



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)

Coming Events!

Sunday, January 7, 2-4 pm Jo-ann Rosen will report on her work in Israel and Palestine.

Monday, January 8, 6:30 pm Board meeting at the Koppels'.

Friday, January 12, 6:30 pm Service and potluck dinner with Rabbi SaraLeya.

Saturday Morning, January 13, 10 a.m. Morning Torah Service/teaching with Rabbi SaraLeya,?

Sunday, January 28, 11 a.m.-2 pm Annual congregation meeting. Board will serve the members a wonderful brunch!

Friday, February 2, 6:30 pm Shabbat service and potluck dinner at the home of Barbara and Leo Stanger. 400 West Clay St. Ukiah. For directions call 234-3261.

Sunday, February 18, 2:30-5pm. Amy Wachspress will talk on nutrition at the Shul, veggie potluck to follow. See page 4

Friday, February 23, 6:30 pm round-the-table Shabbat with Rabbi SaraLeya.

Saturday, February 24, 10:00 a.m. Morning Torah service and light Kiddush to follow ?

Sunday, March 4, 1:30-3:30 pm Community Purim Party. More info to follow.

Sunday, January 7, 2-4 pm
Jo-ann Rosen will report on her work in Israel and Palestine

I will share stories of my 3-month trip. Went to Israel and its occupied territories and worked both sides of the line with traditional Muslim women and men, connecting around how to be more resilient in the ace of unrelenting stress and trauma. A time to see the humanity of individuals and cultures and NOT a time to argue politics or positions. We so rarely get close in, so much pressure to keep distance, be "safe" and tell ourselves that we know what is right. I return at month's end to continue the work and the magic.

Jo-ann

"...hope is not an emotion. Hope is a cognitive, behavioral process that we learn when we experience adversity, when we have relationships that are trustworthy, when people have faith in our ability to get out of a jam."

Brene Brown

**KOL HA EMEK'S
ANNUAL MEETING
AND SPECIAL EVENT!!
JANUARY 28
BEGINNING AT
11:00 A.M.
LUNCH AT NOON AND
DISCUSSION**

Torah Portion Of the Week

January 6 - Shemt
January 13 - Va'eira
January 20 - Bo
January 27 - Beshalah
January 31 - Tu B'shevat
February 3 - Yitro
February 10 - Shekalim
February 17 - Terumah
February 24 - Tetaveh
February 28 - Fast of Esther
March 1 - Purim
March 2 - Shushan Purim

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) Honoring and Remembrance Board
- 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
Call: David Koppel, 485-8910

send checks to:

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

We Remember

Louis Fisher	January
Raymond Glickman	January
Harold G. Corwin	January 10/Tevet15
Lynn Teplitsky	January 15
Joseph Brooks-Miller	January 15
Jacob J. Borkan	January 16
Ken Holden	January 16
Tom Lowenstein	January 21
Arnold M. Kerr	January 30
Joshua Edelman	January 30
Steven Perlman	February
Robert Kraus	February
Louis H. Klayman	February
Hattie Glickman	February 4
Lola Sher	February 4
Sudharma Kumari	February 8/ Shevat 23
Rachel Faigin Bleicher	February 12
Arthur Hecht	February 13/Adar7
Lewis S.Rapport	February 15
Jucie Stern	February 15
Anita Koppel	February 17
Esther Daniel	February 19
Thomas Brooks-Miller	February 21
Tom Shine Mapp	February 22
Donald Brooks-Miller	February 28
Jack Glickman	February 29
Murray Choen	Shevat 2
Nathan Zorkowitz	Shevat
Leon Horowitz	Tevet 3
Ephraim Coren	Tevet 9
Pearl Turovitz	Tevet 14
Marion Margolis Frank	Tevet 20
Paul Kowarsky	Tevet 26
Dori Anderson	Tevet 26

Life Cycle Ceremony Sliding Scale Fees for Kol HaEmek
 Rabbi SaraLeya Schley November 15, 2017

Please remember Rabbi Schley is an independent contractor with other commitments.
She is not required to perform life cycle events for our congregation.

