

JEWISH LIFE

OREGON

SERVING OREGON AND SW WASHINGTON

*Jazz
is in the air*

Susan Sygall

156 WILD Women

**Loud, Proud
and Passionate**

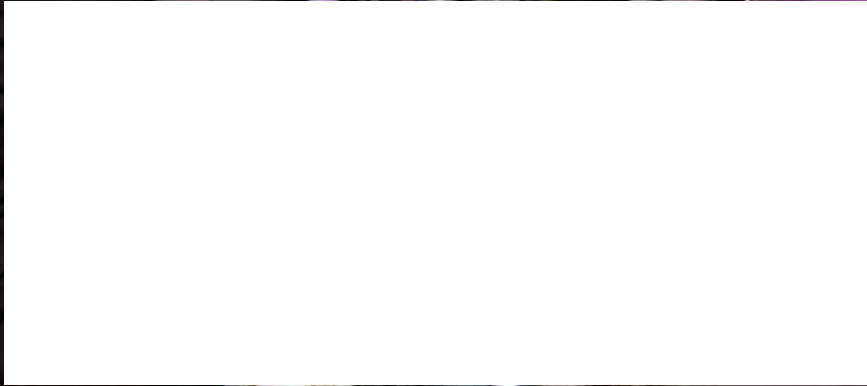
Special Sections

BAR/BAT MITZVAH

Study and repair the world, then party

WOMEN'S HEALTH

Genetics, exercise, lifestyle & fertility



IN RECOGNITION OF THE 40TH ANNIVERSARY OF THE MUNICH MASSACRE

Chabad of Oregon & Benaroya Jewish Learning Academy Present

An Evening with Dan Alon, 1972 Munich Massacre Survivor

Introductory Remarks by **Mariel Zagunis**, Two-time Olympic Gold Medalist

Michael Allen Harrison, Musical Tribute

Pete Schulberg, Master of Ceremonies

Comments by **Harry Glickman**



Dan Alon was a member of the Israeli fencing team at the Munich Olympics when Palestinian terrorists broke into the Olympic Village with the intention of taking the entire Israeli delegation hostage. Alon was not captured, but eleven Israelis were killed in what has been termed the "Munich Massacre." After nearly four decades, Dan Alon has begun sharing his story of courage and rebuilding.



Thursday, October 18th

7:00 - 9:00 PM

Mittleman Jewish Community Center

6651 SW Capitol Hwy. Portland

General Admission: Free

Reserved Seating: \$10, \$25

Register at: www.ChabadOregon.com/DanAlon

Event Committee:

Neil Benaroya (Co-Chair), Eliav Cohen, Bari Gilbert, Harry Glickman,
Phil Newman, Sandra Oster, Roma Peyser, Arnie Polk, Laurie Reese, Rachel Rettman,
Dan Ross, Marion Ross, Charlie Schiffman, Denny Shleifer,
Jessica Schlesinger, Mort Simon,
Fern Winkler Schlesinger (Co-Chair), Cathy Zagunis



Reserve Today! Only 550 Seats
in The Main Ballroom!

Thank you to the following:

Chai Sponsor

Neil Benaroya - Benaroya Family Fund

Gold Sponsors



Jewish Federation
OF GREATER PORTLAND

Aspen Mitzvah Fund



Bronze Sponsors



Oregon Jewish
Community Foundation

Peterson & Associates P.S.
VANCOUVER CPAs



RR RACHEL RETTMAN
Fitness, Nutrition, Lifestyle

FERN WINKLER SCHLESINGER/
FRJ DEVELOPMENT

HEIDI HOLMES INTERIOR DESIGN & EVENTS
503.201.5799



THE OREGON HOLIDAY RESORT CENTER



Roy Jay
AFRICAN AMERICAN CHAMBER
OF PORTLAND



CEDAR SINAI PARK
love. honor. respect.



R
RESTAURANT



CONGREGATION
Shaarie Torah



OREGON
SPORTS AUTHORITY



OREGON
PLANNING ALLIANCE



An Educational Opportunity for the Entire Community

There will be no solicitation at this event

For more information, visit www.ChabadOregon.com or call 503.977.9947



TRUSTWORTHY COMPREHENSIVE SOLUTIONS

You're Invited October 11th, 2012
MAIN STREET MONEY
*An Educational Event About
What Wall Street Doesn't Want You To Know*
visit our website or call to register for this complimentary event



GRETCHEN STANGIER, CFP®

WWW.STANGIERWEALTHMANAGEMENT.COM



9955 SE WASHINGTON, SUITE 101 • PORTLAND, OR 97216 • 877-257-0057 • GRETCHEN.STANGIER@LPL.COM

SECURITIES AND ADVISORY SERVICES OFFERED THROUGH LPL FINANCIAL, A REGISTERED INVESTMENT ADVISOR. MEMBER FINRA/SIPC.



WE BELIEVE IN COMMUNITY

"I consider myself fortunate in many ways and believe in making meaningful contributions to the social and economic well-being of our community."

Richard Glassman - Relationship Manager

Richard Glassman serves on the investment committee of the Oregon Jewish Community Foundation (OJCF). He also serves on the board for Kinship House, an organization that provides mental health services to children in foster care and adoptive placement.

ABOUT THE COMMERCE BANK OF OREGON

The Commerce Bank of Oregon is dedicated to serving the financial needs of local businesses, professional firms, nonprofit organizations and the people who make them successful, by providing highly personalized business banking services by experienced banking professionals.



Connect with Richard: 503.548.1102 | richard.glassman@tcboregon.com

JEWISH FEDERATION OF GREATER PORTLAND PRESENTS **SUPER SUNDAY!!!** (*now more SUPER!*)

This year the Jewish Federation of Greater Portland is expanding **Super Sunday**, our Annual Campaign Phonathon, into **Community Action Day** - with hands-on service projects and family-friendly activities throughout the day. Volunteers of all ages will have the opportunity to perform a mitzvah (or two, or three, *or more . . .*).

We'll also raise critical funds that support our network of organizations that make our community vibrant and strong.

And we'll celebrate our accomplishments with a concert featuring the renowned Jewish rocker, **Rick Recht!**

at the
MITTLEMAN JEWISH COMMUNITY CENTER
6651 SW Capitol Highway

Sunday, November 18, 2012
9:30 am - 8:30 pm



9:30 - 11:30 am
Community Calling
Service Projects
Hand to Hand
household items donation
drive-up & drop-off
Childcare available

11:30 am - 1:30 pm
Community Calling
Service Projects
Hand to Hand
household items donation
drive-up & drop-off
Childcare available

1:30 - 3:30 pm
Service Projects
Hand to Hand
household items donation
drive-up & drop-off

4:30 pm
RICK RECHT in
Concert
Brought to you by
PJ Library
Tickets available at
www.jewishportland.org/rickrecht
or call the Federation
office at 503.245.6219

6:30 - 8:30 pm
Community Calling

Sign up for a 2-hour shift at

www.jewishportland.org/supersunday and for more details.



Jewish Federation®
OF GREATER PORTLAND

THE **STRENGTH** OF A PEOPLE.
THE **POWER** OF COMMUNITY.

Together **WE** do extraordinary things
503.245.6219 | www.jewishportland.org

  JewishPDX

EXPERIENCE AND SERVICE MAKE THE DIFFERENCE

CONFIDENTIALITY • PROFESSIONALISM • INTEGRITY • DEDICATION • TECHNOLOGY



ITALIAN PALLADIAN VILLA
PORTLAND HEIGHTS



ML#12388457

DISTINCTIVE
WEST HILLS ESTATE



ML#12466223

WILLAMETTE HEIGHTS
CRAFTSMAN



ML#12533094

HELVETIA
COUNTRY ESTATE



ML#12317566

RENOVATED DUTCH COLONIAL
PORTLAND HEIGHTS



ML#12585420

COUNCIL CREST
COLONIAL



ML#12505032

PORTLAND HEIGHTS
CAPE COD



ML#12336142

MJ STEEN

Principal Broker
www.mjsteen.com
503-497-5199


Windermere
Cronin & Caplan Realty Group, Inc.

For 30 years we've helped bring peace of mind to
over 20,000 clients during one of life's toughest times.

Expertise

GEVURTZ Attorneys at Law
♦ **MENASHE**
The firm you want on your side
family law

OREGON ♦ S.W. WASHINGTON
503.227.1515 360.823.0410
GevurtzMenashe.com
Divorce ■ Children ■ Support

Table of Contents

October 2012/Tishrei-Cheshvan 5773

Volume 1/Issue 9



28

Susan Sygall gives a goodbye hug to a WILD participant during the institute's concluding ceremony held at Temple Beth Israel in Eugene.

Laura Rosencrantz helps Leslie Weber with her form during an Inpower exercise class for cancer patients.

Hannah and her father, Lee Sturman, watch her brother Derek read from the Torah during a rehearsal for her special bat mitzvah.



16



36

[Cover Story]

28 Sygall gives wings to disabled

[Focus]

14 UPFRONT: Family-law pioneer

44 FOOD: Hot, spicy wings

46 SENIORS: Ethical dinner

48 FAMILY: Classes for expectant parents and mothers new to Jewish culture

50 BUSINESS: Linking Israel and Oregon companies

52 HOME & GARDEN: Project profile

54 A&E: ORA celebrates art

56 Bend a jazz destination?

58 Jazz pianist at home in Portland

64 HISTORY: Pioneer Jews and politics

[Columns]

26 Northwest Fashionista
by Catherine Garvin

42 Chef's Corner by Lisa Glickman

59 An Israeli in Oregon

60 An Oregonian in Israel
by Mylan Tanzer

62 Life on the Other Side
by Anne Kleinberg

63 Advice: Ask Helen

66 Ageless Advice
by Elizabeth VanderVeer, MD

[Connect]

67 Volunteers

68 Happenings

[SPECIAL SECTIONS]

[Women's Health] 16-25

Cancer patients and exercise, Breast cancer genetics, Responses to infertility, Small-town OB/GYN, Caregivers, Healthy workplaces

[Bar & Bat Mitzvah] 32-41

The mitzvah side of bar/bat mitzvah, Traditions make coming-of-age meaningful, Special needs b'nai mitzvah, Time to party

COVER PHOTO: Susan Sygall, founder of Mobility International USA, receives applause from 26 women from around the world, including (just behind her) Julien Mwape from Zambia, who spent three weeks in Eugene for the sixth Women's Institute on Leadership and Disability. In all, 156 women with disabilities who have participated in WILD are engaged in disability rights work in some 80 countries around the world. Photo by Deborah Moon

CORRECTION: A September article about the Jewish food conference in Portland misspelled the first name of one of the panelists. The head of food services at Cedar Sinai Park is Uri Kushner.

READY ... SET ...

GO!

As we embark on a new year, we continue to be effective and efficient in the work that we do. This year, Federation has sharpened the focus on our campaign effort between two major events: **Campaign Kick-Off on October 28** and **Super Sunday on November 18**. By shortening the campaign window we believe we can reduce our fundraising costs and reach more potential donors. *Make your gift today!*

Support the 2013 Annual Campaign by contacting Josh Stein, *Campaign Director* at 503.245.5641 or make your pledge online at www.jewishportland.org.



Jewish Federation
OF GREATER PORTLAND

THE STRENGTH OF A PEOPLE.
THE POWER OF COMMUNITY.

Together **WE** do extraordinary things
503.245.6219 | www.jewishportland.org
6680 SW Capitol Highway | Portland, OR 97219



*Your company is ready
to unlock its future.*

*Your management team
is ready for the keys.*

**We are ready to be
your financial partner.**

VEBER PARTNERS

605 NW 11th Avenue, Portland, OR 97209
503.345.5840 • www.veber.com

Engineering Management Buyouts
and Transitions for over 20 years



Opening Our Doors

The Installation of
Rabbi Rachel L. Joseph

Friday, October 5, 2012
6:00 PM

CONGREGATION
BETH ISRAEL

1972 Northwest Flanders Street
Portland, Oregon
503-222-1069
www.bethisrael-pdx.org



Poetry. Torah. Fractions. Music. Biology.

PJA students study it all. Love of learning, critical thinking, and creative expression help define the PJA experience. Think for Yourself. Work for the World.

Open House • Sunday, November 4 • 1:00 - 3:00 pm

PJA
תשנתים
PJA Proud

PORTLAND JEWISH ACADEMY

Preschool through Grade 8
6651 SW Capitol Highway | Portland, OR 97219 | P 503.244.0126
www.pjaproud.org



Publishers

Robert Philip and Cindy Saltzman

Advertising and Editorial Director

Cindy Saltzman

Editor-In-Chief

Deborah Moon

Advertising Sales

Cynthia Klutznick

Debbie Taylor

Art Director

Susan Garfield

Copy Editor

Amy R. Kaufman

Cover Photographer

Tobin Floom

Columnists

Catherine Garvin, Lisa Glickman, Anne Kleinberg,

Helen Rosenau, Mylan Tanzer and Elizabeth VanderVeer, MD

Contributing Writers

Jan Behrs, Jennifer Greenberg, Amy R. Kaufman,

Peter Korchnak, Cathy Lanyard, Liz Rabiner Lippoff, Polina Olsen,

Kerry Politzer, Caron Blau Rothstein, Sura Rubenstein, Elizabeth

Schwartz, Victor Sharpe, Lillian Shirley, Vanessa Van Edwards,

Jeffrey Winters

How to reach us:

Advertise@ojlife.com

503-892-7401

Editor@ojlife.com

503-892-7402

Publisher@ojlife.com

503-892-7401

For subscriptions, go to www.ojlife.com
and click on subscriptions



Oregon Jewish Life

6680 SW Capitol Hwy.

Portland, Oregon 97219

www.ojlife.com



A Prince Hal Production
(TGMR18)

The content and opinions in Oregon Jewish Life do not necessarily reflect those of the publishers, staff or contractors. Articles and columns are for informational purposes only and not intended as a substitute for professional advice. Although every effort is made to ensure the accuracy of our published materials, Oregon Jewish Life, and its agents, publishers, employees and contractors will not be held responsible for the misuse of any information contained herein. The publishers reserve the right to refuse any advertisement. Publication of advertisements does not constitute endorsement of products or services.



"We are building on a legacy."

—Robin Runstein

A NEW GENERATION OF INSPIRED LEGAL SERVICE.

With a roster of smart, young, energetic attorneys, Kell, Alterman & Runstein continues the proud tradition begun in 1929 by Portland civic leader and founder Gus J. Solomon. Our high quality services build on long experience in legal matters ranging from business law to litigation concerns to family issues. We also have strong expertise in other practice areas:

- Estate Planning
- Energy Law
- Franchise Law
- Environmental & Natural Resources Law

Visit www.kelrun.com to learn more about the firm and meet our attorneys. Practical, progressive and technologically savvy, they retain a personal touch and are more focused than ever on providing effective, helpful legal assistance to individuals, families and business.

KELL, ALTERMAN & RUNSTEIN, L.L.P.
Attorneys

Eight decades of progressive thinking.

Portland, OR & Vancouver, WA 503.222.3531 www.kelrun.com

Letter from the Editor



The beauty of knowledge

Knowledge can enhance your health, your heritage and your community. We explore many facets of the lifelong quest for knowledge in this issue of *Oregon Jewish Life*.

Because Ashkenazi Jewish women are more likely than the general population to have a genetic mutation that increases their risk for breast and ovarian cancer, our section on women's health provides information about those risks. Our intent is not to cause extra anxiety, but to ensure

women have information that will help them make good choices about their health. As one of our profile subjects says, "Ignorance is definitely not bliss." With knowledge, women can make informed choices about screening and treatment options.

In this section, we also tackle some common misconceptions about health. While common sense once dictated that cancer patients rest to conserve their energy, recent studies have shown that exercise actually reduces cancer fatigue. In another story, a fertility specialist tackles some common misconceptions about infertility and treatment options.

Our bar and bat mitzvah section considers how the knowledge young people gain as they become b'nai mitzvah deepens their connection to their heritage. Studying to become a bar/bat mitzvah is a big time commitment that competes with many other activities in today's over-programmed society. We asked four rabbis how congregations can make this an exciting time that will inspire students to make Judaism an ongoing part of their lives. The rabbis all emphasize the need to help students find meaning that resonates with them. Many youth find that meaning in their mitzvah projects. We've profiled students as they care for animals, solicit donations for the needy, provide safe fun for at-risk children, support projects in Africa

NEXT ISSUE

Our November issue will introduce you to two innovative Portlanders.

The Joshua Venture Group selected Portlanders Steve Eisenbach-Budner and Sarah Blattner from more than 150 applicants for the two-year Dual Investment Program to "transform the Jewish landscape."

Next month we'll talk to each of them about their vision and their project.

and help children attend Jewish summer camp. One student commented he believes it is important to have a balance of the ethical mitzvot of helping people and the ritual mitzvot.

And as they put their knowledge of tikkun olam (healing the world) into action, they improve their communities and get a sense of the impact they can have on the world.

Isn't that what being an adult is all about?

But learning doesn't end with adulthood. The quest for knowledge is a lifelong journey.

We have stories on a Jewish childbirth class and the successful Mothers Circle, which helps mothers without a Jewish background raise Jewish children.

Seniors, too, continue down the path of lifelong learning. A group of women at Rose Schnitzer Manor celebrated a new step in the life of their study group with a Mussar dinner. For each course, the women paired a Mussar (ethical) trait with a dish – for instance, strawberry margaritas signified enthusiasm and challah stood for sustenance.

While bread sustains the body, mitzvot sustain the soul and knowledge sustains the mind. I think our b'nai mitzvah youth already understand that.

Deborah



Shoe Mill has been a local, family run retailer since 1978. Since then, we've been committed to providing quality footwear from around the world.

PORTLAND

Lloyd Center, 916 Lloyd Center Portland, OR 97232
Phone: (503) 284 - 3420

Streets of Tanasbourne, 2125 NW Allie Ave., Suite 520, Hillsboro, OR 97124
Phone: (503) 531-6009

Gresham Station, 659 NW 12th Street, Gresham, OR 97030
Phone: (503) 491 - 4455

Clackamas Promenade, 8616 SE Sunnyside Road, Clackamas, OR 97015
Phone: (503) 652-8944

Washington Square, 9693 SW Washington Sq. Rd., Tigard, OR 97223
Phone: (503) 684 - 1244

SALEM

Lancaster Mall, 831 Lancaster Dr N, Salem, OR 97301
Phone: (503) 391-6288

Salem Center, 401 Center Street NE, Salem, OR 97301
Phone: (503) 362-9684



BeutiFeel

An Israeli international brand of high quality, fashionable footwear for contemporary women with comfortable life-style.

Meet BeutiFeel representative at BeutiFeel Trunk Show:

- ❖ October 19th and 20th at the Washington Square store



www.beutifeel.com



CEDAR SINAI PARK

rose schnitzer manor

THERE'S NO PLACE
LIKE HOME*

*Ruby slippers not required.

Visit us at www.cedarsinaiark.org or call 503.535.4004.



Upper



Middle



Lower

Encouraging exploration, inspiring discovery.

OES OPEN HOUSES

Grades 6 through 12

Sunday, October 21, 2012

1:00 to 4:00pm

Grades Pre-Kindergarten through 5

Wednesday, November 7, 2012

6:00 to 8:00pm

Pre-register and view Open House schedule at
www.oes.edu/admissions

Financial Aid: *need-based award program available*



OREGON EPISCOPAL SCHOOL

6300 SW Nicol Road | Portland, OR 97223

(503) 768-3115 www.oes.edu

LA DOLCE ViTA

JEWISH FEDERATION of GREATER PORTLAND'S
2013 Campaign Kick-Off Event

experience the sweet life with

JERRY GREENFIELD

co-founder of Ben & Jerry's

Sunday, October 28, 2012

7:00 pm

Gerding Theater at The Armory

\$36 per person - before October 10

Includes:

Kicked up Cocktails.
Over the Top Desserts.
Jerry.

RSVP *TODAY* at 503.892.7413

or online at

www.jewishportland.org/kickoff

TOGETHER WE MAKE LIFE SWEETER



Jewish Federation®
OF GREATER PORTLAND

THE STRENGTH OF A PEOPLE.
THE POWER OF COMMUNITY.

Together WE do extraordinary things
503.245.6219 | www.jewishportland.org



JewishPDX

Open Letter to Sen. Ron Wyden:

Like many, I was very moved reading Bill Keller's op-ed in the *New York Times* ("The Last Bipartisan," Monday, 8/27/2012), in which he highlighted your continued efforts at bipartisan lawmaking. As Keller noted, your efforts stand in the tradition of iconic leaders such as Ted Kennedy and Orin Hatch, who worked for the good of the country to find common ground, even as they held on to their opposing ideals. In our sadly hyper-partisan era the good of the nation has been set aside in efforts to score quick political points and disingenuous sound bites. Meanwhile the serious problems our nation faces go unaddressed and people continue to suffer.

Senator, I honor you for your efforts and pray you are able to find willing partners to continue.

