

Shema עמק



The Newsletter of Kol HaEmek (Voice of the Valley) December 2010
P.O. Box 416, Redwood Valley, CA 95470 Phone # 707-468-4536 -Kislev -Tevet 5771
Please submit articles by the 20th of the preceding month to carolrosenberg@sbc global.net

Sunday, December 5, 2:30-5:30 Hanukkah Party: Crafts Fair, Latkes, Music, Face Painting, Candle Lighting, Songs, Stories and more!

Tuesday December 7, 6:30 at the Koppels': KHE Board meeting.

Friday, December 10, 6:30 Kabbalat Shabbat with Shoshanah, followed by veggie/dairy potluck.

Sunday, December 12, 10-12:15 Shul School. Short parent meeting to follow: planning for new semester beginning Jan. 9

Thursday, Dec. 14, 7-9 pm A Workshop for Caregivers: Come share all the ways caregiving makes you "*meshugganeh.*" With R. Shoshanah and Margot Frank.

Saturday, Decmber 18, 10 a.m. Bat Mitzvah of Melissa Rose Thibeau, luncheon to follow.

Friday December 24, 6:30 Kabbalat Shabbat with Shoshanah, followed by veggie/dairy potluck. Come and wish R. Shoshanah a sabbatical of learning and renewal.

December 5th, 2-5pm
Our Splendid Annual Hanukkah Party and Crafts Sale
call Carol at 463-8526 for info
Latkes, Musicians, Performers
Storytelling, etc.

Come One, Come All--Bring Your Friends and Menorahs



We invite you to share our joy as our daughter
Melissa Rose
is called to the Torah as a
Bat Mitzvah
Saturday, December 18, 2010
at 10 am
Kol HaEmek 8591 West Road
Redwood Valley
Kiddush and luncheon to follow
Dana Thibeau and Rachel Elkins

Portion of The Week & Holidays

December 1- 8 - Hanukkah
December 4 - Miketz
December 11 - Vayigash
December 18 - Vayechi
December 25 - Shemot
January 1 - Vaera

Candle lighting times

112--3, 4:33
12-10, 4:33
12-17, 4:37
12-24, 4:38
12-31, 4:42

We Remember :

Evelyn Rapport Cohen 12-6
Mark Kinze Molgaard 12-7
Chaim Rayberg 12-10
Ephraim Coren 12-14
Max Schecter 12-15
Elizabeth Elberg 12-23
Leon Horowitz - Tevet 3
Pearl Turovitz - Tevet 14
Marian Margolis Frank - Tevet 20

Dan (The Plant Man) Waterman lost his battle with lung cancer on Wednesday November 17, 2010.
Our condolences to his son, Ben, and Dan's family and friends.

Condolences to the family and friends of Susan Keegan.

FYI

Two KHE families have adult children working in Africa this year:
Adam Goldberg, son of Sam and Pat Goldberg, is in Malawi.
Samara Andrade, daughter of Muhasibi Shalom and Antonio Andrade, is working for the UN in the Sudan.
Blessings to them in their ventures.

Donations to Kol HaEmek Make a Difference

Kol HaEmek is grateful for all contributions to our various funds. The following is a list of some of them.

- 1) Building Fund
- 2) Religious School Fund (Kalifornia Memorial)
- 3) Scholarship Fund
- 4) General Fund
- 5) Memorial Board Fund
- 6) Tzedakah Fund
- 7) Rabbi's Discretionary Fund
- 8) The Marion and Sanford Frank Fund
for Feeding the Hungry in Ukiah & Willits
- 9) Caring for needy Jewish and Arab people in Acre, Israel*
- 10) MEMBERSHIP

Questions? Call David Koppel 485-8910

Please mail your contributions to:

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

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

PASSINGS

Our congregation will say Kaddish on the anniversary of your loved one's death. Call Rabbi Shoshanah at 467-0456 with your concerns about the loss of a loved one and/or the name and either the Hebrew or English calendar date of death.

