

The Synagogue Tribune

Bikur Cholim-Machzikay Hadath Congregation

Founded 1889/5649 · Incorporated 1891/5652

Rabbi: Moshe Kletenik · President: Larry Russak · Acting Editor: Larry Altose

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February, 2011 · Adar I, 5771

Past meets present as anniversary dinner nears

Nearing its own centennial, our shul's signature physical feature, the dramatic, distinctive holy ark, makes a fitting symbol of the congregation's upcoming 120th anniversary. This double view compares the ark in its current setting with the vaulted niche and soaring dome of its original installation in the 17th and Yesler sanctuary.

The care taken 30 years ago to transfer this architectural treasure to the shul's new Seward Park home symbolized our never-ending purpose to at once preserve our traditions and build for the future. Please join now in the special opportunities to carry on this work by supporting the March 6 anniversary dinner and the anniversary campaign, detailed in this issue.

Bikur Cholim- Machzikay Hadath

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President's message:

Seeds of change

On February 8th, a Tuesday night, the BCMH Board of Directors plans to hold a special meeting, open to members, to take feedback from congregants on their wants and needs and how our shul can best serve its members. Marlene Kaplan and Richard Berger will chair the meeting, organized as a forum. The Board seeks to promote discussion of the direction the shul is going and where congregants want it to go, and to consider our physical plant, upcoming renovations that are necessary, possible construction of a youth building or a social hall (or new combination of both), a succah, landscaping as well as new carpeting and upholstery in the sanctuary.

The Board and Executive Committee have made no decisions on new construction and will not do so until we conclude a survey of our membership's desires and review our capital account status and fundraising viability.

Officers and Board members have heard criticism from many members who see a "done deal" in which the Board has already "made up its mind" to proceed with projects and policies without following due process. Please be assured that this is not so. We have not and will not make any decisions concerning substantial capital improvements or shul policy without first considering our member feedback. The whole purpose we are trying to accomplish is to fulfill the desires of our congregants.

We hope to hold two "Town Meetings" as follow-up to the February board meeting for the purpose of soliciting more member feedback. Please make an effort to attend these meetings, which will take place after Pesach.

We need your involvement: Not just in sharing your views on the shul's future, but to help make today's shul run. Most of our projects, from the holiday celebrations to the annual dinner, succeed due to efforts of a very small group of people. Every week in the email update and in the announcements posted in the shul we ask for volunteers, even listing specific projects and tasks begging for hands-on involvement.

Our shul will rise or fall on the strength of membership involvement, the most powerful voice in our community.

-Larry Russak

From the Rabbi's desk:

Unity Shabbos words of Torah

An auf rauf brought the shul's minyanim together on Shabbos Parshas Mishpatim, Jan. 30. (For the record, the Nusach Sefard Minyan joins the main sanctuary services on Yom Tov and any Shabbos with a bar mitzvah or similar major simcha.) The shul's officers asked Rabbi Kletenik to use this occasion, with so many members gathered, to discuss the climate of unity and respect in our growing congregation.

It was part of a broader effort by our volunteer leadership to improve dialogue among all who share a stake in shaping our shul community's spiritual, social and business life. The President's Message on page 2 introduces one part of that initiative – to provide more opportunities for members to be heard and informed on shul affairs. This written account of the Rabbi's drasha is another. The officers and board members – listed on page 2 – welcome your thoughts. –Ed.

Let me begin by making some observations. The fact that the Executive Committee asked me to speak about the topic of unity indicates that we have a problem. Anyone who believes that the Rabbi giving a sermon about unity will magically solve the problem is either extremely naïve or deluding themselves. A number of people asked me over the past several days, "What are you going to say on Shabbos?" My response was, "What would you say if you were me?"

The Synagogue Tribune

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To submit items other than advertising for publication: Please email the acting editor, Larry Altose, at ldaltose@netzero.com.

Advertising: Please contact the shul office. Ads are subject to review prior to approval for publication.

BCMh also provides a weekly email newsletter. Please contact the shul office for subscription and submission information.

I was not being facetious or playing a Jewish game of responding to a question with a question, but rather making this point. We can only work towards addressing this issue if each of us asks ourselves two questions:

- 1) What have I done to create disunity?
- 2) What is my role in working toward creating unity?

Some Jewish jokes have become clichés. Clichés become clichés because they contain some truth. One old Jewish joke concerns the Jew who is shipwrecked on a desert island. When rescued years later, there are two large structures that he has constructed. When asked to explain them he says, "This is the shul I daven in and this is the shul I don't step into." The second concerns a dispute in a shul over whether to stand or sit for Lecho Dodi. The shul decides to send a committee to an old member who was present when the shul was founded years earlier. The emissaries pose the question to the elderly member and then proceed to shout at each other with each side advocating for its position. The elderly man says, "Now I remember, this is exactly the way it was when we opened the shul."

In truth, if we reflect on Jewish history, there were very few moments when the Jewish people as a whole were truly united. They were united for a short moment when the Torah was given and perhaps during the reign of King Solomon.

This does not relieve us of accountability to try to work toward unity. The first step is self-awareness. There must be recognition that the problem exists and acceptance of personal responsibility to be part of the solution. We must embark on this effort understanding that it is not a simple process.

The last verse in the weekly Torah portion (Mishpatim) reads: "And Moshe went into the midst of the cloud, and went up into the mount; and Moshe was in the mount forty days and forty nights." Psikta Zutresa comments: "Come and see that all of Creation

(Continued on page 10)

Program Director's Report



Michael Friend, First Vice President Rabbi Raphael Katsman and President Larry Russak prepare to enjoy the first Men's Club Sunday morning breakfast in a few years on Jan. 16. A group of young men, spearheaded by Josh Russak, has re-started the organization. Men and boys stayed on to view the Seahawks playoff defeat to Chicago after the meal.

Hi, everyone! Spring has come early to BCMH. What do I mean by that? There are all of these new and/or rejuvenated programs popping up all over the place and I am absolutely beside myself with joy!

A **Young Adults Community (YAC)** has sprouted, and the first event took place at Josh and Rachel Russak's on Saturday night, January 15th. Rabbi Kletenik came to meet and speak to this group and the turnout was fab - over thirty people showed up and it wasn't just for the pizza!

Down the street at Dan and Francine Birk's (same night, same time) was a wonderful melava malka meal and concert given by our special guest for the weekend, Rabbi Goldberger who came with his lovely wife all the way from Baltimore to share some niggunim and speak to the sixty or so who showed up. The Spencer and 51st Place hilltop became a giant parking lot that evening!

Sunday, January 16th brought us our first Men's Club Breakfast in quite a while, which offered a delicious NoshAway continental breakfast and NFL Play-

offs! Seattle was beaten by Chicago, unfortunately, but everyone who attended had a marvelous time.

Thanks to the following people who made this insane weekend possible: **Rabbi Shmuel & Sarah Brody, Chanon Simon, Dan & Francine Birk, Joe & Laura Reback, Kathy Brockman, Josh & Rachel Russak, Rabbi Kletenik, Josh Willner, Ari Hoffman, NoshAway** and to those of you who helped sponsor the **Goldbergers' visit**.

So there ya go! Lots of exciting new things going on at BCMH. The next YAC event will take place at the home of Micah and Megan Druckman on Saturday night, March 12th at 8:30 p.m. Men's Club is working on a spring calendar already, which includes a Holocaust Memorial Breakfast on Sunday, May 1st. This will be open to both men and women. More details will follow soon.

