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j Kids
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A Cena's kitchen staff visited Florence two years ago. During the trip they visited three of vineyards whose wine they serve. From left at Felsina Vineyards are: Douglas Frierott, Gina Rollo (server), Jeremy Hansen (line cook), Gabe Gabreski (chef), Chris Custer (owner), Melissa Dolinsky (now Karman), Michael Karman (sous chef) and Caterina Massocolin, granddaughter of the Felsina Vineyards owner.



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Cover photo: Chef Michael Karman. Photo by Images by Floom

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Editor's Letter



Food is such an integral part of Jewish culture, that this month we devoted not just our cover story, but an entire section to the topic that nearly everyone loves. We have highlighted chefs, bakers and other culinary mavens as they share their views on food, wine, restaurants and cooking.

This month Oregon Jewish Life introduces our expanded coverage for kids, teens and their parents. We hope you'll find our new "J Kids & Teens too" section a valuable resource. The debut section features a special coverage of camp options for the coming summer. With spring break this month, summer vacation is just around the corner, and so are some of the camps we feature. We also introduce a new Jewish overnight camp devoted to sport enthusiasts; the West Coast camp is part of the Foundation for Jewish Camp Specialty Camp Incubator, which is designed to launch specialty camps to attract youth that might not otherwise attend a Jewish summer camp.

This month's J Kids also features a plea for Portland's Jewish community to support the influx of low-income students who have recently moved into a new affordable housing complex in the heart of the Jewish community in Southwest Portland.

On another note, did you know that the National Day of Unplugging (from technology) has its roots in the Jewish Shabbat? Read all about it in J Kids.

While it's healthy to take a day to unplug from technology and reconnect with family and friends face to face, we recognize that technology can be a great way to connect to family and friends who live too far away to see regularly. Facebook and other social media are ideal ways to share your children's latest achievements. In future issues of J Kids & Teens too, we invite parents to share those cute moments or astute observations with Oregon's Jewish community. Just email me (editor@ojlife.com) funny or insightful comments from your kids, along with photos, and we'll share them in future issues.

Although my sons are now grown, I well remember the delight or horror of hearing my child share a truth unencumbered by the perceived limitations of society. I refer to horror in the sense of embarrassment when that truth was regarding a nearby adult – like the time my first-grader asked loudly, "Mommy, why does that man want to die?" As I sat momentarily stunned, he added, "Smoking kills people." (OK, so maybe I hammered on the anti-smoking message pretty hard when they were young, but neither of my sons smoke!)

Nowadays as empty-nesters, we rely on our 3-year-old golden retriever Ajax (named for the Greek hero, not the cleanser) to provide comic relief, and occasionally good advice! Here's a photo of our proud boy reminding us what is important in life (and no, we didn't stage this – we simply gave him an empty Cheerios box to play with, and he tore it up and then paraded around with the one remaining piece).



I'm sharing my photo to inspire you to share yours.

Deborah

LETTERS TO THE EDITOR

Thank you. Great magazine. As a newcomer, Oregon Jewish Life provides a wonderful way to keep connected with our community. — **Eric Brown | Portland**

I just received the February issue of Oregon Jewish life. Amy Hirschberg Lederman's piece (Jewish Soul Mates: Are you my beshert?) is a truly beautiful article about what it means to be or have a beshert. I am a huge believer.

I think that's how things happen and many good and loving relationships are sparked that way. It is a beautiful, beautiful article. — **Ester Leutenberg**

Amy Hirshberg Lederman's storied connection (Soul Mates, February Oregon Jewish Life) is wonderful! But it sends and reinforces the erroneous Disneyland/Hollywood belief that one person completes another and they can live happily ever after. Setting the bar at that threshold by citing the Ba'al Shem Tov perpetuates the illusory myth that this soul mate is a blessed union from on high and anything else is but a soulful relationship.

At best, Amy's amazing story is something to aspire to, at worst it is unattainable advice to future newlyweds that can only lead them down the path of frustration and disillusionment when they fall short of this seemingly blessed perfection. Work, raising a family, being in a family, health, financial difficulties, death, distractions, bad stuff, and good stuff, too, have to be transcended and balanced in the joint undertaking that is marriage. That is how a couple can realize what Amy and her husband have achieved – beshert.

It is from working together that the Ba'al Shem Tov's words of creating a brighter light from their united being are realized. — **David Jove**



Publishers
Robert Philip and Cindy Saltzman

Advertising and Editorial Director
Cindy Saltzman

Editor-In-Chief
Deborah Moon

Art Director
Susan Garfield

Copy Editors
Susan Moon
Sally Swire

Online Content Editor
Kira Brown

Columnists
Kira Brown, Anne Kleinberg, Kerry Politzer,
Helen Rosenau, Lucia Schnitzer and Mylan Tanzer

Contributing Writers
Amy Hirshberg Lederman, Joseph Lieberman,
Liz Rabiner Lippoff, Polina Olsen, Kerry Politzer
and Sura Rubenstein

Advertising Sales
Cynthia Klutznick

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How to reach us:

Advertise@ojlife.com | 503-892-7401

Editor@ojlife.com | 503-892-7402

Publisher@ojlife.com | 503-892-7401



Oregon Jewish Life
6680 SW Capitol Hwy.
Portland, Oregon 97219
www.ojlife.com



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Devorah the business consultant
Photo by Jon Perrin

Devorah the storyteller
Photo by Jon Perrin

Devorah the clown

3 Personas – 1 Mission

As a clown, storyteller for kids or StorySelling consultant, Devorah Spilman knows stories move people

By Deborah Moon

Devorah Spilman found her calling at age 18 when working in a preschool. Then and there she realized the power stories have to move people – or in the case of squirmy preschoolers, to sit still as stories transport them to new lands and deeper understanding.

For more than 30 years she has honed her craft, and now she teaches others to use the power of stories to move donors to give and to move potential customers to buy a company's products or services.

"A story sparks emotion that inspires the impulse to buy," says Spilman. "The impulse to buy comes from emotion, then people can analyze."

In all of her storytelling personas, Devorah says she tries to create deep, authentic experiences that invoke images that stay with her audience.

Before becoming a professional storyteller, she earned a bachelor's degree in community studies with an emphasis on arts in education from the University of California at Santa Cruz and completed a one-year, full-time training program at the Dell 'Arte School of Physical Theatre.

In Portland's Jewish community, she has been a visible presence since she moved to Portland in 1999, telling stories designed to provide emotional understanding of Jewish values and concepts at preschools (complete with puppets), day schools, religious schools and synagogues. Her clown persona, Dilly Zoozilly, uses children's humor to develop self-esteem. Dilly Zoozilly spent July and August 2001 bringing laughter to Israeli children traumatized by violence swirling around them during the second intifada. Having lived in Israel for nearly a decade in the mid-'80s to mid-'90s, she was able to entertain the children in Hebrew.

It was her work as a storyteller at Portland Jewish Academy that provided her first entree into the arena of training others to use the power of stories. When her daughter was a student at PJA, Mara Woloshin heard Devorah telling stories.

"She was an engaged parent and she loved my storytelling," says Devorah. "She was working with United Way, and she asked me to teach them to use their stories. I'd never done that before. Mara is the one who said, 'You can do this.' So I did eight to 10 trainings for United Way (in 2004). They went from telling about United Way's stories to actually telling real stories."

With young children of her own, Devorah continued to focus on storytelling for children until 2012, when Kim Rosenberg similarly recognized the value of Devorah's skills. Kim was the Campaign Chair for the Jewish Federation of Greater Portland, and she asked Devorah to teach solicitors how to use stories as they spoke to donors.

In December 2012 Devorah unveiled her InStory technique, working with about 20 federation volunteers and staff. Devorah's InStory exercises lead a group to discover group rapport, creative insights and renewed vision by tapping into their subconscious and finding the images and stories that transmit the group's mission in a memorable way.

Federation staffer Caron Rothstein says the training was very effective for both veteran and newcomer solicitors.

"It gave them a different way to frame the conversation," says Caron. "It's another tool in their toolbox of being a successful solicitor. It's very authentic. She wasn't asking anyone to be

artificial. She showed us how to take our own personal experiences and incorporate them into giving. ... Devorah is a very genuine, authentic person – that is really refreshing."

Devorah also describes herself as authentic. She sees the different clothing and personas she presents as the outward trappings that "meet the needs of the people who I bring it to."

To help children understand deep concepts, she uses puppets or clown attire; to teach business people to incorporate what is essentially an art form into their work, she presents a corporate image.

"The training is very useful at upping their skill level in terms of emotionally connecting with clients," says Devorah.

Kim was so pleased with the results at federation that she hired Devorah to help her find stories she could use in her work as a financial planner at Rosenbaum Financial. She says the initial InStory session and some follow-up sessions have been very useful.

"Devorah is always sitting on my shoulder when I meet with a client," says Kim. "I hear her voice saying: 'What questions can I ask to learn more about the person in front of me, and which story in my library of stories can I use to make the biggest imprint to move the client to an emotional change?' I always incorporate stories in my meetings now. I have found a significant change in the trust factor rising with my clients."

In December 2012 Devorah also launched her website, spilmanstoryselling.com, to offer corporate and nonprofit StorySelling trainings and consultations. Her website also

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features web sessions, audio presentations and online consulting.

When she works with corporate clients, she says she helps them think about their product or service as something that solves a problem for their customers.

She says she asks them, "What is the image or metaphor for what your product does for your client?"

One of her corporate clients told her he would go into a sales presentation with hundreds of PowerPoint slides and realize "I have so much information, I lose them."

Devorah helped him come up with a metaphor that gave the essence of how his service helped solve problems. He told her in his next presentation, he used the image to capture the client's attention and then was able to hold their interest as he used his PowerPoint presentation to provide the specifics. He won the large contract.

In addition to InStory training, she also offers extended consulting with clients to help them learn to use the stories they find through InStory.

Though her business consulting is taking up more and more of her time, she still enjoys telling stories to children and says she will never turn down an opportunity to perform as Dilly Zoozilly. Her husband, Jacob Spilman, is a family therapist. Their daughters are 11-year-old Elianna and 15-year-old Hannah. The family belongs to Congregation Kesser Israel.

"Now I do storytelling and puppets at Kesser every Shabbat for kids," says Devorah. "Kesser is my shul, and that's how I give back."

BIZ INS&OUTS

BB Camp and BBYO to share director



Portland native Sam Swire has assumed the roles of B'nai B'rith Camp assistant director and BBYO Portland city director in a shared position.

With BB Camp, Sam is responsible for the development of year-round camper engagement programming with the goal of deepening campers' connections to their Jewish identity and friendships through camp activities in the city. Sam will oversee the Goodman Camping Initiative, which focuses on programming to enhance the understanding of modern Israeli history.

"This is the first joint role of its kind in the country, which is a challenge that suits Sam as he is dynamic and relates well to people of all ages," says BB Camp director Michelle Koplan.

His BBYO position focuses on growing involvement of teens to have more meaningful Jewish experiences and learn the skills to become good leaders. Portland currently has four chapters.

"I hope to plant seeds of Jewish passion with campers and BBYO teens so that kids will become involved Jewish adults," says Sam.

Sam received his B.A. in political science with minors in Judaic studies and business administration at the University of Oregon.

503-345-9451 | sswire@bbcamp.org

Janet Storm takes post at City of Portland



The Oregon Jewish Community Foundation has announced that Janet Storm will leave the foundation for a position with the City of Portland. Originally from Boston, Janet has a bachelor's degree in communications from Emerson College. Her new position will be as a management analyst in the communications department of the City of Portland's Office of Management and Finance. The OMF supports the operational needs of City of Portland bureaus, as well as coordination and leadership on overall administrative services.

Janet has been with OJCF for 12 years, originally as administration and communications manager and more recently at the foundation's marketing and donor-relations manager. In her new role with the city, Janet will continue her work in design, copywriting and web content in addition to research and data analysis and project management support.

"Janet has played an important role in successfully elevating awareness of the OJCF brand," says OJCF Executive Director Julie Diamond.

Vitron joins Oregon Jewish Community Foundation



Chris Vitron joined the Oregon Jewish Community Foundation in December as director of finance and operations.

At OJCF he will direct the accounting and financial functions of the foundation as well as being responsible for oversight of human resources and IT management. Chris comes to the foundation from The Oregon Community Foundation, where

he spent over five years in the fund services and accounting departments. Prior to that, he was a corporate accountant for seven years.

"We are thrilled to have Chris join our team and bring his exceptional experience in community foundation finance and accounting to OJCF," says OJCF Executive Director Julie Diamond. "Chris is the right person at the right time to support OJCF's growth and commitment to providing excellence in philanthropy for our Jewish community."

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NW Investment Counselors adds principal



Christel P. Turkiewicz has been made a principal at Northwest Investment Counselors. She has been with the firm since September of 2010 as a relationship manager. She brings over 20 years of experience in the financial services industry to the firm including portfolio management and ownership of an investment education company.

Christel holds a Series 65 Securities License as well as a Chartered Retirement Planning Counselor designation. She earned her M.B.A. in finance from the University of Oregon and B.S. in accounting from the University of Colorado.

503-607-0045 | cturkiewicz@nwic.net | nwic.net

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Jewish Theatre Collaborative soars to new heights on wings of "Pigeon"

By Deborah Moon

From a solid foundation of adapting compelling Jewish stories, the Jewish Theatre Collaborative soared into this season with the ultimate Page2Stage experience for Oregon audiences, which culminates this month with a world premiere Mainstage production.

This year JTC has drawn on successful elements piloted in its previous five seasons to create a season-long experience centered around one novel, *A Pigeon & a Boy* by Meir Shalev. In November staged readings of Chapter One introduced the community to the stories of love and loss that the novel explores from British-mandate Palestine of the 1940s through Israel today. In January and February, Footnote performances put the novel into context with performances about the roles of memory and home. The season culminates with the world premiere production of *A Pigeon & a Boy* March 22-April 12 at Milagro Theatre, where JTC is in residency.

While JTC has used each of these approaches in previous seasons, this is the first time the company has woven all the elements into a theatrical tapestry that enables audiences to experience the novel on many levels over the course of the season.

JTC Founder and Executive Director Sacha Reich adapted the novel with JTC core company member Doren Elias. The Mainstage production is told entirely using Shalev's words, "but only 20,000 of his 400,000 words," says Sacha. "The language has such power. As we are adapting, we are shedding so much text to make a two-hour production out of a novel of 300 pages."

The process of adapting stories to stage is JTC's bedrock. "Our narrative adaptations have been exhilarating," says Sacha. Reflecting on her adaptation of Charlotte Salomon's *Life? or Theater?*, Sacha asks: "How do you take a huge book of art, text and music ... (and) bring it to 3D and let the audience experience the art ... and what Charlotte heard in her head?" Apparently she did it exceptionally well. In a 2011 review in the Jewish Review, Editor Paul Haist called it "a night of profoundly stimulating theater ... uncommonly sophisticated. ... It was memorable theater of the highest order."

Clockwise from top left: JTC founder Sacha Reich. A Pigeon (name unknown) and a Boy (Sam Dinkowitz). JTC cast of *A Pigeon & a Boy*, Chantal DeGroat, Crystal Ann Muñoz, Matt Pavik, Sam Dinkowitz, Darius Pierce, Nick Ferrucci, Lorraine Bahr, Doren Elias and, not pictured, Jamie M. Rea. Photos by Fridrike Heuer



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Looking back on that experience, Sacha says, “Bringing that to life was such an exciting opportunity. You hope you will have the opportunity to have a few more of those highs in life. Those highs come from the adaptations we do.”

Like its latest production, the roots of JTC are in Israel. A Portland native, Sacha moved to Israel in 1990, graduating from Hebrew University before spending three years training as a director at Seminar Hakibbutzim in Tel Aviv. Her grad project involved a Hebrew version of Shakespeare’s *Twelfth Night*. She served as the dramaturge (providing context and history) in a Hebrew production of *Comedy of Errors*. “I had a background in Shakespeare, so I was involved in the development of the translation and understanding the nitty-gritty of what is embedded in the lines.”

In 1997 she moved to New York and then to the Bay area, where she had a theater company. She and her husband, Aaron Pearlman, also a Portland native, returned to their hometown in 2002 “to re-root ourselves here and to contribute to the growth of community here.”

The family, which now includes Lev, 13, and Ravit, 9, are members of Havurah Shalom.

Initially Sacha taught Judaic studies at Portland Jewish Academy, and her theater work was outside the Jewish community. She directed two productions and served as the artistic associate for Miracle Theatre Group, aka Milagro Teatro, where JTC is now in residency.

JTC FOUNDER/EXECUTIVE DIRECTOR

Sacha Reich

JTC CORE COMPANY

Doren Elias

Jamie M. Rea

Avital Shira (better known in Portland’s Jewish community as Avital Rutenberg Schoenberg)

Wendy Wilcox

“Audiences encouraged us to take them on the journey of this book. And it was a journey we wanted to take.”

