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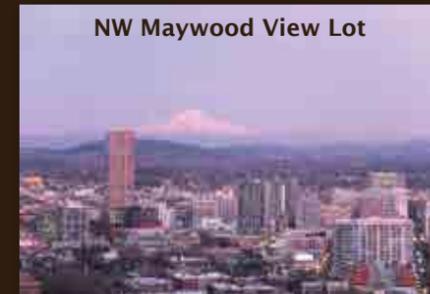
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COVER PHOTO: Ethan Zohn and his girlfriend, Lisa Heywood, greet the sunrise on top of Masada.

INSET: Wedding Photo Contest Winners Wendy Berton Handwerger and Mark Handwerger won a spot on the cover of this month's Oregon Jewish Life and an overnight stay at the Hotel deLuxe in downtown Portland. The couple married Jan. 10, 1993 in Hoboken, NJ, at their favorite restaurant Frankie & Johnies on the Waterfront. "We invited only our closest friends and relatives and still feel that those connections are most important," says Wendy. The couple joined Congregation Beth Israel when they moved to Portland 10 years ago "to pursue a more copasetic life in Oregon with our daughter Sam." The couple enjoy helping those who need it most like Christiccare/Youth Village.

CORRECTION: A caption in January issue of Oregon Jewish life misspelled the name of one of the artists participating in the A Taste of Art at the Mittleman Jewish Community Center. Blacksmith artist Nitzan Lillie displayed his work at the show sponsored by ORA Northwest Jewish Artists, the MJCC and the Jewish Federation of Greater Portland.

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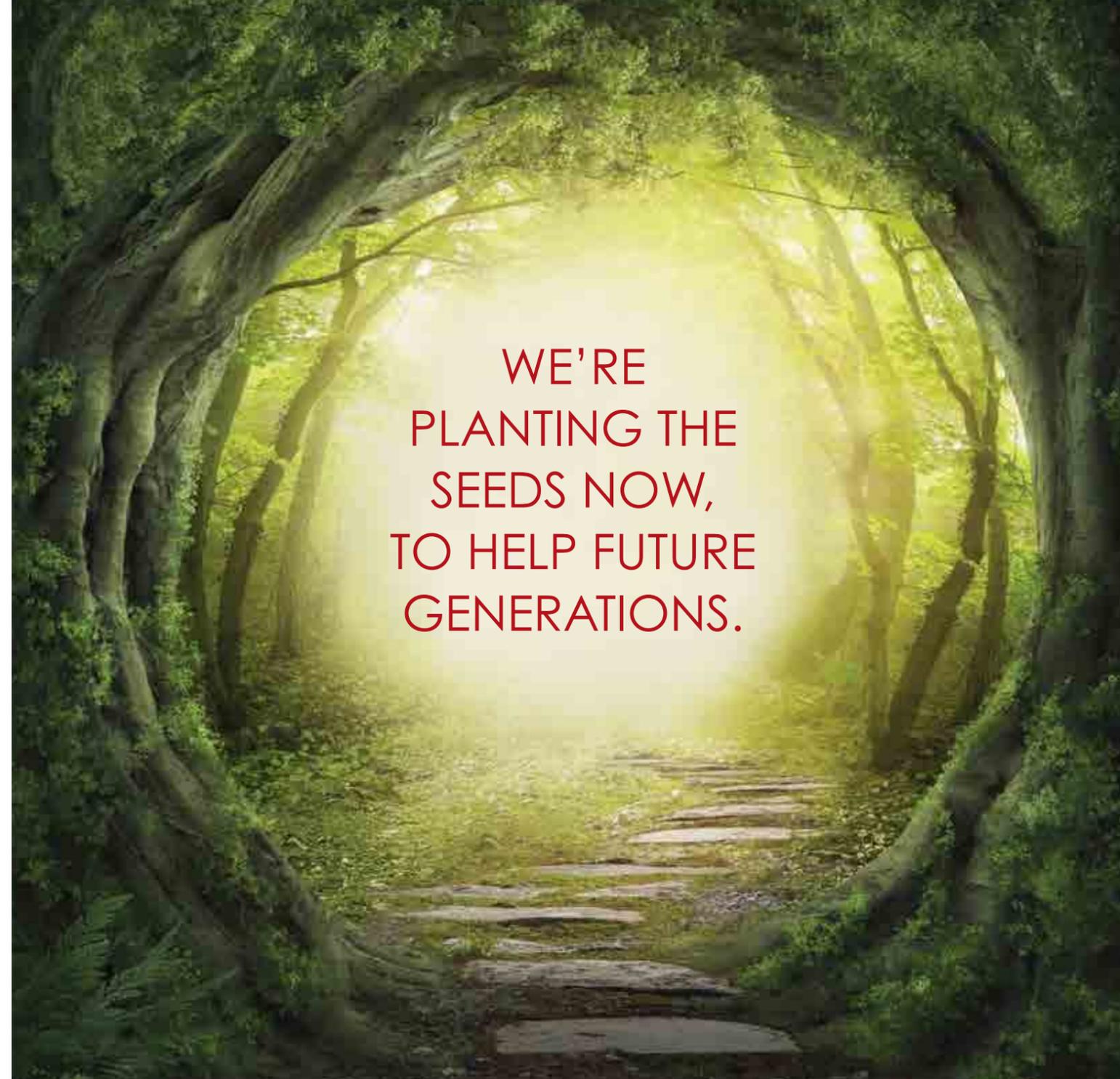
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GENERAL DENTIST



Editor's Letter

Spring is a season of new beginnings, and this year seems to be starting anew earlier than usual. Of course Tu B'Shevat, the New Year of the Trees, is always about this time of year. But that marks the start of a new season of budding trees in the much more moderate climates of the Mediterranean. In Portland, we are normally still winter gray. But this year January rains have flowers and trees budding early. In mid-

January my camellias were already flowering and my magnolia tree looks ready to flower any minute.

But there is more budding than trees – love is in the air.

My old high school friend Leora emailed me this week to announce her engagement. It was a spectacularly romantic proposal. Having summited Oregon's iconic Mt. Hood on a cold January day, Jay dropped to one knee and proposed from what seemed the top of the world.

Now they just have to figure out all the logistical aspects of getting married. Fortunately, I have plenty of resources I can share with them – all I have to do is hand Leora a copy of this month's Oregon Jewish Life and tell her to check out our special section on Weddings. It's full of ideas, vendors and venues to ensure the wedding is as romantic as the proposal.

Our cover story this month about Ethan Zohn has a little

bit of a love story as well. While the piece is focused on Ethan and all the things he has survived and how he helps others survive, it has a happy ending. Be sure to read to the very end.

Overcoming challenges is also the focus of our story about Peter Wigmore in our Senior section. Through hard work, surgeries and education, he's overcome many of the limitations of being born with cerebral palsy to live a full life. The retired special education teacher now enjoys traveling the world with his wife Randy.

This month we are also introducing our new JLiving section. The section will feature stories about how communities face the future and special programs coming up from our Jewish agencies and congregations. Our FACES pages, which feature the photos from those events, are wrapped into this section, as is our calendar.

We are also trying out a Jewish-themed crossword puzzle in this new living section. Please let me know if you enjoy it and what you think of the difficulty level. Creator David Benkof offers four levels each month; I chose to start with the "manageable" puzzle, but he has puzzles ranging from easy to very hard. According to the Jerusalem Post, which has carried the puzzle for six years, Benkof has "perfected the art over two decades, infusing his crosswords with his knowledge of Jewish history and whimsical personality." The Post crossword is now syndicated to more than 30 Jewish publications worldwide.

All in all, plenty of things seem to be getting off to a good start this month.

Letters from readers

Dear Editor,

I hardly thought your notes could produce such a fine piece ("Sandra Stone Living and Writing Poetry" – January Oregon Jewish Life). A small score of notes came pouring in. I'm so very pleased there's not a single inaccuracy – the piece is beautifully written. I was amazed at how well the photographs turned out.

Had I known I'd fall into category for Seniors, how I'd have loved to add how deeply I believe in creativity as the key to longevity.

I received many email from readers of your excellent piece. It was genuinely a thrill. So very many thanks.

How grateful I'd be if you posted this small squib in the next issue: "Oregon Literary Arts has announced that Sandra Stone is one of five nominees in Drama. She states this may be a first: Winner in Poetry; Finalist in Creative Non-Fiction; Finalist in Drama (winner to be announced April 13 at Oregon Book Awards at The Armory.)"

Sandra Stone
Portland, sandra.stone.writing@gmail.com

Dear Editor,

Enjoyed the November article re Leonard's. I have one comment – since the Concordia Club was founded 1878 by German Jews as a "gentleman's club" when indeed other elite social clubs did not accept Jewish members, I do not believe they were rejecting Jewish members in the 1930s and 1940s. Possibly may have been restrictive re income. Most recent documentation I have is from 1919, so I have no solid evidence at this point other than the club history.

Eliezer Froehlich
(Editor's Note: The article should have said the Arlington Club, not the Concordia Club, was a place where Jews were simply not offered membership.)

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SPECIAL SECTION

Weddings



Eliane Stampfer Wiese and Jason Wiese didn't have to worry during their wedding – no one dropped any balls (or chairs). Photo by John Santerre

UPFRONT/WEDDING

Inside

- EVENT PLANNERS
- THE POWER OF LOVE
- OPAL 28
- MARRIAGE IN ISRAEL
- SOUNDBITES
- DIRECTORY

Event planners ARE READY FOR EVERY CONTINGENCY

By Deborah Moon

Most brides wouldn't think to take duct tape to their wedding, but just like MacGyver, good event planners come prepared for every possible hiccup.

So when BLC Events founder Barbara Cohen and Elyse Stoner coordinate an event, they always take a suitcase full of extension cords, duct tape, spare lingerie and a host of other miscellany designed to ensure the event goes off smoothly (at least as far as the guests can see).

"Our goal is for the client to be a guest

at their own party," says Elyse, who joined Barbara's company a year after its launch in 2012. The two had worked together as volunteers on many events.

"In 2008 I had just moved to town and volunteered to help on CBI's 150th anniversary gala, which Barbara was chairing," says Elyse.

"We are both detail oriented and think ahead and consider what problems might come up and how to tackle them before the event," says Barbara.



Barbara Cohen

So when a wedding couple told the two they wanted to bus their guests up the gorge at 5 pm on a Friday, Barbara and Elyse realized the drive that takes 45 minutes on a good day was a recipe for frustration at that time of day. So they made sure the bus was stocked with snack food and beverages.

"The trip took two hours and 45 minutes, so the food and beverages we had made arrangements for were very welcome," says Barbara. "That's an event planner's job – to anticipate road-blocks and avoid catastrophe."

Barbara moved to Portland in 1996 with her husband, Stuart, a Portland native she met in San Francisco. She jumped into volunteer work, co-chairing the Cedar Sinai Park Development Committee. Over the years, she served on the boards of Cedar Sinai Park and the Jewish Federation of Greater Portland. She spent many years planning events as a volunteer for those organizations, Beth Israel and her kids' schools. She also helped federation launch the Women's Philanthropy Committee.

Her son, Will, is 16. Her 13-year-old daughter, Caroline, becomes a bat mitzvah at Beth Israel this month. It was while planning her son's bar mitzvah that she decided to turn pro as an event planner.

"Will's bar mitzvah pushed me over the edge to deciding this was what I was going to do professionally," says Barbara. "I had been doing a lot at federation. I was on the board and ran women's philanthropy for four years. But when I got very involved in planning Will's bar mitzvah, I realized that was where my heart was. ... Do what you love to do and make a living at it. So I pulled out of a lot of my volunteer work and lunched the business. And



Elyse Stoner

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it got big enough (that) I was able to bring Elyse on to help.”

Not wanting to pigeonhole herself into one type of event, she used her initials and named her company BLC Events. The company’s tagline is “The difference is in the details.”

“I’ve always prided myself on that on a volunteer or professional level,” says Barbara.

So she launched her business in January 2012. Many of her clients had attended an event she planned as a volunteer. Soon she was planning events from intimate dinner parties to events for 1,000, so in June 2013 she asked her friend Elyse to join her. Now the two plan weddings, corporate events and parties of all stripes. They can plan the whole event or do “day of event” management.

“After working on a few CBI events and chairing the Marketing Committee as well as volunteering at a few federation events, I joined the federation staff in June 2011,” says Elyse. But she stayed involved at Beth Israel. She and her husband, Ed, have two sons, Mitchell, 13, and Drew, 10, who attend religious school at CBI, where Mitchell became a bar mitzvah last September.

Both women say the skills they honed planning events as volunteers and the Rolodexes full of hotel and vendor contacts have helped them as professional event planners.

Barbara says as a volunteer, she learned the importance of being able to delegate, follow through on tasks and work within a budget.

“When you put on a volunteer event, you don’t usually have a huge budget” says Barbara, adding that that experience came in handy recently. “We did a wedding on a strict budget. We put on our creative hats to implement” what they wanted while staying on budget.

“I love what I do,” says Barbara, with Elyse adding, “And it’s fun to do it with a friend.”



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WEDDING

The Power of Love

Amy Hirshberg Lederman

I watched him care for his wife until she passed away. He was very quiet, not prone to conversation, but always had a shy smile and a comfortable way about him. I didn’t see him much after she died, except when he would head out of his driveway on his 10-speed bike for one of his long Sunday morning rides.

Several years passed and I watched as my neighbor painted his porch, washed his truck and cut the oleander in his yard. It was a solitary life compared to mine, which was filled with the demands and joys of my growing family, work and friends. Then one day I looked out the window and saw him laughing as he hoisted a young boy on his shoulders. Even from a distance, I could see the light in his eyes.

Slowly, the transformation occurred. There were potted geraniums on the porch and wind chimes on a tree outside the kitchen window, where three people sat down to dinner now instead of one. Happy voices volleyed back and forth across the yard, evidence of a family in the making.

Rachel met Ed at his Western store, when she came in to buy a pair of genuine cowgirl boots. She was visiting from New York and, not prone to shyness herself, asked him if he would show her around Tucson. Reluctantly, he agreed.

Who would have imagined that less than a year later, Rachel would pack her bags and leave her New York life, job and friends to create a new home with her 6-year-old son Jason in the Sonoran desert? And who would have thought that my lonely neighbor would blossom into a family man, in just a few short months?

I am not a voyeur, but I have to admit that I have loved watching what has happened at the house across the street. Because I have seen something quite special: the remarkable transformation of a man, a woman and a young boy who have come together as a family through the restorative powers of love.

Amy Hirshberg Lederman is an author, Jewish educator, public speaker and attorney. Her columns have won awards from the American Jewish Press Association for excellence in commentary. Visit her website at amyhirshberglederman.com



Photo by molhophotography.com



1-year-old **Opal 28** has hosted intimate weddings and celebrity events

By Gloria Hammer

To say Margot Feves and her intimate event space Opal 28 had a successful first year would be an understatement. Opal 28 was named Oregon Bride Magazine's Best New Venue 2014 and won the Portland Business Journal honor as a Better Bricks Commercial Real Estate Retail Project 2014.

Margot Talia Feves was named Margot after her Great-Grandmother Mae on her mother's side and Talia after her Great-Grandmother Tilla on her father's side of the family. Raised in Southwest Portland, Margot became a bat mitzvah at Congregation Neveh Shalom and was active in BBYO.

After graduating from the University of San Francisco with majors in business and communications, Margot moved to Chicago and worked in sales and marketing, predominantly in the hospitality and event industry. These skills have transferred into the development of her own private event space in inner Northeast Portland – Opal 28 on 28th Avenue.

Margot returned to her Portland roots five years ago when her niece, Sadie Levenick, was born. Shortly after returning she started a dinner delivery service called Dinner At Your Door (dinneratyourdoor.com) out of a rental kitchen space. In the process of looking for her own commercial kitchen, the concept for Opal 28 evolved. We interviewed Margot recently and learned all about the venture.

What is Opal 28?

Besides being an intimate event space, Opal 28 has a commercial kitchen and hotel-style apartment accommodations. The event space is a destination for small weddings, because we can accommodate 60 people for a ceremony and seated dinner or up to 125 for a cocktail party. Our brides love to use the apartments as a bridal suite and a place for out-of-town guests to stay. It's a unique Portland wedding and event experience without being in a hotel with so many formalities.

How did you come up with the name?

Opal is the October birthstone, and we are located on 28th Avenue. Coincidentally my late Gram Sadie's birthday is on Oct. 28. She would have been 100 this year!

I know she would have loved to have a party for my Grandpa Al Feves in my space. My grandparents loved the old Mallory Hotel, now Hotel deLuxe. Opal 28 has that kind of charm.

What makes an event at Opal 28 unique?

The building was originally built in 1908 and maintains much of the style of that era. High ceilings throughout the second-floor apartments have quickly become an "it" spot for wedding photos. The patio has people commenting "It is so European!" While that was not the actual look I was going for, the bistro lights, private entrance and neighboring apartment buildings peering in make it feel whimsically urban. Additionally, we are flexible. We welcome outside catering and have a full-service bar onsite. Venue rental includes many items like designer plates and a variety of table sizes. Did I mention staff? They are all gems and pour their hearts and souls into each party. Plus for me the whole project has been such a labor of love, and I think that shows in the aesthetics.

You mentioned a commercial kitchen. What happens in there?

A lot! Initially when I found the property, it was all about the kitchen and creating a shared space for my dinner delivery service, Dinner At Your Door, and other Portland-made food products. We have Shurky Jerky, Boozy Jams, Sage and Sea Farms Vinegar, Noble Spices and others that rent the kitchen by the hour or on a monthly lease.

