

Mendocino Megillah

★ Mendocino Coast Jewish Community ★

February 2008

15701 Caspar Road, Caspar, CA www.mcjc.org (707) 964-6146



Rabbi's Notes: Ella, Cleaning Fish

As I write, we're in the first couple of days after our beloved friend Ella was diagnosed with a brain tumor. By the time you read this, we will all know in a lot more detail about what her medical situation is. Right now her family and friends and community are all in the first stir of not-knowing, trying to support her and each other and so on. But I am not writing this to share any details about Ella's present circumstances. Rather I want to tell you about Ella cleaning fish.

I am as shaken as anyone right now, thinking and feeling all the things one thinks and feels at a time like this. In between phone calls this morning, I went outside to shovel gravel on our road. It felt great to heave rocks into holes, to get dirty and muddy, to fix something easy-to-fix. And, as I shoveled and hauled, I found my thoughts meandering back a couple of weeks to my birthday.

Even though I had a big decade birthday, I hadn't really wanted a lot of fuss around it. Something about having people arrange and cook and shlep and all those things that people do for their friends just made me feel embarrassed. So I decided I would make a little party and do everything myself. My birthday was on a Friday, so I figured I could just make Shabbat dinner like I do every week, have some friends over and call it good.

I started planning a menu, inviting a few people. My parents planned to come up. Friends were asking how they could help, and I would say, "You don't need to do anything! I am doing it all! I don't want people fussing..." Ella kept offering to help me cook. I knew how busy she was. I kept saying, "You don't need to. I don't need any help..." But she insisted. She called several times and said, "What time do you want me to be at your house?" So okay, I finally gave in.

When she arrived, of course I had a big mess going and my parents both busy chopping and peeling. And I had dispatched another friend to pick up a load of whole fish. When the fish arrived, they were, well, whole fish. I had

no idea what to do with them. I started hacking one up. Ella took the knife and started in, butterflying the fish beautifully, making piles of fish effluvia as she went along. As it happened, her son, Tatonka, quite an outdoorsman, was outside in our yard felling a couple of trees, and Ella was kvelling as he came into the kitchen and praised her handiwork. Donna Feiner, who had delivered the fish, stayed around too and got involved in the goings-on. My folks were champs (as ever!) I was so happy, in my kitchen with my parents and my good friends, up to their elbows in fish guts and onion peels, laughing, drinking gallons of tea and making my birthday dinner.

I found myself thinking about that scene today as I was shoveling gravel. I usually feel pretty good about helping out when I can. I'd generally rather do than be done-for. And of course I oh-so-slightly liked having our neighbors drive by and see my pushing my full wheelbarrow on their behalf. I wanted to make my own birthday dinner rather than have anyone else make a fuss. But I've thought a lot this morning about Ella cleaning all those fish. And I am just so glad now that I accepted her help. Maybe I should even try accepting help more often.

The Catholic monk Brother David Steindl-Rast writes, "When I acknowledge a gift received, I acknowledge a bond that binds me to the giver. But we tend to fear the obligations this bond entails."

I think that I want to be bonded, bound, to my friends, family and community. Helping and being helped create those bonds. And neither is entirely easy.

- Rabbi Margaret Holub

Community Healing Service

All are invited to a service of prayers for healing on Saturday afternoon, February 16, 4:30 PM, at the shul. In the peaceful spirit of Shabbat afternoon we will pray for healing of body, mind and spirit for ourselves and anyone in need of healing. We will sing and chant and be in silence together. The service will last about an

hour and will conclude with havdalah and Kiddush (and probably a cup of tea.) (mh)

Kabbalat Shabbat

This month we will be celebrating our home Kabbalat Shabbat and dinner on Friday, February 8th at the home of Missy, Jesse, Jazmine, and Kayla Fiedler in Fort Bragg. Please call them at 961-1874 for directions and to let them know you are coming. In March we will be at the home of Claire Ellis and Chuck Greenberg in Little River. The monthly Kabbalat Shabbat includes a song-filled short service that begins at 6:00 pm and is followed by a pot luck vegetarian dinner. If you would like to host this wonderful event in your home in future months, contact Mina at 937-1319. (mc)

