



# Shema שמע

The Newsletter of Kol HaEmek (Voice of the Valley)  
P.O. Box 416, Redwood Valley, CA 95470  
5771

May & June 2011  
Phone # 707-468-4536 Nisan-Iyar-Sivan II

Please note: all submissions preferred by the 20th of each month to **Carol Rosenberg**

## Coming Events!

**Sunday, May 1 6:30- Yom HaShoah/Holocaust Memorial Day** - Candlelighting ceremony, with cello accompaniment by Joel Cohen. Plus the award-winning film "Defiance," based on the true story of four Jewish brothers in Poland who fled to the woods and created a community which fought with the partisans and helped many Jews to survive under harsh conditions.

**Friday, May 6, 5 pm--Memorial Gathering** to honor the memory of Sandy Elberg, father of Cassie Gibson. See page 3 for details.

**Friday, May 13, 6:30 pm, Kabbalat Shabbat** with Rabbi Shoshanah, followed by veggie/dairy potluck

**Sunday May 15, 10-12:15** Shul school

**Sunday May 15, 10: a.m. Make lunches** to feed the hungry, Methodist Church, Ukiah. Call Dan, 462-7471.

**Saturday May 20, 7:30 pm, Movie Night**

**Sunday, May 22, 10-12:15** Shul School

**Friday, May 27, 6:30 pm, Kabbalat Shabbat** followed by a veggie/dairy potluck. Location to be announced.

**Friday, Sunday, June 3-5, KHE camp-out. Is your family registered?**

**Tuesday, June 7 Erev Shavuot**, Save the Date see page 3 for details.

**Friday, June 10, 6:30 pm, Kabbalat Shabbat** with Rabbi Shoshanah, followed by veggie/dairy

**Sunday June 18-19, Make dinners and Feed the hungry**, Call Dan, 462-7471.

**Friday, June 24, 6:30 pm, Kabbalat Shabbat** with Rabbi Shoshanah, followed by veggie/dairy potluck.

*Sara & Anthony Esserman Melville  
invite you to join Ethan  
as he is called to the Torah  
June 25, 2011 at  
Kol HaEmek at 10:00 a.m.  
Kiddush luncheon to follow*

*Please RSVP: 463-6247*

**Sunday, May 29, 7:00 pm Concert  
with Eliyahu and the Qadim Ensemble**  
Tickets \$15 in advance \$18 at the door.

**Also Birthday celebration and reception for  
Rabbi Shoshanah!**

Wine, Cheese, Coffee, Tea, and Birthday Cake!

You may choose  
to light a birthday candle and make an extra donation to  
KHE

## Portion of the Week and Holidays

May 7 - Emor  
May 14 - Behar  
May 21 - Bechukotai  
May 28 - Bamidbar  
May 30 - Memorial Day  
June 4 - Nasso  
June 11 - Beha'alotcha  
June 18 - Sh'lach  
June 25 - Korach\* Bar Mitzvah at KHE

---

## We Remember:

Milton Coren - Nisan 25  
Charles Sorkowitz - Nisan 28  
Michael haKohan - Iyar 1  
Marvin Guthartz - Iyar 7  
Jessica Anne Doctors - Iyar 16  
Herbert Rubin - Sivan 24  
Gerald Marans - May 1  
Harold Koppel - May 6  
Harriet Libby Dolmas - May 14  
Nancy Brooks Miller - May 26  
Sylvia Elberg - June  
Ellie Golub - June  
Daniel Rosenberg - June 1  
Harry Stanten - June 2  
Edward Wandrei - June 5  
Helen Feinberg-Ginsberg - June 6  
Wilma Sizemore - June 16

---

## One more of our KHE younger generation has found her way to Africa, now home again safe and sound:

Frieda Park, daughter of Carol and Stephen Park, was in Kampala, Uganda for 5 weeks this spring assisting a network of Solar Sister entrepreneurs, who sell solar lamps to their communities, and build a business plan to expand their network to outlying areas. The solar lamps provide women and children with a safe and sustainable means of having light at night to read, and do homework and housework.

Frieda returned from Uganda in late April she will be graduating with an MBA from Thunderbird School of Global Management.

