

JULY-AUGUST 2018

TAMMUZ-AV-ELUL-5778



The Newsletter of Kol HaEmek (Voice of the Valley)
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)

Friday, July 27, 7:00 pm. Musical Shabbat evening celebrating Tu B'Av, the Jewish Day of Love, at the home of Elizabeth Raybee: 809 Maple Ave, Ukiah (between the golf course and Hazel Avenue). Bring desserts and instruments to share the sweetness of this day. For all ages, especially the young at heart!

Thursday, August 16, 7:00 pm. Torah Study at Carol Rosenberg's home: 501 Jones Street, Ukiah (corner of Spring St. Phone 463-8526 for directions). This may become an ongoing group if there is sufficient interest.

Friday, August 31, 5:30 pm. A family friendly, round-the-table Shabbat with Rabbi SaraLeya. We are starting an hour earlier than usual to accommodate young children. Bring the family and a veggie or dairy dish to share. There will be blessings, singing and storytelling.

Saturday, September 1, 7:30 pm. Slichot service with Rabbi SaraLeya. (No refreshments will be served). Slichot is a time of reflection to prepare us for Rosh HaShannah the following week.

Note:

See KHE membership application on page 7.

High Holiday dates:

Sunday, September 9, Erev Rosh HaShanah

Monday, September 10, Rosh HaShanah

Tuesday, September 18, Erev Yom Kippur

Wednesday, September 19, Yom Kippur

Sunday, September 23, Erev Sukkot

September 23-September 30, Sukkot

Monday, October 1, Simchas Torah

Torah readers wanted!

It has been Kol HaEmek's practice to encourage all our members to experience the joy in finally reading from the Torah, a concept which is important to our congregation.

It is also important to honor the Torah by reading it from the actual Torah and doing it well! To help new readers perfect their portion, Rabbi SaraLeya will practice with you and Norm Rosen will give you assistance. If you are interested in this Mitzvah, contact Norm Rosen now to get a head start on learning a portion.

(707) 462-0661

nkrosen@pacific.net

Torah Portion Of the Week and Holidays

July 7 - Pinchas

July 14 - Matot Masei

July 21 - Devarim

July 22 - Tish'a Bav

July 27 - Tu B'Av

July 28 - Vaetchanan

August 4 - Eikev

August 11 - Re'eh

August 18 - Shoflim

August 25 - Ki Teitzel

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) 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
Call: David Koppel, 485-8910

send checks to:

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

We Remember

Audrey Ferrell - July

Elliot Rivers - June 29

Natalie Wachspress - June 29

Solomon Elberg - July

Frances Smith - July 2

Esther Andich - July 3

Michael Kisslinger - July 7, Av 4

Daris Feig - July 9

Allen Sapoznick - July 9

Miriam Bleicher - July 10

Corrine Dewar - July 16

Harold T. Simmons - July 20

Ann Katz - July 21

Agnes Scott-Kinney - July 21

Brian Staber-Baumoel - July 26

Meda Newlin - August 1

Gertrude Sussman- August 1

Bunny Bookbinder - August 5

Emily Schaffner - August 8

Edwin Lockhart - August 8

Elena Castaneda - August 9

Donald R. Pierce - August 9

Frances Suffel - August 11

Norman Sher - August 12

Selig Bookbinder - August 15

Norman F. Feldheym - August 15

Robert Glotzbach - August 16

Hannah Igar- August 24

Doug Rosoff - August 24

Irving Teplitsky - August 25

Fay N. Borkan - August 28

Abram Goldberg - August 30

Gladys Breit - August 30

Blanche Wolff - August 31

Bernice Fleiss - Tammis 27

Earlyne Levitas - Av 10

Reuven King - Av 15

Herman Greenwald - Av 23

Ben Rosen - Elul 12

Shavuot 2018

Our assignment was to walk around the Shul garden with a quote from the Torah, find a private place and see if a poem would come to us. Below are the poems and the biblical source which inspired them.