An Interfaith Gathering for Peace

Saturday January 15,
10:00 a.m.-3:00 pm
Methodist Church Hall, Ukiah

all interested persons,
please call Carol 463-8526:
KHE needs to prepare a short program

Donations to KHE in October

Lillian Cohen & Thomas Evans

Judy M. Corwin

Cassie Gibson & Chris Gibson - Rabbi's Fund

Dan Hibshman & Leslie Kilpatrick- Marion Frank Fund

Jay Joseph & Jennifer Joseph

David Koppel & Linda Koppel

Nancy Moilanen

Linda Posner

Clarissa Schaeffer & Gregory Sims - In Memory of Tal Sizemore

Susan Sher & Hattie Sher - In honor of Rabbi Shoshanah's Seven Years of Service

Larry Harris and Ben Harris - In Memory of Tal Sizemore

Elaine and Bruce Richazrd - In Memory of Tal Sizemore

Anonymous - Rabbi's Fund

Darline Bergere & Josh Bergere

Andy Coren & Yvonne Coren

Janice Berman

Sweet Potato-Parsnip Latkes (makes approximately 25 pancakes)

2 pounds garnet sweet potatoes (yams) rinsed and peeled

1 pound parsnips, peeled

10 shallots

6 large eggs, beaten

3/4 cup + 2 table spoons matzoh meal

1 tablespoon kosher salt

1 teaspoon black pepper

vegetable oil for frying

1. Using the coarse side of a box grater or the medium coarse grating disc of a food processor, grate potatoes, parsnips and shallots. Toss together in a large bowl
2. Add eggs, matzoh meal, salt & pepper, toss to mix well
3. Pour 1/4-inch of oil in a 10-12-inch frying pan (with sides at least 2 inches high). Heat over medium heat. When oil reaches 350 degrees gently place 1/3 cup of mixture into hot oil, using 1/3 cup of mixture for each pancake. Cook 3-4 at a time, do not crowd pancakes. Turn and cook on reverse side when edges are brown and crispy.
4. Transfer finished pancakes to paper towel to drain briefly. Keep pancakes warm in a 200-degree oven until all are ready to serve. To freeze pancakes to serve at a later date, place fried pancakes between layers of aluminum foil. Reheat in 350-degree oven on a baking sheet.

In My Opinion:

I now have a new computer. Learning how to use it and perhaps creating a Shema on it is a daunting task. When I say I love learning new things, I suspect I'm lying to myself. This might have been true at an earlier age, but considering my current inability to retain new information and learn new tricks, it's no longer an accurate picture of my reality.

The me that I am and the me that I would like to be are somewhat out of alignment. I suspect I'm not alone in this inability to see my own truth. I also expect that politically many of us have ideals about the way we want the nation to work that are out of alignment with our own families' current and future needs.

For instance, my mother believed that taking government aid was sinful. She never could believe that her Social Security wasn't exactly the money she put into the system and had nothing to do with anyone else's contributions.

On a larger scale, my neighbor used to say, "I'll pay for my own medical care; besides, I never needed a doctor!" Then when he developed cancer, he was delighted that his insurance broker signed him up for Medicare D and in truth, Medicare saved his life and his life's savings.

Interdependency is a hard lesson for independent people to accept. That's the beauty of being Jewish, we have always known that no one can stand alone not even in the face of God. We are judged as a community. To say many basic prayers we are required to have ten participants.

A social worker once told me that as an Italian, his community would gladly help one fatherless child. "Jews," he said, "see a need and set up an agency--they know there will always be more families in distress."

I guess I shouldn't be surprised when I discover so many potential members of the Jewish community who see no need to be affiliated, no need to educate their children in the culture of their ancestors. I understand why people may want to be independent, to take care of their own, to be free of community entanglements.

Then the surprise comes, all too often in a crisis or with a death. Then they or their kin remember the Jewish community. Because we are who we are, we are often there to provide the services needed. I sometimes wonder: do we do this because we like the picture of ourselves as selfless and forgiving, or is it who we are and Whom we really serve.

