



The Newsletter of Kol HaEmek (Voice of the Valley)

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

Phone # 707-468-4536

May-June 2010

Iyar-Sivan-Tammuz 5770

Please submit articles by the 20th of the preceding month to carolrosenberg@sbcglobal.net

Visit our web page: www.kolhaemek.org

Coming Events

Fri, Apr 30-Sun, May 2 Shabbat/Lag B'Omer KHE Campout at Clearlake, contact David Koppel (485-8910, davekoppel@yahoo.com) NOW to register.

Monday, May 3, 7pm - Studying Pirkei Avot together - session 5

Tuesday, May 4, 6:30pm at the Koppels, KHE Board Meeting--all invited

Monday, May 10, 7pm, Studying Pirkei Avot together - session 6

Friday, May 14, 6:30pm Kabbalat Shabbat and potluck with Shoshanah

Sat, May 15, 2-3:30pm Ukiah Garden Club members' tour of our KHE garden Louisa, our gardener, says KHE weeders are welcomed beforehand and KHE folk are welcome to come by during the tour.

Sat, May 15, 7:30pm, Movie Night at the Shul

Friday, May 28, 6:30pm Home shabbat

Shavuot Celebration!

Tuesday, May 18 - **Shavuot** 6pm, floral wreath making, children's procession, food offerings to God and the homeless

7:15 - Chorus will sing, Shavuot blessings, yummy dairy desserts, and time to shmooze.

8 pm: informative teaching sessions: How to soothe the Jewish Soul: hand and foot massage with Acorn Sunbeam; Estate Planning with God or How to Draft an Ethical Will with Norm Rosen; Reading the Book of Ruth together (traditionally read on Shavuot) (see Page 3 for more detail)

Tuesday June 1, 6:30pm KHE Board meeting all invited!

Friday, June 11, 6:30 Kabbalah Shabbat

Saturday, June 19, 7:30pm Movie Night at the Shul

Friday June 25, 6:30pm Kabbalah Shabbat at the home of Amy Wachspress and Ron Reed, Shabbat dinner on the deck!

Holidays & Portion of the Week

May 1 - Emor
May 8 - Bechukotai
May 15 - Bamidbar
May 18 Erev Shavuot
May 19 Shavuot
May 22 - Naso
May 29 - Behaalotecha
May 30-1 Memorial Day/observed
June 5 - Shelahlecha
June 12 - Korach
June 19 - Hukath
June 14 - Balak

We Remember:

Gerald Marans - May 1
Harold Koppel - May 6
Harriet Libby Domas - May 14
Nancy Brooks-Miller - May 26
Sylvia Elberg - June
Daniel Rosenberg - June 1
Harry Stanten - June 2 - Sivan 6
Edward Wandrei - June 5
Helen Feinberg-Ginsburg
Harry Rothchild - June 10 - Sivan 7
Wilma Sizemore - June 16
Herbert Rubin - Sivan 24
Henry Lowenheim - Tammuz 15

Smart Shop

*High Quality sharpening by hand
Eric Cinowalt*

Call- 845-1025 or Sharpensmart@gmail.com

Cinnabar Ceramics

106 W. Church St, Ukiah
472-0800

Wedding Registry, packing & shipping
microwave safe

Donations to Kol HaEmek

Make a Difference

Kol HaEmek is grateful for all contributions to our various funds. The following is a list of some of them:

- 1) Building Fund
- 2) Religious School Fund (Kalifornia Memorial)
- 3) Scholarship Fund
- 4) General Fund
- 5) Memorial Board Fund
- 6) Tzedakah Fund
- 7) Rabbi's Discretionary Fund
- 8) The Marion and Sanford Frank Fund
for Feeding the Hungry in Ukiah & Willits
- 9) **Association for Community Development-Acre** serving low-income Jewish and Arab Israelis living in Acco/Acre*
- 10) **Orr Shalom** programs throughout Israel for disturbed children and youth from troubled homes*

*Make your check payable to PEF-Israel Endowment Fund and earmark it to either the Association for Community Development-Acre or Orr Shalom. (There is a \$25 minimum requirement for checks to Israel.)

