



The Newsletter of Kol HaEmek (Voice of the Valley)

June-July 2006

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

Sivan, Tamuz, Av 5766

Please note all submissions preferred by the 20th of each month to carolrosenberg@sbcglobal.net

June & July Events

Friday, June 2, 6:30pm - Shavuot Shabbat eve and all night learning and study session. Hosted by Helen and Tal Sizemore (see page 3 for details & instructions to parents!)

Wed, June 7, 7pm - "Oy, Have I Got a Joke to Tell You!" Do you love to tell jokes? Or laugh at them? Good ones and bad ones? PC and not PC? Come share your collection of Jewish jokes and let's laugh and groan together! Admittance fee: at least one joke to swap.

Sunday, June 11, 8:00am - 2:00pm
HUGE Yard Sale at the shul

Friday, June 16, 6:30pm - Shabbat Service conducted by Robbie Gitlen followed by Dairy Potluck

Tues, June 27, 7pm, at the shul - A Chevra Kadisha meeting to share what Helen, Carol, and Shoshanah learned at the national Chevra Kadisha/Jewish Cemetery Conference in Portland in mid-June

Friday June 30, Rock Shabbat! Potluck at 6:30pm, music starts at 7:15. This will be a blending of traditional Jewish and klezmer fare with soul, funk and blues traditions.

Wed, June 28 - Monthly Men's Group

Friday July 7, 6:30pm - Shabbat Service, followed by Dairy Potluck.

Friday, July 21, 6:30pm - Shabbat Service, followed by Dairy Potluck.

Please call:

Carol to volunteer to lead a service 463-8526 and Ava Klayman to host a service 462-5067

Check out our Web page www.kolhaemek.org

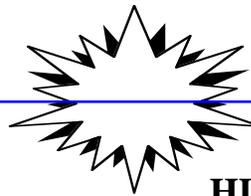
We have a Use Permit for the Shul

Yes it is true....we are officially approved now. I met the inspector (in between seeing patients) last Wed. May 17th for our final inspection. The inspector said it gave him particular joy to see our community finally have a place of worship. I told him the story of our Torah.

He was in awe of our ark. As he was leaving he wished our community well; a friendly and joyful ending, and beginning, all at the same time.

Mazel Tov to us all!

Robbie



KHE

HUGE Yard Sale

Sunday, June 11

8:00am - 2:00pm

Good Condition Donation Items Welcomed

459-9052 - Divora

459-4039 - Nancy

467-3934 - Robin

or E-mail: nancybeth615@yahoo.com

Please Do Not Drop Off Items

at the Shul

We will announce "Drop-Off" Times on line

Mazel Tov!

To Sara Esselman & Anthony Melville on their upcoming wedding in July.

To them and Ethan go all our wishes for a long and happy life together.

TORAH READINGS & Holidays

June 2 & 3 Shavuot - The 10 commandments

June 10 - Nasso

June 17 - Behaalotcha

June 24 - Shl'ach

July 1 - Korach

July 8 - Chukat-Balak

July 15 - Pinchas

July 22 - Matot-Masei

July 29 - Devarim

August 3 - Tish'a B'Av

Dear KHE Chaverim,
You may be interested in participating in this year's Ruach HaAretz Retreat (Aug. 14 - 20) in the Santa Cruz mountains - some wonderful classes with outstanding teachers. Check out the website:

> <http://www.ruachhaaretz.org/>

- SHAVUOT SHABBAT-

"The midrash says that at Sinai, Moshe told each person where they should stand to experience that holy surge of Divine communication. Each witnessed the event from a unique distance and a unique angle. This means that every individual glimpsed some perspective of G-d (and truth and Torah) that no one else saw, for no one else beheld the prophesy from quite that vantage. This is what it means that everyone inherits a unique portion of the Torah. The mission of each root soul (with its innumerable subsparks) is to shine its special Torah into the world."

(Susie Schneider, Jerusalem).

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.

Dictionary: Tisha B'Av

The 9th day of Av (August 3 this year) ia a major fast day. It is traditional to read Lamentations on this day, commemorating the defeat of Judea by Rome in 70 CE and the destruction of the second Temple. Tisha B'Av also serves as a reminder of other catastrophes that have befallen the Jewish people.