EVENT	MEMBER CHARGE Members make payment to KHE	NON-MEMBER CHARGE
Wedding (includes 4 counseling sessions and ceremony; (travel TBD))	\$1000-1500	\$1200-1600
Funeral /Memorial	\$400-650 (travel TBD)	\$500-700 (travel TBD)
Baby Blessing includes 1 planning session and certificate	\$200-300 at regular KHE service \$400-650 at other times (travel TBD)	\$500-750 (travel TBD)
Bnei Mitzvah (ceremony)	\$350-500 at regular KHE service \$400-650 at other times (travel TBD)	N/A

Individual sessions, including Bnei Mitzvah preparation/planning, spiritual counseling, etc.
 (in person or online)

\$70-90

\$90-\$100

(KHE members please discuss financial challenges/issues with Board President, who will bring concerns to the Rabbi)

Many thanks to Sam Goldberg and Pat Tysoe for their generous support of the KHE Honoring/Memorial Board

Condolences to Barry Vogel and his brother and their extended families on the death of their mother, Lillian Vogel December 29, 2017

Sunday, February 18, 2:30-5pm

Free Presentation by Amy Wachspress, MA, HNC, on
Food Choices to Improve Your Health and Reduce Global Warming

This two-hour presentation outlines the core concepts of the Bauman method of Eating for Health and presents practical information that provides guidance toward making daily diet and lifestyle decisions that will improve your health and help you feel better. You will learn the knowledge and skills necessary to make changes in your diet and lifestyle that will make a positive impact on your personal health and longevity and also on the health of the planet.

From Amy: I was struck by how many of the notes collected in the rabbi's basket at Yom Kippur revealed that people are beating themselves up over not taking better care of their health. I can help with that. I received my holistic nutritionist certification from Bauman College and I have a presentation/workshop that I developed based on an open access PowerPoint provided to me by the college as a graduate. I am offering my presentation to the congregation membership at no cost on Sunday, February 18, at 2:30 pm. Please bring healthy food to share for nosh and whatever materials you need to take notes. I look forward to sharing what I know with you.

Amy Wachspress, MA, HNC | Writer, Holistic Nutritionist | 1281 Sequoia Plaza, Ukiah, CA 95482
Phone: 707.462.2057 | Fax: 501.325.6763 | Email: jazznkugel@comcast.net

Donations to Kol HaEmek October-November 2017

Lucy Bayer
Judith M. Corwin
Judith Fuente and David Nelson - Food for the Hungry Program
Jay Joseph and Jennifer Joseph
David Koppel and Linda Koppel
Nancy Horowitz Bertsch and Ted Bertsch
Elizabeth Raybee
Karen Rifkin
Penny Walker in memory of Irwin Feldman and in gratitude to the Chevra Kadisha
Ariana Elster
Elise Wilkins
Marilyn Katzel and James Katzel
Divora Stern
Darline Bergere and Josh Bergere
Alan Sunbeam
Andy Coren and Yvonne Coren
Leslie Batz and Daniel Wentworth
Joanne Reynolds
Sam Goldberg and Pat Tysoe

Know Your Community

The following is an interview with Kol HaEmek member Divora Stern. If you would like to be featured here, please contact Susan Sher @ ssher@pacific.net

I was born in **Cleveland, Ohio on April 21, 1953.**

I came to Mendocino County with a **10th grade education when I was 17 to mine jade. I left in 1993 for 4 ½ years to go to school in San Francisco when I was 40 and have lived here since then except for 1½ years in Israel.**

My favorite Mendocino County places are **the Eel River, the ocean and my property.**

I give back to my community by **serving as president of Soroptimist International of Willits for the past 3 years; being a founding member and board member for 23 years**

at Kol HaEmek; devoting a large percentage of my psychotherapy and energy healing practice to Medi-Cal recipients and low-income people; and at times, tithing 10% of my earnings to various entities.