MCJC Board meeting dates

The next MCJC board meeting is scheduled for Thursday, February 7th at 5:30 PM and then again on Thursday, March 13th. If you would like to attend a meeting please contact Raven Deerwater at raven@taxpractitioner.com so he can include you on the agenda. (mc)

Book Group

The book group will meet Monday February 18th at the home of Rosamond Gumpert Jorgensen. Please call Fran Schwartz at 937-1352 if you wish to join us. We will be reading “Golden Tones” by our own Walter Green, a memoir. Polly Green will try to join us for that meeting. The books are available at Cheshire Books in Fort Bragg for a 10% discount if you let them know you are in the Jewish Book Group. We welcome new people at any time. In March we will be reading Michael Chabon’s recent book “The Yiddish Policemen’s Union.” (mc)

Tisch

The monthly Tisch has been lots of fun and we’ve enjoyed delicious Shabbat dinners ably served by our Torah School students and “graduates.” Join us for a leap year tisch (must be something mystical about that) on February 29th. We welcome one and all at 6:00 for candlelighting, Kiddush, and Challah followed by dinner, singing, and general schmoozing. Our entrée is provided but we welcome salads and desserts if you are so inclined. (mc)

Mendocino Maven

Your humble editor never ceases to be amazed by the kindness of the members of the MCJC and the Mendocino coast community at large. At the end of December, I was hurtling down to the bay area, and my usually reliable Toyota kayak transporter decided it

wanted to make an unscheduled stop on Highway 128 (engine trouble, nothing more traumatic). In the 50 minutes it took AAA to arrive from Cloverdale, both Ceril Lisbon and Karen Rakofsky, stopped to offer help, as did 3 total strangers. Just another reminder of how blessed we are to live here. Baruch Hashem.

Ronnie Kemper will be included in a special quilt invitational exhibition at Partners Gallery in March, with an opening reception on Saturday March 8th.

As Margaret informed us in her Rabbi's Notes, our dear friend Ella Russell of Elk has been diagnosed with a brain tumor. She is currently in Berkeley, staying with her brother, and will be receiving treatment there for about six weeks at Alta Bates Hospital. If you would like to receive email updates about Ella, or find out how you can offer support, you can contact Mickey Chalfin at mc@mcn.org (937-5653). I know that Ella will appreciate our prayers.

Benjamin Sullivan became a son of the commandments (Bar Mitzvah) in January. He read beautifully from the Torah and delivered a teaching on the giving of Tzedakah. We hope to be able to publish his Dvar Torah in the future. He will be spending 6 months in Europe in the near future with his parents. Mazel Tov Benjamin!

Our own Rachel Lahn, healer of backs and painter, will be exhibiting her work in NYC at Art Expo 2008 at the Jacob Javits Center from February 28th through March 3rd. You can view some of Rachel's work online at <http://www.rachellahn.com>



North Coast, by Rachel Lahn, mixed media with acrylic on canvas

If you have items of interest that you would like to share with the community. Please email bobevans@mcjc.org with Maven in the Subject line. (rge)

Send Your Child to Jewish Camp Fully Funded

A new incentive to encourage middle school students (6th, 7th, and 8th grade) to attend a Jewish camp is available through the JWest Campership Program. If your child has never attended a Jewish camp they can do so regardless of financial need. For more information go to <http://www.jewishcamping.org>. The information is located at the bottom of the home page under JWest Campership. Jewish summer camps are a great way to get kids excited about being Jewish, meet other Jewish kids, and learn while having fun. (mc)

