



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@sbcglobal.net](mailto:carolrosenberg@sbcglobal.net))

**COMING EVENTS**

**Saturday Evening, November 5, at 6:00 P.M.**  
A Special Sefardi/Mizrachi Mid-Eastern Jewish Heritage Evening. See page 5 for details.

**Friday, November 11, 6:30 pm** Kaballat Shabbat with Rabbi Shoshanah,veggie potluck to follow.

**Sunday, November 13, 10:00 a.m. -12:15p.m.** Shul School “**Jewish Day of Learning**” Parents may wish to join us to study with their kids.

**Wednesday November 16, Men's Meeting 6:30 P.M.**at the Shul and veggie/dairy/fish potluck. Meeting will start after the potluck.

**Saturday, November 19, 10: 00 a.m. Shabbat Service for Shul school and the whole community!**

**Friday, November 25, 6:30 pm** Kaballat Shabbat with Rabbi Shoshanah, veggie potluck to follow.



Ace and Satoko Barash joyfully invite you to share in the celebration as our daughter Emma Ayame is called to the Torah as a Bat Mitzvah on Saturday Morning, December 31, 2011 at 10:00 in the morning at Barra of Mendocino 7051 North State Street, Redwood Valley. Luncheon reception will follow the service.



please respond to Ace and Satoko Barash <[satokob@comcast.net](mailto:satokob@comcast.net)>

**Congratulations to Harvey Frankle on becoming President of the Kol HaEmek Board!**

You may reach Harvey by Phone 459-9235 by mail : 30000 Sherwood Road, Willits, CA 95490 or by e-mail - <[woodnbooks@wildblue.net](mailto:woodnbooks@wildblue.net)>

Also we are delighted to welcome Sherrie Ebyam to the Board! Sherrie, a member of our Chorus, lives and works in Lake County her phone number is 530-414-1104 and her e-mail is Sherrie Ebyam <[ebyam@sbcglobal.net](mailto:ebyam@sbcglobal.net)>

## Portion of the Week and Holidays

November 5 - Lech Lecha

November 12 - Vayera

November 19 - Haye Sara

November 24 - Thanksgiving

November 29 - Toldot

Candle lighting

11/4 - 5 :50

11/6 daylight saving time ends!

11/11 - 4:44

11/18 - 4:39

11/25 - 4:35

### We Remember:

Sanford "Fritz" Frank - Heshvan 25

Maurice Marans - November ?

Lillian Rothchild - November 2

Doris Rodgers - November 16

Solomon Glazer - November 19

Robert Leo Kisslinger - November 27

From Harvey Frankle

For the benefit of those who may have missed my acceptance speech as the new president of Kol HaEmek, and in the spirit of the N.Y. Times which always used to print important speeches verbatim, it is printed here in its entirety:

*"What I am really going to need is you." And I meant every word of it.*

So please expect a phone call from me in the next few months asking some questions that I, with the board's expert help, am presently formulating.

I have no interest in asking you what you will volunteer for or about buying a membership. I just want to listen to you; to elicit your thoughts about Judaism in general and to help the both of us explore where your ideas can take us. Let's begin a process that can be used to formulate a coherent program which can then be discussed and worked on at our upcoming general meeting in February.

So you see, I'm **really**, really going to need you.

## *Membership and 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, *This fund needs replenishment!! Dry rot and wood beetles have eaten the fund up!!! Fixing the building has been expensive.*
- 2) Religious School Fund
- 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 and Willits
- 9) We are supporting a new fund in Israel this year! Congregation Eshel Avraham in Beersheva. We want to help them build a bomb shelter for their nursery school.

