EXPOSED TO CHRISTIANITY EVERY DAY OF MY LIFE!

AND I COULDN'T STAND THE PAIN OF EASTER, AND CHRISTMAS ETC. ALL MY DAYS. ALONE IN THIS WORLD GONE MAD FOR 5,000 YEARS, IT'S REALLY BAD AND IT BREAKS MY BRAIN.

REFRAIN

LESLIE JO FELDMAN

Leslie currently, has an exhibit of her portraits in the lobby at the County Office building on Low Gap Rd. in Ukiah.

In My Opinion:

On Friday morning at 9 I found myself delighted once again to be in the ceramics studio at Mendocino College. I'm not a good potter. In fact, I might actually admit that in addition to not having a gift for this art medium, I'm probably a bad craftsman. Being able to draw does not make me an artist. Centering clay on the wheel (most of the time) does not make me a potter. Then why am I there and why am I so happy? After a good deal of thought and spending that evening happily drawing pictures of the pieces I want to make out of clay, I think I found my answer.

When I'm working with clay, I'm totally engaged in the task. When I'm on the wheel, I'm totally absorbed. I'm centering not only the clay, I'm centering me. I forget that my knee hurts, that I had to buy and then carry 25 pounds of clay further than I like, or that I have a mess of unfinished work waiting for me at home. I also love the mixture of people that call the ceramics studio a place of sanctuary. It's such a comfort not to be absorbed in myself. What I really want in my life is being absorbed in useful tasks, and sharing those tasks much of the time with others. I like to forget me. Not all tasks work, I need to be interested enough to grow a minimal level of skill, a sense of familiarity, feel safe and productive while doing the work and sharing the work with others makes it even better. When I reflect on what gives me pleasure, I get an accurate picture of who I would really like to be. Some of the other current things that take me out of myself and give me pleasure besides clay is doing needlepoint (I love the colors) and visiting with one friend at a time so I can really hear them. Also, helping a sick friend eat her supper, cooking for a crowd and making special foods for Jewish holidays to share at Shul, and singing with many of you at Friday night service (I hope my being off key is not too painful for those of you that sing well.) What's on your list? I'd really like to know. Love, *Carol*

Dear KHE *Chaverim*,

The days of Israel's assault on Gaza were very difficult for me, as I know they were for some of you. When Dorit and Ibtisam came to our Shul almost two years ago with their "By the well of Sarah and Hagar," I took in their message that if you care about peace, you have to care about the wellbeing of both sides. And two Slichot ago, we focused on listening to the recorded accounts of an Israeli and a Palestinian, both of whom had had close family members murdered by the other side, yet they now work together as part of a group of hundreds of bereaved Palestinians and Israelis like themselves who come together for healing and then go out and practice and teach compassion rather than violence and vengeance. And a group of Israeli Air Force pilots (the *creme de la creme* of the armed services) have spoken out against the violence against civilians they perpetrated in the past, and even Bibi Netanyahu's nephew has spent time in an Israeli prison for being a conscientious objector. So here I had all these wonderful examples of people living daily with the local agonies and nonetheless rejecting destructive vengeance as the way.

The first time I really began to wonder personally about the aptness, the fitness, of Israel's military actions was back in the early nineties when I was sitting in a ten-day silent meditation retreat on Mt. Meron in the Galilee. Overhead I heard planes going by. Only afterwards did I learn that we were bombing southern Lebanon, after distributing leaflets warning hundreds of thousands of Lebanese to leave the area so as not to be harmed. I knew that Israel prided itself at giving these warnings so as to limit civilian casualties, and yet I wondered at the time at the *hutzpah* of expecting so many civilians to disrupt their lives, and I wondered how hundreds of thousands of Israelis would react to being told by the enemy to quickly evacuate their homes and places of work so as not to be harmed. When I voiced these queries to folks, nobody seemed much concerned. Three summers ago, I was in Vancouver with my daughter and son-in-law, who live in Tel Aviv, when the war with Lebanon broke out. From the beginning, I was upset by Israel's destruction of the infrastructure of Lebanese civilian society, and my concerns about the value and values of this war only increased as the fighting continued. This was the first time my son-in-law had been outside of Israel during a war, and he was actually surprised to see how supportive the media were of Israel. He'd always heard in the past that the foreign media are biased against Israel. In this age of cell

phones and text messaging, my daughter and son-in-law had soon given the okay to let someone they didn't know stay in their apartment to escape rocket attacks from Hizbollah on his hometown of Sefat. And my daughter, a psychologist, answered a call from a young man in Israel who'd gotten his call-up orders and didn't know what to do since he'd experienced difficulties the last time he'd participated in the military. And then my beloved children returned to Israel while the fighting was still going on and while Hizbollah was threatening to send rockets on Tel Aviv.