And then there's the dinner. Not just any dinner, *the* dinner. On **Sunday night, March 6th**, at the **Seattle Airport Marriott, BCMH will celebrate 120 Years!** Please buy an ad in the dinner journal to send thanks and best wishes to our amazing honorees: **Eli & Eva Genauer, Dan & Francine Birk, and Zak**



Rachel and Ari Polsky joined friends in the shul's new young adult group, Jan. 15 at the home of Joshua and Rachel Russak

(Continued on page 19)

A PICTURE'S WORTH

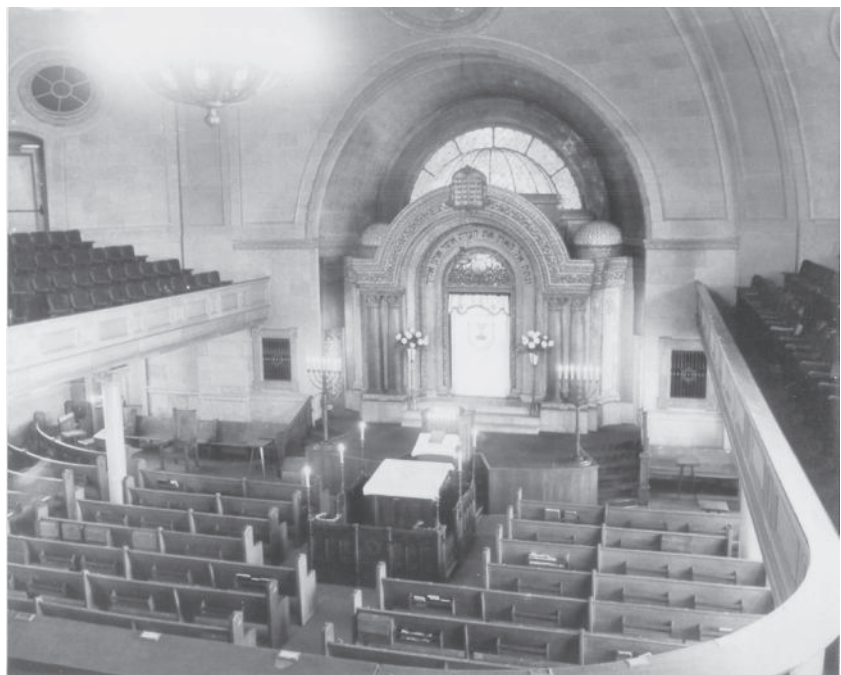
Snapshots from years past

By Raphael Dovid Hyman



THE YESLER ST. SHUL

The old Bikur Cholim shul on 17th and Yesler. Designed by B. Marcus Priteca, and constructed in two phases with the grand, domed sanctuary added above the social hall or vestry. The building was completed in 1915. It served as the shul's home until 1971, when the congregation merged with Machzikay Hadath and moved to Seward Park. Its Jewish symbols carefully removed, the building stands today as the City of Seattle's Langston Hughes Cultural Center. Our present sanctuary features many of the distinctive interior elements from the Yesler St. building.



Be a part of the NEXT 120 years

Many opportunities exist to provide long-term benefits to our building and community as we celebrate our first 120 years. This is the most recent status as of press time. We plan to update this table in future issues of the Synagogue Tribune.

Social Hall

Kitchen: \$25,000	Marshall & Elaine Hartholz
Torah Tots Room: \$3,600	Harry & Rhonda Rubin and family in memory of Dr. Manly Rubin and Elsie Roth
Children's Dining Room: \$3,600	Larry & Shelly Russak
Audio-Visual Center: \$3,000	Frank and Morris Eisenberg in loving memory of Max & Sylvia Eisenberg
Bar: \$2,500	AVAILABLE
Mezzuzah (entry foyer): \$500	Hoffman Family in memory of Joseph & Adina Russak
Mezzuzah (main kitchen): \$500	Rabbi & Mrs. Richard Toban in memory of their beloved daughter Tehilla
Mezzuzah (kitchen exit): \$500	Allen & Tama Wolf

Donor Wall

Brick (unlimited number available): \$360 AVAILABLE

Anniversary Sefer Torah

Sefer Torah: \$25,000	AVAILABLE
Choshen (breastplate): \$3,600	Anonymous
Torah Crown: \$2,000	Sol & Ann Birulin
Atzei Chaim (rollers): \$1,800	Tory Cole in memory of Joe Russak
Yad (pointer): \$1,000	Louis & Bayla Treiger
Sefer Bereishis/Genesis: \$1,200	David & Jo Anne Greene
Sefer Shemos/Exodus: \$1,200	AVAILABLE
Sefer Vayikra/Leviticus: \$1,200	AVAILABLE
Sefer Bamidbar/Numbers: \$1,200	AVAILABLE
Sefer Devarim/Deuteronomy: \$1,200	Eli & Eva Genauer in honor of their children's & grandchildren's dedication to Torah learning

Parasha: \$360 each

Bereishis	Birk and Hoffman families in honor of Ethan and Jonah
Noach	AVAILABLE
Lech Lecha	Rabbi David & Tzippy Twersky
Vayeira	Rabbi Raphael & Dr. Shira Katsman
Chaye Sarah	AVAILABLE
Toldos	AVAILABLE
Vayeitzei	Sasha & Scott Mail and Moshe Genauer
Vayishlach	AVAILABLE
Vayeishve	AVAILABLE
Mikeitz	Joshua & Rachel Russak
Vayigash	Larry Russak in honor Joseph Russak's bar mitzvah parasha
Vayeichi	Jonathan & Leah Jacobson
Shemos	AVAILABLE
Vaeira	Maleah & Moshe Spinell
Bo	Chuck Broches & Connie Kanter in honor of Simon Broches
Beshalach	Ruth Genauer in honor of Michael Friend's bar mitzvah parasha
Yisro	Melvin Tatel in loving memory of his wife, Zelda Tatel
Mishpatim	AVAILABLE

Teruma	Avraham & Mirla Traub in memory of their families lost in the Holocaust
Tetzavah	AVAILABLE
Ki Sisa	Aaron & Robin Alberg in honor of our teacher, Rabbi Lapin
Vayakhel	AVAILABLE
Pekudei	AVAILABLE
Vayikra	AVAILABLE
Tzav	AVAILABLE
Shemini	Ben & Jenni Siscovick
Tazria	AVAILABLE
Metzora	AVAILABLE
Acharei Mos	Josh Willner in memory of Mr. Samter A'H who lovingly taught me my bar mitzvah parsha
Kedoshim	AVAILABLE
Emor	Daniel & Francine Birk
Behar	Ruth Genauer in Memory of Jack and Mendel Genauer
Bechokosai	AVAILABLE
Bamidbar	Jeremy Katz
Nasso	Justin & Melinda Strauss in honor of Zach
Behaaloscha	AVAILABLE
Shelach	AVAILABLE
Korach	AVAILABLE
Chukas	AVAILABLE
Balak	AVAILABLE
Pinchas	AVAILABLE
Mattos	AVAILABLE
Masei	AVAILABLE
Devarim	AVAILABLE
Va'eschanan	Larry & Shelly Russak
Eikev	AVAILABLE
Re'eh	Rabbi & Mrs. Jonathan Siscovick
Shoftim	AVAILABLE
Ki Seitzei	Ari & Jessica Hoffman in honor of Izzy
Ki Savo	AVAILABLE
Nitzavim	AVAILABLE
Vayelech	AVAILABLE
Ha'azinu	Adam & Beth Balkany
Vezos Habracha	AVAILABLE

