



The Newsletter of Kol HaEmek (Voice of the Valley)

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

Phone # 707-468-4536

September 2009

Elul 5769 - Tishrei 5770

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

Visit our web page: www.kolhaemek.org

Coming Events

Friday, September 4, 6:30pm Kabbalah Shabbat with Rabbi Shoshanah. It will be hosted by the Gitlins as we bless Rosie before she leaves for college at Santa Cruz.

Saturday, September 12, 8:30pm Slichot- Prepare for the New Year - "The Sound of Silence" see page 4

Sunday, September 13, 10am - 12:15pm Shul school!

Friday, September 18, 7-9pm Erev Rosh HaShanah

Saturday, September 19, 9:00am Rosh HaShanah Service, Children's Service 10-10:45am; at about noon, after reading the Torah and the first round of shofar blowing, we will break for Kiddush. We will resume at about 12:30 to continue the traditional Rosh HaShanah service and shofar blowings and finish about 2 pm. This plan will enable those who want to experience a full Rosh HaShanah service to do so.

Tashlich, 2:30pm, potluck picnic at Lake Mendocino, Pomo Day Use Area B. Use Highway 20 to reach the northwest part of the lake. Go past the Pomo roundhouse to the second parking lot, park near the bathrooms and walk toward the lake.

Sunday, September 27, 1:00pm for women, 3:00pm for men Mikveh at Pennyroyal Lake. Meet in the Parducci parking lot.

Sunday, September 27, 7-9pm Erev Yom Kippur

Monday, September 28, Yom Kippur Morning service 10:00am-2:00pm Afternoon 4:00pm - until 3 stars visible in sky; open Torah and Yiskor through evening concluding service, followed by break-the-fast potluck.



Coming Events in October

Friday, October 2, 6:30pm Sukkot Kabbalat Shabbat and Sukkot celebration

Sunday, October 4, 18, 25, Shul School

Saturday, October 10, 6:30 Simhat Torah

Friday, October 16, Community-led Kabbalat Shabbat at the home of Amy Wachspress & Ron Reed.

Holidays and Portion of the Week

September 5 - Ki Tavo
September 12 - Nitzavim-Vayelech
September 18 - Erev Rosh Hashanah
September 19 - Rosh Hashanah
September 26 - Haazinu Shuvah
September 27 - Erev Yom Kippur
September 28 - Yom Kippur

We Remember:

Ida Mann - September 11
Tina Marans - September
Rae Stanten - September 15
Dorothy Corwin - September 21
Philip Kam - September 21
Hyman Andich - September 29
Viola Faber - Elul 28
Dinah Godfrey - Elul 29
Jerry Horowitz - Elul 29
Ida Levitas - Tishrei 1
Minne Sorkowitz - Tishrei 8

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.

Condolences

We extend our condolences to Eric and Betty Idarius on the death of Eric's father, Bernard W. Peterson, affectionately known as Spud.

We extend our condolences to the Juster family on the death of Sherman Juster.
Zichrono l'brachah / May his memory be a blessing.

***Tzdakah* at the beginning of the Jewish year is as traditional as honey cake and round challah! We Jews celebrate holidays and happiness by giving to others; we remember our dead by supporting the living.**

Here are two funds we support all year long:

* The Marion and Sanford Frank Fund
for Feeding the Hungry in Ukiah
* Promoting social rights and community mediation for Jews and Arabs in Acre, Israel.
This is a new organization that you may consider giving your support!

* Serving emotionally disturbed children and children from troubled homes throughout Israel regardless of religion, race, origin, or social status (see orr-shalom.org.il).

* Make your checks payable to PEF: Israel-Endowment Fund, and earmark them to either the **Association for Community Development -Acre** or **Orr-Shalom Children's Homes**. There is a \$25 minimum requirement for each check to Israel.

Of course you may also choose to support ANY CHARITY OF YOUR CHOICE.

Congratulations to Lillian Vogel on her 100th Birthday.

Thanks to Robbie Gitlin for giving a fine finish to our portable ark!

Attention, All Who Wish to Blow the Shofar!