Behold
Be held
by the scents and sounds carried through my
wilderness
that draws you deeper into my home
Do not fear,
We who live here long to share our beauty
We are graced to be in this place together.
Sherrie Ebyam

Sharing burdens, some by choice
and some put upon us.
Listen to the hard stories of others
helps carry the load.
E Raybee

Haiku

you are always there
like the state flower petal
that brightens the yard
Anna Rosenberg

Under the fig tree
The promise of sweetness
Shining leaves
Blowing wind bringing sounds and
rhythms of unseen neighbors.
Carol Rosenberg

Hosea II:16

Therefore, behold, I will allure her and
bring her into the wilderness,
And speak tenderly to her.

Numbers 11:17

I will draw upon the spirit that is on you
and put it on them; They shall share the
burden of the people with you, and you
shall not bear it alone

Jeremiah XVII:14

Heal me, O Lord, and I shall be healed:
Save me, and I shall be saved:
For thou art my praise.

Zechariah III:10

In that day sayeth the Lord of hosts
Shall ye call every man and his neighbor
under the vine and under the fig tree.



When I eat celery *by Anna Rosenberg*

When I eat celery I remember tuna sandwiches with mayo and picnics listening to country music in the park.

I remember breakfast in the sunny spot in the backyard at the round table with four chairs.

I remember the brown grass dying under the scorching sun and the wet bathing suits hanging from the rope.

I remember swimming in the lake and running away from bees.

Sitting on the porch knitting, reading a book or keeping a lookout for missing cats. Lying on the blue sofa watching spoiled Valley girls buying wedding dresses.

I remember vegetable soup and good meat.

Listening to the wind while you paint the colors of the trees.

Your soft, calloused hands braiding my hair before going in the swimming pool.

Your squishiness when you hug me in the mornings and your fluffy white hair.

When I eat celery I realize how much I miss you, and that's why I buy celery every day.

All our wishes for complete healing to:

Robin Sunbeam
Laurie Spence
and Lee Wacht

On a negative diagnosis *by Leslie Jo Feldman*

I think and know I can overcome my fear of my death. It's mostly sad. I have a lot of tears in my heart to leave... to part this world.

Others who love or care about me, I want them to know I don't know exactly what life after death is about. I have thought many times I would talk to my "life coach" A.K.A. God about my successes and my mistakes. He or She may send me back, such as in reincarnation. But this life "mine" has been very hard, so I doubt it.

I want my family and friends too know we all die someday, and its hard to face it, and very hard to get a negative diagnosis from a doctor who doesn't have compassion for you.

The world can be cruel and cold and it is also warm and beautiful.

I do not want to suffer emotionally or mentally or fear I'm going to die and feel so upset and fear myself and my emotions.

My diagnosis was that I am at risk for a heart attack or stroke. I fear my getting angry would give me a heart attack. I haven't talked to a doctor who is compassionate about this diagnosis. I quit the doctor who gave it to me. I was given a prescription and told to return in about three months. Way too long!!

I need desperately to relax and forget it. And hope I do not end up in a nursing home where patients are neglected and abused.

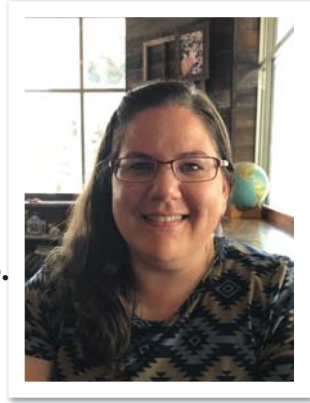
I want to die in my sleep or comfortably in a hospital.

I don't want fear to shorten my breaths.

I want God and myself to feel each other's company and love.