— Sacha Reich, JTC executive director

Sacha credits Aaron with the idea that led to JTC. “Stories are central to our experience as Jews, to how we see ourselves and the world,” says Sacha. “Aaron’s idea was how could we use theater as a really effective vehicle for story – to use that tradition in a new way. Theater is a vehicle for stories to gather community around complex conversations. That is central to all the programs we’ve developed.”

She says her relationship with Milagro and its founder and executive director José González have provided a model and mentorship to help JTC create a theater company responsive to and of service to the community – one that is culturally specific, yet resonates with the broader community through universal themes.

Sacha believes part of JTC’s work is to increase literacy in the community in terms of the complexities of Israel. “There is a low level of literacy, but strong polarization, so it’s difficult to talk about Israel respectfully and thoughtfully,” says Sacha.

That thought sparked both the current production and JTC’s pilot project in 2008, a series of staged readings in conjunction with a Portland State University summer course, Israel @ 60 Onstage. The series was designed “to use theater to bring together community to experience multiple perspectives at once.” The series also launched JTC’s now traditional

“talkbacks” to provide both an opportunity for people to learn more and a forum to talk to each other and reflect.

Since their inaugural year, JTC has brought a series of original performances based on stories to diverse audiences. Their adaptations of Grace Paley, Etgar Keret and PJ Library book selections have been performed at schools and libraries. *Life, Liberty and the Pursuit of Well-Being* – a biographical play about Jewish American hero and public health pioneer Lillian Wald now has become a JTC touring company show that is now a pilot project in Portland Public Schools in the health and wellness curriculum.

In 2012 JTC piloted its Chapter One concept with a staged reading of *My Father’s Paradise* to launch the community-wide celebration of One Book, One Community for Jewish Book Month. JTC presented a staged reading of the first chapter of Ariel Sabar’s memoir that included art and foods from Kurdish Iraq and a talkback.

“The first pages of a book are where it happens or doesn’t happen for people,” says Sacha, noting the staged reading was designed to get people into the book so they would read it and participate in other events over the month. “People told me they would hear those voices (of the actors) as they read the rest of the book.”



A PIGEON & A BOY

WHEN: March 22-April 12

WHERE: Milagro Theatre, 525 SE Stark St., Portland

TICKETS: jewishtheatrecolaborative.org or brownpapertickets.com



Jamie M. Rea starred as Lillian in *Life, Liberty and the Pursuit of Well-Being: The Story of Lillian Wald* in 2011 at performances celebrating 100 years of Oregon Health & Science University’s School of Nursing; she continues to play the role in JTC’s touring production. Photo by Steve Hambuchen

JTC’s Footnotes concept began during 2012’s Fertile Ground festival with the thematically driven presentation of *Café Baghdad*. Though not derived from a specific book, this staged reading of memoirs explored the reality of Jewish, Muslim and Christian coexistence in 1920s’ Iraq, when 20% of the population was Jewish.

When JTC returned to the 2013 Fertile Ground festival, the

Here pidgy, pidgy, pidgy. No task is too daunting for the director, Sacha Reich, who joins Sam Dinkowitz for some face time with real pigeons. Photo by Fridrike Heuer



audience’s reception of a staged reading of an excerpt from *A Pigeon & a Boy* inspired the company to choose the novel as its first season-long project.

“Both audiences and artists involved were stirred by the experience,” says Sacha. “Shalev’s beautiful language popped to life on the stage, and the themes of the novel seemed deeply resonant with audiences of all backgrounds. Perhaps it was the language, the love story, the mystery, the flight of the pigeon or the meditation on home – audiences encouraged us to take them on the journey of this book. And it was a journey we wanted to take.”

JTC: jewishtheatrecolaborative.org | 503-512-0582 | Milagro Theatre: 525 SE Stark St., Portland



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Book and Lyrics by: Alan Berg

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March concert unites Benny Friedman and Michael Allen Harrison on Salem stage



Michael Allen Harrison and Benny Friedman will perform solo as well as duet performances in Salem March 30.

Back by popular demand, Jewish music's rising star Benny Friedman will take the stage along with Michael Allen Harrison, considered the "Grand Maestro" of Portland, at 2 pm, March 30, in Salem. The program is called "Songs of Freedom."

"There was such a tremendous emotional outpouring from people who attended last year's concert we are doing it again; but this time you will be entertained by two world-renowned performers in a multicultural Musical Retreat!" says Rabbi Avrohom Perlstein, director of the Chabad Jewish Center of


Salem and organizer of the event. "Music is such a powerful uniting force that we need to use it to bring as many people together (as possible), for unity can heal many of the world's problems."

Benny's musical career began at age 13 when he started performing at small local events and audiences were mesmerized by his dazzling voice. Passionate about both singing and his ability to inspire people through music, Benny spent four years working with Hollywood vocal coach Seth Riggs.

Benny split his time between recording his albums and making appearances all over the country. His albums "Taamu" and "Yesh Tikvah," as well as his new CD "B'nei Heichala," were released to much acclaim.

Working toward his goal of inspiring people through music, Benny has devoted countless hours to making music that is meaningful. Not only do his impeccable vocals appear on "Chasoif," "Unity" and "Berachamim," three singles recorded to raise money for tzedakah, he performed at Nariman House on the first anniversary of the Mumbai massacre. Benny is also resuming his 2006 "Songs and Stories of Judaism" concert series, exploring fundamental concepts of Judaism through music and lore with Jews all across the country.

Michael's unique brand of music ranges from movie scores to passionate arrangements for piano, orchestra, ballet, jazz, fusion, smooth jazz, pop, new age and adult contemporary. With Rabbi Alan Berg, he created a multimedia celebration of Passover, titled "Crossing Over: A Musical Haggadah," which they presented in 2012 and 2013.

"Both Michael Allen Harrison and Benny Friedman will perform solo as well as duet performances, which should bring the audience to their feet clapping and singing to their music! It is sure to be a memorable afternoon," says Caren (Chaia Leah) Horensten, who is helping the Chabad Jewish Center of Salem organize the event. "This year's venue is the Chemeketa Community College's Auditorium 6, which is acoustically designed for the enjoyment of musical and theatrical performances. This venue has had performances by Willamette Valley Symphony Orchestra, and The Pentacle Theater performs their benefit musical annually (there) to sold-out audiences." 

Michael Allen Harrison and Benny Friedman will perform "Songs of Freedom" Sunday, March 30, at the Chemeketa Salem Campus Auditorium 6, located at 4000 Lancaster Drive NE, Salem. Access is easy from 45th Street and parking is convenient (use the purple parking lot). The concert will be preceded by a silent auction benefiting the Chabad Jewish Center of Salem.

Doors open for the silent auction at 1 pm with the concert beginning at 2 pm. Tickets, including a dessert buffet, are \$18 for students and children; \$21 seniors, \$25 general admission with advance reservations. Tickets are \$25 seniors and \$28 general admission at the door.

For more information or to RSVP: JewishSalem.com or call 503-269-4666.



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AskHelen

Join the modern era — men and women can share office duties

Dear Helen:

I have a position to fill that involves a mix of high-level quantitative and technical skill and also helping with office support. The high-end functions are specialized, but a smart person could learn them with a good trainer. The office skills are simplistic and tedious – answering phones and doing filing, which sounds simple, but it matters that all records are accessible to other staff. The real critical factor is a sense of teamwork, because it is a four-person office with an absentee male owner. The rest of us are women. We all answer the phone as needed (it happens in spurts) even though our jobs are also technical. We've never had a problem working around one another's busy times. I have a male applicant who knows the quant work cold, but I'm worried the new guy might be a prima donna and think he's too good for the office work. I don't want to be biased, but I'm nervous about spending scarce resources on a bad hire. Am I:

Biased?

Dear Biased:

Yes, you're biased. Note that even 100 years ago it was revolutionary to have female clerks let alone supervisors. Watching "Mad Men" is hard: it feels uncomfortably reminiscent of my working youth. But times have changed. What many of us knew as the norm has changed by light-years. Grow up and get with the times. Women and men can, should and do share all sorts of office roles, even if the glass ceiling still exists at a corporate-board level.

That said, in case your instincts are right, having the owner deliver the phone, office and teamwork messages might add teeth to them. Even if that's not possible, make it clear that everyone, with a capital "E," answers phones and that keeping the job is dependant on helping, no matter how good his technical work would be. Set up a schedule of phone zones that's explicit about who's first up when. Everyone has boring non-technical work they can do during those times, like filing, email clean up and other non-quantitative tasks. Once you're comfortable with him, you can get looser about scheduling. If this feels right to you, give him a shot. If not, run the ad again and see if you find someone you really jive with. Beyond your bias, in any very small office it's especially important that people like one another and back each other up.

**A Nosh of Jewish Wisdom:
Between bad company and loneliness,
choose the latter.**

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

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"A recipe has no soul. You, as the cook, must bring soul to the recipe."

~Thomas Keller

INSIDE

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- Personal chef's authentic cuisine
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- Eugene Food Scene: Waffles
- Combining food and social activism
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Some of the staff from Sellwood Italian restaurant a Cena visited Italy two years ago. Enjoying the sights are Melissa Dolinsky (now Karman), Sous Chef Michael Karman and Executive Chef Gabe Gabreski.

a Cena: 7742 SE 13th Ave., Sellwood | 503-206-3291 | acenapdx.com

By Deborah Moon

Where does a chef in an Italian restaurant with more than 30 years of experience go to ensure the foods he is plating each night are authentic? Why Italy of course.

Michael Karman, sous chef of a Cena restaurant in Sellwood, joined Italian-born chef Gabe Gabreski, restaurant owner Chris Custer and other restaurant staff, family and friends for an August 2012 experience in Italy.

Michael came from Chicago to Portland to help Chris, his friend of some 30 years, prepare a Cena for its opening. In June 2008, he moved to Portland to cook at a Cena, Italian for "come to supper." Since then he's been a familiar face at some Jewish community food events, including a Jewish Federation women's Impact event devoted to food and two Taste of Temple fund-raisers.

Though the Italian restaurant in Sellwood opened shortly before the Recession began, it has grown steadily, earned a loyal following and garnered heady reviews. Executive Chef Gabe Gabreski is from Bolgna, Italy, and serves up plenty of Bolognese sauces and lamb dishes at a Cena, but many others involved in the restaurant have roots in Chicago's restaurant scene. So in 2012 they took a field trip.

"We went to Italy to see Italian life and Italian food, so we can make sure we can get that on the plate," says Michael of the trip. The a Cena crew visited three vineyards, whose wine they serve, and sampled Tuscan foods near Florence.

For Michael, the trip is especially memorable. He took the opportunity to propose to Melissa Dolinsky, who was born blocks from his home in Chicago, but whom he didn't meet till he joined the a Cena staff, where she was on the waitstaff. Melissa now works at another Italian restaurant in town. The couple married Sept. 1, 2013.

Professionally the trip was also a success in that it reinforced many of their ideas.

During the Italian tour, Michael Karman proposed to Melissa Dolinsky.



“Italian food is all about the ingredients,” Michael says. “Most of it is very simple and not over manipulated. If you have really good ingredients and put them together well, you don’t have to do much to it.”

The restaurant group had one big surprise: “We didn’t find a lot of handmade pasta,” says Michael, who loves to make a variety of noodles at a Cena. “They said nobody makes pici (hand-rolled, thick, spaghetti-style noodles) anymore. The Italians use dried noodles.”

That’s not a choice in the United States, where dry pici noodles are almost unheard of. And that’s OK with Michael, who calls the process of making pasta his favorite kitchen pastime.

“I like the days I get to make the pasta,” he says. “It’s very Zen, there’s a rhythm to it. ... When you are cooking on the line, you don’t control the rhythm, the orders control it. You are controlling the chaos. ... With pasta, when you are done you can look at all the bundles neatly stacked and looking ‘happy.’ ”

He says that the pasta is made fresh daily at a Cena, and it is “very luxurious – all egg yolk – northern-style Italian pasta.” Between noodles and the gelato made in house, a Cena goes through more than 1,000 eggs a week.

Michael says that anything they can’t make in house or find or buy locally, they import from Italy. For instance, when fresh tuna isn’t available, they buy a tuna packed in olive oil from Italy. The menu changes bimonthly to make use of whatever is in season. For instance, with last fall’s exceptional mushroom season, chanterelle mushrooms appeared in many dishes.

Though he had hunted morel mushrooms in southwest Michigan, Michael says his introduction to hunting chanterelles in Oregon was rather memorable. A couple of months after moving to Portland, he and Gabe headed for the slopes of Mt. Hood in search of the wild chanterelle. Of course, when you are hunting mushrooms you can’t stay on the trail, so they headed cross country above Zigzag. They soon realized they were lost. Michael says they followed a dry creek bed to the

river and followed that to the road and hiked back to their car. By the time they had cell phone coverage, seven hours had passed and it was nearly time to open the restaurant. “Chris did a great job handling it,” says Michael of the challenge to get the restaurant up and running that evening until the chef and sous chef returned with their hard won prize.

Chris and Michael first met as young men on the Oak Street Beach in Chicago, “where the sand meets concrete,” says Michael. He had a Frisbee, Chris had a Hacky Sack and they both worked in restaurants. In fact Michael had worked in an Italian steakhouse for Chris’s godfather Eugene Martello, who is now general manager of a Cena.

Michael grew up in the large Chicago Jewish neighborhood of West Rogers Park and became a bar mitzvah at the modern Orthodox synagogue known as Congregation K.I.N.S., an acronym for Kneset Israel Nusach Sefard. Though the name sounds Sephardic, it is actually an Ashkenazi shul, and not the reason Michael became involved at Congregation Ahavath Achim. When he moved to Portland, Michael says he just happened to move across the street from Portland’s original Sephardic congregation. He says he enjoyed attending services there when he lived nearby and still maintains friendships with many families he met there. The bonus, he says with a smile, is that when he goes

to their homes for seders, he gets to eat rice (which is eaten during Passover in Sephardi, but not Ashkenazi, traditions). Passover is also the time when he gets to eat his favorite “Jewish” food – charoset. He still uses his mom’s recipe – with apples, honey, walnuts, cinnamon, raisins and red wine, but now adds chopped dates, too. He also uses his aunt’s recipe for chopped liver, with egg.

Michael began his restaurant career at age 15, lying about his age to get a job as a busboy. But he soon found he enjoyed the camaraderie of the kitchen and started washing dishes; then he worked his way up from prep cook, to line cook and ultimately head cook at Ground Round Roadhouse. He’s worked in restaurants ever since, with a few years off to play professional paintball for the Chicago Aftershock, during which time he was a very successful salesman of wholesale paintball supplies. He says the money was great, but when he and his first wife divorced, he decided to return to his first love, restaurants, “where you don’t make any money.”

The one thing he never got comfortable making in Chicago was dessert.

“I like to taste and cook,” he says. “Baking is more science – measure and cook.”

But when he moved to Portland, he says, “Gabe taught me to make bread and pasta.”

“I was always afraid of desserts,” says Michael. “I’m not afraid anymore.”

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Award-winning Personal Chef Lisa Glickman creates authentic, handmade cuisine



Lisa Glickman and Kelsey Nixon on "The Perfect Three" set in New York City.

By Deborah Moon

Drawing on the foods and cooking techniques she encountered living in Europe, Personal Chef Lisa Glickman has been creating authentic dining experiences for small groups in Bend for the past six years.

Two years ago she won the only culinary contest she ever entered when her turkey and spinach meatballs were selected by the Cooking Channel's show "The Perfect Three." She entered the contest on a whim, creating the winning recipe in one evening. As a winner, she was flown to New York where she toured the Food Network studio and spent the day taping with Perfect Three host Kelsey Nixon.

When her husband, Marshall Glickman, a sports marketing consultant, worked for a European basketball league, the family traveled extensively across the continent while they lived in Barcelona, Spain, for two and a half years.

"It opened my eyes to authentic food I'd never tasted before," says Lisa. "Italian food in the U.S. tastes nothing like what you eat in Tuscany."

"I know authentic ingredients, spices and techniques used around Europe," she says, adding, "I also know the importance of using local ingredients."

The foods she found in Europe combined with her own love of entertaining inspired her to become a personal chef when the family moved to Bend.

"I personally love to entertain, and I like to do everything as handmade and homemade as possible," she says. "But I found by the time the party begins I'm exhausted. I realized it would be helpful (for people hosting parties) to do everything as I would do it for my own party. ... A private chef offers more of a personal touch on preparing the whole experience for your guests. A private chef is also able to cater to allergies, health issues, vegetarian, gluten-free (needs).

"When everything comes from the heart and is authentic and handmade, you can really feel the difference," she says, noting that is the experience people get when they hire a personal chef.

Another advantage of a personal chef is that you pay for the food you want. The customer decides whether he or she wants grain-fed organic beef or Costco ground beef.

For the past three years Lisa has served as emcee for the top chef competition at the "Bite of Bend," a weekend-long food event. The first year she was the co-presenter, but she has been the sole emcee for the past two years, spending the three days of the festival on stage.