Bruce Andich is our official coordinator for Shofarim. Please call him at 459-4855 or e-mail <mdandich@yahoo.net >

Annual Support and Information for **Kol HaEmek Jewish Year 5770**

Please return your membership/High Holidays commitments by September 10. We need to arrange seating (at our Shul) for the correct number of attendees.

Mail to: Kol HaEmek, Box 416, Redwood Valley, CA 95470

Name _____ AND _____
Address _____
City/State _____ Zip _____
Children _____ Birth Date _____
_____ Birth Date _____
Phone(s) _____ E-mail _____

I would like to receive my Shema: Paper and Email **OR** Email Only

Annual Support (1st three levels include High Holidays, Newsletter, Rabbi Services)

- \$ 1100 + Patron (*was \$990*)
- \$ 550 Family (*was \$500*)
- \$ 250 Individual (*was \$225*)
- \$ 50 Newsletter (Shema) (*was \$36*)
- \$ _____ Other

Payment Method

- I have included a check or credit card authorization for full payment.
 - Charge my credit card: Quarterly:** \$ _____ **Monthly:** \$ _____
- Circle card type: **Visa** or **MasterCard**

Name on Card: _____ Phone: _____

Mailing Address of Card: _____

Amount of charge: \$ _____ Today's Date: _____

Card #: _____ - _____ - _____ Expiration: _____

Signature of Card Holder: _____ 3 Digit # on Back _____

High Holiday Services Only

- Will attend High Holiday services:** Rosh HaShanah Yom Kippur.
- Paid or pledged annual support for 5770 which includes High Holidays services.
- Instead of annual support, I/we pay Adult(s) @ \$225 and Child(ren) @ \$60 (was \$200 & \$60)

Thank you for your support!



In my Opinion:

School is not supposed to start in August! It's too early, I want more summer. It's too hot, the leaves are not turning color. The official and emotional time for school, responsibilities, and shoes that need socks is September after Labor Day!

Every person from the eastern U.S. knows this. After 30 years in California I'm still a child of the eastern United States. In no way do I want to return to New York, New Jersey or Massachusetts but my emotional references are tied to my childhood and young adulthood.

Every so often I have to sit and pay attention to that early programming; I need to double-check my first responses to people, situations and unexamined expectations. I need to ask: are they still valid? I need to learn new cues, new indicators of the seasons.

For me, I'm very ready to say it costs too much, I don't need it. This does not keep me from wanting expensive shoes. It does make me think about how much do I really want an experience. Case in point, summer school: would I really be able to get to class at 8:00am? Would I really have been available for all six weeks this past summer? Did I really want to make more ceramic pots that no one really needs? The answer--after a good deal of thought--was yes! I realized I could take it for no-credit and if I showed up even half the time I would have the pleasure of throwing clay on a potter's wheel. I have spent money on foolish things before (especially shoes!).

So why am I telling you all this? Because we raised the membership dues for Kol HaEmek. I want you all to examine your values and your expectations and say I WILL. I want you to say, I'll pay monthly or quarterly but won't say no to my identity as a member of the Jewish community. I won't say no to the cost even if I disagree with Israel's relationship with the Palestinians. I won't say no even if I hated being in synagogue as a kid. I will be there to eat apples and honey with my neighbors and friends, I will hear Kol Nidre regardless of how it is sung or played, I will be a part of the community of my heart and my soul regardless of what else I might have to do without.

Love and all good wishes for the new Year, *Carol*

Please contact Carol Rosenberg (463-8526) if you'd like to host a Shabbat in your home or at the Shul this fall or winter. A celebratory occasion (e.g, birth, birthday, anniversary, special circumstance) is always a good reason for hosting, but you may just feel like stepping up to offering this mitzvah.

If there is a special way you would like to contribute to High Holiday services (song/music, meditation, inner exercise, dvar torah, etc.) please contact Shoshanah (sdevo-rah@gmail.com or 467-0456).

If you'd like to help with setup or cleanup, or being a greeter for the High Holidays, contact Carol R., 463-8526.

In My Opinion - Robert Klayman

I began this little rambling as thoughts for summer reading, but hey, good books aren't really seasonal. I was lamenting about the post-literate society (mostly posted in cyberspace by video game junkie graduates) and began reflecting with unabashed fondness upon the many life-changing and simply entertaining books I have recently enjoyed.