## 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) Caring for needy Jewish and Arab people in Acre, Israel\*
- 10) MEMBERSHIP

Questions? Call David Koppel 485-8910

**Please mail your contributions to:  
Kol HaEmek, P.O. Box 416, Redwood Valley, CA 95470**

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

### PASSINGS

Our congregation will say Kaddish on the anniversary of your loved one's death. Call Rabbi Shoshanah at 467-0456 with your concerns about the loss of a loved one and/or the name and either the Hebrew or English

---

**Condolences to:** Karin Wandrei on the death of her mother Etta Frelich Wandrei in San Antonio, Texas, at the age of 88

For more about Mrs. Wandrei see the link below.  
<http://www.shtelinks.jewishgen.org/VerknyayaBystra>

---

### Please Note!! KHE Singers

**We will meet at 5-6:45 Wednesday May 11, And 2nd & 4th Wednesdays there after!**

**( May 25, June 11, June 25, July 8, Sunday, May 29, 7:00 pm Concert July 22)**

***Donations to KHE  
for the Month of March 2011***

*Louisa Aronow & Sandy Turner - Purim  
Lynne Coen & Charles Hott - Purim  
Judy Corwin - Purim /General  
Rachel Elkins & Dana Thibeau - Purim /  
General  
Harvey Frankle & Jackie Pelner-Frankle - Pu-  
rim  
Steve Frenkle & Nan Frenkle - Purim  
Judith Fuente & David Nelson - General  
Dan Hibshman & Leslie Kirkpatrick - Purim  
Jay Joseph & Jennifer Joseph - General  
David Koppel & Linda Koppel - Purim/General  
Adina Merenlender & Kerry Heise - Purim  
Nancy Horowitz - Moilanen - General  
Carol Park & Steve Park - Purim  
Norm Rosen & Karen Rosen - Purim  
Muhasibi Shalom & Antonio Agrade - General  
Laurie Spence & Dale Harrison - Purim  
Jan Stephens & Gary Stephens - Purim  
Nancy Merling - Purim  
Carol D. Rosenberg - Purim  
Hersh Kaplin - General  
Darline Bergere & Josh Bergere  
- General  
Leslie Feldman - General  
Leslie Levitas - General  
Janice Berman - General  
Lee Wachs - Passover*

---

**Condolences to:** Cassie and Chris Gibson and their family on the death of Cassie's father, Sandy (Sanford) Gibson on April 8, 2011. Sandy was a generous contributor to KHE, and the Gibsons ask that if you wish to make a donation in his memory make it to the KHE Marion & Sanford Frank Fund for Feeding the Hungry.

**Friday, May 6, 5 pm,- gathering to honor the memory of Sandy Elberg,** of blessed memory, at the home of the Gibson family (daughter Cassie, son-in-law Chris, grandson Riley and granddaughter Kira): 2851 Oak Court Road, Ukiah, 468-5351.

**CELEBRATING SHAVUOT**

6 pm, Tuesday, June 7- With our children we gather to make floral wreaths with Rachel Yusem. If you are able, bring flowers and ornaments for these crowns for the children and adults alike.

6:45 pm, Accompanied by our KHE singers, Offering of the First Fruits (Bikurim). Wearing their floral crowns, the children 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 (baskets stay with you and do not go to the food bank). Followed by our real "first fruits": our children, who will entertain us with dance, song, instruments--whatever talents they'd like to share.

7:15 pm Refreshments--blessing of challah and dairy/fruit dessert potluck ( suggested: bring drinks, cheesecake, blintzes, noodle pudding, fruit desserts)

7:45 pm - Transition to our adult Shavuot learning - We'll experience revelation of Torah through poetry and art, with Louisa Aronow leading us in what she's calling "Surprise Poetry," interspersed with readings by David Vilner from his recently published book of haiku: "bwana, it's myself." Then Carol Rosenberg will guide through revelation via art. And we'll complete the evening by reading the Book of Ruth, which is traditional for Shavuot.

---

**Garden Fund Raiser**

Our Shul is the lucky recipient of oodles of rosemary plants in 1-gallon pots. Help the Shul and the bees! Drought-resistant landscaping!!! Take home a few rosemaries and plant them at your home! These plants are \$4.98 at Friedman Bros. I suggest a donation of \$3/plant, for the garden fund. They're located by the woodchip pile & might need pruning before planting.

**Any questions? email me, -  
[midnite@pacific.net](mailto:midnite@pacific.net)  
shalom,Louisa**

## **In my Opinion:**

Much to my surprise and delight , Michael Charnes and I found ourselves teaching of the bill of rights to our oldest Shul school kids on a Sunday morning. I was so please with the interest and responses of our shul school B'nai Mitzvah class and delighted to to share teaching with Michael.

Free speech, the right to bear arms, freedom from unlawful search the taking of one property without do cause the right to a speedy trial, I found myself asking the kids to check the newspapers, it hit me all these rights are under current attack or under heavy duty discussion. Michael and I had the opportunity to discuss current events with the kids and compare today to the nation in the 18th century. What an opportunity to discuss these things with bright thoughtful young people!

It's been a long time since I studied American history . I never did studied Jewish history in an organized fashion. Shul school is a wonderful opportunity for me to learn with the kids. I was familiar with the text because It was my turn to teach when we started last term starting with the expulsion of Jews of Spain and the arrival of the first Jews in the "New World".

