

March 15, 2024 --- 5th of Adar II, 5784



The Shema-elah of Kol Ha'Emek (Voice of the Valley)

Physical address 8591 West Road - Mailing address PO Box 1274, Ukiah, 95482

Phone: 707-468-4536 / Articles in this publication are not necessarily the views of the KHE Board.

SCHEDULE OF UPCOMING EVENTS

March 21, 4-6 p.m. - KID'S Purim Pizza Party hosted by Michael Nemeth.

RSVP <https://donorbox.org/events/569521>

March 23, 7 p.m. Purim Spiel with auction, hosted by Amethyst Frech.

April 12, 6 p.m. Round-the-Table Shabbat, hosted by Kohenet Rayna Grace.

April 26, 5:30 p.m. Passover Community Seder at the Shul, hosted by Sherrie Ebyam and Janae Stephens.

May 10, 6 p.m. Round-the-Table Shabbat led by Rabbi Paige. Hosted by Sara Esserville.

May 11, 10 a.m. Torah Service led by Rabbi Paige.

The Torah Service will be streaming at the following Zoom link:

<https://us02web.zoom.us/j/7196947312?pwd=dDZEYkV4bkVQeGR1aVpuWE9UMmIQQT09>

Would you like to host a Home Shabbat? Please contact Sara for more information how!

Feeding the Hungry

Dan and Cassie are looking for volunteers to help out with feeding the hungry, Sunday, March 17th, 2 PM at Plowshares. If you're interested in helping out, please contact Dan Hibshman at 707-462-7471 or Cassie Gibson at 707-468-5351

Interim Shema & Shema-elah Editors:

Bob Mandel & Nancy Bertsch* If you have an article, news to share or a good idea, contact Nancy at nancybeth615@sbcglobal.net

Feeding the Hungry
Sunday February 17, 2:00pm at Plowshares
Call Dan Hibshman at 707-462-7471 or
Cassie Gibson at 707-468-5351 to volunteer

 **DONATE**

PLEASE CONSIDER DONATING
TO KHE TODAY!



Nosh-Baytele (small bites) From the Board

There was no notes from the Board meeting this month, so instead we've got a new addition to the Shema-elah – The Meshupuchah News – a KHE Bulletin board with various goings on with the local community and KHE members.

Meshupuchah News

KHE's New Bulletin Board
What's New?

Michael Charnes
PLAYS AT
MOMMA'S MEDICINALS
Saturday 4/13/24

Send Us Your
NEWS!!

TWELFTH NIGHT -- THE MUSICAL -- UKIAH PLAYERS
WITH OUR VERY OWN: **MICHAEL CHARNES, KATHY DINGHAM KATZ**
(COSTUMES), **CHARLIE SELTZER, MUSICAL DIRECTOR & REID EDLEMAN,**
DIRECTOR
STILL PLAYING 3/14/24 THRU 3/17/24

Saturday, April 13, 7 pm: Michael Charnes invites you to an evening of song and instrumentals at Mama's Medicinals, 328 North State Street, Ukiah. During the first set, Michael and friends will perform original, folk, and pop songs representing a variety of traditions—from American, Celtic, and French to Balkan and Klezmer. During the second set, Michael's band, "Inquire Within," will perform Michael's original songs and several covers, with Michael on guitar, Andrew Miller on bass, and Ken Ingels on cajon. Refreshments will be served. Sliding scale \$5-15.

Ukiah City Council Resolution -- Ceasefire in Gaza

Dear Chaverim, we are listing the following announcement shown below with the disclaimer that the Kol HaEmek Board and the Shema are not taking a formal stance on this very sensitive issue. We are neither taking a formal support for a ceasefire nor are we taking a non-support for a ceasefire. Kol HaEmek has always been an eclectic group with a wide range of backgrounds and opinions. All of our opinions are important. We, therefore, respectfully forgo taking a position.

Announcement:

Wednesday, March 20, sometime after 6 pm: Ukiah City Council members will discuss adoption of a resolution calling for a ceasefire in Gaza. The resolution itself, and the timing of this agenda item, will not be published on the city's website until late Friday afternoon (after 5 pm, but possibly earlier). Go to the meetings and agenda page of the Ukiah City Council website, select March 20 on the calendar, and click on Agenda or Packet. There you may also find directions for how to participate by phone and/or watch the proceedings by video.

To hear the KZYX Community News report on the March 6 meeting, at which the Ukiah City Council decided to put the proposed resolution on its March 20 agenda, go to kzyx.org and scroll down to March 8, 6 pm

Yiddisha Blog, By Nancy Bertsch

My idea for this column: Get us talking Yiddish and talking about Yiddish! It's working. Trading favorite Yiddish words and sayings has brought us plenty of reminiscence and smiles. It's been like a little island of joy. Plenty of you responded. We are talking Yiddish!

This month we have two different categories: What I Remember & A Stand Alone Article by Vickie Patterson

What I Remember

Some of our grandmas and grandpas; (or our parents, uncles, and aunts) were rather vivid in their verbal dismay and directives. I mean three different entries for "shitting in...or over the ocean". I guess it doesn't matter, whether its "in" or "over", gravity is the great equalizer in this scenario.

