



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, March 11, 6:30 pm, Kabbalat Shabbat,
potluck with Shoshanah at the home of Pat and Sam
Goldberg. 2050 Woodlake Drive, Ukiah; 463-0218

Friday, March 18, 4:30 pm Shul School;
6:30 pm, Round-the-Table Shabbat potluck

Sunday, March 20, 2-5 pm, Community Purim Party,
with fun for kids and with the magic Koppel touch!

**Thursday, March 24, 6:30 pm - Purim Megillah
Reading** at R. Shoshanah's home, 1101 East Gobbi
Street; for directions 467-0456

Saturday, April 9, 10 a.m., Shabbat Morning Service
featuring Julian Achtoun's Bar Mitzvah, Saturday
Afternoon Club, 107 South Oak Street, Ukiah

Friday, April 15, 6:30 pm Kabbalat Shabbat and
potluck at the home of Linda Posner, 69 Harms Lane,
Willits, 459-1941. *Featuring Joel Cohen on his cello!*

**Friday, April 22, 5:30 pm, First Night Communal
Pesach Seder** at Shambhala Ranch, Orr Springs Road
see page 3 for more information

Friday, April 29, 4:30 pm, Shul School (5th Friday)
Friday, April 29, 6:30 pm, Round-the-Table Shabbat
potluck (*Note: it is still Passover week, so please
bring kosher-for-passover food; (see page 4)*)

**Wednesday, May 4 -7 pm, Yom HaShoah/Holocaust
Memorial Day** - featuring Leo Stanger (Deborah
Edelman's father) telling his own story, candlelighting/
kaddish, and the cello music of Joel Cohen

*Sunday, March 20, 2-5 pm
KHE Purim Party
Fun for the whole family
Bring hamantaschen
(and/or cookies)
Games for the children
see page 3*

Sigrid White
invites you to
share in the celebration
as her son,
Julian Achtoun,
is called to the Torah as a
Bat Mitzvah on Saturday morning,
April 9, 2016,
at 10:00 a.m.
at Saturday Afternoon Club

107 Oak Street, Ukiah
Reception and Luncheon
will follow the service
RSVP

Sigrid 272-1859 <sigridwhite@gmail.com>

We Remember:

Betty Wolf - March
Carrie Hamburg - March
Dottie Marans - March 1
Mildred Rosen - March 4
Ann Barr - March 4
Bill Roberts - March 14
Glen Starr - March 22
Samuel Cole - March 23-Adar 15
Bessie Dale - March 29 - Nissan 12
Samuel Orton - March 30
Paul Rothschild March 30-Adar 29
Regina Klayman - April
Michael HaCohen - April
Dorothy Waterman - April
Sidney Epstein - April 1
Allen Micah Rosenberg - April 1
Nanette Tver - April 1
Edward Sessler - April 7
Sanford Elberg - April 8
Joan Bistrin - April 10
Saul Ginsburg - April 13
Leah Frankle April 16-Nisan 25
Milton Coren - April 16 - Nissan 25
Allen Dale - April 17
Irving B. Miller - April 21
Rose Cecelia Ray - April 21
Evelyn Reed - April 22
Eleanor B. Miller - April 22
Gabrielle Welford - April 24
Beatrice Hecht - April 27 -Nissan 22
Martha Kowarski - Adar 11
Rose Cohen - Adar 26
Adeline Rosen - Nissan 14
Pearl Renee Horowitz - Nissan 18
Charles Sorkowitz - Nissan 22

Portion of the Week and Holidays

March 5 - Vayakhel
March 12 - Puked
March 19 - Vayikra
March 23 - Erev Purim
March 25 - Shushan Purim
March 24 - Purim
March 26 - Tav
April 2 - Shaman
April 9 - Tazria
April 16 - Metzora
April 22 - 1st Seder
April 23 - Exodus, 2nd Seder
April 30 - Deuteronomy

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) Tzedakah 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

Congratulations for a wonderful performance as Shrek in S.P.A.C.E's production of *Shrek the Musical Jr.* to Sam Joseph, to Amanda Katz for the hair and clever wigs, and to Mo Sunbeam as lighting tech.

Congratulations To Leila Achtoun for participating as member of the defense team in Ukiah High's recent mock trial activity (and having her picture on the front and back pages of the *Ukiah Daily Journal*).



PURIM Cookie & Costume PARTY

At the Shul
Sunday March 20th
2:00 PM to 5:00 PM

It's a Cookie Extravaganza and Hamantaschen is KING.
Bring some hamantaschen or your favorite cookies to share.
And remember to dress up!