(11) MEMBERSHIP

Questions? Call David Koppel 485-8910

Please mail your contributions to:

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

Rock & Soul Music Camp

Summer Arts and Fantasy Camp
Academic tutoring and Music lessons
Anthony and Sara Esserman-Melville
For more information call 463-2247

Ukiah Garden Club members

will be touring our KHE garden from 2-3:30 on Sat, May 15. Louisa, our gardener, says KHE **weeders are welcomed beforehand** and KHE folk are welcome to come by during the tour.

Ethan, son of Sara & Tony Esserman-Melville, Wins Science Award

Ethan won the gold in the Junior division (6th-8th grade) County Science Fair this weekend, which means now he goes on to compete on the state level in L.A.!

Nature's Phoenix

His objective was to find out what type of grass sod grows back best after burning.

Materials and methods:

Six types of grass sod from the same company were cut into sections and placed in roasting tins. The samples were given time to dry out in a warm place. After this they were taken outside and burned down to the root, except for one of each type that was kept as a control. Then the samples were watered and given time to grow back. After a week the number of blades that had grown in each tin was measured with a special scoring system to show the results.

Results:

The Dwarf Fescue samples grew back more of their former bulk than the other samples in the same time as the others, even though all the samples were under the same growing conditions. The Bentgrass grew back the least of its former bulk in the same time as the others.

Conclusions/ Discussion:

From this experiment it was learned that the Dwarf Fescue from the ParkAvenue Turf company grows back fully after burning and watering, whereas the other types will not. This information proves useful in fire-prone areas when one is wondering what type of grass will grow back fuller and quicker after getting burned down.

Schedule for Shavuot

Tuesday eve, May 18

6 pm: Making floral wreaths with Rachel on the back porch of our Shul.

If you are able, please bring flowers and other ornaments for these crowns for our children (and any adults who want to wear them).

6:45 pm: Offering of the First Fruits

(Bikkurim) Wearing their floral crowns, our children will have a procession modeled after ancient pilgrimages to the Temple. They will offer baskets of fruit and canned goods, which will later be donated to the Food Bank. Please have your child come with an easy-to-carry basket filled at home (the baskets stay with you and do not go to the Food Bank).

Then we'll showcase the real "first fruits" of our community--our children, who will entertain us with dance, song, playing instruments, etc. (If your child would like to participate in the talent time, please call Rabbi Shoshanah).

The KHE choir will accompany our celebration.

7:15 pm: Refreshments - Blessing of Challah and dairy/fruit dessert potluck (suggested: bring drinks, blintzes, cheese cake, noodle puddings, and fruit desserts).

After festing and shmoozing, families can say goodbye, or children can sleep in a classroom.

Dear KHE Chaverim,

Last fall I attended a meditation retreat led by Jewish teachers who also adhere to Buddhist practice. They, like many of us, have incorporated the Buddhist emphasis on silence and awareness into their Jewish observance. It is really quite simple to take key words or phrases from our Jewish tradition, such as *Shema!*/listen!, and to appreciate them anew with a perspective gained from Buddhism. Perhaps you are familiar with the important Buddhist practice of metta, of consciously sending out loving-kindness (*chesed* in Hebrew), often at the conclusion of a meditation session. “May all beings be happy” is one very widespread expression of *metta*. A popular technique of *metta* is to send loving-kindness to yourself, then to someone close to you, then perhaps to someone you have difficulty with, and then to all beings. Our retreat leader understood *metta* to be what we in Judaism call blessing, and had us practice sending out blessings to ourselves, someone close to us, someone we have difficulty with, and to all beings. Cultivating sending out blessings is a practice I applaud and hope I encourage in others as well as myself.