I am thankful that **I built my own cabin with my own two hands on a hill above Willits and I was able to help my daughters acquire UC Berkeley educations.**

I look up to **Shoshanah Devorah.**

I am most proud of **my two daughters because of their independence and drive.**

My fondest childhood memory is **hearing in-person the Rev. Dr. Martin Luther King, Jr. speak when I was 11 years old.**

My heroes and heroines are **Golda Meir, Martin Luther King Jr. and Rosa Parks.**

You should give this a try: **my green smoothies with ingredients straight out of my garden.**

Friends would describe me as **having a heart of gold.**

I regret not being a **stronger role model for my girls when they were younger.**

I get the greatest joy from **deep flowing interpersonal communication and dancing.**

I worry about **the future of this planet and our current U.S. political situation.**

This changed my life: **getting an education after the age of 40 when in 1995 I earned a BA at San Francisco State University and a Master's Degree in 1997 at San Jose State University.**

My favorite writer/theorist of the moment is **Jack Kruse, a neurosurgeon who believes that exposure to the first morning sun can re-program the circadian rhythms of the mitochondria of one's eyes.**

The most memorable trip I ever took was **to Israel in 1985-86 (when I was able to break my workaholic habits of working 16 hours a day/7 days a week) where I studied at a yeshiva and became an ardent Zionist.**

If I have learned one thing, **it is to practice gratitude each day.**

My best parenting advice is **to treat your children with dignity and respect rather than with old-school discipline and not sweat the small stuff.**

I have been most inspired in my life by **the Golden Rule.**

One thing I wish I could change about the world is **eliminate hatred, divisiveness, war, poverty and abuse.**

I wish more Jews **with left politics would be more open-minded and make an effort to understand the history and politics regarding the State of Israel.**

Some things people would be surprised to know about me are **that because both my parents were Holocaust survivors with virtually no formal education and limited employment opportunities, I grew up in abject poverty; and that I am a pioneer and homesteader who lived in a tent for a year while I built my cabin and lived without electricity or a phone line for 15 years while I made a living working construction and auto mechanic jobs.**



Sunday, January 28, 2017
KHE Annual Meeting 11:00-2:00
including Community Discussion and Brunch

This is an opportunity for all old and new members to meet the Board and learn about each other, our congregation, our goals, our objectives, and financial condition. It is also an opportunity to share your expertise and help direct the future of this congregation.

If you have ideas for new programs or activities, questions, positive or negative comments or feedback please send them to Sherrie Ebyam <ebyam@sbcglobal.net> so your ideas can be placed on the agenda.

The Board will prepare a lovely bagel, lox and dairy brunch for everyone.



Once again reaching out to the greater community for needed items for the Inland Winter Shelter. Please spread the word to your friends, co-workers and neighbors.

At this time, needs are:

men's underwear - boxers preferred - variety of sizes

travel-sized toiletries - shampoo, body soap, shaving cream

ear plugs (the men's dorm is rumored to be a virtual "snoring symphony" at night)

coffee (drip), creamer, and coffee cups (preferably compostable or bio-degradable cups)

laundry soap (liquid laundry soap preferred)

menstrual products — (tampons / pads)

adult Depends

This list changes periodically. The above are current needs.

Donated goods can be brought to:

RCS - 631 So. Orchard - M-F 9 a.m.-5 pm

or

Inland Winter Shelter - 1045 So. State Street -

(east side of street - to the back of the motorcycle shop)

9 a.m.-10 a.m. or 5 p.m.- 6 p.m.



Kol Ha Emek MCJC-Inland
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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
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- 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

Sherrie Ebyam -President	530-414-1104 < ebyam@sbcglobal.net >
Bob Mandel -Vice President	696-2712< bobLXVII@hotmail.com >
David Koppel -Treasurer	485-8910 < davekoppel@yahoo.com >
Carol Rosenberg - Secretary	463-8526 < carolrosenberg@pacific.net >
Nancy Merling,	456-0639 < nancymerling@att.net >
Barbara Stanger	234-3261 < aurnaenterprises@gmail.com >
Moses Sunbeam	228-9980 < moses_sunbeam@gmail.com >
Karen Rifkin	391-9299 < Karenrifkin@gmail.com >

Brit Mila: Doctor for referral to a Mohel Robert Gitlin D.O. (465-7406),

Chevra Kadisha (Jewish Burial)) Helen Sizemore (367-0250)

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

Interfaith Council: Cassie Gibson (468-5351)

Rabbinical Services/Special Ceremonies: to be announced