Lisa also teaches for the Cascade Culinary Institute through the accredited school's community learning program at Central Oregon Community College. In February she was joined by Temple Beth Tikvah Rabbi Johanna Hershenson and friend Laurel Fishkin teaching a class on the "Modern Passover Seder." She teaches two classes each term, usually on cooking techniques such as braising or sautéing.

"I pride myself in being very knowledgeable about food," she says.

Her favorite "Jewish foods" are brisket and latkes. "There is nothing more homey than slow-cooked brisket and crispy latkes with applesauce."

Now Lisa is poised for a potential move to the larger market of her native Portland.

The Glickmans are considering the move to Portland this summer, because their son Laz, 13, will start high school next fall. Since Laz is an accomplished musician and active in sports, the family wants to find more opportunities for him, and Marshall would like his son to attend his old school, Lincoln High School, in Portland.


The family has strong ties to Portland, where they have maintained membership in Congregation Beth Israel in addition to their affiliation with Bend's Temple Beth Tikvah



Lisa Glickman plates the cheese course at a recent dinner for 12.

and the Jewish Community of Central Oregon/Congregation Shalom Bayit. When Laz became a bar mitzvah in November, Portlanders Rabbi Michael and Cantor Ida Rae Cahana, Rabbi Emanuel and Lorraine Rose, and grandparents Harry and Joanna Glickman came to Bend for the celebration.

Though the Portland market is larger, Lisa says she would likely maintain her specialization in more intimate gatherings. Typically she shops, prepares and serves meals for private gatherings of eight to 12 people or buffets for events for 40 to 50 people.

"Moving ahead in a larger market is the plan," she says, adding that in Portland, "the business plan is to focus on smaller, intimate dinner parties and smaller gatherings to allow me to keep the special feel. I enjoy the smaller, intimate feel." 




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Get a taste of Israel at GONZO food cart

By Kerry Politzer



Tal Caspi, chef/owner of the Gonzo Falafel and Hummus food cart, has been cooking for as long as he can remember. One of his earliest memories is of making French fries at the age of 6. “I poured a little bit of oil in a not very safe manner,” he remembers.

Now Caspi is generating considerable interest in his imaginative Middle Eastern menu, which includes his famous shawarma fries. “It outsells everything else now,” says Caspi. “We put a layer of hummus and a huge pile of fries – as many fries as we can possibly put on a plate – and then on top of that we put tahini, house-made harissa and tsug, then chicken shawarma on top, and pepperoncini.”

For those who are unfamiliar with tsug, it is a Yemenite hot sauce made with garlic, hot peppers and spices. Caspi explains that this sauce is a favorite of Israelis.

Caspi, who has lived in Portland for almost decade, was born to Argentinian parents in the Israeli city of Ashkelon, which lies 36 miles south of Tel Aviv. He would go on to live in Southern California and all over the United States, but people kept telling him to move to Portland. “I had just sort of heard that it was great. I kept meeting people who told me that Portland would be perfect for me. They were right. It’s young, hip and there’s a great music scene.”

It was in Portland that Caspi realized he wanted to work in the food industry. He gained valuable experience working as a line cook and then managing popular food carts Perierra and Pyro Pizza. Says Caspi of Pyro Pizza’s John Eads: “He’s the most inspirational boss I ever had.” Still, Caspi felt a culinary void. “I was hungry, and I wanted to feed myself – and I could not find traditional Israeli or Middle Eastern food from scratch.” Caspi soon got to work recreating all of the traditional foods he loved.

At Gonzo Falafel and Hummus, Caspi features a menu that includes various Israeli salads, small plates, sandwiches, and platters with falafel, hummus or shawarma. All of the meat is free-range and local, and the eggs are cage-free. The cart offers many vegetarian and gluten-free options. Caspi is always serving up exciting specials like spicy Moroccan carrot salads, tacos or root vegetable slaws inspired by Sami Tamimi and Yotan Ottolenghi’s *Jerusalem: A Cookbook*. He says of the chef duo: “They’re the people I look up to.”

Customers can enjoy Caspi’s creations from the warmth of the adjacent Basecamp Brewery. People can order inside the family-friendly brewery, and he will deliver right to their table.

Future plans of Caspi’s include opening up a mobile food cart and an Israeli-style barbecue restaurant. “I want to do mangal, the little barbecues that Israelis love so much, and have a wood-fired grill. There’s a lot of places in Israel doing kebabs and different meat products on a stick.” For now, Portlanders are lucky to experience a small slice of Israel at Gonzo Falafel and Hummus. 📍

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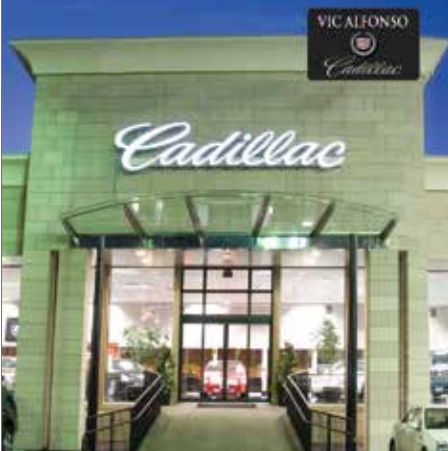
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Eugene Food Scene: Off-The-Waffle



By Joseph Lieberman

Is that the sweet smell of success filling the air? Or maybe it's just the aromatic blending of Belgian waffle batter with sweet and savory toppings and fillings that infuses your senses as soon as you enter either of two Off-The-Waffle locations in Eugene.

In these days of hit or miss, when someone manages to find just the right

combination of quality, value, taste and imagination, word gets out and lines begin to form.

The Israeli-based family that runs this delicious operation makes sure that "fun" remains one of the chief ingredients. Red-haired Omer Orian is the man whose cartoonized face graces the logo on the shop's ads, menus and signage. They

even created their own Off-The-Waffle coloring books for kids to crayon in.

Omer recalls getting his first Liège waffle as a reward from a kindergarten teacher in Belgium. The treat wasn't made from any ordinary batter, but rather from the type invented by a chef of the prince-bishop in Liège (pronounced LEE-AGE) in the 18th century. Enhancing brioche bread dough by folding in chunks of pearl sugar makes the result richer and sweeter than the common Belgian waffle many of us have tasted. When baked in their cast iron waffle presses, the pearl sugar melts as the dough rises, forming a crispy, caramelized outer "skin."

The memory of those first waffles later became an obsession to bring the Liège variety "home," which was a moving target for many years. With his businessman dad and two sisters, Omer and his brother Dave grew up traveling around the world, from Texas to Israel, Latin America to London, Brussels to Boston (not necessarily in that order) and finally to Oregon.

In Eugene, Omer and Dave could at last recreate their beloved Liège waffle, but even that achievement wasn't enough. Into and onto that foundation, they eventually fashioned more than 20 adaptations that are sweet, savory or an in-between blending of both.

The names of each dish playfully tell you everything or nothing. The Be Brie-Peared is, naturally enough, a waffle topped by a pear, melted brie and sweet sautéed onion, all drizzled with a maple-balsamic glaze. The Goat in Headlights becomes obvious when you see it – two sunny-side-up eggs sprinkled with

smoked paprika and fresh coriander as "eyes," placed on goat cheese, avocado, fresh basil and extra virgin olive oil.

As if flavored with Yiddish, The Shmooli is smoked gouda melted atop fresh pear, a dollop of apple sauce and crushed walnuts dusted with coriander. Other menu selections are, at first sight, amusing mysteries: the Self-Fulfilling Prophecy, the Overachiever, Beloved Bully, Sweet Funk Machine and No, Really Though require deeper inspection, preferably with a fork and knife.

Beyond the waffle, the 'Schmef' Salad, Frikin Chikkin and a multiplicity of omelets complete the menu. All fruits and most drinks are certified organic. My favorite hot tea there is the "Israeli blend" of lemon verbena, peppermint, lemongrass, spearmint, thyme and sage.

All of these concoctions, Omer tells us, were collaborative efforts between the chefs, owners and the public by way of feedback and suggestions. The family today is a bit spread out. Brother Dave, younger sister Vered and their dad Shimon, while involved in the operations, are more often than not in Israel. But Eugene, Omer says, "has been unbelievably welcoming," and looks like home for a long time to come.

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Holly Hart Combines Food with Social Activism

By Polina Olsen

She was a leader in Portland's early gay rights movement, as well as a feminist, anti-war protestor and civil rights champion. So, when Holly Hart soul-searched for her lifelong vocation, a gathering place for activists came to mind. She combined this with her love of food. She'd even sold popcorn in her grade-school years. An International Studies major at Reed College, she hit on a restaurant with foods from around the world. She opened Old Wives'Tales, an iconic Portland cafe, 34 years ago.

"I've always understood that food is a social thing, and it can be utilized in political and social organizations," Holly said during a recent interview at her light-filled restaurant on Southeast Burnside. Divided into three rooms plus a colorful play area for children, the large space felt cozy with wooden floors and handmade quilts decorating the walls. The inviting soup and salad bar included her signature Hungarian Mushroom. Although it was 3 pm, customers spread out to enjoy the all-day breakfast while they pored over laptops and good books.

Holly grew up in a Jewish neighborhood of Chicago and came to Portland in the 1960s to study at Reed, where she

worked with civil rights and anti-war groups. By 1969 her focus switched to gay rights and women's liberation. After graduating from the University of California, Berkeley law school, she returned to Portland and served on Governor Robert Straub's Task Force on Sexual Preference. Meanwhile, she longed to open a feminist restaurant and bookstore. She settled on just a restaurant, but still considers herself an unfulfilled bookstore owner.

Old Wives'Tales soon became a meeting place for all manner of progressive causes from feminism to environmentalism. Just as the restaurant targeted unmet social needs, it specialized in hard-to-find cuisine. "Places did not have vegetarian food," Holly said. "Nobody talked about gluten intolerance, but they'd come in and say, 'I can't eat wheat.' Sometimes they wouldn't want sugar in their dessert or couldn't eat cabbage. I became aware that people have special dietary needs. We list all the ingredients in our food and welcome questions." Much of the menu is vegan and gluten-free and dishes include Italian, Greek, Indian, Southeast Asian and more. Try huevos rancheros with black beans or

East Indian huevos rancheros with red lentil tomato dal.

Holly's activism extends to the Jewish community. Old Wives'Tales once hosted a get-together for Jews living on Portland's eastside. "I was looking for lost tribes," Holly said. She moved to Hillsdale to be closer to the Mittleman Jewish Community Center and Congregation Neveh Shalom, where her daughter became a bat mitzvah. In the spirit of tikkun olam, one of Holly's favorite activities is food donations.

"If I could, I'd spend all day preparing food to send out to the community," she said. "I personally do that; it's not just leftovers. We donate on a regular monthly basis and support a variety of organizations – feminist, street kids, refugees ... This gets back to why I started the restaurant. We support the missions of these organizations. I base my social activism here."

Old Wives'Tales, 1300 E Burnside St., 503-238-0470, oldwivestalesrestaurant.com. Open seven days a week, Sunday to Thursday from 8 am to 8 pm, Friday and Saturday 8 am to 9 pm. 📍

Keeping Kosher: Food Fetish or Pathway to Holiness?

By Amy Hirshberg Lederman

In an age when no self-respecting American would be caught without a dietary restriction, from low-fat and high-protein to vegan or gluten-free, Jews have the proud distinction of being the first group to claim an Official Food Fixation. Since biblical times, the Jewish relationship to food has been more than an awareness of its necessity for human sustenance: It has been a way of relating to and honoring God.

The concept of "prohibited foods" was first introduced in Genesis when God gave Adam only fruits, vegetables and plants to eat. It wasn't until after the flood that humans were permitted to eat meat. Much later, while wandering in the desert, the Israelites were given a long list of forbidden foods. Animals that didn't both chew their cud and have split hooves (camels, pigs, horses), rodents, birds of prey (vultures, eagles, hawks and ravens) and all shellfish and fish without fins and scales were removed from the Jewish menu. Added to these restrictions was the mandate in Exodus: "You shall not boil a kid in its mother's milk."

The evolution of Jewish dietary laws offers a window into the world and minds of the Talmudic rabbis. It's amazing to think that more than 2,000 years ago they took the principle of not boiling a kid in its mother's milk and created an entire gastronomic and religious system around it! Since it was impossible to identify which baby goat was related to which mother's milk, the prohibition was extended to disallow cooking any kind of meat with any type of dairy.

The Jewish concern extends beyond what we eat to how the food we eat is slaughtered, prepared and served. For an animal to be kosher, or fit for consumption, it must be killed in a prescribed way. The laws of ritual slaughter (shechitah in Hebrew) provide the swiftest, most painless and humane death for an animal. Keeping kosher transforms the everyday act of eating into something special and holy. But keeping kosher is not a "one size fits all" proposition, as no two families observe it exactly the same. Nor does it need to be an all-or-nothing deal – that you either do it all the way, all the time or not at all. The evolution over hundreds of years of rabbinic law offers us this insight: For those who are not ready to fully commit, it is better to begin with smaller efforts than not to begin at all. If we do begin, one thing is certain: Keeping kosher will bring new awareness, discipline and a sense of Jewish identity into our kitchens and our lives. 📍

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.



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CHEF'S CORNER

PURIM: BEARING GIFTS OF FOOD & UNITY

By Guest Columnist Lucia Schnitzer

Photos by Matthew Strauss

The first Jewish holiday I ever experienced was Purim. Think Halloween meets

Easter, but much, much better!

We feast, visit friends, dress up in costumes and drink to excess – all while handing out our baskets of food called mishloach manot to members of the community. I fell in love with the holiday, and I fell more in love with my fellow Jews as I learned the deeper meaning of Purim.

We read Megillat Esther, which tells us how a Jewish Persian princess saved the Jewish people from the evil leader Haman. The Jews had been assimilating and distancing themselves from G-d, which made us vulnerable to those who plotted to destroy us. Through achdus (unity) and Kol yisrael arevim zeh bazeh (all of Israel are responsible for each other), the Persian Jews survived and triumphed. We pass this message on during Purim as we make baskets filled with food and treats and give them to friends, new members of our community and to someone who has upset us or whom we have upset. We give money to charity, feed the poor and eat and drink together as we celebrate as one people.

So indulge and be holy as we celebrate together.

What to Include in Mishloach Manot

Mishloach manot can be sent in any container. However, each mishloach manot must contain at least two different kinds of food that are ready to eat. Popular items are hamantaschen, fresh fruit, chocolate, dried fruit, nuts, candies and baked goods. Drinks are also good things to include, such as juice, tea, coffee, sparkling cider and wine. In addition to food items, you can also put fun small



gifts in a mishloach manot basket like groggers (noisemakers) or even small toys, especially if children will be receiving the basket. Some families give mishloach manot baskets specifically for their kids and give them on Purim evening or on the morning of Purim. Also, children love to make mishloach manot for their classmates and friends. This is a great opportunity for them to be creative and partake in the mitzvah of giving gifts of food (for a full guide to Purim visit: chabad.org/holidays/purim/article_cdo/aid/648312/jewish/Purim-2014-Guide.htm).

How to Send Mishloach Manot

Many synagogues will organize the sending of mishloach manot, but if your community does not do this or you simply want to make your own Purim baskets, here's how:

Decide who you will be sending your baskets to.

Make a list of supplies. You can personalize each basket, or you can buy items in bulk and place one in each basket. Some enjoy coming up with a theme for their mishloach manot, such as chocolate lovers, Italian basket or sports fans.

Make Purim cards. Though cards are not required, it's nice to send a little "Happy Purim" card along with your mishloach manot.

Assemble your mishloach manot. Putting your baskets together is a great family activity or one you can do with friends.

Deliver your mishloach manot. Traditionally mishloach manot are delivered on Purim. If you have children, give them another opportunity to wear their Purim costumes while they make the deliveries with you!

Keep in mind that Purim baskets do not have to be extravagant or expensive. Ultimately, have fun and make it memorable as Purim is not all about the gifts, but rather what is in our hearts for one another.

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Guest columnist Lucia Schnitzer and her husband, Ken, run Luci's Healthy Marketplace in Phoenix, which they opened in 2009 in Lucia's honor after her successful battle with breast cancer. She successfully manages her career, her growing family (four children) and her personal well-being.

Northwest Nosh

Hidden Gems: Powell's Seafood Restaurant

By Kerry Polizer

In our first edition of Hidden Gems, we focused on a surprising sushi find on Southeast Powell. It turns out that only 10 blocks away, there is an equally satisfying Cantonese gem. Red and green neon lights announce the deceptively unassuming Powell's Seafood Restaurant, which has been serving customers seven days a week since 1994. The menu is encyclopedic, the prices shockingly low (half a roast duck is \$9.50) and the service always fast and friendly.

A trip to Powell's is best enjoyed with a large party, so that you can order family-style. Start your meal by sharing an industrial-size bowl of egg flower or chicken corn soup, then choose from a variety of fish, beef, poultry, vegetable, rice and noodle dishes. One of Powell's specialties is the ceramic pot, which comes loaded with enoki mushrooms and bean curd, bean stick and lamb, or five-spice beef brisket.