I think we already have our own very potent Jewish *metta* blessing, known as *Birkat HaCohanim*, The Priestly Blessing. You may be familiar with this blessing from our Kabbalat Shabbat services when we bless our children (did any of you grow up with the traditional practice of your parent blessing you in this way at the Shabbat table?), or from our KHE High Holiday services, when we bless each other for the new year with this blessing, or from your experiences in a Reform congregation when the rabbi may have invoked this blessing at the end of services, or in a more traditional synagogue if you saw the blessing offered on special occasions by the *cohanim* (plural of *cohen*)=those men directly descended from Aharon who form the Jewish priestly lineage. We’re told in the Torah that this prayer was transmitted to Aharon and his offspring at Mt. Sinai to recite as a blessing for the Children of Israel. So it’s been in use some 3300 years already. When we recite this prayer, we are tuning in to a well-grooved prayer form that has been used not only by Jews throughout our history in all the places we’ve lived, but also by many Christians, for whom it is a well-known part of their church liturgy.

Whether or not we are of the ancestral lineage of the *cohanim*, we have the opportunity to cultivate the priest within each of us (“Be a kingdom of priests”) each time we offer this blessing. We become a holy vessel, a holy transmitter, for we are told that the blessing does not originate with us, but comes through us from God. So we are aligning ourselves, receiving and sending simultaneously. Each time we employ this prayer, we have the potential to strengthen not only ourselves, and those whom we are blessing, but the energetic God-field itself.

What is the message of this holy blessing? It has three lines to it, each with two parts. (see page 8)

First line, *Y’vareich’cha Adonai [YHVH] v’yishmereicha*, traditional translation: May the Lord bless you and keep you. When we say Lord or Adonai, the word in Hebrew is actually YHVH, the God name used in each line of this blessing. Today we tend to understand YHVH as the active and compassionate flow of “godding” into/in creation (God as a verb), so one does not have to perceive God as a personal being in order to invoke these words. The actual Hebrew letters *yud, heh, vav, heh* do seem closely linked to the verb for “being,” but not in the sense of a particular individual form (e.g., Big Daddy) but rather as a process of being, of becoming.

Also, what we translate into English as “may” in each line of the prayer, can also be translated as straight future tense directly from the Hebrew: e.g. “God shall bless you and keep you.” Back to just the first line, “keep” could just as well be translated as “guard” or “watch over.” There is so much that could be said about this first line, but it surely conveys that each of us is not just an isolated, accidental speck in the scheme of being.

Second line, *Ya’er YHVH panav eyleicha v’chooneicka*; traditional translation: May the Lord’s countenance shine upon you and be gracious unto you. More literally, May YHVH’s faces illumine you and may you be graced (the word for face in Hebrew is usually plural; interesting, no?) So here we have a classic Jewish prayer for enlightenment! May we shine in God’s light!

Third line, *Yisa YHVH panav eyleicha v’yasem l’cha shalom*; traditional translation: May the Lord lift [his] countenance to you and grant you peace. Or, may YHVH’s face(s) rise up to you and may YHVH give you peace (or “wholeness”). I sometimes translate the beginning of this line as “May God’s presence be with you” or even “May you know that God’s presence is with you....”

So I invite you to employ this classic blessing, in Hebrew and/or English. I tend to stick with the original Hebrew, but vary my English translation according to what seem to be the best words in the moment for whomever I am invoking the blessing. For example, our High Holiday *machzor* translates YHVH of the first line as “Universal Love,” of the second line as “Infinite Abundance,” and of the third line as “Source of Harmony.” You might also experience applying the *metta* pattern by sending yourself this blessing, sending it to someone you feel close to, sending it to someone you have difficulty with, and sending it to all beings. And you may want to send this blessing to people who are not currently by your side, as well as bestow it on those who are next to you and can hear you blessing them (for example, after lighting Shabbat candles). And now, as you carefully read the following lines, please receive this blessing in love:

*Y’vareich’cha Adonai v’yish mereicha,
Ya’er Adonai panav eyleicha v’chooneika,
Yisa Adonai panav eyleicha v’yasem l’cha shalom .*

B’shalom oovrachah, In peace and blessing, Shoshanah

MISSING SHOFAR !

At the conclusion of last year’s High Holidays, an inadvertent shofar exchange occurred. I now have somebody’s beautiful double-twisted horn and am missing an equally elegant instrument.

The missing shofar has a unique bevelled mouthpiece and is of great personal importance, irreplaceable and a unique connection to the universe.

PLEASE check out your shofar(im) and see if you have one that you don’t recognize. And look at your children’s shofars. Are you missing yours?

