



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)

2018 - Kol HaEmek High Holiday schedule - 5779

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

Sunday, September 9, 6:45-9 pm, Erev Rosh HaShanah Service

Monday, September 10, Rosh HaShanah Services, 10 a.m. - 1:00 pm

Children's Service 11-11:45 a.m.

Kiddush will be 1-1:30 pm

Tashlich 2:00 pm, Potluck Picnic, followed by ceremony led by Janae Stephens at Lake Mendocino, Pomo Day Use Area B. Use Highway 20 to reach the northwest part of the lake. Go past the Pomo roundhouse to the second parking lot; park near the bathrooms and walk toward the lake.

Sunday, September 16

Women's Mikveh, led by Jo-ann Rosen and Karen Rosen, 12:00 noon

Men's Mikveh, led by Acorn Sunbeam and Bob Mandel at 2:00 pm.

Both at Pennyroyal Lake. Meet in the Parducci parking lot to carpool to the lake.

Tuesday, September 18, Erev Yom Kippur, Kol Nidre Service, 6:30 - 9 pm

This is the one night of the year we wear a tallit.

Wednesday, September 19, Yom Kippur Morning Service 10:00 a.m.-2:00 pm

Children's service 11-11:45 a.m.

Open Torah 5:00 pm followed by Yizkor 6:15 and concluding Neilah Service, followed by break-the-fast potluck.

Sunday, September 23, 10:00 am, create a Sukkah in preparation of Sukkot *A team of bamboo hunters and a truck is needed!* Everyone is then invited to decorate our Sukkah!

Sunday, September 23, Sukkot celebration 6:00 p.m., including a pot luck in the Sukkah

Monday, October 1, 6:30 Simchat Torah celebration with dancing and scrolling of the Torah led by guest Rabbi Shifrah Tobacman,

Torah Portion Of the Week and Holidays

September 1 - Ki Tavo
September 8 - Nitzavim
September 9 - Erev Rosh HaShanah
September 10 - Rosh HaShanah
September 15 - Vayelech
September 18 - Erev Yom Kippur
September 19 - Yom Kippur
September 22 - Ha'azinu
September 23 - Erev Sukkot
September 30 - Hoshanna Rabbah*
October 1 - Shemini Atzeret*
October 2 - Simchat Torah
October 6 - Bereishit
October 13 - Noach
October 20 - Lech-Lecha
October 27 - Vayeira
*info on pages 3&4_

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
- 10) Halisa Community Center (Jo-ann Rosen's mission)

Call: David Koppel, 485-8910

send checks to:

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

We Remember

Tena Marans - September
James Meredith - September 9
Rae (Rachel) Stanten - September 9- Elul 29
Ana Mahoney - September 10
Henry Marvin Levin - September 10
Tal Sizemore - September 11
Ida Mann - September 11
Bernard Cohn - September 13
Miriam Markowitz Blatt - September 13
Belle Spiegel - September 15
Jacob (Jack) Goll - September 17
Sidney Spiegel - September 18
Audry Brooks-Miller - September 18
Phillip Kam - September 21-Elul 23
Abraham Solomon Posner - September 23
Hyman Andich - September 29
Maya Schwartz - October
130 Members Stern Family - October 1
Bonnie Ann Springer - October 7
Sylvia Glazer - October 8
Rose Wolff - October 13
Stan Showers - October 14 -Cheshvan 2
Joseph Barr - October 17
Morris Shuper - October 17
Victor Wolff - October 17
Don Roberts - October 20
Ena Koppel - October 21
Todd Harrison - October 21
Abraham Koppel - October 21
Jean Shirley Kisslinger - October 22
Nancy Parker Orton - October 25
Pauline Strauss - October 27 - Cheshvan 1
May Meredith - October 28
Abraham Cohen - October 28 - Cheshvan 12
Frieda Eisman - October 31
Ida Levitas - Rosh Hashanah
Viola Faber - Elul 28
Jessica Anne Doctors - Iyar 16
Milton Fleiss - Iyar 8

Need a student loan?

Contact these folks for information:

Hebrew Free Loan Association

131 Stuart Street #520

San Francisco, CA 94105

<https://www.hflasf.org/>

Torah Study

3rd Thursday of each month at the home of Carol Rosenberg 501 Jones St Ukiah

September 20, at 7:00 the portion to study, *Vayelech*

October 18, at 7:00, the portion to study, *Noach*

All our wishes for complete healing to:

Marlana River

Robin Sunbeam

Laurie Spence

and Lee Wacht

Judy Corwin

All those who lost so much in the fires

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 your first hour of counseling; 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, Board President of KHE)

Have you ever wondered?