Although Powell's doesn't serve Peking duck, the barbecued duck is a must try. It is crispy skinned, studded with luscious

fat and not heavily spiced. (A word of warning: this dish is so popular that it regularly sells out.) The crispy chicken, which is served in a similar preparation, comes with a bowl of seasoned salt for dipping and dredging.

Another unique dish is the pepper-and-salt small white fish. A mound of lightly battered, salted fish is accented with fried garlic; the little fish are as addictive as potato chips. Other seafood dishes include rock cod, which is braised or steamed, sole in black pepper sauce and tilapia. Sizzling egg tofu is a great choice for vegetarians, as are the fried noodles topped with brown sauce and assorted vegetables. Speaking of vegetables, the garlicky sautéed Chinese broccoli is guaranteed to convert the most ardent veggie avoider.

Powell's serves only orange sections and fortune cookies for dessert, but you probably won't have any room left after the above feast. You will, however, have plenty of leftovers. ☺

Powell's Seafood Restaurant: 6633 SE Powell Blvd., 503-775-3901. Take-out available.

SOUNDBITES (((Who would you like to invite to dinner?



Dana Hunt

Portland

I'm caught between Einstein and an artist, I think Monet, if they were alive.



Joan Heims Whitcher

Portland

My grandpa, Misha Zugman, would be the only person I'd want to have to dinner. He's been gone since the '70s. Now I'm going to cry.



Kim Rosenberg

Portland

My grandmother Suretta Miller (tearing up). She died in 1968 so I didn't know her well, but people still talk about how beautiful she was inside and out.



Shelly Levy

Recent transplant to Portland from New Jersey

Abraham Lincoln – I'd want to find out about his life and the slavery (issue), or Bill Clinton – what he knew about the economy and the banks and why he didn't speak out.



Barbara Berman

Portland
(originally New York)

I want to take the writer from "Breaking Bad." He obviously researched all that and he seems like such a nice guy.



Stephanie Siegel

Beaverton (since 2001)

My grandmother Bernice Lubetkin. Now I'll start to cry. She died when my oldest son was 2, so she never got to meet my other three children. I'd love to introduce her to them.



Stacy Cullen

Beaverton

Holocaust survivor Gerda Klein. She inspires me – her survival and looking at the bright side of humanity and going through life to help others.



Rachelly Fischer, 13

Maayan Torah Day School
Portland

My great grandfather (Moshe Shmuel z"l), who went through the Holocaust. He was a very giving man and he passed away when I was 6.

NEXT MONTH: "What is the most creative thing you've ever done with matzah?"

To share your reply, please send your short answer, name, congregation/organization (if desired), city and photo to editor@ojlife.com by March 7. For this special Passover question, you may also submit a recipe if relevant. Replies will appear in the magazine with recipes available on our website at ojlife.com.



Sima Wilhelm, 7

Maimonides Jewish Day
School
Portland

Only me and my parents.



Kira Brown is a certified personal stylist and fashion writer. Kira has interviewed many fashion icons including Tim Gunn, jeweler Neil Lane, international makeup artist Jemma Kidd and Ken Downing of Neiman Marcus. Kira also offers virtual style consultations for women and men. Contact her at kira@fashionphoenix.com.



FASHIONISTA

Radiant Orchid "Color of the Year" from Pantone

By Kira Brown | Photos courtesy of Pantone

As a new season begins to bud and I start to plan for sunny days, lazy afternoons outside and springtime events, I start to consider packing up my dark, thick winter wear, boxing up the boots and sweaters, and doing a little online pre-shopping. Then I'll be ready to hit the mall or stores for select new pieces to add to my basic, classic wardrobe pieces that mix and match, from season to season.

This year, I'm looking beyond the runway for some fashion inspiration. And when the racks at the mall or pages on my favorite websites aren't calling me, I look to interior design and design in general for inspiration.

This year and in the last few years for me, Pantone has been a key influence in fashion, design, interiors and overall style. By announcing its "Color of the Year" each January, Pantone sets the tone for many in the design industry and, of course, eventually the consumer. This year's selection, "Radiant Orchid," is bright, fresh and bold for spring, and I predict it will be a great color to carry into summer as well. Radiant Orchid and its variant shades look great on most skin tones – and even on men! Look for it in clothes, accessories and more, from Old Navy to couture.

From the runway to the racks and even to your home, consider Pantone's Color of the Year!

Visit pantone.com for more about the Color of the Year and color inspiration.



Ben Selling was Portland's first "First Citizen"

"Ben Selling loved his neighbor better than himself.

He was an *eved Adonay*, a servant of the Most High."

~ Rabbi Henry J. Berkowitz, in a tribute read at Mr. Selling's funeral, 1931

By Sura Rubenstein

In 1928 Ben Selling was the inaugural recipient of the Portland Association of Realtors' "First Citizen" Award, honoring contributions to the city. His 70th birthday was celebrated throughout the town. And when he died on Jan. 15, 1931, the Oregon Legislature adjourned and flags flew at half-staff.

"Ben Selling Dies; City in Mourning," The Oregonian proclaimed in its front-page story on Jan. 16. "Civic and Charitable Works of Jewish Leader Notable."

A man of modest habits and deep commitments, Selling helped shape the city and its Jewish community. In an essay, Rabbi Henry Berkowitz noted his "intense loyalty" to Portland and Oregon. "From the time he began his career as a newsboy in the last days of the Civil War," Berkowitz wrote, "he was active in the promotion of city and state welfare."

But Selling's greatest impact, he added, came from "a lifetime of unrivaled generosity in every conceivable field."

In addition to his work with and on behalf of many charitable institutions, Selling gave of himself generously.

"His private charity was ecumenical and extensive, all meticulously recorded in small notebooks that are now part of the archives," says Judith Margles, executive director of the Oregon Jewish Museum. "Donations to the Jewish Telegraph Agency, Portland Fruit and Flower Mission, a 'one-legged man' and 'coat for a poor girl' illustrate the depth of his generosity – and are one of the reasons that he is such an important figure in the history of our community."

In a 1926 interview in The Scribe, a publication for Portland's Jewish community, Selling said he strove to be a "good Jew" – which he defined as "One who follows the injunctions of Moses to give 10 percent of his income to the poor, and who treats his neighbor as he himself would like to be treated."

The story of the Selling family and the city of Portland begins soon after the founding of the city in 1851.

Ben Selling's father, Philip, the son of a rabbi, emigrated from Germany to the United States in 1849 and a year later found his way to California. There he married Caroline Auerbach, another German immigrant, in one of the first Jewish weddings in San Francisco. Ben was born April 29, 1852, and the family moved to Oregon 10 years later.



A Champion of Charity – Ben Selling, here circa 1925, dedicated his life to helping others in all walks of life. When he died in 1931, Portland and Oregon mourned his loss. OJM 02497. Courtesy of Oregon Jewish Museum

"The major portion of the life of Ben Selling ran parallel with the history of Portland," Berkowitz said, noting that the city had about 5,000 residents when the Sellings moved north – and grew to more than 300,000 during Selling's life.

Philip Selling opened a general merchandise store at Southwest First Avenue and Yamhill Street, and also was active in the community. In 1904, as the oldest member of Congregation Ahavai Sholom, he was honored with laying the cornerstone for its new synagogue on Southwest Park Avenue. The following year, the Council of Jewish Women thanked him for underwriting the entire cost of improvements to the Neighborhood House in South Portland. His will provided additional bequests to the Council, a Baby Home and other agencies following his death in 1908.

As a youth, Ben Selling attended the Beth Israel Religious School and then the Portland Academy, but didn't graduate with his class because his father needed his help in the store.

"During his school days, he was sent to S.F. (San Francisco) to attend school, remained there (a) few days, got homesick and returned on the same boat," his son, Dr. Laurence Selling, recalled in a handwritten reminiscence on file at OJM.

Dr. Selling also noted that his father worked for his grandfather "without any salary" until 1881, when he went into the wholesale boot and shoe business with F.E. Akin and H. Dosch. In 1893 he became involved in the Moyer Clothing Company, and in 1897 opened his own company, Ben Selling, Clothier, at the corner of Southwest Morrison Street and Fourth Avenue.

"For a period of over 30 years, that corner was a landmark in the life of Portland," Berkowitz said. "His store was a mecca for indigent students, bankrupt business men, itinerant beggars, traveling institutional solicitors, campaign directors, Old World rabbis and representatives of numerous other categories."

"The clothing business was of secondary importance," Berkowitz added. "From all appearances, (it) was maintained merely in order that the great philanthropist might have a headquarters for his charitable activities."

He led innumerable charitable campaigns and was often the first to give.

"Under Selling's leadership, Portland raised more per capita for survivors of the Kishinev pogrom (1903) than any other city in the country," Steve Lowenstein observed in *The Jews of*

Oregon: 1850–1950. Lowenstein added that, during World War I, a national circular announced that Selling was one of six men in the United States willing to match 10 percent of what their entire state would give to assist Jewish war sufferers.

Lowenstein also wrote that Selling:

- Raised \$10,000 for Chinese flood victims
- Raised \$4,000 for Japanese famine aid
- Raised \$100,000 for Armenian relief

• Personally bought \$400,000 in World War I bonds, reselling them to people of modest means for \$1 cash and \$1 a week.

The 1926 Scribe article credited Selling as the man who "broke the back" of the Panic of 1907 by taking over the claims of savings depositors. And in 1914, during an employment crisis, he set up – and funded – the Working Men's Club downtown, open from 6 am to 10 pm, which served more than 400,000 meals for 5 cents apiece.

"At one end of the room is a piano, an old-fashioned black-walnut cased piano from the home of Ben Selling," noted an article in The Oregonian, which called the Club "a new haven for the poor of Portland."

Selling believed in the importance of education and set up a scholarship fund, which continues today, to help students attend Oregon colleges and universities. "Monmouth Normal College (now Western Oregon University) alone is said to have educated close to 500 teachers" aided by the Selling scholarship fund, Berkowitz said.


What motivated him? "It was his firm conviction that giving should be done during a man's lifetime, when he could administer the money himself," Berkowitz said. "Over the period of many decades ... he managed to give away several fortunes, and he had the joy of witnessing the great good that this money wrought."

Berkowitz added that the most remarkable fact was that Selling's income was comparatively limited. "He was willing to give away practically his entire income every year. His own needs were exceedingly modest. ... He used to joke about his two suits a year, taken out of his own stock, and his plain little black bow tie."

Selling always gave with a "clearly defined social objective," Berkowitz said, explaining that he often would give loans to new immigrants to help them get a start. "He did not believe in pauperizing the people who came to him."

Laurence Selling recalled that his father helped "literally hundreds" of immigrants from Eastern and Central Europe. He cited "one of many examples: A Russian Jew who arrived in Portland and started business with 75 cents capital 17 years ago – aided by Mr. S – is now the owner of three stores, a handsome residence in Irvington and recently was one of three who purchased the shipyard in Seattle for a price in excess of \$200,000."

Berkowitz described raising money for charity as Selling's "favorite pursuit," and said that, when he walked the streets of Portland, "every face greeted him with a smile."

"His memory will be written across the years as one who loved mankind and died in possession of life's chiefest treasure – a good name." 

Sura Rubenstein is a Portland writer.

BEN SELLING 1852-1931

In addition to being a leading philanthropist, Ben Selling's civic involvement included:

- Serving as an Oregon State Senator for eight years, including service as Senate President in 1911. (*Note: As Senate President, Selling briefly became Oregon's first Jewish governor from Feb. 28-March 1, 1911, when he filled in for Gov. Oswald West, who was in Washington state.*)
- Becoming the Republican candidate for the U.S. Senate in 1912 (lost by fewer than 800 votes in a three-way race)
- Serving as Speaker of the Oregon House of Representatives, 1915
- Between 1896 and 1909, serving for two years on the Port of Portland Commission and for 10 years on the Dock Commission
- Serving on the Board of Governors of Hebrew Union College in Cincinnati, Ohio.

PERSONAL

Married Matilda (Tillie) Hess, March 14, 1880, in San Francisco

Children: Dr. Laurence Selling (1882-1954), a founder of The Portland (now Oregon) Clinic and head of the University of Oregon Medical School's (now OHSU) Department of Medicine for 25 years.

Rae Selling Berry (1881-1976), whose Southwest Portland estate later became the Berry Botanic Garden (sold in 2011, with its bank of rare seeds transferred to Portland State University's Rae Selling Berry Seed Bank & Plant Conservation Program).

Note: Ben Selling built the Selling Building, 610 SW Alder St., in 1910. Designed by prominent architect A.E. Doyle, it has been on the National Register of Historic Places since 1991. In 2009, the current owners, The Schlesinger Companies, restored the "Selling Building" name to the property to honor Ben Selling's legacy. (It had been called The Oregon National Building for a previous tenant.) – "It just seemed like the right thing to do," a spokesman for the Schlesinger Companies said at the time.



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503-227-3367



Malka Osserman

By Liz Rabiner Lippoff

Malka Osserman is the religious school administrator at Beit Haverim in Portland, and last summer she found herself in a situation she never could have imagined. With two master's degrees, 25 years as a geriatric social worker in Florida and a job she enjoyed, she was struggling to make rent every month.

Malka had moved to Oregon in 2008 to be on the same coast with her family, and at first it was fine. She rented a two-bedroom house in Beaverton and liked her community, but then they raised her rent. And raised it again. She took in roommates, but that got more and more difficult.

Then she read an article in Oregon Jewish Life about the new Cedar Sinai Park Section 8 affordable housing buildings in downtown Portland. She applied for residency, and in two months she moved into the Park Tower Apartments on Southwest Salmon Street, close to the Park Blocks, a walk to the waterfront, amenities on site.

Malka already knew a lot about Section 8 "affordable" or "low income" housing, but she says this bears no resemblance to anything she has ever seen before. "It is like a boutique hotel," she marvels. "The buildings are beautiful, totally renovated, new furniture, well thought out. Everything is so well kept up."

Still, it was quite an adjustment at first. "There are 162 residents here, and it's a real mixed bag," she says. "I didn't know anybody. How do I conduct myself? I am a social worker, though. I told myself: I can do this. I started by observing first."

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DEDICATION: (From left) David Fuks, Cedar Sinai Park, Chief Executive Officer; Traci Manning, Portland Housing Bureau, Director; Duke Shepard, Labor and Human Services Policy Advisor to the Governor; Ivan L. Gold, Cedar Sinai Park, Board Member; James Winkler, Winkler Development Corporation, President; Nick Fish, Portland City Commissioner; Margaret Van Vliet, Oregon Housing and Community Services Director all spoke at the Jan. 17 dedication of the 1200 Building, Park Tower and Lexington Apartments, as well as The Harry and Jeanette Weinberg Health and Social Services Center, which is located in the 1200 Building.

The mixed bag, it turns out, holds some interesting people. There are the elderly – she herself is 62 – and some of them have challenges. There are people with disabilities. And she discovered there are lots of immigrants. One of her new friends is an Iranian Ph.D. student. "Many of them," she says, "are highly educated but just don't make enough money to be established."

It also just feels right to her. She has joined the women's group, and they work together to bring comfort and unity to the building.

"I was raised on a kibbutz where we were taught, 'You shalt not cast us away when we are old and tired,'" Malka says. "They cared for my mother when she was paralyzed after multiple strokes. Later, they built a beautiful continuum of care facility at the center of the kibbutz so people could easily interact with the residents. The closest I have seen to such care and attention to the elders' needs are the four buildings Cedar Sinai Park acquired."

"There is a dignity here. Everybody here knows it's unique. This is how it should be."



Affordable housing was a logical next step for Cedar Sinai Park, says CEO David Fuks, but it would never have been possible without the generosity of the Schnitzer family, the hard work of Jim Winkler, and the dedication and cooperation of a whole team of partners and supporters. In the end, he says, it is going to be excellent for the community as well as for the organization itself.

"There are two elements that made this right for us," he says. "First, it makes business sense. By operating affordable housing the way we are doing it, we can generate resources that will help us sustain the core mission of the organization: supporting our Jewish elders, including those who cannot afford the full cost of their care at the nursing center."

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“I believe people make changes only when they have to. I had to make a change. It just happened to be the best thing that ever happened to me. This is the place for me to be.” Malka Osserman, Park Tower Resident

It also will help Jewish elders who want to live at home and be independent longer, something, he says, people are telling him that they want, loud and clear.

“Cedar Sinai Park has a long-standing commitment to meet the needs of the Jewish community, creating a context for care and services so that people, regardless of their circumstances, can live at home in dignity, comfort and safety as long as they wish.”

Multi-family facilities have an additional benefit, according to Fuks. “Elders may seek to stay in their own homes in a way that results in them being isolated from others,” he says. “It also may not allow them access to some of the services they need to keep their independence. When a health situation comes up, they can end up needing a much higher level of care than they might have needed had the services been available to them at home. Onsite and nearby services are a key component of the new buildings.”