KHE Yard Sale Sunday, June 11

Volunteers Needed June 8th, 9th, 11th & 12th

**Call Now, Please! 459-4039
or e-mail
nancybeth615@yahoo.com**

**We need folks to pack, unpack, transport, schlep
things in, out and about and several pick-ups
w/drivers**

**on June 11 after 2:00pm,
and June 12 (time: to be announced)**

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, it is the one for late spring when the Israelites brought their offerings of wheat and first fruits to the Temple of 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, or in the Greek and Christian version Pentecost (fifty days).

It's 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 Cabalistic texts. Dairy meals are served (particularly blintzes.)

Traditionally children began their Jewish education on this day. Reformed & Conservative Jews celebrate confirmations on this day. The Book of Ruth is read in the Synagogue to commemorate the agricultural and religious aspects of the festival. The story centers around farm life during the period of the judges. Ruth, a Moabite widow of a Jew embraces her husband's mother Naomi, Judaism, and she is reputed to be the ancestor of King David.

SHAVUOT SHABBAT EVE AND ALL-NIGHTER JUNE 2

6:30 - 7:30pm: Offering of the First Fruits - First 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 hungry of Ukiyah). 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 show," please contact R. 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, cheesecake, noodle puddings, and fruit desserts). If you'll be bringing a home-baked Challah or if you would like to host this evening, please contact R. Shoshanah. *Families can say goodbye at this point, or children can sack out in a classroom in sleeping bags brought from home. (Parents are responsible for your kids.)*

8:20pm: Brief Yizkor service to remember those we've lost.

Adult Learning for Tikkun Lail Shavuot: Older children are welcome to participate. The last 10 minutes of each hour will be set aside for rest room and refreshment break. The night will be given over to a series of learnings via text, art, poetry, music and movement.

8:30pm Bella Feldman - Learn to sing Torah trope

9:30pm Carol Rosenberg - Artwork

10:30pm David Vilner - Experience the mystery of the Kabbalah in the Zohar

11:30pm Bill Ray - Legends of the Jews

12:30am Helen Sizemore - Freedom!

1:30am Robbie Gitlin - meditation

The wee hours: chanting, singing Hallel, meditation, the story of Ruth, snoozing (bring sleeping bags).

Dawn - We'll greet the first morning light with the reading of the Ten Commandments from our Torah and watch the sunrise.

Tal and Helen Sizemore are our hosts from dusk through dawn!

Sunday School sessions end for the summer

At our last Teffillah time, a child said he will miss Sunday School over the summer, and others agreed with the boy. I was really surprised! As the Coordinator/Principal for the past two years I was also very touched. I'm sure my own children would never have made that statement. For my kids and me, Hebrew and Sunday school was a chore and burden. My grown children are fond of Jewish practice at home. Shabbat & the celebration of holidays have always had real meaning for them, as adults they show little interest in Jewish community participation or in the Hebrew language.

My goal for our school these past two years has been to encourage our children to see each other as friends and cousins, to feel a closeness and a belonging, to see their Jewishness as a warm, special bond that they share with each other and other Jews in the world. I was not as concerned about what they learned as how they felt about their Jewishness.

I now think I might have sold them short! I was amazed when at the end of last year they said Hebrew was their favorite subject. I'm no longer amazed. Bella Feldman has done a superb job of teaching Hebrew and our kids are hungry for learning. Look at how well they perform at their B'nai Mitzvahs, they are very competent people. We have been blessed by excellent teachers who are providing the children what they need. They want to know the history of the Jewish people, the stories, the language, the music. They are even willing to learn prayers. Best of all, they want to be with each other. We need to continue to provide them with this rich diet of learning in an atmosphere of a loving family. Thanks to our teachers we will!

Bella Feldman & Sara Esserman will share the responsibilities of Leadership as Co-Principals. Karla Gitlen will continue co-teaching with Bella. Unfortunately, Linda Koppel will no longer be able to teach our youngest children and we are looking for a replacement for someone who is impossible to replace. Rachel Elkins has volunteered to be parent coordinator.

As I leave the position of Coordinator/Principal I want to thank the parents and children for their love and support. I have thoroughly enjoyed working with all of you and know I leave Kol HaEmek's Shul school in wise and loving hands.