In our Jewish tradition, the great model of the lawgiver was Moses. Moses suffered, though, through an absolutist perspective. He was respected, but the rabbis see him as unable to connect to the real life of the people. It is his brother, Aaron, who was revered by the rabbis as the Peacemaker. Aaron, according to the midrash, would see neighbors quarreling. Springing into action, Aaron would visit one party to the conflict and tearfully explain how badly his opponent was feeling and how sorry he felt for his actions. Then he would rush to the other person and tell the same story about the first! When the two would next meet, they would fall into each other's arms, embrace and reconcile, convinced that the other had apologized first!

Aaron, the Peacemaker, became the first Priest of the Jewish people – the public face of the ritual that brought all the people closer to G-d. He "reached across the aisle" and changed people's lives – not through pronouncements from on high, but through a clear vision of the lives of those around him. Real lives affected by the laws of our people.

Thank you, Sen. Wyden, for being that peacemaker. And may your efforts be fruitful.

Rabbi Michael Z. Cahana
Senior Rabbi, Congregation Beth Israel
Portland

Dear Editor:

It's not surprising that Kevin Mannix didn't put his name on Measure 84; he must know that would be enough for many to reject it, but I'm hoping *Oregon Jewish Life* readers will look at the measure and vote no on the merits.

Not only would Measure 84 phase out the estate tax, which only the wealthiest 2% of Oregonians potentially pay, it would create a new loophole allowing for the avoidance of capital gains taxes altogether. It should be clear to everyone by now that taxes pay for services and infrastructure we need; the very things that have made this state a good place to live: schools, road and bridge maintenance, health care and housing assistance for our most vulnerable, public safety, parks and much more.

Because I feel so strongly about maintaining quality of life for all our residents and that paying one's fair share is an act of *tikkun olam*, I'm serving as treasurer of the Vote No on Measure 84 PAC. We have a choice between handing a new tax break to those who don't need it and providing for the common good by avoiding tax cuts which would further strain the state budget. Please join me in voting NO on Measure 84.

Sandy Polishuk, Vote No on Measure 84
Portland

Found in Portland,
Sold in New York
for \$56,250

A pair of Danish sterling silver five-light candelabra,
Georg Jensen Silversmithy, Copenhagen, 1945-1977



Auction
Appraisal
Event for
Fine Silver
November 14
Portland

A Bonhams silver specialist will be visiting Portland to offer complimentary auction estimates with a view to selling at upcoming auctions in San Francisco, Los Angeles and New York.

Inquiries and appointments
+1 503 312 6023, sheryl.acheson@bonhams.com

International Auctioneers and Appraisers
bonhams.com/oregon

©2012 Bonhams & Butterfields Auctioneers Corp. All rights reserved. Bond No. 57bsbes3248

Families come first for family-law pioneer



When his son Shawn was a child, Albert Menashe would take him to the store and buy them matching outfits for a father and son photo every year. Today, Albert and Shawn Menashe work side by side at the largest family law firm west of the Mississippi. (Current photo by Jerome Hart)

by Deborah Moon

Albert Menashe co-founded what has become the largest family law firm west of the Mississippi. He decided to go to law school in the mid-1970s when law was a respected profession, but family law was not so highly regarded.

To some extent both of those perceptions have changed. Menashe believes the rise in family law status is deserved, but he doesn't believe law in general deserves the bad rap it has gotten.

"I think law is a noble profession," says Menashe, who after serving as managing partner of Gevurtz, Menashe, Larson & Howe, P.C., for 30 years has turned over that role to his son, Shawn. "I think lawyers for the most part really do help people and protect the rights we have as citizens."

He blames the changed vision of lawyers in part on the media that report on judges who get drunk-driving tickets and lawyers who pursue frivolous lawsuits.

"You don't read about the 99.9% of lawyers who do good work, who provide over \$50 million of free legal services to the poor," he says. "The hard work almost all lawyers do every day is just lost to the general public."

He became interested in family law because he likes people. Family law and criminal law are the two people-oriented legal fields, and he didn't feel he was cut out to be a criminal lawyer. When he got a job clerking during law school, he had the opportunity to work on some family law cases and he was hooked.

As the editor of the law journal at Willamette University College of Law, from which he graduated in 1976, he suggested focusing the annual symposium issue on family law.

"It raised some eyebrows, but it was very successful," he says.

"Over the years we've been able to show no area of law touches lives, especially children's lives, more than family law."

He was a founding member of the Family Law Section of the Oregon State Bar in 1978. He served as OSB president in 2007. Through the years he has served on numerous state and national committees and panels related to family law.

"My sense of family has made me a better divorce lawyer," says Menashe. "I understand the importance of family and realize that after a divorce you are still a mother and he is still a father. So you're still a family – just reconstituted."

"My mom (Faye (Hasson) Menashe) and dad (Solomon Menashe) were great role models," he says. "They made it harder for me to be a divorce lawyer. I believe my dad loved my mom until the day he died. I was never exposed to the kinds of stresses so many of my friends related existed in their families."

He says he believes people should try to save a marriage when possible, but by the time people come to a divorce attorney, the relationship usually is broken.

"I try to remind parents that my job is to look out for the welfare of kids just as much as my client," he says. "I think settling cases is always best for kids. Statistics show people who settle have fewer problems down the road. I'm proud of my very high settlement record – close to 100%."

"I can try a good case, but if I do, who wins? Generally when you go to trial, the lawyers win."

Menashe grew up in a family steeped in Mediterranean culture with three grandparents from Greece's Isle of Rhodes and the fourth from Turkey. They were among the founders of Congregation Ahavath Achim, where he maintains a membership to this day. He and his wife, Julie, whom he has known since first grade, also are members of Congregation Beth Israel. His extended family all lived close together on the Park Blocks until his family moved to the Vermont Hills with the first wave of urban renewal in 1956. "My family was huggy, touchy and loud. It was a fun family."

To this day he loves the Mediterranean culture, visiting Italy as often as he can to enjoy the food, wine and people. And he maintains a strong sense of family.

He describes his happiest day as a father as the day he took his son to the beach to discuss which of two offers Shawn should accept from “fabulous” law firms. “He looked at me and said, ‘I never told you, but I’ve wanted to work with you since I was 14.’ That was a defining moment of parenting; it made all the work of parenting worth it,” says Menashe. Shawn Menashe has been working with his dad for the past 10 years. The senior Menashe says he was again proud when the firm’s partners voted to name his son managing partner.


“After a divorce you are still a mother and he is still a father. So you’re still a family – just reconstituted.”

– Albert Menashe, family law attorney

Menashe’s long list of accolades includes the most recent: 2013 Oregon Family Law “Lawyer of the Year” in the soon-to-be-published *The Best Lawyers in America*, a publication in which he has been included since 1989. In 2008 *Worth Magazine* listed him as one of the top 100 lawyers in America. But Menashe says he is proudest of being the 2010 recipient of the Edwin J. Peterson Professionalism Award from the Oregon State Bar.

“My mantra has been professionalism for 20 to 25 years,” he says, attributing difficulties in many divorce cases to a lack of civility between opposing lawyers.

“You can disagree without being disagreeable,” he insists. Gevurtz Menashe now has 22 lawyers and a staff of about 50. In an effort to keep the family in family law, Menashe says “we are very sensitive to family needs; we allow modified schedules.”

“I encourage people who like people to become lawyers,” Menashe says. “America is still the most wonderful country in the world. Part of the reason is we have humane laws, and lawyers are partners in making that happen.” 



When Albert Menashe is outside of the office, and not in a suit, you can usually find him wearing a Hawaiian shirt. “I take what I do during the day very seriously, but I don’t take myself seriously,” he says. Photo by Keen Studio

FREE delivery
(with purchase of \$200)

120 DAY comfort guarantee

FREE financing

LOWEST prices

“Proud to be part of the community for over 20 years”

Steven E. Stone



BEDMART




Be Bed Smart
www.BedMartNW.com

19
Locations



The most highly recommended bed in America.





Sleep. Smarter. by Serta.

Enrolling children aged 2½ and above





FRENCH AMERICAN
INTERNATIONAL SCHOOL

International Perspective
Individual Focus

8500 NW JOHNSON STREET | PORTLAND, OR
WWW.FAISPDX.ORG | 503.292.7776

Cancer patients find **spirit** and **strength** at Inpower

Story and photos by Deborah Moon

Cancer patients frequently complain of overwhelming fatigue during treatment. For decades, the medical community recommended patients save their strength and rest during the course of treatment.

But when personal trainer Laura Rosencrantz watched her active grandfather Leonard Schnitzer grow weaker each day as he succumbed to lung cancer, she started to question that conventional wisdom. Researching exercise options for cancer patients, she couldn't find much. She visited the WellFit exercise program for cancer patients in California and then studied at the Rocky Mountain Cancer Institute at the University of Northern Colorado.

Convinced that maintaining or increasing physical fitness through a customized cancer exercise program during cancer treatment could reduce the number and intensity of side effects, improve quality of life and help in overall recovery, Rosencrantz launched Inpower in 2005. Classes meet at the Mittleman Jewish Community Center, which donates the space and use of fitness equipment, 4-5 pm Monday/Wednesday and 2-3 pm Tuesday/Thursday.

Rosencrantz was ahead of the curve. New research shows exercise can lower survivors' risk of premature death, not only from cancer but from any cause and also actually decreases cancer fatigue. Dr. Rachel Ballard-Barbash, associate director for applied research at the National Cancer Institute, looked at 45 studies of physical activity among cancer patients.

In a May 16, 2012, article, the *New York Times* reported that Ballard-Barbash and her colleagues discovered that "virtually all of the studies, whatever their methodology, showed that regular physical activity 'decreased the risk of cancer-related mortality and of all-cause mortality.'"

Rosencrantz says it's amazing how much exercise helps cancer patients.

"Exercise helps with side effects of chemotherapy and significantly decreases anxiety and depression," she says. "Seventy to 100 percent complain of cancer fatigue, which is literally debilitating. Exercise has been shown to greatly decrease that. People become stronger physically and emotionally so they are better able to withstand treatment."

In addition to the cardiovascular exercise to increase stamina, she notes, "A lot of chemicals and steroids can cause muscle atrophy, so it's really important to add strength training."

Even for people with a terminal diagnosis, Inpower can improve the remainder of a patient's life.

Rosencrantz recalls one man who came to Inpower because he wanted to be able to take his grandchildren skiing one more time before he died.

"We worked three months strengthening his legs," she said. "He took his grandkids skiing and felt so good and had such a wonderful

time that he and his wife went to Mexico for a week. He died a day after he got back. But (exercise) allowed him to live while he was dying."

Rosencrantz has worked with about 450 cancer patients in Inpower.

Before enrolling in Inpower, each survivor completes a health questionnaire and needs a medical release from his or her oncologist. The medical release allows Rosencrantz to communicate with the patient's medical team so they are aware the patient is exercising and so Rosencrantz can implement any restrictions/limitations the oncologist recommends when creating the patient's individualized exercise program.

Rosencrantz meets one-on-one for a consultation and assessment. After she creates an exercise program, the patient can then come to the MJCC during the Inpower classes and use the center's fitness equipment under Rosencrantz's guidance.

For more information on Inpower, visit www.inpowerfitness.com or call Rosencrantz at 503-915-0035. 



Trish Carr works out on the chest press with help from Inpower founder Laura Rosencrantz. Carr, who has had two stem cell transplants for her multiple myeloma, says that adding exercise to her routine after her second stem cell treatment helped her get back to her regular routine faster. She said her strength and quality of life both improved when she joined Inpower classes.



Inpower founder Laura Rosencrantz watches Leslie Weber balance as she lifts hand weights. A breast cancer survivor, Weber says Inpower has helped her both physically and mentally. She took medical leave from her job after her first surgery. "It was good to get out of the house and have a place to come and interact with other survivors," she says. "It's hard when you are feeling crappy, but I always felt physically better after coming." Weber appreciates that Rosencrantz is constantly modifying her program, tailoring it to her medical condition. For instance, after her reconstructive surgery, Weber was unable to lift weights for two months, but she was able to do cardio and leg strengthening. "Laura is always gauging my condition and pushing me to try to move to the next level."

Radiant health starts here

When you feel well, you live well.

Address the cause of your symptoms and cultivate lifelong health with compassionate naturopathic medical care.

Insights to Health Clinic helps you chart your best course toward sustainable health and happiness.

Get the hormone-free support you need to heal:

- Anxiety and depression
- Chronic pain
- Fatigue
- Infertility
- Menopausal concerns
- Migraine headaches
- Painful/irregular periods
- PCOS/Endometriosis
- PMS
- Thyroid disorders
- Weight loss challenges



Christie Winkelman, ND, MA and Gil Winkelman, ND, MA

Because we are both physicians and therapists, we truly treat the whole person. We look forward to empowering you to live your best life.



INSIGHTS TO HEALTH

InsightsND.com | 503.501.5001

Contact us to schedule your introductory consult

Insurance accepted

VILLAGE OFFICES, SUITE 302, 2929 SW MULTNOMAH BLVD. PORTLAND, OR 97219

Conveniently located in Multnomah Village just off highway I-5 in Southwest Portland



Audiology Services include:*

- HEARING TESTS • HEARING AID ADJUSTMENTS
HEARING AID REPAIRS • HEARING AID CLEANINGS
OTOSCOPIC EXAMINATIONS • WAX REMOVAL

**Hearing aids may be tax deductible.*



DOCTORS OF AUDIOLOGY

Alisa B. Weinzimer
Allison E. Bradley

Two Convenient Locations

5010 NE 33rd Ave.
503.284.1906

5331 SW Macadam #395
(In the Water Tower Bldg.)

503.719.4208

FREE Hearing Screening

with this coupon
(\$119 VALUE)

Please call us today for your appointment
expires: 10/31/12



www.pacoregon.com

Two breast cancer genes, two women's stories

Stories by Deborah Moon



Lynda Falkenstein: "Ignorance is definitely not bliss"

In 2000 Dr. Lynda Falkenstein was diagnosed with breast cancer as her mother was dying of ovarian cancer 25 years after she survived breast cancer.

Knowing that a long list of relatives had died from ovarian cancer, Falkenstein says she realized "my cancer could not be random ... so, a day after diagnosis, I underwent genetic testing."

When the geneticist confirmed she had a BRCA1 mutation, Falkenstein immediately opted for a bilateral mastectomy as a prophylactic measure. About a month after her lumpectomy she had the mastectomy, and six weeks later she had an oophorectomy (removal of ovaries).


"Even though I was fully aware that BRCA1 carriers can still get a form of ovarian cancer known as peritoneal carcinoma, getting rid of my ovaries gave me some comfort that I'd done everything I could to reduce my odds of having a BRCA1-related cancer visit me again," she says.

Falkenstein believes the most important thing she can share with other Jewish women is: "Don't be afraid. The only thing to be afraid of is not knowing, of being uninformed. Everyone who has a hint of Jewish genealogy in their veins should get tested. This is a subject where ignorance is definitely not bliss."

Falkenstein says her only regret about her decision to have a double mastectomy and oophorectomy is that she didn't act "before cancer arrived on my doorstep. From my vantage point, my breasts were simply body parts and I am a lot more than body parts. ... I believe that any significant other who is really significant doesn't love you for your breasts. Real love doesn't care about scars or nipples. It doesn't even see them."

A native New Yorker who came to Portland with her parents as a young child, Falkenstein is adamant that Jewish women should get tested – "Don't wait. Act now. Get informed."

"Find out if you are a carrier ... whatever you do with the information is your business, but don't deprive your children of information that can save their lives. ... Even if you don't have children, the people around you – family and friends – are all affected when you have cancer."

One common concern a decade ago was that insurance companies might deny coverage to women who tested positive for BRCA1/2 mutations on the basis of pre-existing conditions. "There will be really good news on that front because under ACA (Affordable Care Act), no one, regardless of age, will be denied health coverage due to a pre-existing condition," says Falkenstein. 



Nancy Prouser: "I have yet to regret testing or surgeries"

Nancy Prouser's mother died of breast cancer when Prouser was just 28. When she was 41, her father developed breast cancer and had a mastectomy. Soon after the discovery of the BRCA1 and BRCA2 genetic mutations in the 1990s, her father tested positive for a mutation common among Ashkenazi Jews that gave them

increased risk of breast, ovarian and other cancers.

Prouser, who has a master's degree in public health, decided not to wait to see if she might develop cancer. When genetic testing revealed she had inherited the mutation, she immediately opted for a prophylactic bilateral mastectomy.

With the testing still new in 1997, she says she felt isolated by her decision.

"When a woman has breast cancer, friends rally to help her; I didn't have breast cancer, I just had surgery," she says.

Losing her breasts was traumatic and her friends didn't understand her decision. Though her husband firmly supported her, she says she waited two years to have her ovaries removed to reduce her risk of ovarian cancer because she couldn't cope with losing another body part before her breast reconstruction was complete.


Myriad Genetics, which holds the testing patent for BRCA1/2, invited Prouser to speak around the country at a series of programs for health care providers, laboratory workers and lay people. She also helped develop an online support group for women facing similar decisions.

"The genetics counselors in Portland knew about me and used to call when they had patients whom they thought would benefit from talking to me," Prouser says. "I did talk to anyone who called me. I personally helped two of them through their surgeries and we have remained good friends."

Prouser's sister tested negative for the mutation, but Prouser's daughter tested positive. Because her daughter is still nursing her second child, she plans to deal with the decision later.

Prouser is glad that more information and support are available for her daughter and others with the mutation.

"So much is different now, all these years later," says Prouser. She believes since studies have shown prophylactic mastectomies and oophorectomies are effective, doctors are more open to discussing the option and people are more supportive of their friends who make that decision.

"I have yet to regret what I did, either getting tested or having the surgeries," says Prouser, looking back on the past 15 years. "While fearing breast cancer used to take up an inordinate amount of space in my brain, I haven't thought about it (or my surgery) for years." 

WRITING GROUP

by Eve Stern

When I had cancer, my heart was filled with a myriad of emotions but I found that I had difficulty articulating them. I saw that one of the local hospitals had a writing group for women with cancer and decided to give it a try. We were given a prompt and I was amazed at how my hand flew across the page. When I read what I had written, I thought, "Yes! That's what I'm experiencing! That's how I feel!" It was incredibly valuable to find this outlet in which to express myself.

When our group disbanded, I went to a seminar in California and received training in how to lead a writing group. I currently lead a group of 12 women who meet weekly.

One participant said, "It's good to be part of a group with similar health issues. Each week we're able to go beyond cancer and weave together something entirely new – with each other and with ourselves."

If you are interested in participating in a writing group for women with cancer, contact eve.stern@gmail.com.

RESOURCES AND INFORMATION

Cancer Genetics Risk Assessment and Genetic Counseling in Oregon

Portland:

- Kaiser Permanente Medical Center (members only):
503-331-6593 or 1-800-813-2000 Ext. 16-6593
- Legacy Cancer Prevention and Risk Assessment Program
503-413-6534 or 1-800-220-4937 Ext. 6534
- Oregon Health Sciences University
503-494-8307 or 1-800-452-3563 Ext. 8307
- Providence Cancer Center
503-215-3175

Springfield:

- Center for Genetics and Maternal-Fetal Medicine
541-349-7600 or 1-800-970-7419

Sharsheret [sharsheret.org](http://www.sharsheret.org)

National not-for-profit organization supporting young Jewish women and their families facing breast cancer.

Facing our Risk of Cancer (FORCE) www.facingourrisk.org

National nonprofit dedicated to improving the lives of individuals and families affected by hereditary breast and ovarian cancer.

Breast Cancer Answers.com www.BreastCancerAnswers.com/ask

Interactive social media show that enables patients to submit their questions via the dominant eight social networks (including Facebook, YouTube and Twitter) and receive a video response from an expert in the field.

Myriad Laboratories, Inc. www.myriadtests.com

This is the website of the diagnostic laboratory providing the genetic test for BRCA 1 and 2. Oregon Genetics Program of the Oregon Health Authority
Bridget Roemmich, MPA, program coordinator, bridget.r.roemmich@state.or.us

When a mammogram is not enough

Every woman who has ever felt a lump understands the urgent need for quick, reliable answers. Every woman who has watched a mother, a sister, or a friend with breast cancer feels a very personal stake in the earliest possible diagnosis. Every woman who has battled cancer knows her diagnosis may start with a mammogram but a combination of sophisticated imaging technology is often needed for the most complete picture of breast health.

The comprehensive breast imaging practice at EPIC Imaging is all about providing every woman who passes through our doors with access to a single resource for the lifesaving answers she and her doctor need.

- Digital Mammography
- Ultrasound
- Breast MRI
- Full Body PET/CT
- Image Guided Biopsy



EPICIMAGING.COM 503.253.1105



Oregon promotes awareness of breast cancer genes

by Deborah Moon

The Oregon Public Health Genetics program has received a grant to educate members of the Jewish community about hereditary breast and ovarian cancer and their potential for increased risk of developing those cancers.

