



The Newsletter of Kol HaEmek (Voice of the Valley)

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Please note: All submissions sent by the 20th of each month to Carol Rosenberg ([carolrosenberg@pacific.net](mailto:carolrosenberg@pacific.net))

**Coming Events!**

**Thursday, January 5, 1:00-5:00** Louisa Aronow's art & collage party in memory of her mother. All invited. For more info see page 3

**Friday, January 13, 6:30** Shabbat service and potluck dairy supper at the home of Barbara and Leo Stanger, 400 Clay St., Ukiah. Leo will lead a traditional service.

**Sunday, January 22, 11 a.m.,** KHE annual meeting. More info to follow on e-mail.

**Friday, January 27, 6:30** Shabbat Service with Rabbi Josh. (Host needed!)

**Saturday, January 28, 10:00 a.m.** First class with R. Josh on Kabbalah and Jewish spirituality

**Friday, February 10, 6:30,** Tu B'Shevat Seder and potluck

**Friday, February 24, 6:30,** Shabbat Service and potluck with Rabbi Josh. Nancy Merling is the host.

**Saturday, February 25, 10 a.m.** Class #2 with Rabbi Josh on Kabbalah and Jewish Spirituality

**Four Saturday Morning Classes with Rabbi Josh on Kabbalah and Jewish Spirituality all classes on Saturdays, 10 a.m.**

January 25

February 25

March 25

April 29

**If you have wondered if there is any real spiritual depth in the Jewish tradition, this is the class for you.**

*see pg. 4 for more detail*

**Tu B'Shevat (February 10/Shevat 15)**

Today is Tu B'Shevat, the New Year for the Trees. This is technically the day when trees stop absorbing water from the ground, and instead draw nourishment from their sap. In Jewish law, this means that fruit which has blossomed prior to the 15th of Shevat could not be used as tithe for fruit which blossomed after that date. The custom on Tu B'Shevat is to eat fruits from the seven species for which the Land of Israel is praised: "... a land of wheat and barley and (grape)vines and fig trees and pomegranates, a land of olive trees and (date) honey" (Deut. 8:8) (Judaism 101)

## ***Opportunities for Tzedakah***

**Kol HaEmek** (the Voice of the Valley) is funded by your member dues as well as your generous contributions to a **number** of funds including

- 1) Building Fund
- 2) Religious School Fund
- 3) Scholarship Fund
- 4) General Fund
- 5) Honoring and Remembrance Board
- 6) Tzedakah Fund
- 7) Rabbi's Discretionary Fund
- 8) The Marion and Sanford Frank Fund for feeding the hungry in Ukiah and Willits
- 9) Mazon -a Jewish Answer to Hunger
- 10) Call: David Koppel, 485-8910

**send checks to:**

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

## ***Portion of the Week and Holidays***

January 7 - Yayigash  
January 14 - Vayechi  
January 21 - Shemot  
January 28 - Vaera  
February 4 - Bo  
February 11- Beshalah  
                    Tu B'Shevat  
February 18 - Yitro  
February 25 - Mishpatim

## **We Remember**

Louis Fisher	January
Raymond Glickman	January
Lynn Teplitsky	January 15
Joseph Brooks-Miller	January 15
Jacob J. Borkan	January 16
Ken Holden	January 16
Tom Lowenstein	January 21
Arnold M. Kerr	January 30
Joshua Edelman	January 30
Leon Horowitz	Tevet 3
Ephraim Cohen	Tevet 9
Pearl Turovitz	Tevet 14
Paul Kowarski	Tevet 26
Dori Anderson	Tevet 26
Steven Perlman	February
Louis H. Klayman	February
Hattie Glickman	February 4
Lola Sher	February 4
Rachel Faigin Bleicher	February 12
Lewis S. Rapport	February 15
Jucie Stern	February 15
Anita Koppel	February 17
Esther Daniel	February 19
Thomas Brooks-Miller	February 21
Tom Shine Mapp	February 22
Donald Brooks-Miller	February 28
Jack Glickman	February
Murray Cohen	Shevat 2
Nathan Zorkowitz	Shevat 3
Sudharma Kumari	Shevat 23

**Finally!**

We have sent the text for the first group of leaves for the "Remembrance Tree" to Hillel Posner for fabrication. They should be back in a few weeks depending on Hillel's schedule.

If you would like to purchase a leaf in memory of a person or event, please send the text to Carol Rosenberg and the money to David Koppel. Small leaves are \$250, large leaves \$500.

## **KHE Hanukkah Party 2016**

Thanks to a wonderfully helpful and cheerful group of people, our Hanukkah party was successful even though we had no heat! We warmed each other with good food and a new and delightful musical trio, Anthony Esserman Melville, Eli Edelman and Karen Rifkin. Guest Tara Sufiana also sang for our dancers.

The white elephant gift-giving game was thoroughly enjoyed as were dreidel games for our children.



