

MAY-JUNE 2021

IYAR-SIVAN-TAMUZ 5781



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)

Coming Events

Friday, May 7 at 7:00 pm Shabbat service with Riv Shapiro on zoom.

Saturday, May 8 at 10:00 Torah Study with Riv on zoom.

Sunday, May 16 at 6:30 Celebration of Shavuot with Rayna Grace on zoom.

Friday, May 21 at 7:00 Shabbat Service with Mia Zimman. on zoom.

Saturday, May 22 at 10 am Torah Study with Mia on zoom.

Friday, June 11 at 7:00 p.m. Shabbat service with Rayna Grace.

(This may be in person on our deck at the Shul watch for an e-mail)

For Shavuot during Covid

Since we may not safely share our evening of creative art and poetry we thought we would give you a space to write and/or draw. Send back to (carolrosenberg@pacific.net) for creative work to be included in the next Shema.

Holidays and Torah Portions

May 1 Emor

Mat 8 Behar /Bechvkotai (*this completes Leviticus begins the book of numbers*)

May 22 Naso

May16 Erev Shavuot

May 17-18 Shavuot

May 29 Behaalotecha

June 5 Shlack

June 12 Korak

June 19 Chukat

June 2 Balak

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
- Call: David Koppel, 707-485-8910

send checks to:

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

Condolences to Jeannie Lowenstein Morawski on the death of her husband Mike Morawski. He is survived by his wife Jeannie and his sons Tyson and Kyle.

We Remember

Jim Rowland	May
Joel Green Yossel	May
Ben Rosenberg	May 1
Gerald Marans	May 1
Janet Fisher	May 2
Harry Stanten	May 2, Sivan 6
Harry Bistrin	May 4
Harold Koppel	May 6
Elenore Feldman	May 9
Harriet Libby Dolmas	May 4
William X.Silva	May 5
Harry Rothchild	May 10, Sivan 7
Nancy Brooks-Miller	May 22
Julius Markowitz	May 26
Vera Meyerhoff	June
Daniel Rosenberg	June 1
Edward Wandrei	June 5
Helen Feinberg-Ginsburg	June 6
Sylvia Marans Elberg	June 12
Thelma Cohn	June 12
Joseph P. Suffel	June 21
Elliot Rivers	June 29
Natalie Wachspress	June 29
Milton Fleiss	Iyar 8
Sidney Kowarsky	Sivan 14
Herbert Rubin	Sivan 24
Bela Goldberg	July 10 Tammuz 7
Henry Lowenheim	July 15, Tammuz 15

Congratulations

 to Cassie and Chris Gibson:

Riley Gibson and Valerie Brandt were married in Olympia Washington on 4-3-21 . Riley and Valerie met 11 years ago while they were both teaching English in South Korea for two years. Riley went from South Korea to Ohio to receive an MFA in film. Valerie received her nursing degree . They moved to Olympia to be near Val's twin, Jessica. Valerie is an ICU charge nurse at Providence Hospital. Riley and his friend Jeff Barehand created Sky Bear Media which primarily creates documentaries with Native businesses, teens and other groups.

Shavuot **May 18-19,**

It took 49 days for the Israelites to walk from Egypt to Sinai and on the 50th day, they were given the Torah. Shavuot means “weeks” to mark the 7 weeks of travel they endured. This was, at first, a harvest festival to celebrate the barley harvest by offering sheaves of the grain at the Temple. Counting the Omer –omer means “sheaf” – starts after the second Seder of Passover and lasts every day for 49 days. Every evening after sundown, the day is counted with the blessing:

“ Baruch ata Adonai Eloheinu Melech ha'Olam asher kid'shanu b'mitzvotav v'tizivanu al sefirat ha'omer. Blessed are you, Adonai our God, Sovereign of the Universe, who has sanctified us with your commandments and commanded us to count the omer.”

After the blessing, the number of the day is counted- “Today is the first day, etc.”- for 6 days and then, both the day and the week are enumerated.

Shavuot became, however, associated with the giving of the Torah at Mt Sinai on the 50th day and today it is celebrated with flowers, all night study, dairy foods and, in Israel, water fights. It is a holiday for expressing commitment to Jewish ideals and life and continues the story of Exodus to its conclusion and is a metaphor for the journey from slavery to liberation. It is customary to read the Book of Ruth during this holiday. Her story begins as Ruth, a Moabite, is widowed when her Judean husband, a son of Naomi, who settled in Moab to escape a famine in Judah, dies. Naomi's husband also dies along with another son who leaves a widow, Orpah. Naomi wants to return to Bethlehem but encourages the women to go back to their families. Orpah goes back but Ruth refuses to leave Naomi and utters the famous words, “ stay; “Where you go, I will go; where you stay, I will stay; your people shall be my people, and your God my God. Where you die, I will die, there will I be buried.”

