



The Newsletter of Kol HaEmek (Voice of the Valley)

P.O. Box 416, Redwood Valley, CA 95470 Phone # 707-468-4536

May 2007

Iyar/Sivan 5767

Please note all submissions preferred by the 15th of each month to [carolrosenberg@sbcglobal.net](mailto:carolrosenberg@sbcglobal.net)

Check our web-page: [www.kolhaemek.org](http://www.kolhaemek.org)

**Friday May 4, 6:30pm** - Shabbat Service and potluck; Margo Frank will be our host.

**Sunday May 6 - Lag B' Omer**  
Sunday School Picnic

**Friday May 18 - Friday evening service** at Mariposa School on Low Gap Road as part of KHE Jewish Buddhist retreat soup and salad available at 6:00 for \$5 or bring a veggie dish.

**Tuesday May 22, 6:30-11:00pm - Shavuot!**  
At our Shul! See Schedule of events!

**Wednesday May 25, 6:30pm** - Men's group

**Saturday May 26, 7:00pm** - film: *Crossing Delancey*

**Friday June 1, 6:30 pm** - Shabbat Service and potluck; Margo Frank will be our host.

## Jewish /Buddhist Retreat at Mariposa

Kol HaEmek will be cosponsoring a retreat with practitioners in the Thich Nhat Hanh tradition of socially engaged Buddhism the weekend before Shavuot, **Friday, May 18 through Sunday, May 20.**

**The retreat will begin on Friday evening with a Kabbalat Shabbat open to all, including supper beforehand for those interested. To participate in the entire retreat - reservations are required if interested in the weekend.** E-mail Susan Shulman [susanshulman60@comcast.net](mailto:susanshulman60@comcast.net)

## Shavuot Schedule

**7:30pm - Offering of the First Fruits** - Our children will have a procession modeled after ancient pilgrimages to the Temple, offering baskets of fruit and canned goods (which will later be offered to the Food Bank). Please have your child come with an easy-to-carry basket filled at home. Then we'll showcase (and "shep nachas" from) the real "first fruits" of our community: our children! who will entertain us with dance, song, playing instruments, etc. (If your child would like to participate in the talent-time, please call Rabbi Shoshanah.)

**7:30-8:20pm - Refreshments** - Blessing of Challah and dairy/fruit desserts, featuring ice cream sundaes with fruit and nuts, plus whatever else you bring (drinks, blintzes, cheese-cake, noodle puddings, and fruit desserts). Families can say goodbye at this point, or children can sleep in a classroom in sleeping bags brought from home. (Parents are responsible for your kids).

## Adult learning

**8-9pm - Carol Rosenberg** - Art project suitable for all ages

**9-10pm - Bella Feldman** - Pathways to God and The Law of Attraction. The Law of Attraction states that what you focus on is what you create. What you put out is what you get back. We will explore using these principles to draw God into our lives.

**10-11pm - Rob Gitlin** - Study together a topic of mystery!

**11pm** - Maian Torah (The giving of Torah) with R. Shoshanah under the open skies (bring suitable jacket, blanket for being outdoors).

## Torah Portions and Special Days

May 5 - Emor  
May 6 - Lag B'Omer  
May 12 - Behar  
May 18 - Rosh Hodesh  
May 19 - Bamidbar  
May 22 - Erev Shavuot  
May 23 - Shavuot  
May 26 - Naso  
May 28 - Memorial Day observed  
June 2 - Behaalotecha



the computer age  
users become addicted  
digital sunsets

David Vilner



### Condolences

On April 5, Bari Kerbis lost her partner and high school sweetheart Gary Tollefsen, who succumbed to cancer. May the Spacious One comfort Bari among the mourners of Zion and Jerusalem. And *zichrono l'brachah* - may Gary's memory be a blessing.

It is with sorrow that we announce the sudden passing of Joan Telonicher Bistrin, beloved wife of Harry Bistrin, on April 10th.  
We send Harry our heartfelt condolences.  
*Zichronah l'brachah*, may her memory be a blessing.

Bernard Katz, *zichrono l'brachah*, may his memory be a blessing. Father of Aaron Katz, died at age 86. Aaron, who is recuperating after recent surgery, welcomes phone calls: 489-0488. We send our condolences to all of the family: Aaron, Kathy, Danny, Amanda and Melanie. And we send Aaron our heartfelt blessings for *refuah shleimah*, perfect and complete healing.