We also use the kitchen for in-house catering, though I do allow outside vendors for our events. We also have a perfect platform to allow really great onsite food service.

Would you share some event experiences?

Luckily every event is a little different, which keeps the day-to-day so exciting! We had a 60th birthday party where we hired food trucks to serve the 140 people on our front sidewalk and a live band in the private back patio. Zest Floral and Event owner Hailey Bernstein and I go back to BBG-event planning together. Now we collaborate on my seasonal décor.

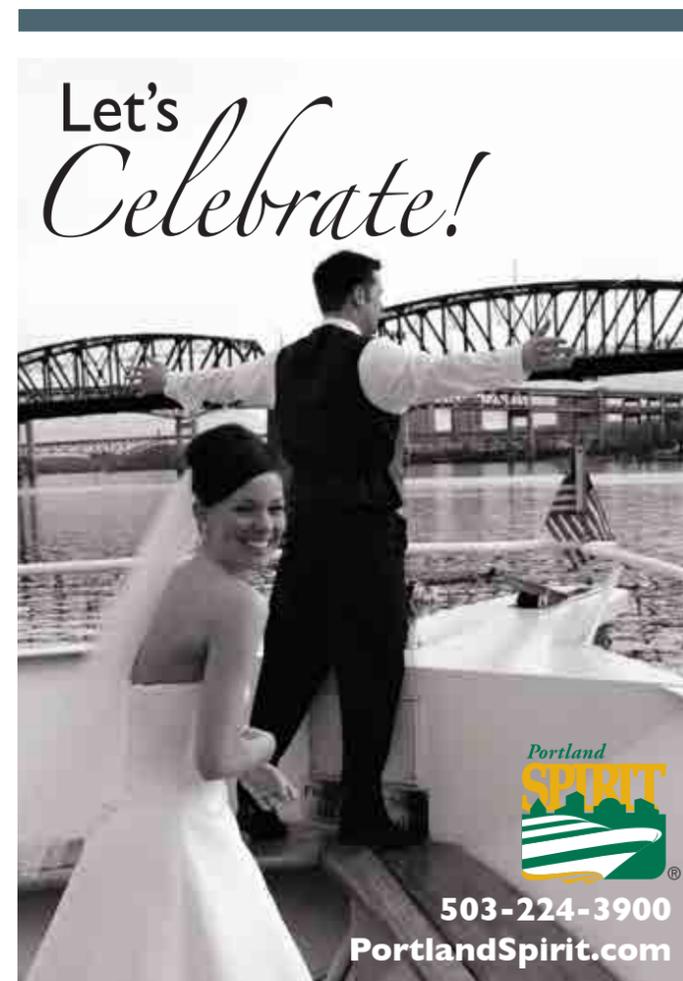
Opal 28 hosted guest chefs during the inauguration of the Malaysia-Portland Sister City dinner. We hosted the Neveh Shalom campaign kickoff party and the Mittleman Jewish Community Center annual managers retreat. While the majority of summer weekends are filled with wedding bells, we host numerous other groups. It is so varied with intimate book clubs, baby showers and all kinds of birthday parties.



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Margot Feves with her father, Mike Feves, at the Portland Business Journal awards for Better Bricks.

next day we have had the patio turn into a think tank for high-level executives.

I love seeing how every bride is a little different with décor.

Opal is 1 year old ... what's next?

This past year has been a huge learning experience about the Portland event industry. With that I have noticed a couple missing venue styles that perhaps in the future I will be able to create! ☺

Gloria Hammer divides her time between Portland and Hood River. Her interviews with interesting people including entrepreneurs, a school principal and former Portland Mayor Vera Katz appear periodically in Oregon Jewish Life. This month's profile features her daughter Margot Feves.

Any other standout events?

Former Portland Trailblazers Jerome Kersey and Terry Porter were onsite for the filming of an ESPN interview. One producer stayed in an upstairs apartment and the event space was turned into a backdrop for the filming.

World Champion Body Builder Val Worrell had her holiday party at Opal 28. There have definitely been a few starstruck moments.

We have hosted elaborate weddings that start with a cocktail hour, move into a religious seated ceremony and follow with a formal dinner and dancing. The

WEDDING

Jumping through marriage hoops in Israel

By Teddy Weinberger

My friend Maury made aliyah a few years ago. Maury is a geriatric physician, father of three and a widower. Shortly after Maury arrived here, he met Carolyn, a widow, whose spouse had also died of cancer, and who was the mother of two boys. Maury and Carolyn's romance blossomed and they decided to get married.

In Israel, any Jew who wishes to marry must do so through the Rabbinate (which is exclusively in Orthodox control). There are two vital issues that concern the Rabbinate before it will agree to open a marriage file for someone: one, is the person Jewish, and two, is the person single (unattached)? With Maury and Carolyn, the first issue had already been proved. But Maury had to have help with the second issue (and Carolyn had to call on her own friends to help her out). Maury needed me (and another male witness) to go to the Rabbinate and testify that he was indeed single and unattached.

The truth of the matter is that I had done this before, so I knew what to expect. A few years earlier, my friend Sharon had asked me to go down to the Rabbinate for her. She had provided me with the address, given me her file number and had told me the hours that the office was open. I went down to the office, sat across from the desk of the rabbi, told him that I had known Sharon since the sixth grade and that she was single, and I signed a statement to this effect.

I was a little puzzled when Maury told me that he would accompany me and the other witness, that we had a specific appointment time and that the address was different than the one I had gone to for Sharon, but I didn't give these differences more than a passing thought. On

the appointed day and hour, I met Maury and his friend Lije (short for Elijah) in front of the appointed building. We went upstairs and were confronted with a long corridor with waiting rooms and a roster of appointments on the doors. Alongside the occasional bachelorhood hearing were many more for separation, divorce, child support, arbitration, inheritance and marital harmony (in Hebrew this term literally means "peaceful home"). We finally found the door with Maury's name listed on it, and after one inheritance case and one divorce case (sometimes accompanied by raised voices inside), "our" case was called. Lije and I were told to wait, while Maury entered alone. After 10 minutes or so, the witnesses were invited in, one at a time. I went first.

To my surprise, I entered an actual courtroom, with two ultra-Orthodox judges sitting behind a raised bench. I was told to approach and was asked how long I had known Maury; I said 23 years. They asked from where, and I told them about our Israel program together at the end of high school and about going to college together. Then the judges got to the heart of the matter. They said that Maury had testified before the court that he was a bachelor. I knew, didn't I, said the judge leading me, the witness, that Maury had been married and that his wife had died. "Yes," I said. "Were you at the funeral or present at all during the shiva period?" "No," I said, explaining that I was in Israel

and that she had died in America. "What was the wife's name?" the judge asked. "Ummm," I said, as I thought to myself: Well, there goes the wedding. Because at that precise moment the name of Maury's wife had completely evaporated from my brain. What a shame, I continued thinking to myself, because Maury and Carolyn could have been very happy together. But just before I threw myself on the mercy of the court, I turned to look at Maury, who heroically continued to

"What was the wife's name?" the judge asked. "Ummm," I said, as I thought to myself:

Well, there goes the wedding.

stare straight ahead at the judges (would we each have received 39 lashes had he tried to signal something to me?). Maury looked so lonely standing there. He had been so happy with Gwen and now it was time for ... Oh my God, that's it! "Gwen," I answered, as calmly as I could. With that the judge asked me to go to the court recorder and sign a transcript of my testimony.

I'm happy to report that Maury and Carolyn are now happily married, and a wonderful little boy named Kerem is testimony to their loving union. ☺

Teddy Weinberger, Ph.D., writes from Givat Ze'ev, a suburb of Jerusalem just over the Green Line. He and his wife, Sarah Jane Ross, made aliyah in 1997 with their five children. Teddy is director of development for Meaningful, a company that works with Israeli non-profit organizations.



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SOUNDBITES *(((If you could relive one moment from your wedding, what would it be?))*



Rabbi Eve Posen
Rabbinic Educator and Youth Director
Congregation Neveh Shalom, Portland
If I could relive one moment from my wedding it would be turning around under the chuppah and looking out at the faces of all of our family and friends. I would soak in the love and blessings they were sending to us at that moment. If only we could have bottled up the sheer bliss, joy and nachas in that room.



Darren Dall
Congregation Kesser Israel, Portland
I would relive the moment I broke the glass under the chuppah. As I stomped down I felt the energy of the future with my wife and its limitless possibilities.



Cantor Ida Rae Cahana
Senior Cantor
Congregation Beth Israel, Portland
As students at Hebrew Union College-Jewish Institute of Religion, we were so focused on studies that wedding planning was not top on our to-do list.

The most important pieces were all there: a lovely temple and three rabbis including Michael's father, Moshe z"l, and brother, Ronnie, close friends and siblings and cousins, beloved parents including my father, Donald, who passed away a few months later. Everything was beautiful, but the wedding cake had been forgotten. So, a few hours before the ceremony, I picked one up at the ubiquitous grocery store chain, Giant Eagle. No cake since has tasted as sweet!

Alysa Rose

Congregation Shir Tikvah, Portland
We were married outside, under a chuppah, on a cliff overlooking the water. It was beautiful. I would want to relive the moment just before we said our vows and soak it all up – the natural beauty, our family, our friends and us.



Nina Korican
Executive Director
Temple Beth Israel, Eugene

When I walked into the intimate, cozy space from the cold December day and heard the rabbi, family and friends singing and looked up to see my soon-to-be husband standing in the warm glow waiting for me to come join him to go under the chuppah together.

David Kohnstamm

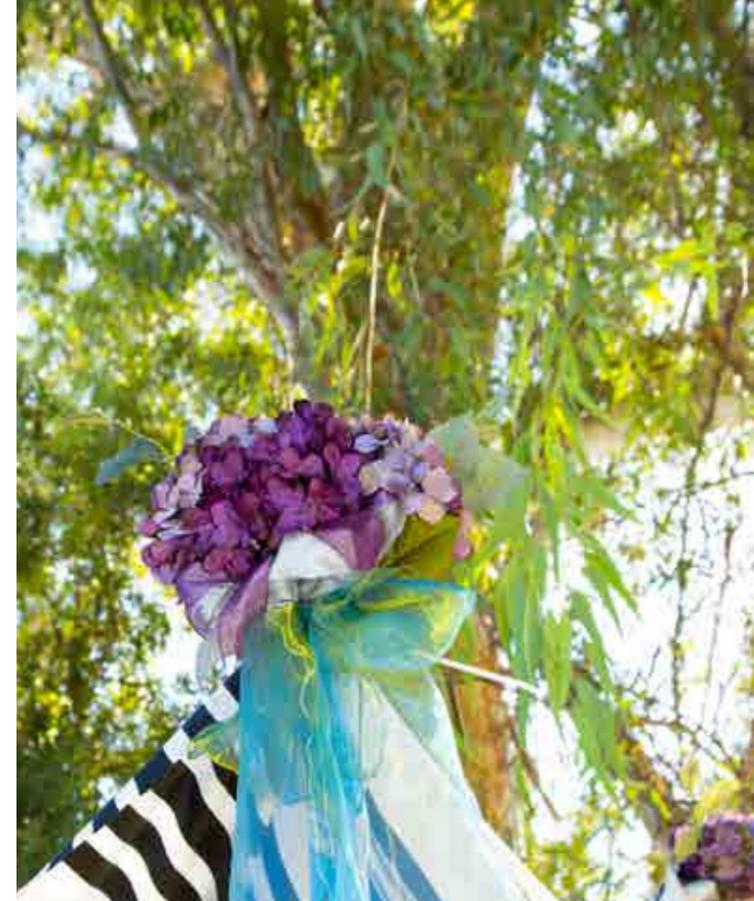
Administrator
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If I could relive one moment of my wedding, I would be by my grandmother's side right before she tripped and fell under the salmon table. I could have prevented her fall and subsequent hip fracture. As you can imagine, my wedding was not the same after that.

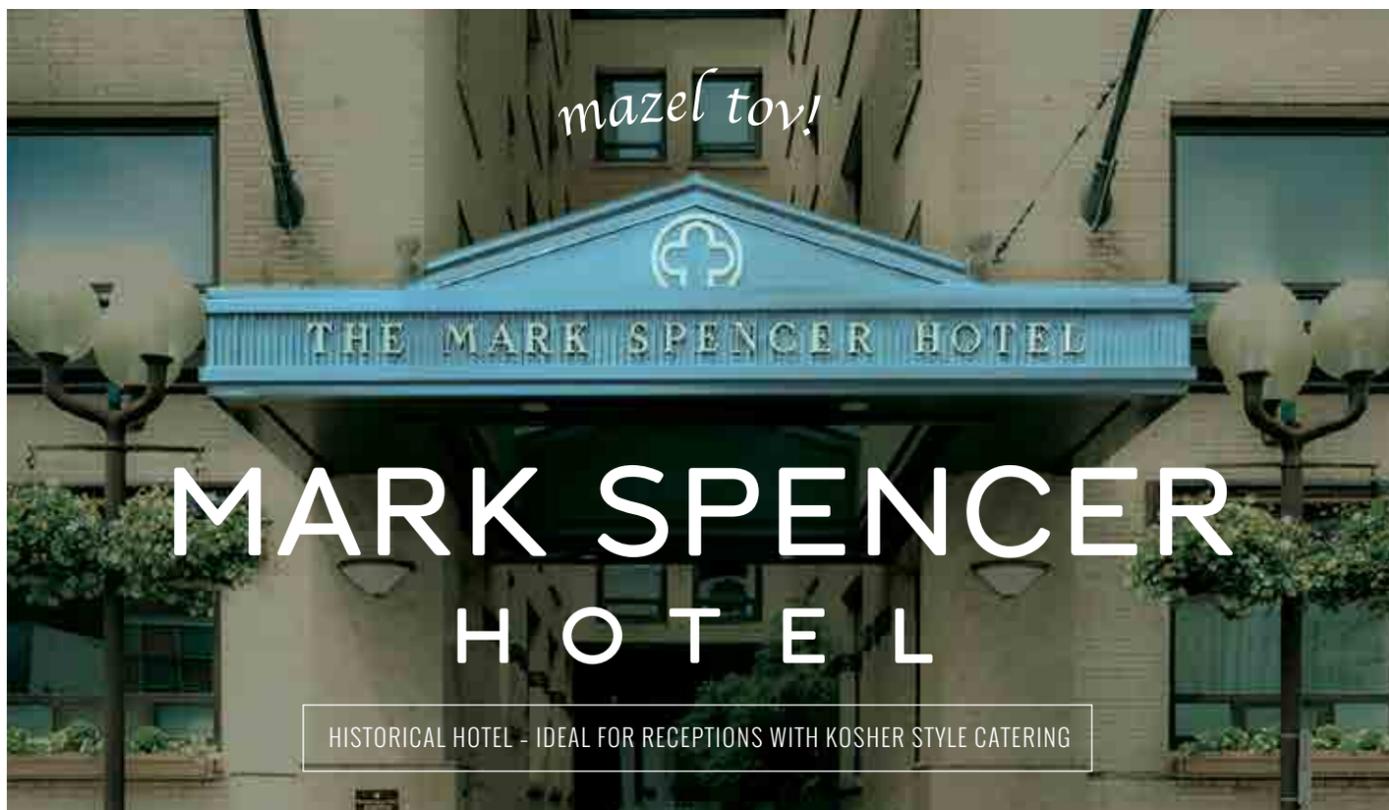


Leah Avital Cohen
Peace Garden Preschool at Havurah Shir Hadash, Ashland

The most emotional moment was when my beloved husband-to-be lifted my veil before our chuppah. My love for him and the beauty and depth of our tradition brought me to tears.



Wedding chuppah: natural settings are very much in vogue. Photo by molhophotography.com



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Jewish wedding for couples who missed out



left: Jane Rosevelt and Joni Cady are married by Rabbi Daniel Isaak 25 years after having a commitment ceremony.

A few months ago, Neveh Shalom Rabbi Daniel Isaak announced plans for a May 17 collective wedding ceremony, noting that many Jewish married couples were married in civil ceremonies here or in the former Soviet Union. In announcing plans for the ceremony, he wrote, "In some cases one of the couple converted to Judaism since the original wedding. Some may be same sex couples who were denied a Jewish ceremony."

"Marriage is the consummate event in Jewish life," says Rabbi Isaak. "Judaism anticipates that we will live our adult lives in partnership. Marriage, more so than any other life-cycle event, creates the link in the chain of Jewish tradition and continuity. The ceremony celebrates our commitment to fidelity from the time of Adam and Eve, blessing the celebrants with joy and gladness, pleasure, song, delight, laughter, love and harmony, peace and companionship."

While six couples are enthusiastically planning to participate in this "group ceremony," one couple decided not to wait.

After 36 years together, Jane Rosevelt and Joni Cady were legally wed on Jan. 4 in a ceremony officiated by Rabbi Isaak in their Lake Oswego home. Jane and Joni say they originally thought of participating in the collective wedding ceremony, but decided they didn't want to wait until May. Their wedding cake read "It's about time!"

"The first time we had a commitment ceremony, it was a bigger production and I was so nervous," says Jane. "This time around, I was determined to be happy and relaxed, and it was just wonderful. This was perfect, and it was legal, and it feels really good. ... I'm very proud to say 'This is my wife, we're married, we're legitimate and equal to everyone else.'"

The couple had had a commitment ceremony in Los Angeles 25 years ago, but say this felt different. Standing under the chuppah, Rabbi Isaak read the ketubah from their commitment ceremony, and Jane and Joni shared newly written vows to each other.

