

FROM THE RABBI

## Sheila Sondik Will Be the Next CBI Artist Featured in Exhibition Series

BY EMILY WEINER

"Nature's Midrash: Art by Sheila Sondik" will be the fourth exhibition in the Programming Committee's series



"Nature's Midrash" Art by Sheila Sondik at CBI

**Opening:** Friday, September 12, at the Oneg following the 6:15 pm Shabbat service

**Artist Talk:** 2:00 pm, Sunday, October 19

showcasing the work of visual artists who are members of CBI. Paintings, original prints, and quilts will be on display in the foyer and social hall September 12, 2025, through February 2026.

The 6:15 pm Shabbat service on September 12 will include remarks about Sheila's art, and we will celebrate the opening of the show at the Oneg. A not-to-be-missed exhibition-related event will be a free Artist Talk at 2:00 pm on Sunday, October 19.

The exhibit includes prints produced on an etching press in Sheila's Silver Beach studio. She works in many printmaking techniques, including collagraphy, etching, monotype, and chine collé. Recently, she has added to her repertoire *mokulito*, a Japanese wood lithography technique. There are also sumi ink and watercolor paintings on crinkled Japanese paper, as well as the quilts she made for the B'nei Mitzvah of

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## From the Bima: More Than a Reunion



One of the greatest joys of the High Holy Days is seeing all of you. From my seat on the *bima*, I get to witness something truly special:

multi-generational families filling our sanctuary — grandparents sitting beside their grandchildren, parents reconnecting with their adult children, college students home for the holidays, long-lost friends embracing in the foyer. There's a low hum of energy before services begin, a buzz of people catching up after a summer or longer apart. It's like a sacred family reunion. And it warms my heart every year. Next to singing *Havdallah* at the end of *Neilah*, watching all of you connect is my favorite part of the High Holy Day journey.

But while the *Yamim Noraim* are a beautiful time to come together as a community, they are more than just a reunion.

These Days of Awe — Rosh Hashanah and Yom Kippur — call us into something deeper. They

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*From the President...*

# The Importance of Community at Congregation Beth Israel



Community is a word we hear often — but its meaning has become even more profound in the years since the pandemic. After a time of isolation and disconnection,

many of us are seeking spaces where we can feel a true sense of belonging and connection. In today's world, where antisemitism remains a very real concern, it is more important than ever for us to have a place where we feel safe, supported, and embraced in our identity as Jews.

At Congregation Beth Israel, my goal is to ensure that every member feels truly at home the moment they walk through our doors. Whether you are joining us for religious services, participating in adult education, attending a program, or bringing your children to Keshar, I hope you are able to breathe a sigh of relief — knowing you are among friends who, together, comprise our community.

There are many opportunities to become involved and deepen your connection to synagogue life. We offer

weekly mahjong games on Wednesdays and Thursdays, a Wednesday morning walking group at Lake Padden, a monthly book club, a weekly knitting group, and a monthly men's group. We also welcome the formation of new special interest groups — if there's an activity or hobby you enjoy and would like to share with others, we would love to help you create that space within our community.

There are numerous meaningful opportunities to contribute through volunteer involvement. Our committees are actively seeking new members, and participating in one offers a valuable way to build relationships, foster a bond, and make a positive impact within our synagogue community.

If you are interested in becoming more involved or would like to explore the opportunities available at CBI, please feel free to contact me at [erin.cohen@bethisraelbellingham.org](mailto:erin.cohen@bethisraelbellingham.org). I would be delighted to speak with you.

As the new Jewish year approaches, it is the perfect time to make a "resolution" to become more involved at CBI to truly make this your Jewish home. I look forward to connecting with many of you at High Holy Days services. *L'shana tova tikatevu.*

ERIN

## Job Opportunity: Teach at Beth Israel's Keshar Sunday School!

CBI is hiring. We are looking for two Sunday school teachers for the 2025-2026 school year in our Keshar program:

- **Second/Third-Grade Class** — Teach Torah stories, Jewish holidays, and the meaning of mitzvot in a fun, engaging environment.
- **Seventh-Grade Class** — Lead discussions on Israel's history, geography, culture, and current events, helping students connect with modern Jewish life.

Wage: \$22/hour for approximately 4.5 hours per week (Sundays).

If you're interested or want to learn more, contact Leah Bordman and Victoria Mayers at 360-733-8890 or [keshar@bethisraelbellingham.org](mailto:keshar@bethisraelbellingham.org)

We'd love to have you join our teaching team!

## CONGREGATION BETH ISRAEL

751 San Juan Boulevard  
Bellingham, WA 98229

### *The Shul Shofar*

Volume 30, Number 1  
September/October 2025  
Elul/Tishrei/Heshvan 5785/5786

The *Shul Shofar* is the bulletin of Congregation Beth Israel. It is published bi-monthly and distributed to all congregation members. Nonmembers may subscribe for \$60/year. Advertising space (business card size) is available; contact the office.

**Deadline for submission of all articles and calendar events for the September/October issue is OCTOBER 8.** Call the office for more information.

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You can reach us at:  
phone: (360) 733-8890  
[office@bethisraelbellingham.org](mailto:office@bethisraelbellingham.org)

Visit our website at  
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Printed by CCP North in Bellingham, WA

Beth Israel is a member of:



# Adopt-a-Bubbie: Connecting Generations

At Congregation Beth Israel, we believe in the power of community — and that some of the sweetest relationships come from the most unexpected places. That's why we're excited to introduce our new *Adopt-a-Bubbie* program!

Designed especially for young families without grandparents nearby, *Adopt-a-Bubbie* connects them with loving, grandparent-age members of our congregation for friendship, support, and shared Jewish experiences. Whether it's lighting Shabbat candles together, attending a Tot Shabbat, sharing holiday recipes, or just having someone to call when your toddler has a tantrum and you need a friendly voice — this program is all about showing up for one another.

Several families in our community have already formed these connections naturally, and the impact has been heartwarming. Now, we're making it easier for everyone to experience that magic.

Interested in being matched? Whether you're a family seeking a local **Bubbie/Zayde** figure, or a grandparent-age member ready to embrace a new family, we'd love to hear from you!

Look for our interest form in upcoming *Timbrels* or reach out to Darcie Donegan [dadonegan@earthlink.net](mailto:dadonegan@earthlink.net) to learn more. First group gathering is coming this fall — don't miss out!

