



The Newsletter of Kol HaEmek (Voice of the Valley)

Physical address 8591 West Road -Mailing address P.O.Box 416, Redwood Valley, 95470 Phone: 707-468-4536

Please note: All submissions sent by the 20th of each month to Carol Rosenberg (carolrosenberg@pacific.net)

COMING EVENTS

Friday, April 10, 6:30 pm - Kabbalat Shabbat led by Linda Posner in her home in Willits. It is the last night of Passover, please bring kosher l'Pesach food for potluck. Drive north on 101/ Main St, turn left on West Valley across from the Post Office on the right. At first stop sign, go left on Coast. Make immediate right onto Harms Lane. Linda lives at 69 Harms Lane, second house from the corner on the right. The house is dark green and has a cream-colored picket fence around it. Come through the gate and enter via the glass front door. Tel: 459-1941.

Wednesday, April 15, 7 pm - Yom HaShoah
Lighting of memorial candles, Joel Cohen and his cello, and movie "Nicky's Children." Information on page 3.

Friday, April 17, 4:30 pm - Shul School

(Note this is the 3rd Friday, not the 4th)

Friday, April 17, 6:30 pm - Round-the-Table Shabbat led by Deborah Edelman; veggie/dairy potluck

Friday May 8- 6:30 Kabbalat Shabbat with Shoshanah and veggie/dairy potluck at the home of Carol Rosenberg, 501 Jones St, Ukiah; 463-8526.

Friday, May 22, 4:30 pm - Final Shul School session of the year

Friday, May 22, 6:30 pm - Round-the-Table Shabbat with Shoshanah; veggie/dairy potluck

FUTURE EVENTS

Sunday, May 24, 10 a.m. - SHAVUOT (this year we're celebrating during the day of the holiday and not the night before) with potluck veggie/dairy lunch.

We created the ceramic tiles for our garden stepping stones back in January, and now we'll be decorating around them with mosaics that will fill in the forms in which our tiles are embedded. Elizabeth Raybee will lead us in this activity which will continue throughout the day. You needn't have made a tile in order to participate.

Shoshanah will intertwine Shavuot happenings to feed your soul as your hands are at work. Meanwhile, you'll be welcome to take a break and munch lunch when you feel like it (fruit and dairy foods are traditionally eaten on Shavuot).

In ancient Israel, folks would bring their first fruits to the Temple on Shavuot, so today please bring canned goods to donate to the hungry.

Friday to Sunday, June 5-7, Our annual KHE campout at Clear Lake State Park - See page 4 for information and registration form.

Please call Carol Rosenberg at 463-8526 if you are having a Seder and can include an extra person or two.
Or, if you wish to be invited to a family Seder.

There is an open Seder in Laytonville: April 4, 5:30 pm, potluck at the Garden Club. For more info contact Susan Bradley <cahtosj@mcn.org>

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

Question? Call:

David Koppel, 485-8910

send checks to:

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

Portion of the Week and Holidays

April 3 - Erev Pesach

April 4 - Pesach

April 11 - 8th day of Pesach

April 16 - Yom ha Shoah

April 18 - Shemini

April 23 - Israel Independence Day

April 25 - Tazia Metzora

We Remember:

Regina Klayman -April

Michael haKohen Selah - April

Dorothy Waterman - April

Sidney Epstein - April

Allen Micah Rosenberg - April 1

Nanette Tver-April 1

Edward Sessler - April 7

Sanford Samel Elberg - April 8

Joan Bistrin - April 10

Saul Ginsberg - April 13

Allen Dale - April 17

Irving Batz - April 18

Arthur B. Miller - April 21

Rose Cecilia Ray - April 22

Nathan Pelner - April 22

Eleanor B. Miller - April 22

Gabrielle Welford - April 24

Bessie Dale - Nissan12

Adeline Rose - Nissan 14

Pearl Renee Horowitz -Nissan 18

Milton Coren - Nissan 25

Charles Sorkowitz - Nissan 28

Meyer Strauss - April 27, Iyar 7

Mazel Tov to Harvey Frankle on his 70th birthday.

