

MAY-JUNE 2015

IYAR-SIVAN- TAMMUZ 5775

# Shema יְהוָה



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](mailto:carolrosenberg@pacific.net))

## COMING EVENTS

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

**Sunday, May 17, 10a.m.-3pm at the shul:**  
**a community work day.** Inside and out. Pizza and salad luncheon served to all. Bring work gloves, rakes, garden tools, boxes, cleaning and organization supplies. Call Sherrie Ebyam at 530-414-1104 to register. (We need to know how much pizza to order.) See page 3 for more information.

**Friday, May 29, 4:30 pm, Final Shul School Session of the year.**

**Friday, May 29, 6:30 Kabbalat Shabbat** and veggie/dairy potluck.

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

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

**Friday, June 12, 6:30 pm, Kabbalat Shabbat** with Shoshanah and potluck at the home of Bruce and Cassandra Andich in Willits. 750 Highway 20, west of Willits, 459-4855 (their mailbox looks like a cow).

## *Shavuot program Sunday, May 24, 10-3 at the Shul*

We created the ceramic tiles for our garden stepping stones back in January, and now we'll be decorating them with mosaics. These 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.

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 potluck 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

**Don't Forget!!**

**Community Work Day!  
May 17 from 10 to 3  
at the Shul**

for more information see page 3

## **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**

Mazel Tov to Marisa Sizemore and Alex Shultz on the birth of their daughter, Rosalie Jean.  
Mazel Tov also to grandmother Helen Sizemore.

## **Margo Frank LCSW**

Individual Psychotherapy and Coaching  
Crossing into Elderhood Programs  
Eldercare Consultation

www.margofrank.com  
LCS18143

707.462.1877

## **Portion of the Week and Holidays**

- May 2 - Achare Kedoshim
- May 7 - Lag B'Omer
- May 9 - Emor
- May 16 - Behar Bechukotai
- May 23 - Erev Shavuot
- May 24 - Shavuot
- May 30 - Naso
- June 6 - Behaalotecha
- June 13 - Shelach Lecha
- June 20 - Korachi
- June 27 - Hukath

## **We Remember:**

- Joel Green - May
- May Fisher - May
- Jim Rowland - May 1
- Ben Rosenberg - May
- Janet Fisher - May 2
- Harry Bistrin - May 4
- Eleanor Feldman - May 9
- Harriet Libby Domas - May 14
- William X. Silva - May 15
- Julius Markowitz - May 26
- Vera Meyerhof - June
- Dan Rosenberg - June 1
- Edward Wander - June 5
- Thelma Elberg - June 12
- Joseph P. Suffel - June 21
- Natalie Wachspress - June 29
- Louis Jonas - Iyar 16
- Beatrice Starota Coren - Sivan 3
- Harry Stanton - Sivan 6
- Harry Rothschild - June -10 Sivan 7

Wishes of healing to Rabbi Shoshanah!  
May her journey home be comfortable and safe.

## **Donations in February and March to KHE, many thanks**

Bruce Andich and Casandra Andich  
Lynne Coen and Charles Hott  
Judith M. Corwin  
Rachel Elkins and Dana Thibeau  
Jay Joseph and Jennifer Joseph  
David Koppel and Linda Koppel  
Nancy Horowitz Moilanen  
David Moilanen and Elisa Maas  
Linda Posner  
Elisabeth Raybee  
Susan Sher  
Helen Sizemore  
Laurie Spence and Dale Harrison  
Janae Stephens and Gary Stephens  
Amy Wachspress  
Nancy Merling  
Divora Stern  
Carol D. Rosenberg  
Darline Bergere and Josh Bergere  
Steven Levin and Joan Levin  
Robin Sunbeam  
Shoshanah Deborah  
Andy Coren and Yvonne Coren  
Carol Orton  
Sherrie Ebyam  
David Vilner  
Mark Levin and Cathy Crosby  
Sigrid White  
Marcela Ries  
Robert Mandel and Carol Mandel  
Lee Wachs  
Kate Marianchild  
Vergilia Dakin  
JayeAlison Moscariello and Bill Taylor  
Tara Steven and Marc Steven  
Barbra Stanger and Leo Stanger

**Community Work Day!  
May 17 from 10-3  
at the Shul**

**Many thanks to Louisa Aronow,  
garden designer and gardener for  
our Shul since the beginning. She  
now more than ever needs your  
help. She physically cannot do the  
work without others helping.**

**Our classrooms and library are in  
need of organization.**

**Our closets are totally non-  
functioning!**

**So what to do.**

**Ask for community help, provide  
lunch, and cheerfully together we  
can tackle and complete several  
important tasks in one day of  
organized work!**

**We need you!**

**The board will provide lunch.  
We need person power! Especially  
our young strong teens and their  
friends and parents.**

**Please register so we know how to  
plan for food and for work crews.  
Call Sherrie Ebyam at 530-414-1104  
or E-mail Sherrie Ebyam at  
[ebyam@sbcglobal.net](mailto:ebyam@sbcglobal.net)**

## KHE SHABBAT CAMPOUT: FRIDAY EVENING to-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](mailto: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.