## Embracing Difference, Embracing Each Other

### A Listening Circle for These Times

Tuesday, September 9 at 7:00 pm

We are living in a time of deep emotion, uncertainty, and passionate disagreement — especially within the Jewish community. Many of us are carrying complex feelings about so many issues, and the tensions these topics have stirred both beyond and within our own synagogue walls.

What does it look like to stay in community, even when we don't all agree?

We invite you to join us for a special evening of listening, reflection, and connection. This session will be facilitated by Daniel Diamond, LICSW, a Beth Israel member and experienced therapist. Drawing from the practices of therapeutic process groups, Daniel will help us create a space of trust and care — where we can show up honestly, hear each other fully, and make room for the diversity of thought and experience that exists within our community.

To begin reflecting, take a few quiet moments with these six questions. No need to write anything down — just notice your answers:

1. To feel truly included at CBI, I would need...
2. I hope the subject of \_\_\_\_\_ doesn't come up.
3. The worst thing that could happen if we do talk about that subject is...
4. I tend to avoid...
5. My wish for our community is...
6. Answering these questions makes me feel...

Whether your answers came quickly, slowly, or not at all — this session is for you.

This is not a debate or a lecture. It is a sacred opportunity to be together with compassion, humility, and curiosity. Come as you are. Come to listen. Come to be heard.

We hope you'll join us.

### Synagogue 411

#### Archives:

Tim Baker, (360) 305-6945

#### Care:

Else Sokol, (360) 393-9618

Sarah Witte, (360) 296-3058

#### Membership:

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## B'nei Mitzvah



**Wolf Glen Pomerantz** will be called to the Torah as a B'nei Mitzvah on Sept 6, 2025. The firstborn of Mark and Naomi Pomerantz, Wolf is a patient, loving, clever human whose sense of humor is quick and quirky. Wolf made us parents and has done an amazing job teaching us how to be.

They like learning to play the piano as well as music composition, while

they are also an avid gamer and coder who wants to create video games someday.

Wolf also follows current events and asks questions and forms opinions. They plan to volunteer in support of

Seattle's NPR station. Most of all, they are kind and open-hearted. They love little kiddos and hope to be on the madrichim team.

There will be a Kiddush lunch following the Saturday morning service.

*We are honored to celebrate this simcha with you all!*

**SHABBAT EVENING SERVICE**

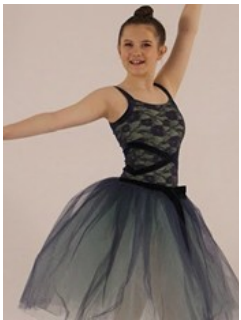
**Friday, September 5, 2025 at 6:15 pm**

**SHABBAT MORNING SERVICE**

**Saturday, September 6, 2025 at 10:00 am**

*If planning to attend Saturday service and Kiddush lunch, please RSVP: [naomi.d.pomerantz@gmail.com](mailto:naomi.d.pomerantz@gmail.com) or text 240-277-6269*

## Bat Mitzvah



**Sophie Margaret Fay** will be called to the Torah as a Bat Mitzvah on October 18, 2025. She is the daughter of Meghan Galvin and Cody Fay and the sister of Elijah Fay. Sophie is going into her eighth-grade year at Post Middle School in Arlington. Sophie has been in the choir for the entirety of her middle-school years and hopes to continue once in high

school. She is compassionate and empathetic, so it was no surprise when she was nominated to become a member of WEB Leaders, a group of eighth graders who are chosen to help make the incoming sixth-grade students' first year in middle school as stress-free as it can be. When Sophie is not at school she can be found at the

dance studio, taking several different kinds of dance classes. This year is her second year on the Competitive Dance team with her dance studio; it's been so amazing to see her love of dance grow over the last few years. We are very proud of the young woman she is becoming and look forward to celebrating her Bat Mitzvah with family and friends.

*With great joy we invite you to celebrate Sophie and this simcha!*

**SHABBAT EVENING SERVICE**

**Friday, October 17, 2025 at 6:15 pm**

**SHABBAT MORNING SERVICE**

**Saturday, October 18, 2025 at 10:00 am**

*If planning to attend Saturday service and Kiddush lunch, please RSVP: [meghanfaygalvin@gmail.com](mailto:meghanfaygalvin@gmail.com)  
No gifts are necessary*

## Bar Mitzvah



**Jesse Simon** will be called to the Torah as a Bar Mitzvah on October 25, 2025. He is the son of Rich Simon. Jesse is a talented young musician and athlete. He has played French horn since he was eight years old and continues to play in the North Sound Youth Symphony and Bellingham Youth Jazz Band. He also recently joined the local sprint kayaking team,

where he practices three to four days a week at Lake

Padden. In his free time, Jesse enjoys hanging out with friends, watching TV with his two cats, Elvis and Pearl, and playing ping pong with his favorite older sister, Ruby.

*We hope you will join us for this simcha!*

**SHABBAT EVENING SERVICE**

**Friday, October 24, 2025 at 7:30 pm**

**SHABBAT MORNING SERVICE**

**Saturday, October 25, 2025 at 10:00 am**

## Join in Reflection, Celebration, Community

### **Selichot Service: A Night of Reflection and Song** **Saturday, September 13 at 8:00 pm**

Join us for a moving and intimate *Selichot* service as we prepare our hearts and souls for the High Holy Days. Rabbi Samuels and Andrea Shupack will lead us in prayer and melody, guiding us into the spirit of *teshuvah*—return and renewal.

We are honored to be joined by Sam Sinai, principal cellist of the Bellingham Symphony Orchestra and a fellow CBI congregant, who will share her musical gifts to deepen this sacred experience.

Together, we'll hear the shofar, sing the ancient and familiar melodies of the season, and begin the journey into the Days of Awe with intention and community.

All are welcome for this powerful night of reflection, beauty, and spiritual preparation.

### **Sukkah Building Party and Potluck** **Saturday, October 4 at 5:00 pm**

Roll up your sleeves and come help us build our congregational sukkah on the patio! Whether you're handy with a hammer or just good at moral support, everyone is welcome. After the work is done, we'll enjoy a community potluck dinner together.

As it says in the Torah, "You shall dwell in booths for seven days..." (Leviticus 23:42)—and there's no better way to start the holiday than building that booth

together. Bring a dish to share and join us for a joyful evening of teamwork, food, and fun!

