



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 15th of each month to carolrosenberg@sbcglobal.net

March 2007
Adar-Nissan 5767

Check our website: www.kolhaemek.org

Coming Events!!

Friday, March 2 - Shabbat service and vegetarian/dairy potluck supper at the home of Carol Rosenberg 501 Jones St. Ukiah 463-8526

Saturday, March 3 - 7 pm "SHUSHAN @ the SHUL" Admission \$18.00 in advance, \$24 at the door - **Auction & Raffle & Revelry** - this is our most spectacular, not-to-be-missed event!!

Sunday, March 4 - 1 to 4 pm, our traditional Purim Party: Megillah reading and games for children. At the shul (no charge) - bring Hamantaschen, please! Costumes encouraged.

Friday, March 16, 6:00 pm bring the little ones to around-the-table, family-friendly Shabbaton: dairy/veggie potluck with dancing, song and story in place of our traditional service.

Sunday, March 18, 10 am - 12 noon: Parenting Discussion Group (drop-ins welcome) with R.Shoshanah, based on *Blessings of a Skinned Knee* (Chapters 5-6). This discussion group will continue on Sundays: **March 25** (Chapter 8); **April 1** (Chapter 7); **April 22** (Chapters 9-10)

Sunday, March 18, 6:00pm Women's Rosh Hodesh group at the Shul: poetry will be part of the activity. Info: 485-1290.

Saturday, March 24, 10:00 am Bat Mitzvah of Herron Spence, Ukiah Conference Center

Wednesday, March 28, Men's group, 6:44 pm

JOIN US FOR PESACH

On Monday, April 2, at 6:00 pm, we will celebrate a Community Seder at the Shul on the first night of Passover!

Donations are needed to cover costs of a complete holiday meal: \$20 per adult, \$10 per child under 10.

The Shul can accommodate 40 people for this event and all were filled last year. Please call Carol Rosenberg, 463-8526, to reserve seats for you and your family.



Holidays and Portions of the Week

March 1 - Fast of Esther
March 3 - Tetzavek
March 4 - Purim
March 5 - Shushan Purim
March 10 - Ki-Tissa
March 17 - Vayakhel-Pekude
March 21 - First Day of Spring
March 24 - Vayikra
March 31 - Tzav
April 2 - Pesach

The 22nd Jewish Music Festival, March 8 - 25, 2007

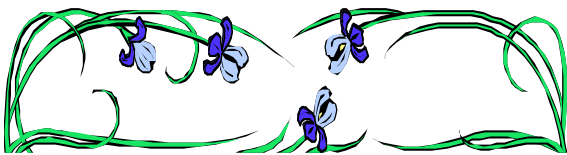
Box Office:

www.jewishmusicfestival.org

Or www.brownpapertickets.com 24/7
phone sales: 800-838-3006

We Remember:

Betty Wolf - March
Dottie Marans - March 1
Nanette Tver - March 31
Arthur Hecht - Adar 7
Samuel Johoshua Cole - Adar 15
Esther Nitke - Adar 17
Saul Faber - Adar 17
Paul Rothchild - Adar 29
Leah Frankle - Nissan 7
Bessie Dale - Nissan 12
Pearl Horowitz - Nissan 18
Beatrice Hecht - Nissan 22
Milton Coren - Nissan 25
Charles Sorkowitz - Nissan 28



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

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:

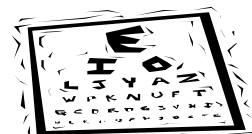
Israel-Endowment Fund and earmark it to the Association for Community Development - Acre; HaAsif program. (There is a \$25 minimum requirement for checks to Israel).

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.

Cataracts removed
My spectacles thrown away
Can't read the small print

David Vilner



Preparations for Pesach in Cotati

from Ellen Solot, Congregation Ner Shalom

The Purification of the Heart
with Rabbi Shefa Gold
Kabbalat Shabbat, Friday, March 23, 7–9pm
(donations accepted)

Shabbaton: Preparation for Pesach
Saturday, March 24, 9:30am–5:30pm
Registration fee: \$90.00 Early Registration / \$100.00
by March 15th
Price Includes Havdalah & Evening of Chant

Havdalah and Evening of Chant
Saturday Evening, March 24, 7:30pm
\$12 pre-pay / \$16 at the door

Location: 85 La Plaza, Cotati 94931

Jews are reluctant to admit that domestic violence happens within our community, but it does, so this may spark a few people to know their situation is recognized and being addressed...