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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 Friends,**

At the KHE annual meeting we looked at the financial state of our congregation in light of the projected decline in membership revenues. An important question was asked: are members contributing less or are there less members?

Since the annual meeting the Board has looked at membership contributions as well as the numbers of members over the past three years. We found that in the current year, the number of members has decreased by 19, or 25%. There is a projected drop in membership revenue of 20% even though continuing members are increasing their contributions by 32%. In the previous year we lost 10 member-contributors, which resulted in a decrease in funds of 12%.

We now know that we have lost members as well as money! With this kind of information the Rabbi has suggested that we organize a group to investigate/plan for our future. We need to collectively figure out what we want as a congregation, and what can we afford to support this vision.

The Rabbi is thinking about retirement. What does that mean for our congregation? We need to determine how to continue to build upon members' dedication as well as the rabbi's hard work and devotion over these past 12 years. Without sufficient income and a limited membership it is unlikely that we can continue have a resident rabbi at our current part-time level.

Some members would like a new prayer book. Sara Esserman-Melville has put energy into developing a preschool group. The Rabbi encouraged grandparents to bring their grandchildren to a children's Purim party. They came and all had a wonderful time. Does this mean we will ever have 25 children in Shul school again?

Elizabeth and friends gave us a wonderful Purim party; we raised over \$2,000. The Rabbi's idea for a theater party resulted in 57 members going to see "Anne Frank" together and we have \$480 extra in our coffers as a result. Does this mean we no longer have a deficit? No, but all efforts do help! Shared experiences make us a closer community. Aside from this very important benefit, can we count on fundraisers to offset membership revenue?

We do know we need to maintain a Jewish presence in these valleys. Do we go back to visiting rabbis? Do we rent out the Shul? If so, to whom? Do we contact the individuals and families who let their memberships drop and ask why they left and urge them to return? Do we need to ask our remaining members for more money?

Do you have an opinion? Are you willing to meet and explore the options? If so call Carol Rosenberg at 463-8526 and volunteer to serve on a fact-finding and planning committee. A meeting time and place can be determined once a group is formed, so do not hesitate to volunteer thinking the meetings will not fit your schedule. All are encouraged and welcome!!

Remember, it is not always what we do that matters; sometimes, it is what we don't do that shapes our future.

Sincerely,

*Carol Rosenberg & Sherrie Ebyam*  
for the KHE Board

# שבועות

Shavu'ot remembers the giving of the Torah; also a harvest festival.

You shall count for yourselves -- from the day after the Shabbat, from the day when you bring the Omer of the waving -- seven Shabbats, they shall be complete. Until the day after the seventh sabbath you shall count, fifty days... You shall convoke on this very day -- there shall be a holy convocation for yourselves -- you shall do no laborious work; it is an eternal decree in your dwelling places for your generations. - Leviticus 21:15-16, 21

Shavu'ot, the Festival of Weeks, is the second of the three major festivals with both historical and agricultural significance (the other two are Passover and Sukkot). Agriculturally, it commemorates the time when the first fruits were harvested and brought to the Temple, and is known as Hag ha-Bikkurim (the Festival of the First Fruits). Historically, it celebrates the giving of the Torah at Mount Sinai, and is also known as Hag Matan Torateinu (the Festival of the Giving of Our Torah).

The period from Passover to Shavu'ot is a time of great anticipation. We count each of the days from the second day of Passover to the day before Shavu'ot, 49 days or 7 full weeks, hence the name of the festival. The counting reminds us of the important connection between Passover and Shavu'ot: Passover freed us physically from bondage, but the giving of the Torah on Shavu'ot redeemed us spiritually from our bondage to idolatry and immorality. Shavu'ot is also known as Pentecost, because it falls on the 50th day; however, Shavu'ot has no particular similarity to the Christian holiday of Pentecost, which occurs 50 days after their Spring holiday.

It is noteworthy that the holiday is called the time of the giving of the Torah, rather than the time of the receiving of the Torah. The sages point out that we are constantly in the process of receiving the Torah, that we receive it every day, but it was first given at this time. Thus it is the giving, not the receiving, that makes this holiday significant.

Shavu'ot is not tied to a particular calendar date, but to a counting from Passover. Because the length of the months used to be variable, determined by observation , and there are two new moons between Passover and Shavu'ot, Shavu'ot could occur on the 5th or 6th of [Sivan](#). However, now that we have a mathematically determined calendar, and the months between Passover and Shavu'ot do not change length on the mathematical calendar, Shavu'ot is always on the 6th of Sivan (the 6th and 7th outside of Israel).