### **Sukkot Festival Morning Service and Luncheon** **Tuesday, October 7 at 10:30 am**

Celebrate the joy of Sukkot at our festival morning service, held (weather permitting) in the *sukkah* on our patio. Shake the *lulav*, hear some Torah, and take in the beauty of this harvest holiday as we gather in gratitude and community.

After services, stay for a potluck lunch under the *schach*! As the Talmud says, "It is a *mitzvah* to eat, drink, and rejoice in the sukkah." Come do all three with us!

### **Simchat Torah Celebration** **Monday, October 14 at 6:30 pm**

Join us for one of the most joyful nights of the Jewish year—Simchat Torah! We'll unroll the entire Torah around the sanctuary and Rabbi Samuels will take us on a journey through the *parshiyot*, offering insight, humor, and surprises along the way.

Andrea Shupack will lead us in spirited singing, and we'll dance (yes, really dance!) with the scrolls in celebration of our never-ending story. Food and drinks will be available to keep the *ruach* going strong. All ages welcome—come celebrate Torah with us!

## Cheers! Another Wine Tasting Coming Up — Saturday, November 1

Our next wine/spirit-tasting event will be "Sparkling Wines & Ports." Come join us on Saturday, November 1 at 7:00 pm as CBI member Holly Witte explains differences among various sparkling wines such as Champagne, Crémant, Cava, and Prosecco. She will offer us advice on when to serve these bubbly beverages and with which foods and snacks they pair best. For instance, did you know Champagne goes great with popcorn? Holly will guide us on some Thanksgiving pairings as well, whether you are preparing a traditional turkey dinner or a vegan feast.

Then we will move on to tasting Port wines, comparing two of the most popular types: Tawny and Ruby. Accord-

ing to Holly, Ruby Ports are younger and known for their vibrant, fruity flavors. Whereas Tawny Ports tend to be lighter in color, nuttier, and a bit sweeter. Ports are great both as dessert wines and as aperitifs, Holly points out. Delicious snacks will be served as we sip.

This will be Holly's third wine-tasting event at CBI. Before moving to Washington, she and her late husband Jim owned A Blooming Hill Vineyard and Winery in the Willamette Valley of Oregon. For 15 years Holly and Jim grew grapes and transformed them into the magic of wine.

Please check the *Timbre!* in late September/early October to register. This workshop is open to CBI members and their friends only, and space will be limited.

# Nu? Interested in Yiddish?

So, you remember your elders speaking in Yiddish when they didn't want you to understand what they were saying? Are you curious to know what their secrets were?

Do you have old letters from your Yiddish-speaking relatives you'd love to be able to read?

Want to impress folks on the street on your next visit to Brooklyn's Crown Heights or Borough Park, or to Pico-Robertson in L.A.?

Or are you just interested in the amazing flowering of Yiddish culture that is now being revived by folks like your fellow congregants who come to the *Yiddisheh Ringele* (the Yiddish Circle)?

If so, please contact Hank Levine at HLevineMD@aol.com, who chairs *Ringele*. We meet online on alternate Thursdays from 1:30-3:00 pm, although there is some interest in resuming in-person meetings and in evening meeting times. Our next meeting is on September 11. All of what we say in Yiddish is translated into English, and all the Yiddish is transliterated using English letters — we don't use Hebrew letters at all.

**No proficiency in Yiddish is needed!** Interest and/or curiosity are enough! All of us are still learning, and several are beginners.

*Kum! Du velst zayn hartzik farbetn!* (Come! You'll be warmly welcomed!)

## FROM THE RABBI

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ask us to pause, to reflect, to take stock of our lives. They invite us to consider where we've missed the mark, who we've hurt (intentionally or not), and what kind of person we want to become in the year ahead. This is not easy work. It's sacred work.

The *Talmud* (Rosh Hashanah 16b) teaches that on Rosh Hashanah, we pass before God *kivnei maron* — like sheep before a shepherd. One by one. Individually. It's a powerful image: amid the multitudes, each of us stands alone, seen for who we truly are. No disguises. No roles to play. Just us, as we are, with all our strengths and shortcomings.

It's easy to feel overwhelmed by that kind of spiritual accounting. But we're not meant to walk into it unprepared.

*Cheshbon Hanefesh* — an accounting of the soul — requires us to start early. To check in with ourselves before the shofar sounds. The month of Elul, which precedes Rosh Hashanah (and begins on August 25), is meant exactly for this. It gives us time to soften our hearts, to listen more carefully, to begin asking ourselves the hard questions:

- What do I need to let go of this year?
- What apologies still linger on my lips?
- Who do I want to be when I show up in the Book of Life?

There's a Hasidic story I love that helps capture the mood of this season:

A student once asked the great Reb Zusya of Hanipol why he seemed so anxious as the end of his life ap-

proached, considering that he was always so even-keeled. "Are you afraid that when you die, God will ask you why you were not more like Moses?" "No," said Reb Zusya. "I'm afraid that God will ask me, 'Why were you not more like Zusya?'"

That's the question the High Holy Days place before us: not "Why weren't you someone else?" but "Were you fully you?" Did you live with integrity? Did you love fully? Did you bring light into the world in the ways only you can?

So how do we prepare? Not with fear, but with openness. With honesty. With curiosity.

One simple practice is to take a morning or evening walk. Leave your phone at home. Let your soul breathe a bit.

Read Psalm 27 every day during Elul. It's a psalm of seeking, longing, and courage in the face of spiritual challenge. Or read any of the ethical teachings in *Pirke Avot*. Check out Rabbi Alan Lew's *This Is Real and You Are Completely Unprepared*.

Attend Selichot on Saturday evening, September 13.

When we arrive at Rosh Hashanah having already opened our hearts a little, we're more ready to hear the shofar not just as a horn, but as a wake-up call.

As we gather in the coming weeks — shoulder to shoulder, generation to generation — I hope you'll take a moment to let the full experience of the High Holy Days sink in. Not just the joy of community, but the courage it takes to change. The sacred opportunity to begin again.

May this Elul and this season of renewal be one of honesty, healing, and hope for all of us.