Special Portion: \$500 each

Aseres HaDibros (Ten Commandments), Yisro	Greg & Dorothy Roer
Aseres HaDibros (Ten Commandments), Va'eschanan	Ruth Genauer in honor of Martin and Eli Genauer
Bri'as HaOlam (Creation)	AVAILABLE
Shema	AVAILABLE
Bris Milah (Covenant of Circumcision)	AVAILABLE
Akeidah (Binding of Isaac)	AVAILABLE
Rivkah at the Well	AVAILABLE
Jacob's Ladder/Dream	AVAILABLE
Birkas Kohanim (Priestly Blessing)	Rabbi Chaim & Leah Tatel in loving memory of their parents, Joseph & Shirley Goldman
Portion of the S'neh (Burning Bush)	AVAILABLE
Krias Yam Suf (Splitting of the Sea of Reeds)	AVAILABLE
Shir Shel Yam (Song at the Sea)	Sheldon & Irene Steinberg
Birkas Habanim (Blessing of the Sons)	Anonymous
Aliyah: \$100 each	Stuart Kaufman, Vladimir Zayats
Pasuk: \$18 each	AVAILABLE, Ken & Marilyn Leibert, Josh Willner

Be a part of the NEXT 120 years

History of BCMH 120th Anniversary Dinner Journal

Exterior Back Cover: \$2,000, includes table for 4 guests	AVAILABLE
Interior Back Cover: \$1,800, includes table for 4 guests	AVAILABLE
Foundation Page/ Full Page Advertisement: \$1,500, tickets for 2 guests	AVAILABLE
Pillar Page/ Full Page Advertisement: \$1,000, includes tickets for 2 guests ..	AVAILABLE
Half Page Advertisement: \$650, includes tickets for 2 guests	AVAILABLE
Quarter Page Advertisement: \$300	AVAILABLE
Dedication page (in the history narrative) \$180	AVAILABLE
Eighth Page / Business Card: \$100	AVAILABLE



5651-5771

1891-2011

Gala 120th Anniversary Dinner

Sunday, March 6, 5 p.m.

Seattle Airport Marriott, 3201 S. 176th St., SeaTac

Honoring:

Eli & Eva Genauer
Harbotzas Torah Award

Daniel & Francine Birk
HaKoras HaTov Award

Zak Shayne
Young Leadership Award

Guest Speaker:

Richard M. Joel, *President, Yeshiva University*

Dinner tickets, dinner journal ads, anniversary sponsorships

Information and payments

<http://bcmh120.eventbrite.com>

120th Anniversary Dinner: Focus on our honorees

Eli and Eva Genauer

Eli and Eva Genauer have been fully involved in BCMH since their move (for Eva) and return (for Eli) from New York to Seattle in 1977.



Eli grew up in Bikur Cholim and is a third-generation member. He actively belonged to the shul's Minyonaires program from age seven and throughout his day school years. Eli has served as BCMH president, head of the religious committee and gabbai. He has been a board member of the Kline Galland Home, Seattle Hebrew Academy and the Jewish Federation of Greater Seattle. He serves as a trustee of the Samis Foundation and is a national vice president of the Orthodox Union. In professional life Eli is president of Eilat Management Company.

Eva was born and raised in New York and immediately got involved in Seattle Jewish community life upon her arrival. She has served as vice president of the Jewish Family Service and the Seattle Hebrew Academy. A past board member of the Chabad Cheder and the Va'ad HaRabanim of Greater Seattle, she was also an integral part of the N'shei women's group that helped NYHS in its early years. Eva is a past president of the BCMH Sisterhood and has served on the shul board for various terms. Most recently she has devoted her volunteer efforts to the administration of the BCMH Nathan Etkin Chesed Fund, the co-chairmanship of the shul's bikur cholim committee and the newly-created Shiva Assistance Committee. In professional life Eva is the owner of Expertise Medical Claims Assistance.

Eli and Eva value most the loving and caring community that BCMH has offered their families including their parents, children and most precious grandchildren.

Zak Shayne

Zak



Shayne, a Junior at Northwest Yeshiva High School, doesn't hesitate to help at shul and NCSY events. He best exemplifies his passion for Jewish leadership in his volunteer work for the BCMH Teen Minyan, where Zak has served as Gabbai for the past three years. Not only does he assist Rabbi Yonah Margolese in finding teens to lain and daven, he also steps into those roles whenever needed.

An active NCSY member since the sixth grade, Zak has been on the NCSY Chapter Board for three years – and counting. He worked on the Camp Kol Rena staff. He also is an enthusiastic martial arts student.

Zak is always there when you need his help, volunteering his time with his energetic personality.

May you be eternally rewarded for your devotion to our shul and the Jewish Nation as a whole.

In celebrating this BCMH milestone, our shul will honor five individuals for distinguished service to our shul, community and K'lal Yisroel. These profiles touch the surface of the stories behind each award recipient.

Daniel and Francine Birk

Daniel and Francine Birk moved to Seattle from New York in 2003, and immediately became involved in volunteering at BCMH.

Francine grew up in Seattle as a fourth-generation member of BCMH. She started working as a Yavneh counselor at age twelve, and continued through high school. She has volunteered with fundraising dinners, youth programs, Mikvah construction, and general programming needs. Francine co-founded the preschool summer day-camp Gan Shalom, now in its fifth year, and about to enter its third year as a permanent part of BCMH's summer camps. Francine worked as treasurer for Camp Kol Rena, and helped convert the Yavneh portable into the beautiful space it is now. Francine also served on the board of Northwest Yeshiva High School, and has chaired the NYHS Food & Dessert Auction for the past six years. In private life, Francine runs a custom dessert company called Francine's Desserts and raises three fifth-generation members of BCMH.



Daniel is from Riverdale, New York, and in his home shul, the Hebrew Institute of Riverdale, he received the Youth Leadership Award as a teen. In Seattle Dan has served as BCMH treasurer for six years. He assisted in running the visiting scholar program, serves on the executive committee, finance committee, and is a member of the endowment fund board. Dan served on the board of the Seattle Hebrew Academy, and has taken AIPAC's Young Leadership training and is an active supporter of the organization. Daniel has assisted Julie Greene in running many of the programs at our shul with the goal of bringing together every member of the congregation to participate in BCMH activities. Daniel is also asked frequently to speak at seuda shlishis at our neighbor congregations, Sephardic Bikur Holim and Ezra Bessaroeth. In private life Dan runs his own real estate investment and development company, Eretz Capital.

Dan and Francine are proud to continue their family's tradition of volunteering and supporting BCMH and the Seattle community. They look forward to watching their own children grow up as fifth-generation BCMH volunteers.

Rabbi Kletenik on unity

(Continued from page 3)

was in six days and the Torah was given at the end of forty days. Fortunate is one who puts aside what was made in six and takes hold of what was made in forty.”

Our Sages emphasize that the creation of the physical universe, the earth, the sun and all the galaxies was achieved in six days. Giving the Torah took forty. Yalkut Yehuda explains that the world has advanced so rapidly in terms of science and technology. The perfection of society in a spiritual sense has lagged behind and moves at a much slower pace.

The Prophet Yeshaya says, “And I have put my words in your mouth, and I have covered you in the shadow of my hand, that I may plant the heavens, and lay the foundations of the earth, and say to Zion, You are my people.” When we build the earth, when something physical is constructed, it is possible to expedite the process. But the heavens must be planted. Growing spiritually is a slow process. It is like a seed that is planted and then must be nurtured. It requires effort and patience.