Much love, Carol

Shul School Has New Directors

Next Fall's Shul School is already in planning. Carol Rosenberg, who has been our Shul School Director... "extraordinaire"... will be handing over the baton to the "Dynamic Duo" of Sara Esselman (soon to be Melville) and Bella Feldman. Rachel Elkins will be our Shul School Mom... helping with the myriad of needs from thirsty throats to scraped knees and everything in between. We all send a big Thank You to these woman.

Our Shul School is a "break-even" program. The Directors and Shul Mom positions are volunteer positions. Tuition pays our teachers, supplies, insurance and utilities. Community donations are always welcome. Please welcome our new volunteer staff! For early registration call Sara at 744-1494 or Bella at 467-1485.

Davvenen' Leadership Training in Ashland

A Taste of Davvenen' and Leadership Training with Rabbi Marcia and Hazzan Jack will be held in beautiful Ashland, Oregon on August 21-22. Deepen your leadership of communal prayer so that it activates the body, touches the heart, engages the mind, and nourishes spiritual growth.

Rabbi Marcia Prager and Hazzan Jack Kessler will share a two-day mini-training of the full Davvenen' Leadership Training Institute. This experience is designed for both the experienced leader and someone emerging into leadership. You must plan to attend the full two-day training, which begins with Shkharit (around 7am) and ends with Ma'ariv (after sundown) each day. All davvenen' (prayer) will be led by participants. When you register, plan to volunteer to lead or co-lead weekday Shkharit, Mincha, or Ma'ariv.

Where: Havurah Shir Hadash Synagogue in Ashland, Oregon

When: Monday and Tuesday, August 21-22

- Cost: \$300

Call (541) 488-7716 to register or for more info.

Write Shalomrav@aol.com to request a PDF flyer of this announcement.

Dear KHE,

Wonder of Wonders, Miracles of Miracles...

G-d did take us all by the hand.

We are finally here. Our Use Permit is complete. We are a formal, legal, religious entity within Mendocino County. Mazel Tov to all of us and all involved in this arduous task.

It's taken people to crawl under, over and around our building. We've done fundraisers after fundraisers... you all have responded.

Many of our pocketbooks became quite thin...just so we could have our home. We have nailed, painted, schlepped... laughed, shouted, cried, danced and prayed.

We are here.

As one of my last tasks as your President, let me formally declare this summer... the last three months before 5767, as "KHE's Months Of Celebration". During the months which follow, please enter our Shul with extra joy and celebration in your hearts! Take time to congratulate each other. We have truly accomplished our dream! Feel Free... sing, dance and marvel in our gift!

I've not enough words to describe my journey as your leader these past 2 1/2 yrs. More work is before the Board... Youth Programming is our now # 1 priority. We will be focusing on all aspects of youth from babes to young adults (and young hearts). Let us know what you want... and join in the developmental stages.

We still gotta Shul to paint... deck to fix... sliding door to install... meditation garden to plant... shed to move... library to install... back parking lot to rock... play area to build... office to set up... and all the other biz of operating the Shul (and then there's the dream of "the expansion").

My plans? I'll be working on a project with Bella. I'll also be looking at outreach programs with other Jewish Communities. We want our kids (and the rest of us)... to know and identify with our larger Jewish Community... let's see where this takes us.

I look forward to working with our next President...whomever that may be.

Blessings to you all. *Nancy*

Cheese Cake for Shavuot

6 Tablespoons unsalted butter	1 cup sugar
1 cup graham cracker crumbs	Juice of 1 lemon
6 eggs separated	1 teaspoon vanilla
16 ounces cream cheese	2 tablespoons flour
16 ounces sour cream	Spring form pan

Method:

1. Preheat oven to 300 degrees.
2. Melt butter and combine with cracker crumbs press into bottom of the pan, save some crumbs.
3. Combine the egg yolks, cream cheese, sour cream, sugar,lemon juice, vanilla & flour. Beat very well until light & fluffy.
4. Beat the egg whites until stiff. Fold into the cheese mixture. Pour the batter into the pan and sprinkle with the remaining crumbs on top.
5. Bake 1 hour. Turn the oven off and leave cake in the oven for 1 additional hour, then leave the oven door open ajar for 30 minutes more.