*L'shanah tovah tikatevu,*

RABBI JOSHUA SAMUELS

# What the Chelm Rides into the Sunset

BY DAN RAAS

In the fall of 1993, a group of folkie friends were chatting about the upcoming Chanukkah party at Beth Israel. After way too little thought, we agreed to lead some seasonal songs for whomever showed up in the basement of the old synagogue. Much to our amazement, people were enthusiastic. The same crowd inexplicably liked a repeat event at the Purim Carnival, so we started to actually rehearse with the unformed idea of getting an act together. Eventually the band coalesced into a more coherent organization with a more regular set of participants. The group needed a name, and Debbie Raas, z”l, suggested What the Chelm, referencing the semi-mythical Eastern European village populated by wise fools.

Slowly we acquired music, got more serious about performing and joined the Klezmer Revival. At one point there were 13 members, but we couldn’t get the tambourine choreography down, so we settled at nine or ten regulars. While CBI remained our base of supporters, we slowly acquired gigs throughout the region. Over our existence, we have appeared at Seattle’s Folklife Festival three times, the Anacortes Arts Festival, a Port Angeles celebration, Elizabeth Park, It All Ends in Fairhaven, the Whatcom Museum holiday concerts (which was a little challenging surrounded by Christmas trees), up in Blaine for their summer concert series, and for the Anacortes Folk Dancers in Bay View. We traveled to Boise to help

the local congregation move their synagogue building, and to Minnesota for a show at Carleton College. Notably for a Jewish band, we played at a Good Friday celebration (looking over our shoulder for Cossacks) and at weddings and celebrations for families and groups throughout the region.

Along the way we self-produced three albums, two of which actually sold enough copies to pay us back for the production costs. We have surplus CDs and even tapes (available for FREE) in case you’ve worn yours out.

Over 25 folks have performed with What the Chelm, including a number of non-Jews. We’ve played an eclectic (Chelmish?) assortment of instruments: the traditional clarinet, accordion, violin, drums, and tuba; the less traditional piano, guitar, electric bass, mandolin, tambourine, and flute; and the rarer cello, oboe, bassoon, English horn, and sousaphone. And, of course, a series of vocalists were essential to our success.

But age (and the Covid-enforced hiatus) have caught up with the band. After 32 memorable years What the Chelm has stopped performing. We thank all of our fans for their support and encouragement. We hope that over this time we’ve provided worthy entertainment and left folks with some good memories. *Zayt gezunt* and happy trails!

*Note: If you need a Klezmer fix, an offshoot of What the Chelm, Millie & the Mentshn, remains active.*

## Event With Israeli Author Yiscah Smith



On November 19 at 7:00 pm, the Programming Committee will be presenting an exciting and inspirational author event at CBI. We will be honored to have Israeli author Yiscah Smith coming to our shul to present her book, *Planting Seeds of the Divine — Torah Commentaries to Cultivate Your Spiritual Practice*.

Yiscah is a beloved educator, spiritual activist, mentor, and meditation guide who has taught at several Jewish educational institutions, such as The Pardes Institute of Jewish Studies in Jerusalem, and Applied Jewish Spirituality, an online platform. The book examines each *parsha* from the Torah using sources such as Rashi and Rav Kook, as well as other well-known Torah commentators. Yiscah takes us beyond that to a deeper dive with insights as well as practices that can be used to strengthen spiritual practice. Yiscah

Smith always offers new, refreshing, and thought-provoking reflections on each Torah portion that can be brought into the here and now, and into our own lives.

Yiscah Smith lives in Jerusalem and will be visiting many parts of the United States on her book tour, including our area. Besides teaching classes, Yiscah loves spending time in her garden every day, which gives her much joy and was a source of inspiration for the book. Yiscah invites us to be engaged in the material she presents with her warmth, enthusiasm, and humanity.

Books will be available for sale at the event.

Registration information will be announced closer to the event.





# In a University Frame: Jennifer Seltz and Niall O'Murchu

BY MINDA RAE AMIRAN

*Jennifer Seltz and Niall O'Murchu met as graduate students at the University of Washington, where she was studying history and he was finishing his doctorate in political science. That was at the turn of the century: 2000.*

Today they are both respected professors at Western Washington University, she in the Department of History and he as Chair of Faculty at Fairhaven College. They are also the loving parents of Laoise ("Leesha") 18, and Nóra, 15, both of whom celebrated their Bat Mitzvahs at CBI.

Very different paths brought Jennifer and Niall to the University of Washington. Niall was from Dublin, where he had earned his B.A and M.A. in Equality Studies from the famed University College. Seeking to pursue his Ph.D. where he could support his varied interests in society, politics, and economics, he found the most eclectic political science program to be at the University of Washington (UW), where he also qualified for a teaching assistantship. After the stories he had heard about gun violence in American cities, he found Seattle to be "much more normal" than he had expected; in fact, it seemed quite similar to Dublin. He did think about returning to Ireland once he had earned his Ph.D., but American higher education, with its concern for teaching, suited him better than the European focus on research above all.

Jennifer was born in Westchester County, NY, but grew up just outside the other Washington — D.C. She attended Brown University, where she found environmental history especially interesting, so UW was a logical place to continue her studies. Her research concerned the bodily experience of people moving west in the mid-nineteenth century. What was it like for them as they crossed the plains and mountains? And how could we possibly know, today? It seems that doctors back then were interested in the effects of climate and geography on health, so their writings were a source of evidence that Jennifer could use. Today she teaches courses on the history of the American West and on North American borderlands, among others.

Niall's research was equally innovative in the questions it asked. His dissertation in the field of political eco-



From left to right: Niall, Laoise, Nóra, Jennifer.

nomics compared British rule in Palestine in the 20s and 30s, to its rule in Northern Ireland in the 70s and 80s: how did it deal with Arabs or Catholics in the midst of ethnic conflict, and how did that affect the market for labor? What did the British fail to understand? In search of evidence, Niall lived in Ramallah during his second year in graduate school, learning Arabic and consulting archives at Bir Zeit and the Hebrew University in Jerusalem. Years later, during the Arab Spring, he revived his Arabic and studied Arabic movies. Today he teaches courses in global studies, political economy, and film, among others. His college website notes that, as an immigrant and a naturalized U.S. citizen, he feels strongly about the need for immigration reform.