Elizabeth Raybee shared: from Bob Taxin, growing up in an Orthodox Jewish home in NY: "Gay caccen affen yam!" - Go poop in the ocean!

Bruce Andich writes, "My current favorite", "Gae cocken affen yam" – Go shit in the ocean!

From Robin Sunbeam: "Gay coccin en yan"– Go shit over the ocean!

Nu? No matter how ya' spell it, whether you are in it or over it; we all get what it means!

On a more refined note:

Elizabeth Raybee recalled –"Something my Baube would sometimes say when she heard something she considered ridiculous". "Gay strasha de gantz" – Go tell it to the geese!

Then we had a flurry of more common favorites. I grew up thinking most of these were English. Who knew? I still have words which I'm not sure are English or Yiddish...or Yinglish for that matter. English and Yiddish went back and forth in my house. That was probably so for many of us.

Sara Esserman's favorites:

Chutzpah – extreme self-confidence or audacity

Schmooze – talk with someone in a lively and friendly way

Bubka – sweet bread with raisins and cinnamon made with the extra dough from challah, sometimes just called cake.

Janae Stephens' favorites: (she left these to translate "among" ourselves)

Verklemp – "makes me think of Joan Rivers"

Shmuck – "I think it's funny when people use this word and not know what it (literally) means"

Mishugana – "always a good one". "I also love how klutz, mensch and kvetch have become part of the vernacular."

Hey, do you remember this? "Dred Yiddish – da Kinder" - something the adults would say to switch from English to Yiddish so the kids would not understand. Taxin told Elizabeth: "For years, I'd pretend I didn't understand, but I did." (continued on next page)

For me? I learned my Yiddish when my Mom would speak in Yiddish and my Dad would answer in English with a bit Yiddish! My sister and I would skitter down the hall half singing, half giggling: "I know what Mom said!"

So, I asked Joel Cohen, "Do you have any favorite Yiddish sayings? He answered me mostly how my Dad spoke; in English and Yiddish. He responded:

"Oy gevalt!" "I'll work on it!" "Vey es mir!" I got it!

After looking these over, I think that Robin Sunbeam and I...and maybe Vickie Patterson must have gone into persistent verbal detail to our mothers when we wanted something. I mean, look what we remember:

From Robin Sunbeam: Hokkin du chainik – Robin didn't offer a translation; just to be careful, I looked it up: "bother you with teapot" (?)

Until today, I thought "Don't Hokkin mir Chaink!" meant: "Don't talk to me about the same thing all the way to China!" It Literally translates: "Don't bother me about the teapot. " I guess, with that delicious added vocal intonation that we know so well; it would mean the same! You'll see Vickie's in her own section below.

I saved the sweetest for last:

Elise Wilkins: "My grandma lovingly called me: "Shayna Maydele " (Sweet maiden?)

"Look at that Punnum" (while holding my face)

"zie Gezunt" - Grandma would say when someone left "--- "go in good health"

Nancy: This reminded me of Grandma Adele who would say: "Es gezuntah hait – when giving me something to eat. I always thought it meant: "Eat with a blessing on your head".

A Stand Alone Article by Vickie Patterson

There is a free language app available from the library called Pronunciator with many languages to choose from. I am studying Yiddish with it. It has lessons, drills and sample conversations.

Here are some of my favorite Yiddish words and expressions I learned from my mother (they may not be exactly kosher but it's what I remember):

baleboste - an accomplished housewife whose house is always clean!;

abi gezunt- may you be healthy;

shepn nakhes - to get fun or pleasure from like nakhes fun kinder, pleasure from children;

hakyn a tshaynik- to be boring(It literally means to bang on a teapot);

zitsn af shpilkes - sitting on pins and needles (to be impatient) .

And, one last that my mother said frequently - its meaning somewhat obscure

di kale iz tsu sheyn "the bride is too beautiful" maybe meaning a fault.

More to come next time. ... Vicki

Book Review – From Joann Rosen 3/3/24

Dear Chaverim, I have been quite enamored of Rabbi Sharon Brous, cofounder of IKAR congregation in Los Angeles. Her impassioned and brilliantly crafted sermons, readily available on youtube, have lifted my spirits and given me hope for what American Jewry can offer this hurting world. (<https://www.youtube.com/watch?v=TFLvLETvP1A>). As she is deeply steeped in Torah and fiercely dedicated to peace and justice for all peoples, I was compelled to read her brand new book, *The Amen Effect: Ancient Wisdom to Mend Our Broken Hearts and World*, Avery-Penguin Randomhouse, 2024. Over the last two decades she has built a vibrant multi age community that digs deep and really knows how to support each other.

The Amen Effect is packed with her compelling stories of how this came about and what the specific foundational virtues we can develop in our aspiration to create a world where everyone matters. Her shul is a building block to that world, a model, perhaps for us to consider. She starts out from the beginning stressing how we need to show up for each other and by the end of the very first chapter I could feel my showing-up energy rising. (I'd usually not have answered the call for a book review, for instance, but under the spell of chapter 1, here I am).