Mostacudos

Nutty spice delights from the Sefardic community of Rhodes. They contain no flour; they are good for Pesach or as gluten free cookie.

1 & 1/2 cup of cleaned ground almonds

1 & 1/2 cup of cleaned ground walnuts

3/4 cup sugar

1/2 teaspoon of ground clove

1/2 teaspoon cinnamon

Scoop teaspoon amounts place on well greased cookie sheet. Bake about 7 minutes at 390 degrees F, 200C. Wait 10 minutes, use a spatular to remove from the pan.

KHE Annual Meeting

Thank you one and all. If you weren't there on January 31, you missed a wonderful, productive meeting and a spectacular lunch.

The board was delighted with the turnout at the Annual meeting. People participated with enthusiasm and many volunteered to take on necessary functions next September. Linda Posner volunteered for Willits and Margo Frank for Ukiah; they will make sure the sick receive visitors and they will accept calls from those needing counseling. They cannot do it themselves and will count on many of you to help. Sara will continue to answer our phone with a list of community referrals. Norm Rosen will work with Rabbi Josh to organize Torah readings for Rosh Hashanah and Yom Kippur and will also contact those folks that have drifted away. Bob Mandel will send out event notices as long as we give him a written text. We are still hoping we will have two volunteers for the Board as the board needs to take on many new responsibilities currently performed by Rabbi Shoshanah. Robin has volunteered to organize wonderful ideas for raising funds.

Sherrie and Carol will begin to plan an annual calendar for the Jewish year 5777. They will share it with the Board and interested members (let Carol know if you are interested) so we can include everyone's ideas.

Please Note!

One way to help KHE raise some additional funds and to let our readers know about businesses in the area owned and managed by members of our congregational is to place a low-cost advertisement in the Shema.

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

\$1/month 1 line

If interested, please contact David Koppel at 485-8910, davekoppel@yahoo.com and send your copy to Carol Rosenberg <carolrosenberg@pacific.net>

Community Seder, Friday, April 22 at 5:00 pm First night of Pesach

Tara and Stuart Marcus have graciously invited us once again to celebrate a Seder at Shambhala, which we will do on the first night. For those who don't know, Shambhala is a retreat lodge located about 20 minutes west of Orr Hot Springs. In past years, a good number of folks opted to stay overnight and partake of brunch and the gorgeous location the next morning.

We still need help setting up, organizing the kitchen, and with clean up. Please volunteer.

**To register for the seder, contact Janae Stephens, 707-456-7035 to let her know
To see about staying overnight with your own sleeping bag, contact Tara Marcus,
innana202@aol.com**

This is still a ways off, but good that we are getting the planning underway!

Please plan to bring kosher-for-passover food;

no bread, cakes or other foods made with wheat, barley, rye, oats, spelt unless they say kosher for passover and no grain vinegar. We are following Sefardi tradition and that of the Conservative movement and modern Israel, in which rice and legumes are permissible.)

See Janae's instructions next page

From Janae Stephens, coordinator of the Community Seder:

Hello Chaverim,

I volunteered to coordinate the food for our 1st night community Seder (Friday, April 22) at the beautiful Shambhala Ranch. Please note that my phone number is [707-456-7035](tel:707-456-7035) (voice or text) and you can also email me at jan@jp4wellness.info.

In order to plan a balanced meal, please let me know:

1. The number of people in your party
2. What you will be bringing. Please see list below and please no matzoh as we have plenty of that.
3. We are asking everyone to also bring either Passover wine or grape juice in addition to a food item.
So... what beverage will you bring?
4. Be sure to leave your contact info if you leave me a voice message and a good time to return the call if that is your preferred method of communication. Texting and email work well for me.

Food items:

With the exception of dessert, all dishes must be dairy free.

What to avoid when cooking for Passover: wheat (except for matzoh), rye, oats, barley, spelt, grain vinegar and grain alcohol. Corn and quinoa are fine for Passover.

As some of us are gluten intolerant and/or avoiding grains – gluten free dishes are encouraged.

Stuart and Tara will make a turkey so we will need the following:

- * Seder plate with the foods that go on it: parsley, horse radish, shankbone roasted egg, etc.
- * Charoset – enough for everyone
- * Parsley and horseradish - enough for everyone
- * Gefilte fish and red horseradish (here is a gluten-free recipe if anyone is daring enough to try it <https://elanaspantry.com/gefilte-fish/> Usually freshwater fish is used and most likely can be substituted here)
- * Hard boiled eggs peeled
- * Matzoh ball soup (if there are enough of us vegetarians, perhaps a veggie soup?) <https://elanaspantry.com/matzoh-ball-soup/> anyone wants to try a recipe using almonds and no wheat.
- * Potato/root vegetable dishes
- * Veggie dishes
- * Salads (green and other veggie salads–no beans or grains)
- * Dessert

Please tell me how persons will be coming with you and what you can bring. I hope you will be flexible if someone else has offered to bring what you are offering.