In May six more couples will enjoy those rituals.

Rabbi Isaak says this will be the first time Neveh Shalom has offered this opportunity "for those who never had a traditional Jewish wedding to do so, complete with ketubah, betrothal and marriage blessings, rings and smashing of a glass.

"In four of the six couples, one or both partners converted to Judaism after marriage," he explains. "Two of the couples celebrated Jewish weddings, but are using this opportunity to renew their commitment to each other, one in celebration of their 50th anniversary." 

Wedding fashions are getting more personal

By Kira Brown

For brides, grooms and the wedding party alike, stylish trends are in season this spring 2015. Of course, the bride and her dress is always front and center of wedding fashions, but this year more than ever, men's trends are increasingly more versatile and important for the overall wedding celebration.

This year, bohemian, light, more organic is the feeling from the runways of bridal shows. Feathers, flowing skirts, beaded headwear and long, sheer and lightweight sleeves are fashionably chic and wedding-ready. Men are skipping the formality of the tux for a stylish and reusable suit in navy or charcoal grey. And no longer are bridesmaids sporting the same hot pink frock, but rather personality and body-type fitting dresses that don't necessarily match each other, but rather are chosen for utility and their ability to be worn again.

The Pantone color of the year is Marsala, which is a soft maroon. It generally takes about a year for the color to make the rounds from the East and West Coasts inland to Arizona. You'll see lots of warm, soft tones, pastels and neutrals and even flowery dresses.

In short, this year, is brides and weddings are more personal, less formal, and more about the celebration of the couple and the commitment.



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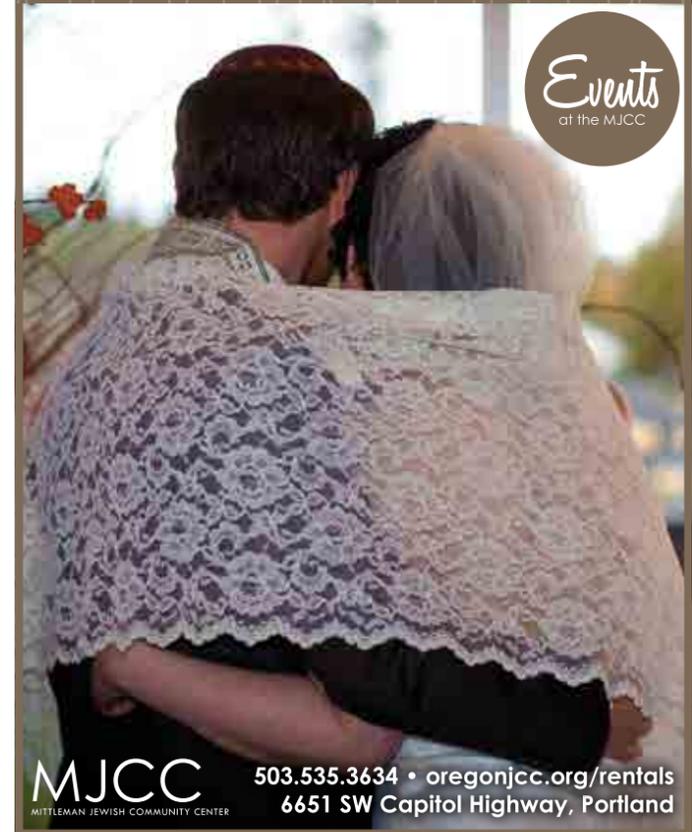
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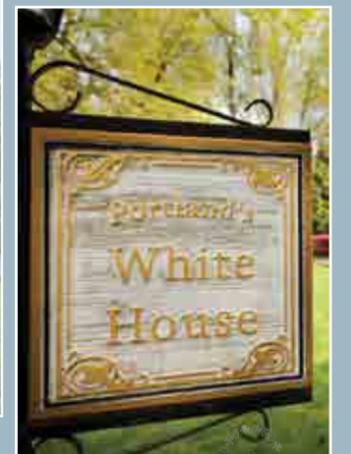


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Abe Foxman, who recently announced his retirement from his post as longtime national director of the Anti-Defamation League, with Arizona Jewish Life Contributing Editor Leni Reiss at the White House Hanukkah Reception.

ights, ATKES AND lamb chops at the White House

Leni Reiss, connects with Gwyneth Paltrow at the White House. Reiss knew Paltrow's father, the late Bruce Paltrow, growing up in Great Neck, NY.

By Leni Reiss

I lost count of the lavishly lit Christmas trees and the abundant decorations in green, red and gold. But for those of us honored to be invited to a Wednesday evening, Dec. 17, holiday reception at the White House, it was Hanukkah heaven.

I was in great company. Some 500 of us, Jewish religious and lay leaders, politicians, performers, Naval Academy midshipmen, members of the armed forces, journalists and activists, had received a coveted invitation (“The President and Mrs. Obama request the pleasure of your company”) to the annual White House Hanukkah Reception. My connection was Matt Nosanchuk, director for outreach on the National Security Council, whom I had met and befriended at a recent conference.

After a long wait on the security line on a cold, windy evening and going through four separate metal detectors (I overheard someone call it a “security cattle call”), we arrived at the southeast entrance and were welcomed into the hallowed halls by staff members and serenaded by The Shabbatoners, a Jewish a cappella group at the University of Pennsylvania. We checked our coats and were free to meander through at least five warm and welcoming rooms, including the presidential library, to ogle and marvel at the impeccable décor. There were overstuffed couches, bouquets of fresh flowers on the tables and historic presidential portraits on the walls. Once inside the grand foyer, we heard the music of the U.S. Marine Chamber Orchestra performing a tribute to American-Jewish composers. The splendid buffet, under strict rabbinical supervision, featured lamb chops and latkes. Platters were filled – and refilled.

While some people noshed and schmoozed, others began to gather in the adjoining room behind a velvet rope leading to double doors topped by the presidential seal. It was clear that was where the Obamas would make their entrance. Jockeying for position while playing “Jewish Geography” with new friends was great fun. Case in point: Gwyneth Paltrow was standing close by. I tapped her on the shoulder. She turned and when I told her that growing up in Great Neck, NY, I had known her late father, Bruce Paltrow, I was rewarded with a big smile as she touched her hand to her heart.

When the doors opened and President and Mrs. Obama walked through, there was palpable excitement throughout the large room. (Ladies: she looked stunning in sleeveless blue silk.) The president began his remarks by noting it was an especially momentous day “because after five years, Alan Gross is free.” Gross, who is Jewish, had been arrested in Cuba





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June	3.9	2.9	2.8
July	4.6	2.8	2.9
August	3.9	3.1	3.0
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five years ago for helping ordinary Cubans, including members of a small Cuban Jewish community, to access information on the Internet. Gross's sister-in-law was among the attendees.

The Hanukkah, on a stand in front of the Obamas, had been commissioned through the U.S. Embassy in Israel and created from clay, wood and iron by the children of Yemin Orde in Mount Carmel. Founded in 1953, this youth village first provided a safe haven to Holocaust orphans. Today it is the home of more than 400 children from around the world who have endured hardships ranging from extreme poverty to child neglect. The arms of the Hanukkah represented the Jewish ancestry of Yemin Orde's residents.

Atakalit Tesfaye, a Yemin Orde graduate, lit a candle and was joined by Dr. Adam Levine, who recently returned from Liberia "where he has been doing heroic work for Ebola patients," the president said. Levine is among the Ebola Fighters recognized by Time magazine as a Person of the Year for having "risks and persisted, sacrificed and saved." Manhattan Rabbi Angela Buchdahl led the prayers. She said she was "honored to be among so many machers," and got an appreciative laugh when she observed that it was a miracle, along with the miracle of Hanukkah, that she, "a female Asian-American rabbi," was lighting the Hanukkah for an African-American president.

Joining in the chorus to sing the blessings as the candles were lit, I felt a sense of great pride – the highlight of a magical evening I will never forget. Actually I never will forget anything about that magical evening. 🕯️

Leni Reiss is part of the Jewish Life magazines family; she serves as contributing editor of Arizona Jewish Life.

HAND IN HAND – Two students who attend the Jerusalem Hand in Hand school, cofounded by Portlander Lee Gordon, light a Hanukkah menorah at the White House Dec. 17. From left are Max Rayne Hand in Hand parent and director of strategy Rebecca Bardach, Hand in Hand ninth-graders Mouran Ibrahim and Inbar Shaked-Vardi, First Lady Michelle Obama and President Barack Obama. The menorah, made especially for the White House by students at the school, was lit during the afternoon Hanukkah reception in the Grand Foyer of the White House.



ISRAELI STUDENTS VISIT WHITE HOUSE

Students of the Max Rayne Hand in Hand Bilingual School in Jerusalem, where Jewish and Arab-Israeli children study together, participated in the first of two Hanukkah receptions at the White House Dec. 17.

"The invitation to the White House came after the arson attack on the Hand in Hand school on Nov. 29 and (was) also due to the support Hand in Hand receives from USAID and the U.S. Department of State," says Portland resident Lee Gordon, who co-founded Hand in Hand in 1997 with Israeli-Arab educator Amin Khalaf. "U.S. Ambassador to Israel Dan Shapiro has visited Hand in Hand several times and is a strong supporter of our work."

In his remarks at the reception, President Obama said, "The Hanukkah story teaches us that our light can shine brighter than we could ever imagine with faith, and it's up to us to provide that first spark."

"This is something that Inbar Vardi and Mouran Ibrahim know very well. They are Israeli ninth-graders at Hand in Hand, which is a bilingual school in Jerusalem. For more than a decade, it's brought Jewish and Arab children together. So Inbar is Jewish, Mouran is Muslim. ...

"So Inbar and Mouran and their fellow students teach us a critical lesson for this time in our history: The light of hope must outlast the fires of hate. That's what the Hanukkah story teaches us. That's what our young people can teach us – that one act of faith can make a miracle. That love is stronger than hate. That peace can triumph over conflict."

There are now five Hand in Hand schools; the two newest ones, in Haifa and Tel Aviv-Jaffa, are in their early stages. Haifa has preschool and Jaffa has pre-k and kindergarten. Hand in Hand schools add a grade each year, becoming full elementary schools and ultimately junior high and high schools.

"All of our schools are public, accredited schools, and we work in collaboration with the Israeli ministry of education and local departments of education," says Lee, who now chairs the Jewish Federation of Greater Portland's Overseas Special Projects Committee. "We have total of 1,200 students; classes are bilingual and, as much as possible, evenly divided between Jewish and Arab Israeli, boys and girls. Curriculum is fully bilingual (Hebrew and Arabic) with lots of multicultural content. And we now have waiting lists at most of our schools."

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INDOOR PLAYGROUND – Three generations enjoy the Chai Baby and PJ Library Indoor Playground at the Mittleman Jewish Community Center Jan. 8. Grandma is Nan Lipton, mom Sarah Lipton and 20-month-old twins Rafael and Shoshana have fun in the MJCC Sportsplex. Chai Baby and PJ Library Indoor Playground is free every first Thursday of the month from 10 am to noon. The MJCC offers Indoor Playground every Monday, Wednesday and Friday from 10 am to noon. Free for MJCC members, guests are \$5.



HAVDALAH IN PAJAMAS – Tots in their pajamas have fun with Rabbi Eve Posen at Congregation Neveh Shalom Jan. 10. Monthly tot events at Neveh Shalom include Tot Shabbat at 10:15 am, first and third Saturdays; Foundation Fridays at 9 am Fridays; and Boker Tov Bunch 9:15 am Sundays.

Tu B'Shevat: Feb. 4, 2015

A TREE Grows in Portland

By Rich Geller

Tu B'Shevat, or the "New Year of the Trees," is perhaps the most mercurial of Jewish holidays, with the rituals surrounding its observance shifting throughout the ages to meet the needs of the times. What began as a day to mark the age of fruit trees for tithing purposes when the Temple still stood in ancient Jerusalem has become a day devoted to honoring trees. A day for celebrating the wonders of G-d's creation, it is also a day to consider our own responsibility toward nature.

Trees help to sustain and nurture us in countless ways. Just as G-d imparted the "breath of life" to Adam in the Torah, so do trees impart the breath of life to all of humanity by providing us with oxygen to breathe. Besides giving us firewood for warmth and cooking, paper for writing and lumber to build our homes, trees reduce erosion and even help combat the looming threat of climate change by absorbing atmospheric carbon.



Make a tree by tracing a child's hands for a fun Tu B'Shevat craft for kids.

As Jews, our tradition instructs us to care for the Earth. In the classic environmental call to arms, *Earth in the Balance*, then Senator Al Gore points out that while in the book of Genesis G-d grants humanity dominion over the planet, we are also responsible for being good stewards of the Earth. This position is supported by a midrash written by Rabbi Chanina concerning the conditional nature of human dominion over the Earth (Genesis Rabbah 8:12). In the midrash, Rabbi Chanina explains that "If the human being merits it then G-d says have dominion, while if he does not merit, then G-d says he will be taken down." Thus, our ethical and moral conduct determines our authority (or lack thereof) over the planet. Or, in the words of another great Jewish sage, comic-book writer Stan Lee, "With great power comes great responsibility."

In his book *Pale Blue Dot*, astrophysicist, author and atheist Carl Sagan draws upon Jewish tradition to illustrate humanity's responsibility to the planet and the surrounding cosmos. "Consider a story in the Jewish Talmud left out of the Book of Genesis. In The Garden, God tells Eve and Adam that He has intentionally left the Universe unfinished. It is the responsibility of humans, over countless generations, to participate with God in a 'glorious' experiment – the 'completing of the Creation.' The burden of such a responsibility is heavy, especially on so weak and imperfect a species as ours, one with so unhappy a history. Nothing remotely like 'completion' can be attempted without vastly more knowledge than we have today. But, perhaps, if our very existence is at stake,

Tu B'Shevat is a great day to climb a tree – just ask Ethan Geller.



we will find ourselves able to rise to this supreme challenge."

The near-term future promises a profusion of ecological and existential challenges for humanity to rise to. While the Pacific Northwest is expected to be more insulated from the effects of climate change than other regions, there is still cause for concern. A study published in the journal *Forest Ecology and Management* predicts that warmer, drier weather expected in the coming century will inhibit forest regeneration after major fires. These effects will be most pronounced in areas of lower elevation and in drier regions of Oregon, potentially leading to long-term deforestation. With fewer trees available to absorb carbon dioxide from the atmosphere, the pace of global warming will only accelerate.

We can do our part to mitigate the effects of climate change by planting trees in our backyards, schools or parks. What better way to practice tikkun olam (repair of the world) on Tu B'Shevat than by helping to plant trees? Believe it or not, late winter is a great time to plant trees in many parts of western Oregon. While Tu B'Shevat is tied to the agricultural cycles of Israel, the first buds and blossoms often appear on trees at this season in many parts of Oregon as well. In downtown Portland, I have seen trees blooming as early as late January. Of course, depending on where you live in Oregon, the ground may be frozen or snow may still lie deep on the ground on Tu B'Shevat. Fortunately, you can still celebrate the trees in many other ways.

There are so many simple things you can do to help kids become caring stewards of the Earth.

A Tu B'Shevat seder is a fun and festive activity for kids and adults. A creation of 16th century Jewish mystics, the Tu B'Shevat seder incorporates the seven species mentioned in the Torah into the meal. All seven species grow in Oregon to some extent, including wheat, barley, olives, figs, dates, pomegranates and of course grapes, which thrive in the Willamette Valley. If you are planning a seder with locally sourced ingredients, some of the species will be easier to come by than others. Figs and grapes are in season in late summer and fall, and pomegranates, dates and olives are grown in extremely limited quantities.

The seder meal is accompanied by four cups of progressively darkening wine, symbolizing the march of the seasons from winter (white wine) to autumn (red wine). Local winery Alexeli produces an excellent kosher Pinot Noir right here in



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the Willamette Valley. It would make a perfect addition to your seder. For more information on Tu B'Shevat seders, visit hazon.org or pjlbrary.org to download free haggadot.

Tu B'Shevat is a favorite holiday of children. Julia Waldinger, a kindergarten teacher at Congregation Beth Israel in Portland, explains, "My favorite activity to do with my kindergarteners is planting parsley for Passover. Between Tu B'Shevat and Passover, we water our parsley and watch it grow. The meaning of the holiday for the kids is that Tu B'Shevat is about rebirth and renewal. We learn about the fruits in Israel. I really want to establish a basic background of Israel so that the kids have a connection. In kindergarten we also sample different fruits and learn the blessings."

We may live in a wasteful, throwaway culture, but Tu B'Shevat is an opportunity to teach our children a better way. There are so many simple things you can do to help kids become caring stewards of the Earth. You can save a tree by using your reusable grocery bags every time you shop. Teach your kids to use both sides of the paper when they write or draw and to recycle the paper when they are finished.

As we face the rising challenges of deforestation, desertification and climate change, trees are our most steadfast allies. An integral component of our planetary life-support system, trees are often referred to as "the Earth's lungs." But the trees need our help. As Geddy Lee, lead singer of the rock band Rush and life-long member of the tribe, sings in his song "The Trees," "There is unrest in the forest, there is trouble with the trees."

All too often, the trouble with the trees turns out to be us. So this Tu B'Shevat, take the time to remember the trees, plant one if you can and, hey, this is Oregon – it's OK if you want to hug them. 🌳

Rich Geller is a Portland writer and a crewmember at Beaverton Trader Joe's. He is a father of three young children, who attend Sunday School at Congregation Beth Israel.