The end of this week’s Torah portion (Mispatim) is a continuation of last week’s (Yisro) description of the Giving of the Torah where we read: “And they traveled from Refidim and came to the desert of Sinai and they encamped in the desert, and Israel encamped there opposite the mountain.” Our Sages observe that the Hebrew word that describes the first encampment is “vayachanu,” they encamped, in the plural form. By contrast, the encampment at Sinai is described by the word in the singular form, “vayichan.”

Yalkut Shimoni comments: “Her ways are ways of pleasantness, and all her paths are peace. The Holy

One Blessed Be He wanted to give the Torah to Israel when they left Egypt, but they were arguing with one another...they traveled quarreling and encamped quarreling, when they came to Sinai they all became one unit...said the Holy One Blessed Be He the entire Torah is peace, to whom will I give it? To a nation that loves peace- all her paths are peace.”

Yalkut Yehuda comments on this Midrash that the Torah could not be given to the Jewish people at a

time when they were divided, because when people are contentious, the Torah itself is used to divide and create disputes.

It is only in the spirit of “Her ways are ways of pleasantness, and all her paths are peace” that we can attempt to build unity. We have to learn to disagree in a civil and respectful way. King David at the beginning of the Book of Tehilim warns us not to sit in the company of scorners. Rabbeinu Yonah in Shaare Teshuva explains how a “letz” or “scorner” acts. He does not relate to any points of the ar-

gument that someone who disagrees with him makes. He denigrates and totally dismisses the person or the concepts that the opponent raises.

Or Hachayim explains that the verse “And they traveled from Refidim and came to the desert of Sinai and they encamped in the desert, and Israel encamped there opposite the mountain” alludes to three steps that Israel needed to take to prepare themselves for receiving the Torah.

The first was to strengthen their commitment to study Torah.

The second was to divest themselves of arrogance. One who is arrogant cannot relate to anyone who does not agree with their point of view. Anyone who

(Continued on page 19)

Reflecting on unity

The Rabbi offers these points for individual and communal consideration:

- At what time was there unity among the Jewish People? What did it “look like”?
- What can we learn from that time?
- In what ways can we work together though we do not agree on all issues?
- What hopes do you have for BCMH? What is your role in working towards Shul unity?

A visit to Sderot

By Karen Treiger

In December I was visiting my daughter Shoshana who is in Israel for the year participating in an Israeli Mechina, called Mechinat Beit Yisrael. During my week-long trip, Shoshana and I went down to Sderot and Ashkelon to visit with Chen Avraham of Gvanim Association, an umbrella organization that funds many social programs in the area. Many of you remember Chen who visited Seattle and our shul twice in the past few years. BCMH Sisterhood conducted a small campaign to raise funds for psychological treatment for children in Sderot. With funds that were raised from individuals and a \$1,800 donation directly from our Sisterhood, I was able to deliver a check for over \$2,500 to Chen to support the good work that they do.

In this article, I wish to share with you what I saw and report to our community about what is going on along the northwestern Negev and southern coast. Our first visit in Sderot was Gvanim's psychological treatment facility. They serve approximately 100 adults and children each month. Many of you will recall the innovative use of dolls as therapeutic devices. We saw the dolls there as well as some very innovative games and other techniques they use to allow the children and adults to express their feelings and deal with the fear and ongoing trauma.

Operation Cast Lead two years ago in Gaza successfully reduced, but did not eliminate, the rain of rockets upon the residents. They live in constant fear of red alerts and for their physical safety. I heard stories of children ages nine and ten still wetting their beds with frequency and of agitation in schools. Each home and public building has a "safe room" that is fortified and designed to withstand a Katyusha rocket or mortar shell. Each bus stop in the city has a fortified structure that people can enter in the event of a red alert. (They have 15 seconds from red alert until the rocket falls.) The trauma and danger of rockets is a constant in people's lives.

While in Sderot, we also visited a small commu-

nity center created to service the Jews who immigrated to Israel from Kafkaz in the former Soviet Union. This community has had a particularly hard time integrating into Israeli society and feeling comfortable and accepted there. We met the woman who runs the center, and she spoke to us about all the programs that they do together with members of the Kafkaz community, from help with homework for students to a Kafkaz dance group that performs that region's traditional dances. The dance group was recently honored to perform in Jerusalem for the President of Israel.

In Ashkelon we visited a center where people with mental illness create art products, such as ceramic pieces, tablecloths, and challah covers. The artists receive income from the sale of the products. Another innovative place we saw was a café run by two young men. Many of the other employees at the café are people with mental illness. The owners assist the employees with creating a schedule for themselves and teach them how to interact with customers. We ate lunch at the café and it was delicious.

Finally, we visited Chen's kibbutz, Kfar Aza, one mile from the Gaza border. From the kibbutz, we saw Gaza City very clearly. Chen showed the spot where a man was killed by a rocket that fell on him while he was gardening outside his home. The kibbutz is a beautiful place, but they all have fortified rooms in their homes and the gan is a fortified building. We met Chen's father and her great aunt, who is a founder of the kibbutz.

All in all, it was a wonderful visit. We saw other programs as well; this is just a taste. The funds we provided will assist with the amazing work that Gvanim does. Thank you to those who contributed. If any of you would like to make a contribution to Gvanim, please contact me.

Rebbetzin Paula Rivkin zt”l

The recent passing of a beloved former Rebbetzin of our congregation, Mrs. Paula Rivkin, evokes an era from our shul's past even as the synagogue prepares to mark its 120th anniversary.

Rabbi Sholom and Paula Rivkin served as spiritual leaders of Bikur Cholim from 1959 to 1970. The St. Louis Jewish Light carried a lengthy and befitting obituary, available on line at <http://bit.ly/hpbohn>.

Mrs. Rivkin was very active in Seattle with the Sisterhood, the shul's overnight camp (Camp Noar), and a "Young Couples Group" which she and the Rabbi formed. They lived in a shul-owned house on 37th and Marion (about a two-mile walk to the shul on 17th and Yesler). She and her husband had a profound influence on the communal and individual level through their high examples of Torah, Chesed and Hachnassas Orchim. They were the last "Rabbinic family" to serve in the old neighborhood.

Mrs. Rivkin earned a bachelor's degree in English Literature at the University of Washington. She held literary book club events at her home.

She was born in 1932 in Vienna to Rabbi Dov Berish and Rebbetzin Hinda Leah Zuckerman. The Jewish Light obituary describes her recollection when, while a small child, the Nazi henchman Adolf Eichman visited the family home, confiscated her father's library and promised to return to remove the Jews. The family fled, arriving in the

U.S. in the early 1940's.

An anecdote from BCMH member Larry Jassen highlights Mrs. Rivkin's chesed and Seattle ties:

"When Janet and I (and our niece, Laura Negrin/now Haleva) chaperoned an SHA 8th Grade trip to Israel in the late 1990s, our return

flight was delayed overnight in St. Louis. The kids were fine sleeping in the airport but, as you might expect from a pack of 13-14 year olds, they were starving by 6:30a.m. I called the Rivkin home – the Rabbi had already gone to shul – and Paula advised me to cab to Lenny Kohn's Bakery and Deli...and please mention her name. We were treated like gold! For sure, Lenny emulated Yosef and packed our bags with much more than we had ordered. I suspect Paula called to let him know we were coming."

"This was a lady with an impeccable reputation and a huge, kind heart," Larry recalls. "I don't know too many people – then or now – who would answer an early morning wake-up call and jump into action like Paula Rivkin...but that was her nature. May Hashem grant her the very best that Gan Eden has to offer!"

BCMCH offers condolences to Rabbi Rivkin and the entire family, with fond memories and appreciation.