Nathan Joseph, Noah Edelman and Pele Esserman-Melville enjoy the Hanukkahs through special glasses



*New Year's Greetings from Louisa Aronow*

*You're invited to honor the memory of my Mom with your creativity!!!*

**Alice Aronow Memorial Collage Party at Kol HaEmek**

**1 – 5 pm, Thursday, Jan. 5, 2017**

I will have:

Collage materials, including scraps from my Mom's artwork, magazines, & more large paper, card stock, and some boxes for collaging upon, acrylic paint, brushes, some glue, scissors, glitter

Tea, coffee and snacks

Optional things you can bring:

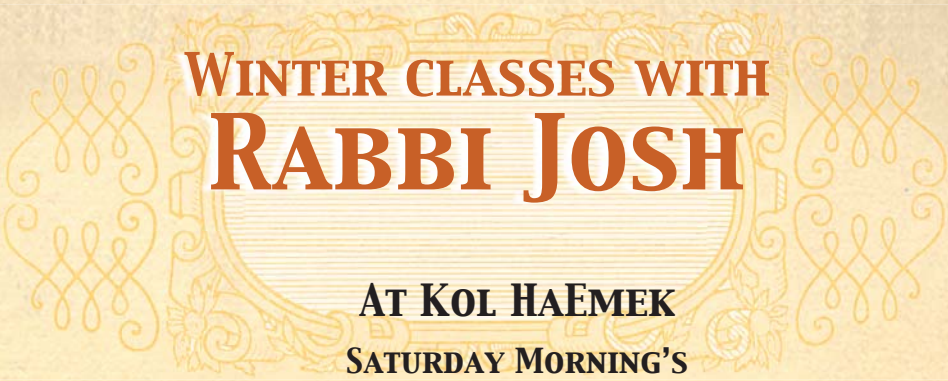
Colored paper, more scissors, glue, etc to share

special photos & pictures, exacto knives & cutting boards

More snacks, weird things to collage upon

**PLEASE RSVP!!!!**

707-485-1290, 707-280-1443 midnite@pacific.



# WINTER CLASSES WITH **RABBI JOSH**

**AT KOL HA'EMEK  
SATURDAY MORNING'S**

**STARTING ! JANUARY 25, AT 10:00 A.M.**

**FEBRUARY 25 AT 10:00A.M.**

**MARCH 25 AT 10:00A.M**

**APRIL 29 AT 10:00A.M.**

## **KABBALAH AND JEWISH SPIRITUALITY**

The Jewish Mystical Tradition offers deep teaching on the nature of existence, as well as practical pointers toward continued experience of the Divine in one's daily life. This class will delve into these cabalistic ideas, explore contemplative practice and also consider the relationship of these ideas to those of other traditions such as Buddhism. These are the texts that Rabbi Josh has found most profoundly transformative in his own life.

In blessing,  
Rabbi Josh



**Charlie Seltzer · To my Ukiah area friends - I'm teaching another class series for people in chronic pain. Please spread the word to anyone you think could benefit from this:**

Healthier Living with Chronic Pain support group now forming. This FREE 6-week class meets once/week on Wednesdays, from Jan 18 to Feb 22, at Hillside Health Center, 333 Laws Ave, Ukiah, 5:30 – 8 pm. Open to people in chronic pain and to those who live with, love or support them. Learn ways to manage pain and fatigue, set goals, solve problems, sleep better, exercise safely, deal with stress, make healthier food choices, manage weight, deal with depression and other difficult emotions, and more. Curriculum designed by Stanford Univ. Get support for your life challenges! For more information and to pre-register, please contact Susan Era (707-671-5939) or Charlie Seltzer (707-472-7640).

**A Purim Poem  
Deborah Rosenberg  
March 4, 2016**

Early for Purim, but perfect for the  
inauguration of the least wanted  
President of the USA.

My Purim costume was turquoise,  
gold and flowing.  
They said "Ooh, Good Queen Esther."  
But I was Vashti!  
The king's first wife who refused to dance  
for drunken lords and the King's decree.  
Reviled, disgraced and divorced away.  
The first villain of the tale.

Sure, with yielding, sweetness, sacrifice,  
Esther saved us all.  
But Vashti,  
in defiance, fierceness and with real spite,  
She saved herself.

That has to count as well for us.  
What choice would you make?  
What choice must I make now?  
Do we defer,  
or break convention and trust to do what's right,  
alone  
or dance to music only we can hear  
when it feels right to move?