But this current chapter introduced concepts that I took for granted, things I didn't think about. A Philadelphian sent a letter asking the continental conference to insure there was no test of church affiliation before one could serve in the new government. His argument was the service that Jews made to the Revolutionary war effort earned the right to participate fully in this new nation. I never thought bout earning the right to be an American or that Patrick Henry ("give me Liberty or Give me death") wanted taxes to pay for Christian education and how hard it was to convince those early legislators to separate Church and State.

The students were interested and had opinions about he difference between a republic and a democracy. They new why they favored a democracy. They also believed the duty of the government was to insure that everyone had their basic needs met. They were shocked that every one does not agree with this.

I admit being a volunteer Sunday School teacher is one of the real pleasures of belonging to a mostly volunteer congregation. We now have a couple of shul school teachers paid a stipend. But organizationally and practically the school runs on volunteers. As volunteers we enjoy your children and hopefully the future of our congregation.

With love,  
*Carol*

---

## **Thank you one and All !**

Many, Many Thanks, to Harvey Frankle and Jackie Perner Frankle for a wonderful Passover Seder. Harvey's Hagadahs and Jackie's work in organizing the food, provided a wonderful evening and a marvellous meal!

Thanks too to the other committee members and all the set up and cleanup crews. Thanks too Lee Wachs for your generous donation.

Any one want some Matzoh? We have ten pounds to spare! come to the kitchen we will be happy to give you some.

## KHE CAMPOUT

FRI EVE-SUNDAY, June 3-5

SHUL SCHOOL FINALE and B'NEI MITZ-  
VAH Vision Quest

**LOCATION:** Beautiful RUSSIAN GULCH  
STATE PARK, near MENDOCINO, with access  
to the ocean as well as a hike inland to a water-  
fall.

ALL MEALS will be prepared for you! - Friday  
evening through Saturday night.

The program concludes Saturday night, but  
many of us will be sleeping over and packing  
up in the morning. We don't need to leave until  
noon on Sunday.

Reserve your spot now! \$60 per family covers  
the campsite for Friday (The parks doubled their  
fee!) (check in starts at 2 pm) through Sun until  
noon- this is a good deal less than the cost to  
book a campsite on your own for two nights.

Food: \$25 per person 13 and over; \$12.50 per  
child. This includes Friday dinner, Saturday  
breakfast, lunch, supper, and campfire, and Sun-  
day breakfast. Snacks are not included.

-----  
RESERVE YOUR PLACE NOW by contacting  
David Koppel, 485-8910 or davekoppel@yahoo.  
com and then returning the form below with a  
check made out to KHE and earmarked "KHE  
Campout- 2011" to cover the costs of campsite  
and food. Send to KHE Campout Weekend, P.O.  
Box 416, Redwood Valley, CA 95470.  
-----

Family Name \_\_\_\_\_ \$ 60 each

# of People \_\_\_\_\_ \$25.

# of children under 13 \_\_\_\_\_ 12.50

\_\_\_\_\_  
Total

### Mitzvah Opportunity!

Dear KHE Chaverim, Zena Marks and Jim  
Hecht live near our Shul, at 8540 Pinecrest  
Drive, which is just off School Way. Zena works  
in Lake County each Wednesday. Jim has Par-  
kinson's, and it would be a great help to them if  
someone could stop in at their home on Wednes-  
day afternoons to check on Jim, and perhaps  
help feed him if he has not yet eaten (plenty  
of food in the house). If this is something you  
could help with, please call Zena at 485-1932. A  
couple of people might share this mitzvah on a  
rotating basis....

And keep Jim and Zena in your prayers!  
Thanks, and Blessings! R. Shoshanah

---

**Wednesday Evening,  
May 25th, 7:00 p.m**

**Pirkei Avot/ Sayings of our Ancestors,  
Chapter 2. Tradition calls for reading  
these jewels each year. Last year we  
delved into Chapter 1. This year we  
will start with Chapter 2, and see how  
far we proceed, meeting on successive  
Wednesday evenings.**

---

### Please note!

Come the High Holidays we will be collecting  
names for a new Memorial list.

That means that when you send in your mem-  
bership application to Kol ha Emek you must  
list the family and friends you want on the  
yartzeit list.

All other names will be removed.

Dear KHE Chaverim,

I'm writing to you now on the third day of Passover week, an annual period in which we are called upon to consciously recognize the miraculous journey(s) of our liberation and rebirth. I've just returned from a glorious bike ride with a friend midst the budding vineyards and yellow and white and purple and orange wildflowers and dappled sunshine with rays like the crown of the Statue of Liberty emerging fanlike above the western hills (it is now, in the Jewish calendar, that we read Song of Songs with its rich nature imagery). A day when blessing is clear and evident despite all the distressing news transmitted by media broadcasts. It is now three and a half weeks since I returned to Mendocino County from Israel, and yet it took me until today to really feel present, that I have finally arrived. Till now, I was still in travel momentum and was not oriented to really taking in and responding to the human and natural landscape of the Ukiah Valley.