Jennifer and Niall started dating in 2002, while he was teaching here and she was still studying in Seattle. Married, they bought their first house in Bellingham in 2004. That house was just a short walk away from CBI in its previous location. Jennifer had grown up in a Jewish family, but was not a synagogue member. Niall describes

*Continued on page 12*





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1. and 2. CBI at the Pride Parade. 3. Emily Weiner at the Pride Parade. 4. Shoshana Samuels, Emma Konikoff, and Audrey Ellis getting dropped off at Camp Kalsman. 5. CBI at Camp Kalsman's first session. 6. Leah Kiviat being hoisted at her daughter Esther's Bat Mitzvah.



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# Our 5786 Keshar Staff



**Marcy Probst (she/her)** Marcy is our new **Mazel Tot** teacher. She has been part of CBI since early 2000s. She is on the Cemetery Committee, *Chevrah Kaddisha*, Nominating Committee and has served as a co-chair of the Keshar Parent Committee.

Marcy's favorite activities are playing piano, singing, and anything else having to do with music.



**Miriam Buckman (she/her)** Miriam is collaborating with Darcie Donegan and Marcy Probst to teach the **Gan Yeladim** this year. She has been part of CBI since 2018 and has taught at Keshar for several years in different grades, including K, first, second, and seventh. Miriam loves working

with young children and looks forward to being in the Gan. One of her favorite things to do is sing songs and play music with people, and she also loves being outdoors and exploring nature.



**Darcie Donegan (she/her)** Darcie will again be teaching **Gan Yeladim**, alternating Sundays with Miriam Buckman, as well as overseeing the new **Mazel Tots** program taught by Marcy Probst. Darcie teaches Early Childhood Education at Whatcom Community College and is on the

board of the Whatcom Center for Early Learning (started by our own Anne Brown). She is married to Philip Buri and the mother of three adult children, Avi, Elena, and Isabel. Darcie loves books, travel, dogs, nature, and music but most of all — young children!



**Gayle Kinney (she/her)** When invited to teach for Keshar, Gayle said she would go where she was needed and now, on that adventure, she will be teaching the **second/third graders**. This is her third year as a CBI member. She became connected to the CBI community originally when

her youngest, Aspen, joined Keshar. Since, she has enjoyed going to Israel with the traveling Chavurah, taking classes and attending and/or volunteering for CBI events and celebrations. She has four dogs and especially loves boxers. Her oldest daughter, Eden, has reptiles so the household includes a snake, a blue tongued skink, one bearded dragon, and two leopard geckos.



**Jeff Galbraith (he/him)** Jeff is the **sixth-grade** Keshar teacher for 2025. The Galbraith family has been involved as CBI members since 2021, with Jeff volunteering at events and taking CBI's Hebrew, trope, and liturgy classes; and, daughter Lucita enrolled in Keshar. Jeff and wife Jessica

own a media company focusing on outdoor sports (skiing, snowboarding, and flyfishing). Over the years Jeff has snowboarded in Tasmania, surfed north of the Arctic Circle, and caught barracuda on the fly in the Bahamas. Today he finds adventure with a swim off Chuckanut. He is of Sephardic heritage with deep Seattle roots.



**Daniel Sauter (he/him)** Daniel will be teaching **eighth grade** this year. He is a Holocaust historian with an M.A. from the University of Haifa in Holocaust and Genocide Studies. He also works for the Bellingham School District as a substitute teacher. He has taught eighth grade three times at

CBI since 2020. He enjoys reading, going to museums and antique stores, and traveling.



**Jason Benhaim (he/him)** Jason is currently the **Hebrew Specialist** for all Keshar students. Jason returns for his third year as Hebrew Specialist and fifth year teaching at Keshar. He is also a member of CBI's Board of Directors and a parent of two Keshar kids himself. Jason loves introducing

students to our ancestral language. Be sure to stay for *t'fillah* to hear his Hebrew "word of the day"!



**Mikaylah Goodkin (she/they)** This will be Mikayla's fourth year at CBI as the Keshar **song leader** and **music teacher**. She will also be the BAY (CBI's teen youth group) advisor starting this year. Mikayla loves learning about her students and their lives as well as creating a space where they can connect with

themselves and each other, be silly, and use their voices in ways that feel meaningful. When she's not at CBI, you'll find her teaching in various alternative/outdoor education settings, writing poetry, making collages, taking a walk with her girlfriend by the bay, traveling to see her friends and sights near and abroad, watching whatever TV show is the least suspenseful possible, and newly this summer, camping.

# Birthdays

## SEPTEMBER 2025

9/01 Nancy Halpern  
 9/02 Owen Orloff (16th)  
 9/03 Samantha Cambo  
 9/03 Luke Goodwin  
 9/03 Emil Hecht  
 9/03 Samantha Sommers  
 9/04 Joel Cohen  
 9/04 Susan Harris  
 9/04 Gabriel Mayers  
 9/05 John Cook  
 9/05 Marilyn Eisner  
 9/05 Elliot Levinson (18th)  
 9/06 Judy Berman  
 9/06 Mary Knight  
 9/06 Jasper Sylvan Strich (2nd)  
 9/09 Daryl Dixon  
 9/11 Steven Garfinkle  
 9/11 Greg Harris  
 9/11 Eytan Samuels (16th)  
 9/12 Miriam Z. Davids  
 9/12 Marcia Lippman  
 9/12 Chase Ross (18th)  
 9/13 Bruce Van Glubt  
 9/15 Lucy Naiman (17th)  
 9/15 Rachael Stein (14th)  
 9/16 Michele Sanger  
 9/16 Howard Sharfstein  
 9/16 Elizabeth Sheinkopf  
 9/17 Ken Weaver  
 9/18 Esther Faber  
 9/18 Mark B. Packer  
 9/19 Mia Ellis  
 9/19 Fjola Martinez (13th)  
 9/19 Perry Somers  
 9/19 Gail Tolentino  
 9/21 Darcie Donegan  
 9/21 Emma Konikoff (13th)  
 9/21 Cat Toren  
 9/21 Eleanor Witter McGarrity (4th)  
 9/22 Roby Blecker  
 9/22 Katherine McLachlan  
 9/22 Elliot Probst (19th)  
 9/23 Carrie Adelstein  
 9/23 Jenny Katz (22nd)  
 9/23 Russell Stolzoff