Not all that surprising that among the most influential writers in my long life of reading are Jewish writers. And since it's my habit to organize and categorize, I decided to make a list; but with thousands of years of Jewish literature before me, I was immediately overwhelmed how to begin. Quickly, I decided to limit my list to American writers of fiction; but even this became daunting.

Oy! Mailer, Roth, Singer, Bellow (my favorite.) I dearly love *Catch-22*, but although it is a wonderful work by a Jewish writer filled with Jewish sensibilities, it is not essentially a Jewish novel so off my list. Needing to stop obsessing over what was a passing idea, I just jotted down a few of the more recent titles that I have enjoyed. I thought I would share them with our Jewish community with the idea that members in turn would use this space to share some of their favorite books.

- *MAUS*, Art Speigleman
- *The Yiddish Policeman's Union*, Michael Chabon
- *Beware of God*, Shalom Auslander
- *The Puttermessa Papers*, Cynthia Ozick
- *Lazar Malkin Enters Heaven*, Steve Stern

Congratulations

To Jaime Stephens and Andrea Brandt on their forthcoming marriage. Jaime is the son of Jan & Gary Stephens of Willets and Andrea is the daughter of Phyllis and Stephen Brandt of Lodi, May Jaime & Andrea enjoy a long and happy life together!

FYI

Calendars for the Jewish New year and other Judaica are available at the 3 Sisters shop, 112 South School St., Ukiah. Call 463-2320

Geof of "Cinnabar Ceramics" studio in Ukiah is making up Jewish Holiday designs for special orders. The shop is at 106 W. Church St. Ukiah, call 621-1135

David Vilner on death:

it is difficult
to go to bed forever
without some concern

a long vacation
from which I will not return
now, that's a bummer!

What is Slichot?

Saturday, September 12, Slichot, 8:30 pm

We prepare for the new year. Slichot---The Sound of Silence. With the actual High Holidays so full of prayers and singing, we will use the Slichot Service as a time of shared silence to bring us back to our source. Slichot is the traditional service to prepare for the Days of Awe (from Rosh HaShanah to Yom Kippur); just as we immerse in a mikveh of water to release, purify, and renew ourselves, so shall we immerse in a mikveh of silence. Come prepared to be in silence for three periods of 20 minutes each, interspersed with kavvanot (intentions), blessings, and the sounds of the shofar.

Dear KHE Chaverim,

Each week I open the “J,” the Jewish news magazine of the Bay Area, and read about the plethora of events and services offered by and for the Jewish communities to the south of us. What a richness of offerings! Plays, workshops, lectures, music, museum shows, etc., as well as the programs organized to serve the social and economic needs of the Jewish population. There are programs to support seniors, teens, toddlers, and the LGBT community; to help folks address the economic crises facing us; to serve those living with physical or mental illness, developmental disabilities, grief or domestic violence.

With our much smaller numbers and “economies of scale” here in Mendocino County, we are limited in what we can provide organizationally to stimulate us culturally and meet our existential needs. We don’t have an organized Bikkur Cholim (Visiting the Sick) Committee, but how gratifying it was to see the huge number of responses received when a member who needed to be off her feet for a few months put out a call for help via KHE email. We’ve been blessed to have aging parents of adult children move to our area, but we don’t have organized programs for them. I’ll bet they would enjoy some home visits or outings with members of our community, and even rides to KHE services and events. When one such parent died this past year, her daughters were awed and grateful to discover the services provided by our Chevra Kadisha (Holy Burial Society). The experience has led them to volunteer to be called on in the future to participate in the Chevra Kadisha. And for many months, a KHE member has committed herself to regular visits with one of our formerly active members who now lives in a nursing home. So if you have a need for support of this or a similar nature, let’s put it out to the community. The burdens carried by responsible family members can often be lightened when shared by others who willingly offer their time and energy and presence.