Thanks! Janae

Voice or Text: 707-456-7035

jan@jp4wellness.info Email

Dear KHE Chaverim,

I was privileged to be near my mother and father as they left this world. We were living in Jerusalem, and it was certainly a shift in roles for me to turn into a caregiver of my mom during the several years in which ovarian cancer diminished her life force. At one point, she asked me about getting a handicapped sticker for parking. I never followed through, and turning the steering wheel then became too difficult for her. Truth be told, in some ways it was easier and even gratifying to have this very dynamic, forceful woman now less dominant in relation to me as she became progressively weaker and less able.

The night before she died was very holy. There she was in bed in Hadassah Hospital, a mere scarecrow of her former self. My sister, who had flown in from abroad, and I were keeping watch. My boyfriend strongly urged me to take a break and go home for awhile. I resisted, and finally agreed to leave the room and go outside for some fresh air. We spread a blanket on the ground and lay down under the stars. I can't adequately describe what happened, but the heavens somehow opened for us and we felt loved and blessed in a way that embraced my mother's imminent death. Soon after I returned to the hospital room, my mother died with my sister and me next to her. My mother died at 68, and so many folks lamented how young she was. I was 45 at the time, and 68 didn't seem young to me back then.

Several months later, my father was up on a window ledge fixing a window, fell backwards, and hit his skull. I insisted that he could not continue to live alone. He was 77 and this was his second bad fall. He would have been happy to move in with me and my daughters, but I said no to that. We surveyed other possibilities, and for the next two years he lived in his own apartment in a brand new senior complex. Like me, he loved to swim, and crossing the busy street to the local pool was a challenge he regularly complained about: the traffic light did not stay green long enough for him to safely reach the other side at his slow pace. Coming to us for Shabbat dinner, he chose to ride the city bus because he enjoyed being out among all the different types and ages of people in contrast with the sameness of the old folks at his senior facility. Not that he was isolated in his apartment--a female resident welcomed him as he was moving in, and soon had established herself as his companion. Even so, he told me that he regularly found himself talking to my mother.

Almost two years later, I returned home from a full day's hiking in the Judean Desert (part of my work), to discover my father was in the emergency room of Hadassah. I rushed over, and he greeted me with "You made it, Sue!" That was his last coherent sentence. After hours of "salad talk" (nonsensical childlike rhyming) and cursing (which was not typical of him), he quieted down and fell asleep at about 3 a.m. I had only recently learned the traditional Amidah prayer, and I stood by my father's bed and prayed before heeding the advice of the staff to go home and get some sleep and return in the morning. I was awakened at 6 a.m. by a call from my cousin, an emergency room nurse who'd happened to be on duty that night. My father had just died, apparently from a heart attack/stroke. No one on the staff had expected that. Back to the hospital I went. Putting my hand atop my father's head, I was very surprised to definitely feel energy coming out. My cousin, the nurse, assured me my father was dead. Years later I read a book by Stephen Levine, an experienced worker with the dying, in which he advocated having relatives put their hands on the head of someone who had just died so they could feel the energy leaving the body. Helped me to read that.

I had never liked being in hospitals, but my experience with my parents propelled me over a decade later into chaplaincy work. I felt that I had found my calling, at least for this stage of my life. I tended to many very ill and dying people over the years, serving their families and close friends as well.

I had the privilege of being present for many deaths. I witnessed many different death scenarios of all kinds of people. I sang, prayed, was silent or spoke, and aimed to give support as the situation demanded. I participated in the work of the Chevra Kadisha/Sacred Society, caring for the body after death, here and in Colorado. I led many a funeral in Boulder, Seattle, and Northern California. Writing these words has evoked memories and brought to mind persons I have not seen in years.

And now I am turning 75 in May. I am retiring as KHE rabbi in August. I remember when I first came to KHE, I would lead classes and even services sitting on the floor. But not for years now, due to the awkwardness of getting back up. I loved to include dancing in our services, though there were always some for whom this was not a comfortable option. I still love to dance, but I often opt not to in services now, for my own sake as well as that of others. After two full knee replacements, neuropathy in both legs, and a broken pelvis and broken foot in the past year, my agility and balance are severely compromised. I've fallen 8 times between August and now. Each fall has increased my sense of vulnerability. Riding a bike, which I did happily day or night for years, has become a risky option. Shall I look into three wheelers? My brother, an orthopedic surgeon in New York City, tells me that women my age wouldn't be caught dead there using walking sticks to get around. I've been glad to use sticks to keep me going, whether in town or out on the trail. But now, even with the sticks, moving forward can be difficult and painful. And I don't know in advance when this will be so.