With love,
Carol

IN MEMORIAM

About a year ago I called a meeting of the Cultural Committee. I wasn't sure why and it was kind of last minute but we had a pretty good turnout and we needed to discuss what we could schedule for the shul that would be of general interest. One suggestion knocked our socks off and it was for a coming together of a number of religions to discuss views of the afterlife. By the end of the meeting I noticed that one person hadn't really had any input so I asked Dan Waterman what he thought of what was going on. He said that he wasn't a talker, he was a doer, that he had been diagnosed recently with cancer and he didn't have the time to just talk. The woman who had suggested the interfaith forum said she had also recently been diagnosed with cancer and was beginning treatment the next day. At this point big, tough-guy Dan walked over, put his arm around her and said something like "Don't you worry because we're going to fight this thing together." It took my breath away and I then knew why I had called this meeting.

Dan lost his fight a couple of days ago but the memory of his courageous gesture, reaching out to another person in need when at his most vulnerable, is a memory that will stay with me until my memory is gone. I will always remember him this way--as the kind, generous human being he always was. G-d bless you, Dan.

Harvey Frankle

Mostacudos

Nutty spice delights from the Sefardic community of Rhodes. They contain no wheat flour.

1 & 1/2 cup of cleaned ground almonds
1 & 1/2 cup of cleaned ground walnuts
1 cup sugar
1/2 teaspoon of ground clove
1/2 teaspoon cinnamon
2 generous tablespoons honey
1 large or 2 smaller eggs
Mix until it all sticks together
Shape into small balls
Bake on a greased pan about 7 minutes
at 395 degrees F

The Electronic Shema is now being sent to everyone on our E-mail list!
If you do not want to receive it this way please e-mail Carol at Carol Rosenberg
@sbcglobal .net I will notify our current information person.

Also, If you are currently receiving a paper Shema and do not wish too do so please
tell Carol 463-8526.

Thanks

Dear KHE Chaverim,

Visiting someone sick may be just what you're motivated to do, or the last way you'd be choosing to use your time and energy. You may really feel affection for the ill person, and want to visit, or you may have an aversion to being with any ill person, no matter what your connection to him or her. This may be compounded if the person is old, dying, or in a nursing home or hospital setting.

Visiting the sick/bikkur holim (give the 'h' that guttural sound) is a mitzvah in Judaism. The Talmud tells us it is one of those "obligations without measure, whose reward, too, is without measure." Maimonides suggests that bikkur holim derives from the Biblical mitzvah to "Love your neighbor as yourself." Twelve years ago I wrote, " Know that your little attentions to people can really make a difference in their lives. Know that your loving caring for others somehow energetically feeds you too, even if the other party isn't always open to receiving or reciprocating your attention." These words ring true for me today, thousands of bikkur holim visits later.

A midrash tells us that God set the precedent for bikkur holim by appearing to Abraham when our patriarch was sitting in the doorway of his tent after having circumcised himself. The Talmud and Shulchan Aruch both tell us that God's presence, the Shechinah, rests above every invalid's bed. It's helpful to remember this when visiting someone sick. The Shulchan Aruch goes on to say that the visitor in the sick room should make sure not to be at a physical level higher than the patient. My own experience confirms the importance of sitting down 'with,' rather than remaining standing 'above' while visiting. We also have the instance of the famous R. Akiva, who visited one of his ill students and swept the floor of the sick room. When the student recovered, he said, "Rabbi, you have made me live," This led R. Akiba to proclaim that "Whosoever does not visit the sick is like a shedder of blood."

Sometimes it's awkward to know what to do while visiting someone sick. R. Akiva's example of sweeping could manifest in your visit by the patient's asking you for something to drink, or to arrange the pillows or whatever, and this can give you a sense of having 'helped.' But know that your simple presence can be the greatest gift of all. R. Hanina, R. Abba and R. Huna are all quoted in the Talmud as saying,, "One who visits a patient takes away a sixtieth of his (her) pain." (When then asked, why not have sixty visitors and restore the person to health, the answer was that each visit removes a sixtieth of the remaining pain....) There is a famous Talmudic story of R. Yochanan, who brought healing to another rabbi who was ill by visiting and holding his hand. When R. Yochanan fell sick, he too needed the helping hand of another (R. Hanina) for his own healing. The Talmud asks, "Why could not R. Yochanan raise himself? They replied: 'The prisoner cannot free himself from jail.'"