A Tu B'Shevat seder is a fun and festive activity for kids and adults.

PORTLAND JEWISH EXPLORERS

Families with children in kindergarten through fifth grade are invited to explore Portland sites and learn about Jewish teachings through a three-part program this spring presented by Congregation Shaarie Torah.

Education Director Dorice Horenstein says she and Rabbi Joshua Rose created the program to make Jewish learning more fun while offering activities that families can do together.

"We're excited about the idea that we can inspire people to connect their Jewish learning to the world out there," says Rabbi Rose.

On **March 15**, "All the World's a Stage: Purim and Pretend" meets at Action Adventure Theatre, 1050 SE Clinton St. Purim is the great Jewish festival of pretend and dress-up. Explore the world of comedy, theater and make believe with guest actors Jason Glick and Nadav Hirsch.

On **April 19**, "Eat, Eat! Nourishing Body and Soul" meets at Nourish Northwest, 4418 SE Hawthorne Blvd. Eating is one of the great Jewish traditions – the way we celebrate, the way we mark important moments of our spiritual lives and the way we pass on our culture. Cook gluten-free, vegetarian foods while reflecting on the Jewish tradition of caring for our bodies.

On **May 17**, "Hiking in Green Portland" meets at Shaarie Torah, 920 NW 25th Ave., before heading off for a hike in Forest Park. Explore the beautiful ecosystem and reflect on what the Torah has to say about what it means to care for the world we live in.

The outings are part of Shaarie Torah's religious school, but families may also sign up for just these spring adventures. Each program runs from 10 am to 12:30 pm at that month's location. Parents are invited to participate, but kids whose parents are not able to attend are also welcome. The fee for each child for all three outings is \$80 nonmember or \$60 member (parents are free!).

"Portland Jewish Explorers appealed to us because it connects Judaism to our community as a whole," says Camille Levinson, who recently moved to Portland with her husband, Zev, and their 4-year-old son. "The program has activities that move with the seasons and the moods of the year. ... Shaarie Torah has welcomed us with open arms. We love their innovative approach!"

The second year of the program will begin in September with monthly activities throughout the school year.

"I believe that involving families in Jewish learning creates more dedicated as well as knowledgeable Jewish families," says Dorice.

Rabbi Rose adds that while studying the aleph bet, Torah or Jewish history in the classroom is vital, such study is not the only mode of deep Jewish learning.

"The fact that the programs will be at different locations throughout the city – on a hiking trail, at a children's theater, maybe a program at OMSI eventually – is important for two reasons. First, it's just fun and engaging to find things that are already interesting to kids and to build on that. But there's also the essential message that what we learn as Jews needs to turn us on to important questions we face in the world around us. We're excited about the ways that this program is going to really get kids and parents excited about having fun and deepening their Jewish connections."

Contact Dorice Horenstein at education@shaarietorah.org or 503-226-6131, ext. 229, for more details.

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Friends since childhood, Naomi Leavitt, left, and Anna Kodesch became even closer as roommates in Israel.

“It has brought more meaning to the things that we do in our family to celebrate our Judaism.” ~ Anna Kodesch

Moms bring traditions, spirit and friendship home from Israel trip

By Deborah Moon

In December, 20 Portland-area Jewish moms enjoyed a free tour of Israel and came home with new connections to the land of Israel, to Jewish traditions and to the women who shared the experience.

Momentum is an eight-day journey through Israel created by the Jewish Women’s Renaissance Project in 2008. Thousands of women from 19 countries have experienced this life-changing trip, for which they pay only their own airfare and a small amount for tips etc.

The Portland moms were accompanied by Eve Levy and Meira Spivak of the Portland Kollel, which cosponsored the trip with NCSY of Portland in partnership with JWRP.

“The trip is unique because it is completely focused on the Jewish woman, mother, wife and community person,” says Eve. “The classes, activities and sites we visit are all geared to inspire and uplift the Jewish woman.”

Eve and Rabbi Gadi Levy moved to Portland just before the High Holy Days. While living in Denver for four years, Eve took more than 100 women on three JWRP trips to Israel. Before Denver the couple and their children lived in Israel.

Eve says each woman on the trips has a different experience. While the highlight of the trip is different for everyone, Eve says that many of the women tell her they enjoy “Friday night at the Kotel (the Western Wall), singing and dancing while bringing in the Shabbat together with 400 other JWRP sisters from across the United States. It is impossible to put into words the awesome experience of unity and spirituality that that was.”

She describes the entire Shabbat experience as incredible: “Shabbat in Jerusalem was off the charts – great food, classes, meeting interesting people (all the way through) Havdalah on a private rooftop in the old city overlooking the Temple Mount!”

Participants also visited the beautiful mikvah in the Tzfat, considered the center of Kabbalah and Jewish mysticism. There the women learned about the deeper mystical aspects of the women’s mitzvos. Three Portland women also received their Hebrew names in the ancient synagogue on top of Masada.

“Each woman came home with recharged batteries in their commitment to their families, to their communities and to the Jewish people,” says Levy. “I hope the ripple effects of this trip will be felt near and far.”

Participant Anna Kodesch, who has visited Israel before on



missions and as a family, says the Momentum trip was an opportunity to “remind myself who I am and what I believe in.”

But she also brought a lot home. “It has brought more meaning to the things that we do in our family to celebrate our Judaism. Too often, we get caught up in the what, and not the how of the things we do; this trip gave me a chance to slow down and think about the hows for myself and how they relate to my family.”

She calls it “a wonderful opportunity to grow as a person, independent of our children, spouses, etc., and to rekindle and strengthen our connection to our Judaism and spirituality.”

While in Israel she says she had a lot of fun and connected with “some really quality people from Portland.”

One of those people is Naomi Leavitt, who calls Anna “my roommate and new best friend.”

“My roommate ended up being Anna, whom I have known since I was 8,” says Naomi. “We went to Sunday school, camp and youth group together, and now our kids are in the same bunk together at camp. The first night of our trip we were both awake at 5 am and just ended up talking as the sun rose over Tiberias for the next hour and a half about everything. We grew so close over the nine days, and we are so excited to hang out and stay in touch when we are back home. I honestly think the friendships I made were the icing on the cake.”

Going on her first organized tour, Naomi wasn’t sure she’d

like having every day and every activity planned for her. But she says she soon realized that this enabled her to be totally engaged “in what I was hearing, learning, seeing and understanding. I had to let go of my life as a mom, wife, educator, queen of the house, and just be me.”

Naomi was in Israel 13 years ago during her junior year abroad, but she says this trip was a “mind-blowing experience.”

Of the women she shared the experience with, Naomi says, “We really are sisters in that we have started a journey together and are supporting one another now that we are back to the real world. I also made a bunch of connections to women in other cities and met sisters of women from Portland who live in other cities. Being Jewish really does make the world a smaller and sweeter place.”

Lara Greenberg says she was hesitant to apply for the trip because her husband, Paul Seal, is not Jewish, though she says he is very supportive of having a Jewish household. Given that support and the fact that their three children attend Portland Jewish Academy, she decided to apply.

“After filling out the online application and meeting with Eve, I was ecstatic to be selected to go on the trip,” says Lara. “Most of the other women on the trip are married to Jewish men. ... I felt so comfortable talking with this group about my experience as a Jewish mother married to a non-Jew and the good and bad that goes along with it. I always felt completely supported and included.”

Noting the trip has helped her become more knowledgeable about raising Jewish children in a Jewish household, Lara says, “Thank you to everyone at the Portland Kollel and JWRP for this gift and making this possible for me and my family.”

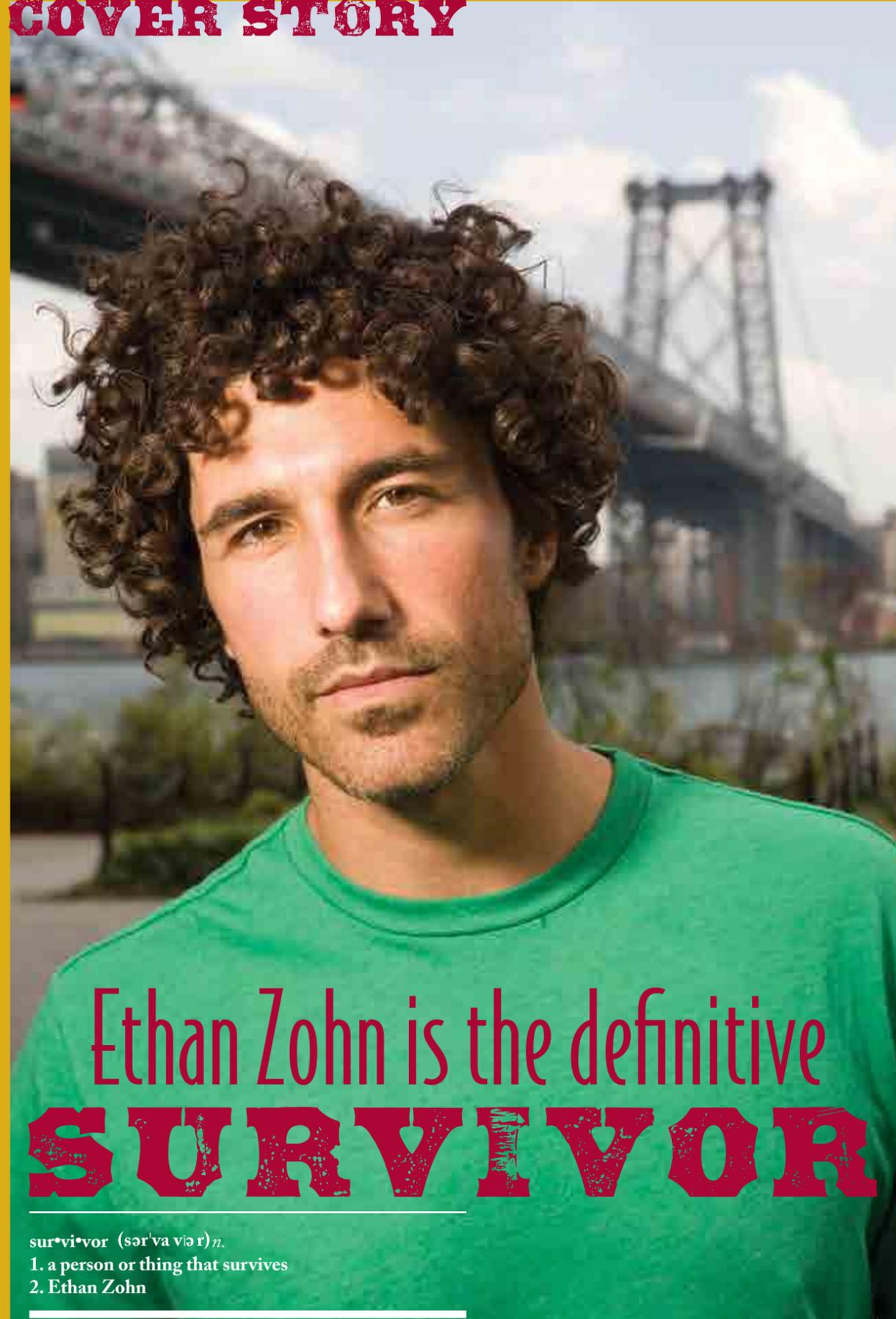
Other Oregon moms who want to have a similar experience are invited to apply for the next women’s trip coming up Oct. 19-28. Any Jewish mom from Portland with kids still living at home can apply online at JWRP.org under The Portland Kollel October trip. The trip itself is free. The women pay for their flights to Israel, a registration fee of \$36, a \$50 fee that covers all tips while on the trip and a suggested donation to the Portland Kollel.

Eve says men don’t have to miss out either. A men’s mission for husbands of participants will take place in June.

“My husband, Rabbi Gadi Levy, will be leading that,” says Eve. “The impact of having wives and then husbands onboard will definitely strengthen our community.”

Jewish Women’s Renaissance Project: jwrp.org
Portland Kollel: portlandkollel.org

COVER STORY



Ethan Zohn is the definitive **SURVIVOR**

sur·vi·vor (sər'vā vīər)*n.*

1. a person or thing that survives
2. Ethan Zohn

Ethan Zohn, 41: Survivor: Africa winner, Grassroot Soccer cofounder, cancer survivor, motivational speaker and sports commentator.

By Deborah Moon

It all began in Africa, or maybe it was in a synagogue in Lexington, MA.

Though Ethan Zohn burst into the public spotlight when he won the reality TV show “Survivor: Africa” in 2002, it is the rest of his life that makes him the embodiment of survival – both for himself (despite two bouts with a rare cancer) and for hundreds of thousands of children in Africa (despite that continent’s AIDS epidemic).

The \$1 million Survivor prize money enabled him to cofound Grassroot Soccer, a nonprofit that trains professional soccer players to teach African children about HIV/AIDS prevention. His connections with Judaism, soccer and AIDS victims in Zimbabwe all coalesced to turn his desire to help into reality. Ethan will share his inspirational journey with Oregonians Feb. 22 (see below).

“Judaism was a huge part of my upbringing,” says Ethan, who was born in Lexington, MA, where he attended Temple Emunah. “I didn’t love Hebrew school, but I enjoyed the other stuff,” including USY events, competing in soccer at the JCC Maccabi Games in Detroit the summer of his junior year in high school, and service projects such as gift drives at Hanukkah and honoring



a Russian boy at his bar mitzvah.

He became a bar mitzvah at the Conservative congregation where his father, Aaron, was vice president. Just a year later in 1988, his father died of colon cancer and Ethan just wanted to retreat into his room. He says his mother, Rochelle, and older brothers, Lenard and Lee (all of whom still live in Massachusetts) and his soccer friends all helped him cope with the loss. But he says the embrace of his Jewish community was vital.

“The Jewish community reached out to me,” he says. “I went to minyan every day for the first year. The support and sense of community from the Jewish

people in my life reinforced all the values we live by as Jews.”

Those values and connections have resurfaced at important times throughout his life.

After graduating from Vassar College, his professional soccer career took him to Zimbabwe, where he played for the Highlanders FC; he was one of only two white players in the 18-team league. Shortly after he

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WHERE: Mittleman Jewish Community Center,
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RSVP: by Feb. 16

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above: Ethan and his father Aaron Zohn, who died the year after this bar mitzvah photo was taken.

at left: Ethan Zohn running in the 2011 NYC Marathon as a guide for Aaron Sheides, one of the top blind triathletes in the nation. Since Ethan was running while undergoing chemotherapy, he says that by the end of the marathon Aaron “was towing me ... it was very funny to be pulled by a blind person! I was screaming, ‘blind runner coming through!’”

arrived in Zimbabwe, he stayed with a white Jewish family and quickly became integrated into the small Orthodox community, where mothers “lined up to set me up with their daughters.” He enjoyed frequent invitations to Shabbat dinners and attended the small town’s one shul frequently.

He also witnessed firsthand “how HIV and AIDS destroy communities.” He saw a teammate die a horrible death – ostracized and alone.

“I saw AIDS was a huge problem, but I didn’t know what to do; I did nothing at the time,” he says.

“Fast forward a few years to Survivor in Kenya,” Ethan says. After one challenge during filming, he started to play soccer with a bunch of local children in a hospital parking lot. “I found out later they all had HIV. ... To be on a silly little reality TV show and have that experience – it made me think that if I won, I would use the money to do good.”

He did win and “had my 15 minutes of fame.” And he reconnected with three of his soccer friends from Zimbabwe, Methembe Ndlovu, Kirk Friedrich and Dr. Tommy Clark, who was just finishing his medical school residency.

“Four soccer dudes who didn’t know what we were doing came up with the concept,” says Ethan. “Soccer players are the heroes of this community. Dr. Tommy Clark had written a one-page ethics paper in medical school about using soccer players to teach children (about AIDS prevention).”

With Ethan’s \$1-million prize money, the four launched the program at one school in Zimbabwe in 2003 with a carefully developed curriculum to train soccer players and coaches to teach life skills and AIDS prevention to Africa’s youth.



“In the 20 months I was in remission, a new drug emerged for a select group of people in my situation,” Ethan says, adding if his cancer had returned earlier, “I might not be here. The fact is that there are new drugs in the pipeline and they are saving lives.”



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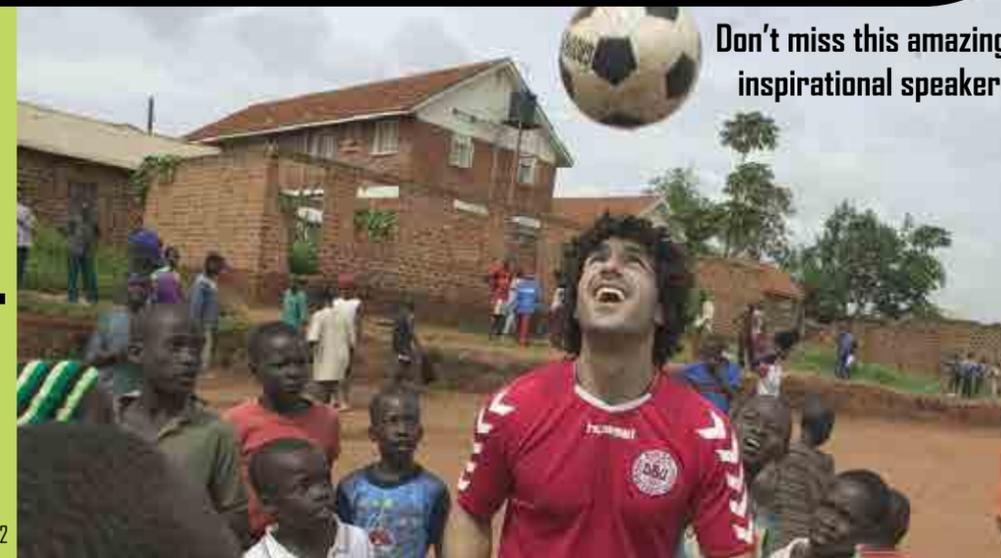
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In 2008, to raise awareness of the AIDS epidemic and funds to help Grassroot Soccer battle the spread of the disease, Ethan embarked on a 550-mile journey from Boston to Washington, D.C., dribbling a soccer ball the entire route, breaking a world record in the process.