Section 8 HUD Affordable (Subsidized) Housing eligibility standards vary slightly by building. In general, though, the apartments are for households including a person who is 62 or older or, alternatively, has a disability. Residents must be here legally. And there is an upper income limit for each building. Currently, for example, the limit for a one-person household at the Park Tower, Lexington and 1200 Building is \$24,300 a year;

it is \$30,660 a year at the Rose Schnitzer Tower. The numbers go up for multi-person households. For those who are accepted, the rent is always capped at about 30% of household income. Housing almost anywhere in the city, never mind downtown, can’t begin to compare.

“Be realistic about your economic situation,” Fuks advises. “If you are in your 80s, with some net worth but living primarily on Social Security, maybe some savings or a small pension, you may be eligible for housing like this. And this is really nice, near the art museum, near Broadway.”

There is a big snag, however. There are waiting lists for each of the buildings.

David Fuks’s advice? Put yourself on the waiting list now, before you need or want to move. You can always say “no thanks,” but you can’t make a quick decision if your circumstances change all of a sudden.

“In terms of affordability, it makes sense. In terms of the desire to remain independent, it makes sense. Put yourself on the list. Tell your friends.”

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

Arlene Schnitzer designates \$5 million to Cedar Sinai Park Capital Campaign



Portland philanthropist Arlene Schnitzer, with the support of her son Jordan Schnitzer, has earmarked \$5 million from the Harold and Arlene Schnitzer Family Fund of the Oregon Jewish Community Foundation as the lead gift in Cedar Sinai Park’s Capital Campaign. The gift continues the Schnitzer family legacy of

commitment to elders and people with disabilities. OJCF is CSP’s legacy planning and investment partner. This designated gift is being made in Mrs. Schnitzer’s name and in the name of her husband, Harold Schnitzer, z”l, who passed away in 2011.

“Harold would be proud to see our family’s participation in helping to build a new vision for the way services are delivered to elders in the Jewish as well as (the) broader community. It brings us great comfort to know that many will have access to this facility and its wonderful services for decades to come,” says Mrs. Schnitzer.

“Our family has always felt it was important to not only honor our elders, but help provide the quality of life and care so our seniors can live with dignity and peace,” says Mrs. Schnitzer. She notes their son, Jordan, spent 16 years leading CSP and helped to restructure the operations of the nonprofit in the 1980s and 1990s. He also led the development of CSP’s May Apartments and Rose Schnitzer Manor. “We are confident that Portland’s funding community will rise to the challenge involved in this gift and help to build this new care center and to build the endowment that will assure that it will be well-managed for generations to come.”

To meet the changing needs of current and future generations, CSP’s Capital Campaign will raise the funds to renovate the existing Robison Jewish Health Center (so all rooms will be private), and develop a new care and rehabilitation center in Southwest Portland to be named the Harold Schnitzer Health and Rehabilitation Care Center. The new center will be a four-story household model featuring private bedrooms and bathrooms, along with shared kitchens and living rooms to help residents sustain meaningful connections to family and friends while receiving the highest quality of professional medical care.

The Harold and Arlene Schnitzer Family Donor Advised Fund of the OJCF was established in 2012 as a result of the largest gift ever made to Portland’s Jewish community. According to Harold Schnitzer’s wishes, Park Tower Apartments was gifted by the family to OJCF in October 2012 to honor Harold and to continue his legacy.

The gift from the Schnitzer fund includes \$3 million designated as a fund-raising challenge grant and \$1.75 million as a top-off grant at the end of the community fund-raising effort. The remaining \$250,000 has been designated as a challenge grant to create an endowment for the new care center’s building maintenance.

“We are honored by this gift and by the remarkable leadership and confidence it represents. ... Arlene Schnitzer’s desire to fulfill her husband Harold’s wish is something for which we will be eternally grateful, and Jordan’s 33-year history of supporting seniors in the community is unprecedented,” says CSP Capital Campaign Chair Jim Winkler.

The total CSP Capital and Endowment Campaign goal is \$28 million. More than \$11 million of the \$18 million community fund-raising goal has been raised to date. CSP anticipates that \$7.5 million in bonds will be sold to complete construction financing. In addition, \$2.5 million will be raised by CSP to create a maintenance endowment for the healthcare buildings.

“We are so grateful to the late Harold Schnitzer and his family for their leadership and vision, and our board and community are determined to meet and exceed the challenges built into this marvelous gift,” says CSP Board President Paul Frisch.

“The foundation is honored to play a unique role in facilitating the incredible generosity of Harold, Arlene and Jordan Schnitzer in support of CSP’s Capital Campaign. This gift will surely inspire others to join in support of this important endeavor,” says OJCF Executive Director Julie Diamond.



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Shab Levy at home with his dog Milo.
Photo by Polina Olsen

Shab Levy: The Man behind OMSI's Mesmerizing Gravitrax

By Polina Olsen

You've seen the phenomenon at OMSI for 40 years, a 10-foot-high, ever-moving mechanical sculpture that lifts and then drops balls through its labyrinth. The gravitrax, a name derived from the words "gravity" and "tramway," is the work of artist, designer and inventor Shab Levy. Built in 1973, the OMSI sculpture is one of many custom-made science exhibits Shab and his team created for museums around the world. The exhibit director at OMSI for 19 years, Shab moved on to found

Levy Designs based in Northwest Portland.

"Kinetic art either has moving parts or there is a movement feeling," says Shab during an interview at his home in Multnomah Village. "Either you move and create a feeling or it moves. I've always been interested in kinetic art, but I was about 22 when I first saw it live. A traveling exhibit came from France to Israel."



The gravitrax at OMSI has fascinated Portlanders for 40 years. Photo courtesy Shab Levy

Shabtay Levy was born in Bulgaria in 1939 and immigrated to Israel with his family at age 10. "Bulgaria was one of only two European countries that objected to the transportation of Jews," he says, referring to the Holocaust. While Nazis transported and annihilated Jews in the Macedonian and Greek areas of the country, most other Bulgarian Jews survived.

"Bulgarian Jews were cultural but not religious," Shab says. "My parents and grandparents went to synagogue occasionally, and I was raised secular. During the war, all Jews had to evacuate the big cities. We went to a small town on the Danube. About 95% of Bulgarian Jews immigrated to Israel in 1949 and 1950. I was 10 when we left."


Shab was working at a small science museum in Tel Aviv when an American visitor from OMSI handed him a business card. Shab came over on a one-year apprenticeship program in 1967. "My boss at OMSI thought that since I was raised in Israel, I knew about agriculture," he says. "He put me to work designing an exhibit about cows and eggs; I hadn't the foggiest. Finally, I said, 'I'd like to do this and this.' My first exhibit was on math, the second fluid mechanics." Shab became director of exhibits within three years.

Meanwhile his two children attended Portland Jewish Academy where his ex-wife Shoshanna worked. Shab earned a degree in industrial design at Portland State University, worked full time at OMSI and developed exhibits for museums around the world in his spare time. His second gravitrax went to a museum in Oklahoma, another to Lahore, Pakistan. By 1987, Shab felt ready to start his own company.

"Gravitraxes were only part of what we did," says Shab. "I was in business for over 15 years, and we had clients all over. Probably my favorite exhibits were physics oriented – sound, light, electricity – although we designed others like perception. I had a talented staff, a Ph.D. in physics, architects, graphic or industrial designers, and machinists."

Shab also pursued his other passion, stereoscopic or three-dimensional photography. He and his partner, Diane Rulien, and others from the Cascade Stereoscopic Club opened the 3D Center of Art and Photography on Northwest Lovejoy Street in 2003. Today, Shab fills his spacious den with his three-dimensional sculptures and computer paintings along with kinetic art and knickknacks from around the world. He even has a few treasures from his days in Bulgaria.

Still, when Portlanders think of Shab Levy, his iconic gravitrax at OMSI comes to mind. "It went up on the floor 40 years ago and has been functioning every day," Shab says. "It survived the move from the old OMSI by the zoo. The fun was the brainstorming and building the exhibit. I've never been bored at my work – ever. I would do it again."

For more information on Shab Levy Designs, visit gravitrax.com. 

Shab Levy's gravitrax in Porto Alegre, Brazil.
Photo courtesy Shab Levy

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Overnight camps nourish youth to grow into strong adults

By Deborah Moon

Overnight camps help young campers learn valuable life skills that enhance their lives in college and beyond. Numerous studies have shown youth benefit from attending sleep-away camps.

The American Camp Association lists numerous benefits young people develop through their experiences at residential camps. In terms of social skills development, campers learn leadership, communication and participation skills. Campers also learn skills that make them valuable members of communities, including a sense of caring, fairness, citizenship and trustworthiness. They build character and gain self-respect as they gain skills in responsibility, resourcefulness and resilience.

In his blog "Nurturing Resilience," on the website of Psychology Today, Dr. Michael Ungar, PhD, has explored why kids who went to summer camp are more successful in college. Ungar points out that camp makes kids resilient. Campers form new relationships; learn how to be proud of their achievements; have the chance to be "just kids" who interact without the baggage they carry at school; feel in control of their own lives; get a day balanced with activity, fresh air and good food; gain a sense of belonging; and acquire an awareness of culture.

That last benefit is why some families choose Jewish camps. Several studies show Jewish camps have the added benefit of building Jewish identity to create confident, engaged Jewish adults. For instance the Camp Works study by the Foundation for Jewish Camp found that as adults, former campers are: 45% more likely to attend synagogue monthly or more; 55% more likely to be very emotionally attached to Israel; and 30% more likely to donate to a Jewish charity.

For nearly 100 years, the American Camp Association, with more than 7,000 members, has worked to ensure the quality of camp programs and to make sure campers have the opportunity to learn powerful lessons in community, character-building, skill development and healthy living – lessons they say can be learned nowhere else.

According to the ACA website (acacamps.org), "Camp provides children with a community of caring adults, who nurture experiential education that results in self-respect and appreciation for human value. All of the outcomes – self-identity, self-worth, self-esteem, leadership and self-respect – build personal competencies. ... For years, campers' parents have reported that when their children return home from camp, they are more caring, understand the importance of giving, are more equipped to stand up for what they know is right and are willing to be more responsible. These are the qualities that will help build a successful nation and a civil society."

Sometimes day camp is the right answer

By the American Camp Association

For 150 years, camp has been the natural extension of traditional education – an expanded learning environment that provides enrichment and a hands-on experiential education like no other. Experts agree that camp is essential to a child's development – teaching life lessons such as leadership, teamwork, empathy and problem-solving.

The most successful camp experiences occur when families and children work together to find a camp that best matches everyone's needs. What about families who feel a sleep-away camp is not the right fit, but still want their child to experience all that camp has to offer? The answer may be right around the corner at a day camp. The American Camp Association reminds families that the benefits of day camp are extensive:

Camp close to home – Perhaps a child is too young for resident camp, or perhaps scheduling does not allow for extended time away from home. Regardless of the reason, day camp is an excellent alternative.

So much to do – Day camps offer a wide range of programming and activities including sports, arts, science and education. Like resident camps, day camps offer team-building activities, leadership training and wilderness programs.

Keep those neurons pumping – Research indicates that participation in intentional programs, like camp, helps reduce learning loss during summer months. Camp is the ultimate classroom, using experiences to teach problem-solving and skill-development.

Get those bodies moving – Camp provides children the opportunity to try new things and participate in human-powered activities. According to surveys by both the Kaiser Family Foundation and the Center for Disease Control and Prevention, an American child is six times more likely to play a videogame on any given day than to ride a bike. According to research conducted by ACA, 63% of children who learn new activities at camp tend to continue engaging in these activities after they return home. This leads to continued physical exercise that lasts a lifetime.

Budget-friendly options – In certain circumstances, day care expenses, including transportation by a care provider, may be considered dependent care services and paid with a dependent care flexible spending account or pre-tax dollars. In addition, day camps may qualify for special tax incentives.

It's not too late to find the perfect day camp experience. Families can visit CampParents.org and use the Find a Camp database.

Day camp is life-changing, providing growth and development through teachable moments, experiences, friendships and fun.

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Jewish Overnight Camp Incentive Program Comes to Portland



The Residential Camp Fair at the MJCC on Jan. 12 attracted many shoppers.



Mayah and Scott Greenfield

Photos and story by Polina Olsen

A zipline tops fifth-grader Javier Vollmayer's list. Jared Norman wants a GaGa Pit. In fact, everyone at the Residential Camp Fair held at the Mittleman Jewish Community Center Jan. 12 had something special in mind for this summer's fun. The Jewish camp experience, an important indicator of future attachment and engagement with the community, was the single common theme.

This year the Jewish Federation of Greater Portland has good news for overnight campers. For the first time, they are collaborating with the One Happy Camper program (OneHappyCamper.org) to provide incentive grants of up to \$1,000. If your child is a first-time overnight camper or has never attended a Jewish overnight camp for at least a 12-day session, you may qualify. Grants are not means-tested, but other restrictions apply.

Under the national criteria for One Happy Camper, youth attending a Jewish day school are not eligible. However, Portland's federation has set aside funds to extend the grants to students at any of Portland's three Jewish day schools.

Your child must enroll in an approved Jewish overnight camp before you apply for a Happy Camper incentive grant. Many camps that attended the fair (see box) have a link to the Happy Camper application on their websites. If a Jewish overnight camp does not have a link on their website, you still might qualify. Check directly with the camp or contact Rachel Halupowski at rachel@jewishportland.org, 503-892-7413.

Shoppers at the Residential Camp Fair didn't need to be convinced of the experience's importance. "My mother went to Jewish camp for many years in the '40s and '50s," said Heather Penner, who was with her 9-year-old son Doran. "It made her feel part of the community, and she still has friends from camp. I didn't go to Jewish camp, and I'm trying to find one for my older son." Heather wants a vegetarian-friendly community where kids return every year.

Brian Norman hopes his son Jared's camp will duplicate his own childhood experience. "It's one of my fondest memories," he said. "I'm from the east coast where you went to camp for eight weeks. It's a nice way to learn about Judaism in a fun environment. There's plenty of opportunity to keep busy and get outside."

Jared Norman wants a place that's "really fun." Mayah Greenfield and her dad, Scott, chose a camp with conversational Hebrew, access to the Pacific Ocean and kayaking. "My younger daughter is also going," Scott said. "We wanted a place with a small community feel."

Michelle Koplan, the executive director of B'nai B'rith Camp, came with her daughter, Ali. "Camp is an immersive Jewish experience for kids," Michelle said. "Everyone wants to belong, and at B'nai B'rith Camp everyone does belong. They connect to Judaism for life."

JFGP President and CEO Marc Blattner agrees: "As a product of Jewish overnight camp, and now experiencing camp through my own children, I know the lifelong impact. Friendships, memories and a strong Jewish identity remain with you. In many ways, one of the saddest days of my life was when I realized I was not going to camp in the summer. Everyone in our community has the opportunity to experience a Jewish camp – and you should!"

For more information on One Happy Camper incentive grants visit OneHappyCamper.org. For information on grants for day school students attending camp or other questions, contact Bob Horenstein at bob@jewishportland.org, 503-245-6496.



Heather and Doran Penner

Residential Camp Fair Participants

B'nai B'rith Camp: Located on the Oregon Coast, B'nai B'rith Camp serves children and adults of all ages and denominations. 503-452-3443, bbcamp.org

URJ Camp Kalsman: This Reform Jewish summer camp is in Arlington, WA. Campers at Kalsman experience Jewish culture and tradition in a safe, challenging, supportive and fun environment. 425-284-4484, kalsman.urjcamps.org

Camp Miriam: Part of the Habonim Dror youth movement, Camp Miriam is located on a 20-acre waterfront site on Vancouver Island. 604-266-2825, campmiriam.org

Camp Ramah: Located in Ojai, CA, Camp Ramah is affiliated with the Conservative movement and National Ramah Commission and operates under the educational auspices of the Ziegler School of Rabbinic Studies at American Jewish University. 888-226-7726, ramah.org

Camp Solomon Schechter: Based upon the ideals of the Conservative movement and located near Olympia, WA, Camp Solomon Schechter has a 60-year tradition of fun, friendship and Jewish education in the Pacific Northwest. 206-447-1967, campschechter.org

Tivnu: Building Justice Summer Programs: Spend two weeks of your summer making a difference in the lives of others through construction and other worthwhile projects in Portland. Overnight accommodation is provided. 503-232-1864, tivnu.org/summer-program

Day Camps

MJCC Day Camp is imbued with a sense of simcha (joy), kehila (community), ruach (spirit) and chai (life). 503-244-0111, oregonjcc.org

PJA Discovery Camp is open not only to PJA students, but to any child with an interest in having some great summer fun. 503-244-0126, pjaproud.org/summer



Sports and Judaism all in one

By Deborah Moon

On the website for the new JCC Maccabi Sports Camp (maccabisportscamp.org), Camp Director Josh Steinharter writes, “As a kid who hoped to one day play shortstop for the Yankees, I faced a dilemma every summer. ‘Why do I have to choose between sports camp and Jewish overnight camp?’”

