



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](mailto:carolrosenberg@pacific.net))

### COMING EVENTS

**Saturday, October 5, Ziven Posner's Bar Mitzvah at 10:00 a.m. at Kol HaEmek**

**Monday, October 7, 6:30 KHE Board Meeting at the Koppels**

**Friday, October 11, 6:30 p.m. Kabbalat Shabbat and potluck with R. Shoshanah**

**Sunday, October 20, Feeding the hungry, call Dan Hibshman 462-7471 to help**

**Friday, October 25, 4:30, Shul School, followed at 6:30 by a Round-the-Table potluck Shabbat**

**Monday, November 4, KHE Board Meeting**

**Wednesday, November 6, 7:00p.m. Rabbi's class, *A Fire in the Forest*, see p.3**

**Friday, November 8, 6 :30 p.m. Kabbalat Shabbat and potluck with R. Shoshanah**

**Saturday, November 16, Avi Gitlin's Bar Mitzvah in Santa Rosa**

**Sunday, November 17, Feeding the hungry, Call Dan Hibshman, 462-7471 to help**

**Wednesday, November 20, Rabbi's class *A Fire in the Forest*, see p 3**

**Friday, November, 22 4:30, Shul School, followed at 6:30 by a Round-the-Table potluck Shabbat**

**Sunday, November 30, 5:00 p.m. KHE's Hanukkah Party at Carol Rosenberg's in Ukiah more info to follow!**

Please Join us to celebrate  
the Bar Mitzvah of our son,

Ziven Posner

October 5, 2013 at 10:00 a.m.

Congregation Kol HaEmek  
8591 West Road, Redwood Valley

Hillel Posner and Isa Posner

RSVP to  
Hillel Posner

[furnituremaker3@gmail.com](mailto:furnituremaker3@gmail.com)

### ***Calendar Alert!***

**Hanukkah begins on November 27 this year Erev Thanksgiving. Just think the best of both worlds, latkes and turkey!**

**We are planning our Hanukkah party for Sunday, November 30 at Carol Rosenberg's home the Sunday after Thanksgiving!**

**See page 7 for a few words on the complexity of the Jewish Calendar.**

## ***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) Memorial Board Fund
- 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) Women of the wall

Questions? Call:

**David Koppel, 485-8910**

**send checks to:**

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

## ***Portion of the Week and Holidays***

October 5, Noah

October 12, Lech lecha

October 19, Vayera

October 26, Haye Sarah

November 2, Toldot

November 9, Vayetze

November 16, Vayishlach

November 23, Vayeshev

November 27, through December 5, Hanukkah

November 30, Mikketz

## **We Remember:**

Meda D. Newlin - October 1

Gertrude Sussman - October 1

Emily Schaffner - October 8

Donald Pierce - October 9

Elena Castaneda - October 9

Frances Suffel - October 11

Stan Showers October 14 ( Heshvan 2)

Benjamin Fishel-Dunbar - October 14

Norman Feldheym - October 15

Hannah Igar - October 24

Fay N. Borkan - October 28

Gladys Breit - October 30

Blanch Wolff - October 31

Dorothy Corwin - Tishrei 7

Minne Sorkowitz - Tishrei 8

Sanford 'Fitz' Frank - Heshvan 25

Lillian Rothchild - Heshvan 28

Maurice Marans - November

Estelle Koppel - November 5

Doris Rodgers - November 16

Solomon Glazer - November 19

Al Portman - November 22

Cynthia Suffel - November 23

Robert Leo Kisslinger - November 27

Jane Gurko - November 29

### **Condolences,**

to Susan Sher on the death of her father Norman, who passed away suddenly and peacefully on August 12 while Susan and Hattie were visiting him in New Jersey.

### **Condolences,**

to Zena Marks and her family on the death of her partner Jim Hecht.

Many thanks to members of the congregation for being there for Jim.