Dear KHE Chaverim,

It was a hot summer's day three years ago that I pulled up to U-Haul on State Street to start my new life in Mendocino County. How wonderful and unexpected it was to be greeted by Board Members of Kol HaEmek, who provided goodies to eat and helped me unload my belongings. At that time, Elizabeth Raybee was Board President, and again now I thank her for all the support she gave me as the new rabbi and for the good spirit in which she helped guide the community through the momentous adventure of hiring a rabbi and acquiring a building. And then Elizabeth stepped down, and Nancy Moilanen became our new President. As one of the founders of the community, Nancy has had a vested interest in the well-being of KHE for decades now, and she was ready to take the helm and oversee the actual inauguration of our shul and the additional responsibilities that accrue from needing to support a building and a rabbi. It's one thing to have a campaign to raise funds for a building, and it's another to continue to sustain it's functioning and pay a rabbi's salary month after month.

Bless all the folks who've given time and energy to make this all a reality, whether your name appears in this column or not! Robbie Gitlin oversaw the actual physical conversion of the building into our holy home, culminating in the recent official approval by the *Zoning Commission*. One suggestion being seriously discussed now is whether to fix and enlarge our deck including an awning or overhang, and to build a second doorway out to the deck from the kitchen. This would not only enhance safety, but would enable us to better handle large numbers of participants on special occasions.

With the shul in regular use, it needs to be cleaned regularly. Well, bless Linda Koppel for being our house-mother and overseeing all the details that make the shul such an inviting place to be in for such a variety of activities. The Board finally convinced Linda that she didn't need to physically clean the shul herself, so now we have hired someone to come in once a month and cover the basics. (Remember that each time we use the Shul, we need to make sure it's ready for the next group before we leave.) And then there's the garden, whose planning and care Louisa has taken on as her special contribution. Thank God, Louisa says she receives more than she gives from this labor of love. But with all the hours that Louisa puts in (and we can all see the beautiful results in all the blooms gracing the shul grounds these days), she can't do it alone. So in addition to the volunteers who help with planting and mowing, putting in irrigation, etc., we need to allot funds for gardening as well.

What an array of functions happen at our shul! Of course, we have services on Shabbat and our holiday celebrations. Rosh HaShanah, Simchat Torah, Chanukah, Tu B'Shvat, Purim, Pesach and Shavuot have brought folks to the shul. Do you miss the pre-shul Friday evening gatherings in people's homes? I notice that a different group of people comes to our shul Shabbat services than would come when the Friday nights were in people's homes. Do you think it would be fun to alternate services between homes and the shul, as they do in the Mendocino Coastal congregation? Our new Rock Shabbat has brought a whole new population of parents and young children to the shul on Friday evening. What a joy to see everyone coming together inside and outside, adults shmoozing and kids playing, with spirited music happening at the same time. Would you like all of our Friday eve gatherings to start with a potluck dinner first, as does the Rock Shabbat? Rock Shabbat came about from the initiative of community members who wanted to see it happen - what would you like to see happen on Friday evenings and Saturday mornings?

I participated in Shul School on several occasions this past year, and I can testify to the warm, loving atmosphere that director Carol Rosenberg and the teachers and parents have created for our children. Col hacavod (all honor) to these adults for providing such a welcoming and positive Jewish environment for our young ones. As Carol steps down from the two years that she has dedicated to directing the school (she remains KHE Board Secretary), we thank her profoundly and wish the best to our school staff for the coming year.