Fortunately for like-minded kids today, that is no longer a dilemma. Thanks to Josh’s dream and a grant from the Foundation for Jewish Camp Specialty Camp Incubator, young Jewish athletes can have both camps in one at the new JCC Maccabi Sports Camp. During two-week sessions at the new overnight Jewish sports summer camp near San Francisco, boys and girls in fourth through ninth grades can learn more about their favorite sport of choice – baseball, basketball, soccer or tennis. The camp combines intensive clinics and creative programming to help young Jewish athletes advance their skill levels while enjoying other sports and camp activities mixed in with the core values of a Jewish summer camp experience.

“Parents and campers are thrilled about our new camp,” says Josh. “The response has been overwhelmingly positive and supportive, not just from families but also synagogues, day schools, JCCs and other Jewish organizations.” Josh says the reaction he gets most often is either “What took you so long?” or “I would have totally gone to this camp as a kid!”

Though he says there are lots of amazing Jewish camps, unfortunately there aren’t enough kids going to Jewish camp.

“Our hope is to provide that same quality Jewish experience by using sports as the hook and vehicle to connect kids to their Jewish community,” says Josh. “A successful experience at our camp involves a camper leaving with stronger skills and confidence in his or her sport and a stronger sense of Jewish self and community.”

Josh already has seen how sports can connect youth to their Judaism. He served as the delegation head for Team San Francisco for five years, including 2009 when San Francisco hosted the JCC Maccabi Games. He also led the SF delegation to the Maccabiah Games in Israel in 2011.

“Some look at the Games and think of it as just a sporting event, but because all the participants are Jewish, it creates a unique and special experience, giving kids (an opportunity) ... to meet peers around the country and learn about other types of Jewish communities and practices. ... Since the idea of melding the worlds of sports camp and Jewish camp had been brewing in my mind for years, my experience in the Games helped to give the camp more shape and structure, both thematically and programmatically.”



Like all JCC Maccabi experiences, the camp culture is guided by Jewish values. Sportsmanship, ethics and the community-building nature of team play go hand in hand with Jewish values.

Josh says he has many ideas on how to weave Judaism into the sports camp experience. “Some (are) as nuanced as relating the everyday rituals of playing sports (dressing the right way, stretching before games, following rules) to the rituals of Jewish life.” Campers will celebrate “Shabbat as a separation from the routine week, giving athletes a chance to leave their specific sport and rejoin the community as a whole.

“One very specific way we are connecting sports and Jewish values is by giving every camper who registers their own camp water bottle,” says Josh. “Shmirat haguf, guarding the body, is one of our core values. By teaching the merits of hydration and creating a strong healthy body and therefore mind, we are teaching our campers how to be strong athletes and strong Jews.”

Oregon Hillel Foundation Executive Director Andy Gitelson grew up with Josh in the Union for Reform Judaism camp movement; he is enthused by his old friend’s effort to connect children who may not gravitate to some of the more traditional Jewish camps. “Josh is amazingly well qualified, and I have no doubts that some of the children in our communities ... could have a truly enriching Jewish experience at his camp – and at the end of the day, that’s what is really important.”

For seven years, Josh has held the position of athletic program manager for youth & coach development at the Jewish Community Center of San Francisco. He is an alum of URJ Goldman Union Camp Institute.

JCC Maccabi Sports Camp is a nonprofit specialty camp being funded by the Jim Joseph Foundation and AVI Chai Foundations in partnership with the Foundation for Jewish Camp. JCC Maccabi Sports Camp is a nationally affiliated camp of the JCC Association.



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Day camp at BB Camp is a gift to underserved



CAMP GESHER RETURNS TO ASHLAND

Havurah Shir Hadash and Temple Emek Shalom again join hands to give Ashland youth a local Jewish camp option. Camp Geshet will be at Havurah Shir Hadash Aug. 18-22. The day camp is open to all kids entering kindergarten through seventh grade.

This year, Camp Geshet does not conflict with any BB Camp sessions. The theme is Tikkun Olam – Healing the World. The camp will have all the usual fun activities such as sports, drama, music, dancing, field trips, Hebrew games, a life-size board game, scavenger hunts, art and more. This year campers will also focus on how together we can improve the world in many ways. Social action and environmental projects will be included throughout the week. Kids will be able to choose what they want to work on and come up with their own projects.

For details and to enroll, visit the website at CampGeshetAshland.com.

For questions regarding camp, contact Camp Director Andrea Shupack at 541-218-6766 or andreashupack@gmail.com.

By Suzye M. Kleiner

To the residents of Lincoln City, the Day Camp at B'nai B'rith Camp is a hidden treasure. To the Jewish community, it epitomizes the spirit of performing a mitzvah and strives to achieve tikkun olam.

Born in 2006 as a trailblazing effort to fulfill a community need, BB Day Camp is a thriving, unique camp offering. Not only is it unprecedented to have a day camp on the same site as an overnight camp, it has been a safe haven for hundreds of underserved kids who are gifted a camp experience.

It all started with an arcade packed full of unsupervised children. Michelle Koplan, executive director of BB Camp, walked past the arcade in the summer of 2004 on her way to a meeting. She learned that there were not a lot of childcare options in town, let alone camp programs. The arcade served as a default babysitter, which didn't sit well with someone whose mission is to enrich the lives of children.

"Day Camp was an opportunity to significantly serve kids in Lincoln City while supporting the community that BB Camp has called home since 1921," says Michelle. "Some of the kids have little or no food available at home, but they are assured a meal and two snacks daily at Day Camp."

This is not your typical day camp. Because it runs alongside the overnight camp, the BB Day Camp uses all of the camp's facilities, activities, programs and professional staff.

These activities include tubing, canoeing, wakeboarding, creative arts, ropes course, arts and crafts, archery, environmental education, athletics, performing arts, swimming lessons and recreational swimming in the outdoor heated pool, and group games that promote character building, teamwork and leadership.

Sari Tullis, BB Day Camp unit head, says it's incredible to see the enthusiasm, confidence and friendships build day-by-day. "It's a great feeling to know that you are changing lives through fun experiences."

The majority of children in the BB Day Camp program are from Lincoln City, while some are vacationing in the vicinity. The camp runs weekdays for seven weeks and costs \$120 per week, which is very reasonable for a full day that includes

food. Financial aid is provided for families unable to pay this amount.

"BB Camp stepped up to help the homeless and low-income children in Lincoln City while creating positive experiences and lifelong memories for our youth," says Lincoln City Mayor Dick Anderson. "BB Camp is also an economic development asset to Lincoln City – they buy locally, hire locally and employ year-round staff."

To help support the need for scholarships, Dick and his wife Sue Anderson chair an annual spaghetti dinner fundraiser (see inset). The following supporters also help fund the BB Day Camp: City of Lincoln City, Siletz Tribal Charitable Contribution Fund, United Way, Lincoln County Social Services, Oregon Jewish Community Youth Foundation and B'nai B'rith Camp Teen Philanthropy Program Fund, and MOJO Coffee Company.

"It's hard to put into words how great camp has been for my kids. Camp is a main topic of conversation all year long, as it has changed their lives through unconditional love and friendship," says Connie Davis, a foster mom and grandma who has had nine children attend BB Day Camp. "The fun is just the icing on the cake."

Suzye Kleiner resides in Scottsdale, AZ, and loves spending her summers at BB Camp. She has enjoyed the positions of camp store manager, photographer and writer.

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Finding Summer Fun at Winter Funfest



The Oregon Reptile Man brought a troop of rescued reptiles, including this American alligator that Oregon State Police rescued in Bend. The reptiles drew a line of kids to the Camp Gan Israel booth.



Ali Koplan, 6, makes Flubber at Maayan Torah Day School's booth.



Elisheva Spivak, 12, and Leah Fischer, 11, right, were very popular at the winter funfest as they served up cotton candy from the Camp Seed booth.

Families flocked to the Jan. 26 Winter Family Funfest Preschool and Day Camp Fair to learn about Jewish camp, preschool and day school options. The free event at the Mittleman Jewish Community Center was designed for families with kids ages 6 and younger. Fun activities concluded with a performance by Kim Palumbis and the PJA Choir.



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Organizations who had booths or activities at the fair included:

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Beth Israel, bethisrael-pdx.org, deborah@bethisrael-pdx.org

Camp Seed, portlandkolel.org, estherf@portlandkolel.org

The Gan Garrett Jewish Preschool, chabadclarkcounty.com,
tzivie@chabadclarkcounty.com

Gan Israel Day Camp, cgiportland.com, Simi@chabadoregon.com

Gan Shalom Cooperative Preschool, katherineclyde@gmail.com

GrapeVine, rachel.rothstein@grape-vine.com

Maayan Torah Day School, abrodin@maayanpdx.org, 503-245-5568

The Gan-Portland Jewish Preschool, mimi@portlandjewishpreschool.com

MJCC, oregonjcc.org, 503-244-0111

MJCC Day Camp, Markey, amarkey@oregonjcc.org, 503-452-3433

Neveh Shalom Foundation School/Shoresim Young Families
iconley@nevehshalom.org, 503-293-7307

Oregon Jewish Museum, ojm.org, 503-226-3600

Portland Jewish Academy, pjaproud.org, 503-244-0126

PJ Library, caron@jewishportland.org

Shaarie Torah (The Milt & Cissi Carl Preschool)
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"Unplug" and reconnect

March 7-8

In celebration of the fifth annual National Day of Unplugging from sundown Friday, March 7 to sundown, Saturday, March 8, the nonprofit Reboot is asking individuals and families to reconnect with each other by putting down their smartphones, tablets and computers for 24 hours.

The NDU has roots in the Jewish tradition of the Sabbath, but this modern day of rest was developed for people of all backgrounds as a way to bring balance to the increasingly fast-paced way of life and reclaim time to connect with family, friends and our communities.

Everywhere you look – playgrounds, dinner tables, sidewalks and cafes – people are glued to their phones and tablets, texting and emailing or scrolling through Facebook. Children and loved ones constantly hear, "Just a minute" or a distracted "Uh-huh" as heads are buried into connected devices. This message is reverberating throughout our society: our relationship with technology is taking over our ability to be present in our interpersonal relationships.

"In its fifth year, the National Day of Unplugging is more than a day – it's become an international movement and a chance for individuals and families to pause and make a conscious choice to connect with the world around them," said Reboot Executive Director Robin Kramer.

NDU balances the value and importance of technology in today's world with the goal of encouraging people to be more mindful of their technology use.

Parenting experts warn that digital distractions are harming interpersonal relationships, hindering youth from developing face-to-face communication skills and teaching children that disappearing into digital devices for endless hours is an appropriate pastime. Many toddlers even know how to use an iPhone or iPad before they can put together a full sentence.

"Technology has given us unprecedented opportunity to connect and share," said Randi Zuckerberg, New York Times bestselling author of *Dot Complicated*, whose main character is a technology-overloaded little girl who rediscovers the wonder of the outdoors after she is forced to unplug.

Reboot is offering a package of tips to give families ideas for unplugging and sample activities for facilitating tech free time. To view the list, visit NationalDayofUnplugging.com.



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Guest Opinion: Jewish community should help new SW neighbors

By Edie Rogoway

I am the proud mother of a 7-year-old daughter who attends Hayhurst Elementary School in Southwest Portland. Hayhurst is a wonderful public school tucked away in a residential neighborhood on Iowa Street at 50th.

In January Hayhurst welcomed the first group of what will be approximately 90 children moving into the Stephens Creek Crossing Housing Development, which is situated across the street from the Mittleman Jewish Community Center in Southwest Portland. SCC is a public housing development run by Hope Forward (previously the Housing Authority of Portland).

When all 90 of these children have joined Hayhurst by the end of this school year, its student body will increase by 30%.

SCC replaces the 60-unit Hillsdale Terrace, which was demolished in 2012.

All of the children living at SCC come from families living at or below the poverty line. Even before the SCC influx,

Hayhurst had many families who qualified for the free and reduced lunch program, which means they live at or below the poverty line.

By April of 2014 approximately 40% of Hayhurst's students will be from families in this income bracket.

Along with fellow community members Emily Matza (PTA president) and Deanne Froehlich (principal), I am reaching out to the Portland Jewish community asking for financial support.

Without the financial assistance of the community, the SCC children cannot participate in after-school and evening enrichment programs such as Chess Club, choir and Lego Robotics, because there is no transportation available between SCC and Hayhurst (this includes Trimet).

In addition to raising money for transportation, we must also raise funds for scholarships to cover participation in after-school activities, evening programs and field trips – and to provide basic needs such as winter clothing, backpacks and, at times, meals.

I have worked in the criminal justice field for more than 20 years, and I know that when we as a community help bridge the gap for children living in poverty, we as a broader community benefit.

We are proud of our community's longstanding tradition of helping families end the cycle of poverty by creating enrichment opportunities for them and their children.

In fact, two of our community's greatest champions for social justice, Dick Brownstein and Fred Rosenbaum (of blessed memory), were the visionaries who first brought affordable housing to Southwest Portland.

SCC residents live in the heart of Portland's Jewish community; their neighbors include the MJCC, synagogues, the Jewish Federation, Oregon Jewish Life magazine and many other organizations.

Hayhurst Elementary has the highest population of observant Jewish students in the Portland Public School District as well as a large population of less observant Jewish families. Many other Jewish children who attend school elsewhere live in Hayhurst's vicinity and benefit from the school's campus by taking advantage of the its play equipment and field during weekends and after-school hours.

A donation to support these children and this school is tax deductible. All of the money raised goes directly to the children. We have no overhead costs; we are 100 percent volunteer based.

Please help us support SCC and Hayhurst with a financial contribution. Checks should be payable to Hayhurst Neighborhood PTA and sent to:

Hayhurst Elementary School
Attn: Principal Deanne Froehlich
5037 SW Iowa St.
Portland, OR 97221

Edie Rogoway is a local attorney, parent of a Hayhurst student and an active member of Portland's Jewish community.



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KIDS & TEENS EVENTS AND ACTIVITIES

March 1

Tot Shabbats:

- 9:30 at Beth Israel, 1972 NW Flanders. 503-222-1069 or bethisrael-pdx.org
- 10:15 am at Neveh Shalom, 2900 SW Peaceful Lane, 503-246-8831 or nevehshalom.org
- 10:30 am at Havurah Shalom, 825 NW 25th Ave. 503-248-4662 or havurahshalom.org
- 10:30 am at Shaarie Torah, 920 NW 25th Ave. 503-226-6131 or shaarietorah.org

Community Minyan/Family Service. 10:30 am at Shaarie Torah, 920 NW 25th Ave. 503-226-6131 or shaarietorah.org

March 7-9

NCSY Portland Shabbaton. March 7-9, on Mt. Hood. The program includes the option to go skiing or snow-tubing on Sunday. Price is \$250 (scholarships are available). doovie@ncsy.org or 503-504-1301

March 8

Tot Shabbat. 10:30 am at Havurah Shalom, 825 NW 25th Ave. 503-248-4662 or havurahshalom.org



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Explore, Discover, create and play.

The Carl Summer Camp

Ages 3-8 • Weekly sessions begin in June
Monday-Friday 9am-2pm (before and after care hours available)
A different theme each week.

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The Carl Summer Camp

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Portland, Oregon 97210

Enrollment is now open for 2½-5 year olds at The Carl Preschool for Fall 2014.

March 9

Shaarie Torah Senior Dance Prom. Middle school and high school students will accompany residents of the Rose Schnitzer Manor to a dance in Zidell Hall. Come dressed in your finest clothes. 3-4:30 pm at Shaarie Torah, 920 NW 25th Ave. 503-226-6131 or shaarietorah.org

March 15

Tot Shabbats:

- 10:15 am at Neveh Shalom, 2900 SW Peaceful Lane, 503-246-8831 or nevehshalom.org
- 10:30 am at Havurah Shalom, 825 NW 25th Ave. 503-248-4662 or havurahshalom.org

Shaloha Shushan! Party like a big Kahuna at Neveh Shalom's Hawaiian-style Purim Celebration. (See calendar listing page 70)

Take a Walk on the Wild Side: Exotic Animal Exhibition followed by Havdallah and Megillah reading. Desserts and dancing will conclude this fabulous night. Donations are welcome. 7:30 pm at Shaarie Torah, 920 NW 25th Ave. 503-226-6131 or shaarietorah.org

March 16

Community Purim Carnival. 1:30-4 pm at the MJCC. An afternoon of fun and laughter with: bounce house, clown show, kids crafts, cotton candy, face painting, balloon crafting, fun booths, indoor playground. Sponsored by the Portland Kollel and the MJCC. \$4 per child age 3 and up, \$8 per adult (max \$24 per family). 502-245-5420 or 503-244-0111

March 27-30

NCSY Shabbaton, Berkley, CA. Price is \$150. doovie@ncsy.org or 503-504-1301

March 29

Youth Minyanaires. Youth-led middle school service. 10:30 am at Shaarie Torah, 920 NW 25th Ave. 503-226-6131 or shaarietorah.org

Torah Yoga for Preschoolers and Parents. 10:30 am at Shaarie Torah, 920 NW 25th Ave. 503-226-6131 or shaarietorah.org

Weekly/Monthly Teen Events

BBYO Meetings for 8-12 graders: 7-8 pm, Tuesdays at the MJCC. sswire@bbyo.org or 503-345-9451

NCSY Latte and Learn: 7-8 pm, Thursdays at Multnomah Starbucks, 7737 SW Capitol Hwy. No meeting on March 27 (Spring Break). Latte & Learn brings Judaism to local coffee shops and serves up Torah in a relaxed and fun setting. doovie@ncsy.org or 503-504-1301

NCSY Monthly Middle School Program. 2:30-3:15 pm, March 21 and April 4, at the Cafe at the MJCC. doovie@ncsy.org or 503-504-1301

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Life on the Other Side

Purim Perplexities

by Anne Kleinberg

It's Purim time!

