



The Newsletter of Kol HaEmek (Voice of the Valley)

Physical Address -8591 West Road, Redwood Valley

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

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

COMING EVENTS

Monday, August 4, KHE Board Meeting

6:00 p.m. (at the Koppels)

Tuesday, August 5, Tisha B'Av Fast of Av; It's traditional to read Lamentations (No Program)

Saturday, August 9, 9:30 a.m. Eli Edelman's Bar Mitzvah, at the Saturday Afternoon Club, Oak and Church Streets, Ukiah.

Monday, August 11, Tu B'Av- A day for romance see page 5 (no program)

Friday, August 29-Shul school at 4:00 P.M.

Friday August 29 at 6:30 pm, Round-the-table Shabbat and potluck dinner for the community.

Please Join Us
to
celebrate the Bar Mitzvah of our
son
Eli Edelman

August 9, 9:30 a.m.
Saturday Afternoon Club
Corner of Oak & Church Sts., Ukiah

RSVP to
Deborah Stanger Edelman
and Reid Edelman:

deborahse@att.net

“If you want to know God, you need only to listen to his/her voice within. You need never be lonely or out of touch with his/her inner spirit. You can always touch your pulse and say, ‘Oh, there you are.’”

Rabbi Zalman Schachter-Shalomi

Sayings of the Rabbis

“Every day we need to realize we are integral to the universe, we are part of it — not a separate entity only passing through. We need to reconnect with it every day to establish our natural place in the order filled with light acceptance and at-one-ment.

Rabbi Zalman Schachter-Shalomi

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) Memorial Board Fund
- 6) Tzedekah 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 Question? Call:

David Koppel, 485-8910

send checks to:

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

Congratulations: to Amethyst Raybee, daughter of Elizabeth, who has been awarded a \$2,500 scholarship from the California Mathematics Council Community Colleges Foundation. Nominated by her Mendocino College math instructor, Amethyst came out tops in the statewide applications for the scholarship. A new graduate of Mendocino College, she plans to go on for her bachelor's degree and then Ph.D in Math History.

Portion of the Week and Holy Days

August 5- Tisha B'Av

August 2 - Devarim Hazon

August 9 - Vaetchanan Nachamu

August 11 - Tu B'Av

August 16 - Ekev

August 23 - Reeh

August 30 - Shoftim

We Remember:

Samuel Hecht - August

Gertrude Sussman - August 1

Mead D. Newline - August 1

Bunny Bookbinder - August 5

Emily Schaffner - August 8

Edwin Lockhart - August 8

Elena Castenada - August 9

Donald R. Pierce - August 9

Frances Suffel - August 11

Norman Sher - August 12

Benjamin Fishel-Dunbar - August 14

Selig Bookbinder - August 15

Hannah Igar - August 24

Doug Rosoff - August 24

Irving Teplitsky - August 25

Moshe Amedeo King - August 27

Fay N. Broken - August 28

Gladys Breit - August 30

Abram Goldberg - August 30

Blanche Wolff - August 31

Herman Greenwald - Av 23

Donations to KHE for May and June 2014

Thank You

Lucy Bayer

Judith M. Corwin

Judith Fuente

Jay Joseph and Jennifer Joseph

David Koppel and Linda Koppel

Nancy Horowitz Molanen

David Moilanen and Elisa Maas

Darline Bergere and Josh Bergere

Eva Strauss-Rosen

Carol D. Rosenberg

Andy Coren and Yvonne Coren

Sherrie Ebyam and Carol Orton

Sigrid White and Leila Achtoun

Robert Mandel and Carol Mandel

David Vilner

Sara Esserman Melville and Anthony Esserman Melville

Michael Charnes

Mel and Bonnie Goldman in honor of the Bar Mitzvah of Eli Edelman

Congratulations!

Lisa Rosen, in Lake County, reports that, "I wanted to let everyone know that my son, Ben Rosen, graduated this June from UC Santa Cruz. He earned a B.S. in Chemistry and will be moving to Philadelphia at the end of this summer, where he will be living with relatives, to pursue career opportunities." Congratulations and best wishes to both Lisa and Ben!

Mazal Tov to Vicki Patterson, who researched and curated the new permanent exhibition "Woven Worlds: Native Peoples of Mendocino County," which is now open at the Mendocino County Museum in Willits.

Congratulations!

Molly Andich, daughter of Bruce and Cassandra, graduated in nursing from Georgetown University and worked in emergency and trauma for two years in Washington D.C.. She has come back home to California, and has just started work at San Francisco General Hospital in emergency and trauma. And she is looking for a place to live in San Francisco (contact the Andiches, 459-4855, if you have a good lead).