“This trip was very transformational. We visited the Wall and it resonated. ... I feel more connected to my faith and religion.”

Nike became one of the first corporate sponsors, and now “We are in about 30 countries and have graduated 700,000 kids from the program.”

In 2008, to raise awareness of the AIDS epidemic and funds to help Grassroot Soccer battle the spread of the disease, Ethan embarked on a 550-mile journey from Boston to Washington, D.C., dribbling a soccer ball the entire route, breaking a world record in the process. Then he created the Grassroot Soccer Endurance Team, which helped 200 athletes compete in the New York, Boston and Los Angeles Marathons to raise funds for more than 20,000 children

to go through the program.

Soon Ethan was facing his own battle for survival. He was diagnosed with a rare form of Hodgkin lymphoma and received an autologous stem cell transplant, using cells from his own blood. Just 10 months later he captained the GRS Marathon Team and finished the 2010 NYC Marathon in just under four hours.

“On Survivor you push your body to the absolute limit and then push it some more,” says Ethan of one lesson his experience on reality TV had reinforced. From Survivor and his days as a professional athlete, Ethan says, “I knew how far I could push my body. I knew the

body is pretty remarkable.”

After a 20-month remission, the cancer returned. But Ethan ran in the 2011 NYC Marathon while undergoing chemotherapy. This time doctors decided he needed an allogenic stem cell transplant from a matching donor. Fortunately for Ethan, one of his brothers was a match. However, knowing that siblings have only a 25% chance of being a donor match, Ethan says he now encourages everyone to “get swabbed and get on the Gift of Life registry,” which helps find lifesaving matches for people needing bone marrow or stem cell transplants.

He also encourages people to

On Feb. 22 he brings his inspirational message to Portland.

There's no stopping Ethan Zohn

As a TV host and CBS "Survivor: Africa" winner, Ethan Zohn is an inspiration for those who want to help change the world, as well as for the young adult generation battling cancer. A two-time cancer survivor himself, Zohn was first diagnosed with CD 20+ Hodgkin Lymphoma in 2009. Just 10 months after a stem cell transplant to treat his second battle with cancer, he laced up his running shoes to run the 2013 Boston Marathon, but was unable to finish due to the tragic bombings that took place in his hometown. A year later, he returned to Boston as the social media correspondent for Universal Sports Network and covered the 2014 Boston Marathon.

Ethan has used his celebrity to become a global ambassador for Stand Up 2 Cancer. He spearheaded Survivor Stand Up 2 Cancer and has been active with the Livestrong Foundation, Gabrielle's Angel Foundation, Be The Match, The Leukemia & Lymphoma Society, and a variety of other organizations in the fight against cancer.

Today, Ethan tours the world speaking about character, leadership, resiliency, service and how his challenges have become the source of his strength. He often speaks on the importance of cancer research, patient advocacy, clinical trials, becoming a donor and the power of community.

Throughout his cancer challenges, he has remained active in the battle against AIDS in Africa through the nonprofit he cofounded, Grassroot Soccer. GRS trains professional soccer players to teach African children, through a tailor-made curriculum, about HIV/AIDS prevention. GRS successes attracted the attention of numerous organizations, which have provided grants and donations to help fund the effort. Those partners include Nike, the Gates Foundation, USAID, FIFA, Elton John AIDS Foundation, Barclays and MAC AIDS Fund.

Nike was one of the first corporate supporters of GRS. That early support was Ethan's initial link to Oregon. Now he visits the state each summer to host

the Portland Barefoot 3v3 and World Soccer Festival, which raises funds for GRS.

Since the Schusterman Family Foundation invited Ethan to be one of the young "change-makers" at their ROI Summit in Jerusalem in 2013, he has been invited to speak at numerous Jewish community events. On Feb. 22 he brings his inspirational message to Portland. This year the Mittleman Jewish Community Center revamped its annual Friends of the Center event from a dinner to a brunch with a focus on reaching more members of the community.

"We changed the format as part of our effort to increase engagement in our community," says MJCC Executive Director Steve Albert. "By offering a different kind of event - including a speaker - at a time that is more convenient for some in our community, and at a lower cost, we hope to appeal to a wider range of our members and friends. This will allow us to better meet our mission to serve the community, more effectively build community, and encourage wider participation in our fundraising efforts."

Ethan also has continued to appear on television. He was host of the 2012 and 2013 Emmy-nominated show, "Everyday Health" on ABC, and "Outside Today" on the Outside Television Network. He also hosted "Earth Tripping," an eco-friendly travel adventure show that took him to over 50 countries. Ethan has been a contestant on "The Amazing Race," "Survivor: All-Stars," "Fear Factor" and "Eco-Challenge." He was featured in the documentary film on the global AIDS pandemic, "A Closer Walk," along with the Dalai Lama, Bono and former U.N. Secretary General Kofi Annan.

As an author, Ethan co-wrote Soccer World, a series of five books for young readers to explore different nations in a compelling and meaningful way through the sport of soccer. Soccer World: South Africa was the Number 1 children's book on Amazon.com for May and June 2010.

He also writes a column for Everydayheath.com called "The Zohn Zone" documenting his thoughts as he navigates his way through life post-cancer with an outlook to live each day to its fullest.



participate in the many fundraising events that enable cancer research to progress. Ethan says he can personally speak to what that money means to those battling cancer. "In the 20 months I was in remission, a new drug emerged for a select group of people in my situation," he says, adding if his cancer had returned earlier, "I might not be here. The fact is that there are new drugs in the pipeline and they are saving lives."

He feels the skills he learned growing up Jewish have played a role in his success in both Survivor and his survival of cancer.

"I believe they helped me win Survivor and they helped me through my hardest moments with cancer," says Ethan. He attributes his win on Survivor to competing selflessly as part of a community with honesty and a moral compass.

He has reconnected even more with his Jewish roots since he was selected to participate in the ROI Summit in Jerusalem in the summer of 2013. The annual summit sponsored by the Schusterman Family Foundation brings together young change-makers to connect and create to transform Jewish life.

"It was a really exciting experience for me," says Ethan, noting it had a much greater impact on him than his first trip to Israel in 1997 as a member of the USA Maccabi Soccer team, during which sports, not Judaism, was his personal focus. "This second trip was very transformational. We visited the Wall and it resonated. ... I feel more connected to my faith and religion."

The trip was transformational in another way as well. Following the summit, Ethan was joined by his non-Jewish girlfriend, Lisa Heywood, and the two rented a car and toured the Jewish state for 10 days. While they were in Jerusalem, he made sure he found a tour guide who could make Judaism come alive. Now Lisa is taking classes and "she is excited to become Jewish." 

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The many lives of Peter Wigmore

By Liz Rabiner Lippoff

Peter Wigmore is your basic, normal Oregonian-by-choice, as so many of us are. We came here for a girl/job/vacation and we just stayed. But for Peter, “normal” is a complicated concept.

Peter’s mother was an Auschwitz survivor who settled in Prague, met her husband and then emigrated to Australia. Peter was born there in 1950, but he was very sick. “My mother said the doctors were convinced I would die shortly after birth. When I stuck around for the first 24 hours, they realized that maybe I’d live.” Six weeks later, he seemed healthy, and they sent him home.

At about six months, though, his parents grew alarmed. He wasn’t sitting up; he wasn’t turning over. He was finally diagnosed at 2 years old with cerebral palsy. Some cases are so mild as to go unnoticed, and others so severe that the patient can’t function independently at all. Peter’s CP falls somewhere in the middle of the spectrum. It affects all his voluntary muscles except his right arm, and it impairs his balance. He can’t relax his muscles when he is nervous or stressed, exacerbating his symptoms. And his speech is slurred, and he is quite aware that it leads some people to assume that he is mentally as well as physically disabled. Nothing could be farther from the truth.

“I can still hear my eighth-grade English teacher telling me that you are judged by how you say something, not just what you say,” Peter notes. He never forgets that.

When Peter was 7, the family moved to the United States for what they hoped would be better medical care for Peter. His new army of doctors suggested surgery and pushed for institutionalization. His parents, particularly his father, however, wanted Peter’s life to be as normal as possible. They found extensive



physical therapy for him but chose to keep him home and send him to a regular school. He landed at PS 85 in the Bronx in what he calls a “typical special ed class for its time.” All the children had some sort of disability. It was also in the basement, next to the boiler room, far removed from, in his words, “the normal, healthy kids.” Peter himself didn’t realize at the time that he was disabled at all; he just didn’t walk like everyone else. “I walked with my hands up in the air, on my tip toes and my backside would sway,” he says with a laugh. “I looked like a ballerina doing the cha-cha.”

Everything changed that hot, sticky NYC summer when Peter and his mother went down the block to Echo Park to cool off. He was seated, playing, when they all heard the music of the Good Humor truck approaching. Everybody, including Peter, got up and started running toward the truck. “It’s funny now, but when you’re 7 ... pretty soon everyone in that playground stopped.

Some pointed at me. I could hear the mothers hissing, ‘Don’t ask me now, I’ll tell you later.’ Even the men in the corner got up from their chess and checkers and stared at me. I guess they had never seen a ballerina cha-cha like mine. My mother grabbed me and whisked me away.

“A few days later, she and I were walking on the Grand Concourse and an elderly lady was walking toward us. Her eyes got bigger and bigger as she came closer. When we walked by each other, she even turned around and walked backward, gawking. My mother was in her 30s, still apprehensive about her English and very shy, but this time she turned on that woman. ‘Why are you staring at my son? Don’t you see he’s a cripple?’ That’s when it sank in that he was different, that kids were laughing at him, that he was not “normal” at all.

“I can still hear my eighth-grade English teacher telling me that you are judged by how you say something, not just what you say.” ~ Peter Wigmore

Eventually, his parents relented to the doctors’ pressure and placed Peter in an institution. His parents dropped him off every Sunday and picked him up again on Friday afternoon. Roosevelt Island, called Welfare Island at the time, was two miles long with a hospital at both ends; between them were deserted buildings that the fire department would set ablaze for training. Peter was 11 years old and in the juvenile section, but he was active and mischievous, often sneaking away to explore the rest of the sprawling hospital.

One of the boys in his section, Maurice, was 19 years old, vivacious and outgoing, with a sparkle in his eye. Three months into Peter’s stay there, however, Maurice “aged out” and was transferred to the adult section. The day he left, Maurice was in tears. Peter didn’t understand why until a month afterward when, on one of his explorations, he saw Maurice. But the person in the wheelchair was not the Maurice he knew. This man sat, head bowed, lifeless, with a puddle of urine at his feet.

“Looking back, the place wasn’t horrible for me. The treatments were effective, I improved a lot and I skipped a grade in school. I even first read about Oregon when I was there and knew that’s where I wanted to go. But I had my family’s support. Some parents never came to see their kids, ever. I realized then that this was a place where people were sent to be forgotten.”

He was there for seven months.

When Peter was 12, the family resettled in San Francisco, where the doctors told Peter’s father that a series of surgeries on Peter’s legs might improve his walk, make him more mobile and enable him to appear more normal. His father relented, and the doctors were right. The tiptoe cha-cha was replaced with a real walk, still awkward but much more stable. His father might have been more careful, though, about what he wished for. When Peter’s occupational therapist taught him how to use the public bus system and Peter rode the bus on his own, he was quite proud of himself. His father, however, was horrified. He grounded him on the spot, for two whole weeks.

“He was very European, very old world and he was worried about me, but by then I was an American. I argued back. ‘You have wanted me to be normal for the last 14 years! I went through painful surgeries! I am now independent! And now you’re grounding me! This is ridiculous!’” His father was angry, Peter acknowledges, because he was scared. “Now I no longer needed him. And he knew my personality and that, the moment I was out the door, I’d be hell on wheels.”

He was right. Once in high school – and more mobile than he’d ever been – Peter, in his words, “went crazy.” He had to “catch up,” and did he ever. He went bowling. Horseback riding.

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Peter with his parents in Australia.

Rock climbing. He dated and did teenage shenanigans that we'll save for another story. Both sides of his personality thrived, however, and he continued to do well academically.

It was in college in San Francisco that he found his calling. At the urging of friends, Peter started volunteering at a recreation center for the disabled. He went on to work at summer camps for disabled kids and eventually became a special education teacher. It was also with college friends that he fell in love with Oregon, backpacking and hitchhiking their way up the coast.

But it was in grad school at the University of Oregon that he met the real love of his life, Randy Katz. "We were in the same class, but I didn't notice her at first because I was chasing a California blonde at the time, and I was getting nowhere. Randy was from Michigan and had been told there weren't any Jews in Oregon, but when she spotted me sitting there with my mezuzah on a chain, she came over to me; I stood up and it blew her mind. I was Jewish AND I was disabled. You can't spot that when I'm seated." They married two years from that date and spent most of their careers working in the Lake Oswego schools. Now retired, the couple looks forward to living in downtown Portland to enjoy city life. They travel all they can. Peter is an accomplished photographer, at home and on their travel adventures. And they are involved in the community.

When Peter's family lived in Australia, his mother went to High Holy Days services at the nearby synagogue, but kept it from him; he didn't even know they were Jewish until they moved to the Bronx. "They never spoke of the Holocaust except

when I refused to eat something. My mother would show me the number on her arm and say, 'They would throw potato peels over the fence and we would riot to get to them. And you're refusing to eat radishes?'"

Peter began to study the Holocaust in the '70s to learn more about his mother and his relatives. Now, in retirement, Peter relishes the time to do even more of the speaking he has done for years through the Oregon Jewish Museum and Center for Holocaust Education. Prejudice and its ramifications for both victim and perpetrator alike are of particular interest to him. Peter himself knows something about prejudice.

"I've been thinking a lot about what the Holocaust teaches us about all of humanity, not just Jews. We study that as a human being we are capable of great beauty. We must recognize that, as moral and as good as we are, we all also have a dark side. If we allow ourselves, we can go to that dark side. When we recognize that, we can prevent it."

"Jews, as a community, have become more confident, more outgoing," Peter says. "Anti-Semitism still exists, but people are more accepting of us; we are in the mainstream where we should be. We owe that to the steel constitution of the survivors." 

Liz Rabiner Lippoff is a Portland freelance writer. Her company, Liz, ink, specializes in medical marketing. LizRL@rabiner.com | LizInk.biz

...she spotted me sitting there with my mezuzah on a chain, she came over to me; I stood up and it blew her mind. I was Jewish AND I was disabled. You can't spot that when I'm seated." They married two years from that date...



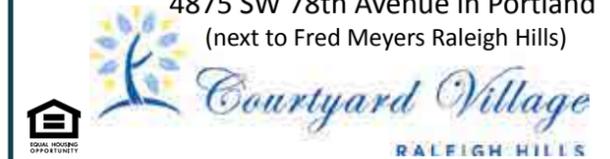
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Students gathered around to watch Harley Leiber (far left holding the bowl) make bagels the right way.

The homemade bagels are chewy and delicious.

The Buckman Bagel Institute leaves shortcuts outside the door

Story and photos by Polina Olsen

When I brought homemade bagels to work many years ago, the response was enthusiastic. Still one young woman said, “But Polina, these aren’t real bagels are they? They’re not like the ones in the store.”

Ah, what has the world come to when Wonder Bread varieties replace the real thing. No worries. Help is on the way with Harley Leiber and his Buckman Bagel Institute in Southeast Portland. Here the expert himself teaches the art. I stopped by for a morning class.

Like many Jews, Harley has a history with bagels. His grandmother made them, and his sister picked up the trade. Harley got the idea while sitting in on his sister’s bagel-making class held in the Bay area. When he posted Buckman Bagel Institute on his garage, students started coming. He hoped to limit classes to once a month, but demand got in the way.

“This is open source,” Harley says. “I want everyone to learn how to make bagels. There’s no reason people have to go around complaining. It’s easy but labor intensive. It only takes three days.”

Today six people show up for the class – four adults, one child and one teen. Dr. Marcia Freed brings a New Season’s bagel to compare. Portland radiologist Dr. Ken Bookstein is curious about the process. Laurie Weisberg comes steeled with determination. Her husband loves bagels and clearly knows his stuff.

“When Einstein’s bought out Kettleman’s there was an uproar,” she says. “My husband and his friends were so upset they considered opening a shop. He insists that bagels are boiled, seriously put in water. He likes a brown top and bottom – crispy but not cracker like – and wants air bubbles and a malty taste so

you know it’s not bread. He doesn’t like cakey, puffy doughnuts! I used to make good bagels, but lately they look like dog biscuits. My goal is to impress my Jewish husband that his wife can make the best ever.”

With careful planning Harley compresses three days of preparation into a 90-minute class. He begins by handing out directions and a list of ingredients. He favors barley malt syrup, soy milk and 14% protein unbleached bread flour, to which he adds vital wheat gluten.

We crowd into the small kitchen of his lovely 1890 Buckman-area home.