May this be a good, healthy year for you!

We send condolences to Robert Mandel, of Anderson Valley, whose father, in his late nineties, died last Friday in New York. Robert writes from New York, "It was a blessing. He passed peacefully at his home." Zichrono l'brachah/

It is with sadness that we report that Aaron Gitstein, who was present at our recent Purim celebration, died suddenly March 13 of a heart attack. The plan is for his body to be shipped to family in the New York area for burial. Zichrono l'brachah/May his memory be a blessing.

Our condolences to his family, friends and business partner Will Gonzalez.

Condolences to Roberta Werdinger on the death of her father Henry Werdinger on February 15 in Chicago at the age of 91. His Hebrew name was Yehuda Hersh Ben Labish Tzvi. He survived forced labor in his hometown of Borislav, Poland, and three concentration camps. He was liberated in May 1945 and came to the U.S. at the end of 1948. In spite of all the hatred directed at him, he never hated anyone in return and taught us tolerance. His life was about not returning hate with more hate.

Donations to KHE for January

Judith M. Coren
Harvey and Jackie Frankle - in honor of
Harvey's 70 Birthday
Jay Joseph and Jennifer Joseph
David Koppel and Linda Koppel
Nancy Moilanen & David and Elise
Linda Posner
Arianna Elster
Reid Edelman and Deborah Edelman
Darline Bergere and Josh Bergere
Andy Coren and Yvonne Coren
Sherrie Ebyam
Sherrie Ebyam - for the Rabbi's Fund

Contributors for Stepping Stone project

Isa Davila
Adina Merenlender and Kerry Heise
Cassie and Chris Gibson
Jan Stephens and Gary Stephens
Lillian Vogel
Nancy Merling
Divora Stern
Penny Walker
Carol Rosenberg
Leslie Jo Feldman
Bob Mandel
Robin Sunbeam
Sherrie Ebyam
Sara and Anthony Esserman-Melville
Sigrid White and Leila Ahtoun
Lee Wachs
Barbara Stanger

In addition several donations in cash

**7 pm, Wednesday, April 15 - Yom HaShoah/
Holocaust Memorial Day.** Joel Cohen will play his cello, we will honor those who died in the Holocaust with candle lighting and kaddish (led by Bob Mandel), and we'll view the documentary film "Nicky's Family," released in 2013 and 96 minutes long. In 1938, Nicky Winton was a 29-year-old Englishman on his way to a ski trip in Czechoslovakia when he switched gears and devoted the coming months to saving the lives of Czech Jewish children under the Nazis. He managed to arrange for the evacuation of 8 trainloads of children, and then arranged foster families for when they arrived in England. He saved 669 children, until his rescue work was halted when the Nazis closed the Czech border in September 1939. Documentation of his efforts remained forgotten in an attic until it came to light in 1988 and the public learned of the great mitzvah he had performed. Winton will celebrate his 106 birthday this May. He describes himself as a socialist and self-proclaimed agnostic with a sense of justice. In the film we see the great love and honor granted him by those he rescued and their thousands of offspring alive in the world today. A very heart-warming film!

Margo Frank LCSW

Individual Psychotherapy and Coaching
Crossing into Elderhood Programs
Eldercare Consultation

www.margofrank.com
LCS18143

707.462.1877

Your Business or Service Information could go here!

\$10/month Business Card (approx. 2" x 3 1/4")
\$1/month 1 line

interested, please contact David Koppel at 485-8910,

Mazel Tov!

Amy Wachspress received her Holistic Nutritionist Consultant Certification from Bauman College on Feb. 17. She is now a qualified nutritionist and is available for private consultation and to teach classes. Here is the link to Amy's website for her new business, Back to the Garden, for more details: <http://amy4health.wix.com/back-to-the-garden>

KHE SHABBAT CAMPOUT FRI EVE-SUNDAY NOON, June 13-15, 2014

Open to young-at-heart of all ages! Relax and enjoy great camaraderie and great food prepared by our wonderful chef Hillel!