Beyond Awareness, Effecting Change

Jewish Women International's Third International Conference on Domestic Violence Preparation for Pesach will take place Sunday, March 18, through Tuesday, March 20, in Baltimore, Maryland.

The Board of Rabbis of Northern California is a supporting partner; Shalom Bayit in the Bay Area is sending participants. This conference is a significant opportunity for those dealing with domestic abuse in the Jewish community to meet each other, build their skills, and come back refreshed to continue this lifesaving work.

This year's conference promises to be a powerful gathering of more than 400 people--training, networking, and community-building to end domestic abuse in the Jewish community. The programs will feature experts in domestic abuse prevention and key issues that must be addressed by the community,

You can view the full conference schedule or register online at www.jwi.org or by phone at 800.343.2823. For more information, you can email JWI directly to conference@jwi.org.

Eat a Bagel

So that Darfur can Eat as well!

Last year the Gimel class of Kol Ha Emek Sunday School raised over \$200 for the Humane Society with their Bagel Bags Tzedakah project.

This year they have decided to use their fundraiser to help feed those who are currently facing genocide in Darfur by the Janjaweed militia. Darfur refugees face capture and worse by these soldiers if they leave their camps to gather firewood for their cook fires.

The Gimel class will be raising money to help send solar ovens to the refugees, so they can cook their food in safety.

Come help the Gimel class with their tzedakah and buy a bagel bag (which will include a bagel, cream cheese, lox, onions, tomatoes and cucumbers). Bagel Bags are just \$5 each! Fill out the form below by March 11, detach, and return to the shul or send to P.O. Box 416, Redwood Valley 95470. Your bagel bag(s) will be ready for you to pick up at noon on the 18th!

It's an easy and tasty way to help the people of Darfur have a peaceful meal of their own.

Name: _____

Phone # _____

of bags _____

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

The Kol HaEmek Budget approved for 2007. This is where your money goes!

Please note: improvements to the building are dependent on donations and are not in the budget.

	Proposed	Last Year
REVENUE	YR 2007	YR 2006
Advertisement	\$50	\$75
Film	\$100	\$220
Membership and Donations	\$38,407	\$34,854
Homeless Food Program	\$500	\$26
Holidays	\$2,500	\$2,374
Tzedakah	\$500	\$480
Education	<u>\$3,500</u>	<u>\$3,636</u>
TOTAL INCOME	\$45,557	\$41,665

EXPENSES

Bag Lunches/Homeless Shelter	\$1,300	\$1,221
Brunch	\$100	\$0
Telephone	\$500	\$410
Education	\$3,500	\$2,676
Gifts	\$100	\$20
Chanukkah	\$150	\$96
High Holidays	\$600	\$508
Passover	\$500	\$543
Other Holidays/Events	\$100	\$55
Film	\$100	\$227
Purim	\$250	\$257
Concert?	\$0	\$0
Newsletter	\$1,600	\$1,588
Insurance (General Liability & Shul)	\$3,157	\$2,851
Office	\$1,800	\$1,780
Rabbi Services (incl related Expenses)	\$30,000	\$28,447
Tzedakah	\$100	\$40
Shul Maintenance and Supplies	\$400	\$324
Shul Utilities (Water, Gas, Electric)	<u>\$1,300</u>	<u>\$1,111</u>
TOTAL EXPENSES	\$45,557	\$42,154

We hope the March 3 Purim Party will provide the discretionary money we need for special projects; for example, landscaping, railings on the deck, chairs, etc.

From the Coast Community, a Special Event!

Wednesday March 7, 7-8:30 pm. All are encouraged to come.

Jews, Christians and Muslims can work together in peace!

It is with great excitement that the Mendocino Coast Jewish Community announces the return of JJ Keki. JJ is the Founder and President of the Peace Kawomera Cooperative, an interfaith coffee co-op, from Mbale, Uganda. In addition to spearheading the coffee project, he is an active member of the Abayudaya (Jews of Uganda). Please join us in welcoming JJ on his third visit to our community. He will update us with stories of peace, interfaith cooperation and economic justice through dialogue, songs, and a question/answer session.