“This program worked on education materials, contracted with a geneticist from OHSU (Oregon Health & Science University) to create a presentation and training targeted to members of the Jewish community to know their risk and the preventative measures that can reduce the risk of developing cancer, as well as linking members of the Jewish community to national resources such as Sharsheret (www.sharsheret.org) and FORCE (www.facingourrisk.org),” says Bridget Roemmich, MPA, genetics program coordinator of the Oregon Health Authority.

Ashkenazi Jews are more than 10 times as likely as the general population to have a genetic mutation (BRCA1 or BRCA2) that increases their risk of developing breast, ovarian and other cancers (see box).


“We think testing is important because they (Ashkenazi Jews) have a 1 in 40 risk of having a mutation, with or without a family history of breast cancer,” says Dr. Jone E. Sampson, clinical director of OHSU’s Knight Cancer Center. Men can also carry the gene but are less likely to develop breast cancer, so the risk might not show up in family history, she explains.

Sampson says women should have genetic counseling before undergoing the test so they are aware of their options if the test is positive. Options include prophylactic surgery and enhanced screening.

Most health insurance plans now cover genetic counseling, testing, prophylactic surgery and enhanced surveillance, she says.

Many women choose enhanced surveillance of alternating MRIs and mammograms every six months for breast cancer, Sampson says. But she adds that for those with a mutation, “We always recommend women have prophylactic surgery for ovarian cancer at about age 39½.”

She says the cancer center recommends the prophylactic surgery because ovarian cancer is difficult to detect, but recommends waiting until nearly age 40 because women who have their ovaries removed earlier increase their risk of breast cancer.

This Oregon Public Health Genetics Program outreach project has conducted two trainings with volunteers willing to speak to groups or individuals and is currently working on a social media “myth-busters” campaign with breastcanceranswers.com. The project is funded by a larger grant from the Centers for Disease Control and Prevention to Enhance Oregon Breast Cancer Genomic Practices through Policy, Education and Surveillance. 

BREAST CANCER FACTS

- In the general population, an estimated 1 in 500 individuals has a BRCA1 or BRCA2 mutation, while 1 in 40 Ashkenazi individuals has one of those mutations.
 - When a woman has a mutated copy of the BRCA1 or 2 gene, she has a 25-40% chance of developing ovarian cancer in her lifetime. That means two to four out of every 10 women with the mutation will develop ovarian cancer.
 - Women with a mutation on either gene have up to an 80% lifetime risk for breast cancer.
 - In 1990 DNA linkage studies on large families with high incidences of breast cancer identified the first gene associated with breast cancer. Scientists named this gene “breast cancer 1” or BRCA1 (pronounced brak-uh). BRCA1 is located on chromosome 17.
 - In 1994, scientists discovered another gene and named it BRCA2. BRCA2 is located on chromosome 13.
 - Both BRCA1 and BRCA2 are tumor suppressor genes that usually have the job of controlling cell growth and cell death.
- Everyone has two BRCA1 (one on each chromosome 17) and two BRCA2 genes (one on each chromosome 13). When a person has one altered or mutated copy of either the BRCA1 or BRCA2 gene, his or her risk for various types of cancer increases:

- * Up to 80% lifetime risk for breast cancer
- * 20-40% lifetime risk for second breast cancer (not reappearance of first tumor)
- * 25-40% lifetime risk for ovarian cancer
- * 6% lifetime risk for breast cancer in males
- * Increased risk for other cancer types, such as pancreatic, prostate, laryngeal and stomach cancer, and melanoma

(Source: OHSU Knight Cancer Center)



Facts about five responses people have to infertility

by **Dr. Laura Greenberg**

Response one: "If I'm healthy and have a good diet and exercise regularly, I can stay fertile past 40. I keep reading about women having babies after 40, why not me?"

Fact: A woman's fertility has already started into mild decline by her late 20s. It declines more sharply in her late 30s. Between 40 and 44, 64% of married women remain childless. This compares to 30% of similar women aged 35 to 39. It is true that unhealthy lifestyles can contribute to shortened reproductive life and earlier menopause, but the opposite is not true. Family history can be an influence.

Response two: "Relaxing, taking a vacation or even adopting a baby can contribute to conception."

Fact: Women with infertility get pregnant spontaneously at the same rate whether or not they adopt a baby. A recent study looked at stress hormones in women and found that a subgroup responded to cognitive behavioral therapy, and a small number of that group conceived. Reducing stress is important for women's general health, but it has little demonstrated effect on fertility.


Response three: "There is no rush to see a specialist. I can just try harder or longer."

Fact: For women under 35, letting nature take its course makes sense for a year. After age 35, a six-month trial is a good rule of thumb. Thereafter couples should get some basic testing done to see if there is a simple or easy treatment.

Response four: "Most infertility treatments lead to multiple births."

Fact: Oral ovulation induction medications only have a 5% chance of twins. Inseminations don't lead to multiple births unless paired with injectable medications. In vitro fertilization leads to multiple births approximately 50% of the time if two or more embryos are placed. To limit this possibility, patients can choose to have only one embryo implanted.

Response five: "Infertility treatments are too expensive and are rarely covered by insurance."

Fact: In vitro fertilization is expensive, and insurance coverage for this is not mandated in Oregon. However, there are many less expensive treatments offered by specialists that could be appropriate and which may be tried first. An infertility specialist will be able to supply more details for any individual case. 

Laura Hope Greenberg, MD, is a board-certified reproductive endocrinologist and obstetrician/gynecologist in private practice in Portland. She has more than 20 years' experience in infertility treatment. She is currently the president of the Portland Society of OB/GYNs. She is a member of Congregation Kol Shalom.

College & Gap Year Planning

Deborah Barany, PhD

503.314.0728

deborahbarany@gmail.com

[Barany](#)

[Educational](#)

[Consulting](#)

www.baranyeduconsult.com

***Celebrating over 20 years
of Successful Practice...***

Turning Hope into Reality



- ◆ Infertility ◆ Reproductive Endocrinology ◆
- ◆ Hormone Replacement Therapy ◆

GIVING HOPE TO YOU

Hereditary breast and ovarian cancer genetic testing (BRCA gene)

Hope Fertility and Gynecology

Laura Hope Greenberg, MD *Physician and Surgeon*
503.292.4453

9155 S.W. Barnes Road, Suite 320, Portland, Oregon 97225
www.HopeFertilityandGynecology.com

What's a nice Jewish girl from Florida doing in Grants Pass, Oregon?

Are there two places in the contiguous 48 less similar than Miami and Grants Pass?

by Liz Rabiner Lippoff



“The physician/patient relationship is important to me, to be able to follow a woman throughout her lifespan. I like to take care of people, and the small town feel suits me.”

Felicia Cohen, OB/GYN at Women's Health Center of Southern Oregon

Felicia Cohen was born in Maryland and raised in an Orthodox home in Hollywood, FL, where there was a large, thriving Jewish community. She went to Jewish day school and the family walked to their Sephardic synagogue. Oregon, never mind Grants Pass, was not on her radar screen.

Felicia's father was a businessman and mom stayed home with the kids, but they wanted more for Felicia and her siblings. So her parents were very serious about the children's education.

“My dad always said, ‘If I die and the only thing I leave you is an education, I would have left you a treasure,’” Felicia remembers. She was the first person in her family to graduate from college and went on to become a physician, an OB/GYN specialist.

Logic would say she was destined to be a big-city, east-coast doctor, but when a recruiter approached Felicia about a position with Women's Health Center of Southern Oregon, she said yes. Life in a small town, she reasoned, would allow her to be the kind of doctor she always wanted to be. She was right.

For starters, it allows her to get to know her patients better. She loves her patients, and her full schedule would indicate that the feeling is mutual.

“The physician/patient relationship is important to me, to be able to follow a woman throughout her lifespan. I like to take care of people, and the small town feel suits me,” she says.

Women's Health Center also has a strong patient education component, which gives the providers more time to interact with the patients. The menopause workshops are a good example. “Menopause is easy for some women, but for others it's a real struggle. Here they learn what's normal, what their options are. It's often hard for women to talk about it, but when a group of 10 women get together, they can open up. For them, it's therapeutic.”

Giving back is also important to Felicia and is consistent with the goals of Women's Health Center. “We are a for-profit practice,” she says, “but we all give back.” She sits on several nonprofit boards and attends as many functions as she can. She also volunteers her time at The Mission, a homeless shelter that partners with a center for victims of domestic violence. Felicia has an arrangement with the doctor there: if a woman there without insurance needs urgent care, Felicia will help her.

Felicia would like to do even more, but she is also a busy wife and the mother of three children ages 7, 5 and 2½. She and her husband, David Smith, want to make sure their children get the guidance and support they need so they can live fulfilling lives.


“I want the whole world open to them,” she says. Her husband is a writer and stay-at-home dad to help make that happen.

Felicia and David work hard to instill in their kids a Jewish identity, not an easy task in Grants Pass. They belong to Temple Emek Shalom, 45 minutes away in Ashland, so that means a lot of time on I-5 for Hebrew school and Sunday school. For Felicia and David, though, the home is the heart of their Jewish identity. Maybe make that – the kitchen is the heart.

“One of the ways my mom showed her love was through food,” Felicia says. “I can overlook a lot for a good meal.”

Fortunately, she doesn't have to. One of the requirements she stipulated when seeking a husband on Match.com was she wanted a chef. And she got one! “We have Shabbat dinner every Friday night,” she says. Her husband bakes challah and makes dinner. He also does most of the cooking for the Passover seder and the other holidays they always celebrate at home.

“I want my kids to wake up every morning vibrant, alive and happy. I want them to be able to live their dreams.” For Felicia, that dream is her small town with people who care and air that smells of pine trees and fresh challah.

“In Miami,” she says, “you're one of a million people. It's easy to get lost in the crowd.” She doesn't ever get lost in Grants Pass. 

Liz Rabiner Lippoff is a Portland freelance writer and a medical marketing specialist at Liz, ink: www.Lizink.biz. She bakes challah, too.



Celebrate weight loss and redefine your shape

At OHSU Plastic & Reconstructive Surgery, we offer the latest techniques to complement weight loss achievements:

- Breast lift
- Breast augmentation
- Tummy tuck
- Lower body lift
- Thigh lift
- Liposuction
- Arm lift
- Face lift
- Genital reshaping/ labiaplasty
- Hand rejuvenation
- Eyelid lift



Hema Thakar, M.D.



Joel Solomon, M.D., Ph.D.



Jennifer Murphy, M.D.



Reid Mueller, M.D.



Juliana Hansen, M.D.



Anna Kuang, M.D.

OREGON
HEALTH
& SCIENCE
UNIVERSITY



The knowledge of all for the care of **one**.

To schedule a consultation call us **503 494-6687**
and connect with a team of specialists

Care for caregivers

by Jeffrey Winters



As a child we lived with my grandparents in a red brick apartment complex in Queens, NY. I remember the pleasure of sitting on my Papa's lap as he imbued me with love, kindness and wisdom. My grandfather Louis Blumenstock was a well-known philanthropist who founded the Hyam Salomon Home for the Aged.

Later in life, I wrote to the late Jacob Rader Marcus, a famous scholar of Jewish

history and a Reform rabbi, asking about my feeling that my grandfather's presence was inside of me. He explained the concept of *zechut avot* (for the merit of the ancestors). Marcus said I was right in feeling my grandfather's influence – he is in my genes; his Jewish values of caring for others are a part of me.


Two years ago my wife developed breast cancer.

Burned into my memory is the moment the doctor told us the news. My first thought was, "What if I lose her?" I calmed the shudder because together we made the decision to act quickly, and her surgery was successful. As her husband, with very protective

tendencies, I began an emotional, spiritual and physical odyssey of fear and worry. Becoming her caregiver was unlike anything I had ever experienced. With the frequency of breast cancer diagnoses, I knew I wasn't alone. A cultural shift was taking place. More men are becoming caregivers.

As I spoke with other men who were in the same position, I noticed they stayed silent about their stress, fear and concerns. Women know how to seek support and speak their feelings. We men need to work on it. As a caregiver, here are some words of encouragement:

- You have an incredibly difficult and often unrecognized responsibility. Being a caregiver is a huge mitzvah. It is worthy of dignity and self-respect.
- It takes tremendous emotional stamina to help an ill family member or loved one.
- Your ability to be a successful caregiver depends on how you learn to care for yourself. Here are some tips:
- You don't have to answer all the questions about the person who is ill. I actually rehearsed with my wife some responses that would get me out of the "answer routine" in a respectful way. Simply say, "Thanks for the concern and good feelings you send our way."
- Caregiving can affect your mind, body and spirit. Take time out to relax and restore all of you. Listen to music, play a game or sport, pray and meditate.
- Don't be embarrassed to get help. You have earned it. So many men say they would never go for counseling. Why not? Counseling can help assuage your worries and fears. Or at least not let them grow and dominate you.
- Laughing brings pleasure to the brain, releases stress and takes you away from thinking, thinking, thinking about the illness.
- Make a new friend, be with others in nature or play cards. Research says social interaction (in person – not online) helps eat away at the alienation that comes from caregiving.
- Learn how to be honest and speak from the heart with the person you are caring for. She is vulnerable and very able to hear your reality. It will deepen your relationship and improve communication.
- Choose who you spend time with. Minimize spending time with people who don't bring you benefit, kindness or encouragement.

Caregiving is very difficult. You are doing your best to help someone who is fighting for her health. The stronger you are for her, the more effective your caregiving. Take care of yourself. It will make a big difference. 

Jeffrey Winters is the author of two novels, travel and health articles, and film reviews. He is a professional marketing consultant. He founded and directed the Mount Shasta International Film Festival. He teaches martial arts and self-defense. Jeffrey and his wife, Danielle, moved to the Portland area in 2012. See more at: jeffreywinters.com.

SALTZMAN & PAUL

WEAR VELVET GLOVES
WHEN NEGOTIATING
REAL ESTATE DEALS.

(To hide their iron fists.)



SALTZMAN
& PAUL
REAL ESTATE
BROKERS

BECKI SALTZMAN & JEANNE PAUL
PRINCIPAL REAL ESTATE BROKERS

WINDERMERE CRONIN & CAPLAN REALTY GROUP, INC.

SALTZMANANDPAULTEAM.COM | 503.220.1144

Healthy Workplaces

Women can make it happen

By Lillian Shirley

The numbers are sobering. In Multnomah County, more than half of adults are overweight or obese and at risk for chronic conditions including type 2 diabetes, heart disease, arthritis, stroke and high blood pressure.

The costs of obesity – both the personal health costs and the shared financial costs – are staggering. According to the 2012 *Oregon Overweight, Obesity, Physical Activity and Nutrition Facts* report from the Oregon Health Authority, Oregon medical costs related to obesity among adults reached \$1.6 billion in 2006. Additionally, obese people have annual medical costs estimated at \$1,429 higher than costs for those who are not obese. Each year, as obesity and chronic disease levels rise, the price tag goes even higher.

Women have long been known to play an important role in our homes when it comes to health. We can also play a pivotal role in the community as we battle the rising incidence of obesity and chronic disease. We can help make healthy changes to the places where we spend our time, including where we work.

According to the U.S. Department of Labor, women make up nearly half (47%) of the total labor force in our country. As working women, we spend more than half our waking lives at work. Our environments at work can help or hinder our personal efforts to get and stay healthy. Access to healthy food and to opportunities for physical activity helps create a culture of wellness that benefits all of us.

Employers bear much of the burden of increased health costs and are seeing that investments in employee health and well being pay off in the long run. Healthy workers mean higher productivity, less absenteeism and lower costs for health care, disability and workers' compensation.

Become an advocate for a healthier workplace:

Talk with your coworkers about healthy snacks. Replace the office candy jar with a healthy snack bowl filled with seasonal fruit – berries, apples and mandarin oranges are always popular – and unsalted nuts. Keeping the candy jar, but moving it out of sight can help cut down on mindless snacking and extra calories that can pack on pounds. Ask your employer or vending contractor to offer healthy choices in vending machines.


Ask your employer to provide easy access to tap water along with durable cups for drinking. If the tap water at your worksite isn't great, ask management to install a drinking water filter on one or more taps. Put up signs to let people know that fresh, clean tap water is available.

Integrate physical activity into the workday. Build stretching breaks into meeting agendas or take your meetings outside with "walking meetings" when possible. Ask your employer to unlock staircases and make taking the stairs as convenient as taking the elevator.

Advocate for breastfeeding support at your workplace. Breastfeeding is one of the most effective things a mother can do

to protect the lifelong health of her baby and herself. Is there a convenient, safe, private and comfortable location at your worksite for mothers to pump during the day? Are schedules flexible enough to allow women the opportunity to pump two or three times during the workday?

Join your workplace wellness team. If there isn't one, start one. Wellness teams can help get buy-in from leadership, offer an opportunity to assess what healthy changes can be made and help build momentum for workplace wellness.

As with our individual health, even small changes can add up to big results. By advocating for healthy changes at work, we can use our individual and collective influence to build healthier communities for all of us. 

Lillian Shirley, BSN, MPH, MPA, is the director of the Multnomah County Health Department. For more information on workplace and community wellness, go to multco-itstartshere.org.

Advocating for Women's Health &
Keeping Oregon Pro-Choice since 1976

NARAL PRO-CHOICE OREGON *welcomes*
GLORIA STEINEM

FOR THE
Annual Choice Gala
OCTOBER 6, 2012

Portland Waterfront Marriott

5:30 PM VIP Reception
with Gloria Steinem

7:00 PM Dinner
with keynote speaker, Gloria Steinem

Main Event Tickets \$125

VIP Reception \$125
limited availability

Tables of ten available
starting at \$1,250

Approved business card only

RSVP: Jill@prochoiceoregon.org
For more info, visit
prochoiceoregon.org





NORTHWEST FASHIONISTA

by Catherine Garvin
Photos courtesy of Ronen Chen

Israeli designer searches for 'the perfect line' for flattering styles

RONEN CHEN IS ONE OF ISRAEL'S MOST SUCCESSFUL AND INTERNATIONALLY RECOGNIZED DESIGNERS. HIS LABEL IS SOLD IN MORE THAN 400 BOUTIQUES THROUGHOUT NORTH AMERICA AND EUROPE. WHILE A LIMITED RONEN CHEN SELECTION IS AVAILABLE AT NORDSTROM, HIS NEW E-COMMERCE SITE, RONENCHEN.COM, WILL ALLOW U.S. CONSUMERS TO SHOP THE ENTIRE COLLECTION FOR THE FIRST TIME.

Chen designs for women who want to feel confident, elegant and at ease. His love of architecture gives his collection a sleek, minimalist aesthetic filled with monochromatic colors and clean lines. His timeless designs are loved by all women because Chen fashions are not overtly trendy, and are sexy in an understated way.



In 1994 Chen opened his first boutique on Sheinkin Street in Tel Aviv, offering simple, sophisticated dresses. Chen's designs, made in Israel, immediately resonated with the international consumer and he quickly began selling to European and North American boutiques and department stores. Now, with RonenChen.com he can expand the brand in the U.S. beyond the brick-and-mortar stores.

I had a chance to catch up with Chen this summer and ask him a few questions about his work and this new, exciting fashion site.


Catherine Garvin: What motivates and inspires you to create fashion?

Ronen Chen: I constantly research lines and shapes, and drapes. I'm on a never-ending search for the perfect line. I look for it everywhere, in nature, architecture, clothes and art. Somehow, when I work with fabric, the way I look at lines and shapes eventually translates into flattering styles that are simple, in the best possible sense of the word.

Garvin: What challenges do you face as a fashion designer to create from your own personal expression versus pop trends and styles?

Chen: My true love is simple lines and a monochromatic color palette, preferably black, beige and white. Sometimes, my personal preferences correspond with fashion, and sometimes fashion is busy, ornate and loud. The challenge is to find my language within the current trend.

Garvin: So who is Ronen Chen's muse? How does she inspire your designs?

Chen: My customer is the same woman throughout the world, be it in Israel, UK, Europe or the U.S. She is confident and stylish, she appreciates design, and she wants chic and modern looks that are flattering and comfortable. 

Catherine Garvin, fashion writer and playwright, writes about national fashion, Portland style and Portland music for www.examiner.com. Her fashion video series, "How I Found Myself in Vogue," recreates million-dollar style for the ambitious woman who dresses to dazzle at home, work and play right from the closet. Check out her work at www.catherinegarvin.com.