Chapter two, Please Hold On: the antidote to loneliness is sacred connection, spurred me on to write a few love notes to dear friends who have been suffering. I could actually feel my habitual reluctance flowing out of my body, and now some folks will have a small pick-me-up in their mail box!. The rest of the chapter titles alone say a lot.

Chapter 3 See No Stranger: every single person is worthy of love, perked up my determination to open my heart wider.haap

Chapter 4 Come Alive: this generation calls us to great things, sparked a way Sage and I might have a tiny ongoing do good project that is bringing some freshness into our home life.

Chapter 5. Grieve and Live: our capacious hearts can hold both sorrow and celebrations, stretched me in ways I've needed to be more fully present to this getting old experience.

And so it goes for several more dynamic chapters.

Each chapter digs deep into the theme through Torah, Jewish historical context and heartwarming personal stories of her congregation.

Might this book bring energy and clarity to our congregation? Might a book group evolve to do this exploring together? (mention it to Rayna lesweetmeat@gmail.com) No matter whether you want a read just for personal inspiration, community building or deepening your understanding of our Jewish teachings and traditions, this book is a gem of a read.

Read or no read, may the energy of spring, revitalize your spirit and be a blessing to you and the community. Jo-ann (jo-annrosen@gmail.com)

Purim Pizza Party Children and Family Event Thursday March 21st 4-6pm

Hosted by Michael Nemeth and family

JOIN KOL HAEMEK TO CELEBRATE THE FUN, JOYOUS HOLIDAY OF PURIM, WHERE WE TELL THE STORY OF ESTHER, MORDECAI AND HAMAN THROUGH DRESSING UP AND PUTTING ON A PLAY! PURIM HAS BEEN LIKENED TO A JEWISH CARNIVAL, OR HALLOWEEN. IT CAN BE SILLY AND UPSIDE DOWN! WE'LL MAKE HAMANTASCHEN COOKIES, PUT ON A PLAY, OH, AND DID WE MENTION PIZZA?! COSTUMES ENCOURAGED. FUN FOR THE WHOLE FAMILY. ALL ARE WELCOME, AND TICKETS ARE FREE, BUT PLEASE RSVP TO [HTTPS://DONORBOX.ORG/EVENTS/569521](https://donorbox.org/events/569521) SO WE KNOW HOW MUCH PIZZA TO GET.

ANNUAL PURIMSPIEL and AUCTION

Saturday March 23 7pm

It's that time of year when we praise the name Mordecai and boo the name Haman! And Queen Esther will save us all again!! Come join Kol HaEmek for a fabulous night of music, wine, play and an auction of items donated by local businesses and artists. There's both a silent and live auction. This year, the Purim Spiel will be created on the spot, with the parts available for auction. You decide who plays who, by bidding for certain people to perform! A scrip and basic costumes will be provided. It will be fun and silly! This is Kol HaEmek's largest fundraising event, so make sure to invite your friends.

*** Bring Hamantaschen to share! ***

If you have items to donate to the auction, please get in touch with Elizabeth at eray@eraybeemosaiics.com

Kol HaEmek MCJC-Inland
P.O. 1274
Ukiah 95482 CA



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 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 as a community through socially just actions and by Mitzvot

Kol HaEmek Information and Resources - Main Phone Number: (707) 468-4536

Board Members:

Sherrie Ebyam - President	530-414-1104	ebyam@sbcglobal.net
Amethyst Frech - Treasurer	415-286-4270	Amethyst.frech@gmail.com
Janae Stephens - Secretary	707-354-2035	janae.k.stephens@gmail.com
Sara Esserman Melville	707-391-9244	sesserville@gmail.com
Ace Barrash	707-463-1812	satokob@comcast.net
Kate Marianchild	707-463-0839	mkatem@mcn.org

If you or someone you know would like to serve on the Board, please contact Sherrie Ebyam.
If Membership dues are not affordable; Please speak w/a Board member for "trade arrangement"

Community Services:

Brit Mila - in doctor's office or in your home
Robert Gitlin D.O. - 707-465-7406
Chevra Kadisha - Jewish Burial
Helen Sizemore - 707-367-0250
Community Support
Willits, Divora Stern - 707-459-9052
Ukiah, Margo Frank - 707-463-1834
Outreach Coordinator: Rayna Grace
(707) 703-9189 kolhaemekrv@gmail.com
Interfaith Council
Cassie Gibson - 707-468-5351
Rabbinical Services - Special Ceremonies are available
Send your e-mail request to Sherrie Ebyam

 **DONATE**

PLEASE DONATE TO KOL HA EMEK! TO MAINTAIN EXISTING SERVICES AND RESUME OFFERING SERVICES THAT LAPSED DURING THE PANDEMIC, MEMBER DONATIONS MUST BOUNCE BACK TO AT LEAST PRE-COVID LEVELS. IN ADDITION TO DONATING, PLEASE EMAIL IDEAS FOR FUNDING SOURCES OR STRATEGIES TO KOLHAEMEKRV@GMAIL.COM