Question? Call:

**David Koppel, 485-8910**

**send checks to:**

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

### **Sephardic Green Beans with Tomatoes - Fasoulia**

3 Tb spoons olive oil

yellow onion chopped

3-4 cloves of garlic minced

14 oz plum tomatoes seeded and chopped in 1/2 cup water and 1 teaspoon sugar; or 14.5-oz. can chopped tomatoes in 1/2 cup juices

1 teaspoon salt and pepper

1 Tb spoon lemon juice (optional)

2 lbs green beans trimmed and cut into 2-inch pieces

In a large heavy sauce pan heat the oil over medium heat; add onion and garlic and saute until soft about 5 minutes; add the tomatoes, (bring fresh tomatoes to a boil with water, sugar, salt and pepper)

Add beans, cover and reduce heat until crisp tender about 8 minutes or very tender 25 minutes.

Serve warm.

KHE Donations: September-October 2011

*Judy M. Corwin*  
*Isa Davila & Amunka Davila*  
*Rachel Elkins & Dana Thibeau*  
*Cassie Gibson & Chris Gibson*  
*Jay Joseph & Jennifer Joseph*  
*David Koppel & Linda Koppel*  
*Adina Merenlender & Kerry Heise*  
*Linda Posner*  
*Carol Park & Steve Park*  
*Karen Rifkin*  
*Muhasibi Shalom & Antonio Andrade*  
*Susan Sher & Hattie Sher*  
*Eva Strauss-Rosen*  
*Jan Stephens & Gary Stephens*  
*Nancy Merling*  
*Milton and Mildred Rosen Foundation*  
*David Rapport & Charlotte Rapport*  
*Marlene Rivers*  
*Josephine Silva*  
*Andrea Silverstein & Dennis Patton*  
*Charles Seltzer & Lark Letchworth*  
*Carol D. Rosenberg*  
*Anonymous--a generous donation*  
*Izzy Green*  
*Darline Bergere & Josh Bergere*  
*Shoshanah Devorah*  
*Andy Coren & Yvonne Coren*  
*Carol Orton*  
*Sherrie Ebyam*  
*David Vilner*  
*Leslie Batz & Daniel Wentworth*  
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*Mark Levin & Kathy Crosby*  
*Matthew Brooks-Miller*  
*Janice Berman*  
*Lori Wright*  
*Ann Marie Rohan*  
*Vergilia Dakin*

# **Jews of the Mizrach**

**A special Sefardi/Mizrachi MidEastern Jewish  
Heritage Evening**

**beginning with a delicious potluck of mideastern  
dairy/veggie dishes\***

**followed by a 40 minute film:**

## **'The Forgotten Refugees'**

**about the mass exodus of Jews from Arab countries in  
mid-20th Century. The film weaves personal stories with  
archival footage, and presents testimonies of Jews from  
Egypt, Yemen, Libya, Iraq, and Iran.**

**Personal accounts will then be told by members of our  
congregation whose families hail from these countries.**

**A MEANINGFUL EVENT YOU  
DO NOT WANT TO MISS!!  
SAT 6 P.M. NOV. 5 The Shul**

**\* Nancy Merling or Carol Rosenberg may be called on for recipes.  
Nancy's at 456-0639 nancymerling@att.net  
Carol's at 463-8526 caroldrosenberg@pacific.net**

## Sephardic Recipes

### Persian Herb Omelet - Kukuye-Sabzi

vegetable oil

2 onions chopped or leeks

8 ounces spinach chopped

1-2 cups finely chopped celery or leaf lettuce

1/4 cup spearmint or cilantro or clipped chives

1/4-1/2 cup chopped walnuts or grated Kasserri cheese or parmesan

4Tb all-purpose flour

1/2 cup scallions (green part only)

1 teaspoon table salt or 2 teaspoons kosher salt

1/2 teaspoon grated black pepper 1/2 teaspoon ground turmeric

6 large eggs beaten

1 cup flat-leafed parsley

In a 10-inch heavy skillet heat 2 tb oil and onions saute until translucent (5-10 minutes) add spinach, celery and scallions sauté for 2 minutes more transfer to a bowl. Add rest of ingredients to bowl. Stir in eggs. In same skillet add 2 tb oil and egg-spinach mixture. Cover and cook until bottom is set. Invert over plate, replace in skillet to cook other side until slightly brown.

### Lentil Salad

1 lb or 2 and 1/4 cups brown or green lentils

bay leaf--1/2 teaspoon dried thyme

8 cups water

Simmer 25 minutes until tender not mushy. Drain.