Rabbi David Twersky and Larry Jassen contributed to this article.



Rabbi Sholom and Paula Rivkin during their years as Rabbi and Rebbetzin of Bikur Cholim.

Remembering Mr. Gustav Samter, zt"l

By Ben Siscovick and Zev Feuer

For more than six decades, Mr. Gustav Samter selflessly served our community. Whether studying chumash, haftorah, mishnah, megilos, bar mitzvah parshios or davening, generations of BCMH youth and adults alike were blessed to have Mr. Samter as a teacher, mentor and role model. Together with his wife, Mrs. Ruth Samter, the Samters opened their home to BCMH students – young and old – passing on the traditions of our forefathers.

No matter what the setting, Mr. Samter always exuded a calm and dignified integrity and a genuine kindness and compassion – characteristics so rarely found in today's hyper-active and conflicted world. Mr. Samter maintained a wonderfully pleasant disposition at all times, focusing boisterous youth and inspiring life-long communal involvement through his every action. Always with a warm and gentle smile on his face, Mr. Samter engendered in all of his students a true love of the timeless and sacred traditions of Judaism.

To honor his life-long dedication and service to our community, we launched a fund-raising effort in November of 2009 to benefit the BCMH com-



munity he loved so dearly. We are proud to announce that with participation from nearly 50 former students and BCMH families we successfully raised over \$7,000 for the shul. These donations will be used to purchase a new Bein Gavra for the Beis Midrash, a Yad to be used weekly, numerous Chumashim and Siddurim, as well as make a sizable contribution to the shul's general fund.

We'd like to thank all contributors who made this effort so successful. We'd also like to thank Chaim Goldgrab, Roland Kipfstuhl and Dan Birk for their dedicated assistance seeing this initiative through.

Thank you to all the contributors:

Yaakov & Deena Adatto

Larry Azose

Sol & Ann Birulin

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Jerry & Carol Strassman
Rabbi Chaim & Leah Tatel
Louis & Bayla Treiger
Isaac & Luci Varon
Robin Weisberg
Jim & Debi Willner
Joshua Willner
Ze'ev & Laurie Young

Science and Torah:

By Morris Engelson

Some terms used in this article

In order of appearance.

LHC – Large Hadron Collider.

The world's largest scientific instrument, used by scientists to study the smallest sub-atomic particles of matter.

Kelvin. A temperature scale where zero is the universe's coldest possible temperature. Zero Celcius is 273 Kelvin.

Gluon. A force-like particle that holds quarks together, to form protons or neutrons.

Quark. It takes three quarks to make a proton or a neutron. There are six kinds of quarks with names like Up and Down, and each of these comes in three varieties called colors.

Qgp – quark-gluon plasma. A "soup" of quarks and gluons that – in the high heat after the Big Bang – mingled, but did not combine, in the early universe. A major discovery at the LHC indicates this plasma was more like a liquid than a gas, as previously thought. Jewish sources describe the early stages of creation in terms of liquid.

Protons and neutrons. The particles that make up the nucleus of an atom.

Electrons. Yes, they're also in atoms, orbiting the nucleus, but for this discussion we're ignoring them.

Strong nuclear force. The binding energy that holds the parts of a proton together and accounts for most of its mass.

Transition temperature. Two trillion degrees Kelvin. Above this, quarks and gluons sepa-

This is a sequel and expansion of my discussion in the last issue of the latest results from the Large Hadron Collider (LHC). The LHC, in France and Switzerland, the world's largest scientific instrument, studies the very smallest, sub-atomic particles of matter.

We will do this in three sections: first science, then Torah and then a comparison of the two.

Science:

We know now that the "fundamental" constituents of matter, the neutron and the proton, are not really fundamental after all. Rather these are the "frozen" remnants of the quarks which existed as independent individual entities in the environment of the very hot early universe. These combined (froze) into neutrons and protons as the temperature dropped below the transition point of about two trillion (2×10^{12}) degrees Kelvin.* Prior to that the quarks and their binding particle, aptly named the "gluon," were free agents all mixed together in a so-called "soup" that scientists call the quark-gluon plasma (qgp).

This binding of quarks via gluons is known as the "strong" nuclear force. We'll skip a full explanation, except to note that the binding energy converts to mass in the final result. On earth, we perceive mass as weight. It turns out that virtually all of the mass of the proton or neutron is due to the binding force (really binding energy) rather

than the inherently low-mass quark or the no-mass gluon.**

There are several varieties of quarks, but we are interested in only two: the Up quark and the Down quark. Quarks also come in various "colors." Stable matter, that is neutrons and protons, are a combination of three quarks of three different colors to create a "colorless" particle. The proton consists of 2 Up quarks and 1 Down quark, while the neutron consists of 2 Down quarks and one Up quark. These are tightly bound together by the strong force which is characterized by the gluon. And because these are in effect in the "frozen" version of the qgp, it is not possible to break this bond except by going to a temperature above the transition point. That is why the neutron and proton appear to be fundamental particles at the temperature where we exist. It is only at the enormously high temperatures generated within the LHC that one can determine the behavior of the qgp.

(Editor's note: The reader may safely skip the following paragraph and its endnote, which describe very complex calculations of interest to those with physical science backgrounds.)

Now that we know what the neutron and proton consist of we can establish the source of the mass of these particles by means of some simple calculations. The mass of the proton has been accurately determined at 938.26 Mev (million electron-volts). The gluon has no mass, so it does not count in our calcula-

Quark, gluon, tohu, bohu

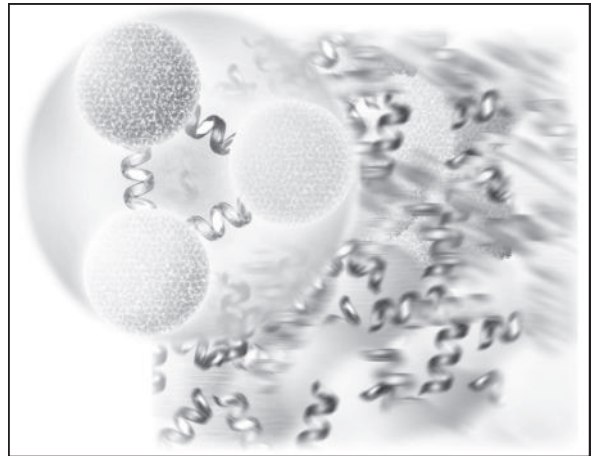
Hot enough to melt everything

Your Shabbos soup may have profound symbolism as a *zecher l'ma'asei b'reishis*. Very recent experiments indicate that the early universe existed as a very hot, liquid-like soup.

In our familiar world, matter melts or boils under enough heat. The early universe, after the Big Bang, was so hot that the smallest units of existence could not combine. These particles, called quarks and gluons, randomly mingled in a "soup" called the quark gluon plasma, or qgp. As the expanding universe cooled, the quarks and gluons formed powerful attachments.

In the illustration, the universe cools past approximately two trillion degrees. This is the transition temperature where quarks (shown as balls) combine with gluons (squiggles) to make a proton or neutron. Protons or neutrons each have three quarks and three gluons. In the background, other gluons and quarks move freely in the qgp soup.

Ramban, drawing from the *Sefer Yetzirah*, explains the description of the early world in the Torah's second *pasuk* (*tohu v'bohu*) in terms of a liquid-like state (*tohu*) that transitioned into substance, or matter (*bohu*).



tion. The precise mass of the quarks is not well established because we can't get to individual quarks to make measurements. But we do have an accurate range. This is between 1.7 and 3.3 Mev for the Up quark and between 4.1 and 5.8 Mev for the Down variety.*** This means that the maximum contribution of the quarks to the mass of the proton is $2 \times 3.3 + 5.8 = 12.4$ Mev, or less than 2% of the total mass at 938.26 Mev. This explains my statement last month that 98% of the mass of the proton comes from the binding force while the qgp makes a negligible contribution.

