



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)

Coming Events!

Monday, July 4 10:00 Willits Parade join the 7th Day Adventists. Their theme is the Bill of Rights (see page 2)

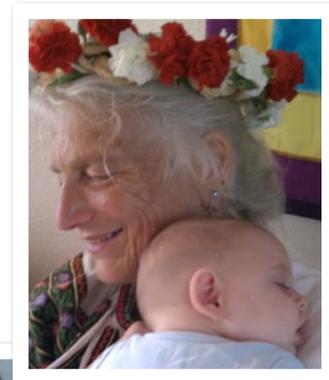
Tuesday, July 5 6:30 at the Koppels' home KHE Board Meeting. All welcomed

July 8, 6:30 p.m. Kabbalat Shabbat Shabbat celebration with Rabbi Shoshanah. Talk by Jo-ann Rosen on her experiences aiding GI families and travels in Israel and Europe, followed by vegetarian potluck dinner

Sunday, July 17, 10:00 a.m. Methodist Church, Making sandwiches for the hungry. Call Dan Hibshman to help, 462-7471

Friday, July 22, 6:30 p.m. Kabbalat Shabbat Community led Shabbat service followed by Vegetarian potluck dinner

See more photos from **Shavuot 2011** taken by Jan Stephens page 6



PORTION OF THE WEEK	July 2	July 9	July 16	July 23	July 30
	Hukkat	Balak	Pinchas	Matot	Masei

Hukkat begins with the purification ritual for the dead utilizing a red heifer, includes Miriam’s death, Moses losing his temper and conflicts on the journey.

Balak, King of Moab and hires a seer to curse the Israelites--there is a surprise end to the story.

Pinchas saves the people, there is apportionment of the new land, Moses’ time is limited, Joshua is promoted.

Matot is about oaths and vows. The battle with the Midianites. More hard tasks for Moses.

March for Freedom in Willits Frontier Days Parade

The Seventh-Day Adventist Church is very concerned about maintaining the U.S. Constitution’s Bill of Rights. They are trying to put together a float for the 4th of July parade in Willits and a group of marchers with signs stating the Bill of Rights. They hope to have a float that would emphasize the First Amendment and *E Pluribus Unum*. They hope to get participation from the City of Ten Thousand Buddhas and from us.

If you, members of your family, or others would like to walk 1.1 miles or ride in the float, Marylin has banners for 20-40 people.

If anyone is interested, contact Marylin George <mkaegster@gmail.com> directly or call Carol 463-8526 to organize a group.

We Remember:

- Solomon Elberg - July ?
- Mary Nicolai - July ?
- Esther Andich - July 3
- Natalie Wachspress- July 8
- Allen Sapoznick - July 9
- Miriam Bleicher Rayberg - July 10
- Ann Katz - July 21
- Henry Lowenstein - July 22 (Tamuz 15)

Fundraising

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

Members have also contributed to the caring for needy Jewish and Arab people in Acre, Israel (PEF:Israel-Endowment Fund, Association for Community Development - Acre) (Min. \$25)

Questions: David Koppel, 485-8910
Address: Kol HaEmek, P.O. Box 416,
Redwood Valley, CA 95470

Mazel Tov!

Grandparents Bruce and Cassandra Andich on the November 2010 birth of grandson Diesel to daughter Hannah and Rick Dickerson, who are currently living on a mountain top between Ukiah and Hopland

Special Thanks !

Rabbi Shoshanah wants to thank all of you who made candle donations for her 70th Birthday.

KHE has received two wonderful donations from the estates of the following gentlemen: Sanford Elberg and Milton Rosen.

Many thanks to the Heise and Joseph families for donating their cancelled camp reservations money to KHE.

Many Thanks to Eliyahu and the Quadim Ensemble for another wonderful concert and for making Rabbi Shoshanah's birthday so memorable!

Mazel Tov!

To Andy, Yvonne, Grandma Bernice, and Phil on Phil's graduation from Ukiah High and his plan to attend UC Santa Barbara, College of Creative Studies

Mazel Tov!

Congratulations to Ari Sunbeam and his parents Robin (Bodhi) and Alan (Acorn), upon his graduation from Ukiah High School!

Mazel Tov!

To Joshua Frankle, son of Jackie Pelner-Frankle and Harvey Frankle, on his graduation from Humboldt State

Mazel Tov!

Congratulations to Jessica and her mother Elise Wilkins and siblings Jordan and Sasha on Jessica's graduation from high school. Jessica plans to attend Mendocino College and study psychology.

Mazel Tov!

To Carmel Segal on her graduation from UC Berkeley. Carmel is the daughter of Divora Stern and Ayal Segal Carmel is currently visiting in Israel.