9/23 Terri Weiner  
 9/24 Apiyo Bocast (14th)  
 9/24 Howard Cockerham  
 9/24 Maria Koplowitz-Fleming  
 9/24 Aidan Shirk (19th)  
 9/24 Ellen Smith  
 9/24 Elora Rose Banks Strich (5th)  
 9/25 Mark Hunter  
 9/26 Elliott Burkill (3rd)  
 9/26 Jerry Witler  
 9/27 Nancy Davis  
 9/27 Tamar Lieb  
 9/27 Debby Meyers  
 9/28 Arlene Feld  
 9/29 Natan Diamond (5th)  
 9/29 Micah Parker (14th)  
 9/30 Kathi Fox  
 9/30 Regan Levinson  
 9/30 Else Sokol

## OCTOBER 2025

10/01 Tracey Levine  
 10/01 Bernice Loober  
 10/01 Deborah Renner  
 10/02 Kayla Orloff (23rd)  
 10/02 Asher Schram (8th)  
 10/03 Chiara Horton (16th)  
 10/03 Orilev Ahren Wells-Langley (8th)  
 10/04 Barry Meyers  
 10/05 Jeff LaPlante  
 10/05 Laoise Seltz (19th)  
 10/05 Anika Tilland-Stafford  
 10/05 Jessica Wolfson  
 10/06 Eli Nevoh Genut (7th)  
 10/06 Ira Kaufman  
 10/06 Michael Lewis  
 10/06 Jacob (Koby) Ravitsky (15th)  
 10/06 Michael Sommers  
 10/06 Fred Zell  
 10/07 Leslie Garrison  
 10/07 Orly Lindner  
 10/08 Sarann Donegan  
 10/08 David Goldman  
 10/09 Kevin Donner  
 10/09 Armando Lindner  
 10/10 David Arpi

10/10 Beverly Harrington  
 10/10 Amanda Robins  
 10/11 James Henry Barney (11th)  
 10/13 Matthew Keefe  
 10/14 Daniel Picus  
 10/14 Henry Springall  
 10/14 Ray Wolpov  
 10/15 Marta Brand  
 10/15 Gayle Gordon-Martin  
 10/15 Lucia (Lucy) Greenberg (20th)  
 10/15 Eloise Hecht (11th)  
 10/15 Warren Taranow  
 10/15 Elias Weinreb Benedict (3rd)  
 10/16 Donald Davis  
 10/16 David Zimmerman  
 10/18 James Schneider  
 10/18 Shlomis Waters  
 10/19 Leslie Adelstein  
 10/19 Julian King (1st)  
 10/20 George Farkas  
 10/20 Jacob Rosenblum  
 10/20 Cat Stevens  
 10/21 Haven Hawthorne (11th)  
 10/21 Gail Shuster (22nd)  
 10/22 Minda Rae Amiran  
 10/22 Ila Anderson (14th)  
 10/22 Benjamin Burkill (6th)  
 10/23 Nancy Joy Keefe (8th)  
 10/26 Thalen Cambo  
 10/26 Hannah King  
 10/26 Jacob Slosberg  
 10/27 Jacob Anderson (24th)  
 10/27 Shana Feiger  
 10/27 Renee Relin  
 10/28 Lea Donner (16th)  
 10/29 Richard Simon  
 10/29 Katie Somers  
 10/30 Lynne MacDonald  
 10/30 Neri Maxim (22nd)  
 10/30 Jay Solomon  
 10/30 Sean Stein  
 10/31 Jamie Altman  
 10/31 Erik Hammerstrom  
 10/31 Gayle Kinney

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# Spectators Cheered CBI Contingent During Pride Parade

BY EMILY WEINER

Our banner in the July 13 Pride Parade displayed the Jewish star and a rainbow and read "Congregation Beth Israel; Love is Love."

And messages of love are what we received from spectators along the parade route through downtown Bellingham, who applauded us, cheered, and waved their own rainbow symbols.

A CBI contingent — this year about twenty-five people — has been marching in Bellingham's Pride Parade for perhaps a decade, and as a lesbian I have each year felt wonderful to be part of a group that includes queer, not-queer, allies, and undeclared. Spectators of all ages who each year line the route and express their support lift my spirits with their message that this community cares about LGBTQ+ rights.

In 2024, in the midst of the surge of antisemitism following the October 7 Hamas massacre and Israel's response, CBI leaders were concerned that our Pride contingent would be subject to antisemitic harassment. To ensure our safety, CBI arranged with the Pride Parade organizers that we be assigned a position in the faith communities adjacent to the Whatcom County Sheriff's Office, which marches in the law enforcement contingent.

This year the parade organizers again placed us next to the Sheriff's Office, and again there was no harassment and lots of cheering for our contingent marching proudly as a Jewish organization. During the entire march through downtown I was able to deeply feel joy that the Whatcom County community was cheering Congregation Beth Israel.

Please see photos on page 9.

## FACES IN OUR COMMUNITY

*Continued from page 8*

his parents as "lapsed Catholics." It was Laoise who brought them into CBI, as she grew curious about the building down the street and took herself to Keshet when she was six. Soon, the whole family joined the Congregation, and later, the girls' Bat Mitzvahs were a great experience for them. Some of our members regret the loss of the synagogue in the heart of the city, a place they considered intimate and warm. But Jennifer and Niall agree: Despite their ties to the older building, it became too small for the needs of our growing membership.

Now Laoise has graduated from high school and will attend Scripps College in California, where she will be studying biology and public health. Nóra will be a sophomore at Bellingham High School. Both daughters are

swimmers and runners, and the whole family enjoys hiking and camping; Niall played soccer and is still a runner. But their lives are subtly changing.

Apart from an emptying nest, both parents now face the increased challenges of teaching on a post-Covid campus, where students are considerably less prepared than before. At Fairhaven, they are also younger than before. They tend to be people who floundered in regular WWU programs and fled to the smaller classes and flexibility of Fairhaven. Tightened campus budgets threaten to affect help for all these students. Yet the need for citizens educated in the subjects Niall and Jennifer teach has never been greater, and it is fortunate for us all that they're equal to the challenge.