דור לדור
Realtors® for Every Generation

*Working for you and our
community since 1978*

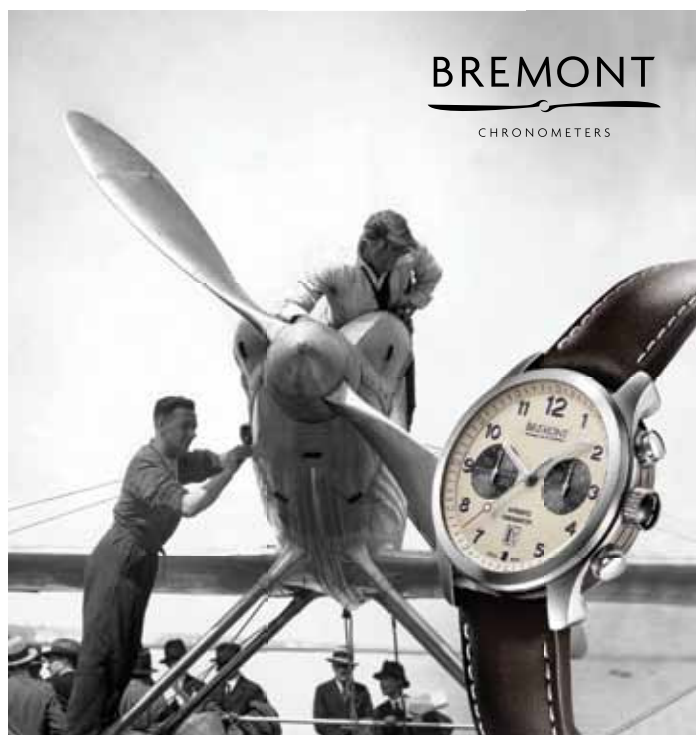
TO LEARN MORE VISIT

cweinsteinpdxhomes.com

OR CONTACT US PERSONALLY

CAROLYN 503.802.6415 **ROBIN** 503.802.6405

carolynandrobin@hasson.com



Bremont mechanical chronometers, available at

Lucia
Fine Jewelers

7387 SW Bridgeport Road • Tigard, OR 97224

www.luciafinejewelers.com • Call for more information • 503-684-4400

Bremont.com

Sygall gives wings to disabled

Wild Women passionately pursue barrier-free world



by Deborah Moon

Susan Sygall and her band of 156 WILD women are “Loud, Proud and Passionate” in their efforts to enhance the lives and rights of women with disabilities around the globe.

In August Sygall’s Eugene congregation hosted the closing session of the sixth Women’s Institute on Leadership and Disability program. Temple Beth Israel is also hosting an exhibit of portraits and vignettes of 30 WILD participants through October. (See sample portraits, page 30).

Having learned the value of resilience as the daughter of Holocaust survivors, Sygall didn’t let an accident that landed her in a wheelchair at age 18 keep her from pursuing life to the fullest. In college she won a Rotary graduate fellowship to spend a year in Australia. While exploring nearby New Zealand on a semester break, she spent six weeks hitchhiking around that country in her wheelchair. Before returning to the States to complete her master’s degree at the University of Oregon, she

spent several weeks touring Thailand, Indonesia and Malaysia on local buses.

Sygall says she never hesitated to apply for the fellowship; she was surprised to learn that few people with disabilities applied for exchange programs in the 1970s. So after she completed her master’s degree in therapeutic recreation in 1981, Sygall cofounded Mobility International USA to help other people with disabilities participate in international exchange programs for students and volunteers.

“We started with the idea of empowering people with disabilities through international exchange,” says Sygall. Thanks to MIUSA some 2,000 people have participated in exchanges.

In 1995 MIUSA organized a group of 250 women with disabilities to attend the Beijing Women’s Conference. In Beijing, Sygall asked the women what they most needed to support their work for disability rights. Their request for opportunities to share ideas and strategies led MIUSA to expand into

“Don’t believe what your eyes are telling you. All they show is limitation. Look with your understanding. Find out what you already know and you will see the way to fly.” —Richard Bach, *Jonathan Livingston Seagull*



PHOTO BY DEBORAH MOON

international development – and thus WILD was born. Sygall decided to concentrate on women with disabilities because “in the developing world women are doubly discriminated against – for gender and disability.”

The WILD conferences bring together women already active in disability rights for a three-week program to learn how to: use the media, implement policy and legislation, network, and improve employment and educational opportunities. Women with diverse disabilities from 80 countries – primarily in Africa, Asia and South America – have participated in WILD conferences with the trademark theme “Loud, Proud and Passionate.” This year more than 400 women applied for the 30 slots. Due to difficulty in obtaining visas, only 26 of the women selected were able to attend.

“We come from a cross-disability perspective,” says Sygall. “For example, people who are deaf need to fight for people with wheelchairs. We can’t be fighting separately.”

She says she considers it a privilege to be around the women and “the work they are doing sometimes in amazingly difficult situations.”

Sally, who has epilepsy, came from Zimbabwe to attend this year’s conference. Reacting to the vision of epilepsy as “a curse, a shame in our society,” she and other young people in her country created a group called EpiAction to educate people that epilepsy is a medical condition.

Another participant this year, Yusdiana from Indonesia, has been active in a network that focuses on disability and elections in Southeast Asian countries.

“We ask for accessibility in elections,” says Yusdiana, who uses a wheelchair. “We ask them to provide Braille ballots for blind voters so they can vote independently and secretly. We ask for voting areas with no barriers. ... Also, we encourage people with disabilities to become candidates.”

At WILD Yusdiana says she found a new passion – education inclusion. Previously she thought inclusion was permitting students with disabilities to attend regular schools. But she says a visit to Linn Community College during her visit to Oregon was eye-opening. “It made me understand what inclusive education is. I saw teachers understand how to support students, and I saw tools so children can really sow all their potential. After that I want to be a teacher – to be someone who understands inclusive education.”

WILD conferences have been funded through the United States Agency for International Development, as well as by MIUSA, a grant from Open Society Foundations, and Eugene/Springfield businesses and families.

All six WILD conferences have been held in Eugene, which Sygall calls a model of accessibility. Eugene buses were accessible even before the Americans with Disabilities Act. Eugene’s challenge course and rafting program, both of which WILD participants used as team-building activities, are accessible to people with disabilities. When TBI completed its new synagogue in 2008, it was not only LEED compliant (eco-friendly) but also extremely accessible, with elevators, bumps marking the transition from sidewalk to street or parking lot and ramps on both sides of the bimah.

continued on page 31

HOME STAYS CREATE CULTURAL UNDERSTANDING



Seng Ja from Myanmar dances with Temple Beth Israel member Oriana Kahn Hurwit. Ja stayed with the Hurwit family during the WILD program.

Another benefit of WILD has been the cross-cultural understanding that evolves during the delegates’ home stays with families in Eugene.

Rabbi Yitzhak and Shonna Husbands-Hankin hosted deaf delegate Hanan Mohsen Ibrahim Aly from Cairo, Egypt. “We had many meaningful interactions,” says Shonna. “We showed her around, including a painting of a Middle Eastern woman releasing doves for peace between the Israeli and Palestinian peoples. Later she said, ‘Why do so many people not like the Jews?’ I shrugged and said, ‘We are cousins, the Arabs and the Jews.’ She signed and said, ‘No! We are brothers! Closer than cousins!’ Later, through our new best friend, Google Translate, she said, ‘I gave thanks to Allah for bringing me to your home, to your family.’”

Hanan had stayed with another TBI family for the first week of the conference.

Tom and Patti Zembrosky Barkin have hosted international students and MIUSA delegates for many years. “This year our guest was observing Ramadan and we easily learned and accommodated the tradition. Hanan and I communicated via sign language ... Hanan asked a lot of questions about Judaism. I asked about Islam. She asked if Muslims were allowed in temples here (where MIUSA was holding several events.) ... Our similarities were apparent to both of us, and we smiled and hugged in agreement.”

Roz Slovic said her family has hosted MIUSA delegates for 14 years. “In August we hosted a woman from Chile who is deaf. Two years ago we hosted a WILD delegate from Ethiopia who is blind. ... We like to learn about and from people from different parts of the world and, in fact, have stayed in contact with and visited almost all of the delegates we have hosted.

“None of the delegates we have hosted had ever met someone who is Jewish, so they learned a bit what it means to be Jewish. They learned about our children and we learned about their families. Hosting a woman who is deaf and another who is blind was a new experience for us ... we learned different ways of communicating and sharing stories and adventures.”



Hanan Mohsen Ibrahim Aly from Cairo, Egypt, shares a moment with her host Rabbi Yitzhak Husbands-Hankin.

EXHIBIT EXPLORES LIVES AND WORK OF WOMEN WITH DISABILITIES



KIEFELPHOTOGRAPHY.COM/MIUSA



KIEFELPHOTOGRAPHY.COM/MIUSA

“Brilliance and Resilience” is on display at Temple Beth Israel, 1175 E. 29th Ave., in Eugene, through October. The exhibit includes photographs and vignettes of 30 women with disabilities who have participated in Women’s Institute on Leadership and Disability programs. For information on viewing the exhibit at TBI, call 541-485-7218. For information on hosting the exhibit or helping to MIUSA publish a book based on the exhibit, contact Susan Sygall at 541-343-1284, ext. 25, or sygall@miusa.org.

FOLLOWING ARE EXCERPTS FROM TWO VIGNETTES.

EKAETE UMOH

IN NIGERIA, MY CULTURE PLACES SO MUCH EMPHASIS ON THE PHYSICAL BEAUTY OF GIRLS AND WOMEN. As a polio survivor, I know that this notion causes most women and girls with disabilities to perceive our bodies as being unattractive and unacceptable. In turn, women and girls with disabilities treat their bodies with less value, which of course has serious implications for their sexual and reproductive health and rights.

I founded the Family Centered Initiative for Challenged Persons for which I am the executive director. ... Through our efforts, women with disabilities gradually began to be included in organizations that focus on women’s reproductive rights, HIV/AIDS and domestic violence prevention. Our sisters now have better access to information on health matters and are able to make informed decisions and better choices concerning their health and rights.

I have represented Nigeria in a number of international conferences ... advocating for the social inclusion of women with disabilities in all development efforts.

I dream of one day becoming a parliamentarian to be able to influence laws and policies, so that I can positively affect the lives of people with disabilities. I dream of a time when women and girls with disabilities will not be addressed by the barriers they face because of a disability, but by their accomplishments in their various fields and communities.

RUTH ACHEINEGEH

I GREW UP HAVING TO BEAR THE SHAME OF MY PHYSICAL DISABILITY. I was not allowed around my other family members because my disability was thought to have been communicable. The biggest challenge I faced was being a part of society.

In Cameroon, having a partner is not based on love, but on your finances, especially for women with disabilities. I will never have a choice in whom I marry, or why I marry them. Just as I have felt unloved, I have also experienced violence.

People with disabilities in Cameroon face many other challenges. The percentage of people with disabilities receiving education in my country is very low and people still lack good medical care.

I wanted to do something to improve the situation for my disabled sisters. I decided to study information technology because access to information in my country is very difficult. ... I formed a women’s forum ... (and) have been involved in mobilizing the population to register for and monitor elections in Cameroon.

I want to see the UN Convention on the Rights of Persons with Disabilities ratified and implemented in Cameroon. ...The mindset to accept every person – whoever that person might be – would go a long way towards bridging the gap between disabled and nondisabled people. To be truly inclusive, we leave nobody behind.

HONESTY, INTEGRITY, EXPERIENCE.



KEITH BERNE, BROKER

RE/MAX EQUITY GROUP

Direct: 503-734-6646

Office: 503-245-6400

Search all homes online at

KeithBerne.com

kberne@equitygroup.com



"I was on the accessibility committee," says Sygall. "TBI clearly values the environment and accessibility."

TBI's Rabbi Yitzhak Husbands-Hankin met Sygall when she first moved to Eugene and he worked in disability rights advocacy. They became close when Sygall and her partner, Tom Broeker, joined the *moshav* (cooperative Jewish retreat center) Husbands-Hankin and his wife, Shonna, founded south of Eugene in 1983. The rabbi agrees that TBI values accessibility: "The seeking of *sbleimut* – wholeness as a community – is a value that is expressed through our commitment to work toward accessibility. If individuals who have disabilities are marginalized or, even worse, excluded or embarrassed by our shortcomings in accessibility, we diminish the wholeness of our community. Additionally ... to remove barriers that limit the participation in society of people with disabilities is an act of *tikkun olam* – rectification of the world."

Those values have prompted TBI to open its doors to some of the WILD sessions, provide host families for some of the WILD participants and host the premiere exhibit of "Brilliance and Resilience," 30 images of, and vignettes by, past WILD participants. The exhibit includes photos by internationally known photographers Darcy Kiefel, Brian Lanker and Paolo Giantruco. Kiefel donated her talent again this year to create portraits of this year's participants.

"The exhibit brings attention to the power of disabled women activists and the work they are doing around the world," says Sygall, who hopes it will become a traveling exhibit and ultimately a book.

"This can be a vehicle for social change," she says. "We want young disabled girls to grow up with a strong sense of who they can be and to have strong, disabled women as role models."


Husbands-Hankin likewise praises the exhibit: "In reading the narratives that accompany the stunning photos of women who have participated in the WILD conferences, it is clear that these women have suffered from horrible injustices in their countries. ... This exhibit is a precious opportunity to awaken new levels of awareness both about the urgency of working for human rights for people with disabilities as well as to recognize and celebrate the heroic efforts and accomplishments of these women."

Husbands-Hankin also praises Sygall. "I admire and wholeheartedly respect the work she is doing to elevate the human condition globally. She is a brilliant organizer with a warm and fun-loving demeanor. Her work is passionate and visionary, fueled by her yearning to make the world a more humane place. Her parents, of blessed memory, were inspiring survivors of the Shoah who modeled for Susan a positive, confident strength and an ability to overcome whatever challenges life might present."

Sygall says the Holocaust interrupted her parents' education and neither finished high school, though her father was self-taught in nine languages. In 1938 her mother, Lisa (Koenig) Sygall, won a bronze medal in the Austrian figure skating championships and went on to place 12th in the world championships. She fled to Britain, where she became a volunteer on a fire brigade that put out fires in London during the war. Her

father, Michael Sygall, lived along the Polish/Russian border. The couple met in London, married and moved to the United States.

Husbands-Hankin adds, "When Susan was severely injured as a young woman, those qualities helped her to find her pathway through the most difficult times. She took up the challenge to utilize her personal experience of disability for the transformation of the social conditions that add so greatly to the challenges of the physical disability itself."

Sygall's vision has been widely recognized by others over the years. She won the MacArthur Fellowship, nicknamed the Genius Grant, in 2000; the President's Award in 1995; Women of Valor Award, TBI, 1995; Disabled Oregonian of the Year, Oregon Disabilities Commission, 1994; and many other awards. She was named to the group of Women to Watch by *Jewish Woman Magazine* in 2001, and in 2011 she was awarded an honorary doctorate from Chapman University. 



VIC ALFONSO Cadillac
Oregon's #1 Volume Dealer for Cadillac
Phone: 1 (800) 875-CADY
Local: 503-233-6451

Call Ed Kriegal
General Sales Manager
503-720-9573

THE ALL-NEW
Cadillac SRX

THE ALL-NEW
Cadillac CTS

633 NE 12th Ave.
Portland, OR
www.vicalfonso.com
503-233-6451

633 NE 12TH AVE.
PORTLAND, OR
503-233-3451

Putting the mitzvah into b'nai mitzvah

As they come of age, these young people follow their passions to help others

by Vanessa Van Edwards

The bar and bat mitzvah process is filled with learning, faith and celebration. For many Oregon students another important aspect is finding a community service project that resonates with them. In this way, bar and bat mitzvah students not only prepare for their special day by studying Torah, but also endeavor to learn about *tikkun olam*, or healing the world. We have featured a number of students from around Oregon and what inspired them to choose their unique b'nai mitzvah projects.

For the Love of Animals

Molly Benson is a true animal lover. Therefore, it was no surprise that for her bat mitzvah on June 9 at Congregation Shaarie Torah she decided to work with the nonprofit Oregon Friends of Shelter Animals.

OFOSA's mission is to reduce the number of adoptable animals euthanized in shelters, restore them to good health, and through adoption, provide them permanent, loving homes. Molly had already worked with OFOSA for two years when she decided to dedicate more time and energy to the organization as part of her bat mitzvah project.

For Molly, supporting the animals is paramount. "I love animals and want to make sure they get into good homes," says Molly. As dogs wait for adoption, Molly walks, plays with and cares for them. She also brings pet food, toys and blankets. She has helped with a number of adoption events held at her local PetSmart, encouraging Portlanders to bring a furry friend home with them.

Over the course of her project, she learned that part of being a Jewish adult is giving back. "It's important to give to the world, and I have been taught that part of adulthood is giving to charity," explains Molly.

Her work with animals will not end with her bat mitzvah. Molly says, "I plan to continue this project because the people were friendly and the animals are lovable."



Molly Benson



Jonah Pappas is joined by his dad, Tony Pappas, at the Torah. Photo by Christopher Becerra

Ritual and Ethical Mitzvot

On his 12th birthday, Jonah Pappas realized he had it all. With his birthday approaching, he decided to ask for donations for people in the community instead of gifts.

"When I realized I had everything I need, I realized I could help others instead of getting gifts," says Jonah. He decided to help a nonprofit called Vina Moses, which accepts donations and then provides used clothing, household goods and emergency financial assistance to residents of Benton County.

After raising \$463 for his 12th birthday, Jonah decided to continue with the project for his bar mitzvah at Beit Am in Corvallis on May 5. He made it his mission to solicit financial donations as well as material goods that could be given to Vina Moses' families in need.

"I asked my Boy Scout Troop, my homeschool group and my synagogue to try to get donations," says Jonah. In addition to the \$463, Jonah received more than 20 bags of toys, clothes, appliances, stuffed animals and more, as well as a check for \$183.

Jonah's favorite part of the project was bringing the donations to Vina Moses. He reminisces, "When I gave the check to the woman who runs Vina Moses, her smile just made me feel so happy, it was amazing!"

Jonah believes service projects bring balance to the bar mitzvah process. "I think service projects are important because, my bar mitzvah gave me experience in ritual mitzvot like lighting Shabbat candles, but service projects allow you to experience the ethical mitzvot like helping people. I think you need a balance of both."

Jonah attributes his mature outlook to his house full of Jewish values and intends to continue helping others wherever he can.

More stories on page 34



ELEVATE YOUR EXPECTATIONS

An inspired setting for memorable occasions. Bar/Bat Mitzvah for up to 500 guests.



525 SW Morrison Street Portland, Oregon 97204 tel 503 222 9996 WWW.THENINES.COM

Plan Your Dream Simcha!

Flexibility to meet all of your bar/bat mitzvah needs!

Bar/Bat Mitzvah Parties from start to finish!

- Services
- Catering
- Pool Parties
- Dance Parties
- Sports Parties

Book Your Event today!

Bethany West
Rentals & Events Manager
503.535.3634
bwest@oregonjcc.org

MJCC
MITTLEMAN JEWISH COMMUNITY CENTER

FIND YOURSELF AT THE
www.oregonjcc.org



Abigail Edwards

Making a Safe Home for Infants

Abigail Edwards loves helping children and believes every child deserves a safe haven. Abigail decided to volunteer at the Relief Nursery for her upcoming bat mitzvah at Temple Beth Israel in Eugene on Dec. 29.

The Relief Nursery is a nonprofit child abuse and neglect prevention agency that provides a safe environment for families and children. Abigail decided to work with the Relief Nursery because she sees how important it is for high-risk families. "The kids are in a tough place, and I believe everyone should have a place where they feel safe," says Abigail.

Besides playing with the children, Abigail feels that helping others also has taught her valuable lessons. "Doing something completely selfless can teach you about what's going on around you," she explains.

Her mother, Kelley Edwards, adds, "Abby gets to see young children in real need, not just wanting iPods."

Abby and Kelley are able to volunteer together. A surprising benefit for the Edwards mother and daughter is that the Relief Nursery does not allow volunteers who are under the age of 14 to volunteer without a parent, so Abby and her mother get to give back and bond at the same time.



Sisters Abby and Alana Cogen

Sisters Unite for Africa

Abby and Alana Cogen, despite becoming b'nai mitzvah a year apart, decided to unite and support the same cause for their bat mitzvah preparations. Both girls were inspired when their father gave them a new perspective on a simple pair of shoes.

"My sister and I both wanted really expensive shoes. We asked our dad if we could get them and he started to explain that many kids in Africa don't have shoes at all. This inspired us to start raising money to help kids in Africa," explains Abby.

The girls have chosen a number of African nonprofits to support, such as the Itafari Foundation, the Africa AIDS Response, Project Rwanda and Nothing But Nets. They also chose to support Portland's sister city, Mutare, Zimbabwe.

Alana's bat mitzvah was on April 9, 2011, and Abby had hers on Sept. 1, 2012, at Congregation Neveh Shalom. Both girls started the project long before that.

"The girls developed and were committed to this project before they knew that a service project would be a part of their bat mitzvahs. So, it was natural for them to continue to focus on and raise money for it," according to Arlene and Mitch Cogen, parents of Abby and Alana.

For Alana, this project is extremely important. "I think it's important for everyone to have the basic necessities in life and to be able to drink, eat and stay healthy in their home environment. And get an education," says Alana.

Abby also loves helping those in need and sees it as an important part of her Jewish identity. "An important part of Judaism is giving back, and this teaches you to give back to your community," says Abby.