Know Your Community

The following is an interview with Kol HaEmek member, Marisa Sizemore. If you would like to be featured here, please contact Susan Sher @ ssher@pacific.net



I was born **in my mom's house in Ukiah on May 25, 1979.**

I lived in Mendocino County **until I was 18 and went to college; then lived in the Bay Area and San Diego until I moved back to Ukiah in 2013.** My favorite places in Mendocino County are **the hiking trails in Low Gap Park and Montgomery Woods.**

I support my community by **working as a speech-language pathologist with youth; assisting with organizing tot shabbots and selecting playground equipment for the shul; and shopping locally.**

I am thankful **that I get to live next door to my mom; and that I have a supportive husband who does household chores and childcare (giving me the time to pursue my professional goals) and provides wonderful friendship.**

I am most proud of **the work I do: impacting the lives of students by helping them to better communicate.**

My fondest childhood memory is **eating watermelon in the summer. My mom would put my brother and me naked on tarps and rinse us off with a garden hose when we were done.**

You should give this a try: **tortilla chips with cottage cheese dip and some salsa on top. Also, try the black cod from the F/V Princess (Ukiah Farmers Market, or their shop at Noyo Harbor in Fort Bragg). It's delicious!**

Friends would describe me as **loyal, thoughtful, stubborn and taking myself a bit too seriously.**

If I could do something over, **I would have left my PhD program sooner. Instead I took the advice of my advisor to stay. In 2010, I had just advanced to Ph.D. candidacy and submitted my dissertation proposal when my dad died suddenly. I was burned out and unhappy and really needed to take time off. I ended up staying with the program a little longer and leaving in 2013 and regretted not leaving when I needed to. But then again, that struggle gave me life lessons and got me where I am today.**

I get the greatest joy from **hanging out with my 3 year old daughter and making up words and songs with her.**

I would like to be more **athletic with better agility and balance and more decisive and spontaneous.**

I worry about **everything – little and big things - but particularly, how words will influence my daughter and what kind of world she will live in.**

This changed my life: **meeting my husband in 1999 when I was studying abroad; and my dad's death in 2010. Both of those events served as catalysts for making positive changes in my life and helped me to realize how short life can be.**

My favorite writers (of my younger years) are **Tom Robbins and Carl Hiaasen. These days I tend to read nonfiction!**

Marisa continued:

My favorite movies and TV shows are **Netflix series like *Making a Murderer* and *The Staircase* and cooking reality shows.**

The most memorable trip I ever took was **to Greece when I studied abroad as an undergrad and was treated royally by a wealthy Greek friend of a friend.**

If I have learned one thing, **it is that people are not always what they seem to be; if you give people a chance, they'll show their true selves – especially children who need to talk.**

My best parenting advice is that **routines and enough sleep are essential for children; expect fluidity because no stage lasts very long; and give yourself a break.**

I absolutely cannot live without **water; fresh vegetables and fruit, especially Crenshaw melons; and friendship.**

I have been most inspired in my life **by my students who have faced big struggles in their lives but can still be sweet, sunny and cheerful; their personal strength helps me put things in perspective.**

This is on my bucket list: **to travel to southeast Asia and to take my daughter Rosalie to France and Germany to meet her father's family.**

Things I wish I could change about the world **are for people to have a better understanding of people with disabilities, especially less visible disabilities like learning disabilities and that those with disabilities do not face cruelty and exclusion.**

I wish more Jews **in our community would make an effort to hang out with each other.**

Something people would be surprised to know about me **is that I used to play the viola and was a music major for 1 ½ years. When I find the time, I'd love to get back to playing and perform with the Ukiah Symphony.**

The Jewish Month of Av

The name of the 11th month on the Jewish calendar, Av, literally means “father.” It is customary to add the name “Menachem,” which means “comforter” or “consoler”—so Menachem Av. In this month, both Temples were destroyed and many other tragedies occurred. Av includes a “low point” on the Jewish calendar—the Ninth of Av, the day of the sin of the spies, and the destruction of both the First and Second Temples in Jerusalem. But it also incorporates a “high point”: the 15th of Av, a day designated for finding one’s predestined soulmate, and one of the happiest days on the Jewish calendar.