### Dressing

1/3 cup fresh lemon juice or red or white vinegar

1/3 cup chopped fresh parsley, cilantro or spearmint

1-2 cloves, minced garlic, 1/2 teaspoon ground cumin

1 Tb salt, 1/2 teaspoon ground black pepper

2/3 cup extra virgin olive oil

1 red onion chopped, 4-5 scallions diced

1 large seeded tomato chopped (optional)

**Ethiopians** saute 3 tablespoons vegetable oil, 2 onions and 2-4 seeded jalapeno peppers and add to the salad. **Yemenites** add 1 cup tahini and more lemon juice and 1 cup parsley and mash the salad. **Greeks** add 3/4 cup feta cheese, 2/3 cup green olives chopped, and 2 table spoons chopped spearmint.

### Sephardic Cucumber Salad

4 regular cucumbers halved lengthwise and seeded and thinly sliced, or 2 English cucumbers

1Tb salt, 1 small onion chopped or sliced, 1/2 cup vinegar or fresh lemon or lime juice, 1 Tb black pepper, 1/4 -1/3 cup chopped fresh fennel fronds (optional)

Place cucumber slices in a colander weighed down with a plate for 1-3 hours. Rinse with cold water, pat dry, make a dressing of the remaining ingredients. Pour dressing over cucumbers.

Toss. Cover and chill for 3 hours. Serve chilled or at room temperature.

Dear KHE Chaverim,

What a beautiful day we had for our mikveh before Yom Kippur this year. The weather report had threatened rain, but here I was, driving home feeling tingly and with a great sense of well-being and gladness after our women's gathering and sharing by the lakeside. Our immersion to purify and unify ourselves carried the bonus of delicious swimming in Pennyroyal Lake, with white herons keeping us company, and snacks including homegrown figs when we emerged. As I was driving the stretch from Parducci Winery to the on-ramp for 101 South, my eye caught two couples in a parking lot on my left. The men were dressed in dark suits and the women wore long skirts and long tops. My mind immediately registered "orthodox Jews," but just a fraction later recognized that we were in Mendocino County and they were not wearing head coverings. Yet my initial mistake had been reinforced by the two extra-long shofars that they held. The shofars were the lengthy, twisty kind, longer than any I'd seen in our congregation. I was magnetized to drive right into that parking lot and check out this scene.

As I approached, one of the men put both shofars in his mouth at once, forming them into a V, and trumpeted away. This was something I had never seen or imagined before. I exited from my car, and introduced myself as rabbi of the local Jewish congregation. We had just heard the dozens and dozens of shofar calls half a week before to mark our New Year, I told them, and we were in the middle of the Ten Days of Awe, which would culminate in Yom Kippur and more shofar blowing. As far as I could understand, they were not blowing the shofars because this was the time of the High Holidays. If we understood each other, they blow the shofar throughout the year. But I'm not sure, because they were Spanish speakers and we were speaking English.

They asked me if I would like to try blowing one, and I said I would, but that first I'd say the Hebrew prayer which precedes hearing the shofar. When I finished the prayer, one of the men took out a card which had on it the exact transliteration of the prayer I had just uttered, plus its translation into Spanish. I then put the great shofar to my mouth and all I could sound was a very minor and pitiful squawk. (This is how the Shul School kids sound when they try to blow my little shofar.) Of course, I was embarrassed, and quickly told them that there ARE people in our congregation who know how to blow such a large shofar, but that I only have a small one. Oh, a ram's horn, they said (the long twisty ones are from antelope, I think). I then asked the man who had offered me the shofar if he would blow it, and he obliged, putting it in the corner of his mouth and tilting it sideways and upwards, and out flowed the most gorgeous, melodious, full-bodied tones. Only when I was a teenager living in Florence, Italy, had I ever before heard the shofar played so sonorously as a musical instrument. The shofar blower turned to me and shared that he'd learned his skill by going up into the hills east of the Ukiah valley, and asking God to teach him how to sound the shofar.