The qgp was originally expected to have the characteristics of a gas. But recent results from the LHC operating at a temperature above 10 trillion (10^{13}) degrees,

above the transition temperature* where free quarks are liberated from the "melted," previously "frozen," ordinary matter, show that this substance behaves as a liquid rather than a gas.

Torah:

We will look at three sources - the Torah itself, commentary by the Ramban and the ancient Kabbalistic Book of Creation, *Sefer Yetzirah*. We are told in the Torah that the initial content of the physical universe was in a state of *tohu* and *bohu*. The Ramban says that the *tohu* came first and then the *tohu* transformed into *bohu*. The *tohu* has no substance (*mamash*) while the *bohu* does have substance.

"[I]n the sacred language *bohu*,
(Continued on page 16)

rate into qgp soup. Below this, gluons and the strong nuclear force bind quarks together into protons and neutrons.

Sefer Yetzirah. The Book of Creation, a very ancient Kabbalistic work that explains the deeper meanings of the Torah's creation account.

Ramban. Rabbi Moshe ben Nachman, author of a widely studied commentary on Chumash.

Tohu and bohu. The Hebrew words from the second sentence in the Torah, describing the world at the very beginning, often translated as "unformed and void." Ramban provides deep insights into these words, based on the *Sefer Yetzirah*.

Eretz. Hebrew for earth or land, and, in our discussion, connotes substance.

Science and Torah: Quark, Gluon, Tohu, Bohu

(Continued from page 15)

which is a composite word made up of the two words *bo hu* – in it there is substance.” *Tohu* was created out of nothing, and “as *tohu* comes after nothingness and there is nothing yet in it...So the Rabbis have said in *Sefer Yetzirah*: ‘He created substance from *tohu*, and made that which was nothing something.’” (*Sefer Yetzirah* section 2:6 - “*yatzar mamash metohu...*”)

Once we have the “something,” the *tohu* becomes *bohu*. The Ramban discusses the characteristics of this state of creation and hints that the state of *tohu* is a liquid, but he does not say so explicitly. However, the *Sefer Yetzirah* is quite clear on this matter.

The explanation respecting *tohu* and *bohu* is in section 1:11. Thus: “*mayim meruach*.- water from breath – *chakak vechatzev bahem chof*”*beis otiot metohu*.- He engraved and carved 22 letters out of *tohu*...” – “Breath” alludes to speech and the statements of creation. He created *tohu* out of nothing. Then the chaotic *tohu*, which has no information (that is what chaos means – no information) was formulated to have information as the 22 letters of the Hebrew alphabet were introduced within it. This information transformed *tohu* to acquire substance and it became *bohu*. Based on this, and other allusions, the translator Rabbi Aryeh Kaplan concludes that for *tohu*, “this implies the liquid state, of which the prototype is water.”

Torah and science:

The comparison is simple and obvious. The *qgp* has virtually no mass when compared to the transition result consisting of the matter that we are familiar with, that is, neutrons and protons. Given the high temperature leading to constant chaotic interaction between different parts of this substance we would expect it to behave like a gas. But to our surprise, the behavior is like a liquid. Then this “low-mass” liquid transformed into ordinary matter that has substantial mass and is no longer a liquid.

This is virtually identical to the description of *tohu* and *bohu*. One has no substance and is liquid-like while the other does have substance and is the *eretz*, the ordinary matter of this universe which is not a liq-

uid.

I ask the reader the same question that I asked previously: how did the Ramban know all this?

* (The Kelvin temperature scale uses the same degrees as Celcius, but zero Kelvin is minus 273 Celcius. That’s called absolute zero, the coldest the universe can get.)

The transition between free quarks and ordinary matter takes place at between two trillion (2×10^{12}) and 10 trillion (10^{13}) degrees. Hence, we have ordinary matter, such as neutrons and protons, at a temperature below 10^{12} degrees; we have the *qgp* above 10^{13} degrees and a mixture in transition between these two states in between.

** Measurements of this effect involving what are known as “strange” quarks is reported in the 26 January, 2007 issue of Physical Review Letters. Note that “strange” does not have the usual meaning of this word. It is simply a designation of a certain type of quark of which there are 6 “flavors”: Up, Down, Strange, Charmed, Top, Bottom. Each “flavor” of quark can exist in one of three “colors,” designated: red, blue and green. Stable matter, such as the neutron or proton, is “colorless,” consisting of three tightly bound quarks, each of a different “color.”

*** Recent research reports announce a likelihood of 2 Mev for the Up and 4.8 Mev for the Down quark. This would yield a contribution of less than 1% from the quarks to the mass of the proton. These very low mass values are known as the *current quark mass* – that is the mass of the quark by itself. The primary contribution to the mass of the neutron or proton is from the gluon particle “field” surrounding the quark. This is known as the *constituent quark mass*. So while the gluon on its own has zero mass, most of the mass of the neutron or proton comes from the gluon particle “field” – the quantum chromo dynamics binding energy - that holds the three color designated quarks together. Chroma is Greek for color.

With our members

Mazel Tov To:

Ruth & David Hyman on their 30th wedding anniversary

Rochelle & Levis Kochin on the engagement of their daughter, **Beth**, to **Alex Rattner**

Ben & Ruthie Aaronson on the birth of a son and to the grandparents, **Barry & Susan Aaronson** and **David & Kaden Oppenheimer**

Jessica Hoffman who NCSY is honoring with membership into its Ben Zakkai Honor Society at a reception in NYC on Jan. 30!

Eli & Eva Genauer on the birth of a granddaughter born to **Rami & Rebekah Genauer** of Washington, DC and to the great-grandmother **Ruth Genauer** and to the entire extended family.

Debbie and David Grashin on the marriage of their son, **Zach**, to **Ella**.

Simcha Jacobson on his marriage to **Julie Swarz** and to the **Levin and Sherr families** on the marriage of their cousin/niece, **Julie Swarz** to **Simcha Jaacobson**.

Welcome New Members

Adam & Shirley Savel

March Anniversaries

03/04 Max & Jean Willner	03/01 Dan Schneeweiss
03/04 William Dershowitz & Susan Hankin	03/02 Rena Greene
03/04 Chaim & Maia Goldgrab	03/02 Alexandra Zelle Rettman
03/11 Eliezer & Judith Portnoy	03/03 Zachary David Berg
03/14 Sidney & Kathleen Brockman	03/03 Jed Davis
03/15 Arnold & Debra Pollak	03/03 Ezra Olai Eidenbom
03/24 David & Elizabeth Ross	03/03 Israel Kochin
03/25 Rabbi Raphael & Dr. Shira Katsman	03/03 Shoshanah Landau (Damm)
03/29 Connie Kanter & Charles Broches	03/04 Raizy David
03/30 Isaac Varon & Susan Marks	03/04 Jacob Shriki
	03/04 Andrea Willner
	03/05 Mayer Etkin
	03/05 David Feuer
	03/05 Gabriel Prizont
	03/05 Gilad Rubin
	03/07 Marilyn Leibert
	03/07 David Mirsky
	03/07 Anne Ziegman
	03/07 Manuel Zimberoff
	03/07 Noah Zimberoff
	03/08 Avital Altose
	03/08 Adina Genauer

March Birthdays

03/01 Esther Hall
03/01 Edwin Mirsky
03/01 Benjamin Post

Condolences

BCM^H expresses its condolences to the families and friends of the following members of our community:

Ari Hoffman and family on the loss of their beloved grandmother, great-grandmother, Yudas Zalkind.