Donations to Kol Ha Emek January-May 2018

Bruce Andich and Cassandra Andich
Louisa Aranow and Sandy Turner
Lynne Coen and Charles Hott
Judith M. Corwin
Harvey Frankle and Jackie Pelner-Frankle
Judith Fuente and David Nelson - Homeless Food
program
Janet Gurvitch
Dan Hibshman and Leslie Kirkpatrick
Jay Joseph and Jennifer Joseph
David Koppel and Linda Koppel
Nancy Bertch
Carol Park and Steve Park
Elizabeth Raybee
Norm Rosen and Karen Rosen
Susan Sher
Helen J. Sizemore
Janae Kraus Stephens and Gary Stephens
Barry Vogel and Janet Mandel
Nancy Merling
Maralyn Lowenheim
Milton and Mildred Rosen Foundation
Sally Emerson and Molly Arad
Elise Wilkins
Carol D. Rosenberg
Margo Frank and Marc Levine
Darline Bergere and Josh Bergere
Steven Levine and Joan Levine
Susan Juster and Rachel Juster
Andy Coren and Yvonne Coren
David Vilner
Deborah Rosenberg
Vergilia Dakin
Barbara Stanger and Leo Stanger

Please Note!

Rabbi SaraLeya will be available early Shabbat afternoon for individual spiritual counseling sessions. The topics might include questions about your own religious/spiritual/Jewish journey, questions about illness or aging, planning for death, planning for life cycle events, or other topics you would like to discuss with the rabbi. KHE will remunerate Rabbi SaraLeya for up to 12 hours per year and you can reimburse KHE for additional sessions at the rate listed in the rabbi fee schedule.

Sessions will be scheduled by Sherrie Ebyam, ebyam@sbcglobal.net or 530-414-1104.

Individual sessions, including Bnei Mitzvah preparation/planning, spiritual counseling, etc. (in person or online)

\$70-90

\$90-\$100

(KHE members please discuss financial challenges/issues with Sherrie as Board President, who will bring concerns to the Rabbi).

20118 Kol HaEmek 5778
Annual Support Information

Please return your membership/High Holiday commitments by August 20, 2017
Mail To: Kol HaEmek, PO Box 416, Redwood Valley, CA 95470

Name _____ and _____

Address _____

City/State _____ Zip _____

Children _____ Birth Date(s) _____

Phone# _____ Email _____

I would like to receive my Shema paper and email or Email only

Annual Support

- \$ 1200+ Benefactor (or \$300 /quarter or \$100 per month)
- \$ 600 Family (or \$150 /quarter or \$50 per month)
- \$ 300 Individual (or \$75 /per quarter or \$25 per month)
- \$ 50 Shema

Extra Fund Support

- Shul Landscaping \$ _____ Homeless Food Program \$ _____
- Building Fund \$ _____ Rabbi's Fund \$ _____

Payment Methods:

- I have included a check or credit card authorization for full payment.
- Charge my card **Quarterly** \$ _____ **Monthly** \$ _____
- Card type **Visa** or **Mastercard**
- 12 checks dated for each month.*

**Please consider this option rather than credit charges- We will cash them monthly instead of paying the credit company charges.*

Name on Card: _____ Phone: _____

Mailing Address of Card _____

Amount of Charge \$ _____ Todays Date: _____

Card#: _____ Expiration Date _____ 3 digit # on back back _____

Signature of Card Holder _____

Submit names for the Yiskor Memorial List



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
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- 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

Board Members

Sherrie Ebyam - President	530-414-1104 <ebyam@sbcglobal.net>
Bob Mandel - Vice President	696-2712 <bobLXVII@hotmail.com>
David Koppel - Treasurer	485-8910 <davekoppel@yahoo.com>
Carol Rosenberg - Secretary	463-8526 <carolrosenberg@pacific.net>
Nancy Merling	456-0639 <nancymerling@att.net>
Barbara Stanger	234-3261 <arnaenterprises@gmail.com>
Moses Sunbeam	228-9980 <mosessunbeam@gmail.com>
Karen Rifkin	391-9299 <karenrifkin@gmail.com>

Brit Mila: A doctor to call for to a referral to a Mohel - Robert Gitlin D.O. (465-7406),
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 are available; send your e-mail request to Sherrie Ebyam