Both girls plan to continue on with their project and are making their parents proud in the process. Their parents say, "When Alana and Abby put their minds to it, they accomplish incredible things. We are so proud of them and their achievements."

Supporting Campers

When Claire Rosenfeld could not decide what to do for her bat mitzvah service project, she dug deep into her most special memories. "I thought about things that meant a lot to me," says Claire.

She realized the B'nai B'rith camp was a huge part of her childhood and family heritage. For her bat mitzvah on May 19 at Congregation Beth Israel she started a fund to provide enough income to support a scholarship or campership each summer for at least one person at B'nai B'rith camp.

Claire has attended camp for five years and had family members who attended and contributed to the camp before her. "Both of my parents attended BB camp; and my grandfathers, Lloyd Rosenfeld and Mort Nemer, and my great-grandfather Harry Nemer helped start it," explains Claire.

Claire hopes to continue to grow the fund every year so that more campers can benefit. She says, "Service projects help focus my family and friends, as well as myself, on things that other people need. A bat mitzvah means becoming a part of a Jewish community and taking responsibility for one's community." 



Claire Rosenfeld

Sterling

TALENT
INCORPORATED

**FREE
CONSULTATIONS**



An 80's music revolt starring a nice Jewish Boy.....
Radical Revolution



Big Night Out



Interactive Rock Party

**Portland's leading
supplier of top quality
entertainment packages:**

Bands, DJ's, interactive entertainment options, theme parties, comedy, celebrity impersonators, and more. Fresh, innovative and uniquely customized to give your event the **WOW** factor!

Call Becky at 503-590-5840
www.SterlingTalent.com | email: becky@sterlingtalent.com



IMAGES
By Floom
PHOTOGRAPHY

503-245-3676
www.imagesbyfloom.com

BH

Special
Section

[BAR/BAT MITZVAH]

Special bat mitzvah

by Deborah Moon

When Hannah Sturman became a bat mitzvah in February, it stirred many emotions in the Neveh Shalom community. Hannah and her younger brother Mitchell have a rare brain disorder in which the two hemispheres of the brain do not communicate with each other.

Congregation Neveh Shalom for many years hosted a community-wide Sunday school class for children with special needs in collaboration with Jewish Family and Child Service's TASK disability awareness program. Now most congregations, including Neveh Shalom, integrate these students into their regular classes. B'nai mitzvah celebrations for young people of all abilities have become much more common.


"Fifty years ago my sister attended a Jewish preschool with a neighbor's child with Down syndrome," Neveh Shalom Rabbi Daniel Isaak wrote in an email titled *Hannah Sturman and the Multi-Tissue Bat Mitzvah*. "I remember it because it was so unusual. Children with developmental delays were hidden and largely not spoken of. The families, so overwhelmed with caring, often disappeared from active involvement in the community. Those memories are what made Hannah's bat mitzvah last week so very memorable."

During the service, Hannah's father, Lee Sturman, shared his thoughts about Hannah and the community's support. "Isabel and I couldn't manage our lives without your help and support," he noted.

Though he knows little about Zen Buddhism, he said he feels its precepts describe some of Hannah's wonderful attributes.

"Hannah, in her 15 years of life, has attained the absolute highest level of Zen," he said. "In my opinion, she has the purest soul of anyone I have ever met. She is totally liberated from the problems and issues which the rest of us struggle with on a daily basis. She has no ulterior motives, no secondary agendas. She is totally in the moment with whatever she is doing and she is happy and she is joyful."

Isaak said that on her big day Hannah greeted everyone with great delight and seemed to dance with enthusiasm on her way to the bimah.

"We want all of our children to delight in their community and Jewish identity, whatever that might mean to them," concluded Isaak. "We will not hide our children. We will do all we can to include and mainstream them, to provide support to families however we can." 



Hannah Sturman, who does not speak due to a rare brain disorder, uses gestures, a flipbook and tablet computer to communicate during a rehearsal for her bat mitzvah at Congregation Neveh Shalom earlier this year. Hannah (center) is joined at the bimah by (from left), Cantor Deborah Bletstein, Isabel and Lee Sturman, and Rabbi Daniel Isaak. Photo by Deborah Moon

Everything
JEWISH



GIFT CERTIFICATES
AVAILABLE

Large Selection of...

*Taleism
Yarmulkas/Kippahs
Candlesticks
Tefillin
Kiddush Cups
Cards & Gift*

(Including extensive jewelry collection)

SUNDAY 11-3

MONDAY - THURSDAY 10-6

FRIDAY 10-1

6684 SW CAPITOL HWY
PORTLAND, OR

■ 503.246.5437 ■

INFO@EVERYTHINGJEWISH.BIZ



Learning varies to meet individual challenges and strengths

By Polina Olsen


While every child has individual needs when it comes to bar and bat mitzvah preparation, youngsters with mental and physical disabilities have unique challenges and strengths. As the director of congregational learning at Neveh Shalom and mother of a son with Asperger's syndrome, Mel Berwin's interest in working with all children runs deep.

"At one time there was a special class for kids with disabilities," Berwin said. "Now, all of the kids are fully integrated into our community and our learning program." Challenges include everything from attention deficit hyperactivity disorder and dyslexia to autism spectrum and Down syndrome. The standards and template for what kids do for their bar or bat mitzvah expands and contracts according to each child's abilities.

"The relationship starts in school between the parents, child, teachers and myself," Berwin said. "We identify who needs tutoring or individualized learning plans earlier than the typical one-year schedule for bar and bat mitzvah." Plans might include extra attention and help from teenage volunteers (*madrichim*).

"Some of the teenagers who work in our Sunday and weekday afternoon program have special needs themselves," Berwin said. "They are models for our students, leaders in the community and an important message for our kids."

Berwin also works with Neveh Shalom's professional tutors. Some, like Eddy Shuldman and Deborah Freedberg, have years of experience with special needs. "Eddy's background is in special education, and it is a blessing that she works with so many of our children, including those with special needs," Berwin said. "Deb has been working with my son, and with her help and relationship he is now able to come to our downstairs minyan and lead prayers on a regular basis."

According to Berwin, adapting the bar and bat mitzvah ceremony for special needs children always concerns parents. "My son didn't talk to other children until he was about 6, so I couldn't imagine him standing up in front of a congregation," she said. "We have always said, 'How you celebrate your bar mitzvah is up to you.' We could have it in the living room with 10 adults. Neveh Shalom has so many davening spaces we are able to meet special needs. Sometimes a child will want a weekday instead of Shabbat, or might do a havdalah service. It's equally meaningful to them. The relationship the staff builds with the kids and each other makes everything possible." 



The RobLevy Team

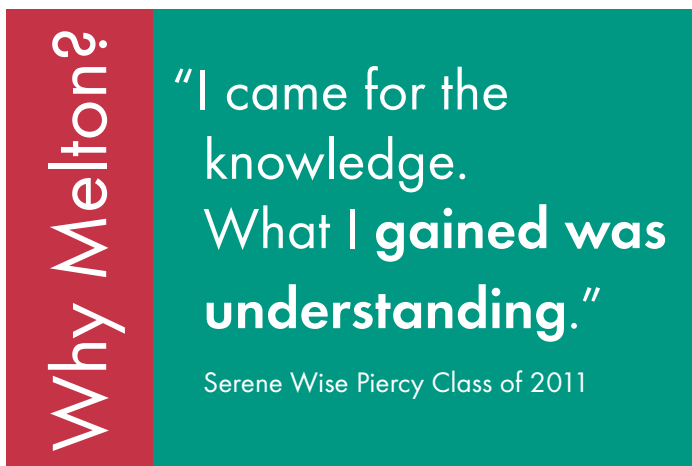
*One of Portland's
Top Producers
for 24 Years*

**Now more
than ever,
Experience
matters.**

www.RobLevy.com
rob@roblevy.com
(503) 906-1444

**KELLER
WILLIAMS**
(503)
906-1444
The RobLevy Team

Rob Levy, Principal Broker/The Rob Levy Team
9755 SW Barnes Road, Suite 560, Portland, OR 97225



Why Melton?

**"I came for the
knowledge.
What I gained was
understanding."**

Serene Wise Piercy Class of 2011

 **the florence melton school
of adult jewish learning**
A PROJECT OF THE HEBREW UNIVERSITY OF JERUSALEM 

Inspiring Teachers • Welcoming Classes!
Offering curriculum from Hebrew University in Jerusalem!

Register NOW!
Classes begin **OCTOBER 16!**

Supported by
Jewish Federation
OF GREATER PORTLAND 

For more information visit **www.meltonportland.org**
503.384.2476 • learn@meltonportland.org

Decorations, venue set the scene for parties by Polina Olsen



Becoming bar or bat mitzvah takes study, commitment and a lot of hard work. When the big day comes, many say it's time for a party. And, like any celebration, decorations make the event stand out and

shine. From simple to sky's-the-limit, design decisions affect ambiance and mood.

DECORATIONS

"What's fun about a bar and bat mitzvah is the chance to celebrate what makes the person unique," said Hailey Bernstein of Zest Floral and Event Design (www.zestfloral.com, 503-887-1544). The daughter of Tom Stern of Lake Oswego and granddaughter of Jerry and Helen Stern, Bernstein and her family have helped

Portlanders celebrate for generations. Now, she handles events from soup to nuts.

"It's showcasing the personality and what he or she is interested in," Bernstein said. She advises involving the child as much as possible in the event planning. "Is it baseball, animals or the color pink? It's about a great accomplishment and making the event true to whoever the person is.

"We had one bat mitzvah where the girl loved candy, so we had a dessert lounge," Bernstein continued. "It was such a hit. You'd expect the kids to swarm over it, but it was really the adults. After the candle ceremony, we opened the drapes, and it was like a candy land. Even the cake replicated the bat mitzvah girl's dress."

"Fun linens are a great way to bring in color," Bernstein said. "For the candy bar, we had black-and-white cabana stripe napkins, and we've used sequins. Some boys aren't into dancing, so we set up Wii or casino games. The theme can be baseball or a carnival with concession stands."

Ideas for creating the perfect space include clusters of balloons, inexpensive glitter and gift baskets of colorful favors like socks. Don't forget a sign-in book or welcome sign.

At Havurah Shalom, centerpieces often reflect the celebrants' tzedakah project. One girl who helped at the Oregon Food Bank displayed cans of food, while Humane Society volunteers often showcase animal photos.

VENUES


Jennifer Greenberg, the program director at Congregation Neveh Shalom, had her own event design business for several years. She recommends considering your synagogue's facilities first.

"There are advantages in planning your simcha at a synagogue," Greenberg said. "You are in the crux of your community. It's a relatively affordable option, and you're supporting your community.

"Our caterer can do fun things like cotton candy or popcorn machines or a kosher mini-donut maker," she continued. "We've had a circus-theme event with stilt walkers and fried Oreos. A bat mitzvah in our courtyard had a long buffet running around the side and a sweet puff of color on each table. Spaces are transformable, and there are a lot of options. Think outside the box, anything is possible."

The Mittleman Jewish Community Center is another popular venue for bar and bat mitzvah celebrations. From services to pool parties and dance parties, the MJCC provides a versatile space, catering and access to everything necessary to create an amazingly memorable experience for the bar/bat mitzvah.

Nature and fun combine for interesting venues at The World Forestry Center, which has an extensive caterer's list to meet any budget or menu need. The natural slate dance floors of Miller Hall and Cheatham Hall, which has the option of a rotating mirror ball, create an atmosphere for a perfect dance party.

For families wanting time together while everyone is in town for the big day, Mama Mia's is a perfect venue for a pre bar/bat mitzvah family dinner, with seating for up to 30 people. 

Oregon's Original Sephardic Synagogue



Free B'nei Mitzvah Lessons

for your son or daughter as they prepare for their big day!

Learn what it means to become a Bar/Bat Mitzvah, to read from the Torah, and the ideas behind this special day.

Rabbi Kaplan engages each child according to their level and in topics that are of interest to them.

Contact our synagogue office today to begin your child on this wonderful journey to adulthood.

(503) 227-0010 • www.AhavathAchim.com

- Services conducted in the Sephardic and Israeli Custom
- Welcoming Jews of all background
- Friday evening services every week at sunset
- Shabbat morning services at 9 am, followed by lunch and festive Kiddush



Rabbi Michael Kaplan
Office: (503) 227-0010
Cell: (503) 610-3850
rabbi@ahavathachim.com

Congregation Ahavath Achim

3225 SW Barbur Blvd, Portland • www.AhavathAchim.com



Non denominational. Egalitarian. Education.

Join us for **FREE** religious education.

Jewish learning is fun!

For new and unaffiliated families K-12.

* **Community**

* **Celebration**

* **Connection**

Contact Shaarie Torah for more details.

503.226.6131 | www.ShaarieTorah.org
920 NW 25th Avenue | Portland, Oregon 97210

Support our dog's Hebrew education!

Students Give the Gift of Sight to Israeli Blind



Students are urged to help sponsor a puppy, either as a class Tzedakah Project, or as a Mitzvah Project for their Bar or Bat Mitzvah, to assist blind Israeli veterans and civilians in regaining their lives.

So, give a blind Israeli a new life.

You'll see your own life in an entirely new way.



**Israel Guide Dog Center
for the Blind**
Share Our Vision

For information call **215-343-9100**
968 Easton Road - Suite H • Warrington, PA 18976

www.israelguidedog.org

Celebrate your Bar/Bat Mitzvah at the World Forestry Center



Lyndsey Sammons Photography

*Our list
of over 15
caterers
gives you
plenty
of options!*



**WORLD
FORESTRY
CENTER**

Washington Park, Portland, OR
worldforestry.org
503.488.2101

TRADITIONS

With the extensive time commitment to prepare for a bar or bat mitzvah, how can congregations make this an exciting time for students that will inspire them to make Judaism an ongoing part of their lives?

Rabbi Debra Kolodny

Congregation P'nai Or



Renewal
Portland

P'nai Or's Simcha Sunday School and I prioritize instilling a sense of joy, wonder and blessing in Jewish learning, prayer and practice for students

from the earliest ages on. By the time they approach their b'nai mitzvah preparation, most are quite excited to be diving into their new adventure as teachers of Torah. They work with diligence and commitment to cultivate their prayer and *leyning* skills, despite the time required. Principal Rivkah Coburn and I work closely with students during their preparations, exploring with the students their relationship with G-d, observance, and the challenges of fitting the work into their schedule, so they know that their community cares as deeply about their soul as about their skills. Preparation includes a mitzvah project, which each student chooses for him or herself, to nourish the student's passion for social justice, *gemilut hasidim* and *tikkun olam*. The choice ensures interest, excitement and commitment both for the project and for leading a life of civic engagement.

I also meet with the entire family of each student to explore what elevation or enrichment of their home-based observance will be most meaningful, so they can learn and grow together in Jewish commitment, leading to enduring home-based support and enjoyment of ritual and celebration. Finally, our Post B'nai Jews (PBJs) – the teens who remain committed to P'nai Or after their big event, and who continue to learn, play and care for one another – provide a fun and supportive “next step” for communal Jewish engagement.

Rabbi Kenneth Brodtkin

Congregation Kesser Israel



Orthodox
Portland

The famed *tzaddik* Rabbi Aryeh Levin left his impoverished home at an early age, some two years prior to his bar mitzvah due to

pressing economic circumstances. One day, the uncle under whose care he fell realized that the boy was past the age of 13. He informed his nephew that he was now a bar mitzvah, and the boy immediately wrapped himself in *tefillin*. Then, he took several months off from school so that he could work and purchase his own set of *tefillin*. No dance party. No band or caterer. Just *tefillin*. And in spite of this deprived bar mitzvah experience, Aryeh Levin grew up to be one of the greatest disseminators of Judaism in recent memory.

We would not want our children to live in such circumstances – but there is an important lesson here. The essence of the bar or bat mitzvah is the second word of the phrase – mitzvah! The implication of this story is that having absorbed the example of devotion to mitzvot, the young Rabbi Aryeh intuitively appreciated what it means to be Jewish. Both our history and sacred tradition teach that impassioned observance of mitzvot is the single key to Jewish identity in all times and places. That was the lesson of this bar mitzvah.

Our children are busy, but they are also deeply impressionable. They absorb our values and attitudes towards Judaism. We need to inspire our youth with an example of adults – parents, teachers and rabbis – who are passionate about the mitzvot. Further, we need to work with each boy and girl during the bar/bat mitzvah preparation to learn deeply about one particular mitzvah which resonates within them, and help them to commit to long-term observance of that mitzvah, as they continue to grow as young Jewish adults.

Rabbi Michael Z. Cahana

Congregation Beth Israel



Reform
Portland

Without fail after every bar or bat mitzvah, one or more guests says to me some variation of “Thank you. This is my first time in a synagogue.

I wish my church had something as wonderful as this ceremony for our young people.”

Bar/bat mitzvah represents a significant achievement for a maturing child. Like any great achievement – sports match, musical recital, theatrical production – there is a great deal of preparation before the public event. The fact of that preparation – the hard work, overcoming difficulties, learning time management – is what makes the achievement so remarkable. Bar/bat mitzvah is a ceremony that acknowledges a young person has made a commitment to his or her Jewish heritage, has mastered the basics of Jewish language and prayer, can read from our sacred scriptures and can explain what it means in a personal way. It is a link to family, community and Jewish history. For perhaps the first time, the young Jew is asked to be part of something greater than his or her own self. It is a timeless and priceless moment, for which parents, friends, family and community are justifiably proud.

Synagogues create the environment of learning with peers and forging their own community. By sharing with other young people, students celebrate and honor each other's accomplishments. One of my favorite parts of the bar/bat mitzvah service is watching classmates cheer the bar or bat mitzvah on. They are proud and share in each other's joy.

But it is just the beginning.

Continuing their Jewish connection throughout high school, as most of our students do, creates an even deeper bond with each other and with their Judaism. The inspiration comes from teacher, rabbis, cantors and especially from each other.

Synagogues are where our young people learn what it means to be a Jew.




Rabbi Arthur Zuckerman
 Congregation Shaarie Torah
 Contemporary/Independent
 Portland

Our students can't wait to give up their free time to learn their *haftarah*. They wouldn't think of skipping their lesson to go to a soccer game or dance rehearsal or just to hang out with friends. *Not!*

This is the alternate universe that lives in my mind. Dealing with reality, however, bar/bat mitzvah lessons have tough competition from other activities. At Congregation Shaarie Torah we understand this and offer a class on Wednesday nights for our teens in sixth to 12th grade. Our weekly "hot topics" deal with issues such as gossip, peer pressure, bullying, sexuality, modesty, alcohol and drugs. Torah lessons examine issues of jealousy and gratitude (among others). Once a month, the teens engage in a mitzvah project outside the synagogue to help the community. Our focus is not only for the kids to learn their *haftarah*, but to learn how to *daven* in a

synagogue so they will feel comfortable wherever they go. They learn how to discuss sensitive, contemporary issues with a Jewish perspective. Each needs to learn to become a mensch.

One of the things I do with each student and his or her family is to remove the *tzitzit* the student's tallit came with, and show the family how to replace them with new *tzitzit* that include one blue thread. The *tzitzit* are the important part of the tallit, with each knot and strand and color in it having symbolic meaning. I teach the students and their parents what each symbol means. In the future, the students will remember their parents and grandparents who worked on this tallit with them, and they will remember this lesson and all of the mitzvot associated with it – mitzvot that they hopefully will perform for the rest of their lives, and teach unto their own children one day. 



LEGENDARY CELEBRATION

The Benson
 A COAST HOTEL PORTLAND

CELEBRATING 100 YEARS OF LEGENDARY EXPERIENCES

The Benson Hotel is the perfect place for your celebration. We offer Kosher Kitchen, full catering, stunning accommodations and an experienced staff to assist with every aspect of planning.
 Contact: Andrea Russell / arussell@bensonhotel.com / 503.219.6706

CHEF'S CORNER

Mashed Potato Bar a hit for bar mitzvah guests of all ages

A Mashed Potato Bar can include a wide range of toppings. Ingredients for Lisa's **Ancho Chile Mole** include ancho and guajillo chiles along with raisins, almonds, cinnamon, tomatoes and chopped Mexican chocolate.

Photos and Story by Lisa Glickman

Our son Laz recently turned 12, and that means that very soon I will need to plan for his bar mitzvah celebration. It's a big job making sure he's on top of his Hebrew studies and laying the groundwork for his much-anticipated party to commemorate his becoming a bar mitzvah. He has been studying Hebrew for a couple of years now, and he is really looking forward to his day on the bimah followed by a fun party for his friends and family.

Once he becomes a bar mitzvah, he is old enough to understand and accept the obligations of the commandments. It is traditional for the bar mitzvah to read from the Torah in in synagogue, followed by a casual luncheon for family and guests. Sometimes people also plan a nighttime party with a theme specifically for the bar mitzvah boy, with

entertainment and games tailored to him and his friends. These parties can range from casual gatherings to very elaborate celebrations. Whatever type of affair you choose, planning the food for these parties can be tricky because it must be age-appropriate for the kids as well as something the adults can enjoy too. Pizza, sliders and wings may all be great kid fare, but more mature folks might want a menu that is a bit more sophisticated.