They arrive back in Judah during the harvest and Ruth eventually marries Boaz and becomes an ancestor of David. She is seen as an example of *chesed* “loving kindness”, loyalty, generosity and commitment. Her acceptance of Judaism is seen as analogous to the Jewish people's acceptance of the Torah.

Dairy foods are customary for this holiday. Some say it is because at this time of year, many milk producing animals were flourishing due to the abundance of grain. Others say it is because the Torah is like the honey and milk mentioned in the Song of Songs. In any case, cheese, cheesecake, blintzes, noodle kugel and yogurt with fruit are popular foods for this holiday.

Submitted by Vicki Patterson. Recipe for cheese cake follows on page 4

**Donations to Kol HaEmek for February-March 2021
Thank you!**

Lucy Bayer

Judith M. Corwin

Rachel Elkins and Dana Elkins

Judith Fuente and David Nelson - Homeless food Program

Jay Joseph and Jennifer Joseph

Nancy Bertsch

Carol Park and Steve Park

Vicki Patterson

Elizabeth Raybee

Janae Krause Stephens and Gary Stephens

Marisa Sizemore and Alexander Schultz

Charlotte Rapport and David Rapport

Andrea Silverstein and Denis Patton

Aaron Louyeh and Matthew Brooks -Miller

Joel Cohen

Marisol Spiegel and Naum Spiegel

Easy Cheesecake Recipe Submitted by Vicki Patterson

1 ¾ Graham Cracker Crumbs

1/3 cup butter melted

1 ¼ cups sugar, divided

3 8 oz packages softened cream cheese

1 cup sour cream

2 tsps vanilla

3 eggs

Heat oven to 350 degrees. Mix graham cracker crumbs, butter and ¼ cup sugar; press into bottom of 9 inch springform pan.

Beat cream cheese, and rest of sugar until blended. Add in sour cream and vanilla, mix well. Add eggs- 1 at a time, blending as you go. Pour into crust.

Bake 1 hour 10 minutes or until center is almost set. Run knife along rim to loosen. Refrigerate cheesecake for for 4 hours. Add fruit on top if desired.

The Mourner's Kaddish

Deborah Rosenberg
March 15, 2020

I stand with others and recite the lines.
Yitgadal, v'yitkadash, sh'mei raba...

I can barely speak these words. They catch, reluctant, in my throat.

I ask, again?

Each time brings the last and the time before, back to the first.

It's in Aramaic too, beyond antiquity.

We said these words before even Hebrew was young.

We have lost ones and lost ones. We will continue to lose the ones we love.

Until we ourselves are gone.

And ours will say these words for us and weep and weep.

It's the repetition and the rhythm that brings me comfort,
And the saying of them altogether.

Yitbarah , v'yishtabah, v'yit pa-ar, v'yitroman v'yitna-seh.

The voiced alliteration swirls out and up above our heads,
Some say straight to the heart of G-d.

Some say this prayer is praise for G-d.

Some say this prayer is to wake G-d up.

That those who have left this life and not yet arrived...wherever,

Need our reassurance as they travel.

The Mourner's Kaddish says 'we'll help.

G-d's waiting for you. This we tell them as we weep.

We woke him up, with praise, to see you safely Home.

My Thoughts by Leslie Jo Feldman

People say that
money makes
the world go 'round.

I still say

Since God turns it

Love makes the world go 'round.

Because God

is Love.

God can be found in prayers, Sabbath candles light, and loving people, always.

The Seventeenth of Tammuz

Saturday June 26-Sunday June 27

Hebrew: אֲשֶׁבֶעָה עֶשֶׂר בְּתַמּוּז, *Shiv'ah Asar b'Tammuz*) is a Jewish fast day commemorating the breach of the walls of Jerusalem before the destruction of the Second Temple.[1] It falls on the 17th day of the Hebrew month of Tammuz and marks the beginning of the three-week mourning period leading up to Tisha B'Av.[2]

This day also commemorates the destruction of the Twin Tablets of the Ten Commandments. The Seventeenth of Tammuz occurs forty days after the Jewish holiday of Shavuot. Moses ascended Mount Sinai on Shavuot and remained there for forty days. The Children of Israel made the Golden Calf on the afternoon of the sixteenth of Tammuz when it seemed that Moses was not coming down when promised. Moses descended the next day (forty days by his count), saw that the Israelites were violating many of the laws he had received from God, and smashed the tablets. [3]

Thanks to Wikipedia. Yes, I checked other sources as well!