Jump ahead to this winter's war. A member of our congregation recently emailed me: "I had three nephews and a niece in Gaza and two more on alert on the Syrian border. Now, the madness seems to be abating. What a terrible episode!" Madness feels like an apt word to me. I highly recommend the autobiographical Israeli film "Waltz with Bashir," which just recently made its debut in the U.S. Its creator describes how back in 1982 when he was 19, his army unit entered Lebanon shooting wildly and constantly in every direction, which he attributes simply to fear. I saw the film this January while Israelis were attacking Gaza, and it wasn't hard to imagine that some of today's 19-year-olds were shooting in similar fashion. And the filmmaker, the child of survivors, specifically recalled the Holocaust when he encountered the happenings in Sabra and Shatilla. Throughout the film, the middle-aged filmmaker struggles to remember what happened when he was in Lebanon, since for some 20 years he'd simply forgotten.

Last year Betty Idarius led a KHE workshop on the phenomenon of victims becoming perpetrators. Those attending who were the children of Holocaust survivors were personally familiar with this unintentional process. As Betty wrote in the Shema, "When we identify as the victim, the perpetrator is pushed into our shadow, and is then projected onto someone outside of ourselves, the person or circumstance that 'did it' to us. This fundamental identity gap has been at the core of the countless atrocities that have occurred and continue to occur....[I]n our deepest selves, as whole beings, we are both victim and perpetrator." It takes much effort, as we see in the film, to bring to consciousness what is easier to forget, repress or deny, but which nonetheless can continue to influence our behavior in ways we not aware. I say this with the greatest of *chesed*, and with a hope that more Israelis, and all of us humans, can wake up and recognize that intent and impact are often not the same. So Israelis can feel virtuous about warning enemy civilians to leave the scene, and yet reap deadly and horrific results that neither sanctify life nor seem to make life any safer.

Of course I am aware of the rage and frustration of Israelis living under years of rocket fire specifically aimed at civilians. I remember what it was like to be awakened once or twice a night in Jerusalem from Iraqi Scud attacks on Israel during the first U.S. war in Iraq, and that was nothing compared to what my dear friend Ilana, a mother of three young children, has been living through for years on a kibbutz next to Sderot. I now have a baby granddaughter living in Tel Aviv, and believe me, I want her to be safe. I don't see how the recent destruction in Gaza is helping to assure that. I just returned from a wonderful rabbinical seminar focusing on "*B'tzelem Elohim*=The Divine Image: Demanding Humanity." We studied classical texts and commentaries as well as modern neuropsychology to learn more about what it means that all of us earthlings, *bnei adam*=children of Adam (and not just *bnei Yisrael*) are created in the image of God. When we kill innocent civilians, many of them children, what are we doing to the image of God?

So now that I've brought God into the picture, I want to acknowledge that life is mysterious, and there is much that we, that I, do not fathom.

Two thousand years ago the Second Temple was destroyed in Jerusalem (the city, too, was destroyed). The Talmudic rabbis, who inherited the aftermath of the terrible loss of life and liberty under the Romans, said that the Temple had been destroyed because of *sinat chinam*--causeless hatred-- among the Jews. My teacher Reb Zalman has suggested an alternative: that God had had enough of receiving animal sacrifices at the Temple, and so brought that practice to an end by arranging for the Temple to be destroyed. Either way, it was time for a step forward in consciousness, a letting go of old ways which were no longer helpful. This conundrum of Israel/Palestine is calling us toward a new consciousness now. I pray that healing may yet emerge from the madness and sadness. *B'shalom oovrachah*, Shoshanah



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, V.P.	459-9052
Jan Stephens, Secretary	459-1207
Alan Acorn Sunbeam	463-8364
Steven Levin	462-3131
Robert Klayman	391-6114
Mark Levin	467-9037

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: 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 Shoshanah Devorah, 467-0456, sdevorah@gmail.com

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