LOCATION: Clear Lake State Park with access to swimming beach, boat rental, and hiking trails. Once again we will be at the group campsite where we were last year at Clear Lake, down near the lake shore, very close to the boat rental, and walking distance to the beach.

ALL MEALS will be prepared for you! - Friday evening through Sunday breakfast. We will arrive Friday afternoon, set up tents, bring in Shabbat together and enjoy Shabbat dinner. Saturday we'll have a leisurely breakfast and more Shabbat celebration together, and after lunch, free time in the afternoon. We'll re-gather for supper and then havdalah and campfire fun (smores, singing, stories).

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! Same prices for the fourth year in a row.

\$75 per family covers the campsite for Friday through Sunday until noon.
This is a good deal--less than the cost to book a campsite on your own for two nights. Check-in starts at 2 pm Friday.

Food: \$36 per person 13 and over; \$18 per child. This includes Friday dinner, Saturday breakfast, lunch, supper, and Sunday 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-2013" to cover the costs of campsite and food. Send to KHE Campout Weekend, P.O. Box 416, Redwood Valley, CA 95470.

Name of Family _____	# of family members _____		
	cost	Quantity	Total
Campsite per Family (Friday and Saturday nights)	\$75		\$ _____
Food for Adults – 4 meals (13 and older)	\$36 each	x _____	\$ _____
Food for Children 4 meals (4 to 12 years old)	\$18 each	x _____	\$ _____
Total:			\$ _____

Dear KHE Chaverim,

Now that I am entering the "home stretch" of my service as KHE rabbi (my contract runs through October 2016), here is the true story of how I came to Mendocino County back in 2003:

I was 62 years old, and I had just completed two years as a full time interfaith chaplain in Seattle, working with families who had come from all over to this medical center that invented the original bone marrow transplant. All of the patients I saw had a terminal diagnosis, the great majority from cancer, and this often difficult transplant procedure was their last hope. One third of the patients died in the first three months of treatment (they all needed to be there for at least three months, along with a caregiver to support them through the arduous process). Another third died during the following three months. Those who survived for six months could live for years, but I almost never got to meet them.

I was there to help a lot of patients and their families negotiate the times of being very ill, and often long drawn out dying. The docs were tops--research docs at an esteemed medical center--and they did not want to see their patients die. Often, it fell to me to translate the doctor's pronouncement that the patient had a one percent chance of staying alive into the likelihood that the patient was going to die, and to help the family and patient prepare for and get through this eventuality. I found myself becoming more and more tired.

Which option should I choose after a day's work: to return home and rest, which my body craved, or to participate in some evening activity, which my soul was hungry for? In Seattle in winter, it is dark out by mid-afternoon, which precluded my bringing in the Sabbath, which begins on Fridays with sunset. And by the time I'd finished with work, I'd missed or was too tired to attend Shabbat services, and certainly too tired to invite guests over for a Shabbat meal. I loved my interfaith work, but I needed and missed the nourishment I got from my own Jewish tradition. I'd discovered there was a wonderful Talmud class taught by a woman on Thursday mornings, and I wanted very much to attend. Learning is such an integral part of Jewish devotion. Back at Thanksgiving, I'd approached my supervisor, asking to go down in hours so that I could leave work before it gets dark on Fridays, and also attend the Thursday morning study session. I suggest job sharing. I recall that the chaplain whom I'd replaced had left because she'd felt overworked. So far I'd received no response to my request.

It was now January, and I'd begun my third year of working here. I took off a week for the annual rabbis conference in Boulder, CO that I'd been attending for years. I moved to Seattle from Boulder, where I'd spent 6 wondrous years getting my master's degree in somatic psychology, my certification as a chaplain, and my ordination as a rabbi. I still had good friends and teachers there, and my heart resonates with the nearby scenery of the Rockies.