Joan and Paul Katzeff are hosting a presentation at Town Hall in Fort Bragg, on Wednesday, March 7, from 7-8:30 pm. All are encouraged to come.

Highlights include a preview of the trailer to “Delicious Peace Grows in a Ugandan Coffee Bean.” This inspiring work-in-progress follows the journey of Mirembe Kawomera "Delicious Peace" coffee from the foothills of Eastern Uganda where the beans are grown to Fort Bragg, California, where they are roasted. The documentary tells the story of the unique Fair Trade partnership between Thanksgiving Coffee Company and the Peace Kawomera Cooperative. When complete, the full-length film hopefully will air on PBS.

The MCJC is like a second family to JJ in America. We hope you can attend to show your support and welcome one of our brothers home.

Mirembe Kawomera “Delicious Peace” coffee will be served.

For more information, please contact Holly Moskowitz, 964-0118 ext 49, or via email: holly@thanksgivingcoffee.com. To learn more about the project, please visit: www.mirembekawomera.com



Shul Wish List (Any volunteers out there?)

Needs: Bulletin board put up--one for back classroom; interior trim & doors need to be painted; platform for piano; back door installed, toe kick for kitchen cabinets in front of sink; oiling the Ark; clean paint off end of bookcase and oil bookcase; earthquake ties for book shelves; back for cabinet and fasten down top; butcher block needs to be sanded both sides; glides for cabinet

And

Help for Louisa in the Garden--Spring is Coming!!!

In My Opinion:

On Sunday, February 18, the Board Members of KHE held their annual all-day meeting for future planning. The topics of discussion ranged from how could we buy enough comfortable chairs for High Holidays and where would we store them the rest of the year to the most interesting and exciting item on our agenda, which was brain-storming program ideas for our post-B'nai Mitzvah young people. Unfortunately, there is a major barrier concerning the latter item, and that is the insurance liability inherent in taking our young people on trips. Our understanding is that if KHE is the sponsor of an event, even if parents do the transportation, individual Board members are personally liable if any participants are injured in transport. Our congregational budget cannot afford Board insurance. We will continue to check this out because we would love to take our kids to the Bay Area to see the Jewish Museum, visit other synagogues, meet other young people and participate in the larger Jewish community.

We are actively looking for a possible youth group leader who could meet with our young people on a regular basis. The board members suggested various topics for possible study by teens, and several would be willing to teach a class on, among others, Jewish Music, Jewish writers, dealing with problem people, Jewish food (its origins and preparation), Jewish views on sex, Jewish views on circumcision, Jews as revolutionaries and movement leaders. And very big questions: What is God? What does it mean to be an adult?

It would help us with planning if we had an idea of how many people between the ages of 13 and 16 might be interested, and how many parents would like to be involved in the planning and development of such a program. Please call Carol Rosenberg at 463-8526 to share with me your thinking on this subject and to discuss your willingness to help.

Thanks, Carol

P.S.If you have ideas on chairs, that would be helpful as well!

Jewish /Buddhist Retreat at Mariposa

Again this year, Kol HaEmek will be cosponsoring a retreat with Jewish practitioners in the Thich Nhat Hanh tradition of socially engaged Buddhism. "**Gathering Round The Mountain: A Shavuot Mindfulness Retreat,**" will be held at the Mariposa Institute on Low Gap Road the weekend before Shavuot, Friday, May 18 - Sunday, May 20. The retreat will begin on Friday evening with a Kabbalat Shabbat open to all, including supper beforehand for those interested. In Jewish tradition, the spring holiday of Shavuot is celebrated as the "anniversary of God's giving of the Torah teachings at Mt. Sinai."

Open to everyone, this Shavuot meditative weekend includes silence, study, song and connecting with nature in the beauty of Mariposa Institute near Ukiah. We will offer ourselves rich and nourishing mindfulness practices from the Buddhist and Jewish traditions, such as sitting and walking meditation, mindful deep relaxation as well as the Kabbalat Shabbat service and on Saturday night an optional "all-night" study session as is traditional on this holiday.