Two weeks ago I was invited to share my stories of Israel with the congregation at our first Friday eve together. The gathering was a treat, and yet I felt out of synch. In retrospect, I can see that I had not yet energetically arrived. Not enough time had passed for me to distill the manifold experiences of my time in Israel. I was still in transit. You know how a vehicle we're in suddenly stops, but we keep moving forward? This can cause a collision with the windshield if we're not belted in.

In part, this betwixt-and-between zone was exacerbated by family matters. I flew direct from Israel to Los Angeles, and while there I visited with my nephew and niece, who were here for the first Yom Kippur I led in Mendocino County, and at whose marriage I officiated later that year. Their older son turns 4 later this week, and their boy-and-girl twins turned one last month. In early February, my 35 year old niece had first been diagnosed with 4th stage metastasized colon cancer (no one can explain how or why this happened to her). From then on, she was in severe pain with no relief from chemo and repeated hospitalizations for medical emergencies, such as an infected port and burst colon. I am VERY grateful that I got to be with her and her husband and children on the day that my plane arrived in LA from Israel. We had planned this reunion ahead of time, before we knew of her illness. She died, bless her soul, this week, just before the eve of the first seder.

Death and dying are an ongoing part of my life in Ukiah both as congregational rabbi and as hospice chaplain, and coming back to town I immediately faced the deaths of folks for whom I felt affection. I think I am well suited for this work--in fact, it feels like a calling. And yet the dying and death of my niece has affected me in a much more intense way than usual. Her youth, the young children she leaves, the family connection, the sudden and rapid harshness of her disease, have all brought me into a place of deep grieving. I have facilitated grief support groups over the years, but recognizing the symptoms doesn't make them disappear. There is the story of the Buddhist disciple who is shocked to see his teacher distraught and in tears after the death of his child. The disciple asks his master, "Aren't we taught to remain equanimous?" The teacher responds, "My child has died!" And so, I acknowledge the glumness and sadness and heartache I feel these days, and know that they will ease with time. Truth is, it has been hard for me to reach out to local folks for support. This is something I need to grapple with. And when we wonder about the mystery of life and death, my siblings and I remember that our own mother and her twin sister were babies when their mother died in the 1917 influenza epidemic. So history is somehow repeating itself within our family. My grandfather managed to overcome his great loss and raise his family, and so will my nephew.

Meanwhile, yes, it is Passover week, and we are called upon each year to experience our journey from slavery to freedom. Part of my freedom path this year is not to beat myself up over how I should be feeling or what I should be doing, and to check in that I don't keep myself enslaved in repetitious thought patterns or feelings. May I greet each new day with curiosity and faith.

And in this Omer week of chesed (kindness and generosity), I share with you these words by poet Naomi Shihab Nye, sent to me by a friend upon learning of my niece's death:

Before you know what kindness really is  
you must lose things, feel the future dissolve in a moment  
like salt in a weakened broth.  
What you held in your hand,  
what you counted and carefully saved,  
all this must go so you know  
how desolate the landscape can be  
between the regions of kindness....

Before you know kindness  
as the deepest thing inside,  
you must know sorrow  
as the other deepest thing.  
You must wake up with sorrow.  
You must speak to it till your voice  
catches the thread of all sorrows  
and you see the size of the cloth.  
Then it is only kindness  
that makes sense anymore,  
only kindness that ties your shoes  
and sends you out into the day  
to mail letters and purchase bread,  
only kindness that raises its head  
from the crowd of the world to say  
"it is I you have been looking for,  
like a shadow or a friend."  
and then goes with you every where

May we touch ourselves and each other with kindness as we travel our liberation journeys....  
B'shalom oovrachah/In peace and blessing, *Shoshanah*



**Kol HaEmek/MCJC-Inland**  
**P.O. Box 416**  
**Redwood Valley, CA 95482**

**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 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**

707-468-4536

#### **Board Members:**

Carol Rosenberg, President	<b>463-8526</b>
Nancy Merling Vice Pres.(Rabbi's Council)	456-0639
David Koppel, Treasurer (Financial committee)	485-8910
Judy Corwin, Secy.	462-4661
Alan (Acorn) Sunbeam (Library)	463-8364
Divora Stern	459-9052
Harvey Frankle	459-9235
Steve Levin	462-3131

**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)

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

**Community Support:** *If you need help (illness, family crisis) or can be called on when others need help,* in Willits call Divora Stern 459-9052, in Ukiah Margo Frank 463-1834

Editor of the Shema: Carol Rosenberg (e-mail carolrosenberg@sbcglobal.net)

Jewish Library at Kol Ha Emek 8591 West Road Redwood Valley. Call for an appointment 463-8364

**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.

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

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

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