In Boulder again now for the conference, I stay not at the hotel, but with Colleen, my closest friend from my student days there. The first evening in her home, Colleen speaks to me as she never has before. She's not saying I'm sick, she's not saying I have cancer, but she is observing that my light has gone out, and she reminds me how she spotted the same sign in my beloved teacher Reb Zalman before he was diagnosed with bladder cancer a few years back. She frightens me--no one else has recently commented on my light or lack of it, and she knows me so well.

I call another friend in Boulder to say hello. She is a social worker for the local hospice, and she tells me they are looking for a chaplain. I had left Boulder because there had been no chaplaincy vacancies in the vicinity when I'd finished my schooling there.

So the next morning I call the hospice office and they tell me to come right in for an interview.

I haven't considered leaving my Seattle position, but I'd love to be living in Boulder again. I meet with two chaplains who work for the hospice, one Christian and one Buddhist, and an administrator. After only ten minutes of hearing about their working and remuneration conditions, I realize that this is not for me--it would be going from the frying pan into the fire. And so I thank the administrator, and tell her I am not interested in the position. She thanks me for being so direct, we shake hands, and she leaves the room.

The chaplains stay, and for the next forty-five minutes we pour out our hearts to each other about the death and dying work we are immersed in. This is a very intimate time of sharing that we evidently all need. Without any conscious shift, we suddenly move into silence together. I don't know how long we stay that way, but I can feel the palpable presence of the Holy Spirit (ruach hakodesh) amongst us, and I know they can too. We chaplains, who aim to bring blessing to others, are being powerfully blessed. At some point we open our eyes, hug each other warmly and say adieu. I have been so nourished by our sacred sharing, and I know they have too.

I go outside into the sunlight of this brisk winter day, feeling deeply touched by my recent experience. I see a new outdoor shopping center across the street and I head over to browse. After all, I do want to pick up a few gifts for my Boulder friends. I come to a shop, The Five Elements, which hadn't existed when I'd lived in Boulder, and I am drawn to enter. The Five Elements refers to the Chinese Taoist way of understanding the world and taps into my own positive regard for that framework.

Inside, I discover the shop features a Tarot reader on site, and I find myself making a beeline for her table in the rear. This surprises me, for I've had my Tarot read only once before by a friend in her living room in Jerusalem years earlier. The shop Tarot reader tells me she reads the cards intuitively, which is okay with me. I sit down, and without my having given her any information about me, she tells me she sees cancer all over me. You can imagine how I react to this, after having heard Colleen's comments the night before. I share Colleen's words with her, and tell her that I work at a cancer center. Ah, she says, it's not that you have cancer, but there's cancer all over your aura. Okay....

She next informs me that I'll be moving, because it's too cold for me where I live. Hmm, after living in Israel and then sunny, dry Boulder, I've felt I can never get warm enough in the dampness of Seattle. Will I be moving back to Boulder, I ask. No, she says. How about San Francisco, a town I've always loved and where my older daughter resides. No, she says. How about Israel, where I'd lived for 17 years and where my younger daughter lives. No, she says, you'll be visiting there. She muses: southern Oregon or Northern California--not too far from the coast, sunny. She muses some more...Mendocino! I see you in Mendocino. By now I've told her I'm a rabbi, and she sees me working as a congregational rabbi part time in a small town. I've been working as a chaplain, and I tell her I've never wanted to be a congregational rabbi. She tells me it will all work out.

I leave the shop and drive to a nearby wilderness spot where I often would go on Friday afternoons when I was serving as a congregational student rabbi in Boulder. Seated by the lake shore with peaks of the Rockies in the distance, I would often use this spot to clear my mind and prepare for leading Sabbath services just a few hours later. It is now Friday afternoon, and here I am in this favorite spot again, contemplating the past 24 hours. Every thing the Tarot reader has said seems pure and transparent--even though her words seem almost ridiculous. Her whole approach is the inverse of my chaplaincy training. We have learned not to be directive, but rather to listen and support the patient and caregivers in their journeys. And here is this Tarot reader declaring what is to be for me. Yet I have a sense of clarity and well being after my time with her.