What is **Hosha'ana Rabba: Numbers 29:26-34; Numbers 29:29-34** (from chabad.org)

The seventh day of Sukkot is called "Hoshana Rabbah" and is considered the final day of the divine "judgment" in which the fate of the new year is determined. The Psalm *L'David Hashem Ori*, which has been added to our daily prayer since the 1st of Elul, is recited for the last time today. Other Hoshana Rabbah observances include: It is customary to remain awake on the night preceding Hoshana Rabbah and study Torah. We recite the entire Book of Deuteronomy and the Book of Psalms. In some congregations it is a custom for the *Gabbai* (synagogue manager) to distribute apples (signifying a "sweet year") to the congregants.

In addition to the Four Kinds taken every day of Sukkot, it is a "Rabbinical Mitzvah," dating back to the times of the Prophets, to take an additional *aravah*, or willow, on the 7th day of Sukkot. In the Holy Temple, large, 18-foot willow branches were set around the altar. Today, when we take the Four Kinds and carry them around the reading table in the synagogue during the "Hoshaanot" prayers, we make seven circuits around the table (instead of the daily one), and recited a lengthier prayer. At the conclusion of the Hoshaanot we strike the ground five times with a bundle of five willows, symbolizing the "tempering of the five measures of harshness."

Shemini Atzeret and Simchat Torah from Judaism 101

- Significance: A follow-up to Sukkot; the completion of the annual cycle of Torah readings
- Length: 2 days (some: 1 day)
- Customs: Limited "dwelling" in the sukkah; dancing and rejoicing with Torah scrolls

...On the fifteenth day of this seventh month is the Festival of Sukkot, seven days for the L-RD... on the eighth day, there shall be a holy convocation for you. - Leviticus 23:34

Tishri 22, the day after the seventh day of [Sukkot](#), is the holiday Shemini Atzeret. In [Israel](#), Shemini Atzeret is also the holiday of Simchat Torah. Outside of Israel, where [extra days of holidays](#) are held, only the second day of Shemini Atzeret is Simchat Torah: Shemini Atzeret is Tishri 22 and 23, while Simchat Torah is Tishri

These two holidays are commonly thought of as part of Sukkot, but that is technically incorrect; Shemini Atzeret is a holiday in its own right and does not involve some of the special observances of Sukkot. We do not take up the [lulav](#) and [etrog](#) on these days, and our dwelling in the [sukkah](#) is more limited, and performed without reciting a [blessing](#).

Shemini Atzeret literally means "the assembly of the eighth (day)." [Rabbinic literature](#) explains the holiday this way: our Creator is like a host, who invites us as visitors for a limited time, but when the time comes for us to leave, He has enjoyed himself so much that He asks us to stay another day. Another related explanation: Sukkot is a holiday intended for all of mankind, but when Sukkot is over, the Creator invites the Jewish people to stay for an extra day, for a more intimate celebration.

Simchat Torah means "Rejoicing in the [Torah](#)." This holiday marks the completion of the annual cycle of [weekly Torah readings](#). Each week in [synagogue](#) we publicly read a few chapters from the Torah, starting with Genesis Ch. 1 and working our way around to Deuteronomy 34. On Simchat Torah, we read the last Torah portion, then proceed immediately to the first chapter of Genesis, reminding us that the Torah is a circle, and never ends.

This completion of the readings is a time of great celebration. There are processions around the synagogue carrying Torah [scrolls](#) and plenty of high-spirited singing and dancing in the synagogue with the Torahs. Drinking is also common during this time; in fact, a traditional source recommends performing the priestly blessing earlier than usual in the service, to make sure the [kohanim](#) are not drunk when the time comes! As many people as possible are given the honor of an [aliyah](#) (reciting a blessing over the Torah reading); in fact, even children are called for an aliyah blessing on Simchat Torah. In addition, as many people as possible are given the honor of carrying a Torah scroll in these processions. Children do not carry the scrolls (they are much too heavy!), but often follow the procession around the synagogue, sometimes carrying small toy Torahs (stuffed plush toys or paper scrolls).

In some synagogues, confirmation ceremonies or ceremonies marking the beginning of a child's Jewish education are held at this time.

Much loved dining room table and chairs available for adoption!

Oval table seats 4, with 2 leaves seats 8. Dark wood, simple elegant chairs.

A new member of our community has recently moved here and inherited too much furniture. Valerie wants her mother's table to go to a good home.

If interested call Valerie 707-272-7401

Know Your Community

If you would like to be featured here, please contact Susan Sher @ ssher@pacific.net

The following is an interview with Kol HaEmek member, Barbara Stanger.



I was born in **Philadelphia, PA.**

I have lived in Mendocino County since November 2013.