Please call me with any information.

Bruce Andich, 459-4855

mdandich@yahoo.com

In My Opinion:

On a beautiful Sunday morning a friend and I set out on a small adventure. It's something we like to do. You abandon household chores, place drawing supplies in the car, sometimes lunch, and follow a side road to an unknown destination. When that road ends you turn onto another. Last Sunday we went east into Lake County to see the redbud in bloom. We eventually found ourselves at an environment fair at Clear Lake Campground.

I was interested in the display of the Historical Society of Lake County, which was an integral part of environmental teaching. It made me think about what I heard from an administrator at a local school. He was concerned that we educate for what was needed in the past, not for what is likely to be needed in the future.

When my children were little, the common culture was projecting future thinking, space travel and an upbeat sense of whatever is ahead will be terrific. Science held all the answers. I don't see that now. I see us looking back with nostalgia and regret, looking for roots and an exploration of past traditions with the assumption that they show the real value. Being 3/4 of a century old I can see both idealizations and projections as false premises.

How do we prepare our kids for a future that we can't see? Maybe we can do both. Ground them in history of this country and its people. Of Jewish history and the cultures that surrounded our people and how maybe we were a little different. Teach them how to tell fact from propaganda, falsehood from truth. Let them know that man is capable of great good and great evil. Always remembering in history there are no totally good guys or bad guys, but lots of self-interest and complicated motivations. Don't sugarcoat the truth, always encourage critical thinking even if it hurts you the parent or teacher.

Best of all, take lots of open-ended journeys into the beauty of the natural environment. Remember the Divine that gave us this amazing world to use and also protect.

With Love,
Carol

P.S. If you are ever in Kelseyville, Kelseyville Lumber has a terrific restaurant!

Also remember Samuel Kelsey was responsible for the killing of many Pomo people.

Poem by *Leslie Jo Feldman*

Oh where have you been my brown eyed girl?
Oh where have you been my darlin' self pearl?
I've been outside of my family of origin, in 24 homes and seventeen schools and one Pacific Ocean...
I've struggled, I've had joy
I've broken hearts
I've been heart broken.

AND IT'S MY BELIEF IN G-D, that keeps me still hope-in

Shavuot, from the Jewish Holiday Kitchen by Joan Nathan

Shavuot, the feast of Weeks, comes seven weeks after Passover and was originally the celebration of the barley harvest with a sacrificial offering of the first fruits at the temple. Later it came to commemorate the giving of the Ten Commandments on Mt Sinai.

It is customary to eat dairy foods at Shavuot. How do dairy foods fit into a barley harvest festival? At this time of year, late May or June, such foods are eaten because of a large amount of cheese is produced. Churning and cheese making are common features of spring festivals the world over, when goats, sheep and cows begin to graze more and thus produce more milk.

An additional reason for eating dairy at Shavuot: the Torah is likened to milk and honey in the Song of Songs. One version, by the time the Israelites had returned to camp after receiving the Ten Commandments, so much time had passed their milk was sour and well on the way to becoming cheese. Or from another rabbinic source: they fasted when they went to receive the Ten Commandments, and they were so hungry when they returned that they drank milk immediately rather than prepare a meat meal.

Frankly, I think it's an excuse to eat blintzes. Two blintzes side by side on a plate look like the two tablets of the law. (Carol Rosenberg)

Blintzes

Batter

3 eggs	2 Tb salad oil
1 cup milk or water	3/4 cup sifted flour
1/2 tsp. salt	butter or oil for frying

1. Beat the eggs, milk, salt & salad oil together. Stir in flour.
2. Heat a little butter or oil in a 6" skillet.
Pour 2 Tb. spoons of batter into it, tilting the pan to coat the bottom.
Use just enough batter to make a very thin pancake.
3. Let the bottom brown, then carefully turn out onto a napkin or clean dry dish towel, browned side up. Make the rest of the pancakes.