It is customary to stay up the entire first night of Shavu'ot and study Torah, then pray as early as possible in the morning. It is customary to eat a dairy meal at least once during Shavu'ot. There are varying opinions as to why this is done. Some say it is a reminder of the promise regarding the land of Israel, a land flowing with "milk and honey." According to another view, it is because our ancestors had just received the Torah (and the dietary laws therein), and did not have both meat and dairy dishes available. The book of Ruth is read at this time. Again, there are varying reasons given for this custom, and none seems to be definitive. ([www.Judaism101.com](#) Tracy R Rich)

**Dear KHE Chaverim,**

"Holy cow, Shoshanah. Don't you just love it when God has other plans?" This is the reply my neighbor sent when I emailed her that I'd fractured my pelvis on the way to Israel. My plans had been to start my stay here with a week of silent Jewish meditation at a retreat in the lower Galilee, and then to combine visiting family and friends with jaunting around the country before completing my trip with four nights sleeping out in the Negev desert. But while in the Paris airport to change planes, I was felled by a moving baggage cart that struck me, and so my six weeks in Israel have turned into a period of hanging out and recuperating. Despite the pain and restricted mobility, I have been having a wonderful time. I'm just about halfway through my stay now.

I am so fortunate to have generous, loving family here who have taken me in for the full extent of my visit. So I get to be with my granddaughters every day, for a more extended period than I've ever been with them. My daughter and son-in-law have attended to my every need willingly and with grace. And their next door neighbor, in her eighties, has twice brought me homemade jellied calf's foot, which is said to be good for strengthening the body. I remember my mother telling me she hated this dish as a kid. I'd never tasted it before, and I find it delicious.

I'm also grateful to the osteopath I'm seeing, and the massage therapist who is coming to the apartment. In the almost three weeks I've been here, I've progressed from wheelchair to a combo of walker and crutches. These items and others are provided by a non-profit called Yad Sarah, which has branches throughout Israel and was started by ultra-orthodox Jews. You leave a deposit, which is returned to you when you return the borrowed items.

Friends have come visiting, which is great, since I can't go visiting them. They offer me a chance to go outside, since I can't manage the elevator by myself. One short block away, there is a cafe. The one-minute walk there took me about half an hour with my walker a week ago; today I was down to 15 minutes. I delight in the exercise, being outdoors, and the fun of sitting at a table schmoozing (until I get too uncomfortable sitting and we start back). Most exciting have been the two times that friends have come by car and driven me to the Mediterranean, which is a half-an-hour walk away. We park as close as we can to the cafe on the beach, and the brief walk from the parking lot to the cafe has taken me half an hour. But there we are, amidst the sun and breezes and sand and glorious colors of the sea and all the folks out enjoying themselves. The whole atmosphere feels like healing medicine to me. This lively and wholesome beach was once known as the very derelict spot where folks came from all over to find prostitutes. Quite a makeover.

The magic of skype: I've continued my long-distance Jewish chevruta study here that I do back in Ukiah with folks from far away. It's been centering for me. And I have more empathy for teens who sleep with their phones and pick up messages during the night. I sleep with my iPad next to me and check my inbox when I wake up during the wee hours, which are prime daytime hours for sending emails from America. I've also discovered for the first time the joys of listening to radio via my iPad. I might be falling asleep to a local kabbalah station, or a Jewish music station from New Jersey, or KQED out of San Francisco.

I loved having Seder right here at home, and in just a little while now we'll sit down for the meal of the last night of Passover celebrating the successful crossing of the Red Sea and our birth passage into freedom. My fall was awful, but the outcome is not. Yes, sometimes the pain is still very intense. Last night I was in so much pain (despite medication) that I got up at midnight and made my way into the kitchen. There I medicated myself with piece after piece of matzoh slathered with sweet butter, while reading the feature articles in the day's Hebrew newspaper. Seemed to work--an hour later I was back in bed and fell asleep. This is not the trip I had planned, yet I feel essentially happy and supported, so glad to be alive here and now.  
***Sending you love from Israel.***

***B'Shalom oovrachah, Shoshanah***



**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 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**

**Board Members**

David Koppel, Treasurer	485-8910 < <a href="mailto:davekoppel@yahoo.com">davekoppel@yahoo.com</a> >
Nancy Merling,	456-0639 < <a href="mailto:nancymerling@att.net">nancymerling@att.net</a> >
Carol Rosenberg	463-8526 < <a href="mailto:carolrosenberg@pacific.net">carolrosenberg@pacific.net</a> >
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Sigrid White- President	272-1859 < <a href="mailto:sigridwhite@gmail.com">sigridwhite@gmail.com</a> >
Barbara Stanger	234-3261 < <a href="mailto:aurnaenterprises@gmail.com">aurnaenterprises@gmail.com</a> >

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)