## KHE Donations July 1-August 31, Thank You!

*Bruce Andich and Cassandra Andich  
Ace Barash and Satuko Barash  
Lucy Bayer  
Lillian Cohn and Thomas Evans  
Judith M. Corwin  
Renee Gannon and Jeremy Mann  
Dan Hibshman and Leslie Kirkpatrick  
David Koppel and Linda Koppel  
Linda Posner  
Carol Park and Steve Park  
Elizabeth Raybee  
Norm Rosen and Karen Rosen  
Helen J. Sizemore  
Amy Wachspress  
Nancy Merling  
Penny Walker and Irwin Feldman  
Milton and Mildred Rosen Foundation In memory of Milton and Mildred Rosen  
Steven Stern and Rebecca Stern  
R. Bobby Ducharme and Michael Ducharme  
Stuart Marcus and Tara Lesley Marcus  
Josephine Silva  
Elaine Parat and Ken Parat  
Jo-Ann Rosen  
Charles Seltzer and Lark Letchworth  
Erika Strong and Douglas Strong  
Carol D. Rosenberg  
Margo Frank and Marc Levine  
Darlene Bergere and Josh Bergere  
Joel Goldberg and Cindi Goldberg  
Andy Coren and Yvonne Coren  
Sherrie Ebyam  
Shari Epstein and Tom Jacobson*

“A bird that you set free may be caught again, but a word that escapes your lips will not return.”

“First mend yourself, and then mend others.

Many, many thanks to all of you that helped with our High Holiday Services.

Great Job! Thanks to the Yom Kippur clean-up crew and the Sukkah builders.!

## **Proposed Shul School Schedule 5774/2013-2014**

*10 am, Saturday, October 5 - Ziven's Bar Mitzvah at our Shul*

4:30, Friday, October, 25 - SHUL SCHOOL FOLLOWED BY 6:30 ROUND-THE-TABLE POTLUCK SHABBAT

November, 16 - Avi Gitlin's Bar Mitzvah in Santa Rosa

4:30, Friday, November 22 -SHUL SCHOOL FOLLOWED BY 6:30 ROUND-THE-TABLE POTLUCK SHABBAT

10 am, Saturday, Dec 14 - SHUL SCHOOL FAMILY SHABBAT SERVICE

10 am, Saturday, January 11 - SHUL SCHOOL FAMILY SHABBAT SERVICE

4:30 pm Friday, January, 24 - SHUL SCHOOL FOLLOWED BY 6:30 ROUND-THE-TABLE POTLUCK SHABBAT

10 am, Saturday, February, 8 - SHUL SCHOOL FAMILY SHABBAT SERVICE

4:30 pm, Friday, February, 28 -SHUL SCHOOL FOLLOWED BY 6:30 ROUND-THE-TABLE POTLUCK SHABBAT

Saturday evening, March 15 or Sun, Mar 16 - PURIM CELEBRATION

4:30 Friday March, 28 - SHUL SCHOOL FOLLOWED BY 6:30 ROUND-THE-TABLE POTLUCK SHABBAT

10 am, Saturday, April 12, Koda Kamner's Bar Mitzvah

(FYI: Monday, April, 14 -Pesach First Night Seder)

4:30 pm, Friday, April, 25 - SHUL SCHOOL FOLLOWED BY 6:30 ROUND-THE-TABLE POTLUCK SHABBAT

To be scheduled, CAMPOUT WITH SPECIAL PROGRAM FOR BNEI MITZVAH OF 2013-14



## Dear KHE Chaverim,

We are now launched into 5774 on our Jewish calendar. Each number in Hebrew has a letter equivalent. As mentioned during HH services, the Hebrew letters for the last two numbers of this year, 74, are Ayin (70) and Dalet (4). Put together, they spell "ED", which translates as "witness." May we serve as fine witnesses this year, may we hone and utilize our witnessing skills and direct them both within and without. May we gain perspective on our own behaviors, feelings, thoughts, and sense of spirituality, and be aware from a perspective of interconnectedness of what is happening in the world around us. And then hopefully become advocates for truth, integrity, and wise action to bring healing into our own lives and the life of our planet. All this without becoming overwhelmed, for you can use your witnessing skills to discern when and how it is best for you to intervene or not. As Rabbi Tarfon, who lived 2000 years ago reminds us, "It is not incumbent upon you to complete the work, but neither are you at liberty to desist from it (Pirkei Avot 2:21)."

I've been touched these days when folks have shared with me how what has happened in Shul has resonated in their lives outside of KHE. During the Days of Awe (Yamim Nora'im), a therapist who'd been present for Rosh HaShanah eve told me she'd found herself asking her clients how they were practicing return in their own lives, and during these days what did they note of awe in their lives? Then she found herself asking her friends as well. She reported that asking these questions evoked deep responses from people.