I recently created a "mashed potato bar" that included creamy whipped potatoes along with several tasty toppings that everyone could choose from. The potatoes and toppings resemble a savory sundae bar with offerings that include shredded cheeses, caramelized onions, chopped scallions, toasted pumpkin seeds, sour cream and a spicy-sweet ancho chile mole sauce.

Scoop the potatoes into martini glasses and offer all the toppings in bowls on the buffet so guests can add the extras according to what they like.

The "Mashed Potato Bar" was a hit when I first prepared it, with many of the guests returning for seconds to try variations of all the toppings. They especially loved my homemade ancho chile mole sauce, for which I have included the recipe. Mole is a sauce that originates in Mexico and is a generic name for a number of sauces used in Mexican cuisine. No mole is quite the same and moles can be referred to in many different ways including black, red, yellow, Colorado, green, almendrado or pipian. The sauce is most popular in the central and southern regions of the country. This mole is made with ancho and guajillo chiles along with raisins, almonds, cinnamon, tomatoes and chopped Mexican chocolate. The

HERE ARE SOME OTHER GREAT TOPPING IDEAS:


Vegetables and Cheeses

Mozzarella, cheddar, Mexican or shredded Parmesan | Cottage cheese | Chives | Chopped scallions | Sautéed mushrooms | Caramelized onions | Fresh or frozen peas | Sliced olives | Roasted garlic

Sauces

Flavored sour creams, such as chipotle, truffle or cilantro | Ranch dressing | Sour cream | Seasoned butters | Marinara sauce | Alfredo sauce | Nacho cheese



Mexican chiles, cinnamon, oregano and chocolate can easily be found in a grocery store that has a good Mexican food section. This mole has a deep sweet and spicy flavor and can be used in many ways – from a sauce for grilled meats or vegetables to a topping for egg dishes or your favorite nachos. It takes a bit of work, but it can be made well ahead of time and can easily be frozen for up to a month. 

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



Ancho Chile Mole

- 8 Ancho chiles
- 8 Guajillo chiles
- ½ cup raisins
- 8 garlic cloves
- 1 large white onion, unpeeled and quartered
- ½ cup shelled almonds
- 1 3-inch canella stick (Mexican cinnamon)
- 1 teaspoon kosher salt
- 6 grinds black pepper
- ½ teaspoon dried thyme
- 1 teaspoon Mexican oregano
- 6 Roma tomatoes
- 2 tablespoons vegetable oil
- 1 tablet Mexican chocolate, chopped
- 3 cups chicken or vegetable stock

Cut the chiles open vertically and remove the stem and seeds. On a hot comal or griddle, “toast” the chiles on both sides, flattening with a spatula, until their skins blister and colors change. Put the chiles in a bowl. Add the raisins. Cover with boiling water and soak for at least 30 minutes until softened. Drain the chiles and raisins (keep some of the liquid) and puree in a food processor, adding a bit of the liquid if needed to form a paste. Strain mixture through a medium sieve or food mill into a bowl. Place unpeeled onion and garlic on griddle and toast until brown. Discard blackened peels and put onion and garlic into food processor. Toast the almonds and canella. Put into food processor with onions and garlic. Add salt, pepper, thyme and oregano. Puree the mixture, adding stock if necessary. Strain the mixture into the bowl with the chilis, pushing on the solids to get as much as possible. Cut the tomatoes in half and toast on griddle. Puree tomatoes and strain into separate bowl. Heat the oil in a large deep pot. Add the chile mixture and cook, stirring for a few minutes. Add the tomato puree and stir for a few minutes more. Add the chocolate and more broth. Lower the heat and simmer for 20 minutes. The sauce should be as thick as heavy cream. Add more stock to thin the sauce if necessary. Taste and adjust seasoning, adding more chile water if you like it spicier!

Exotic and Gourmet toppings

Smoked salmon | Chopped fresh herbs | Pesto | Salsa verde
 Ancho chile mole sauce (recipe follows) |
 Sautéed spinach with garlic | Roasted red peppers |
 Mixed grilled vegetables | Dipping oils | Sliced toasted almonds
 Toasted pumpkin seeds

BOWERY
BAGELS

WE ARE PROUD TO ANNOUNCE OUR BAGELS
 ARE NOW CERTIFIED KOSHER PARVE BY OREGON KOSHER.

503-227-NOSH (6674)
 310 NW BROADWAY PORTLAND, OR 97209
 7AM-2PM DAILY



WE CAN CATER YOUR EVENT!
WWW.BOWERYBAGELS.COM

FIRE ON THE MOUNTAIN
 BREWERY

BEST WINGS IN PORTLAND!
 NOW BREWING OUR OWN BEER.
 FEATURING FREE-RANGE WINGS
 AND 12 HOMEMADE SAUCES.
 OUTSIDE SEATING AT ALL 3 RESTAURANTS.

Interstate
 4225 N. Skidmore
 Portland, OR 97215
 503.280.WING

Burnside
 1708 E. Burnside
 Portland, OR 97215
 503.230.WING

Fremont
 3443 NE. 57th Ave.
 Portland, OR 97213
 503.894.8973



Busch creations help fill culinary void with *hot, spicy* wings



by Kerry Politzer

Fire on the Mountain Buffalo Wings has become a Portland institution since its opening in January of 2005. The restaurant is garnering national acclaim for its creative sauces, and it recently took home second place in the Creative Barbecue category at the National Buffalo Wing Festival.

Portland wasn't always so blessed with buffalo wings. Before the arrival of Fire on the Mountain, our city was voted the "Worst City for Wings" in the United States. Restaurant co-owner Jordan Busch moved here, in part, to fill this culinary void. "I was living in Colorado," he explains. "At the time, a friend of mine had just moved out to Portland, and he told us that there were no wings restaurants at all."

Busch had always had a penchant for chicken wings. He grew up attending a Reform temple in Long Island, NY, where he began to experiment with making hot sauces as a high-school student. "I used to make spicy peanut sauce way back in high school, and I even gave it to a teacher. I also made it at Super Bowl parties for friends and sold it at

Fire on the Mountain Buffalo Wings:
1708 E Burnside St. (503-230-WING), 4225 N Interstate (503-280-WING) and 3443 NE 57th Ave. (503-894-8973).

concerts and parking lots in Long Island." This peanut sauce is now a best-selling item on the Fire on the Mountain menu. Simultaneously sweet and spicy, it is inspired by Thai cuisine.

At any given time, Fire on the Mountain features 12 different sauces, all of which are Busch creations. He finds inspiration at restaurants and by improvising in the kitchen. "Sometimes I'll just go into the restaurant and throw things together. I like combining bold flavors, like fruits and spicy peppers." Many of his sauces feature this winning combination: raspberry habanero, mango chipotle, and whisky pomegranate.

The restaurant's El Jefe sauce is so spicy that it was recently featured on the Food Network's "Outrageous Food" program.

The OILERIE®
LAKE OSWEGO
Portland's Olive Oil Bar® Store!

- Sample Extra Virgin Olive Oils, Aged Balsamic Vinegars, and Nut Oils, all hand-bottled to order.
- A unique selection of gourmet foods: balsamic sauces, pastas, stuffed olives, and more!

438 1st Street Downtown Lake Oswego
503.675.6457 • www.oilerie.com

Find us on Facebook

Bombay Cricket Club Restaurant


Indian & Middle Eastern Cuisine
Hours: Sun - Thurs 5 - 9 Fri - Sat 5 - 10
503.231.0740
www.bombaycricketclubrestaurant.com
1925 SE Hawthorne Blvd · Portland, OR 97214



“I’m a chili head, a hot sauce fanatic,” says Busch. “I wanted to make something that was hard for me to eat.” Fire on the Mountain runs an El Jefe Challenge: if a diner can beat Busch’s record by eating 15 El Jefe wings in less than three minutes and 30 seconds, he will receive a T-shirt and a photo on the wall.

When asked why he is so obsessed with wings in particular, Busch replies that they make for a communal atmosphere. “All people from all walks of life are into big plates of wings. I like the concept of a casual wing joint where people get a little messy and eat spicy food and listen to some good music.” Fire on the Mountain now operates three restaurants in Portland as well as a brand-new location in Denver. The newest Portland location, a family-friendly eatery in Fremont, features an expanded menu, a microbrewery, a private party room and a patio with a fireplace. “For now, this is our ultimate vision,” says Busch.

Fire on the Mountain uses only free-range, organic chicken for its wings. Vegetarians also find something to cluck about; the restaurant is famous for its vegan chicken wings, which are surprisingly close to the original. A stick of sugar cane mimics the chicken bone. Many of the dipping sauces are vegan as well. Other non-meat options at the restaurant include pizza, salads, and French fries. During Hanukkah last year, he added latkes to the menu.

Fire on the Mountain Buffalo Wings is open seven days a week. For more information, visit www.portlandwings.com. 

Food and travel writer and jazz pianist Kerry Politzer is a recent transplant from New York. She greatly enjoys the Portland food scene. She has written for *WHERE Traveler*, *IN New York* and *Dessert Professional*. She publishes a log on the Portland-NYC culinary scene, *The Rose and the Apple*.

NEW KOSHER OPTION

Oregon Kosher has announced certification for some bagels at Bowery Bagels, 310 NW Broadway Ave., Portland.

Only whole, uncut bagels as listed on the kosher certificate posted in the store are kosher pareve. The rest of the store is NOT kosher. There may be some varietal bagels not listed on the certificate; they are not kosher.

Oregon Kosher is a nonprofit organization dedicated to promoting kashrus through supervision, education and research. For more information, visit oregonkosher.org.

Eat Colorfully  Live Vibrantly

ANNUAL HARVEST FESTIVAL

Sun Oct 14th, 11-4pm

Hillsdale store only

APPLE TASTING

Sat & Sun Oct 14th & 15th, 11-4pm

Both Stores



Food Front

COOPERATIVE GROCERY

Since 1972

Hillsdale Shopping Center

6344 SW Capitol Hwy
8am-9pm

Northwest Neighborhood

2375 NW Thurman St
8am-10pm

- COUPON -

\$5 off any purchase of \$25 or more

Exp: 10/31/12

One coupon per customer per visit.

PLU 8209 JR

Mussar dinner emphasizes ethics, friendship



Laura Fendel, facilitator of the Mussar study group at Rose Schnitzer Manor, makes a Shabbat toast with the participants at the Aug. 24 dinner. Photo by Peter Korchnak

by Peter Korchnak

Any dinner that starts with a strawberry margarita promises an extraordinary experience. The meal acquires extra significance when you pair the drink with the Mussar middot (ethical trait) of Enthusiasm, as Laura Fendel and a group of women living at Rose Schnitzer Manor did on Aug. 24.

“This is a special dinner,” said Fendel, who has facilitated the Mussar study group at the Manor for two years. “The ladies paired the Mussar traits with a dish, and then we designed our dinner.”

As appetizers, challah signified Sustenance and chopped liver brought Moderation.

“We have to watch our cholesterol,” said Natalie Stone, 88.

Fendel created the place settings and decorations with intent, too. The centerpiece, consisting of forest tree and shrub branches slightly changing color, signified the subtle change Mussar causes. Suzanne Liberman, 82, said she had learned to listen better. Charlotte Weiner, 92, quipped, “If you don’t change, you might as well stay in bed.”

In addition to sharing Shabbat and launching a month of reflection before the High Holy Days, the dinner marked a new chapter in the group’s life: after going through Alan Morinis’

Everyday Holiness twice, the group will study Estelle Frankel’s *Sacred Therapy* in the New Year.

Fendel said, “Mussar was created by men for men. We wanted it to be from our perspective.”

Ruth Henning, 92, added, “We feminized the text.”

A heightened awareness of the world and inner growth featured prominently in the stories that the women shared as they discussed the meaning of Mussar.

“Living in a community like Rose Schnitzer Manor, you’re constantly with people,” Henning said when chicken soup introduced Compassion into the discussion. “It’s hard. You need new skills.”

When the layered salad (Order) arrived, Julie Anne Feinstein, 72, whom the other participants referred to as “the baby of the group,” said, “I’ve become more aware of gossip – when it starts and how not to start it. And I’ve learned to forgive myself.”


The main course (ginger scallion steelhead salmon – Simplicity – and red cabbage with raisins and apples – Humility) compelled Fran Stone, 88, to admit, “Mussar helped me become aware of my own failings and work on them.”

Miriam Gerber, 89, highlighted the camaraderie within the group, saying, "It brought us together, and we've developed good relationships with each other."

Molly Tulin, 85, agreed. "We trust one another."

The group loves to laugh. Fendel emphasized that the basalt rocks accompanying each place setting are not smooth. "They're just like us," Fendel said. "We will never be smooth." Feigning offense, Natalie Stone said, "What do you mean?"

According to Fendel, Mussar also means meditation and chanting, so before dessert she led the women in singing the hymn "Teach us to treasure each day."

Then Fran Stone sampled the raspberry chocolate torte (Loving-kindness and Necessity), and said, "This is the happiest time of my life." 

Peter Korchnak is a writer in Portland. He explores the experience of immigration from Central Europe at AmericanRobotnik.com.

Sukkot Celebration

September 30th – October 7th

Courtyard Village at Raleigh Hills invites you to join us during the week of Sukkot for a delightful celebration with Eddy Shuldman. Sing songs, enjoy refreshments, and give blessings out in our front courtyard Sukkah. Call us for details.

Locally owned and operated, the attitude of "give them what they want" and "make them happy" has been our philosophy and culture since our inception in 1999. Experience the difference and discover for yourself why our residents absolutely love living here.



Connect. Motivate. Thrive.

503-297-5500 • courtyardvillage.com

4875 SW 78th Avenue in Portland
(next to Fred Meyers Raleigh Hills)



Courtyard Village

RALEIGH HILLS



ACTIVE INDEPENDENT SENIOR LIVING



JONES & JONES
Jewelers
Natural Purple Sapphire

jonesandjonesjewelers.com
7858 S.W. Capitol Highway ~ Portland Oregon
503-223-6020 ~ 800.316.4314



Sometimes, all you need is a helping hand.

Let us help you to stay at home.



To learn more about our in-home care services, call 503-542-0088 or visit us at www.SinaiFamily.org.

What Jewish parents expect when they are expecting

by Caron Blau Rothstein

“Well-designed and well-coordinated programs for parents with young children have the potential to change the Jewish future by engaging many families who might otherwise be lost to the organized Jewish community.”

– Donald Wertlieb and Mark I. Rosen, “Inspiring Jewish Connections: Outreach to Parents with Infants and Toddlers,” in January 2008 issue of *Zero to Three*

PJ Library, Chai Baby, Tot Shabbat – these are several of the Jewish family programs for families with younger children. But how does one even decide to participate in these programs over their secular counterparts? How do we give parents the tools to make these and other Jewish choices for their families?

Welcoming a child – particularly a first child, by birth or adoption – is a major milestone in the life of a family. With the new arrival comes a host of questions, and the Jewish community has an opportunity to engage with these expectant and newer parents as they seek guidance.

Jewish childbirth education gives parents a Jewish lens through which to view their new role. Perhaps the last time they had a formal Jewish education was for a bar/bat mitzvah. Perhaps they participated in a few Hillel programs, but it's been years since they graduated. Maybe they are Jews by choice or partnered with Jews so they don't have Jewish memories or background of their own. They also could have a very strong Jewish upbringing but don't know any more about the hows and whys of being a Jewish parent than they do of being a parent in general.

For decades many Jewish communities have offered a variety of parenting programs to provide the Jewish perspective on welcoming and raising a child. I had the privilege of running such a program in Baltimore through the Macks Center for Jewish Education. That program (now known as Hava NaBaby) was one of the pioneers, established nearly 40 years ago by an early childhood Jewish educator and childbirth educator who merged her areas of expertise to create a workshop series with prepared childbirth and Jewish parenting education.

The phenomenon has even extended into non-traditional settings, such as a hospital. Cedars-Sinai Hospital in Los Angeles offers the first hospital-based Jewish parenting preparation class, recognizing that low rates of formal affiliation necessitate the need for new and creative ways to reach parents. As a consultant to the Cedars-Sinai program, I again observed firsthand how invaluable and appreciated such programs are for a community and its participants.

Portland has its own array of parent and family education opportunities. Chai Baby (www.oregonjcc.org) gives out welcome bags to families with children 1 year and under replete with goodies and information on local Jewish living. PJ Library (www.pjlibrary.org) has a local affiliate that provides

Portland Mothers Circle model of successful outreach to women new to Jewish culture

by Amy R. Kaufman

For mothers who are new to Judaism through marriage or by choice, the task of raising children within the Jewish faith can be overwhelming. Thanks to Mothers Circle, a 16-week free course facilitated by Portland Jewish educator, author and life coach Lois Shenker, these women have access to a treasure chest of Judaic customs, rituals and history that provide the foundation for a Jewish home.

Launched by The Jewish Outreach Institute in 2008, Mothers Circle is offered in 70 U.S. locations, and JOI has selected Portland's program to serve as the national model.

“Out of Portland, Oregon, not the largest of Jewish communities, comes the most successful Mothers Circle program in the country,” wrote Rabbi Kerry M. Olitzky, executive director of JOI, in a recently released case study featuring Portland exclusively.

Jennifer Greenberg, program director of Congregation Neveh Shalom and the coordinator of Mothers Circle, said, “When you are looking at the huge intermarriage rates, a lot of programs don't make non-Jewish partners welcome. That's the crux of this program. ... There are many families who desire to raise the kids Jewish but just don't know where to turn for the information they're looking for.”

The JOI study attributed the success of the Portland program largely to the “credibility” of Lois Shenker, who has worked in the Portland Jewish community for decades. The author of *Welcome to the Family! Opening Doors to the Jewish Experience*, she can also “empathize with participants as a mother who has intermarried adult children,” the study relates.

The study also credited Shenker for enhancing the core curriculum supplied by JOI.

Shenker said she initiated segments on Jews' relationship to Israel and the history of anti-Semitism and the Holocaust, which she believes are “absolutely central to understanding the Jewish experience.” She also added an overview of the community, with a tour of the mikveh, the Holocaust memorial, synagogues and the Robison Jewish Health Center. Guest speakers cover topics such as preschool options, Jewish camps, the Oregon Board of Rabbis' Introduction to Judaism series and the Florence Melton Adult Mini-School.

“We all enjoy doing what we do well,” said Shenker, “and these women want to do it well. As their kids start to learn, they want to learn too, and they want to be a step ahead of the kids,

MOTHERS CIRCLE


Free course for women new to Judaism

Classes meet every other Sunday, Oct. 7-May 5, 9:30-11:30 am. Free child care is provided.

To register, contact Jennifer Greenberg at jgreenberg@nevehshalom.org or 503-246-8831, or visit www.TheMothersCircle.org.

What Jewish parents expect when they are expecting continued

free books and music to children ages 6 months to 6 years. The Mothers Circle (www.themotherscircle.org) supports women not born Jewish who are raising Jewish families. There are many Jewish preschools and tot Shabbats as well as caregiver/child programs to help parents meet other Jewish families and young children to develop a foundation upon which to build Jewish lives.

Now we also have a Jewish parenting workshop series designed especially for families expecting a child or who have recently welcomed a child through birth or adoption. *The Oys and Joys of Childbirth and Parenting* series is a true community program, as it was developed and will be taught by professionals from an array of community partners – Jewish Federation of Greater Portland, Jewish Family & Child Service, the Mittleman Jewish Community Center, PJ Library and the Portland Kollel. Participants will discuss topics ranging from Jewish baby-naming rituals to Jewish early childhood routines and everything in between, along with meeting other young Jewish families. Registration is available at www.oregonjcc.org/registration; for information, call 503-535-3555. 


Caron Blau Rothstein, MA/MSW, is the Jewish Federation of Greater Portland community engagement director and PJ Library manager.

Mothers Circle continued

not a step behind. ... In families where women have not felt comfortable or capable of leading rituals such as lighting the candles, this class gives them the ability to take on that role.”

She told the story of a husband who, after many years of marriage, turned to his wife one Shabbat and said, “Would you light the candles? It was the first time he had offered to have her light the candles, and she was thrilled.”

Shenker encourages her students to adopt Judaism on their own terms. “I always use the analogy Judaism is like a big treasure box. If you opened a trunk from a pirate ship, what would you take? ... We all take what works for us. That’s what’s so beautiful about Judaism. It allows you to do that.”

The two main partners of the program are Congregation Neveh Shalom, which provides the staff, and the Mittleman Jewish Community Center, which houses the classes. Several other groups support this program. 

DADS NIGHT

Mothers Circle, the MJCC and JFGP host a series of Dads Nights open to all Jewish dads and dads raising Jewish kids. The night attracts 30 to 40 men, who to meet in a local pub or park. Rabbi Brad Greenstein leads a discussion relevant to Jewish dads. Guest rabbis will include Rabbi Michael Cahana and Rabbi Arthur Zuckerman. Dads of all ages and stages of parenting are welcome. Free. Next programs will at 7:30 pm, Dec. 6 and Feb. 19. For location and details, contact Jennifer Greenberg jgreenberg@nevehshalom.org or 503 293-7313.