Subscription and Notification Information

If you would like to subscribe to this publication and/or receive email notifications for events, changes, or important news from MCJC contact Myra Beals at myrah@mcn.org or send to P.O. Box 1113, Mendocino. Let her know if you prefer to receive a printed megillah coming in the mail or by email. If you would like to receive notifications by email please indicate that as well. Subscription to the Megillah is included with a contributing membership of \$200. or more. A subscription alone to the newsletter is \$25. per year. Checks can be made payable to MCJC and mailed to P.O. Box 291, Little River, CA. 95456. (mc)

Editorial Policy

The Mendocino Megillah is published monthly. The deadline for submission of articles is the 10th of the month before desired publication. The editor will include all appropriate material, space permitting with the exception of copyrighted material that does not have permission of the author. The material printed in the Megillah is not the policy or representative of the opinions of the Board of Directors of Mendocino Coast Jewish Community. Divergent opinions are welcome.



by **Martin Holt**, <http://www.shadma.com>

I WOULD LIKE TO CONTRIBUTE

\$ _____
IN HONOR/MEMORY OF

(name)

(ADDRESS FOR ACKNOWLEDGEMENT)

**MAIL THIS FORM TO MCJC
 BOX 291, LITTLE RIVER, CA. 95456**

Thanks For Generous Contributions in The Last Month

Fran and Roger Schwartz; Binah Polay and Rouvaishyana; Greg Orlik and Howard Fuller; Judith Keyssar; Karen Rakofsky; Helen Jacobs; Ann Beckett; Roslyn and Bruce Moore; Joan Benjamin; Chana Ham-Rosebrock; Alena Deerwater; Ceril Lisbon; Bonnie Sarrow; Harold Hauck and Gloria Liner Hauck; Jane and Mark Graeven; Mina Cohen and Jeff Berenson; Eric Labowitz and Kathy Bailey; Joel and Jania Waldman; Nancy Harris; Harvey Hoehstetter and Lari Shea; Judy Stavely; Sharon and Michael Shapiro; Ari and Carol Schneider; Ben Langton.

Laurel Moss In Memory of Jacob Lowell, Ansel and Pauline Moss; Margery Cahn In Memory of Albert Cahn; Sydelle Lapidus In Memory of Esther Cohen, dear cousin and friend; Sam and Teresa Waldman In Honor of Muriel Lieberman's 91st birthday; Ronnie James In Memory of Martin and Anne Kandler; Clarissa Schaeffer In Memory of Eva Schaeffer;

In Memory of Walter Green: Arthur Evans; Mina Cohen and Jeff Berenson to the Adele Saxe Tzedakah Fund; Edith and Ira Plotinsky

In Memory of Bella Karish; Mina Cohen and Jeff Berenson to the Adele Saxe Tzedakah Fund; Mark and Deena Zarlín to the Adele Saxe Tzedakah Fund

In Memory of Elaine Hofberg: Judith Messinger; Geneva Meis and children Dojuglas, Joanna, Jennifer,

and Janet; Jackie Davidson; Mark and Deena Zarlín; John Schlosser and Jean Sammon;

In Honor of Rabbi Margaret's 50th birthday: Dianna Stern; Karen Bowers; Mina Cohen and Jeff Berenson to the Adele Saxe Tzedakah Fund (mz)

Looking To The Future

From time to time members have given additional financial help to MCJC. Upon the sale of a home, stocks or some other positive financial event they have shared their good fortune. Also, several members have remembered MCJC in their wills. These generous acts insure the long term strength and sustainability of the Jewish Community and our shul here on the Coast. We encourage you to do this if you can.