2011 Mendocino Women's Retreat Thursday, August 11-Sunday, August 14

We are “going forth” to a new place -- moving from our longtime home at Camp Masonite-Navarro to River’s Bend Retreat Center, down the road in Philo

Harriet Bye bysawyer@mcn.org 707-937-3622 is the registrar . Call her for info.
Costs include housing, meals, and all retreat events
A few partial work scholarships will be available on an as-needed basis

From The Rabbi

Dear KHE Chaverim,

Turning 70 felt momentous. Thanks to so many of you for helping me celebrate my transition into this new phase of my life. Being 70 already feels familiar and less awesome than just a few weeks ago. Although I'm toward the elder end of the spectrum of Congregation Kol HaEmek, seems as if recently I've heard various congregants express the notion that we are an aging congregation. While we do have a nucleus of young families, it is clear that the bulk of our members, including those who founded KHE, are now looking ahead to, or already experiencing, our senior years. I've heard from some that an aging congregation means we need to scale down our congregational activities and plans. When I think about it, I'm not sure why.

As we age, we tend to have more time and flexibility in our schedules than do people raising a family and/or in the prime of their career-building. So it's not as difficult to arrange to attend a KHE function (unless you're dependent on others for a ride to shul). And as we become more aware of our mortality, it's natural to become interested in making meaning out of our lives, of making sense of how we've lived till now and looking ahead to what's important in the time we have yet to live. This can lead, for older people, to a new and growing interest in developing the spiritual, service, and study sides of themselves. In many a congregation it's older members who are dedicated to attending and caring for the community in various capacities. You and I can think of examples within KHE. And I'm also thinking of a cousin in Israel who was secular for most of his life, and then in his later years became the volunteer shammash (caretaker) for a local synagogue in Tel Aviv. He'd be the first there to open the doors before services and the last to leave when he closed up. A widower and retired with grown kids living on their own, he now had a simple but purposeful key role that got him out of the house, connected him with community, and was of service. Perhaps even brought him closer to God- we never talked about that. This was someone who in his young years before Israel's War of Independence had been responsible for hiding secret Haganah weapons caches from the British. Different decades and stages of our lives can call forth different interests and commitments on our parts.

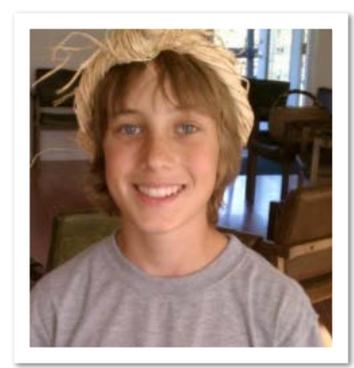
Just now as I am writing this, the phone rang with someone from the congregation musing about the notion of having a bat mitzvah at this stage in her life. Could she possibly do it now, she wondered, although she doesn't know Hebrew and is many decades older than the 13 year old who read Torah so ably at this morning's service. Why not? Many folks in their later years fulfill the strong desire to have a Bar or Bat Mitzvah. Often they prepare as a small group over a year or more, studying and exploring Judaism together and then celebrating with a joint bnei mitzvah ceremony. Some mature women, rather than becoming a bat mitzvah, have chosen to celebrate a special birthday (60, 65, 70?) with a Simchat Hochmah (Joy of Wisdom) ceremony to mark their coming of age. And have you heard of the practice of celebrating a second Bar or Bat Mitzvah at age 83? The Torah speaks of a common life span as 70 years, so we then start over and count 13 years as a coming of age once again. Study has always been a very Jewish mode of engaging spiritually, and having the time when we are mature to really dip into our classic texts can be a stimulating, rewarding and enlightening investment.

No matter how valiant and diligent we are in our practices to stay healthy, aging brings with it diminishing physical capacity and a slowing down. And as I heard my own teacher, Reb Zalman, say about a decade ago, his mind no longer has the acuity it once did, but he hopes an increase in wisdom has more than compensated for this loss. And he is still highly productive as he approaches his 87th birthday next month. He has been actively harvesting his life, sharing his great learning and insights in writings and DVDs and occasional workshops, and yet aiming consciously to experience what he calls "the winter" of his life. One goal of his has been to share his aging experiences with the rabbis he has ordained, so that we can consciously attend to this process in ourselves and our congregants. You may want to read his groundbreaking book on this subject (which he wrote in his "autumn years"), titled "From Ageing to Sage-ing." How do you see yourself as an elder? Might you see yourself cultivating a role as a mentor, passing on your own wisdom and skills to our younger generation inheriting our earth?