JFCS & YOU
Saving Lives, Restoring Hope
Volunteers Needed
for two important programs!
Call or Email Today
Missy Fry, Volunteer Coordinator
503.226.7079 ext. 133, MissyFry@JFCS-Portland.org

Mitzvah Menorah
ADOPT - A - FAMILY DRIVE
OCTOBER - DECEMBER 2012
In collaboration with
Portland Jewish Academy & Mittleman Jewish Community Center

THANKSGIVING
FOOD BOXES
SUNDAY,
NOVEMBER 18, 2012
(ON COMMUNITY ACTION DAY)


1221 SW Yamhill Street, Suite 301
Portland, Oregon 97205
P | 503.226.7079 F | 503.226.1130
W | www.JFCS-Portland.org
Jewish Family & Child Service


JOE MENASHE
Managing principal broker

21 years of successfully negotiating home sales in the Portland area

The best advice when you need it most
503-784-1855
Email: joemenashe@realtytrust.com
Website: JoeMenashe.com

REALTY TRUST
GROUP
 

Pearl District . Hollywood . Hawthorne . Lake Oswego

Matchmaker links Oregon and Israel companies



Michal Miasnik

by Victor Sharpe

MATCHMAKING IS THE PROCESS OF MATCHING TWO PEOPLE TOGETHER, USUALLY FOR THE PURPOSE OF MARRIAGE, BUT IT IS OFTEN USED IN THE CONTEXT OF SPORTING EVENTS, SUCH AS BOXING, AND IN BUSINESS.

It is in the latter context that leading Portland Jewish business folks got together with Michal Miasnik, the West Coast representative of the Israeli foundation known as BIRD – the acronym for Binational Industrial Research and Development.

Michal is an Israeli who is based in Palo Alto and has represented the BIRD Foundation for 11 years. She flew into Portland on Aug. 13 to address a breakfast meeting sponsored by the Oregon-Israel Business Alliance – an organization created in 2010 to help facilitate then Gov. Ted Kulongowski’s nine-day trade visit to Israel, during which he signed a memorandum of understanding with Israeli Prime Minister Benjamin Netanyahu.

OIBA’s members include Steve (Rosy) Rosenberg, president of OIBA; Greg Semler of Lucid Technology; Eric Rosenfeld of the Oregon Angel Fund; Richard Hurwitz and Michael Bloom of Sinotech; Barbara Steinfeld of Travel Portland; and Jeff Katz, all of whom were present at the meeting.

“Miasnik also met with heads of various local Portland-based companies throughout the day, including one of Portland’s major semiconductor companies, and discussed the BIRD model and the possibilities of potential projects with Israeli companies. Another visit was to a leading edge alternative energy company. This meeting focused on the technology of the company and its wish list. One of the local venture capital firms introduced Michal to two companies: one is a biotech working in the area of immunology and the other an information technology company easing the path from hand transcription to digital data,” according to an OIBA spokesperson, who declined to name the companies due to the sensitive nature of the interactions.

The spokesman continued, “Dennis McNanny, executive director of the Oregon Biosciences Association, introduced Michal to a company aiding in the development of drugs targeting specific cancers. OHSU’s commercialization staff introduced Michal to a company working on vaccine vectors. She was also introduced to a company working on simplified ways of assessing hydration levels in patients, currently an expensive, time-consuming process for hospitals. Finally, Michal met with the Oregon Angel Fund to explore potential relationships with companies OAF funded.”

BIRD was founded in 1977 as a joint venture between the Israeli and U.S. governments to generate mutually beneficial business and trade relations between Israeli- and U.S.-based startup and established companies, primarily in the high-tech industries.

This is where matchmaking comes into play for joint ventures by suitable U.S. and Israeli companies. It is also where the provision of funds by BIRD, covering up to 50% of the product costs of development and commercialization, becomes such a vital element in the success of the partnerships.

Since 1977, BIRD has branched out into many more industries and ventures, including the growing alternate energy business, the life sciences and even Homeland Security.

The BIRD Foundation works in full cooperation with the Chief Scientist’s Office at the Ministry of Industry, Trade and Labor in Israel, and with the U.S. Commerce Department’s National Institute of Standards and Technology (NIST).

Since its inception it has managed in excess of 800 successful projects, including such names as EMC, General Electric, Applied Materials, AOL, Bayer Pharmaceutical, Eastman Kodak, IBM, Johnson & Johnson, and others who partnered with Israeli companies; many being startup businesses.

Essentially, Michal’s job is to ask U.S. companies what they are looking for. Armed with the information, she then contacts up to 10 Israeli companies and helps bring together their decision makers in the U.S. and Israel.

Sometimes the talks lead to significant trade, which benefits both companies and their respective national economies. Sometimes the talks merely begin a conversation, which may sow the seed for future talks and mutually beneficial trade.

Michal’s experience in corporate matchmaking is evident in the success she has earned on the West Coast. But equally, her knowledge in helping fund bilateral business trade agreements has significantly aided startup companies in both Israel and the U.S. So when it comes to the push, Michal and BIRD are there to help.

As Michal pointed out to the members of OIBA, U.S. and Israeli companies wishing to jointly apply to BIRD must demonstrate capabilities to carry out joint development and commercialization. Their willingness to share in the financial risk of product development, as well as in the financial gain of commercialization, are key factors in BIRD’s subsequent evaluation.

According to the BIRD foundation, “... the role of the larger company is product definition and specification, sales, and service, while the role of the smaller company is in product

development and some manufacturing. Up to 35 full-scale projects and 20 mini-projects may be approved each year.

“The BIRD Foundation offers conditional grants for joint development projects on a risk-sharing basis. The Foundation funds up to 50% of each company’s R&D expenses associated with the joint project. Repayments are due only if commercial revenues are generated as a direct result of the project.

“If a project fails, BIRD claims no repayments. However, over 40 Israeli companies that have had projects sponsored by BIRD are now traded on Wall Street, adding to Israel’s surge in the high-tech and industrial fields.”

BIRD estimates that since 1977, the cumulative sale of products it has helped develop exceeds \$8 billion, and BIRD has received nearly \$100 million in royalty repayments from projects.

But here is the challenge for the Oregon Israel Business Alliance. The top five states in which BIRD has funded and developed ventures up to December 2011 include 266 projects in California, 90 in Massachusetts, 88 in New York, 64 in New Jersey and 26 in both Virginia and Florida.


The benefit of OIBA’s meeting with BIRD’s West Coast representative, Michal Miasnik, cannot be overstated. As the only country with free trade agreements with both the United States and the European community, and with a pool of talent in high-tech industries and applications, Israel can act as a bridge for international trade between Oregon and Europe, China and India.

And, according to *YNET News* and *Yediot Ahronoth*, the Chinese are very impressed with Israel’s economy. A major Beijing university will soon establish an Israeli economics and Judaism department, which will study Israel’s high-tech business culture.

Meanwhile, a report in the July 2, 2012, edition of *The American Interest*, a Washington, DC-based bimonthly magazine, points to Israel as being a future energy superpower with the headline, “Canada and Russia are moving to step up energy relations with Israel.”

Many Oregon companies have already discovered the benefits of doing business in Israel, including EDX Engineering Inc., Mentor Graphics and Electro Scientific Industries. But the opportunities exist for so much more.

The result of the breakfast meeting with BIRD’s representative may thus have the potential for a significant increase in trade, in employment and in the prosperity of the peoples of the State of Israel and the State of Oregon.

Business people wanting more information may contact Michal Miasnik at michalm@bird.com. They may also contact Dr. Eitan Yudilevich, Executive Director - BIRD Foundation at eitan@birdf.com. 

Victor Sharpe is a prolific freelance writer and author of several books including the highly acclaimed trilogy, *Politicide: The attempted murder of the Jewish state*.



Investing for Income with Energy

RBC Wealth Management Presents:
Master Limited Partnerships & Royalty Trusts
“Understanding an Emerging Asset Class”

RBC’s MLP Analysts Team Featured Speakers:
T.J. Schultz, *Director Research Analyst*
Elvira Scotto, *Senior Research Analyst*
John Ragozzino, *Senior Research Analyst*

Wednesday, October 10, 2012 | 6pm

The Arlington Club

811 SW Salmon Street | Portland, OR 97205

Limited Seating - Reservations Required

Please contact Brian Suher
Senior Vice President - Financial Advisor
at (503) 833-5286.



RBC Wealth Management™

© 2012 RBC Wealth Management, a division of
RBC Capital Markets, LLC, Member NYSE/FINRA/SIPC.

AMERICAN MARKETING EXCHANGE®
Your success is our greatest concern.

“Consummate professional services for discerning business entities”

Portland’s Premier Recipe for Business Success...

Business Development
Product Development
National Sales Channels
Business Branding
Capital Funding
Process Consulting

AME builds companies, brands, and market opportunities.
“Satisfying inventors, entrepreneurs, and established enterprises for 25 years”



503.381.1965

www.americanmarketingexchange.com

Kitchen remodel lets family gather for Rosh Hashanah dinner

by Jan Behrs

Paul Norr and Helaine Gross, members of Congregation Neveh Shalom, were perplexed by the kitchen in their 1924 Ladd's Addition bungalow. They'd remodeled it themselves twice during the 35 years they'd lived there, but now that they were older, and their son, Aaron, was grown, their home had become the gathering place for family events such as Passover seders and Rosh Hashanah dinners: they needed their kitchen to work in a new way.

"It's a small kitchen, but we've never wanted to expand the house," said Paul, who sits on the board of Jewish Family and Child Service. "We've done some remodeling over the years – there were no upper cabinets, so we added those when we installed a dishwasher in 1987 – but nothing structural. It's a good-size house for us, and we love the location."

They didn't want to change the home's layout, but they agreed that the kitchen's small eating nook was taking up space that could be used more efficiently.

"It was really too small for the three of us to eat in," said Paul. "We almost always ate in the dining room. And the small table in the nook just turned into a place that collected clutter."

TIPS FOR A SMOOTH REMODEL

One of the things Paul Norr appreciated about John May's approach to remodeling were the computer simulations John provided so they could see how the cabinets would look with different handles, view a range of countertop materials, debate cabinet configurations and so on.

That 3D modeling tool, May said, "is critical to seeing what 'done' looks like before we start, and really helps people visualize the end product."

The other standard practices May uses for his projects include line-item cost estimates tied to the construction contract; a detailed daily work plan; and a billing schedule that requires no down payment – payment is made after the work is completed to the customer's satisfaction.

May's Creekstone Designs (www.creekstonedesigns.com) also provides a 10-year warranty.

"The construction industry typically does a one-year, but I don't believe that is fair to the client," he said.

Here are a few other tips May offered to ensure a smooth remodel:

- Get detailed designs to minimize change orders and save money.
- Lighting takes "good" to "amazing" and can be done at very low cost.
- Make the work schedule part of the contract, including project assessment, design, ordering and installation.
- Contracts should include not only the scope and timeline for the project but also the billing schedule and change-order process.
- Insist on permits to ensure that the work is done legally and correctly.



"There never was enough room in the kitchen when we'd have parties, so I would set up a buffet table along the wall in the dining room," Helaine said. "But afterwards, it would never come down, and pretty soon it, too, would get piled with stuff."

Talking with remodelers, however, left them frustrated.

"They didn't seem to hear us when we said we didn't want to do anything structural," said Helaine. "They came in with outrageous ideas."

"And everybody wanted to move walls," said Paul.

Then their painter suggested they look up John May, owner of Creekstone Designs.

They were charmed.

"Something I appreciated about John was that he has a design background, so within our confined space and limited budget, he had some really good ideas," said Paul. "He very quickly grasped what we were looking for."

The couple's home has beautiful, golden wood floors in the living and dining room, so one of John's suggestions was that they replace their kitchen flooring with wood, linking all the spaces with warm, honeyed oak underfoot. He also suggested a grayed green color for the walls in the living and dining rooms, another element that helps connect those rooms with the grayed taupe walls and dark granite countertops of the kitchen.

"It makes a huge difference," Helaine said.

The underused kitchen nook now sports a granite-topped wraparound buffet that on ordinary days holds the microwave


and serves as a handy spot for a snack, but on party evenings becomes the perfect spot to set the spread. Ample lower cabinets hide recycling bins and provide pullout shelves for kitchen paraphernalia.

“That additional counter space and the cabinets have made the space much more functional for us,” said Paul, “and John’s suggestions for the flooring and colors made a total difference in the look of the house – without having gone through any structural changes.”

Construction angst, too, was kept to a minimum during the remodel, which took about six weeks.

“We really appreciated the way John developed a daily work schedule for us,” Paul said, “so we knew what would be accomplished each day. The work seemed to go quickly because there were no lags, we always knew what was happening, and John was here every day.”

“And if there were glitches – of course, there are always glitches in remodeling – he handled them right away,” Helaine added.

In sum, said Paul, “John was quick to let us know what he thought, but he wasn’t pushy. He would give us options; he was an easy fellow to work with. We’re very pleased with the result.” 

Portland freelance writer Jan Behrs specializes in stories about gardeners, gardens, remodeling and real estate. Her work also appears in *The Oregonian*, *Better Homes and Gardens* and online.



Portland Remodel
Fine Home Remodeling

Celebrating
20 years
of turning
houses
into
homes



www.portlandremodel.com
503.244.3525
Whole House ~ Kitchens ~ Bathrooms
Additions ~ Design-Build
ccb# 96511



CREEKSTONE
DESIGNS

kitchens • baths • basements





Call today for your in-home consultation.

CCB: 173954 www.creekstonedesigns.com 503.944.9247



“Cuban Boys” acrylic painting by Sabina Wohlfeiler

ORA celebrates art

by Elizabeth Schwartz

A FEW YEARS AGO, A GROUP OF JEWISH VISUAL ARTISTS GOT TOGETHER IN PORTLAND TO FORM AN ARTISTS' SUPPORT GROUP. “ART IS A SOLITARY ACTIVITY, FOR THE MOST PART,” EXPLAINS SABINA WOHLFEILER, “AND WE NEEDED A GROUP WHERE JEWISH ARTISTS COULD CONNECT AND SUPPORT EACH OTHER AND GET OUR WORK OUT TO THE COMMUNITY.”

The result was ORA. According to ORA's website, ORA means “light, luminosity, warmth, perspective, liveliness,



“Italian Archways”
photograph by
Ellen Shefi



“Desert Chuppah”
painted silk by
Diane Fredgant


brightness. ORA is a group of artists in the Portland area who have come together to support, share, inspire, enjoy and showcase our art." ORA began slowly as a small group of women artists – "we took our time, deliberately," says Wohlfeiler – and today, as the oldest Jewish artists' group in the Pacific Northwest, boasts 20 members, including several men.

Each year, the members of ORA come together for their annual Celebration of Art, a group exhibition. ORA artists work in a variety of media, including paintings (acrylics, watercolors), stone carving, photography, fused glass, ceramics, beadwork, fiber arts, jewelry, sandblasted glass and paper cutting. This year's celebration will take place on Sunday, Oct. 21, in the ballroom of the Mittleman Jewish Community Center, from 10:30 am to 4:30 pm. "Celebration of Art is our traditional 'put ourselves out there in the community' event," says Wohlfeiler, a member of the ORA steering committee. Twenty-three artists will be showing their work, including ORA members and guest artists chosen after an extensive jury process.

"We're committed to showing quality fine art work, but we also want to be inclusive and embrace both fledgling artists and experienced artists," says Wohlfeiler.

Last year, more than 500 people came to ORA's Celebration of Art, and Wohlfeiler expects to exceed that number this year.

To accommodate the larger crowds, ORA also is interested in finding a space where the artists can exhibit their works for a longer period of time. "We've been looking for a popup store to exhibit our work, which would allow us to show for a month or longer," says Wohlfeiler. "Anyone who's got access to some storefront real estate with decent foot traffic should get in touch with us." Several ORA artists show their work in other venues, including an ongoing exhibit in the lobby of Congregation Neveh Shalom, and ORA also has exhibited at non-Jewish venues, including Geezer Gallery in Multnomah Village.

ORA artists featured in this year's Celebration of Art include Barbara Berger, photography; Shemaya Blauer, touch painting; Roberta Cohen, jewelry; Lenn Decherd, ceramics; Leslie Elder, watercolors; Laurie Fendel, fiber/fabric; Karrie Perl Fox, silk painting; Diane Fredgant, painted silk; Judith Hankin, sandblasted glass and paper cutting; Julie Hockley, fine metals and stone jewelry; Janice Katz, acrylic painting/collage; Anna Kodesch, oil paints; Susan Kuznitsky, pastels; Esther Lieberman, beadwork; Sharon Segal, acrylic painting and collage; Ellen Shefi, photography; Eddy Shuldman, fused glass; Sharon Stern, quilts; and Sabina Wohlfeiler, watercolor and acrylics. Guest artists also showing at the Celebration are Bob Sorkin, photography; Jonathan Lietz, acrylic and watercolor paints; Hank Keeton, photographer; and Jonas Blaut, stone, wood and glass work. 

Elizabeth Schwartz is co-host of the Yiddish hour on 90.7 FM KB00 Community Radio and a freelance writer living in Portland.

ORA's 2012 Celebration of Art is on Sunday, Oct. 21, in the ballroom of the Mittleman Jewish Community Center, from 10:30 am to 4:30 pm. For more information, go to www.northwestjewishartists.org.

SEASON SPONSOR:
THE PAUL G. ALLEN
FAMILY FOUNDATION

The Oregonian

RONNI LACROUTE
WILLAKENZIE ESTATE

RACC

WILLAMETTE

artistsrep.org
503.241.1278

Surprise – Bend is a jazz destination!



Marshall Glickman

by Deborah Moon

EAGER TO ENSURE A NEW GENERATION EMBRACES AMERICA'S MUSIC, JAZZ MUSICIANS OFTEN REACH OUT WARMLY TO FANS – ESPECIALLY YOUNG FANS.

The warm reception Laz Glickman, now 12, has received over the past seven years has not only inspired him to play jazz piano, it also resulted in an annual jazz series in Bend – surely more than the musicians envisioned when they chatted with Laz during breaks or invited him on stage during a show.

Marshall Glickman, Laz's father, is better known in the sports world. He is a former president of the Portland Trailblazers and runs a global sports business consulting firm from his home in Bend, which is known as a destination for outdoor enthusiasts. Three years ago, he bucked both generalizations and used the business savvy he gained in the sports world to bring people to central Oregon for jazz.

This year BendBroadband's Jazz at the Oxford series will feature a world-class lineup of respected jazz and blues musicians for six weekends. Each year, the small ballroom in downtown Bend's boutique Oxford Hotel is converted into a jazz club with intimate seating for 110 people to enjoy dinner, drinks and jazz. Glickman says dim lights and black-and-white photos of jazz musicians help set the stage for shows, all of which have sold out.

This year's series features three shows on one weekend per month beginning Oct. 19, concluding with shows the weekend of March 16. (See box for schedule.)

IDA RAE AND FRIENDS

A SPECIAL FUNDRAISING CONCERT EVENT TO SUPPORT CONGREGATION BETH ISRAEL

FEATURING THE TALENTS OF CANTOR IDA RAE CAHANA, THOMAS LAUDERDALE, STORM LARGE, CHINA FORBES, WENDY WESTERWELLE, THE NW COMMUNITY GOSPEL CHOIR, MIA HALL SAVAGE, THE PACIFIC YOUTH CHOIR AND MORE!

SUNDAY, NOVEMBER 4, 2012

5:30 PM PRE-FUNCTION RECEPTION IN GOODMAN HALL

7:00 PM MUSICAL CELEBRATION IN THE TEMPLE

GENERAL ADMISSION: \$125 PER PERSON

RESERVED SEATING: \$250 PER PERSON

SPONSORSHIP OPPORTUNITIES BEGINNING AT \$1,000 ARE AVAILABLE, WHICH

INCLUDE PREFERRED SEATING AND AN AD IN THE PROGRAM BOOK.

PLEASE CONTACT JEN FELDMAN FOR SPECIFIC DETAILS: 503-222-1069 OR JEN@BETHISRAEL-PDX.ORG

TICKETS AVAILABLE FOR PURCHASE ONLINE AT WWW.BETHISRAEL-PDX.ORG/DONATE/BUY-TICKETS

CONGREGATION
BETH ISRAEL






Laz Glickman joined Michael Allen Harrison playing “Linus and Lucy” during last year’s Jazz at the Oxford series in Bend.

Returning to the show’s roots of outreach to youth, Glickman has added an education component to this year’s series. Many of the artists have agreed to volunteer an afternoon during their stay to conduct a workshop for Central Oregon’s best young musicians. Area middle schools and high schools will be invited to send talented members of their bands or choirs to “spend two hours with world-class” musicians.