My heart goes out to the parents in our community and their young adult children whose path has been rocky. I don’t know how we as a community can offer direct support, but I simply want to acknowledge that this situation exists for quite a few of our families, and that they shouldn’t feel alone in their difficulties. These are very painful experiences for families to live through. Then there are two topics, domestic violence and sexual abuse, that have never been mentioned to me as current issues in our community, and yet according to statistics for larger populations, including Jewish populations, these issues exist among us. It’s hard for Jews to acknowledge that this happens among us, but it does. And the shame involved often means that the victims as well as the perpetrators “protect” their own and their family’s reputation via secrecy. Again, if this touches your truth, know that you are not alone and that people have successfully negotiated coming through the ordeals of these experiences. Sometimes simply sharing the awful history (which seemed too awful to share) can bring tremendous relief and courage and strength. While we have local resources outside of KHE where one can turn, know that the Bay Area Jewish community actually has a center for addressing such problems: www.shalom-bayit.org.

Aside from the difficulties of young people in finding work these days (summer jobs for teens or positions for young college graduates), I have heard from only one of our members about financial problems which have arisen in the midst of the larger economic crisis. Obviously, KHE is not in a position to hand out money to those in need (though we do have a tzedakah fund which can disburse very small amounts of stop-gap emergency aid). But financial stress can certainly affect an individual’s and a family’s well-being, and hopefully our community can be of help here - simply through the sense of a larger community to which one belongs as well as the resources we can offer.

Rabbi Shoshanah article continued...

Prayer and communal worship have always been supports in time of need. Coming to a potluck or a film night can boost one's spirits. Communities in the Bay Area have support groups for folks who've lost their jobs, and networks for matching up folks with counseling and possibilities for skills sharing. And for them, and you, too, there is the Hebrew Free Loan Association (www.hflasf.org), a time-honored Jewish tradition, which grants interest free loans to folks. I know for a fact that people in our community have applied for and received such loans.

There may be many other informal links in our community which support people in need of which I am not even aware. I imagine that young families having dinner or play dates together, and veteran founders of KHE having relationships that go back decades, can provide informal means of support when the going gets rough. I know that folks really relished our Shavuot campout this past spring; they loved the relaxed opportunity to hang out and shmooze with each other away from the hectic schedules of every day life. And in addition to the very special program we had for our *b'nei mitzvah* at the campout, it was great to see these young teens enjoying themselves together in such beautiful surroundings.

I do hope that we can get together a program to take these post *b'nei mitzvah* teens on several outings during the year. And I've so delighted in seeing our teens, as well as their younger siblings and parents, performing with talent and gusto in local shows such as those put on by Space. How about a KHE - created show designed, produced, and performed by our own members? And many thanks to all the folks who organized and participated in the great variety of programs that our little KHE community has sponsored over this past year. *Kol ha cavod/Bravo!*

So far this column has been about us, here and local. Don't forget that one of the ways we each can help is by contributing to the *tzedakah* funds that we sponsor. In addition to our local efforts, we now have two Israeli organizations that we recommend for *tzedakah* donations. For several years, we have promoted contributions to the Community Development Association of Acre/Acco, the mixed Jewish/Arab city on the northern coast of Israel. The municipality took over the food program they were operating, and today this joint Jewish/Arab-run grassroots organization focuses on obtaining social rights for the low-income population it serves and for mediating between Jews and Arabs who often live in the same neighborhoods. The KHE Board is also enthusiastic about encouraging donations to Orr Shalom, a countrywide network of programs for emotionally disturbed children and youth from troubled homes, whose services cut across religious and ethnic lines. See details for contributions to these and all the *tzedakah* projects we support elsewhere in this Shema.

Our world calls out for healing. Each of us, no matter what our personal situation, can be a healer. Breathing in and breathing out, giving and receiving, in communion with our own needs and those of the world around us. *Ve'ahavta l're'eycha c'mochal* Love Your Neighbor As Yourself - an ancient line of Torah still potent today.

Blessings to each of you as we enter into 5770. May this year bring healing on many levels. And if, during the past year or before, I have offended or hurt you in any way, knowingly or unknowingly, please contact me so that we can do our own healing.

B'shalom oovrachah, and L'Shanah Tovah! 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 468-4536)

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 and Robert Klayman 391-6114 rklayman@mhcinc.org

New Members: Carol Rosenberg (463-8526)

Rabbi's Council: 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)