Torah Portions

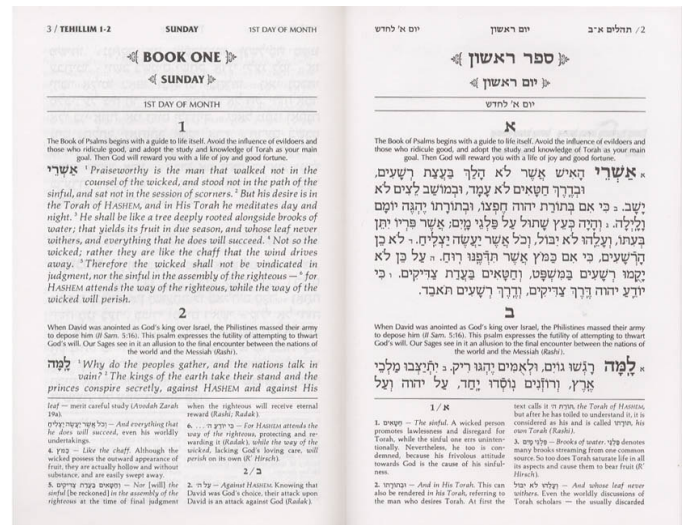
Table with 2 columns: Date and Torah Portion. Rows include Feb 2 (Mishpatim), Feb 9 (Terumah), Feb 16 (Tetzaveh), Feb 23 (Ki Tisa), March 1 (Vayakhel), March 8 (Pekudei), March 15 (Vayikra), March 22 (Tzav), March 29 (Shmini).

Annual Contributors Letter

You will soon be receiving the annual letter asking for your contribution to keep the community going. As you can see from this newsletter MCJC is a vibrant and lively community that needs your financial support to keep going. MCJC relies on individual contribution as well as a number of fundraising events. When the letter arrives please return the enclosed form in a timely manner so the board can plan for the coming year.

Save This Date!

Annual dinner coming April 1st
The fabulous MCJC dinner at the Ledford House is being planned. It is always a wild and wonder filled evening. If you have a fabulous prize to offer for the silent auction contact Nona Smith at 962-0656 nonarenee1@aol.com



Artscroll Tehillim (Psalms)

http://www.artscroll.com/Categories/the.html

(BTW, any Artscroll publication ordered through the MCJC website will generate a referral fee for the MCJC :-)

http://www.mcjc.org/mjlinks/mjlink000.htm#Publishers)

Calendar

Calendar table with 3 columns: Date, Event, and Time. Events include Shabbat Shacharit, Rosh Chodesh - Adar, Board meeting, Kabbalat Shabbat - Fiedler, Shabbat Shacharit, Healing Service, Book Group, Shabbat Minyan, and Tisch.



Letter of the Month:

The letter for this month is Bet, the second letter of the Hebrew Aleph-Bet. The Greeks stole this letter from us and called it beta, it comes to us from the Romans and Latin as the letter "B". The consonant Bet, can either be pronounced with a hard sound, like bee or a soft sound like yermin. If it is printed with a dagesh (dot in the middle) using the hard sound בּ. Bet is the first letter in the Torah, as in בְּרֵאשִׁית (in the beginning) (rge)

Thanks to Underwriters

Albion Doors and Windows: 1000s of recycled windows, French doors, thermal windows, entry doors, new & used * Leaded glass, arches & unique styles * Liquidation prices at 937-0078 in Albion * www.knobsession.com

Cheshire Books: Eclectic community bookstore located in the heart of downtown Fort Bragg at 363 N. Franklin St. * Open Mon.- Fri. 10:30 am-5:30 pm, Sat. 10:00 am-5:00 pm, & Sun. 11:00 am-3:00 pm * 964-5918

College Bound Advising * College search, coaching, and application assistance * Mina Cohen, certified college counselor * Individual consultation and group workshops * Tel: 937-1319 * cbadvising.com

Frankie's Pizza and Ice Cream Parlor: Homemade pizzas, Cowlick's ice cream and other yummy things to nosh on. Beer and wine available. Live music weekly, all ages welcome. Open daily from 11 - 9 at 44951 Ukiah Street, Mendocino, 937-2436.