Cheese Filling

2 cups farmers cheese (or cream cheese mixed with cottage cheese)	
2 Tb sugar	1 egg yolk
1 tsp lemon juice	1/2 tsp salt
1/2 tsp vanilla	Tb butter

Mix until smooth (if you use cottage cheese, sieve through cheese cloth to remove liquid)

CHORUSES SING FOR JOY AND JUSTICE: BENEFIT CONCERT FOR PLOWSHARES IN UKIAH, MAY 16

Two local community choruses will sing for joy and justice to benefit Plowshares, at 1346 S. State Street in Ukiah on Sunday, May 16, at 4:00pm. Emandal Chorale and Inland Valley Women's Chorus have been performing joint concerts annually for nine years, and this will be their third concert to benefit Plowshares. Following the concert, all concert-goers are invited to share a light meal provided by Plowshares volunteers. Donations at the door (\$10-20 suggested donation) will benefit Plowshares.



יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ:

ve-yish-me-re-kha Adonai ye-va-re-khe-kha
and protect you May the Lord bless you

[כֵּן יְהִי רְצוֹן.]

ratson ye-hi ken
Yes, may it be His will.

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחַנֶּנְךָ:

vi-chun-ne-ka e-ley-kha pa-nav Adonai ya'er
and be gracious to you to you his face May the Lord shine

[כֵּן יְהִי רְצוֹן.]

ratson ye-hi ken
Yes, may it be His will.

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם

sha-lom le-kha ve-ya-sem e-ley-kha pa-nav Adonai yi-sa
peace to you and give to you May the LORD lift up His face

[כֵּן יְהִי רְצוֹן.]

ratson ye-hi ken
Yes, may it be His will.



**Mendocino County Jewish Communities/Inland
Kol HaEmek (Voice of the Valley)
P.O. Box 416
Redwood Valley, CA 95470**

Return Service Requested

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.

Our Mission is to express and support Judaism in the following ways:

- To provide a space for religious study and prayer
- To share life cycle events through meaningful Jewish traditions
- To offer and sponsor Jewish education for all ages
- To be inclusive of all partnership 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 of the world) as a community through socially just actions and education, and by mitzvot (good deeds)
- To offer membership in exchange for financial and other contributions, and allow all to participate regardless of ability to pay

Kol HaEmek Information & Resources

Kol HaEmek	468-4536
Board Members:	
Carol Rosenberg, President	463-8526
David Koppel, Treasurer (Financial Committee)	485-8910
Nancy Merling (Secretary)	456-0639
Divora Stern, V.P.	459-9052
Alan Acorn Sunbeam	463-8364
Steven Levin	462-3131
Robert Klayman	391-6114

Address changes (e-mail, etc): contact David Koppel davekoppel@yahoo.com or call (485-8910)

Brit Milah: Doctors willing to do circumcisions in their office or in your home: Robert Gitlin, D.O. (485-7406); Sam Goldberg, M.D. (463-8000); Jeremy Mann, M.D. (463-8000); Sid Mauer, M.D. (463-8000)

Assistance with the ceremony, contact the Rabbi (see below)

Chevra Kadisha (Jewish Burial): Eva Strauss-Rosen (459-4005); Helen Sizemore (462-1595)

Community Support: If you need help (illness, family crisis) or you can be called on when others need help; in Willits, call Divora Stern (459-9052); In Ukiah, Tal Sizemore (462-1595); Lake County (Volunteer needed, call 468-4536)

Editor of the Shema: Carol Rosenberg, Dan Hibshman & Tal Sizemore (carolrosenberg@sbcglobal.net)

Interfaith Council: Cassie Gibson (468-5351) (Food preparation for homeless in Ukiah)

Jewish Community Information and Referral: Bay Area activities and services (415) 777-4545 or toll free at (877)777- 5247

Library: At the Kol HaEmek shul, 8591 West Road, Redwood Valley; open at shul events and by appointment

Movies-at-the-Shul: Steven Levin 462-3131 stevenL@pacific.net and Robert Klayman 391-6114 rklayman@mchcinc.org

New Members: Carol Rosenberg (463-8526)

Rabbi's Council: community and calendar planning; **liaison** - contact Nancy Merling, grandnan@saber.net (456-0639)

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

Use of Torah/Siddurs: Schedule ahead of time with a board member.

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