BCM^H also extends its condolences to the families and friends of the following deceased whose funerals were arranged by the Seattle Jewish Chapel: Seymour Feinstein, Albert Franco, Alan Funis, Sofiya Garkavi, Samuel Katz (AKA Sally), Alvin Ross, Dore Svei, Yelena Tyomkina and Yevgeniya Viner.

03/08 Yehuda Golden	03/22 Danielle Kogut
03/08 Raquel Phillips	03/22 Yonah Levin
03/09 Marilyn Bridge	03/22 Solomon Levy
03/09 Benjamin Pariser	03/22 Chaya Siegelbaum
03/09 Edward Rosen	03/23 Efram Geller
03/10 Dayna Klitzner	03/23 Tzvi Ginsberg
03/11 Esther Hyman	03/23 Isabel Gottlieb
03/12 Jeremy Katz	03/23 Shlomo Zalman Pinkus
03/13 Rose Jassen	03/23 Irene Steinberg
03/13 Nelli Oganyan	03/23 Irving Wolf
03/14 Goldie Feinberg	03/24 Joe Ahroni
03/14 Arthur Levin	03/24 Jeffrey Jassen
03/14 Chaim Schreiner	03/24 Rosalie Lorber Revesz
03/15 Pnina Mirsky	03/24 Aaron Strassman
03/15 Louis Willner	03/24 David Uslan
03/16 Suzannah Ariella Steinberg	03/25 Asya Illson
03/16 Chaim Tatel	03/25 Betzalel Katsman
03/17 Ezra Marbach	03/25 Scott Mail
03/17 Adina Peromsik	03/25 Jocelyn Raish-Toren
03/17 Naomi Rose Steinberg	03/25 Aytan Reiss Sternberg
03/17 Jonathan Toren	03/25 Aidel Sara Wren
03/18 Reid Alberstone	03/27 Max Katz
03/18 Sarah Gundle	03/28 Elisheva Allen
03/19 Joyce Bloch Phillips	03/28 Yosef Chaim Pinkus
03/19 Michael Samter	03/29 Lynn Feinberg
03/20 Malca Miriam Ginsberg	03/29 Yoni Hirsch
03/20 Lori Wegodsky	03/29 Stuart Kaufman
03/21 Shellie Black	03/29 Asya Oganyan Nelson
03/21 Sarah Bush	03/29 Jeremy Toren
03/21 Mordechai David	03/30 Rami Genauer
03/21 Daniel Strassman	03/31 Benjamin Leibert
03/21 Yishai Swigard	

Thank you to our many donors

Kiddush/Shalosh Seudos/Teen Minyan Sponsors

January 15, Co-sponsored Kiddush

Dan & Francine Birk in honor of Keira's birthday
Chuck Broches in honor of Simon & Connie's birthday
Kathy Brockman in honor of Sidney's birthday
Etzion & Marlene Genauer in honor of their anniversary
Ahava & Gary Goldwater in honor of Gary's birthday and in honor of Gavi & Ben's engagement
Roger & Renee Hirsch in honor of their 38th wedding anniversary, in honor of Natalie & Yoni acquiring the keys to their new home, in honor of the visit of Karen, Gabe and Meira and Meira's 1st birthday and in honor of Renate, just because
David & Ruth Hyman in honor of their 30th wedding anniversary
Yona & Ariella Margolese in honor of their 10th wedding anniversary and wishing a speedy recovery to Esther Nechama Bas Sarah Leah
Larry Russak in honor of Shelly's birthday
Rabbi Mark & Heather Spiro in honor of Gabriela's birthday
Rabbi Robert & Jocelyn Toren in honor of the engagement of their son, Ben to Gavi Blaszk
Tama & Allen Wolf in honor of the yahrtzeit of Tama's mother, Sylvia Bass

January 29

BCMh, BCMH Board of Directors and Simcha Jacobson

Aliyos

Gabriel Deutsch
Avrohom Finkel
David Finkelstein
Melech Genauer
Richard Gillmore
David Greene
Rabbi Ron-Ami Meyers
Lee Michelson
Rabbi Yehoshua Pinkus
Harry Rubin
Danny Strassman
Louis Treiger

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Maia & Chaim Goldgrab
Charles & Rose Jassen
Bob & Michelle Kaufman
Marlene Kravette in memory of her mother, Evelyn Krovetz
Yossi & Lori Landes
Allan Lawson
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David & Ilene Siscovick
Carol & Jerry Strassman
Chasya Sarah Walsh
Herbert & Sally Weisberg
Josh Willner
Shmuel & Sonia Willner
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Isador & Amy Schreiber Memorial Fund

Bert & Rita Schreiber
William & Miriam Schreiber

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Elaine & Marshall Hartholz-To Yocheved Rubin-In memory of your beloved mother, Rebbetzin Paula Rivkin
Temple Beth Am-To Rabbi Moshe Kletenik-In your honor
Chaim & Leah Tatel-To Elena Albershtein-In memory of your beloved father
Irwin & Betty Lou Treiger-To Morris Steinberg-In honor of your 90th birthday

Yahrtzeit

Mark & Ruth Balter in memory of their aunt, Sada Fink McGinnis
Moisey Bekker in memory of his father, Burakh Bekker
Boguch and Tonkon families in memory of their aunt, Anne Baronsky
Janet Boguch in memory of her grandmother, Sлата Boguch
Herbert Bridge in memory of his beloved father, Alex
Sarah Bush in memory of her beloved husband, Harry Bush
Ronald Cohen in memory of his parents, Dr. Hyman & Annette Axelrad Cohen
Esther Damm in memory of her mother, Frieda Siegel
Mark Elyn in memory of his father, Isadore Elyn and uncle, Samuel Elyn
Peter Freeman in memory of his mother, Bernice Freeman & grandfather, Peter Freeman
Charlene Friedman in memory of her mother, Florence Fruma Kerns
Charlene Friedman in memory of her uncle, Harry Goldberg
Perry Frumkin in memory of his father, Isidor Frumkin
Arkaidy Gertsen in memory of his aunt, Mifa Stolyar
Diane Gorlick in memory of her father, Harry Pearl
Beverly Grashin in memory of her mother, Esther Rabinovich
David & Debbie Grashin in memory of David's beloved father, Myer Grashin
Frank Herman in memory of his mother, Jane Herman
Alma Hilf in memory of her beloved husband, Monek Hilf
Rose Jassen in memory of her beloved father, Hyman Horowitz
Janice Kaplan-Klein in memory of her beloved parents, Frieda Miriam and Theodore (Ted) Kaplan
Bernard Kastriner in memory of his beloved father, Jack Kastriner
Stuart Kaufman in memory of his beloved father, Paul Marvin Kaufman
Dr. Marcus Kraff in memory of his mother, Clara Kraff
Ron & Joan Lawson in memory of their mother, Lillian Lawson
Danuta Leo in memory of her mother, Eva Slomnicki

(Continued on page 19)

Rabbi Kletenik on unity

(Continued from page 10)

does not see things as they do must lack intelligence.

Finally they must learn to seek peace and avoid contentiousness. Rav Chayim Shmulevitz adds that our Sages explain the end of the verse as meaning that each person was concerned that their colleague would have an appropriate spot from which to view the extraordinary event of "Mattan Torah."