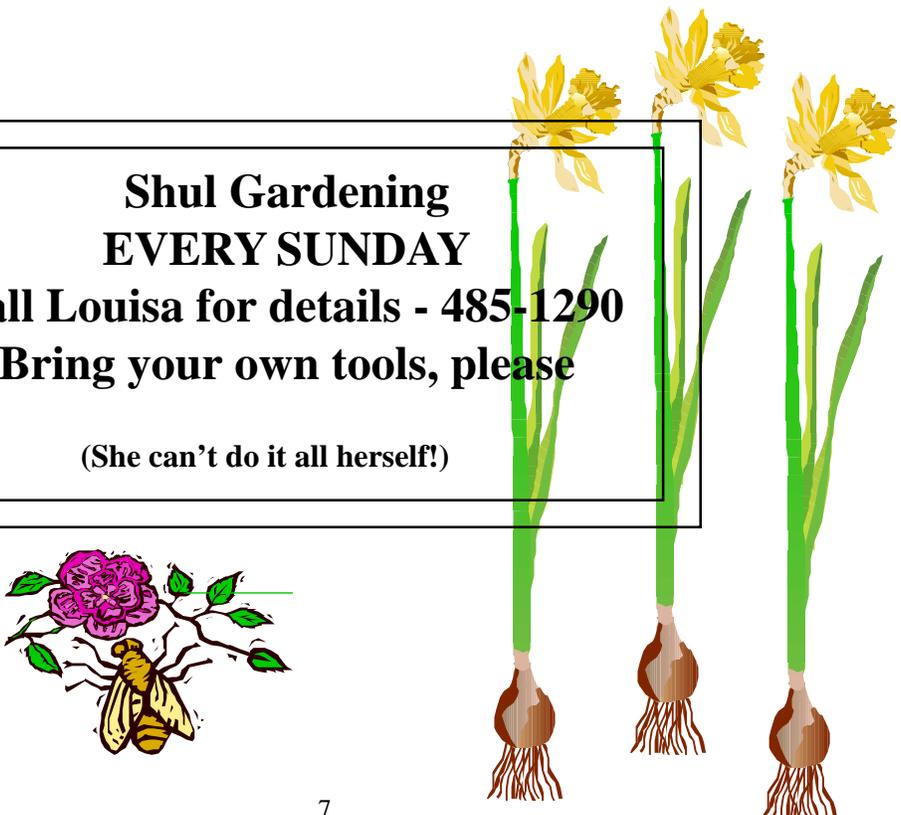
Rabbi's article continues:

A great variety of adult classes have also met at the shul over the past two years. I have led sessions that range from looking at Judaism and the environment, to sharing experiences of interfaith marriage, to studying Biblical texts, to learning niggunim, to personal experiences of anti-Semitism, to writing our spiritual autobiographies, to healing circles, to Torah through movement, to making our own tallitot. Some of these gatherings have been better attended than others. It's important for the community to make good use of my time as your part-time rabbi. What would you like to see me teach, or lead this coming year? What do you think is the best use of my time?

Using our shul as a venue for showing Jewish films was a dream I had when I first came. It's now a reality, and thanks to Janine and Lillian Vogel, and Stuart Marcus and Bill Ray for making it possible for us to show fine quality movies almost monthly. The Men's Group also meets monthly at the shul now - I obviously have never attended, but it seems as if meeting in the shul has given the group new impetus and energy. Bravo! Remember how much fun we had at the Doug Cotler concert a year ago? Part of what made that evening special was that it happened in our own facility - our communal home. And we also had a successful rummage sale at the shul a year ago, to be repeated we hope this June 11. And now all the books of our library have been moved from the Vogel/Rosen law offices to the back room of the shul - thank you Alan Sunbeam and Carol and Linda for helping to prepare their new home. Hevra Kadisha and Rabbi's Council meetings have also taken place at the shul.

So it's easy to see that the shul really has become a focus of our KHE communal life. And keeping all of this running smoothly means that our Board keeps busy too! So todah rabbah, thank you, thank you to Board Members David Koppel, our stalwart treasurer for years now, to Divora Stern who has been serving as our Vice President, to Carol Rosenberg, Nancy Merling, Bill Ray, Dan Hibshman, and Alan Sunbeam. And welcome to Steve Levin, who recently joined the Board. And most of all, thank you dear Nancy, for all you have given during your presidency! Blessings to you as you go forward in your life, and blessings to the incoming Board President who will guide us forward as a community. May you have all the support you need and more from all of us connected with Kol HaEmek.

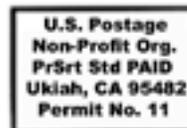
B'shalom oovrachah, Shoshanah



**Shul Gardening
EVERY SUNDAY
Call Louisa for details - 485-1290
Bring your own tools, please
(She can't do it all herself!)**



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:

Nancy Moilanen, President	459-4039
David Koppel, Treasurer (Financial committee)	485-8910
Carol Rosenberg, Secretary	463-8526
Divora Stern, Vice President	459-9052
Nancy Merling (Rabbi's Council)	456-0639
Bill Ray	459-5850
Dan Hibshman	462-7471
Alan Acorn Sunbeam	463-8364

Open Seat

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**

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

New Members: Nancy Moilanen (459-4039)

Publicity: (*Volunteer needed, contact a board member*)

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@earthlink.net

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

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