I express my creativity by **making one-of-a kind architecturally and ceremonially inspired Judaica, metal work, jewelry and ornaments.**

I have worked as an art teacher in public high schools and at the college level. I hold a master's degree in Art Education and continue to work as a professional artist, having received commissions from the Metropolitan Opera Guild in NYC, the National Museum of American Jewish History in Philadelphia and the New Jersey State Council on the Arts and starting an online business with one of my daughters selling our original artwork. My work can be seen on: www.barbara-w-stanger.com and www.aurna.com

I am most proud of my family (I think they're all great) and a recent art exhibition called "From Generation to Generation, I-dor v'dor" displaying my metal work, my daughter Susan's paintings and my late mother's sculptures and paintings at the Jewish Community Library in San Francisco. I'm very proud that my work has been acknowledged and respected and exhibited nationally.

I am thankful that **I have a wonderful husband and family and we all have a lot of fun together.**

One of my fondest childhood memories is **going to the movies with my grandfather to see "Tom Sawyer" when I was about five years old. I remember being scared by parts of the movie but I was aware of how special it was to spend time with my grandfather.**

Friends would describe me as **fun-loving.**

My heroine is my mother. Not only was she my first art teacher who always encouraged me, but she also gave me **the gift of enjoying life. She loved her family and loved her work. I so admired her work and was proud of her accomplishments.**

A talent I'd like to have is **to be a better gardener.**

If I could do something over, **I would interview my mother and grandfather for an oral history project. My mother died young and I wish I had a chance to know more about her life.**

I get the greatest joy from **knowing that my daughters and their spouses all get along with each other.**

I have been most inspired in my life by **good teachers, particularly a metal silversmithing teacher at the Tyler School of Fine Arts in Philadelphia who was tough but inspiring and helped my work evolve to three dimensional.**

I worry about **all the expressions of hatred that I fear will result in increased anti-Semitism. I'm also very worried about what will happen if the Democrats don't win mid-term elections.**

My favorite writer or columnist of the moment is **Paul Krugman.**

My best marriage advice, **after 64 years is to have lots of patience, be willing to negotiate and compromise.**

The most memorable trip I ever took was a **bicycle trip in Europe in 1951 when I was 20 years old, soon after the end of World War II.**

It inspired me to travel a lot more, especially in Europe. I also fondly recall several great family trips to Italy, France, England and Israel.

I absolutely cannot live without **watching Seinfeld re-runs for escape from so much bad news these days.**

One thing I wish I could change about the world is **to end the culture of gun violence in our country; to confiscate assault weapons and allow only rifles for hunting.**

I give back to my community by **currently serving on the Kol HaEmek board of directors;**

CONTINUED ON THE NEXT PAGE

I will be driving voters to the polls on Election Day and I have volunteered at the Grace Hudson Museum.

I wish more Jews would be willing to participate in Jewish activities and have a stronger identity as Jews because I want Jewish culture to survive and keep family memories alive.

Some things people would be surprised to know about me are that I stay up late at night and sleep late in the morning (so don't call me early!) and I make quilts.

Dear Chaverim,

I'm writing to let you know about the next chapter for me and the Cross Pollination for Resiliency Project that started just two years ago. As I shared with you, I spent three months in the occupied territories of the West Bank and Israel offering presentations and trainings in the Community Resiliency Model.

I'm hoping that with your financial help I can return to continue the work.

This time the focus is quite specific:

In Haifa I will be training people who work through the Halisa Community Center. Halisa is the most marginalized and traumatized neighborhood of Haifa, about 4,000 residents, 80% Palestinian. From those trained, the center will establish two teams, one forming an internal security force to address issues of violence, the other offering behavioral health education and skills. In this way, the neighborhood can become more self-directed and less impacted by municipal authorities.

In Nablus, the plan is to offer training on how to implement Community Resiliency Model skills in schools through Project Hope. The same may unfold in Bethlehem as well. Due to constant and looming crises in the occupied territories, one can never have the illusion of a sure thing.

When asked by the center director just how we would afford to do this, I went out on a limb and said friends in the Jewish community would send me. Her response was incredulous, that there could be Jews who cared enough somewhere else in the world to support Palestinian well-being. While there may be a wide range of opinion about a Jewish homeland and various solutions to the situation there, I know of no one who thinks that what is happening to Palestinians is a good thing. Knowing this made a big impact on my director friend.

Please help bring some rays of hope and inner stability to our middle eastern cousins. Donations will cover direct expenses for this fully grassroots and volunteer effort: learning materials, stipends and supplies for trainees, communication and transportation.

You can support this by sending a gift directly to me, Jo-ann Rosen, 3751 LowGap Road, Ukiah, Ca 95482 and also by sending this note on to others. An added request, you might like to include a personal note wishing the recipients well, one community to another (can be anonymous).

Thank you,

Jo-ann Rosen for more info call me
(707) 468-1673.(707) 462-7749.

**2018 Kol HaEmek 5779
Annual Support Information**

Please return your membership/High Holiday commitments as soon as possible.

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