Someone else asked me for a listing of the 13 Attributes of God that we call out during the High Holidays, so that she could introduce these qualities to the people attending a staff meeting at her place of work and thereby hopefully enhance the success of their endeavor. Another person shared that the line from Isaiah that she'd picked up at the door at Yom Kippur had been just what she'd needed from the universe to confirm her direction and give her the resolve to move forward on a much desired course in her life. She'd even devoted a blog entry to describing how this had happened:

<http://viewfromamysworld.blogspot.com/2013/09/a-spring-of-flowing-waters.html>

And three days after Yom Kippur eve, someone else approached me to tell me how wonderful the Kol Nidre service had been for him. With tears in his eyes, he related how deeply he'd been touched by the opportunity to hold the Torah during the chanting.

These stories move me deeply. I can witness how I am feeling during and after services, and I have some sense of what is happening in the room while we are gathered together. But I often have very little knowledge of how folks have been touched or affected, and what they've taken home with them. Is there anything in your experience of the High Holy Days this year that is still percolating through you, resonating in you, urging you to action? Are Tefilah, Tshuvah, and Tzedakah happening in your life now that the big holidays are over? Do you believe that investing your time and energy in small acts of T, Ts, and Tz could really enhance your wellbeing and bring more simchah/joy into your's and others' lives? I'd love to hear from any of you who would like me to know and witness your responses.

Once again, the words of Hillel (a century older than Rabbi Tarfon) speak to the heart: "If I am not for myself, who will be for me; If I am for myself only, what am I? If not now, when?"

B'shalom oovrachah/In peace and blessing. *Shoshanah*

## COMING IN NOVEMBER – CLASSES WITH RABBI SHOSHANAH

**Wednesday, November 6, 7:00 p.m. "A Fire in the Forest: The Life and Legacy of the Baal Shem Tov," Part I.** Who was this beloved leader, the Baal Shem Tov, and what have we inherited from him? This class, taught by Shoshanah, will feature an hour-long film on the origins of the Hasidic movement. Interviews with leading teachers of Hasidism are intertwined with visits to the prayer house and grave of the Baal Shem as well as to the graves of his early heirs in Eastern Europe. The second hour of the class will be devoted to digesting and amplifying among ourselves what we have absorbed from the film.

**Wednesday, November 20, 7:00p.m." A Fire in the Forest: The Life and Legacy of the Baal Shem Tov," Part II** with Shoshanah More video and exploration of the teachings of the Baal Shem and how relevant they are to our lives today.

**Dear KHE,**

This is the time, before you forget, to communicate any helpful feedback you may have on this year's Rosh HaShanah and Yom Kippur services- any aspects on which you want to comment. Unless you want to remain anonymous, all comments will be collected and forwarded via email to our KHE email list.

*Thanks, Shoshanah*

### **Gale Levine's Apple Chocolate Chip Cake (May be made with Gluten free flour)**

3 eggs                      1 cup canola oil  
1½ cups sugar        2 cups flour+1 teaspoon baking soda

5 medium MacIntosh apples, peeled, cored, chopped coarsely into 1 inch pieces

1/2 cup semisweet or milk chocolate chocolate chips

1. Preheat oven to 350 degrees. Spray tube pan with baking spray.
2. In a large bowl, mix together the eggs, oil, and sugar until smooth. Stir in flour and baking soda until combined, then fold in apples. Stir in chocolate chips.
3. Bake on middle rack until top of cake starts to turn golden-brown and a toothpick inserted in the center comes out clean, about an hour. Transfer to cooling rack and allow to cool to room temperature. To remove from pan, run knife between pan and cake, and invert pan on plate. Give the bottom of the pan a few smacks with a wooden spoon and the cake should come out smoothly. The cake lasts up to four days wrapped in aluminum foil and kept at room temperature.

## The Jewish Calendar

The Jewish calendar is based on three astronomical phenomena: the rotation of the Earth about its axis (a day); the revolution of the moon about the Earth (a month); and the revolution of the Earth about the sun (a year). These three phenomena are independent of each other, so there is no direct correlation between them. On average, the moon revolves around the Earth in about  $29\frac{1}{2}$  days. The Earth revolves around the sun in about  $365\frac{1}{4}$  days, that is, about 12.4 lunar months.