KHE Family campout at Clearlake Park

Please Note!

Kol HaEmek has had no large fundraisers for a number of years. To stay on budget we need more income, so you will be seeing a number of creative solutions over the next few months.

One that I feel excited about is for businesses to promote themselves in the Shema. I look forward to our community knowing who else is in the community and supporting them. We can only do this if we know who our members and member-owned businesses are. For the least amount of advertising in the county, let your business be known. We are now offering this remarkable opportunity for:

\$10/month	Business Card (approx. 2" X 3 1/4 ")
\$1/month	1 line

Individuals are encouraged to use this service too if they would like to let others know something.

If interested, please contact David Koppel at 485-8910, davekoppel@yahoo.com

Sincerely,
Mark Levin
Kol HaEmek board member

2014-2015

KOL HaEMEK

Jewish Year 5775

Annual Support and Information

Please return your membership/High Holiday commitments by September 10

Mail to: P.O.Box 416, Redwood Valley 95470

Name _____ and _____

Address _____

City, State _____ Zip _____

Children _____ Birth Date _____

_____ Birth Date _____

Phone# _____ E-Mail _____

I would like to receive my Shema Paper & E-mail E-mail only

Annual Support

- \$1100 Benefactor*
- \$600 Family*
- \$300 Individual*
- \$50 Newsletter(Shema)

Additional Support

- Rabbi's Fund
- Shul Building fund
- Landscape & Playground
- Food program

Please note: * Memberships includes High Holidays and Newsletter. The suggested amount for Individual and Family memberships has been raised to cover KHE's ongoing costs. Payment may be by check or credit card.

Name on Card _____

Mailing Address of Card _____

Amount of Charge _____ Today's Date _____

Card # _____ - _____ - _____ Expiration Date: _____

Signature of Card Holder _____ 3-Digit # on back of Card _____

I would like to help with the following activities:

- Jewish education
- Community Food for the Hungry
- Holidays and Events
- Host a Shabbat at Shul or in my home
- I have served on the Board and will serve again
- I'd like to serve on the Board

High Holiday Services only

- Will attend Rosh HaShanah Yom Kippur
- Instead of annual support, I/We pay adults @\$225 and Children @\$60

Dear KHE Chaverim,

Rabbi Meshullam Zalman Chiyyah HaCohen (R. Zalman Schachter- Shalomi), zichrono l'brachah (May his memory be a blessing) was buried on July 4th, the day after his death. I remember July 4, 1995 at my first Jewish Renewal gathering when he led over 800 attendees in singing a patriotic song to mark the holiday. He was grateful to live in America after his teenage experiences fleeing from Hitler. And just this May in Ashland, at his initiative in honor of Israel Independence Day, we all sang HaTikvah. Reb Zalman was known as a hip rabbi, but how many hip American Jews would celebrate either of these occasions by breaking into appreciative song?

He was buried where he had lived for the last 18 years, in Boulder, CO. As he had requested ahead of time, his funeral was led by three local rabbis, a female Jewish Renewal rabbi, a male Conservative rabbi (who also received smichah/ordination from Reb Zalman), and a Chabad (obviously male) rabbi. At Reb Z's request, he was buried in a shroud without a coffin (the traditional burial mode in Israel), and ashes from Auschwitz were buried with him.

He died a month short of his 90th birthday. Meshullam and Chiyyah were names he took at two different times of serious illness to change his fate by changing his name, in accordance with Jewish tradition. Meshullam means "whole" while Chiyyah means "life force." He was 72 when I was his teaching assistant at Naropa, and during the mid-class break, he would adjourn to a back hall and lie on the floor with his legs up the wall to restore his energy enough for the remainder of the teaching session. In addition to wearing a hearing aid and living with a congestive heart condition, his life was endangered by a burst artery during a botched angioplasty and then bladder cancer back in the late '90s.

In the last year or so, he'd had his gall bladder removed, a pacemaker implanted, suffered an infection from that procedure, and needed to use oxygen regularly. He died peacefully in his sleep back home after a very serious bout of pneumonia which landed him in a hospital ICU back east after leading Shavuot at a Jewish Retreat Center. I mention these illnesses because they only served to purify his own path of tshuvah and enhance his loving generosity of spirit which so profoundly touched and reoriented so many of us on our own life journeys.