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## September/October 2025 Service Schedule

**PLEASE NOTE:** Friday evening services and Saturday Torah study will be *hybrid*, allowing congregants and visitors to worship or study in person, or attend via Zoom. **Except for B'nei Mitzvah, all Saturday morning services will be in-person only.**

Friday, Sept. 5	<b>6:15 pm</b> Kabbalat Shabbat Family service	Thursday, Oct. 2	Yom Kippur (See High Holy Days schedule)
Saturday, Sept. 6	<b>10:00 am</b> Wolf Pomerantz B'nei Mitzvah	Friday, Oct. 3	<b>6:15 pm</b> Kabbalat Shabbat Family service
Friday, Sept. 12	<b>6:15 pm</b> Kabbalat Shabbat service	Saturday, Oct. 4	<b>10:30 am</b> Contemplative service
Saturday, Sept. 13	<b>9:30 am</b> Torah Study ( <i>Parashat Ki Tavo</i> ) <b>10:30 am</b> Reform service	Tuesday, Oct. 7	<b>10:00 am</b> Sukkot Festival and potluck luncheon
Friday, Sept. 19	<b>6:15 pm</b> Kabbalat Shabbat service	Friday, Oct. 10	<b>6:15 pm</b> Kabbala Shabbat service
Saturday, Sept. 20	<b>11:00 am</b> Tot Shabbat	Saturday, Oct. 11	<b>9:30 am</b> Torah Study ( <i>Parashat Tishrei</i> ) <b>10:30 am</b> Saturday Shabbat
Monday, Sept. 22	Erev Rosh Hashanah Family service (See High Holy Days schedule)	Tuesday, Oct. 14	<b>6:30 pm</b> Simchat Torah celebration
Tuesday, Sept. 23	Rosh Hashanah Family service (See High Holy Days schedule)	Friday, Oct. 17	<b>6:15 pm</b> Kabbalat Shabbat service
Wednesday, Sep. 24	See High Holy Days Schedule	Saturday, Oct. 18	<b>10:00 am</b> Sophie Fay Bat Mitzvah
Friday, Sept. 26	<b>7:30 pm</b> Kabbalat Shabbat with Shabbat Shira	Friday, Oct. 24	<b>7:30 pm</b> Kabbalat Shabbat with Shabbat Shira
Saturday, Sept. 27	<b>9:30 am</b> Torah Study ( <i>Parashat Vayelech</i> ) <b>10:30 am</b> Conservative lay led Minyan	Saturday, Oct. 25	<b>10:00 am</b> Jesse Simon Bar Mitzvah
Wednesday, Oct. 1	Kol Nidre (See High Holy Days schedule)	Friday, Oct. 31	<b>Fifth Friday-Shabbat at home. No services at CBI.</b>

### SHEILA SONDIK

*Continued from page 1*

her two daughters. The Artist Talk will be an opportunity to learn about various techniques Sheila uses. Sheila considers her art — inspired by nature but subjective, personal, interpretive expression — to be the visual equivalent of midrash.

Sheila's art has been shown in solo exhibitions and invitational and juried art shows in galleries and museums in several states, and in Japan and South Korea. Most recently her work was in the 2025 "Women Rising" juried exhibition presented by the Cascadia International Women's Film Festival in Bellingham, the 2023 Whatcom Museum's national juried show, and the 2024 "Ink, Paper, Scissors" three-person exhibition at Dakota Arts Gal-

lery in Bellingham. Dozens of other exhibitions are listed in her resume on her website, [sheilasondik.com](http://sheilasondik.com).

Sheila is also an award-winning published poet. Her poetry has appeared in *CALYX*, *Raven Chronicles*, *The Floating Bridge Review*, *Frogpond*, and many other journals and anthologies. Her two chapbooks are *Fishing a Familiar Pond: Found Poetry from The Yearling*, published by *Egress Studio Press* in 2013; and *Lighting Up the Duff* published by *The Poetry Box* in 2024. Haiku Northwest's 2024 anthology *Glimmering Hour* includes both her paintings and three haiku. Links to selected poems are on her website, [sheilasondik.com](http://sheilasondik.com)

While art displayed during the exhibition series is not for sale through CBI, if you are interested in purchasing artwork, you may contact Sheila at [ssondik@gmail.com](mailto:ssondik@gmail.com)

# Special Fund Donations

## CAMP/YOUTH ACTIVITIES

### IN HONOR OF:

Elly Tilland-Stafford, Wolf Pomerantz, Jesse Simons, and Sophie Fay becoming B'nei Mitzvah. Mazel tov!  
**From:** Karen Sloss

## ENDOWMENT FUND

### CONTRIBUTIONS FROM:

*Bruce and  
Becki Van Glubt*

## RABBI'S DISCRETIONARY FUND

### IN HONOR OF:

\*Micah Parker's Bar Mitzvah  
 \*Elizabeth Witte's Bat Mitzvah  
 \*Jade Terriss' Bat Mitzvah  
 \*Ezra Shupack's Bar Mitzvah

\*Esther Horton's Bat Mitzvah  
 \*Elly Tilland-Stafford's Bat Mitzvah

\*Shoshana Samuels' Bat Mitzvah

\*Wolf Pomerantz's B'nei Mitzvah

**From:** Allison Zak and Paul Blum

Happy Father's Day, Rabbi Samuels!  
 Nicole and Rabbi Samuels' birthdays.

Elizabeth Witt's Bat Mitzvah  
 Ezra Shupack's Bar Mitzvah  
**From:** Fran Levy

Rabbi Samuels. Thank you for all you do!

**From:** Sarann Donnegan

### IN MEMORY OF:

The yahrzeit of Mary Somerville's beloved father, Donald Somerville  
**From:** Mary Somerville

### CONTRIBUTIONS FROM:

*Karen Sloss*

## GARTNER SCHOLARSHIP FUND

### IN MEMORY OF:

Arelene Tetenbaum  
**From:** Arundel Pritchett

### CONTRIBUTIONS FROM

*Emil Hecht*

## GENERAL FUND

### IN APPRECIATION OF:

In gratitude for everything during Micah's Bar Mitzvah  
**From:** Reid Parker and Erin Uloth

### IN HONOR OF:

Ezra Shupack becoming a Bar Mitzvah  
**From:** Nancy Davis and Kristin Brennan

Our grandson, Micah Parker's Bar Mitzvah

**From:** Iris and Kevin Parker

## YAHREZEIT:

In memory of Nathan and Rose Lassman  
**From:** Bernice Loober

### CONTRIBUTIONS FROM:

*Herbert Rigberg*

## NEW SYNAGOGUE FUND

### CONTRIBUTIONS FROM:

*Karen Sloss*

## RELIGIOUS SCHOOL SCHOLARSHIP FUND

### CONTRIBUTIONS FROM:

*Karen Sloss*

## SECURITY

### IN HONOR OF:

Adin Sokol's College Graduation  
**From:** Sylvia Williams

## The Kvelling Corner

Welcome to our new members!