For a couple of years now, the coastal Jewish congregation has been having an ongoing discussion of what it means to grow older. If I recall their newsletter announcements correctly, they haven't always met to discuss this topic in their shul, but have also gone walking together and met in a coffee house. What aspects of aging would you like to see addressed by your peers in our congregation? We've already had sessions in recent years on caregiving for older family members, ethical wills, end of life, mourning practices, and life after death. One veteran member told me recently he'd begun thinking about the end of his life and that he'd appreciate some education, discussion and direction through KHE on planning allocation of his resources after he's gone - he wasn't sure of the word: bequests, perhaps.

Loneliness often becomes a huge factor as folks age. Wouldn't it be great to be part of a Jewish community that provides an opportunity to be with people you like (of every age) and participate in activities that touch and inspire you? That gives you a sense of well-being and aliveness. That stimulates you in a way that enhances who you are and helps you know you are part of an ongoing heritage that crosses time and space, that existed before you and will continue to exist after you. Where you would not only passively receive, but could also actively contribute. Aging gives us the opportunity to open up and develop our non-physical capacities (and to appreciate, care for, and enjoy the physical capacities we do have), to explore anew our connection to the cosmos, and to relish the preciousness of each new day and each new contact. May KHE be a center and a springboard of vitality for folks of every age in the coming years.

B'shalom oovrachah/In peace and blessing, Shoshanah



Holiday Celebration--and Talent Show!

Did you miss Shavuot? Maybe next year! The 30 or so adults and children who attended the celebration of the holiday that ends the counting of the omer had a delightful evening. The children are beautiful and talented, the food was good, the learning was excellent and we all had a very good time.

Rachel Yusem assisted us in making wreaths to wear. Noah Heise played his saxophone and his sister Ariella played the piano. Leila Aichtoun played "Hava Nagila" on her violin, and we sang along with her. The three Joseph boys demonstrated their knowledge of martial arts; Robert and Sam gave serious demonstrations of their skills and irrepressible Nathan gave his little-brother version, to everyone's delight.

Carol Orton, Elizabeth Raybee and Jan Stevens of the KHE Singers taught us several songs in harmony. Louisa Aronow led a poetry-writing exercise, David Vilner read from his recently published book of haiku. Carol Rosenberg provided the group with an experience in illustrating emotions. After the traditional reading of the Book of Ruth and before the last of us went home, we realized it was almost midnight.

In My Opinion:

Thanks to Deborah Edelman I had a wonderful experience this school year. Who knew that one hour a week in the 3rd grade could teach me so much?

This past fall Deborah asked, Are you willing to be volunteer with a reading group at Grace Hudson School? I agreed to work with a group in Mrs. Kline's 's 3rd grade. (In my opinion 3rd graders are at the most rewarding age. Most can read, most are totally honest and responsive, and hormones and attitude are still a long ways off.)

I thoroughly enjoyed the boys and girls I was assigned to help with reading. If they got too wiggly, we either took a big stretch or played "Simon Says" for a few minutes.

As the term progressed, I had the opportunity to meet the group at the "Pumpkin Patch" and help them select pumpkins for Halloween. I watched their decision-making process and their frustration with so many choices but also their willingness to help each other. Some kids wanted pumpkins as big as they could carry and others chose unusual or unique ones.

My respect and admiration for Mrs. Kline and all teachers grew. At Grace Hudson School half of each day is in English and half is in Spanish; half of the 3rd grade has Mrs Kline in the morning and afternoons with Mrs Howard . The other half has the reverse. The reality is that these teachers had a class of 56 individuals. Fifty-six sets of goals and possibilities, fifty-six papers to grade, fifty-six snacks each day before recess and hundreds of peanut butter & jelly sandwiches after the STAR tests. I also saw unwavering kindness and a firm and predictable structure that gave so much to these children.

I started with 6 kids, 3 boys and 3 girls. At midterm the group grew to nine. They could decode almost every word; by checking, I discovered they sometimes didn't have a clue as to what a word meant. Sometimes drawing a picture on the whiteboard helped, sometimes we acted it out, often we looked up the meaning in the dictionary or translated the word into Spanish.

In addition to reading, these kids wanted to talk. To tell of their experiences, to answer questions--they needed to be heard. They wanted to share their opinions, sometimes all at once.

The last book two books we read together had lots to do with kids' relationships with adults. I asked them out of my curiosity " What do you want from the grownups in your life?"

The answers were incredibly powerful. One girl said, "I want them to keep me safe." Another,"I want them to listen to me and not cut me off and send me to my room." All agreed they wanted the grownups to listen to them. A boy asked, " Why do they fight with each other so much?" Many said, " I don't want them to drink and smoke so much. It worries me!"

Advice to all parents from the 3rd grade: help your children feel safe, listen to them, and don't frighten them with your loss of control or unsafe habits.

Sincerely,

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 *Tikkum 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

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