Who were these people? I did note a sign by the parking lot, but at this moment of writing, I do not recall the name of their church. They were definitely Christian, and brought to mind that my San Francisco grandchildren had first heard "Shema Yisrael" not from me, but from their Latina babysitter who was a devout churchgoer. And then, two summers ago in the Sierras, a man from the neighboring cabin who was part of our lakeside campfire told us he knew a little Hebrew, and he started singing the Shema. He knew it from church, and he was of Italian-American background, so this adaptation of Jewish practice is not limited to Spanish-speaking Christians.

How do you react to what I'm sharing with you? Some might not appreciate non-Jews appropriating Jewish liturgy in the name of Jesus. I can think of Native Americans who resent the open sharing of sacred rituals with outsiders, and the popular bastardization of their traditional practices. There are Palestinians who resent Israelis' wearing Arabic clothing (such as embroidered dresses) and adopting felafel as a national food, and call it cultural stealing.

I presume the Christians I've described above are eager to connect with the Jewish roots of their religion and their savior, in an attempt to be authentic servants of God. I did not sense in our interactions an attempt to missionize or compete. I did wonder if these shofar-blowing Christians took special pride or saw significance in the fact that I, the Jew, could not even begin to emulate the grand shofar tones that they had produced. (There is also the opposing argument for preferring the more unpredictable, primitive, plaintive, and raucous shofar sounds that are more familiar to us.) But for me, this parking lot "apparition" to which I was drawn testified to, and enhanced, my sense of the awesomeness and greatness of God's creation and sacred presence, coming, as it did, right after a holy mikveh in the midst of our 10 Days of Awe. Tekiah Gedolah...!

B'shalom oovrachah/In Peace and Blessing, Shoshanah

### A Building Report or: A tale of unexpected consequences

I have always loved the Passover song "Had Gadya" or the folk song "There Is a hole in the bottom of the Sea." Little did I know that when we extended the deck on the Shul we would begin such a sequence of events.

We had considered making minor (ha!) repairs to the Shul even before we signed a contract for the deck. But wanting to finish the project first in June, then because of events by Yom Tov, we the board went ahead with the deck construction. We were pleased with the result and wanted to bring the entire building to this new standard. We asked Eric Idarius and his son Bodhi to make the external repairs to the siding and trim out the storage closet and fix the signs of wear and neglect on the building. It was time to paint the building; we considered a more expensive exterior surface but were afraid of the costs.

When Eric removed the damaged boards on the east side of the building, major major dry rot was discovered. He also found problems on the roof. A pest inspector was called in and made further expensive discoveries. Beetle and carpenter ants are eating the north side of the Shul. We need to remove the insulation under the building to improve air flow and remove a cozy environment for pests.

Where are we now? The building has had its holes filled in, it's been painted. The dry rot on the east side has been repaired. Nasty plywood under the floor has been replaced and the Pergo at the doorway replaced by tile donated years ago by Aaron Katz. Gutters for the building have been ordered. We still need to approve work on the north side, remove all the insulation under the floor and treat the underside of the building with chemicals to prevent more pest damage. Next year Eric thinks we will need a new roof!

We used a good deal of our building fund. I'm sorry I said the deck would last longer than the building. Thank goodness we didn't enlarge the structure--it would cost more to maintain.  
"Had gadya, had gadya"

*Love,  
Carol*





**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
- To offer 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 (good deeds)
- To offer 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**

Harvey Frankle, President	459-9235
David Koppel, Treasurer	485-8910
Alan (Acorn) Sunbeam	463-8364
Judy Corwin	462-4661
Divora Stern	456-9052
Nancy Merling, Vice President	456-0639
Carol Rosenberg	463-8526
Steve Levin	462-3131
Sherrie Ebyam	530-414-1104

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: in Willits, Divorah Stern (459-9052), in Ukiah, Margo Frank (463-1834)

Interfaith Council Cassie Gibson (468-5351)

Jewish Community Information and Referral (415)-777-4545, (887)777-5247

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

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