- **Andrew Jacobson** and **Katherine McLaughlan** – Bellingham
- **Francisco Leyva** and **Damaris Lofortes** – Bellingham
- **Terry Shirk** – Ferndale, children: **Aidan** (18), **Sabina** (11)

Longtime CBI congregants **Rick and Tracey Levine** have much to celebrate! On May 2, 2025, they welcomed their first grandchild, **Maeve Ghislaine Levine**, born to **Jeffrey and Alexa Levine** of Seattle. That same month, their daughter **Hannah Levine** earned her doctorate in Occupational Therapy. Mazel tov to the entire Levine family on these joyful milestones!

## Anniversaries

- Sep 1 Amanda Robins and Daniel Zagnoli #7
- Sep 2 David M. Schlitt and Sarah E. Zarrow #7
- Sep 5 Kendra Bradford and Todd Shuster #29
- Sep 6 Jacob Rosenblum and Tamar Lieb #10
- Sep 6 Zev and Elle Kronenberg #16
- Sep 6 Nina and Sean Stein #16
- Sep 7 Jason and Carly Benhaim #5
- Sep 7 Camille and Matthew Keefe #12
- Sep 12 Gayle Cloud and Jeff Crollard #15
- Sep 12 Stuart and Cinda Zemel #49
- Sep 22 Tami DuBow and Frank Corey #24
- Sep 25 Perry and Katie Somers #20
- Sep 30 Marta and Craig Brand #47
- Oct 6 Rachel and Jason Goldberg #24
- Oct 6 Mia and Todd Ellis #23
- Oct 9 Jane and Erik Hammerstrom #10
- Oct 9 Roy and Leslie Shankman #37
- Oct 10 Marcy and Jeffrey Probst #33
- Oct 10 Mary Somerville and Gary Marzullo #33
- Oct 14 Mark and Naomi Pomerantz #19

Did we miss your anniversary? Call the office at (360) 733-8890 or email [office@bethisraelbellingham.org](mailto:office@bethisraelbellingham.org) with the month, day, and year of your special day.

# Yahrzeits

Observances follow the Hebrew calendar, unless the secular date is requested, and are read on the Shabbat prior to the observance date.

## Friday, September 5

Rhea Frantz	9/06
Yitzhak Turovitz	9/06
Otis Swindell	9/06
Bill Snow	9/07
Sheldon Riskin	9/07
David Diamond	9/07
Rose Lassman	9/08
Martin Wikes	9/08
Harold Lazaroff	9/09
Joe Lebovich	9/09
Sara Shaw	9/10
Lilian Suslow	9/10
Art Jensen	9/11
Rebecca Miller	9/11
Dora Lebowitz	9/11

## Friday, September 12

Ron Feiger	9/13
Henry Gordon	9/14
Nora Keefe	9/14
Brooklyn Keefe	9/14
Catherine A. Hanley	9/15
Mary Warshal Glazer	9/16
Louise Greenberg	9/16
Ted Zak	9/17
Blossom Becker	9/18
Blythe Cole Busch	9/19
Evelyn Kravitz Driscoll	9/19
Rita J. Witte	9/19
Roslyn Wolpow	9/19
Dale S. Hunter	9/19
John Smith	9/19

## Friday, September 19

Harry Berman	9/21
Viola Faber	9/22
Sarah Hecht	9/23

Fannie Thal	9/25
Jere Donegan	9/26
Irving Goldstein	9/26
Irwin Weiner	9/26
Eleanor Moritz	9/26

## Friday, September 26

Jonas Relin	9/27
Richard Meltzer	9/27
Sara Sylvia Seid	9/27
Reva David	9/28
Harriet Rosenberg	9/28
Norman Parker	9/29
Jack Blecker	9/29
Geraldine Witte	10/01
Mary Faber	10/01
Hannelore "Lala" Vernon-Debari	10/01
Carl Paschetag	10/02
Edith Sonneman	10/03

## Friday, October 3

Nora Eilenberg	10/04
Harriet Korn	10/05
Aaron Rosen	10/06
Ruth Strich	10/08
Brent Brockman	10/10
Bernard "Barry" Shapiro	10/10

## Friday, October 10

Leon Machlin	10/12
Edith Lindheimer	10/12
Albert Kravitz	10/13
Joshua Louis Adelstein	10/14
Trude Weil Bauman	10/14
Carol Van Glubt	10/15
Johanna Vohl	10/15
Kurt Jerome Koplowitz	10/17
Themeos Drossos	10/17

## Friday, October 17

David Robinson, Jr.	10/19
Maxwell Weiss	10/19
Jack Fisher	10/19
Anthony Robert Flores	10/20
Jay Charters	10/21
Leonard Berman	10/21
Jacob M. Fine	10/23
Donald Kite	10/23
Alex Rosen	10/23
Gladys Boehi	10/24
Reuben Dechter	10/24
Lillian Konikoff	10/26
Miriam Mitzman	10/26

## Friday, October 24

Gusdeno Gosdis	10/28
Aaron David Schlesinger	10/28
Gertrude "Onita" Glasco	10/29
Phyllis Ruth Orlik	10/30
Jack Irwin Moss	10/30
Annelise Guenter-Pedersen	10/31

## Friday, October 31

Bernice Sokol	11/01
Ezra Meltzer	11/01
Sue Kodner	11/01
Ray Uloth	11/02
Gladys Rose Eisner	11/02
Max Mazonson	11/03
Cantor Pinchas Spiro	11/03
Shirley Adelstein	11/04
Celia Loober	11/05
Sharon Serne	11/06
John Lopresti	11/06
Anna Mae Baker	11/06
Bette Bikman	11/07
Warren Jay Kahn	11/07

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## ***Sukkah Building Party and Potluck***

**Saturday, October 4 at 5:00 pm**

Roll up your sleeves and come help us build our congregational *sukkah* on the patio! Whether you're handy with a hammer or just good at moral support, everyone is welcome. After the work is done, we'll enjoy a community potluck dinner together.