“If you take the starter out of the fridge, it needs to sit at room temperature for six hours,” he says holding up a jar. “I like a small bubble. If you let the bubbles get big, it’s too yeasty. I was sending people home with starter, but they left it on the counter and called up panicking that it wasn’t bubbling. Now I have people make their own.”

Ken asks for a source that would explain the biology of starters. “The best place is Wikipedia; look up poolish (a type of fermentation starter for bread based on yeast),” Harley says.

“A bagel is a way of preserving bread. They discovered that boiling produces a gelatinous skin that seals the protein in the flour.”

The demo starts by adding ingredients to the starter, including two teaspoons of Fleishman’s dry yeast. A major mistake, Harley says, is not thoroughly kneading the dough. Although KitchenAid manuals warn never to knead bread above speed two, Harley set his professional model on six. “This is 640 watts and has an overheat switch,” he says as it groans. “It will probably turn off in a few minutes, and I’ll have to wait a while. When my mother was here, the machine broke, so I did the whole thing by hand.” The recipe easily adapts, he says, to accommodate mixers students have at home.

“The longer you boil them the thicker the crust,” says Harley

The result was a dry dough that Harley whacks open to show everyone the crumb. Students gather around as he divides it into individual balls, which he shapes into snakes and then bagels. One by one, he places them on a baking sheet covered with parchment paper and a dusting of semolina. After covering the bagels with a cloth (plastic wrap inhibits rising), he places them in the fridge. They would remain there overnight and come to room temperature before he boiled and baked them the next day. Meanwhile, another baking sheet on the table has uncooked bagels at the ready.

Now comes the fun part. A pot of water boils rapidly on the stove; the oven is preheated. “The longer you boil them the thicker the crust,” Harley says as he drops a few bagels into the water. “The bagels should rise immediately. If they don’t, leave them at room temperature a while longer.” When the bagels

double in size, turn white and form a gelatinous surface, Harley places them on a parchment-lined baking sheet, sprinkles them with poppy seeds and salt, and bakes them for nine minutes per side (total of 18 minutes). They are delicious and chewy – the perfect bagel. Several of us are ready to drive straight to Bob’s Red Mill (bobsredmill.com) in Milwaukie for supplies.

“I was just curious how someone makes a bagel,” Ken says. He found the class interesting but decides to pass on buying supplies to do it himself. “The process is complicated enough that I don’t see myself making them. It’s like hearing a great violinist, but I don’t think I’ll learn to play. I’m not surprised that producing a quality product is a long process given how many bad bagels there are. Most companies cut corners to make it profitable, and you need to take the opposite approach.”

Harley remains a strong advocate. “If you know how to make your own, you will never eat commercial bagels again,” he says. “The class is fun, and people go home with a new confidence. The first time I did this, I was petrified. After eight or 10 times you get good. I still get upset when my dough isn’t right. But then, when they float, your heart takes flight.”

For more information or to sign up for a class visit facebook.com/buckmanbagelinstitute, call 503-442-9030 or email leiberharley748@gmail.com. Classes are \$30 per person.



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Newlyweds should develop an inventory of go-to recipes



Mushroom Barley



Chicken Marsala

By Lisa Glickman

Their wedding day is behind them, and the big white dress has been carefully cleaned and stored. The thank you notes have been written, and the groom has carried the bride safely across the threshold to their new life as husband and wife. The honeymoon, as they say, is over, but the next chapter of their life is just beginning. They are building a home together, and for me the heart of any home is in the kitchen.

I was almost 30 years old when I married, and my husband had been married briefly before. When we began our lives together, I had already discovered my love for cookery and felt perfectly happy alone in the kitchen. At that time my new husband happily allowed me to be commander in chief of our kitchen. Now, apart from the occasional humble breakfast or heating something up in the microwave, when it comes to meals he is generally limited to official take-out picker-upper and restaurant reservation maker. It all works in the end because he does wash some dishes ... this puts him ahead of the curve for many.

Since newlyweds will eventually come to the conclusion that eating out is expensive, take-out is less than nutritious and cup o'noodles is not a main course, someone will have to unwrap those shiny new pots and pans they received as wedding gifts and get the hang of actually using them. They could take a cooking class together or recreate an intriguing dish from a recipe in a magazine (wink, wink). My suggestion is that they choose a theme or seasonal ingredient and begin to build an inventory of recipes for "go to" meals for any occasion.

A recipe for soup to administer to a sick family member, a

freezer-stable dish for the arrival of a new baby and the perfect party hors d'oeuvre should be in your back pocket to pull out at a moment's notice. The dinner party dish that will impress everyone, recreating your mother-in-law's brisket and latkes, or roasting your first Thanksgiving turkey should be a labor of love instead of a stress-filled challenge that triggers fits of anxiety.

Here are two of my favorite recipes for a heartwarming soup and a dinner party-worthy main dish, both of which use mushrooms. Typical white button mushrooms can be found year-round in most any supermarket. Mushrooms such as heather grey oysters, lacy maitakes or nutty shitakes are also cultivated year-round. Wild mushrooms such as the elusive morel are foraged in the spring, and deliciously creamy yellow chanterelles are available only in late summer through fall. While I don't recommend most dried mushrooms, porcini are the exception for adding rich depth of flavor and umami to soups and sauces. Reconstitute them in hot water and add to any recipe that calls for deep mushroom flavor.

Lisa Glickman is a private chef and teacher who lives in Portland. She has made TV appearances on COTV in Central Oregon and appeared on the Cooking Channel's "The Perfect Three." She can be reached at lisa@lisaglickman.com.



This recipe for mushroom barley soup is an adaptation from Zingerman's Deli in Ann Arbor, MI. The flavor and consistency of this soup is a spot-on rendition of the mushroom barley soup that is served in America's best delis. The dried porcini mushrooms are what takes this soup over the top in flavor. This soup freezes well, so make the whole recipe and store remaining soup in the freezer for a quick and hearty weeknight meal.

Mushroom Barley Soup

- 1/4 cup chopped porcini mushrooms, reconstituted in 2 cups hot water (save liquid)
- 4 tablespoons margarine, divided
- 1 large onion, finely chopped
- 2 ribs celery, finely chopped
- 1/4 cup chopped fresh Italian parsley, divided
- 2 carrots, peeled and grated on a box grater
- 3 cloves garlic, minced
- 1 pound fresh button mushrooms, coarsely chopped
- 1 tablespoon flour
- 2 quarts unsalted beef stock
- 1/3 cup sherry
- 1 bay leaf
- 1 cup whole barley
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper

In a small saucepan bring 2 cups water to a boil. Add dried porcini mushrooms and remove from heat. Allow mushrooms to soak for 1/2 hour. Strain, saving the liquid, chop and set aside. Coarsely chop button mushrooms, onion, celery and garlic. Shred carrots. Melt margarine in a heavy stockpot. Sauté onion, celery, garlic, grated carrot and half of the parsley until soft. In a separate sauté pan, melt remaining 2 tablespoons margarine and sauté button and porcini mushrooms until lightly browned and no liquid remains. Add 1 tablespoon flour to vegetable mixture and stir for 2-3 minutes. Add salt and pepper. Add beef stock, sherry, bay leaf and sautéed mushrooms to the pot along with reserved mushroom water and barley. Turn heat to high and allow



to come to a boil. Reduce to a simmer and cook for about an hour until soup has thickened and barley is tender. Add the rest of the parsley and season to taste with additional salt and pepper if necessary.

Chicken Marsala is an easy and impressive dish that showcases tender mushrooms and sweet Marsala wine. It is perfectly delicious with regular button mushrooms, but when morels or chanterelles are in season, this is the time to spring for them. Serve over pasta tossed with a little fruity olive oil and sautéed broccolini.

Chicken Marsala

Serves 4-6

- 4 boneless chicken breasts
- 1/2 cup all-purpose flour
- Kosher salt and freshly ground pepper
- 4 tablespoons margarine, divided
- 2 tablespoon extra virgin olive oil
- 1 shallot, finely chopped
- 1 pound mushrooms, sliced
- 1/3 cup Marsala wine
- 2 cups chicken stock, preferably homemade
- 1/4 cup chopped fresh Italian parsley

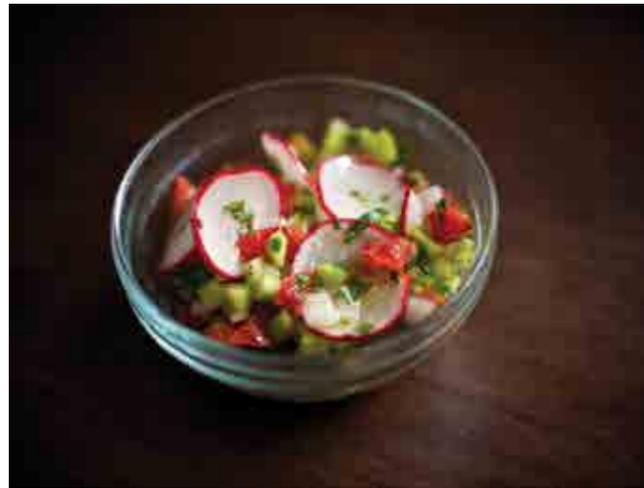
Place chicken breast on cutting board. Using the palm of your hand, firmly hold the chicken breast and slice lengthwise into thin cutlets. You should have three to four 1/2-inch cutlets. Repeat with remaining chicken breasts. Season cutlets with salt and pepper and dredge in flour, shaking off excess. Preheat oven to 300 degrees and line a baking sheet with parchment paper or foil. Melt 2 tablespoons margarine and olive oil in a large sauté pan and heat to medium high. Working in batches, quickly sauté cutlets until lightly browned and place on baking sheet. They won't be thoroughly cooked. Place chicken cutlets in oven while making sauce. If pan is dry, add a bit more olive oil and sauté shallot until softened. Add sliced mushrooms to the pan and sauté, stirring only occasionally until nicely browned and moisture has evaporated. Add Marsala wine and reduce by half. Add chicken stock and continue to reduce for 3-5 minutes until sauce begins to thicken. Whisk in remaining 2 tablespoons margarine to enrich sauce. Add fresh parsley, taste and adjust seasoning if necessary. Remove chicken from oven and place on a large serving platter. Pour sauce over all and serve immediately.



Hot Spot: Mediterranean Exploration Company

By Kerry Politzer

Chef John Gorham seems to have the Midas touch when it comes to restaurants. His first three eateries, Tasty n Sons, Toro Bravo and Tasty n Alder, are always booked solid. Now Gorham has teamed up with executive chef Kasey Mills to continue a tradition of small plates with big flavors at Mediterranean Exploration Company. This Pearl District hot spot, which has taken over the space previously occupied by Riffle NW, offers Mills' interpretation of Mediterranean and Middle Eastern cuisine. There are several Israeli and Jewish-inspired dishes on the menu, including Israeli pita with s'hug, ktzitzot (Israeli meatballs served with parsley salad and caramelized onion tahini), chreime (spicy Sephardic fish stew) and shalosh. The restaurant serves no pork; the bacon in the bacon-wrapped date dish is made from beef. Many vegetarian items are served, such as mejadara (rice-lentil stew) and saganaki (fried Greek cheese with figs, olive oil and lemon).



Mills derived some of his culinary inspiration from a recent trip to Israel, where he sampled local cuisine with Gorham and Israeli-born business partner Ron Avni. The chef explains, "Ron had the inside scoop of where to go eat. This was one of the best food experiences of my life. Not only did I get to experience amazing foods, from shwarma and shakshuka to kubbah and mansaif, I also got to explore the country and discover its beauty."

The menu at Mediterranean Exploration Company features raw, oven-baked and grilled items, as well as a large selection of mezza (traditional Middle Eastern small plates). There is also a nightly tasting menu (\$40 per person). If you don't go this route, order a variety of items, as portions are on the smaller side.

When asked about his signature dishes, Mills waxes enthusiastic about his chreime, kubbah, hummus and lamb

kebab pie. "The chreime, which the North African Jewish community would make on the Sabbath, (has) a really rich broth made of chilies, caraway, paprika and tomato reduced down to a paste. Kubbah ... are bulgur wheat croquettes stuffed with minced lamb and pine nuts, 'usul' hummus is reminiscent of a certain hummus Ron used to eat ... it is (made) with chopped eggs, chickpeas, raw onion, paprika, za'atar and s'hug. And lastly, the el babor is a lamb kebab pie made with fire-roasted tomatoes, serrano chili, garlic and dill. This mixture is put into

a cazuela (traditional Spanish clay cooking pot), topped with a thin pita and baked like a pie crust in an oven sitting at 650 degrees. When it comes out, we brush it with olive oil, sesame seed and sea salt."

Mediterranean Exploration Company's phyllo chard pie is a delicious take on the Greek spanakopita; a flaky golden triangle of crust is stuffed with flavorful Swiss chard. A heap of greaseless fried anchovies is interspersed with strips of fried fennel and then served on a bed of garlicky potato puree. The roasted beet salad is sweetened with orange sections, while roasted carrots are livened up with spicy harissa, tarragon and yogurt. The chreime features a slab of fried true cod smothered in a very spicy tomato sauce; if you have the tolerance, you'll want to sop up the sauce with the accompanying bread. For a milder fish option, try the pan-seared petrale sole with Portuguese wine, herbs and lemon.

Desserts continue the Mediterranean theme; they include pistachio-studded rosewater panna cotta, a chocolate baklava with the density of chocolate pecan pie and a yogurt-topped date cake made with olive oil. Sweet Moroccan mint tea is a perfect closer for a tasty meal at Mediterranean Exploration Company. 



Lamb chops.
Photo by David L Reamer



Falafel with tahini sauce.
Photo by Alan Weiner Photography



One of 11 specialty cocktails.
Photo by Alan Weiner Photography



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Ask Helen

Good dates do exist

Dear Helen:

Is it OK to try and date a person who's already seeing someone? I saw a woman at New Year's Masquerade who I can't forget. I know costumed people aren't their real selves. I'm an accountant M/F-9/5, but I dressed as a Middle Eastern man of mystery with a mask that left only my eyes exposed. That allowed me to cruise a party where I knew very few people without feeling like I had to interact in any particular way. It was clear from their costumes that the woman I was attracted to and her date were coupled. It's rare for me to be so drawn to someone I don't know at all. I really want to ask her out. What's in or out of bounds?

May I?

Dear May I:

Ask the person who invited you if s/he knows anything about the woman and about the status of her relationship. Short of a definitive "She's in a long-run partnership and an engagement is imminent," do your best to acquire her phone number and email. I'd opt for a soft approach, like an email that starts: I'm the mystery man from ____'s New Year's party. It's rare for me to approach someone who's in a relationship, but I'm making an exception for you. Would you please consider having dinner with me? We can be spontaneous or plan ahead. This invitation is good for a while, though I would hope you will accept soon.

Very few of us are immune to flattery. A dinner invitation is not officially a "date," though clearly that's what you are implying, even while acknowledging the relationship. Most women will at least put you in their "options" file; some will accept your invitation, if only to compare you to their current beau. If she says "Yes," make it a great meal and evening. If she doesn't answer, you'll have to decide among resending the email, dialing or asking your mutual friend to place a delicate probe. In the meantime, date some single people. Anyone who will cheat on his or her current beau is more likely to cheat on you later. My advice: stick with single folks. There are plenty of great dates to go around.

Dear Helen:

I'm in the process of a makeover. It started when my inner Imelda discovered boots, which I started wearing with tights. Hooray for the confluence of style and my skinny legs (despite my high BMI). I cleaned out my closet and got rid of anything that made me look or feel fat, that had stains or was so far out

of style I didn't care if the style came back. I decided that my "dress up wear" was my new normal. I tried a new hairstyle. People noticed. They started saying I looked nice, even that I had lost weight. I feel younger, hipper, thinner and happier. Now they're asking: Have you met someone? Why are you dressing up? Do I need to say anything other than "This is the new me?"

Swan

A Nosh of Jewish Wisdom:
Love creates beauty.

Dear Swan:

You could leave it at a satisfied smile and a "Do you like it?" It's fun to upgrade your style. Most of us fall into patterns and stay stuck. We'll buy something special for a wedding or b'nai mitzvah, but otherwise wear the same old/same old day in and day out until it wears out. Worse: if we lose sight of the little tears and stains, our wardrobes can begin to look not just out of style but shabby. Ditto for shoes and hair. Change is good. And fun!

This is a great time of year for transformation. Donating old clothes makes room for the new you. But save some of your budget for spring and summer. You'll have new seasonal choices, and you don't know now what shape you'll be in or what style you will embrace. Play with your taste and image. Changing yourself from the outside may inspire you to reduce your BMI too.

A resident of Eugene since 1981, Helen is a member of Temple Beth Israel, where she studies and speaks on Torah. She claims to have black belts in schmoozing, problem-solving and chutzpah. She's a writer and an artist (kabbalahglass.com). Please email your questions to helen@yourjewishfairygodmother.com and check out the blog at kabbalahglass.com/blog/



PHOTO: SOL NEELMAN

On Perceptions of Israel



From left, Craig Berne, Dina Dubson, Miri Eisin, Randie Peterson and Bob Horenstein. Photo by Polina Olsen

By Polina Olsen

Britons and Americans sometimes joke that they speak the same language but do not understand each other's words. Indeed, while people from around the world might experience the same event, perceptions can differ so greatly that they scarcely believe they breathe the same air.

Clearly, nonstop media messaging, culture, religion and the environment create the framework for how we understand issues. On Dec. 10 Colonel Miri Eisin spoke at the Mittleman Jewish Community Center about how this influences perceptions of Israel. Hosted by the Community Relations Committee of the Jewish Federation of Greater Portland, the free talk drew about 120 people.