That means merriment, costumes, candy, mishloach manot ("shalach munous" as we say in the old country) and happy kids. In my youth, we went to shul, listened to the reading of the Megillah and spun those groggers like crazy – even the synagogue's elders didn't get annoyed at us (although they were noticeably impatient). There was a Purim carnival and costume contests (of course Esther, Mordechai and King Ahaschverous were the most popular) and great merriment.

Best of all were the hamantaschen – so yummy! That was the only time of the year I saw bottles of lekvar in the house and my mother grating orange rinds for the dough and the fascinating way she cut circles out of the dough with the little Pyrex dessert bowls and formed the triangular cookies that we loved so much. And luckily – no poppy seed variety in our home.

Here in Israel, the customs are not much different. The kids definitely go for the top celebrities in their costume choices (cheap satin on identical costumes abound!) – doesn't anyone sew originals anymore?

And the hamantaschen here take on a whole new meaning. First – they're called "oznei haman," as in "Haman's ears." Next – those fillings! Poppy seed – yes (unfortunately). Plus, there's dark chocolate, milk chocolate, white chocolate, chocolate chip, apricot, raspberry, dulce de leche, apple, blueberry, and on and on. Lekvar? Hard to find. I learned to make my own prune filling and felt very proud.

But I just had an epiphany that sort of killed the holiday for me – it smashed all my previous beliefs. It broke something in me, something I took pride in and bragged about and made righteous statements about. Can you guess? It has to do with Vashti. My whole take on Purim has to be re-evaluated. Oh Vashti, Vashti, how you broke my heart.

I was one who always identified with the King's first wife – the wife who refused to follow his order to dance naked for his guests. She stood her ground and said NO! I loved her even as a small child.

Vashti was my first feminist role model. Rather than Esther, who saved her people and did all that nice girlie-girl stuff, Vashti was my hero. Stand up for your rights! Be who you are! Say no to being exploited and paraded around. You are not just arm candy! Don't let a man boss you around. You are woman. You are strong!

Ya think?

Recently, I was directing a Purim play I wrote for the International Women's Club here in Israel. We were going to perform skits and songs with an irreverent, slightly feminist view and combine our Purim party with a celebration of International Women's Day. That's when I came upon the news that sent me to the Megillah searching for the truth.

Plus, there's dark chocolate, milk chocolate,

white chocolate, chocolate chip, apricot, raspberry,

dulce de leche, apple, blueberry, and on and on.

Vashti, in fact, did not refuse to dance for the King as a matter of pride. On the contrary, it seems that our Vashti not only wanted to dance for King and his cronies, she would have been delighted to! But apparently, she had a skin condition and did not want to let the others see it. Are you kidding me? Vashti didn't expose herself because she was embarrassed about a facial glitch? A pimple? Lack of Botox? A wrinkle? Oh honey, you were so misguided.

So ... I lower my head in sadness and shame. My hero is hero no more. I will celebrate the holiday with a little less joy. I'll eat my hamantaschen and get a kick out of all the celebrations, but I will have to find my heroes elsewhere.

Pharaoh's daughter perhaps? ☺

Anne Kleinberg, author of *Menopause in Manhattan* and several cookbooks, left a cushy life in Manhattan to begin a new one in Israel. Now she's opened a boutique bed and breakfast in her home on the golf course in Caesarea. For details, visit annekleinberg.com and casacaesarea.com.



Peres, Cisco and Israeli students set a Guinness record



By Mylan Tanzer

President Shimon Peres does not let his age of 91 deter him from attending and addressing several events on a daily basis. A few years ago, at one of these events, he was asked if he wants to be remembered as a leader who never stopped pursuing peace. Expecting a positive answer in some variation or another, Peres, as usual surprised everyone present by saying, “I want to be remembered as someone who always thought outside the box.”

On many occasions he has said embracing high-tech and advanced technologies is a primary manifestation of thinking outside the box. In this respect, Peres practices what he preaches. In his last ministerial post before he was elected president, he served as the minister for regional economic development, where he worked tirelessly to raise the international profile of the Israeli high-tech entrepreneurial sector and became the main catalyst for advancement in nanotechnology and electric cars. Not surprisingly, he was asked by Paul Singer and Dan Senor, the authors of *Start-Up Nation*, to write the forward to the book.

Therefore, it should come as no surprise that last month, Peres addressed Israelis using a new, advanced, high-tech tool that allowed him to set a new record recognized by the Guinness Book of Records. He taught an online civics class to more than 9,000 high school students simultaneously, located at 71 different schools throughout Israel.

The idea was the initiative of Peres and the Israeli branch of Cisco, which developed the video conferencing technology called “TelePresence System 3000.” This web-based technology possesses remarkably clear video images that allow participants to see every expression of other participants, with CD-quality audio allowing participants to hear every word. The standard system allows multi-point meetings of up to 48 locations. For this occasion, Cisco Israel was able to expand the infrastructure to reach 71 schools of the Amal vocational educational network across the breadth of the country.

Sensing this would be a seminal event, Cisco and the staff of Peres contacted the Guinness World Records company, which dispatched Senior Vice President Marco Frigatti. Frigatti commented, “We immediately liked this new record idea for three reasons. First because talking about civics and talking about democracy is relevant for everybody in the world, and the contribution we make is so important a topic for the young generation. The second important aspect was that we had a special feature, a person who has seen the country from its origins to today, and who better to speak to the students? The third part was about the technology, a web-based solution that can be used within education to keep everyone connected and informed. The number to beat for this record was 5,000 participants, and so far we’ve counted over 7,000, which means (they and) the president of the State of Israel will be Guinness World Record holders.”

Addressing both Jewish and Arab students at the 71 Amal schools, from Cisco Israel Headquarters in Netanya, Peres began by saying, “I am older than you, but even at the age of 91, I can still get thrilled, thrilled to see so many of you, thrilled at being a teacher and thrilled that by teaching, I am also a pupil. My whole life I have been a pupil. I am jealous of you that you are students. Why is it so important to be a student? Because to learn and know is more important than money, which comes and goes. Knowledge always stays.”

During the 45-minute class, Peres emphasized values, equality, freedom of expression and good citizenship. “Israel is small and you, the youth of the country, are competing with the youth of the world and you need to excel,” he said. “In each of you there is more potential than you think. If you study, you will discover that you (will) be better people and achieve things that you didn’t think were possible.” Peres continued, “As a citizen of Israel, the most important thing is to maintain your values and to treat others as you want to be treated. It is easier to love than to hate.”

Toward the end, Peres took questions from students from Amal Jerusalem, Amal Tel Aviv and Amal Kseifa, a Bedouin town. In his concluding remarks, Peres said, “I am proud of the students who broke the record. I had the privilege of being your teacher.”

Frigatti, who supervised the proceedings to verify the new record, confirmed that a new record was set. “I have an interesting surprise because you’re holding two records; not only have you taught a wonderful civics lesson, but you’re also the oldest head of state in the world.” He added, “The record set through using advanced technology for the sake of education, with the president as a special teacher, is an inspiration on a global scale.”

After the record was announced, President Peres thanked Guinness World Records, Cisco Systems and the pupils at the Amal Schools across the country. He said, “This record should really be for all the students who participated, they created this record. We have to spread education; this is about encouragement of that goal. The more that can participate in these sorts of lessons the better. What we have to do is invest at least as much in education as we have in entertainment and make it accessible to all pupils.” President Peres smiled and added, “About the second record, I suggest people start earlier and not to wait until they are my age.”

At the beginning of the class, Cisco Systems Israel CEO Boaz Maoz said, “Cisco Israel, at the initiative of its Chairperson and CEO Mr. John Chambers, has been working closely with the Israeli government over the past year and a half in the fields of education, health care, infrastructure, communications and cyber. The cooperation is aimed at transforming Israel into the world’s first digitized country. The initiative aims to boost economic growth and reduce inequality gaps using technology and communication. As part of this effort we invited you, Mr. President, to teach the largest online civics class ever to over 200 classrooms and 8,000 students. The class will be broadcast using the most advanced technology, which will bring leading experts to every classroom in Israel.”

By the end of the class, the figure had of course grown to 9,000 pupils. Peres is a monumental figure of historical proportions, not only in Israel but throughout the global community, and will be the subject of a future column. Though he did not say anything that will go down in history and stuck to the expected presidential clichés, the idea and the implementation are vintage Peres and this is what will be remembered. As Bill Clinton said when toasting Peres at his gala 90th birthday party, “Shimon, you are the social Einstein of the world. You never stop reminding us how special every child is and that we have much more in common than what divides us.”

Mylan Tanzer is a Portland native who moved to Israel in 1981. He was the founding CEO of the first Israeli cable and satellite sports channel. Since 2005, he has launched, managed and consulted for channels and companies in Israel and Europe. Tanzer lives in Tel Aviv with his wife and five children. He can be reached at mylantanz@gmail.com.



Celebrity Heroes

SCARLETT JOHANSSON STANDS WITH ISRAEL



Just before the Super Bowl, Scarlett Johansson parted ways with the international charity Oxfam because of a dispute over her work for SodaStream, a company operating in a West Bank settlement. Johansson appeared in a SodaStream ad that aired during the Super Bowl.

SodaStream is a Tel Aviv-based company that makes home soda machines and has its main plant in an Israeli industrial park next to the West Bank settlement of Maaleh Adumim. In an interview with Associated Press Television News, SodaStream’s chief executive Dan Birnbaum, said the company does not want to “sacrifice” the jobs of 500 Palestinians who work in the SodaStream factory “for some political cause” of activist groups.

Oxfam International, a humanitarian aid organization for which Johansson had served as global ambassador for eight years, opposes all trade with Israeli settlements.

In a statement about her decision, Johansson said, “While I never intended on being the face of any social or political movement, distinction, separation or stance as part of my affiliation with SodaStream, given the amount of noise surrounding that decision, I’d like to clear the air.

“I remain a supporter of economic cooperation and social interaction between a democratic Israel and Palestine. SodaStream is a company that is not only committed to the environment but to building a bridge to peace between Israel and Palestine, supporting neighbors working alongside each other, receiving equal pay, equal benefits and equal rights.”

PORTMAN HELPS ISRAELI YOUTH AID REFUGEES



Israeli-born actress Natalie Portman, in Tel Aviv to work on her new film, recently heard about a local project to aid Syrian refugees and decided to join in. The civil war in Syria has created a severe humanitarian crisis, with millions of refugees and displaced persons in constant mortal danger due to severe shortages of basic necessities. In

response to the harsh winter, Dror Israel, the “Hanoar Haoved VeHalomed” (Working & Learning Youth) Movement and Israeli Flying Aid organized a nationwide humanitarian drive to collect life-saving winter supplies.

The nationwide operation to collect winter supplies began in late January and was led by Israeli youth to aid non-combatant women and children. During the operation, titled “Human-Warmth – Israeli youth aiding Syrian youth,” 30 tons of winter equipment were collected. The lifesaving equipment, including Portman’s donation, was transferred in trucks filled with 1,200 boxes, which will be passed onto the Syrian refugees and misplaced persons.

Portman donated part of her personal wardrobe and sent a contribution through the operation’s fundraising web site.

“When I heard about Operation Human Warmth I felt deeply moved and compelled to get involved,” she says. “In the middle of a brutal winter, these children have no shelter and their lives are in serious jeopardy from the cold. I am proud to take part in an operation where Israeli youth of all backgrounds are taking action to help out those whom need it most.”



MLK DAY AT CBI –Above, Keynote speaker Rep. John Lewis (D-GA) speaks at Beth Israel’s annual lecture and service in memory of Dr. Martin Luther King Jr. Below, from left are, Cantor Ida Rae Cahana, Rabbi Michael Cahana, Congressman John Lewis, Rabbi Rachel Joseph, Congresswoman Suzanne Bonamici and Hon. Michael Simon. More than 900 people came to Beth Israel for the seventh annual Gospel Shabbat, held on Jan. 17 in the main sanctuary. Since 2007, Beth Israel has collaborated with the African American communities in Portland to present this lecture and Shabbat service honoring the memory of Dr. Martin Luther King, Jr., his life and achievements. Bottom, Cantor’s Chanters (Beth Israel’s youth choir) sings with members of the NW Community Gospel Choir, Rep. Lewis and CBI Board member Ron Silver (with beard), an attorney with the US Dept. of Justice, who was instrumental in bringing Rep. Lewis to Beth Israel.



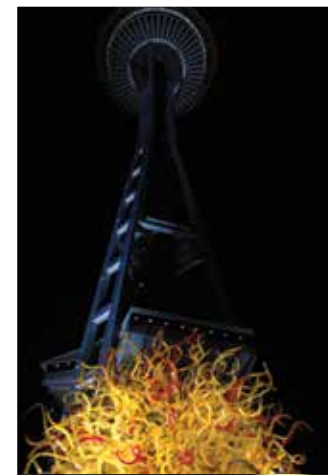
COMMUNITY HAVDALLAH – (From left) Marcia Gans, Linda Harrison and Cantor Ida Rae Cahana hold the Havdallah candle aloft for the annual Jewish Women’s Round Table Annual Community Havdallah,



which was held at the Rose Schnitzer Manor Saturday evening, Jan. 25. Cantor Cahana and her Congregation Beth Israel choir conducted the service. Sponsors included: Beit Haverim, Beth Israel Sisterhood, Congregation Neveh Shalom, Congregation Shir Tikvah, Shaarie Torah sisterhood, Florence Melton School, Hadassah of SW Washington, Havurah Shalom, Jewish Family and Child Service, Jewish Federation of Greater Portland, Kesser Israel, Kol Ami, Mittleman Jewish Community Center, National Council of Jewish Women, Oregon Area Jewish Committee, Oregon Holocaust Resource Center, Oregon Jewish Museum, P’nai Or, Portland Jewish Academy, Robison Jewish Health Center Sisterhood and Shalom Bayit/Jewish Community of Central Oregon.



MEETING THE STARS – Portlanders at Wizard World Comic Con 2014, the comics and popular arts convention, Jan. 23-25 at Oregon Convention Center had the chance to meet their favorite stars. McGwire Pinkus meets Walking Dead star Jon Bernthal. Rich and Ethan Geller meet Star Trek’s legendary William Shatner.



CHIHULY EXPERIENCES – On a weekend getaway to Seattle last fall Gloria and Jeff Hammer toured the Chihuly Garden and Glass Museum below the Space Needle. The couple was invited to return in January to tour Chihuly’s Lake Union Boathouse and had a surprise meeting with internationally acclaimed glass artist and pioneer Dale Chihuly. The boathouse serves not only as a private showplace for his unique collections, but as a workplace where glass is blown with rock music blaring in the background.



THE Q — Oregon NCSY Director Meira Spivak, left, presents the Q trophy to this year’s trivia champions: (from left) Sarah Jarrett, Jen Piper, Tony O’Brien, Bayla O’Brien, Kyle Moore and Damian Huff. Four of the team members are from the Enterprise Car Sales team while Bayla and Tony are parents of NCSY President Raizel O’Brien. The sold-out event drew 300 people and raised \$69,000 (up from \$45,000 last year). Proceeds support NCSY and JSU programming in Oregon. Chantal Rosenthal and Allison Sherman cochaired the sixth annual event held at the Mittleman Jewish Community Center Jan. 25. For information on NCSY and JSU programs, contact Spivak at 503-757-3037.



CD RELEASE – Beth Hamon performs at her “Ten Miles” CD release party held Feb. 2 at World Cup Coffee. The event was a fundraiser for Jewish Family and Child Service. About 30 people packed into the intimate NW Portland coffeehouse to hear Beth perform selections from her new album of original Jewish folk/roots music. To learn more, go to cdbaby.com/cd/bethhamon4. Photo by Sam Swire



AFFORDABLE CARE – On Feb. 5, the Oregon Jewish Community Foundation’s Professional Advisors Group hosted a lunch meeting at the Multnomah Athletic Club, featuring guest speaker Legacy Health President and CEO George Brown, MD, FACP, left. With Brown are, from left, Maureen Bradley, senior vice president and chief development officer, Legacy Health; Roy Abramowitz, CPA, CFP, shareholder, Perkins & Co and OJCF board member; and OJCF Executive Director Julie Diamond. More than 50 guests were treated to an informative presentation by Dr. Brown on the Affordable Care Act, during which he provided valuable insight into the legislation and its impact upon state and local public health systems. OJCF’s Professional Advisors Group, co-chaired by Mark Rosenbaum and Brian Suher, brings together legal and financial professional advisors who support the foundation’s mission to facilitate a culture of philanthropic giving to support the future of the Jewish community. For more information, email GailMandel@ojcf.org.