## 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.



### We remember:

Jessica Ann Doctors - Iyar 16  
Gerald Marans - May 1  
Harriet Libby Domas - May 15  
Harry Staten - Sivan 6  
Harry Rothchild - Sivan 7  
Helen Feinberg Ginsberg

## **In My Opinion:** *by Carol Rosenberg*

In June, Bill Ray is resigning as secretary and member on the Board. I am confident we will find another Board member, but we will not find another Bill! He has been the person who has said YES over and over for Kol HaEmek. Where will we find 100 chairs for the High Holidays? Bill found them, and brought them to the Shul, twice, and returned them to the Willits Grange. When a stranger calls to offer her library, Bill is willing to go and check it out. What ever has been needed Bill either found it, invented it, or did it. He's been a quiet rock, always counted on, and always there when needed to carry the Torah or the congregation. Before he moves on to his other interests, we all need to stop and say an incredibly heartfelt, THANK YOU, BILL!!

As a matter of fact I'm afraid we haven't said thank you enough to Bill or anyone else. We just assumed that Bill, Robbie, Tal, Stuart, Elizabeth, Louisa, Robert, Dan, Divora or a Nancy would fill in the gaps whenever we asked; perhaps we should have asked others to do what was needed. I know I'm guilty of asking the giving person more than I should. I need to be more even-handed in distributing responsibilities. Indeed, we all need to step forward to carry some of the load.

The hardest thing for me is to find a balance in my life. I say yes and volunteer to help with a project or a cause or several projects or causes; I enjoy the challenges that new efforts bring; then as I continue to take on more responsibility I begin to feel burdened. So I pull back and say no! This may be true of others in our congregation. If so, may one of you come out of the NO cycle and step forward to accept a turn as a Board member to give KHE some, certainly not all, of your time and energy. We promise we will not ask you to carry more than a reasonable share of the work. *Thanks, Carol*



### **Many Thanks**

Thank you all for a wonderful KHE passover seder! Thanks to our Rabbi Devorah, our cooks Nancy Merling, Amy Wachspress, Robin Sunbeam and Carol Rosenberg and to a marvelous cleanup crew led by David Koppel. Someone remarked, "That's the most people I ever saw who stayed to finish the Haggadah". Thanks also to all you who contributed generously for the dinner. We have been able to donate \$250 to the Margo and Sanford Frank Fund to feed the hungry here in Ukiah and Willits and \$100 to the HaAsif program for feeding the hungry in Acre, Israel.



### **Still Missing - the Community Tallit**

Can we all look in our nooks and crannies for the large, beloved family tallit? May we? It is basically white and fringed, designed and made by several families and therefore embellished with their ideas of how a tallis can tell a community story. We'd like to keep it at the shul. Thanks.

*We invite the KHE community to join us  
as our daughter,*

***Amanda Adora Katz***

*Becomes Bat Mitzvah  
Saturday June 9, 2007*

*at  
Brooktrails Lodge 10:30 a.m.*

*Kathy Dingman Katz and Aaron I. Katz*

*Please call 489-0488 to confirm that you will  
join us for the Luncheon to follow.*



## **A Wonderful Way to Celebrate Shabbat**

It is a tradition in Judaism that when a family has experienced a special event they share their joy with the community. This takes the form of tzedakah, with a monetary gift to the synagogue or other worthy cause, and/or hosting an Oneg Shabbat.

I remember splendid “Onegs” at my father-in-law’s shul: assorted smoked fish, gefilte fish, cakes, cookies and schnapps. These events happened at a birth, a b’nai mitzvah, a graduation, a birthday, or when business went well. In that community some people vied to out-do others; some gave just cookies and schnapps. But all were appreciated, especially by the elderly and unmarried men of the congregation, who ate their fill and went off contentedly for their Shabbat snooze.

In reformed congregations the formula was tea and cake after Friday evening service, equally appreciated and a way of sharing a blessing with others.

We at Kol HaEmek, after years of having little difficulty finding families to host a “Shabbat in the Valley” (which meant opening one’s home to the congregation and having a house full of people and cleanup after the meal) are having some difficulty finding hosts for Shabbat services at our Shul. Doing this requires simply a commitment to be at the service; provide a challah, wine, and grape juice; and help set up and clean up. Some people add their own tablecloths and flowers. Our Kol HaEmek fund purchases plates, cups and other staples. It’s even easier if two individuals or two families share the responsibilities.

To celebrate your family’s blessings, call Carol at 463-8526 and volunteer as Shabbat service host, on either a first or third Friday evening of the month.