Born in California, Miri grew up in Israel and served in the Israeli intelligence during her 20-year military career. She has also worked as Israeli Prime Minister Ehud Olmert's international media advisor and is a senior fellow at the Center for International Communication at Bar-Ilan University.

According to Miri, frameworks for understanding Israel fall into three main categories: Arab, Israeli and Western European. While leaning toward Western Europe, the United States is sometimes closer to how Israelis see themselves.

Perhaps conflicting views begin with the question – what is a Jew? Are we a religion only, or are we also a people and nation? This, Miri says, forms the basic gap between Muslims' and Israelis' views of the Jewish state. Additionally, Arab countries focus on the Palestinian tragedy and see Israel as an occupying army.

While Israelis and Western Europeans once shared the view of Israel being a weak underdog surrounded by enemies, the 1967 war began a reversal. Today, Western European

media portray Israel as the "Goliath," a powerful, monotone, one-dimensional aggressor that builds not a security barrier but an apartheid wall. The occupation causes the violence; end the occupation and the killing will end. Palestinians are victims, and therefore not accountable or responsible. And Western European's post-World War II mindset, Miri says, includes a deep suspicion of nationalism and the effectiveness of military solutions.

Israelis, on the other hand, continue to view themselves as a small nation surrounded by enemies. They are nationalistic. Most people are drafted, and many see military solutions as one possibility. Unlike Europe, Israel is not post-Holocaust. Some say that what happened when Jews did not have their own county is forever imbued in collective memory. Israelis do not believe their security issues begin and end with the occupation, but extend to the entire region including Iran, Iraq, the Islamic State and the chaos in Syria, to name a few. Perhaps most of all, Israelis do not define themselves by one conflict. While the international community may see the upcoming Israeli elections as a referendum on the Palestinian issue, the Israeli voters' broader context includes the economy, religion versus state and other domestic issues.

Miri hopes that understanding different frames of reference will increase communication and move the international community beyond an often blinkered perception. She worries that the Israeli/Palestinian conflict has become so divisive that it makes any discussion about Israel almost taboo.

"Israel in the media is one-dimensional and shown only through the Palestinian conflict," she says. "Dialogue can change when you understand the different frameworks."

90-year-old Millie Estrin leads synagogue to sustainable future



Millie Estrin launched Temple Beth Sholom on a sustainability path 15 years ago.

By Deborah Moon

Fifteen years ago Millie Estrin started a one-woman campaign to eliminate the use of plastic cups at onegs and other gatherings at Temple Beth Sholom in Salem.

“The overwhelming evidence I saw of global warming compelled me to try and bring the congregation to sustainability,” says Millie. “I felt it was my responsibility as a Jew to guard the Earth.”

After nearly a dozen years of Millie’s “very verbal” push for sustainability, she says other members stepped up to help. The resulting sustainability committee helped the congregation earn an EarthWISE certification for eco-friendly practices. EarthWISE is a free business environmental assistance program of Marion County that helps businesses recycle, save energy, reduce waste and more. This past year the committee also launched a community garden that donated nearly 200 pounds of produce to Marion-Polk Food Share, which delivers to local food pantries, as well as directly to the food pantries.

Millie, who turned 90 in August, now chairs a committee with six very active members.

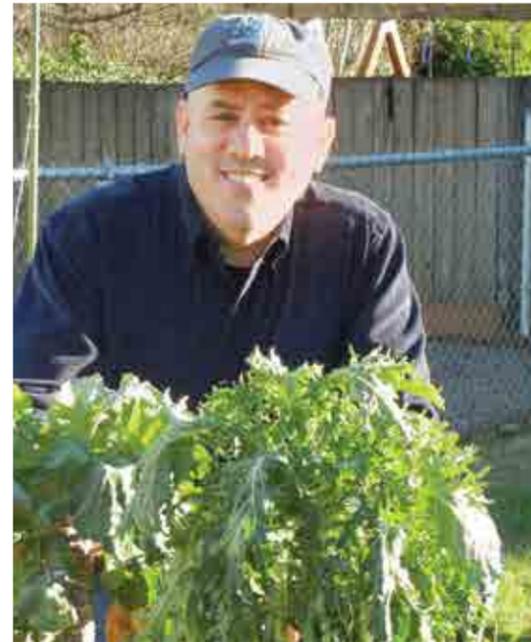
“I do want to emphasize my great committee,” says Millie. “They are all way smarter than me and really keep me motivated and moving forward. Nathaniel (Darnell) and Lee (Cowan) have done wonderful work on updating our lighting in the building; Burt (Bogart) is the “detail” guy who makes sure that all the i’s are dotted and the t’s crossed, and Larry (Konick) has done yeoman work on the garden. Agnes (Opgenorth) also put in tons of work on establishing the garden last summer. Judith (Havas), for her part, has always supported any decisions the committee has made, such as getting rid of plastic cutlery, etc. None of the things we’ve accomplished could be possible without the work and dedication of this wonderful group of folks.”

And the committee has accomplished a lot. The synagogue has multiple recycling stations to collect paper, plastic, cardboard and fluorescent lightbulbs. The committee purchased reusable and compostable dishware and utensils. Food waste from the events is composted (Millie brought worms from her home compost bin to establish a composting station at the temple).

As lightbulbs burn out, they are replaced with new energy-efficient bulbs. The kitchen lights turn on by motion sensors to further conserve energy. A new water heater eliminates the need to run water for a long period to get hot water.

The synagogue is landscaped with native plants that rarely require watering.

While Beth Sholom congregants had helped in other community gardens in past years, Larry Konick says that in 2013 he suggested to his fellow members of the sustainability committee that the congregation start its own community garden. After the temple board approved the project, he says his role was “to do whatever was needed to make it a viable garden.” He applied for and received a \$700 grant from South Salem Connect to develop the garden and then, “I helped



Larry Konick checks out the winter kale in the TBS community garden he spearheaded last spring.

build (construct beds, install water and hose bibs, construct fences, maintenance, etc.).”

He says last year they grew about 20 varieties of vegetables, but this year they intend to concentrate on fewer crops such as potatoes, tomatillos, onions, beets, carrots and peppers. “This will decrease the maintenance,” Larry says. “We are also working on installing a drip irrigation system.”

Millie says the committee is also exploring the creation of a “rain garden to capture water, so it doesn’t run onto our parking lot where it picks up oil and contaminants.”

A master gardener for nearly 30 years and a master recycler since 2004, Millie says she hasn’t done much work in the congregation’s community garden. “Due to my age, my garden takes most of my energy,” says the nonagenarian. However, she notes her work in her home garden did net her first prize at the Oregon State Fair for the baby blue Hubbard squash she grew last summer.

Somehow a blue ribbon seems a fitting prize for this grand dame of Salem sustainability. ♻️



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Jewgene creates network for Eugene's young adults



Jewgene President Sandy Weintraub



By Jonathan Marx

It's all about building community at every stage of life. For years local Jewish youth in Eugene could attend BBYO meet-ups, and college students could attend Hillel or Chabad events. It's clear there's no shortage of Jewish organizations in and around Eugene, but something still seemed to be missing: namely, a group appealing to those in their 20s and 30s.

The idea for a young adult Jewish group just made sense. With the knowledge that this population was being underserved, collaborative efforts of local organizations, including Oregon Hillel's Foundation for Jewish Campus life, Temple Beth Israel's Center for Jewish Life in Eugene and the Jewish Federation of Lane County led to the formation of "Jewgene."

Jewgene was initiated by 12 Lane County residents, ranging in age from their early 20s to mid-30s. The board comprises both Eugene natives and more recent "transplants," people new to this area who settled here for school or professional opportunities.

Jewgene's members plan to host various events throughout the year, seeking to cultivate a strong network of young Jewish professionals. The ultimate goal is to provide this target group with an opportunity to interact, socialize and ultimately grow as a community. Jewgene was inclusive from the start, welcoming all Jewish young adults regardless of affiliation, interfaith background or level of previous involvement in Jewish life.

Jewgene events already planned or in the works include monthly meet-ups, Shabbat dinners, trivia nights, Jewish holiday-themed parties, sports leagues and more. Four large-scale events to look for in 2015 will be centered around Purim, Passover, Log B'Omer and Hanukkah. This past December, Jewgene hosted its first event, a bowling night to collect lightly used, warm clothing to donate to "Food for Lane County," which drew close to 30 community members to participate and practice a little tikkun olam (repairing the world).

Information about the organization is available on the Jewgene Facebook page or at the newly created website, www.jewgene.org. If you are interested in learning more, have ideas for programming or just want to connect, please contact the organization's President and TBI member Sandy Weintraub at smweintraub@gmail.com or leave a message on Facebook.

Noshing Ventured

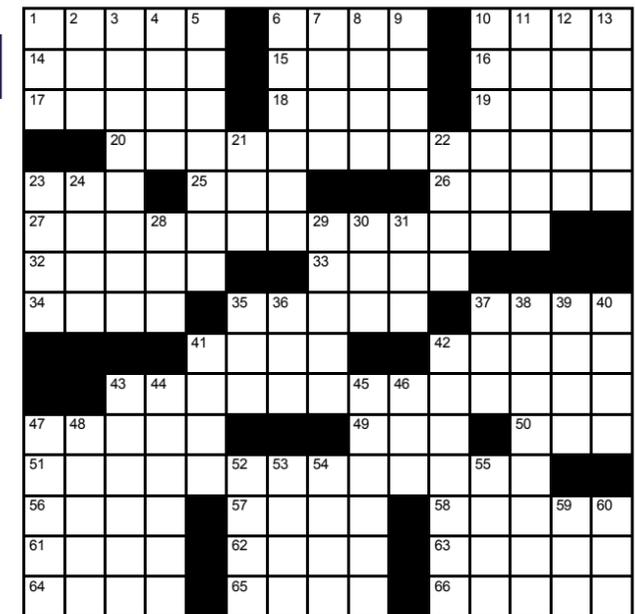
Across

1. That's life?
6. Tough, like Sophie's choice
10. Answer a bar mitzvah party invitation
14. L.A. ___ (video game with mobster characters ilke Mickey Cohen and Johnny Goldberg)
15. It was known by locals as "The Jewish Lake" during Prohibition
16. Kind of vessel useful in hand-washing
17. First name of film character Rae who learned union organizing from Reuben Warshowsky
18. ___-tat (like Henny Youngman's humor style)
19. What your brisket probably won't be for the first 90 minutes in the oven
20. No matter how you spell it, it's comfort food
23. Joan Lunden co-hosted it, initially
25. Holocaust Memorial Museum designer
26. Amens, roughly
27. Dip it in honey on Rosh Hashanah
32. Trick named after skateboarder Gelfand's nickname
33. One of three awards for playwright Tony Kushner
34. Overwhelmingly Jewish part of Jerusalem
35. Like Haman
37. Part of Leslie Moonves's CBS: Abbr.
41. Violinist and composer Leopold, who taught Efrem Zimbalist
42. Amtrak express offering kosher meals with advanced notice
43. Brunch choice
47. David nailed Goliath with one
49. Kippah, technically
50. Adornment for Sen. Brian Schatz (D-Hawaii)
51. Some like it hot

56. Type of sax for Lee Konitz
57. Locale of Chabad of Northern Nevada
58. Sit in on, as a course at Yeshiva University
61. How Catholics sometimes spell a term for Jerusalem
62. Harvest, or what Sukkot celebrates
63. People with chutzpah do this to parties
64. A lot, like the colors of young Joseph's coat
65. Animals used in some kapparot rituals
66. Give one tenth, as Abraham did to Melchizedek

Down

1. Wolf Blitzer's channel
2. "Yoo-___, Mrs. Goldberg" (2009 documentary)
3. Sends a letter via El Al, say
4. Zionist Lindheim, second Hadassah president
5. Knish, essentially (unless you're a vegetarian)
6. Like Oskar Schindler
7. Frank Zappa was an American one
8. Rudner or Katz
9. Howie Mandel offered one on a game show
10. It had a major part in "The Ten Commandments"
11. Logo of the company whose 2014 World Cup ad was called anti-Semitic
12. Hall for a Bat Mitzvah party, e.g.
13. Removes chametz for Passover, say
21. It influenced many Jewbus (Jewish Buddhists)
22. Defensive end Alzado
23. Many Hasidic Jews let their beards do it
24. Like all rabbis before Regina Jonas
28. Mark shiva
29. "Dance of the ___" (Tune for Allan Sherman's "Helo Muddah, Hello Fadduh")
30. Globetrotters founder Saperstein
31. Al Capp's Abner
35. Implement for pool player Mike Sigel
36. Judaism, for one: Abbr.
37. Start of many Yiddish-American terms
38. Emulated Moses to Aaron, in the golden calf incident



Editor: DavidBenkof@gmail.com | By Kely Clark

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FRIDAY, FEBRUARY 6TH

Jewish Kirtan Musical Meditation Service
JD Kleinke and Tasha Danner join Rabbi Ariel Stone

5:45 - 6:30 p.m. Meet & Greet
6:30 - 8:00 p.m. Kabbalat Shabbat Kirtan Service

SATURDAY, FEBRUARY 7TH

Guest Rabbi Yoel Glick, author of *Living the Life of Jewish Meditation* and celebrated teacher, draws on the knowledge of the East to vitalize and illuminate traditional Jewish practices.

10:30 a.m. - 12:15 p.m. Shabbat services with a meditative twist
12:30 - 2 p.m. Daily meditation workshop

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WENDY WESTERWELLE BECOMES DR. RUTH

FEB. 5-28

Two legends collide when Triangle Productions presents the Oregon premiere of "Becoming Dr. Ruth," featuring Wendy Westerwelle as Dr. Ruth Feb. 5-28.

Everyone knows Dr. Ruth Westheimer from her career as a pioneering radio and television sex therapist. Few know her incredible journey that began with her fleeing the Nazis in the Kindertransport. This one-woman show follows the journey of Karola Siegel as she travels to pre-state Israel and then to America where she becomes Dr. Ruth. On the way she joins the Haganah in Jerusalem as a scout and sniper; and struggles to succeed as a single mother coming to America. "Becoming Dr. Ruth" shows us – with honesty and humor – all the ways Ruth Westheimer is an inspiration to us all.

The play stars Portland actress Wendy Westerwelle, herself a legend for her one-woman shows, including "Soph: A Visit with the Last of the Red Hot Mamas" about the late, great Sophie Tucker. She previously appeared with Triangle Productions in her own one-woman show "Medicare-fully Fabulous" and in "25 Questions for a Jewish Mother," for which she teamed up with Ritah Parish.

Following the 2 pm, Feb. 15 performance, representatives from the Oregon Jewish Museum and Center for Holocaust Education will be on hand for a talk-back. They will talk about the Kindertransport and what it would have been like for young Dr. Ruth. They will also be answering questions and talking about the current OJMCHC exhibit on Anne Frank.

"Becoming Dr. Ruth," by Martin St. Germain, plays at The Sanctuary at Sandy Plaza, 1785 NE Sandy Blvd., Portland. Performances are 7:30 pm, Thursdays-Saturdays, Feb. 5-28; and 2 pm, Sunday, Feb. 15 and 22.

For tickets/information: 503-239-5919 or trianglepro.org

ANNE FRANK EXHIBIT AND PROGRAMS

Anne Frank: A History for Today is presented through April 14 at the Oregon Jewish Museum and Center for Holocaust Education. On loan from The Anne Frank Center USA – this exhibit serves as a springboard for community dialogue about the effects of intolerance in the past and today, and provides an opportunity to address the positive values of diversity and tolerance.

Exhibit hours are 10:30 am-4 pm, Tuesday/Thursday; 10:30 am-8 pm, Wednesday; 10:30 am-3 pm, Friday; and noon-4 pm, Saturday /Sunday. Admission is \$6 for adults, \$4 for students and seniors, and free for members and children under 12 accompanied by a parent or guardian.

The museum (1953 NW Kearny, Portland) is hosting a variety of programs in February. With the exception of the cabaret Feb. 26, admission for each program is \$10; \$8/OJMCHC members; and \$5 students. For more information call 503-226-3600 or visit ojmche.org. **Feb. 11, 7 pm – Discussion: "What We Talk about When We Talk About Anne Frank"**

Gail Sherman, professor of English and humanities at Reed College, leads a discussion about Nathan Englander's powerful short story, "What We Talk About When We Talk About Anne Frank." In the story two couples argue about who would hide whom in the event of another Holocaust. Attendees are encouraged to read the story in advance and participate in a lively conversation.

Feb. 18, 7 pm – OJMCHC Cinema: "Above and Beyond"

In 1948, just three years after the liberation of Nazi death camps, a group of Jewish American pilots answered a call for help. They smuggled planes out of the United States, trained behind the Iron Curtain in Czechoslovakia and flew for Israel in its War of Independence. As members of Machal – "volunteers from abroad" – this ragtag band of brothers not only turned the tide of the war, they also embarked on personal journeys of discovery and renewed Jewish pride.

Directed by Roberta Grossman and produced by Nancy Spielberg.

Feb. 22, 2 pm – Lauren Nussbaum Talk

Lauren Nussbaum, Anne Frank scholar and Holocaust survivor, will speak on Holocaust history and the legacy of Anne Frank's work during this afternoon lecture. Nussbaum has written and taught at length on the literary and social implications of Anne Frank's diary. Like Anne Frank, Nussbaum was born in Frankfurt and emigrated to Amsterdam with her family after the start of the Second World War. Both the Franks and the Nussbaum families moved within the same Amsterdam social circles and after discovering they had both survived the Holocaust, Nussbaum and Otto Frank developed a lifelong friendship.