So now you've heard what Reb Zalman would call "my organ recital." As rabbi of KHE, I know how many of you and/or your family members are survivors of your own series of ailments and challenging issues, and I am in awe of how you carry on and live your lives with vitality and determination. Many of you have your own stories of your parents' aging and dying. What is up for me now is something new in my life: a sense of vulnerability, and at times overwhelm, and, yes, fear, that have not accompanied me before in such a conscious, present way. So this is the shape aging is taking for me, at least in this current phase of my life.

For years now I have aimed to live knowing that I could die any time, any day. This view was never deadening for me, but rather enlivening. It has helped me to make the most of every moment and to recognize what I value. Yet my mortality is up for me in a different way now. I know that part of this perspective is connected with my retirement as congregational rabbi. Retirement is a kind of death, a death of whom I have lived as and how I have lived for some 13 years. I don't want to conflate this professional death with my physical mortality, which also is becoming more imminent with each passing day, even should it not occur for many years hence.

I don't yet have a clear picture of what my life will be after I retire. This can provoke anxiety, if I let it. But I know that while I am alive, in order to really be alive, endings/death must occur in order to make room for birth, for new phases of life, my life, to emerge. And I know that the transition from death to birth includes a period of not-knowing, of risk-taking, of trust. I have dared to make changes and step into the unknown so many times in my life, and I have been glad. I am not so bold at leaping as I once could be, and I recognize my physical, as well as other, limitations when imagining future possibilities. Yet I aspire, and may I dare, to be among those described in Psalm 92:15: "They shall still bring forth fruit in their old age; they shall be fertile and fresh." Keyn yehi ratzon!/May it be so, for me and for you as well! I hope and pray that my daring to share these very personal revelations so publicly may be of some value to you in your own life journeys.

B'shalom oovrachah/In Peace and Blessing, Shoshanah

Donations to KHE for December 2015

Bruce Andich and Cassandra Andich
Bruce Andich and Cassandra Andich for the Rabbi's Fund
Rachel Elkins and Dana Thibeau
Judith Fuente and David Nelson for the Homeless Food Fund
Renee Ganon and Jeremy Mann
Jay Joseph and Jennifer Joseph
David Koppel and Linda Koppel
Nancy Horowitz Moilanen, David Melanin, and Elisa Maas
Elizabeth Raybee
Mary McMillan
Darline Bergere and Josh Bergere
Andy Coren and Yvonne Coren
Sherrie Ebyam
Sherrie Ebyam for the Rabbi's Fund
Barbara Stanger and Leo Stanger for the Homeless Food Fund



Dear Readers,

*We are introducing a new feature in the Shema entitled
"Meet Your Members."*

*If you or someone you know would make an interesting interview, please
contact Susan Sher at ssher@pacific.net.*

Meet Carol Rosenberg

Born in Brooklyn N.Y. in 1934, Carol lived in Mendocino County from 1979-1983 and after retiring from the City of Berkeley in 2000, she returned to Ukiah.

Carol has been employed as a kindergarten teacher; art teacher, senior nutrition program director and social worker; older adult program manager; and waste management analyst. Since retirement, she has worked as a hospice program manager; medical receptionist; and bookstore clerk. Her volunteer work has included service as a County Grand Jury member and foreperson; board member of Kol HaEmek, Ukiah Players Theater, S.P.A.C.E, the Homeless Ad Hoc Committee and LAFCO; nursing home visitor; and school reading assistant. Carol was a founding member of the Jewish Communities of Mendocino County

Carol is most thankful for her home, her surviving son and daughter and granddaughters, who love to visit her in Ukiah. She is proud of surviving a lot of loss while able to retain a sense of humor. What pleases her the most is working in tandem with people and completing joint tasks. The natural world serves as inspiration for her art work and she thoroughly enjoys the ceramics and painting classes at Mendocino College. One thing she has learned in life is, "If everyone likes you, you have not been true to yourself."

A few things you may not know about Carol are that she prefers work to conversation so you can often find her in the Shul kitchen happily washing dishes; and she does not support Bernie Sanders for president. Finishing the sentence, "I wish more Jews would . . ." Carol says ". . . listen before giving advice, especially myself."



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 >
Mark Levin	467-9037 < mlevin@pacific.net >
Bob Mandel -	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

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