To be part of a community en-

tails responsibility. One must be able to look beyond oneself and have sensitivity to the needs and concerns of others. One must not only consider what it is that "I" want, but rather, what do others seek and what actions benefit the community as a whole.

Yerushalmi Peah relates this story. "R. Chama bar Chanina and R. Hoshaya were walking in the shul in Lod. R. Chama bar Chanina said to R. Hoshaya: 'How much

money have my ancestors invested here!' He responded: 'How much of their souls have your ancestors invested here.'"

AS BCMH marks one hundred twenty years of serving this community I ask you to pause and reflect. How much have people invested in building this shul over the years! Beyond that "how much soul" is here. How much spirituality and inspiration can one draw from a shul. Also, please consider what are your hopes and aspirations for the shul's future.

Building unity is a challenging and difficult process. If we commit to start the process and take personal responsibility to determine what role we can each play to build unity we will have achieved much. We will strive to be people of whom it can be said, "the Holy One Blessed Be He said the entire Torah is peace, to whom will I give it? To a nation that loves peace- all her paths are peace."

Program Director's report

(Continued from page 4)

Shayne. There are many dedication opportunities too.

Purim comes two weeks after the dinner, and there is a whole new plan cooking. This year, BCMH will host a **Purim Seudah** on our home turf on Sunday, March 20th! This event is open to everyone. Admission costs have not yet been decided but the food and the fun will be plenti-

ful! More info will be coming at ya soon!

Mazel Tov to **Jessica Hoffman** on her induction into the NCSY Ben Zakkai National Honor Society for her many years of hard work and devotion to our Seattle chapter and for being "One of the Five Jewish Women to Watch" in Seattle according to the JTNNews!

See ya in shul!

-Julie Greene

-Moshe Kletenik

Thank you to our many donors

(Continued from page 18)

Boris Makovoz in memory of his beloved wife, Alla Makovoz & father, Shlomo David Makovoz in memory of his mother, Alla Makovoz
Geraldine Marchand in memory of his mother, Rose Kossen
Lee Michelson in memory of his beloved mother, Caroline Michelson
Paul Pariser in memory of his beloved daughter, Stacy Lynne Pariser
Helene Pruzan in memory of her mother, Tamar Pruzan
Liz Rosen in memory of her beloved father, Harry Bush
Sharon Rose in memory of her grandfather, Louis Goodman
Sharon Rose in memory of her grand-

father, Samuel Rose
Adele Rosenperl in memory of her father, David Rosenpert
Allen Russak in memory of his beloved father, Sidney Russak
Sylvia Saperstein in memory of her beloved father, Ralph Kettleman
Esther Schor in memory of her mother, Helen Sturman
Amy Sidell in memory of her father-in-law, Max Sidell
George & Sylvia Siegel in memory of their friend, Ida Kartusky
Joel & Robin Staadecker in memory of their father, Abe Sherman
Stanley Sulman in memory of his father, Nathan Sulman
Joyce Sundin in memory of her grand-

father, Jacob Katz
Bernard & Frieda Tonkon in memory of their beloved father, father-in-law, Jack Tonkon
Tonkon & Boguch families in memory of their beloved mother, Slata Boguch
Bayla Treiger in memory of her beloved mother, Henrietta Friedman
Miriam Wald in memory of her beloved sister-in-law, Sala Barber
Shmuel Willner in memory of his beloved father, Richard Willner
Efram Wolff in memory of his mother, Dorothy Wolff
Ludmila Zhovtis in memory of her husband, Iosif Zhovtis

Bikur Cholim-Machzikay Hadath Services

Shabbos Times							Early Morning Tallis and Tefillin
Date	Parasha	Candle Lighting	Friday Mincha*	Latest Shema	Shabbos Mincha**	Shabbos Ends***	
Feb 4-5; Shevat 30-Adar I 1	Terumah	4:57	5:05	9:57	4:55	6:02	The late sunrise affects the earliest time to make a beracha on tallis and tefillin. Note the arrival of Daylight Time in mid-March. Rav Moshe Feinstein rules that tallis and tefillin may be put on earlier (tallis any time, tefillin 72 minutes, or – when absolutely necessary – 90 minutes before sunrise), but a beracha may be made no earlier than 35-40 minutes before sunrise. This time can shift daily, but for quick reference we provide a weekly listing, based on 35 minutes. Jan 31 – 7:02 Feb 21 – 6:30 Feb 7 – 6:52 Mar 14 – 6:49 Feb 14 – 6:42 Mar 21 – 6:35
Feb 11-12; Adar I 7-8	Tezaveh	5:08	5:15	9:52	5:10	6:13	
Feb 18-19; Adar I 14-15	Ki Sisa	5:19	5:25	9:46	5:20	6:24	
Feb 25-26; Adar I 21-22	Vayakhel	5:30	5:35	9:39	5:30	6:34	
Mar 4 -5; Adar I 28-29	Pikudei - Shekalim	5:40	5: 45	9:32	5:40	6:45	
Mar 11-12; Adar II 6-7	Vayikra	5:51	5:55	9:24	5:50	6:55	

*Nusach Sefard five minutes earlier.
 **Or as announced for special events.
 ***Ma'ariv five minutes earlier.

Days of Note:

Rosh Chodesh Adar IFri.-Sat., Feb. 4-5
 Purim Katan.....Feb. 18
 Shushan Purim Katan.....Feb. 19
 Parshas Shekalim.....March 5
 Rosh Chodesh Adar II Sun.-Mon., March 6-7
 Daylight Time begins Sun., March 13
 Fast of EstherThu., March 17
 Parshas Zachor March 19
 PurimSat. night, March 19 - Sun., March 20
 Shushan PurimMon., March 21
 Parshas Parah.....March 26

Shabbos Hashkoma Minyan,
 7:45 a.m. in the Beis Medrash:
 • Feb. To Be Announced
 • March 19
 • April 9

BCMH Phone Menu

206-721-0970
 Available staff, general voice mail ..0
 Voice Mail:
 Rabbi Kletenik..... 1
 Dee Wilson.....3
 Programming (Julie Greene)4,1
 Youth Programs4,2
 Fundraising4,3
 Bookkeeping (Roland)5
 Capitol Hill Minyan6
 Mikvah Appointments7,1
 Eruv Hotline & Shabbos Times.....7,2
 Daily Services & Classes.....7,3

Tribune Deadline: Feb. 4

Capitol Hill Minyan

- Evening and morning every Shabbos and Yom Tov
- Friday/Erev Yom Tov and Shabbos/Yom Tov afternoon times as listed above
- Shabbos/Yom Tov Shacharis, 9 a.m.
- Services at 1501 17th Avenue, Seattle – Council House, lower level, rear entrance

Weekday Mincha

Jan 30 – Feb 3 4:55
 Feb 6 – Feb 10 5:05
 Feb 13 – Feb 17 5:20
 Feb 20 – Feb 24 5:30
 Feb 27 – Mar 3 5:40
 Mar 6 – Mar 10 5:50
 Mar 13 – Mar 16 7:00

Morning Services

Sun., Holidays7:30, 9:00
 Mon., Thu.....6:40, 7:40
 Tue., Wed., Fri.6:50, 7:45
 Rosh Chodesh, Fast days.....6:30, 7:45
 Shabbos, Morgan St. 8:30
 Shabbos, Nusach Sefard Minyan** 9:00
 Shabbos, Capitol Hill Minyan 9:00
 Shabbos, Teen Minyan 9:15
 **or as announced

Bikur Cholim-Machzikay Hadath Congregation
5145 South Morgan Street
Seattle, Washington 98118-2999