DOMESTIC-VIOLENCE ADVOCATE GOES 'OFF THE GRID' AT COGAN MEMORIAL LECTURE

The Harold Schnitzer Family Program in Judaic Studies at Portland State University welcomes Joshua Safran to campus for the Sara Glasgow Cogan Memorial Lecture. Safran presents *Free Spirit: Growing Up On the Road and Off the Grid* (Hyperion, 2013), his memoir that shows the darker side of the Age of Aquarius. Featured, too, will be the film, "Crime After Crime," which tells the story of Safran and his law partner working to free a battered woman from prison.

The free event takes place March 5, at 7 pm, in the Native American Student and Community Center at 710 SW Jackson St., on the PSU campus. Safran will be selling and signing *Free Spirit* at the end of his talk.

In 2007, PSU Prof. Emeritus Nathan Cogan created the Sara Glasgow Cogan Memorial Scholarship and Lecture in his late wife's memory. The scholarship provides Judaic Studies minor-degree students the opportunity to intern for a local Jewish communal organization; this year the participating organizations are Jewish Theatre Collaborative and the Oregon Jewish Museum. The lecture highlights Judaic Studies' students of merit.

"A critical element of the Cogan internship is that students gain first-hand experience and knowledge of how a community program or agency works," says Nathan Cogan. "Many of these students have gone on to graduate programs in history and social work. I have sensed these past seven years how grateful they were to study in such a dynamic internship and learning environment."

This year's lecture guest, Safran, is an attorney who channels his passion for fighting against domestic violence into "Free Spirit."

Like many in her generation in the 1970s, Safran's mother was caught up in the search for what she believed would be a new age of peace and love. But when utopia didn't flower as expected, she found herself pregnant and single, giving birth to Safran amidst a coven of witches in a Haight-Ashbury commune and eventually in a doomed marriage with a physically abusive alcoholic guerilla/poet.

Her restless search for meaning put her on the road and Safran spent his childhood hitchhiking with his flower-child mother as she tried to establish a revolutionary community off the grid.

Safran eventually summoned the courage to fight back against his stepfather and the bullies who tormented him, and helped his mother find refuge in a utopian commune by the Canadian border. He also details his own spiritual rebirth and his deep reconnection to the Judaism his mother had long ago abandoned. Married now, with a family of his own, he continues his legal work on behalf of women who survive domestic violence.

"I'm very honored to be speaking at the Cogan Memorial Lecture to celebrate the memory of Sara Glasgow Cogan and her righteous work," says Safran. "Some think of the Pacific Northwest as outside the perimeter of the Jewish world but, for me, it represents Jewish rebirth. My grandparents were Communists, my mother was a practicing witch, but my daughters attend an Orthodox Jewish day school. My discovery of Judaism and my path back began in the mists of Western Washington and Oregon, so the Cascade Mountains are my Sinai."

pdx.edu/judaic

GOOD DEEDS DAY MARCH 9

On March 9 join hundreds of thousands of people all over the world who volunteer and help others, putting into practice the simple idea that every single person can do something good, be it large or small, to improve the lives of others and positively change the world.

Good Deeds Day is an annual celebration of good deeds. In May 2007 Ruach Tova (an Israeli NGO) launched the Good Deeds Day project with 7,000 Israelis volunteering.

Portland is participating in GDD for the second time this year. Last year 550 people volunteered at 16 different sites in the greater Portland region. Local projects are coordinated by the **Portland Mitzvah Network**, a program of the **Jewish Federation of Greater Portland** that was created to support individuals, groups and organizations around hands-on volunteerism.

This year 30 project descriptions and registration are available at jewisportland.org/gooddeedsday. Preregistration is required on that site.

"YOUR JEWISH GENES" PROGRAM SLATED APRIL 9

"Your Jewish Genes," a free program presenting information on the BRCA1 and BRCA2 gene mutation and the impact on Jews will be presented on April 9 from 6 to 8:30 pm at the Mittleman Jewish Community Center.

One in 40 Ashkenazi Jews carries a BRCA gene mutation, nearly 10 times the rate of the general population, making Jewish families significantly more susceptible to hereditary breast and ovarian cancer. Genetic testing exists to determine if someone has the mutation. This program will present information about the genetic predisposition, the testing process, options if one tests positive and will include the stories of four community members who have the BRCA gene mutation.

Komen of Oregon & SW Washington, Jewish Federation of Greater Portland, MJCC and Sherie Hildreth Ovarian Cancer Foundation will co-sponsor the program, which is part of the Food for Thought series of symposium planned as a followup to last year's four-day Food for Thought festival. This year a series of programs are planned during the year including Iris Krasnow at Powell's Books March 23 and Yossi Klein Halevi May 12.

Online registration is available at oregonjcc.org.

USED BOOK SALE MARCH 30-APRIL 1

Portland Jewish Academy and Mittleman Jewish Community Center will host their annual used book sale from March 30-April 1 (Sunday noon-5pm; Monday and Tuesday 7:30 am-7 pm). Thousands of books of all genres are available, and the prices cannot be beat: \$2 per book, and \$1 for children's books. The annual, family-friendly sale is well attended by the community. PJA students voted this book sale as their favorite school tradition. The event is in the Stern Family Ballroom of the MJCC, 6651 SW Capitol Highway, Portland, OR 97219. For more information call 971-270-8775 or email, pjabooksale@gmail.com or on Facebook at facebook.com/pjaubs. Proceeds support the school's library and family facilities of the MJCC.

Through April 20

OJM Exhibit: Sara Harwin-Illuminated Letters: Threads of Connection.

March 1

North End Players Present Lois Lowry's "Number the Stars." Additional shows March 6, 7, 8, 14 and 15 at 7600 N Hereford Ave. Box Office: 503-705-2088

Medicare-fully Fabulous! Conceived, written and acted by Wendy Westerwelle. 7:30 pm by Triangle Productions at The Sanctuary at Sandy Plaza, 1785 NE Sandy Blvd. Repeats 2 pm, March 2. tripro.org or 503-239-5919

March 2

Illuminated Letters, Threads of Connections ... Exhibit tour with artist Sara Harwin. 3 pm at the OJM. Free. Co-sponsored by JFGP Women's Philanthropy and OJM. RSVP: priscilla@jewishportland.org or 503-892-3015

From Immigrants, to U.S. Citizenship, to the American Dream with Robert Liebenau. 3 pm at Temple Beth Israel, 1175 E 29th Ave, Eugene. Free; donations accepted. 541-485-7218

Jesus, the First Century Rabbi Webinar. Could you Re-claim Jesus as a Torah scholar? Or do you recoil? Free introductory webinar at 2 pm sponsored by Holy Rascals to continue dialogue and reconciliation between the two religions. Followed by five-week webinar; study with book's author Rabbi David Zaslow, 2 pm, Sundays, March 23-April 13. \$100. Register: holyrascals.com

Presentation by Ben Murane of the New Israel Fund. 10:30 am at Beth Israel, 1972 NW Flanders St. Sponsored by Brotherhood and Social Action Committee. Free. bethisrael-pdx.org or 503-222-1069

RESCHEDULED from Feb. 9: Open Hearts = Open Minds, People of Faith Supporting Freedom to Marry Open House. 1-5 pm at Lake Oswego United Church of Christ, 1111 Country Club Road, Lake Oswego. 503-568-1241 or beithav.org

March 3

The Pew Jew in Portland, Do Portland Jews Fit the National Norm? Small group discussions over dinner about the findings from "A Portrait of Jewish Americans" released by the Pew Research Center as they relate to Portland's community. 6:15 pm at The Kennedy School, 5736 NE 33rd Ave. Adults: \$15, students: \$8. RSVP at oregonjcc.org

You be the Judge - Exercises in Jewish Case Law in Temple Beth Tikvah series "A Taste of Judaism" by Rabbi Johanna Hersenson. 7 pm at the St Charles Hospital event center, 2500 NE Neff Road, Bend. \$6. bethtikvahbend.org/education/adult-education or 541-388-8826

March 4

Cafe Shalom Israeli Folk Dancing 7-8 pm, intermediate instruction, and 8-10 pm open dancing. 7045 SW Taylors Ferry Road. \$10/class and open dance; \$5/open dance. Each Tuesday. 503-314-1567 or allisuev@gmail.com

March 5

"Free Sprit: On the Road and Off the Grid" featuring Joshua Safran for PSU Judaic Studies' Sara Glasgow Cogan Memorial Lecture. (See page 68)

March 7

Community Shabbat Dinner. 5:45-8:15 pm at Chabad Jewish Center, 9604 NE 126th Ave., Vancouver, WA. Kabbalat Shabbat Services followed by Shabbat dinner. Children's entertainment by Tears of Joy Theater. 360-993-5222 or info@jewishclarkcounty.com

PDX Live! 7:30 pm at Neveh Shalom, 2900 SW Peaceful Lane. Join Rabbi Bradley Greenstein, Cantor Deborah Bletstein, Ed Kraus and Klezmocracy and special guest Ilene Safyan for this rockin' service. 503-246-8831



Purim - March 15, 2014

7:30	Exotic Animal Exhibition	Sponsored By: Scott & Amy Bloom in honor of Mitchell's Bar Mitzvah
8:45	Havdallah, Megillah Reading	
10:00	Dessert, Cocktails & Dancing	

Congregation Shaarie Torah
925 NW 25th Ave., Portland, OR 97210
www.shaarietorah.org
RSVP: cst@shaarietorah.org




Take a Walk on the Wild Side!

March 8

Women’s Tefillah. 9:30 am in Beit K’nesset at Portland Jewish Academy. Open to all women and girls. Kiddush (lunch & shmoozing) follows services. ericahg@comcast.net or 503-246-3185

Celebrate the Arts: An Evening of Music. 7-9 pm at Temple Emek Shalom, 1800 E Main St., Ashland. A captivating evening of music performed by talented members and friends of Temple Emek Shalom. Admission \$20/adult, \$5/under 18. Tickets at the door, cash or check only. 541-488-2909 or office@emekshalom.org

March 9

Good Deeds Day. (See page 68)

Men’s Club 6th Annual Texas Hold’em Tournament. 5:30 pm at Neveh Shalom, 2900 SW Peaceful Lane. Registration includes wine, beer, soft drinks, cold hors d’oeuvres, snacks and tournament play. \$100 for event sponsor; \$50 for player. Registration due by March 3 (\$60 for player after March 3). 503-246-8831

Vintage Israeli Folk Dancing Open. 1-2:30 pm at the MJCC. Pre-registration by preceding Thursday, as there is a 5 person minimum. Members: Free, \$10 guest fee with member, \$15 guest fee. 503-244-0111

March 10

Legendary Storytelling in Temple Beth Tikvah series “A Taste of Judaism” by Rabbi Johanna Hershenson. 7 pm at the St Charles Hospital event center, 2500 NE Neff Road, Bend. \$6. bethtikvahbend.org/education/adult-education or 541-388-8826

It Takes a Village: Supporting Families Caring for Elders. 7-8:30 pm at the May Living Room, Rose Schnitzer Manor, 6140 SW Boundary St. Presented by Cedar Sinai Park in collaboration with Jewish Family & Child Service and Sinai Family Home Services. Second Monday of each month. Share concerns, explore solutions and suggest topics for future meetings. RSVP to Deborah Elliott at 503-535-4004 or deborah.elliott@cedarsinainpark.org

March 11

FILM: Double Feature: Out of Spain – The Spanish Connection (Episode I) & Out of Spain – The Golden Age (Episode II). Sephardic Film Series, 7 pm at Ahavath Achim, 3225 SW Barbur Blvd. For information, call David Tver at 503-892-6634

March 12

Illuminated Manuscripts at OJM. A contemporary discussion about how illuminated manuscripts have shaped art and practice. Presentations by UO Prof. Kenneth Helphand and Reed Prof. William Diebold. 7 pm at the OJM. \$8; \$5/OJM members or students.

March 15

Shaloha Shushan! Doors open at 6:45 pm at Neveh Shalom, 2900 SW Peaceful Lane. Party like a big Kahuna at Neveh Shalom’s Hawaiian-style Purim Celebration. Luau dinner at 7 pm by reservation. \$18/adult, \$10/child (2-12), \$56/family (4 or more). 8 pm community havdallah and megillah reading is free. Bring kitchen utensils and pots and pans to bang to drown out the villain’s name – then donate them to Community Warehouse! 503-246-8831

Blazing Schpiel: A Mel Brooks Purim. Appropriate for adults and teens. 6 pm at Beth Israel, 1972 NW Flanders. Bring kitchen utensils and pots and pans to bang to drown out the villain’s name – then donate them to Community Warehouse! bethisrael-pdx.org or 503-222-1069

After Hours Candlelit Concert. Emerging performers play accessible modern classical works illuminated only by candlelight at Saint David of Wales Episcopal Church, 2800 SE Harrison St. at 11 pm. Includes David Schiff’s jazz-saturated “After Hours” suite for flute and piano and Aaron Berenbach’s train-inspired Rekevet Yisrael. Admission is pay what you will. afterhoursconcert.blogspot.com/

Take a Walk on the Wild Side: Exotic Animal Exhibition followed by Havdallah and Megillah Reading. Desserts and dancing will conclude this fabulous night. Donations are welcome. 7:30 pm at Shaarie Torah, 920 NW 25th Ave. 503-226-6131 or shaarietorah.org

March 16

Engaging Israel: Religious Pluralism and Human Rights with Rabbi Yitzhak Husbands-Hankin. Also April 6. 1-3 pm at Temple Beth Israel, 1175 E 29th Ave., Eugene. \$20/TBI member; \$28/guest (fee includes materials). Register by March 13: 541-485-7218

March 19

Chit Chat and Charoset: A Taste of Passover. 7-9 pm at Shir Tikvah, 621 NE 76th Ave. Open to all women. Free. Co-sponsored by JFGP Women’s Philanthropy and Shir Tikvah. RSVP: priscilla@jewishportland.org or 503-892-3015

March 22-April 12

Jewish Theatre Collaborative presents *A Pigeon & a Boy*. (See page 12)

March 24

“The Sorry State of American Politics.” Reed College Public Policy Lecture Series featuring Norman Ornstein. 7 pm at the Vollum Lecture Hall, 3203 SE Woodstock Blvd. Free. reed.edu/ppls

March 26

Night of the Maggid. 7 pm at the OJM. Frannie Brice meets The Baal Shem Tov at “Starbucks: When real life becomes a hassidic tale.” An afternoon of personal stories with Cassandra Sagan, Batya Podos and Donna Erbs. \$8; \$5/OJM members and students.

March 28

North Coast Shabbat Group services. 8 pm at the Bob Chisholm Senior Center, 1225 Ave. A, Seaside. Services are usually held on the last Friday of the month. This month’s service will be led by Cantor Ida Rae Cahana of Portland’s Congregation Beth Israel. Info: Bev Eastern, 503-244-7060

March 30

Third Annual Musical Retreat: “Songs of Freedom” Benefit Concert for Salem Chabad. (See page 16)

Packing Your Caregiver Success Kit. 1:30-3:30 pm at Rose Schnitzer Manor, 6140 SW Boundary St., Portland. RSVP by March 23 at 503-535-4004 or roseschnitzermanor.org

March 30-April 1

Used Book Sale. Hosted by PJA and the MJCC (Sunday noon-5 pm; Monday and Tuesday 7:30 am-7 pm). Free admission, \$2 per book, \$1 for children’s books. 971-270-8775 or pjabooksale@gmail.com or facebook.com/pjaubs (see page 69)

April 1

Chit Chat and Chocolate in the “Southern Burbs.” 7-9 pm at the Clubhouse in Summerfield, King City. Open to women and their daughters (middle school and up) in Portland’s Southern suburbs (ZIP codes: 97007, 97062, 97068, 97070, 97032, 97140 and 97224. Women living in other areas also welcome.) Free. Sponsored by JFGP Women’s Philanthropy. RSVP: priscilla@jewishportland.org or 503-892-3015

April 5

Table and Chair Affair. Fundraiser for Community Warehouse. 6 pm at Leftbank Annex, 101 N Weidler. \$100. Reservations by March 15: na@communitywarehouse.org or 503-235-8786



WEDDINGS



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Please join us for this ecumenical series of presentations, classes, and commemorative events around Portland - *open to all*.

weekend activities include

Community Shabbat Services
Study Session - *Teaching the Shoah to Children*
Fundraising Dinner and Havdalah Service
Study Session - *The Role of the Bystander*
Tours of the Oregon Holocaust Memorial
Study Session - *The Holocaust Factor*
Holocaust Remembrance Programs
and more



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