Feb. 26, 7:30 pm – The Hiding Place: A Queer Storytelling Cabaret

Public: \$15; OJMCHC members: \$10; Students: \$8
Queer storytelling in the shadow of oppression: a tribute to Anne Frank: The Diary of a Young Girl and the power of memoir.

The Hiding Place is a live nonfiction storytelling performance event featuring personal histories of symbolic and literal hiding, persecution, adolescence and coming out by some of the region's finest artists/activists.

Hosted by Carla Rossi, one of Portland's premier singers and performance artists. The Hiding Place: A Queer Storytelling Cabaret is produced by Jason Myers and is a collaboration with his performance lab, Home Theatre System (hometheatrePDX.com) and OJMCHC.

LEARN TO "AGE SMART – AGE STRONG" IN FEBRUARY

Rose Schnitzer Manor presents "Age Smart – Age Strong," a lecture series focused on healthy aging Tuesday evenings in February. These free lectures take place at 6:45 pm in RSM's Zidell Hall, 6140 SW Boundary St., Portland.

Feb. 3: Redefining Aging and Wellness with Bayla O'Brien, PT, and Jacqueline Sinke, Fitness & Function LLC. Weakness is not a normal part of growing old. Learn how to choose a path that leads you toward fitness, independence, balance and vitality. We will also review the benchmarks of senior fitness and help you redefine your aging and wellness goals.

A FallProof balance and mobility instructor, O'Brien is the first physical therapist in Oregon to achieve certification in all three of the CDC's senior fall reduction programs. Sinke specializes in working with mature adults and older adults with various levels of fitness, functional ability and health status.

Feb. 10: Harnessing the Power of Brain Plasticity with Bobby Heagerty, OHSU Brain Institute. Healthy hearts DO equal healthy brains. Hear about the latest findings on improving brain health from researchers at OHSU and around the globe.

Bobby Heagerty coordinates the OHSU Brain Institute, recognized as one of the top neuroscience research institutions in the country.

Feb. 17: A Life in Balance with O'Brien and Sinke. Learn how your bodies use and process information from your muscles and joints, your inner ear, your vision and your brain to help keep you upright and prevent or reduce your risk of falling.

Feb. 24: All about AMD with Joan Kahn, OHSU Casey Eye Institute. Learn the basics of macular degeneration and discuss risk factors, symptoms, diagnosis, research, treatment and prevention.

Joan Kahn has been the program coordinator of the Macular Degeneration Center at OHSU Casey Eye Institute for 15 years.

503-535-4004 | RoseSchnitzerManor.org

WOMEN'S SERIES CONTINUES THROUGH APRIL

A speakers' series launched in December has sparked a monthly workshop for women.

The first Community Without Walls program sponsored by the Jewish Federation of Greater Portland and the Mittleman Jewish Community Center featured speaker Laura Ziegler, who spoke about "Surviving and Thriving through Life's Challenges."

To build on the interest generated by that December program, the MJCC created a four-part series for women with each month focusing on a different topic. Ziegler returned in January for the first workshop on organization. Each program meets at the MJCC from 7 to 8:30 pm.

The Feb. 24 workshop will focus on Women and Jobs. Career consultant Jenny Foss will discuss transitions at different times in one's life: changing careers, re-entering the workforce at any age and starting a business.

Women and Money will be the focus on March 17. Financial counselor Megan deBoer the emotions, the secrets, the power, the freedom of money

The series concludes April 21 with a look at Women and Image. Find out how to look good at any age.

Single session registration is \$12 or \$8 for members. Register at oregonjcc.org/registration.

WEEKEND IN QUEST LOOKS AT SEPHARDIC JEWRY

The ninth annual Weekend in Quest is filling up fast. This Shabbaton of study and fun at the beautiful Oregon Coast will be March 6-7-8 in historic Astoria.

The Rise and Fall of Ladino-Speaking Jewry will be the weekend's focus. Dr. Devin Naar, chair of the Sephardic Studies Program at the University of Washington, Seattle, will present four sessions. Learning programs throughout the weekend will explore "Under the Wings of the Sultan: The Rise of Jewish Communities in the Ottoman Empire," "A Jewish Language for All Occasions: Ladino



Dr. Devin Naar

Culture and Literature," "The Sephardic Holocaust: The Destruction of the Jews of Greece" and "A Diaspora within a Diaspora: Sephardic Jews in America."

Shabbat services will be led by Cantor Deborah Bletstein of Congregation Neveh Shalom.

Presented by The Institute for Judaic Studies of the Pacific Northwest, Weekend in Quest includes hotel, three catered meals, four study sessions, Shabbat services and Saturday night entertainment. Weekend in Quest is co-sponsored by 17 Jewish organizations and congregations.

weekendinquest.org | mimiepstein42@comcast.net

TEMPLE BETH SHOLOM BAKING UP HAMANTASCHEN

For the 18th year, Temple Beth Shalom in Salem is taking orders for its "famous" hamantaschen for Purim, which celebrates the story of the Book of Esther. Temple members and friends throughout the community volunteer to make the three-cornered cookies each year. The annual Hamantaschen sale supports Temple Beth Shalom's many programs. Volunteers are needed to roll out the dough, fill and "pinch" the hamantaschen. Baking sessions at TBS are 6-9pm Tuesdays and 10am-4pm Sundays Feb. 8-24. Roth's Bakery, Lifesource Natural Foods, and Croissant and Co. Bakery support the project.

This year Purim is March 4. The Hamantaschen are filled with apricot, poppyseed or raspberry fillings. Hamantaschen are \$15 per dozen or \$36 for three dozen. Each dozen has an assortment of all three flavors.

Orders due Feb. 20 to: Stacey Brown, 503-930-9333 or stacey@ontapdancing.com; Sherry Dunning, 503-364-1372 or dunning3@comcast.net; or Temple Beth Shalom, office@tbsholom.org.

Pick up is 9 am-2pm March 4 at the TBS office at 1274 Cunningham, Salem.

ANNE FRANK: A HISTORY FOR TODAY
January 15 - April 14, 2015

BOOK DISCUSSION
What We Talk about When We Talk About Anne Frank
Wed, Feb 11, 7pm

OJMCHC CINEMA
Above and Beyond
Wed, Feb 18, 7pm

TALK
Lauren Nussbaum: My Memories of Anne Frank; My Work with her Diaries
Sun, Feb 22, 2pm

MUSIC
The Hiding Place: A Queer Storytelling Cabaret
Thu, Feb 26, 7:30pm

INTERFAITH PANEL
Forgiveness and Reconciliation
March 1, 3pm at the First Methodist Church

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Tue/Thu 10:30am-4pm | Wed 10:30am-8pm | Fri 10:30am-3pm | Sat-Sun noon-4pm

1. HANUKKAH WONDERLAND – State Senator Michael Dembrow lights the menorah as Chabad Northeast Portland Director Portland Rabbi Chaim Wilhelm looks on. The Hanukkah Wonderland, hosted by NE Chabad, also featured a Mad Science show that had children in audience roaring with laughter.

2. STAMPFER AWARD – Rabbi Joshua Stampfer, left, bestows upon Jakob Kryszek the 2014 Rabbi Joshua Stampfer Community Enrichment Award. The annual nonfundraising dinner on Dec. 11 drew 200 people – Kryszek family members, friends and supporters – to Congregation Neveh Shalom to fete Jake’s life and his ongoing legacy supporting Holocaust education. This was the first year the synagogue played host to the yearly event; Neveh Shalom will be the award event’s home in perpetuity. Grandson Raffi Kryszek and friends Eva Aigner and Rabbi Ariel Stone of Congregation Shir Tikvah spoke about various aspects of Jake’s long and impressive life as a Holocaust survivor, eternal optimist and inspiration to his family. Photo by Andrea E. Janda

3. MAIMONIDES MINYAN – Members of the community join Maimonides Jewish Day School students for morning prayers. Maimonides sixth and seventh graders have recently begun a student-led minyan at 8:25 each morning at Chabad House 2317 SW Vermont St., Portland.

4. TIME TO RELAX LAURIE – Nearly 200 people turned out to wish Laurie Rogoway a well-earned retirement after 31 years at the Jewish Federation of Portland. Daughter Eddy Van Ness was the emcee at the Hawaiian-themed party. Sitting at a table surrounded by family, Laurie and Bert listen to speakers praising Laurie for her decades of dedication and compassion. JFGP CEO Marc Blatner announced the creation of the Laurie Rogoway Jewish Communal Professional of the Year Award. The winner receives \$1,000 towards a professional development program of their choosing.

5. MEGA CHALLAH BAKE – Jewish Woman’s Circle Director Chaya Rivkin demonstrates how to braid challah at a hands-on challah-baking program that drew more than 35 women from Hillsboro and Washington County. The Chabad Jewish Center of Hillsboro hosts a weekly women’s Torah and tea class, with various programs and activities exclusively for woman. Photos by Julianne Claybaugh

6. SWEET THANKS – Shaarie Torah members and friends delivered cookies to hospitals, fire departments and police stations as part of Shaarie Torah’s annual Christmas Cookie Mitzvah Project on Christmas Day. Hadas Horenstein, right, delivered cookies to these grateful recipients at Legacy Good Samaritan Medical Center. What a day of giving back to those who work 24/7 for our community.



7. MANOR ACTIVITIES – Rose Schnitzer Manor residents always have a multitude of activities to choose from. Every week, card lovers gather for bridge, while music lovers lift their voices in song in the RSM choir. Special holiday events include the Hanukkah white elephant gift exchange in which Fran Stone is delighted with her gift.

8. NEW YEAR’S AT NOON – More than 150 people attended the Mittleman Jewish Community Center’s “New Year’s at Noon” featuring activities for young families including face painting by Corie Hinton and others. Other activities included the bouncy house, games and crafts dancing and fun in the pool with the pool float, snacks, horn blowing and music from Blackboard Music/DJ. Balloons dropped for a New Year’s celebration at noon.

9. MEN’S CLUBS – Neveh Shalom and Shaarie Torah Men’s Clubs joined together Jan. 4 to watch a Seahawks game. The skybox was generously offered by a member of Shaarie Torah’s Men’s Club.

10. ANNE FRANK LUNCHEON – Nearly 200 people turned out for the Jan. 13 luncheon at the Multnomah Athletic Club to celebrate the opening of the traveling exhibit, “Anne Frank: A History for Today,” at the Oregon Jewish Museum and Center for Holocaust Education. Hilary Eddy Stipelman, director of outreach and exhibitions of the Anne France Center in New York, spoke on “Anne Frank Then and Now” and Reed College Professor Steven Wasserstrom spoke on “What We Remember When We Remember Anne Frank.” The exhibit continues at the museum through April 14.

11. FREEDOM, JUSTICE AND RESPECT was the message shared by Myrlie Evers- Williams during Congregation Beth Israel’s Martin Luther King, Jr. Shabbat commemoration on Jan.16 in their filled to capacity historic sanctuary. From left are Cantor Ida Rae Cahana, Reena Evers, Myrlie Evers William, Rabbi Michael Z. Cahana, Ron Silver, and Rabbi Rachel Joseph. Photo by Andie Petkus



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Age Smart-Age Strong series at Rose Schnitzer Manor Tuesdays in February. See page 58

Through April 14

Anne Frank: A History for Today at OJMCH. For details on exhibit and related February programs, see page 58.

Feb. 1

The paradox of modern parenthood: Award-winning author Jennifer Senior will share ideas on parenting. Free. Sponsored by MJCC, PJA, PJ Library & JFGP. 10 am at the MJCC. 503-244-0111 - See more at: <http://ojlife.com/content/all-joy-and-no-fun#sthash.1yk9VWaE.dpuf>

Feb. 3-March 1

"Tribes," Nina Raine's tense, compelling & humorous play about family and deafness is at Artists Repertory Theatre, Alder Stage, 1516 Alder St., Portland. Opening Night is Feb. 7; with preview performances earlier that week. \$25-\$55; Students, under 25 tickets \$25 tickets. 503-241-1278 or artistsrep.org

Feb. 3

Mizrach Eastside Pre-Passover Wine Tasting. Mizrach: Congregation Neveh Shalom's Eastside Action hosts this 5:30 pm guided tasting of Israeli and other kosher wines for Passover at Blackbird Wineshop, Northeast 43rd and Fremont. \$25. RSVP required: tinyurl.com/mizwine2015

Poetry Reading: Frances Payne Adler, Donna Prinzmatal and Willa Schneberg. 7 pm at Annie Bloom's Books, 7834 SW Capitol Hwy, Portland. annieblooms.com

Tri-Faith Dialogue: Marriage, Divorce and Remarriage. 7 pm at St. Mary's Cathedral (1716 NW Davis St., Portland) with Beth Israel Rabbi Michael Z. Cahana joining Monsignor Patrick Brennan of St. Mary's and a representative from Trinity Episcopal Cathedral. 503-222-1069



B'Shevat with flavors from the holiday's seder plate, and an evening of reflective discussion focused on the themes of this beautiful holiday. Doors open at 7:30 pm, dessert 8-9:30 pm. \$25. Location with RSVP. info@morgansttheater.com

Feb. 6

Exploring Jewish Meditation Weekend: Erev Shabbat Kirtan service. Kirtan musical meditation service led by J.D. Kleinke, Tasha Danner and Rabbi Ariel Stone. 5:45-6:30 pm meet and greet; 6:30-8 pm service. Reservations required. Free; donations accepted. 503-473-8227

Feb. 7

Tu B'shvat Seder & Radio Play "The Sap is Rising" at 6:45 pm at P'nai Or, 9750 SW Terwilliger Blvd., Portland. The play will be followed by Havdalah and a Tu B'Shevat seder. Doors open at 5:45. Play begins promptly at 6:13. 503-248-4500

Shir Tikvah hosts "Exploring Jewish Meditation Weekend: Tefillah and Meditation Workshop with Rabbi Yoel Glick." An evocative exploration of the silence between the notes and the words of the tefillah service. 10:30 am-12:15 pm Services with a meditative twist; 12:30-2 pm Meditation Workshop. Reservations required. Free, but donations accepted. rsvp@shirtikvahpdx.org

Feb. 8

Taste of Temple 2015: 5 pm at Castaway (1900 NW 18th). Temple Beth Israel brings back Taste of Temple. Join us for food, drinks and fun. This event is for guests age 21 and over. \$72. 503-222-1069 or bethisrael-pdx.org.

Powerful Tools for Caregivers: Managing Stress. This interactive workshop to identify signs and sources of stress, relaxation tools, stress reducers and how to create an action plan meets at 1:30 pm at Rose Schnitzer Manor. RSVP to 503-535-4004 or deborah.elliott@cedarsinapark.org

The Jewish Encounter and Congregation Ahavat Achim, sponsor a showing of the movie, "The J Street Challenge" 7 pm at Ahavat Achim. 503-227-0010

EUGENE: Fourth Annual Rabbi Marcus Simmons Lecture brings Professor Andrew J. Riley to Temple Beth Israel, 1175 East 29th Ave., Eugene. 4 pm. The Hebrew Bible explicitly affirms God's goodness. This lecture is an orientation to the debate in the field of biblical studies and considers the role of divine hate in the larger discussion. Free; Donations accepted. tbieugene.org

Feb. 10

The 8th Annual Sephardic winter film series continues with a double feature of documentaries from Greece. "Synagonistis - Greek Jews in the National Resistance" chronicles the role of Jewish fighters in WWII (50 minutes). "In the Presence of My Neighbors" is the most accurate, most comprehensive and the most lucid film about the destruction of the Greek Jewry overall (46 minutes). 7 pm at Congregation Ahavath Achim, 3225 SW Barbur Blvd., Portland. Free. Films, Sephardic desserts and speaker. Info: David, 503-892-6634

Feb. 11

Interfaith Advocacy Day. 8:30 am-4 pm at the capitol in Salem.

Feb. 15

Metaphors and MRI Scans: the Contentious Discourse of Novels and Neuroscience. Portland-based psychiatrist and author Marty Raitiere explores the intersection of stigma, neurological conditions and literature at 11 am at the Kol Shalom Center, 1509 Sunset Blvd., Ste. 1E, Portland. 503-459-4210

Text study and discussion of the word "keruvim," sometimes translated as "cherubs." 2-3:30 pm at P'nai Or, 9750 SW Terwilliger Blvd., Portland. Free to P'nai Or members, \$10 for nonmembers. Questions? E-mail melissatz@comcast.net

Feb.16

Poets Willa Schneberg of Portland and Heather Bourbeau from the Bay Area will read at Glyph Cafe & Arts Space, 804 NW Couch, at 5:30pm. Come for dinner and make an evening of it. glyphpdx.com

Feb. 22

MJCC Friends of the Center Brunch, featuring Ethan Zohn. See page 35.

12th Annual Mah Jongg Tournament. 11 am at Neveh Shalom. Registration form at nevehshalom.org/flyers/mahjongg2015.pdf

Feb. 28

Enter a World of Pure Imagination, 6:30 pm at the the 2015 Neveh Shalom Fundraising Spectacular! Honor Foundation School's 60th anniversary with a dazzling night of food, drink and entertainment. \$40. 503-246-8831

Add events to our calendar at ojlife.com. Click on "Add an event" at lower right of home page.

OJMCH is the Oregon Jewish Museum and Center for Holocaust Education at 1953 NW Kearney, Portland. 503-226-3600, ojmche.org

MJCC is the Mittleman Jewish Community Center at 6651 SW Capitol Hwy., Portland. 503-244-0111, oregonjcc.org

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