## **Shavuot**

*“The first of the first fruits of your land shall you bring into the House of the Lord Your God.”* - Exodus 23:19

Of the three pilgrim festivals, Shavuot is the one for late spring when the Israelites brought their offerings of wheat and first fruits to the Temple in Jerusalem. It is celebrated exactly seven weeks after the second day of Pesach, the day of the First Omer (early barley harvest). The name “Shavuot” means “Festival of Weeks”. In the Greek and Christian version, the translation is “Pentecost” (fifty days). Shavuot is celebrated as the anniversary of the giving of the Torah. The Ten Commandments are recited in the synagogue. The first night is spent reading and studying selections of Torah and rabbinic and kabbalistic texts. Dairy meals are served (particularly blintzes). The Book of Ruth is read to commemorate the agricultural and religious aspects of the festival. This story centers around farm life during the period of the Judges. Ruth, a Moabite widow of a Jew, embraces her husband’s mother, Naomi and Judaism. Ruth is reputed to be an ancestor of King David.



## **ALEPH KALLAH in New Mexico**

Beginning July 2, the 12th International Aleph Kallah will be held in Albuquerque, NM. Aleph Kallah is a week of great learning, davvenen, food, and international community. Every morning there are a dozen minyans to choose from, and other interest groups form between classes every day. The teachers are fantastic, and it’s really quite a fun, Jewish, tribal experience that is beyond words. We hope you will join us.

Brochures with class offerings and frequently-asked-questions are now available on line at:

**<http://www.aleph.org/kallah.html>**

Dear KHE Chaverim,

Today (April 22) included another wonderful discussion with parents during Shul School time. This was the seventh gathering of our Parenting Discussion Group, and though we'd finished our "official" purpose for getting together - discussing the book *Blessings of a Skinned Knee* - at our last session, there was much enthusiasm for continuing to meet during Shul School, not only this spring, but on into next year.

The consensus today was to use book study as the basis of our ongoing meetings - and the parents present suggested beginning next fall with books which focus on the yearly cycle of Jewish practice (e.g., Waskow's *Seasons of Our Joy*). And while I really enjoy being engaged in these discussions, it's clear that I wouldn't be present for all of them, that group members would facilitate many of them. For the next and last meeting this spring, folks decided to bring in their own Jewish books for a book-loan swap.

This desire to continue arose naturally in the group, and fits very well with the admonition of the Chasidic rebbe Menahem Mendel of Kotsk: "If you truly wish your children to study Torah, study it yourself in their presence. They will follow your example. Otherwise they will not themselves study Torah, but will simply instruct their children to do so." Our format naturally evolved so that parents join their children for the opening songs and prayer circle, and then come into the adult classroom at the same time that the kids leave the circle for their respective classes. We have begun our sessions with the classic blessing before Torah study, since this delving into how we live our lives in a Jewish context seems to me to be the essence of true, living Torah study.

What has made the sessions so lively is the opportunity to share and compare personal experiences regarding Judaism and family life. Participants have included those who were born into Judaism, those who have converted to Judaism, and those who are not Jewish but have welcomed Jewish practice into their lives whether or not they have Jewish partners.

The sharing in each session remains confidential, but it feels okay to reveal that a great variety of perspectives has been expressed, ranging from one who doesn't believe in God yet gets great reward from practicing Jewish rituals and traditions, to another who talks with God regularly yet views ritual observance as devoid of meaning and an obstacle to real connection. It was intriguing for these two to hear each other's points of view, and for the rest of us to witness their "revelations". This has really been a learning-from-each-other setting. May the organic juiciness of these gatherings continue to inform and enrich the participants and their families and deepen the reality of living Jewish community right here in inland Mendocino County.

*B'shalom oovrachah, In peace and blessing, Shoshanah*

## Yom HaShoah

Below is printed the Willits Library's National Poetry Month (April) Poem of the Day for April 14, 2007. On Yom HaShoah, the following day, it was read at the Holocaust Remembrance Day gathering cosponsored by the Ukiah United Methodist Church and Kol HaEmek at our shul. The anonymous poet perished in the Holocaust. The poem was read by Ukiah Methodist Church member (and children's librarian) Ina Gordon.

O Lord  
remember not only  
the men and women of good will  
but also those of ill will  
But do not remember  
all the suffering they have  
inflicted on us  
Remember the fruits  
we have wrought  
thanks to this suffering...  
Our comradeship  
our loyalty  
our humility, our courage  
our generosity  
the greatness of heart  
which has grown out of all this  
And when they come to judgment  
let all the fruits which we have borne  
be their forgiveness.

At the Yom HaShoah event, the two congregations were privileged to hear the survivor stories of Bela and Avram Goldberg told by their daughter, Betty Idarius, and of Rene Durand told by himself. We hope that this moving experience of sharing these Jewish lives with another congregation will lead to many more shared occasions with our neighbors and friends at Ukiah United Methodist Church.