Streaming Series Review on Srugim,
to be found on Amazon Prime reviewed by Vicki Patterson

During the long winter of Covid, I stumbled across this Israeli series, Srugim, which captivated me by its characters, issues and portrayal of a life style so different from my own. The title refers to the knitted or crocheted yamulke worn by Religious Zionists who, in this series, are a group of religious single friends living in the Katamon district of Jerusalem, also known as “the Swamp” for all the singles seeking life partners who live there. The series won five awards for the Israeli Academy of Film and TV and has been popular both in Israel and in the United States. The stories of these five friends, Yifat, Hodaya (girl friends from childhood) and Nati and his roommate, Amir, along with Reut, a religious feminist, as they negotiate relationships and careers illustrate a changing society with new problems, challenges and solutions. Coming from religious families that expect young arranged marriages, these friends, still single in their late 20’s and 30’s, are interested in pursuing careers and choosing their own mates, and this is especially difficult for the women in the group who no longer have to depend on a man for their support. The program looks at issues of living a religious life in a modern context, homosexuality, and becoming secular as well as charting these wonderful characters’ search for life long mates. The three seasons of the show went by too quickly as I became involved with the lives of these engaging characters. Some Ultra Orthodox in Israel took issue with the questions posed by the show and it became somewhat controversial but remained highly popular with both religious and secular audiences. If you want to see what life for young people in another place is like, I recommend this enjoyable series.

I've recently been noticing my reflection in windows, etc. I wrote a haiku about it:

who is this old man?
I see him in the mirror
he seems to know me

Be safe. Be well. Be happy.
Peace and much love,
david vilner

Unstoppable By Joshua M. Greenev

Siggi B. Wilzig's Astonishing Journey
from Auschwitz Survivor and Penniless Immigrant to Wall Street Legend

"I will never go hungry again; I will marry a Jewish woman and bring Jewish children into the world; I will preserve the memory of the Holocaust and speak up about injustice wherever it appears." These vows were made by Siggi Wilzig shortly after his arrival in New York on December 12, 1947, after surviving two years in Auschwitz.

This inspiring biography, voted Best Holocaust Book of 2021 by the "Best of Los Angeles List" is about the life of Siegfried Wilzig, a survivor of two years in Auschwitz but, more importantly, about his post-Holocaust experiences. The book describes how Siggi rebuilt his life, raised his children and continued to speak out about the Holocaust and other injustices in the world. He managed to find confidence, joy, financial success, and maintained his faith in God. He came to America on a steamer from Bremerhaven, Germany, with \$240 hidden in his clothes. He knew appearances were important so he wore the best he had including a fedora as he stepped off the boat to Customs. He entered the United States easily due to a government special status stamp in his passport earned while working with the United States Counter Intelligence Corps in Europe. He was greeted by his sister who he helped escape Germany by forging passports for her, her husband and his brother. His first days in this country were supported through the efforts of HIAS, the Hebrew Immigrant Aid Society, who put him up in a hotel and helped him negotiate one of the coldest winters in New York. His first job was shoveling snow.

Despite his diminutive size- he was five and a half feet tall-he exuded confidence, strength and purpose and was a skilled orator. From his first employment cleaning toilets at a sweat shop, he rose to become the CEO of a major oil company and president of a multibillion dollar bank. Siggi's story is told with skill and is engaging throughout. It is an easy read and shines a clear light on the amazing resiliency of the human spirit.

The author, Joshua Greene, is a well-known Holocaust scholar, lecturer and documentary filmmaker who has been featured on NPR's Fresh Air, CNN, PBS, and The Discovery Channel. Some of his other books include Justice at Dachau: Trials of An American Prosecutor; Witness, Voices From the Holocaust; My Survival, A Girl on Schindler's List; Here Comes the Sun, the Spiritual and Musical Journey of George Harrison; Swami in a Strange Land, How Krishna Came to the West.

"Unstoppable" is available at several online venues including Amazon and Simon and Schuster. It is \$14.99 as an ebook or Kindle and \$20.27 as an Amazon hard back.



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 space for religious study and prayer.
- To share life cycle events through meaningful Jewish traditions
- and sponsor Jewish education for all ageTo be inclusive of all partnerships and family configurationsTo 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
- 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
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Kol HaEmek Information & Resources

Board Members

Sherrie Ebyam - President	530-414-1104 < ebyam@sbcglobal.net >
David Koppel - Treasurer	485-8910 < davekoppel@yahoo.com >
Carol Rosenberg - Secretary	463-8526 < carolrosenberg@pacific.net >
Nancy Merling	456-0639 < nancymerling81@gmail.com >
Barbara Stanger	234-3261 < aurnaenterprises@gmail.com >
Sara Esserman-Melville	463-2247 < sesserville@gmail.com >
Victoria Patterson	467-1932 < patterson.victoria2@gmail.com >

Brit Mila: A doctor to call for to a referral to a Mohel - Robert Gitlin D.O. (465-7406),

Chevre 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