I leave the lake and move on to Shabbat dinner at the home of a dear and wise friend, ten years older than I. My beloved teacher Reb Zalman and his wife have also been invited. I find I cannot tell these elders of what has transpired. I dare not share this combination of what feels like awesome, and yet ludicrous, transmission! I hold it within.

Two days later, on Sunday, I meet another dear friend and mentor. She is a Jungian therapist as well as dynamic rabbi. We are taking a walk at Chataqua midst the dramatic jagged hills of Boulder known as the Flatirons. I reveal to her what has transpired since my arrival in Boulder. It is now 48 hours since my Tarot reading, and my skepticism has been growing. How can I possibly take this intuitive Tarot reader's words seriously? But my friend Tirzah demands that I take them seriously. She says this is the universe speaking to me--just look at the three signs in a row: Colleen's telling me my light has gone out and connecting it with Reb Zalman's cancer; the hospice chaplains and I having that very sacred time together, and then the Tarot reader starting out with her observation of cancer all over me. This is divine guidance I am being offered, says Tirzah, and I need to listen to it. I love and trust Tirzah, I have seen her powerful energy at work in the world, and her words have an impact on me.

Back in Seattle a few days later, I bump into my supervisor in a hallway of the hospital where I serve as chaplain. He tells me that my request to go down a few work hours has been denied, and on the spot I tell him I quit. I know that I would never have given him that response had it not been for my experiences in Boulder. I agree to my supervisor's request that I work part time until he can replace me. Ironic that now that I am leaving, I am granted the work schedule I desired. I have no idea what will come after this.

A few weeks later, a rabbi friend who lives in New Mexico is visiting Seattle and we share a meal. I tell her my experience with the Tarot reader. She replies that for the past decade she has flown once a year to Mendocino County to lead High Holiday services for a small and sweet congregation. This past fall, they'd informed her they would not be bringing her back, because they were looking for a part time rabbi who would live in the community. She'd be happy to give me the contact information if I am interested. Four months after meeting the Tarot reader, I am offered a part time job as rabbi of this small community in inland Mendocino County. I accept!

Many, Many, Thanks

To Elizabeth Raybee and the musicians and actors that gave us Dada/Purim, a wonderful party.

Special thanks to Nancy Merling for delicious food and to Mark Levin and friends for a terrific clean-up.

Carol wants to thank the 30 donors for a wonderful auction. And all participants for their generosity.

All in all we raised more than \$2,000 for Kol haEmek.

Hello Dear Women,

Hard to believe that the months keep rolling by. Hope that you have been thriving, cultivating joy and all is well in Shushan. We have finally secured an earlier date for our upcoming retreat and I wanted to make sure you got it on you calendars before making other plans.

THURSDAY AUGUST 6TH TO SUNDAY AUGUST 9TH

Our hardworking and wise retreat committee will unfurl the theme later but I am sure it will be both inspiring and fun. Blessings, Harriet Bye, registrar .

P.S. Please send these dates to others you think would enjoy the retreat and new email addresses to me.

Harriet Bye and Larry Sawyer <bysawyer@mcn.org>



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
- 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 < davekoppel@yahoo.com >
Nancy Merling,	456-0639 < nancymerling@att.net >
Carol Rosenberg	463-8526 < carolrosenberg@pacific.net >
Sherrie Ebyam	530-414-1104 < ebyam@sbcglobal.net >
Bob Mandel - President	696-2712 < bobLXVII@hotmail.com >
Sigrid White	272-1859 < sigridwhite@gmail.com >
Barbara Stanger	234-3261 < aurnaenterprises@gmail.com >

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)) Helen Sizemore (462-1595)

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

Interfaith Council: Cassie Gibson (468.5351(415)-777-4545, (887)777-5247

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

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