Growing older was a very conscious process for R. Zalman. He authored a book "Aging into Saging" decades ago in which he advocated harvesting one's life and becoming a mentor to those younger than oneself. He practiced this avidly himself. He asked publicly that anyone who had any issues with him please let him know so that he could do tikkun with them and do his best to right any wrongs and clear away obstacles. He acknowledged publicly that as an innovative leader, he had gone down some blind alleys that did not warrant copying.

Recent years, despite his illnesses and recognition of approaching death, saw him author an outpouring of books as if he were aiming to download for the rest of us the wealth of wisdom and learning he had experienced in this lifetime. Check out his book titles and YouTube presentations online. To get a taste of Reb Zalman's impact on one person, check out http://www.jewishjournal.com/obituaries/article/remembering_reb_zalman_a_blessing From people sharing their own memories of Reb Zalman since his death, I am learning more and more of the abundant ways in which he enlivened Jewish practice decade after decade, as well as the uniquely personal stories of how he deeply touched so many individuals' lives. made us better Jews and human beings. He lived Zalman to the fullest, and we are much the richer for it. What a blessing he was and continues to be. With profound love and honor, I say Thank You, Reb Zalman!

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



UJA Federation's mission is to preserve & strengthen the quality of Jewish life in Greater Toronto, Canada, Israel and around the world through philanthropic, volunteer and professional leadership.



The Mishna (Ta'anit 4:8), surprisingly enough, proclaims, "There were no greater holidays for Israel than Tu B'av and Yom Kippur, for on them the girls of Jerusalem used to go out in borrowed white dresses ... and dance in the vineyards. What would they say? 'Young man, lift up your eyes and see what you choose for yourself...! '".

Tu B'Av is a holiday devoted to singles. In earlier times the young single women would go out to the fields dressed in white. Each woman would wear a dress borrowed from another so that those who were too poor to have dresses of their own would not be shamed. Then the men would come down to the fields and pick a bride.

After the destruction of the temple and the exile of the Jewish people the holiday was rarely celebrated, but with the establishment of the modern state many Kibbutzim adopted the day as a sort of Jewish Valentine's day. People once again wore white and danced in the fields and the vineyards.

Throughout history many good things happened to the Jewish people on Tu B'Av. It was on Tu B'Av that the desert generation stopped dying in punishment for the sin of the spies. After King Solomon's death the Kingdom was split between Judea and Israel. The two kingdoms were often at war with one another but it was on Tu B'Av that people from the northern kingdom were once again permitted to bring sacrifices to the Temple. It was on Tu B'Av after the Bar Kochba Revolt that the Jews were finally permitted to bury their dead.

Tu B'Av is also a day on which a number of restrictions on women were lifted. Though usually the separation between men and women was closely guarded, on Tu B'Av men and women were allowed to intermingle freely. Women were not forced to hide themselves away, to cover themselves to avoid attracting (and distracting) men. This was a day for flirting and attraction. The women's own innate sense of modesty was enough and did not require additional external reinforcement.

In the Torah, at the request of the daughters of Zelapachad women were given some inheritance rights, but only on the condition that they did not marry outside their tribe. This restriction was lifted on Tu B'Av after which women were permitted to marry whomever they wished.

In the time of the Judges there was a civil war between the tribes. The women of the other tribes were forbidden from marrying into the tribe of Benjamin. This restriction too was lifted in Tu B'Av. In both these two cases, as well as lifting restrictions on women, Tu B'Av was a day when the tribes were reunified.

Tu B'Av (15th Av) comes less than a week after Tisha B'av (9th Av), the day that commemorates the destruction of the Temple. The destruction of the Temple was the lowest point in Jewish history, but with Tu B'Av we pick ourselves up and go on again. Tu B'Av is about hope and continuity even after the worst of things. It is about getting on with life, and with love.



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

David Koppel, Treasurer	485-8910 < davekoppel@yahoo.com >
Nancy Merling,	456-0639 < nancymerling@att.net >
Carol Rosenberg Co -President	463-8526 < carolrosenberg@pacific.net >
Sherrie Ebyam	530-414-1104 < ebyam@sbcglobal.net >
Mark Levin	467-9037 < mlevin@pacific.net >
Bob Mandel	696-2712 < bobLXVII@hotmail.com >
Sigrid White-Co -President	272-1859 < sigridwhite@gmail.com >
Barbara Stanger (new member)	234-3261 < aurnaenterprises@gmail.com >

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): Eva Strauss-Rosen (459-4005) Helen Sizemore (462-1595)

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

Interfaith Council: Cassie Gibson (468-535; (415)-777-4545, (887)777-5247

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

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