We have also received a disturbing framed needlepoint work on the subject of the Holocaust, and a very moving account of her stepfather's survival, from Renee Kraft. These items are currently in our library.

## Ironing Board Theater

### 'Crossing Delancey' is Next in Film Series

*Crossing Delancey* is a charming, low-budget film from 1988 that never got mass acceptance, perhaps because its storyline, the marrying off of a nice New York Jewish girl, is a crisis of the ethnic past. For that reason it is comforting to present-day American Jewish viewers that there could have been a culture that cared, even if imperfectly.

The film's cliched plot needs strong and arresting characterizations to save it from tedium. Isabelle Grossman comes alive because Amy Irving is playing her. Sam the pickle salesman matters since Peter Riegert (from *Local Hero*) signed on. Amy Irving's Bubbe, portrayed by Yiddish actress Reizi Bozyk, is probably the last authentic performance of the matriarchal angel in American film.

Time has taken our immigrant ancients away. Comic and dramatically satisfying, the movie was directed by Joan Micklin Silver, who knows her New York better than Woody Allen does his.

This movie will be shown at our shul on Saturday, May 26, at 7:00 pm.

--Bill Ray

### Sinai Memorial Continues to Aid KHE

Sinai Memorial Chapel's Chevra Kadisha Society has made a subvention grant to Kol HaEmek for the fourth consecutive year.

In the past, Sinai Memorial has granted us funds to help finance Harvey Frankle's position as community coordinator, to establish a Jewish film series, and to purchase video equipment.

This year's grant of \$500 is to be used to bring speakers to our congregation. We hope to coordinate with the Coast community and share costs of having more opportunities to hear knowledgeable, interesting Jewish speakers here in Mendocino County.

KHE's Board is interested in your recommendation of subjects for such talks and/or speakers you would like us to contact. Call Carol at 463-8526.

## **Cheese Blintzes\***

Blintzes are traditional for Shavuot. This is the holiday that celebrates the receiving of the tablets of the law. Two blintzes on a plate, side by side, sprinkled with a bit of sugar mixed with cinnamon, look a little like the two tablets of the law given on Mt Sinai! They are the perfect holiday food: sweet, rich, and somewhat labor-intensive.

I prepare the filling first, then the batter. I spread out a work surface with aluminum foil covered with wax paper for the completed blintz and a clean tea towel for the crepes. I cook a couple of crepes one after another until my tea cloth is full, then fill them, fold them and put them aside on the wax paper, then cook up another batch of crepes. The trick is to have your pan at the correct temperature for "baking" the crepes.

I freeze the blintzes and then store until needed. To serve, I butter a baking pan and bake a pan of still-frozen blintzes at 350 degrees.

### Batter

3 large eggs  
1 cup milk  
2 Tb vegetable oil  
1/2 t. salt  
2/4 cup all-purpose flour  
unsalted melted butter

Blend or beat until smooth

Brush an 8" fry pan with melted butter, heat the pan until medium hot. Pour in 2-3 Tb of batter. Coat the bottom of the pan to make a very thin pancake. Cook until the edges begin to brown, shake to loosen. Quickly turn the pan over onto a clean smooth dish towel.

### Filling

1 cup cottage cheese (8 oz)  
1 cup cream cheese (8 oz)  
1 slightly beaten egg  
2 Tb sugar  
1 Tb unsalted melted butter  
1 t. vanilla or 1 t. grated lemon rind or a pinch of cinnamon  
3/4 t. salt  
Combine all filling ingredients in a bowl.

Arrange a crepe brown side up. Place a heaping spoonful of filling just above the center; fold the sides toward the middle overlapping the edges the cover with flaps; roll and arrange seam side down. (You want to make a neat little packet.)

Arrange seam side down on a skillet brushed with melted butter; cook until browned, turning once.

Serve with sour cream, fruit sauce, or cinnamon sugar

\*from The Brooklyn Cookbook, by Stall worth and Kennedy (Knopf , 1991)--modified by Carol Rosenberg



**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**

|   |                 |
|---|-----------------|
| <b>Kol HaEmek</b>                             | <b>468-4536</b> |
| <b>Board Members:</b>                         |                 |
| 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](mailto: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](mailto: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](mailto:grandnan@saber.net) (456-0639)

**Rabbinical Services/Special Ceremonies:** Rabbi Shoshanah Devorah, 467-0456, [sdevorah@gmail.com](mailto:sdevorah@gmail.com)

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

**Tzedakah Fund (Financial Assistance):** David Koppel (485-8910)