Fashen Faber: Marriage and Family Therapist * Offering psychotherapy with EMDR, Guided Imagery, Insight Therapy * Deep healing for trauma, depression, anxiety, panic attacks, relationship problems * Gay & lesbian & transgender issues * Individuals, couples, teens, families * Mendocino * 937-2791

ICONS, Global gifts and Local art: Jewish cards, candlesticks, kipot, menorot, mezuzot, holiday items, books and more. Kaddish series prints by Hyla Bolsta. World religious traditions represented. Pop culture and rock'n'roll too! 10466 Lansing Street, Mendocino, open daily

Loie Rosenkrantz: MSW, CHT, CMT. Experienced, mature, depth counseling; short term practical problem solving * Hypnotherapy and somatic therapy * Rosen Method Body work practitioner * HUMA transpersonal bodywork teacher * Feel free to call for information about these modalities, 964-3094, Fort Bragg

Montag's Handyman Service: Carpentry, Plumbing, Electrical, Furniture Repairs, Antique Restoration * George Montag * 33410 Greenwood Rd., Elk, CA. 95432 * montag@mcn.org * 707-877-3243

Out of this World: telescopes, binoculars, & science toys at 45100 Main St., * Box 1010, Mendocino * 937-3335 * www.DiscountTelescopes.com

Phoebe Graubard: Attorney at Law * Wills, trusts, probate, conservatorships * 594 S. Franklin, Fort Bragg, 95437 * 964-3525 * www.mcn.org/a/celr * Member National Academy of Elder Law Attorneys * Wheelchair accessible

Rainsong & Rainsong Shoes: From head to toe in Mendocino! * Contemporary clothing * Shoes & accessories for men & women * 3 locations: Mendocino, Healdsburg, and our new store in Montgomery Village, Santa Rosa * 937-4165 (clothing) * 937-1710 (shoes) * 433-8058 (Healdsburg) * 576-8919 (Santa Rosa)

Raven Deerwater, EA, PhD: Tax practitioner * Specializing in families, home-based & small businesses, & non-profit organizations * 45121 Ukiah St. * Box 1786, Mendo * 937-1099 * raven@taxpractitioner.com

Richard Green & Co. Certified Public Accountant * 45170 Main Street, Mendocino * 937-5260 * rgcpa@adelphia.net

Richochet Ridge Ranch: Trail rides on beach, across from MacKerricher State Park * Reservations: 964-PONY(7669) * 1-1/2 hr. to all day rides, exceptional horses, English and Western * Weeklong No. Calif. & International riding vacations * Free brochure contact Lari Shea, 24201 N. Highway 1, Fort Bragg, 95437 * www.horsevacation.com

Rosenthal Construction: 703 N. Main St., Fort Bragg * 964-1200

Silver and Stone: 45005 Ukiah St., Mendocino * 937-0257 * Contemporary sterling silver & gemstone jewelry for women & men * Affordable to indulgent * 11 am to 6 pm daily

Thanksgiving Coffee Co.: local roasters on the Mendocino Coast over 3 decades * Certified organic, shade grown coffee & Fair Trade Coffees * Box 1918, Fort Bragg, 95437 * (800)462-1999 * www.thanksgivingcoffee.com

If you would like to become an underwriter of The Megillah the cost is \$8.00 for a one-time submission or \$80.00 for a full year (11 issues). The Megillah reaches over 300 households. If you wish to become an underwriter contact Harriet at bysawyer@mcn.org 937-3622.

MCJC BOARD & USEFUL NUMBERS

Rituals and Holidays (including Hevra Kadisha/Cemetery)	Joan Katzeff	964-9161	jkatzeff@mcn.org
Outreach (to people who are ill/rides/ new people)	Donna Montag	877-3243	montag@mcn.org
Culture(films/ speakers/ Women’s Retreat)	Harriet Bye	937-3622	bysawyer@mcn.org
Education (adult and children/ library)	Mina Cohen	937-1319	mcohen@mcn.org
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