Take your cues from the ill person as to what is appropriate during your visit. Chatting, silence, singing or playing music, joking, praying,,touch, trying to "do" something to help --can all be just right or wrong in a particular situation. And make sure not to overstay your visit and not to take it personally if you're told that this is not a good time for a visit. While a sick person can really be glad for, and energized by, a visit, sometimes the feeling of having to engage or even host the visitor really depletes them afterwards. Don't forget to keep track of how you are doing/feeling. What have you found helpful for your own wellbeing before, during, and after making a bikkur cholim visit? Halachically, no distinction is made in the practice of bikkur cholim regarding whether the ill person is Jewish or not. The Talmud declares: "[We] support non-Jewish poor along with the poor of Israel;

we visit non-Jewish patients along with the sick of Israel.” The great 20th-century rabbi Abraham Joshua Heschel claimed: “The test of a people is how it behaves toward the old. It is easy to love children. Even tyrants and dictators make a point of being fond of children. But the affection and care for the old, the incurable, the helpless are the true gold mine of a culture.” Many centuries ago, R. Joshua ben Levi said: “Honor and respect the aged and saintly scholar whose physical powers are broken, equally with the young and vigorous one; for the broken tablets of stone, no less than the whole ones, had a place in the Ark of the Covenant.”

May we remember that we are holy, those we are visiting are holy, and we are in holy space when we practice the mitzvah of bikkur holim.

B’shalom oovrachah/ In Peace and Blessing,,*Shoshanah*

OY VEH! A Workshop for Caregivers. Thursday , December 14,7-9p.m.

Come share all the ways caregiving makes you *meshugganeh*. We’ll watch the excellent film “A Prescription for Caregivers: Take Care of Yourself,” and then you’ll have the opportunity to unload your *mishagas*, get support and suggestions, laugh and cry together while sharing your experiences of the challenges and gifts of being a caregiver. Facilitated by Margo Frank and R.Shoshanah. Margo is a Licensed Clinical Social Worker who has worked with older adults and their caregivers since 1993. While living in San Francisco, she worked at the Jewish Home for the Aged as a Geriatric Social Worker and provided case management and staff supervision through the Seniors at Home Program with Jewish Family and Children’s Services. Margo currently offers Elder Care Consulting services, workshops and support groups for adults caring for an aging parent or relative. Shoshanah is a Certified Chaplain who has worked in hospital, clinic, nursing home, and home settings, and serves as chaplain for Hospice of Ukiah.





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.

- 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

707-

Kol HaEmek

468-4536

Board Members:

Carol Rosenberg, President	463-8526
David Koppel, Treasurer (Financial committee)	485-8910
Alan (Acorn) Sunbeam (Library)	463-8364
Judy Corwin	462-4661
Divora Stern	459-9052
Nancy Merling (Rabbi's Council)	456-0639
Harvey Frankle	459-9235
Steve Levin	462-3131

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 Maurer, M.D. (463-8000),

Chevra Kadisha (Jewish Burial): Eva Strauss-Rosen (459-4005); Helen Sizemore (462-1595).

Community Support: *If you need help (illness, family crisis) or can be called on when others need help,* in Willits call Divora Stern 459-9052, in Ukiah Margo Frank 463-1834

Editor of the Shema: Carol Rosenberg (e-mail carolrosenberg@sbcglobal.net)

Jewish Library at Kol Ha Emek 8591 West Road Redwood Valley. Call for an appointment 463-8364

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.

Rabbinical Services/Special Ceremonies: Rabbi Shoshanah Devorah, 467-0456, sdevorah@gmail.com

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