The civil calendar used by most of the world has abandoned any correlation between the moon cycles and the month, arbitrarily setting the length of months to 28, 30 or 31 days.

The Jewish calendar, however, coordinates all three of these astronomical phenomena. Months are either 29 or 30 days, corresponding to the  $29\frac{1}{2}$ -day lunar cycle. Years are either 12 or 13 months, corresponding to the 12.4 month solar cycle.

The lunar month on the Jewish calendar begins when the first sliver of moon becomes visible after the dark of the moon. In ancient times, the new months used to be determined by observation. When people observed the new moon, they would notify the Sanhedrin. When the Sanhedrin heard testimony from two independent, reliable eyewitnesses that the new moon occurred on a certain date, they would declare the [rosh chodesh](#) (first of the month) and send out messengers to tell people when the month began.

The problem with strictly lunar calendars is that there are approximately 12.4 lunar months in every solar year, so a 12-month lunar calendar is about 11 days shorter than a solar year and a 13-month lunar is about 19 longer than a solar year. The months drift around the seasons on such a calendar: on a 12-month lunar calendar, the month of Nissan, which is supposed to occur in the spring, would occur 11 days earlier in the season each year, eventually occurring in the winter, the fall, the summer, and then the spring again. On a 13-month lunar calendar, the same thing would happen in the other direction, and faster.

To compensate for this drift, the Jewish calendar uses a 12-month lunar calendar with an extra month occasionally added. The month of Nissan occurs 11 days earlier each year for two or three years, and then jumps forward 30 days, balancing out the drift. In ancient times, this month was added by observation: the Sanhedrin observed the conditions of the weather, the crops and the livestock, and if these were not sufficiently advanced to be considered "spring," then the Sanhedrin inserted an additional month into the calendar to make sure that Pesach (Passover) would occur in the spring (it is, after all, referred to in the Torah as Chag he-Aviv, the Festival of Spring!).

A year with 13 months is referred to in Hebrew as Shanah Me'uberet (pronounced shah-NAH meh-oo-BEH-reht), literally: a pregnant year. In English, we commonly call it a leap year. The additional month is known as Adar I, Adar Rishon (first Adar) or Adar Alef (the [Hebrew letter](#) Alef being the numeral "1" in Hebrew). The extra month is inserted before the regular month of Adar (known in such years as Adar II, Adar Sheini or Adar Beit). Note that Adar II is the "real" Adar, the one in which [Purim](#) is celebrated, the one in which [yahrzeits](#) for Adar are observed, the one in which a 13-year-old born in Adar becomes a [Bar Mitzvah](#). Adar I is the "extra" Adar.

In the fourth century, Hillel II established a fixed calendar based on mathematical and astronomical calculations. This calendar, still in use, standardized the length of months and the addition of months over the course of a 19 year cycle, so that the lunar calendar realigns with the solar years. Adar I is added in the 3rd, 6th, 8th, 11th, 14th, 17th and 19th years of the cycle. The current cycle began in Jewish year 5758 (the year that began October 2, 1997). If you are musically inclined, you may find it helpful to remember this pattern of leap years by reference to the major scale: for each whole step there are two regular years and a leap year; for each half-step there is one regular year and a leap year.



**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 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
- 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**

### **Kol HaEmek**

**(707) 468-4536**

#### **Board Members**

David Koppel, Treasurer	485-8910 < <a href="mailto:davekoppel@yahoo.com">davekoppel@yahoo.com</a> >
Alan (Acorn) Sunbeam	463-8364 < <a href="mailto:asunbeam@mac.com">asunbeam@mac.com</a> >
Judy Corwin	462-4661 < <a href="mailto:jmcsrcp@gmail.com">jmcsrcp@gmail.com</a> >
Nancy Merling, Vice President	456-0639 < <a href="mailto:nancymerling@att.net">nancymerling@att.net</a> >
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Sigrid White	272-1859 < <a href="mailto:sigridwhite@gmail.com">sigridwhite@gmail.com</a> >

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

Interfaith Council: Cassie Gibson (468-535), 415)-777-4545, (887) 777-5247

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