## **Know Your Community**

**The following is an interview with Sherrie Ebyam.**

If you would like to be featured here,  
please contact Susan Sher @ [ssher@pacific.net](mailto:ssher@pacific.net)



I was born **in 1952 in Springfield, Massachusetts.**

I have lived in Mendocino County since **May 2016 and earlier, from 1977 to 1987; in between, I lived in Santa Cruz, Truckee and Hidden Valley Lake.**

My favorite place in Mendocino County is **the Yolla Bolly Wilderness Area.**

I give back to my community by **volunteering my time and professional experience to Kol HaEmek as a board member and current president to continue keeping KHE healthy and vibrant; organizing retreats for women in recovery; donating to worthy causes.**

I am thankful **I am in good health and for continuing to develop connections with my family, friends and community.**

My heroes are **Elizabeth Warren, Bernie Sanders, Bill W. who founded AA, and his wife, Lois, who founded Al Anon.**

Friends would describe me as **a terrier, energetic and thoughtful.**

If I could do something over . . . **I try to live life with no regrets and use difficult experiences as opportunities for growth, but I do wish I had gone to law school.**

I want to try **to make the 13 attributes of G-d a greater and greater part of who I am and what I do.**

I get the greatest joy from **playing with my grandson, Ozlo.**

I worry about **the state of our democracy, threats to our planet's health, and whether I'm doing a good enough job as Kol HaEmek's president.**

My favorite food is **ahi poke (marinated raw fresh tuna).**

My favorite writers are **Barbara Kingsolver, Ann Patchett, George Packer, and Elizabeth Kolbert.**

My favorite movies are **The Wizard of Oz and The Shawshank Redemption.**

The most memorable trip I ever took was **through Turkey, Iran, Afghanistan, Pakistan, India and Sri Lanka.**

A talent I'd like to have is **to play the violin.**

This is on my bucket list: **to volunteer teaching math to struggling students, snorkel in the Caribbean with my partner, hike part of the Pacific Crest Trail with my grandson, visit Machu Picchu.**

I have been most inspired in my life by **attending 12-step meetings for 16 years.**

One thing I wish I could change about the world is **that people would not use weapons as a means to "solve" conflicts and instead learn to talk and listen to each other.**

If I have learned one thing in life it is **that we see the world not as it is but as we are.**

My greatest fear is **what the future may hold for our children.**

In 10 years, I see myself **still hiking to the top of Hammerhorn Peak in the Yolla Bollys.**

I wish more Jews would **engage more in Jewish spirituality, studies and culture.**

Something people would be surprised to know about me is **I am a three-time and current champion of the Hidden Valley Lake Women's Golf Club.**

**Dear members of KHE,  
Save the date: Sunday, January 22, at 11 a.m.: KHE Annual Meeting**

KHE is a 501(c)3 non-profit organization with a self-perpetuating Board of Directors.

Meeting our by-laws, your current Board re-elected itself at our last Board meeting on December 5, 2016.

Sherrie Ebyam as President

Bob Mandel as Vice President

David Koppel as Treasurer

and Sigrid White as Secretary

Carol Rosenberg

Nancy Merling

Barbara Stanger

We have two openings on the Board, they need to be filled. We need to share the work and the responsibilities as well have a better representation of the young people in our congregation as well as train others to serve into the future. Several of our board members are in their 80s, have served for many years, and want to be replaced.

Please contact Sherrie Ebyam at 530-414-1104 <[ebyam@sbcglobal.net](mailto:ebyam@sbcglobal.net)> to explore joining your board of directors.



**Kol Ha Emek 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 space for religious study and prayer.
- To share life cycle events through meaningful Jewish traditions
- and sponsor Jewish education for all ages
- To be inclusive of all partnerships 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 the world) as a community through socially just actions and and by Mitzvot)
- To offer to our membership in exchange for financial and other contributions and allow all to participate regardless of the ability to pay

## **Kol HaEmek Information & Resources**

### **Kol HaEmek**

**(707) 468-4536**

### **Board Members**

Sherrie Ebyam -President	530-414-1104 < <a href="mailto:ebyam@sbcglobal.net">ebyam@sbcglobal.net</a> >
Bob Mandel -Vice President	696-2712< <a href="mailto:bobLXVII@hotmail.com">bobLXVII@hotmail.com</a> >
David Koppel -Treasurer	485-8910 < <a href="mailto:davekoppel@yahoo.com">davekoppel@yahoo.com</a> >
Carol Rosenberg - Secretary	463-8526 < <a href="mailto:carolrosenberg@pacific.net">carolrosenberg@pacific.net</a> >
Nancy Merling,	456-0639 < <a href="mailto:nancymerling@att.net">nancymerling@att.net</a> >
Sigrid White	272-1859 < <a href="mailto:sigridwhite@gmail.com">sigridwhite@gmail.com</a> >
Barbara Stanger	234-3261 < <a href="mailto:aurnaenterprises@gmail.com">aurnaenterprises@gmail.com</a> >

Brit Mila: Doctors willing to do circumcisions in their office or your home; Robert Gitlin D.O. (465-7406),  
Sam Goldberg (463-8000; Jeremy Mann (463-8000)  
Chevra Kadisha (Jewish Burial)) Helen Sizemore (367-0250)

Community support: Willits, Divora Stern (459-9052), Ukiah, Margo Frank (463-1834)

Interfaith Council: Cassie Gibson (468-5351)

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

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