Practicing in this way, we can deepen our awareness, touch our inter-being nature, and water the seeds of compassion in ourselves and for our planet. Everyone is welcome--no prior experience with mindfulness, meditation or Jewish practice/tradition is required.

Accommodations: "indoor camping" sleeping on the floor, in a heated room with carpet; please bring your own mat and bedding. A few bunkbeds are available; first to ask will reserve these. Outdoor camping also available. Saturday and Sunday are open only to those who sign up for the retreat; i.e., drop-ins are not welcome; however, locals who have registered for the weekend may choose to sleep at home. Food - meals are vegetarian/dairy.

Shavuot will also be observed and celebrated in our Shul!

Dear KHE Chaverim,

I love the health club. I find myself there several days each week. I take a variety of classes, work out following my own routine as suggested by both trainers and a physical therapist, and love to swim and sit in the hot tub. The hot tub is a great place for socializing, as are the locker room, the equipment rooms, the lobby and eating area, the outside pool area, and the times just before and after each class.

I love our KHE Shul, but I spend a lot more hours per week at the health club than I do at the Shul. I'm not counting here as Shul time the many hours of rabbinic work that I do outside of our building, but truth is that quite a bit of synagogue work gets done at the health club. I'm always running into people from our KHE community at the club, and often these encounters are not only hello or catch-up times, but opportunities for making arrangements regarding KHE affairs or communicating important information. I get to be in touch with folks who regularly show up at the Shul, as well as those I wouldn't otherwise see so often. And I get to see folks who are Jewish but are not KHE members, yet like to have contact with the rabbi in this low-key, informal (non-threatening?) environment. And many non-Jews recognize me and like an opportunity to converse with the rabbi.

Second time I ever used the pool at the club, I bent down to ask a swimmer if I might share her lane, and she responded: "You're the new rabbi, aren't you?" This past summer, a woman in the next lane let me know at the end of a lap that she is thinking about converting to Judaism. Just this past week, the Redwood Valley resident (not Jewish) next to me in the hot tub complimented KHE on our sponsoring of the "Sarah and Hagar" evening, and expressed his opinion that it was a good thing that we haven't put up a new free-standing sign which would just be an invitation to local teenage vandals. He drives by the Shul daily, and likes what he sees happening with the landscaping.

Did you know that over two thousand years ago, the priests serving at the Temple in Jerusalem were accused of being lax in tending to the Temple sacrifices because they were busy attending the nearby gymnasium (see the Book of Maccabees)? Interesting that the Hebrew phrase for a work-out room is "cheder kosher." "Cheder" means room, and "kosher" means fit (yes, kosher food means food fit to eat). We use the same expression in English when we speak of the "fitness room."

It's really quite wonderful that so many people these days, including us Jews, want to be fit. And so we exercise. The results of exercising are quickly evident--we become stronger, we're in better shape, we're capable of swimming more laps and perfecting our strokes, lifting more weights, improving our balance. With knowledgeable guidance, we can help heal ourselves through exercise. I recognize that caring well for our bodies (which are the physical embodiment of our souls) affects all levels of our being, and is actually a mitzvah. Yet, we can be physically fit, but emotionally, or mentally, or spiritually, lazy, undisciplined and uneducated.

I sometimes wonder what our Jewish community would be like if we devoted as much time to exercising our hearts, minds, and souls as we do our bodies. For many of us I think Jewish practice is more marginal to our lives today than physical exercise. I picture in my mind an idealized traditional neighborhood synagogue (called "beit kneset" in Hebrew, which literally means house of entering), which draws folks of all ages and all backgrounds for daily prayer and study, and is the hub of community involvement. I don't see that happening in our lives today, but perhaps we can expand the workout we do at the health club. Have you thought of meditating or praying while riding the stationary bike or running the treadmill or swimming your laps? Or bringing with you a good Jewish text to dig into instead of simply picking up whatever magazine is lying about to pass the time on an exercise machine? Just this week I met someone from KHE at the health club who told me she was about to practice her Torah portion for next fall's High Holidays (yes, you read me right!) while on the treadmill. How about you?

B'Shalom oovrachah, 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:	
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)