For Laz, the impetus to play jazz piano can be traced to jazz legend Al Foster coming up to the family’s table at a New York jazz club when Laz was 5. Foster was pleased to have an enthusiastic youngster at the show, and when Laz said he wanted to be a drummer like Foster, the musician told him he first needed to learn piano. Through the years, other jazz musicians have contributed to Laz’s enthusiasm by talking to him at clubs or inviting him onstage during shows.

When Laz was 8, Maceo Parker invited Laz to play a song during his band’s encore. When Laz launched into the Southern soul song “Chittlin Con Carne,” Glickman said the band looked surprised and then jumped in “and backed him up for four minutes. It was his first time being on stage and he was digging the adulation.”

Glickman says Jewish jazz musicians Tom Grant and Michael Allen Harrison, both of whom have appeared in previous years of Jazz at the Oxford, have each inspired and nursed Laz’s playing. In fact, Harrison invited Laz to perform in the youth version of his Ten Grands series, quite an honor for a kid who practices 45 minutes a day.

Glickman says Laz has such a full schedule – juggling school, bar mitzvah lessons, baseball, skiing and mountain biking – that he can’t devote three to four hours a day to practice, as many young musicians do. But he’s having fun on the piano, and Glickman hopes the series and the student workshops will inspire more people to enjoy jazz. 

SCHEDULE:

BendBroadband’s Jazz at the Oxford

Tickets: www.jazzattheoxford.com

Each weekend includes shows at 8 pm Friday and 5 and 8 pm Saturday at the Oxford, 10 NW Minnesota Ave., Bend.

Oct. 19-20: Portland Blues Review featuring LaRhonda Steele and Blues icon Curtis Salgado

Coming together exclusively for the Jazz at the Oxford series, award-winning vocalist/songwriter/harmonica icon Curtis Salgado and soulful vocalist LaRhonda Steele will be backed by a sizzling rhythm section featuring Louis Pain, Tim Bryson, Edwin Coleman II and Peter Damman.

Nov. 23-24: Trumpeter Jeremy Pelt

Jeremy Pelt, Downbeat’s “Rising Trumpet Star” five years in a row, will be accompanied by Portland’s finest players: Mel Brown, Tony Pacini and Ed Bennett.

Dec. 22-23: Patrick Lamb’s Holiday Soul

Saxophonist Patrick Lamb will bring his new seven-piece band to the series for his special “Holiday Soul” performance.

Jan. 18-19: Karrin Allyson

Multi-Grammy nominee, pianist and acclaimed singer Karrin Allyson takes the stage joined by popular Portland-based musicians Dan Balmer, Scott Steed and Todd Strait.

Feb. 22-23: Mel Brown Septet

Portland’s “Gentleman of Jazz,” drummer Mel Brown, returns to the stage with the big horn sound of his entire Septet.

March 15-16: Tom Scott & California Express

Scott, a 14-time Grammy nominee and three-time winner, is a prolific saxophonist, musical director and composer. For his Bend show, he’ll bring his West Coast band, California Express.

Just finished the Torah?
Time to party & dance
then...
REPEAT!
**SIMCHAT TORAH
BLOWOUT**
Live Klezmer Band
MatzohBrau Beer
Chocolate Bars for the kids!
“Let the good Torah roll!”
Monday, October 8th 7pm
Birnbach Hall
Congregation Neveh Shalom
All ages welcome!
Open to the entire community!
CONGREGATION NEVEH SHALOM
2000 NW PEACEFUL LANE, PORTLAND, OR 97209
(503) 246-8831
WWW.NEVESHALOM.ORG

Wide-ranging jazz pianist feels at home in Portland's Jewish neighborhood

by Kerry Politzer



JAZZ PIANIST, ARRANGER AND FILM SCORER DAVID GOLDBLATT HAS WORKED WITH SUCH LUMINARIES AS WAYNE SHORTER, DAVE WECKL AND JOHN PATITUCCI. AFTER MORE THAN 20 YEARS IN LOS ANGELES, GOLDBLATT AND HIS WIFE, KIMMER, DECIDED TO CALL HILLSDALE THEIR HOME. WE RECENTLY SPOKE WITH GOLDBLATT ABOUT HIS CAREER AND HIS FAMILY'S TRANSITION TO SOUTHWEST PORTLAND.

OJL: What brought you to Portland?

DG: Our son, Jordan, was born in 1999, and my wife and I decided it was time to make a move. We chose Portland for its beautiful surroundings, forward thinking and brilliant array of culture. After much research, we landed in the Southwest area near Portland Jewish Academy and Mittleman Jewish Community Center. Jordan attended PJA for four wonderful years. It was a very nurturing and close-knit community. We love the Southwest part of Portland and have felt very welcomed by so many people.

OJL: Are you influenced by any Jewish themes in your music?

DG: Jewish themes, and the soulful qualities inherent in that music, go deep with me ever since I was a child at Temple Shalom on Lake Shore Drive in Chicago. I was bar mitzvahed in that beautiful temple, and I will never forget some of the deeply moving music I heard there. The baritone cantor with the cello, choir and organ struck many special places in me. The minor chords and scales, and how they were sung and played, must have been a big part of my musical foundation. For several years, I have been listening to Israeli bassist/composer Avishai Cohen, and I really love his integration of jazz, African, Latin and Jewish folk music.

OJL: Can you give us some details about your musical background?

DG: I grew up in Chicago. My mom was a pianist and singer before she married at 22. As a youngster, I heard her singing the lyrics to many standards around the house. I sat under the Baldwin baby grand piano (which is now in my home) while she played from the classical repertoire and numerous show tunes. She wanted each of her three boys to play an instrument and chose piano for me. I started lessons at 6, but I didn't become really interested in the piano until one of the younger, hipper teachers told my mom that she was going to lose me to music unless she could put me on a path that would nourish my inclination to improvise.


Music became everything to me. I graduated high school a year early and went to Northern Illinois University in DeKalb. I played there in the award-winning big band under the direction of Ron Model, and had the opportunity to work with Dizzy Gillespie, who became a personal friend. After a year at Northern Illinois, I moved to Boston to study at the Berklee College of Music, where I trained for two years before leaving to study with the teacher who became my guiding light, Charlie Banacos.

My playing blossomed under Charlie. I played gigs in Boston for four years and then San Francisco for another four years. I then studied composing and arranging at the Grove School of Music in Los Angeles, and I learned to write for all the instruments of the orchestra in many styles. It was an incredible year of expansion for me. I flourished in Los Angeles for 22 years as a player, musical director, arranger and composer. I did world tours as a musical director with Diana Ross, was a band director for television shows like the *Dennis Miller Show*, and did many sessions as a pianist and keyboardist for movies.

OJL: What are your musical activities around Portland these days?

DG: I've been playing jazz piano around the city since moving here. Some of the artists I have collaborated with include Tim Willcox's quartet (also known as the Superjazzers), Kate Davis, David Valdez, Chuck Israels, Todd Strait, Gino Vannelli, Damian Erskine, Glen Moore and Gary Hobbs.

I've also written music for *The Oprah Show*, *The Dr. Oz Show*, video games, documentaries and various recordings along the way. I am considering entering a film scoring program in Seattle that offers a 10-month master's degree. The program encompasses the skills and technologies involved in scoring for media.

Goldblatt's albums are available at www.cdbaby.com/m/cd/davidgoldblatt. 

Food and travel writer and jazz pianist Kerry Politzer is a recent transplant from New York.

Shlichah brings fresh vision of Israel to Oregon

by Deborah Moon

Portland's new Israeli *shlichah* (emissary), Natalie Nahome, 26, fondly recalls the strong sense of Jewish community she experienced growing up in London.

When she was 7, her family made aliyah and her community got bigger.

After earning her degree in governance and diplomacy from the Herzliyah Interdisciplinary Center, Nahome says she wanted a meaningful way to share her knowledge and love of Israel with others before beginning her career in the political realm.

Oregon seems like a wonderful place to do that, since Nahome enjoys hiking, traveling, yoga, sports, food and music festivals – all in abundantly diverse profusion in the Pacific Northwest. A gymnast for 15 years, Nahome now enjoys boxing and is looking forward to skiing.

She says she has big shoes to fill following Amos Meron, Portland's first *shaliach* (masculine form of emissary or ambassador) in more than 30 years.

"Amos did a great job," says Nahome, who spent a few days with Meron before he returned to Israel in early September. "He had all the difficulties to get people to know what the job is. It will be so much easier for me."

Nahome plans to continue Meron's work with synagogues, youth groups and young adults. She also wants to reach out to even more people.

Asked how she will differ from Meron, Nahome says, "We spent a few days together and we are very alike. But I've just finished my degree with a specialty in the Middle East, so I may have more knowledge and facts. A lot of young adult groups are forming in Portland, and they are ready to take it to the next level. They are excited and want to learn about Israel."

Nahome has abundant experience in teaching about Israel. For her military service, she served in the Israel Defense Force's educational corps, where she taught new recruits about Israeli history and geography. She has been involved in a wide range of volunteer activities with different age groups, including tutoring low-income high school students.


The one thing she wants people to understand about Israel is how safe it is.

"People think from what they see on the news that Israel is very dangerous," Nahome says. "But a girl can walk down the street in Israel at any time of night and it is the safest place to be."

That is probably fortunate since, as Nahome says, "We party till morning. Night life in Israel can end at six o'clock in the morning."

Nahome plans to bring that festive feeling here – though not till 6 am. She wants to create fun events that will bring everyone together.

"I'm really available for any question," she says. "If you are traveling to Israel, pop into my office and I can give you some tips and information."

Nahome's office is located at the Jewish Federation of Greater Portland, 6680 SW Capitol Hwy. She can be reached at 503-608-8134. 



Will Israel act to **delay** Iran nuclear threat?



by Mylan Tanzer

Whenever a new crisis appears, Israelis have been adept at gauging how serious the threat is and whether we need to take the limited steps we have available to protect ourselves as individuals. This is especially true for the residents of southern Israel, who live under a daily missile threat and are still determined to live normal lives. We developed this skill during the first Gulf War in 1991, the second Lebanon war in 2006 and Operation Cast Lead in 2008 – all of which brought the civilian sector to the front line as in 1948.

The Arabs' indiscriminate missile strategy is successful because they disrupt and terrorize innocent civilians. For a nation like Israel, which rejects targeting innocent civilians and property, such attacks are very difficult to deter.

Individual Israelis have learned to analyze crisis situations because it helps us feel more in control when all we can really do is make sure our gas masks are accessible. And I can decide when to replace the wooden door to my son's peacetime bedroom with the heavy steel door to seal off the reinforced safe room in our apartment. This need to be prepared is likely one reason for our addiction to news.

But with the Iranian nuclear crisis, my analysis changes 180 degrees on a daily, or even hourly, basis. Every day this issue is a major item in the media. *Jerusalem Post* Diplomatic Correspondent Herb Keinson's recent column began: "When it comes to Iran, the mind increasingly reels. So much noise, so many contradictions, so little clarity. On the one hand, Defense Minister Ehud Barak, thinly disguised in a *Haaretz* interview last month as the 'decision-maker,' says the sword hanging over Israel's neck today is sharper than the one that hung over the country prior to the Six-Day War. On the other hand, Prime Minister Binyamin Netanyahu heavily intimated this week that if the U.S. would just draw a clear line in the sand and say to the Iranians that if they cross that line the U.S. would attack, then

Israeli action in the near future could be avoided."

If Israel is going to launch a strike, it will be soon, before it is too late to at least delay Iran's nuclear weapon capabilities. Any strike certainly will bring Iranian missile retaliation on all of our population centers. To prepare for this eventuality, we are looking for a little certainty. Every politician, former military official or other official asked about Iran starts his answer with, "I will not talk publicly about such a fateful issue that should be discussed only in the most classified forums," and then goes on to tell everything he knows, which is not much. It makes me feel like someone who is told to stand in the corner of a round room.

Recent significant developments have been dramatic and frighteningly reminiscent of the 1930s' appeasement in the face of Nazi aggression.

First the International Atomic Energy Agency reported the Iranians have made dramatic strides in upgrading their uranium to weapons-grade status, moved the majority of their centrifuges to a subterranean location and concealed another facility while they apparently cleaned it of incriminating evidence in advance of inspections.

Then the UN Secretary General and 122 nations traveled to Teheran to take part in the nonaligned nations conference. The vicious and debauched anti-Semitic diatribe unleashed by Khomeini and Ahmadinejad, which described the Jews as bloodthirsty wolves, was not a surprise. But the fact that not one delegate walked out of the session, or voiced any opposition (except Ban-Ki Moon, whose criticism was negated by his participation in this hideous farce) was eerily reminiscent of the international community's behavior in the prewar years of Hitler's regime.

Then U.S. Joint Chief of Staff General Martin Dempsey remarked that the U.S. will not be "complicit" in an Israeli military strike against Iran. The Israel media

emphasized the word *complicit*, which generally is used in regards to an illegal act. Finally, we heard the U.S. has sent back-channel messages to the Iranians that in the event of Iranian retaliation following an Israeli attack, no U.S. installations or assets should be targeted.

All of these issues are deeply disturbing for Israelis. We feel that instead of pressuring Iran, which constitutes the real threat, the Obama administration is putting the screws on Israel. We weren't surprised when *Yediot Ahronot* columnist Shimon Sheefer reported Netanyahu blew up at U.S. Ambassador Dan Shapiro because he was at his wits' end over what he sees as Obama's lack of clarity on Iran's nuclear program. Also unsurprising is that the outburst occurred on the eve of the Democratic National Convention.

The latter appears to be Netanyahu's attempt to intervene in the U.S. electoral process by depicting Obama as unwilling stand up to an evil that threatens the entire world.

The bottom line is, no one besides Netanyahu or Barak really knows what Israel is going to do, and I'm not sure they have decided. One can look at the statements of each, but these can be interpreted in two ways: either Israel will launch a strike, or Israel will attempt to pressure the world to act to prevent the entire Middle East from becoming a nuclear weapons arsenal. Those nuclear weapons likely would end up in the hands of some of the unsavory elements vying for power in the anarchy of the new Middle East.

This is the most serious global threat since World War II, and not just an existential threat to Israel. It drives us crazy, and apparently Netanyahu as well, that the leaders of the free world (except Canada) will not face it. Instead of internalizing Ahmadinejad's constant rhetoric that Israel is a "black stain" that needs to be removed from human society and his preparations to implement this,

the international community is fixated on preventing a potential Israeli self-defense strike.

The only serious glimpse into the thoughts of Netanyahu and Barak was an interview by *Ha'aretz* writer Ari Shavit with Tzachi Hanegbi. Former Likud Minister Hanegbi had bolted to Kadima and was forced to step down for ignoring the legal process for making appointments; cleared to return to politics, he has rejoined Likud. The interview is revealing because of Hanegbi's close relationship with Netanyahu and Barak.

Asked about the potential death of Israelis, Hanegbi says Netanyahu is guided by the principle that Iran cannot cause as much damage to Israel in a counterattack as could an Iran with nuclear weapons capabilities. That would make life in Israel eternally intolerable.

Asked why Israel belittles sanctions, Hanegbi says sanctions historically have not prevented a determined authoritarian regime from achieving its goals. As


the West continues to implement the misguided policy of "engagement," the Iranians manipulate these useless discussions as they develop nuclear weapons.

On the assumption that Israel can only delay, not destroy, Iran's nuclear weapons capability, Hanegbi says this has been Israel's policy on all fronts since the first Lebanon war. "It is preferable to cause delaying damage than reconcile to a nuclear Iran. Israel has the ability to hinder Iran. When Iran repairs the damage, Israel will need to implement another round of damage and delay. Israel will see this as a marathon ... and will need to muster the required ability and willingness to do it."

Asked if this means Netanyahu has decided to attack, Hanegbi denies any knowledge. But he says the recent clashes with the American administration and the Teheran conference make the leadership of Israel realize no one other than Israel can be depended upon to prevent a nuclear-armed Iran.

So, how should I feel when I go to

sleep at night? I am no clearer about what I should do. Therefore, I am getting ready for the short-term worst, which will prevent the long-term worst.

In the end, Keinon summed up what most of us understand and feel: "So all that we have to fall back on is historical precedent. And what the historical precedent has shown is that when Israel feels its back is against the wall, when it genuinely feels that the sword is at its throat, it takes action – even if the U.S. is opposed." 

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 mylan-tanz@gmail.com.



Jewish Federation of Greater Portland Community Relations Committee *presents*

RED STATES, BLUE STATES, & THE JEWISH STATE : An Insider's Perspective on the U.S. Election's Impact on Israel



With Gil Hoffman

Chief Political Correspondent and Analyst
for *The Jerusalem Post*

Well-connected to Israeli and Palestinian leaders, Hoffman has interviewed every major figure across the Israeli political spectrum and is a regular analyst on CNN, NPR, and other news outlets. Hoffman graduated from Northwestern University's School of Journalism and wrote for the *Miami Herald* and *Arizona Republic* before moving to Israel.

TUESDAY, OCTOBER 23, 2012

7:00 – 8:30 pm

**MITTMAN JEWISH COMMUNITY CENTER
6651 SW Capitol Hwy**

Free Admission (no RSVP required)



FOR MORE INFORMATION, CONTACT:

Community Relations/Allocations Director
Bob Horenstein
at 503.245.6496 or bob@jewishportland.org



Jewish Federation
OF GREATER PORTLAND

THE STRENGTH OF A PEOPLE.
THE POWER OF COMMUNITY.

Together **WE** do extraordinary things
503.245.6219 | www.jewishportland.org
6680 SW Capitol Highway | Portland, OR 97219

  JewishPDX

Life on the Other Side

by Anne Kleinberg

An Edible Obsession

When I first moved to Israel, I had to travel to Tel Aviv to buy balsamic vinegar. Now, there are at least five varieties on an average supermarket shelf. Boy, have times changed!

Israel has become a culinary wonderland. Not just balsamic vinegar but almost every type of food can be found. We're not quite at the Whole Foods or Trader Joe's status – but pretty close!

And while we're on the topic of food (and when are Jews not on the topic of food?) it's not just the variety of foods that can be bought here, it's what's being served in the restaurants and talked about in the news and blogged about in several languages, published by almost every chef and available in kitchen and gourmet shops that are opening in every city, town, moshav and kibbutz. Food! Books! Recipes! Ingredients! Tools! We've become a nation of foodies.




Photographer Dan Lev created an exhibit that asked chefs to unite color, inspiration and food. These photos show the inspiration and resulting food from well-known Israeli chef Ruth Sirkis. Photo by Dan Lev

As an example, in the last month alone two groups of international food bloggers were brought to Israel as guests of different sponsors. They were schlepped from one end of the country to the other – tasting, sampling, marketing, dining and wining. They had private dinners in upscale restaurants and ate with their hands in the shuk. The general reaction? *Wow!* Israel is definitely a place for foodies!

The irony is that one really can't say there is a definite Israeli food or style of cooking. We have people from so many countries here (something like 70) that the traditional foods run the full gamut. It's a melting pot that's still simmering. Around holiday time there's gefilte fish for the Ashkenazim and chraime for the Sephardim. Some people serve dried fruits after a meal; others stuff apricots and dates and serve them before the meal. Within a half-mile of any shuk, you can probably dine on specialties from Libya, Egypt, Spain, Morocco, France, Romania, Bulgaria, Lebanon and Russia. And let's not even mention the gelato possibilities!

We've had fusion and Thai, Mexican and molecular. Cookbooks are the most popularly sold book and new ones seem to be popping up weekly.

There's more. The food extravaganza extends to the arts. Recently, Tel Aviv was home to a fabulous exhibition dedicated to food photography. Dan Lev, a world-class photographer based in Tel Aviv, came up with an exciting idea – to pair up the country's most talented chefs, let them choose a food according to color and something that inspires them, bring in food stylists and shoot! The results were thrilling and captured the attention of the country's top media.

So whether they're serving it up in Jerusalem's Mahane Yehuda Market or an expensive restaurant in Tel Aviv or on the walls of a Jaffa warehouse, Israel has made it on the food map. I recommend that everyone come on over and have a bite! 

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 www.annekleinberg.com and www.casacaesarea.com.



Ask Helen

Dating world is full of endings and beginnings

Dear Helen:

I recently broke up with my boyfriend of five years. We met freshman year, dated all through college and the first year of relocation and jobs. We lived together for the last two. I got a big promotion and he was in a dead-end job. I watched him become increasingly depressed, angry, jealous and controlling. Long story short, I saw signs of serious instability and possessiveness that scared me. I tried to put a happy face on things for a long time, and then tried to get him into counseling, but he refused. I told him we were done after moving out everything I cared about while he was at work. He got really angry, but my father (a retired police officer) was waiting in the car for me so nothing bad happened. But he leaves me drunken messages, begging and threatening. He doesn't know where I live, but he knows where I work, and we have socialized with my colleagues in the past. I have told him again and again to please get help, but he just laughs. What else can I do?

Done

A Nosh of Jewish Wisdom: Love can make one deaf and blind.

Dear Done:

In the spirit of the recent High Holidays, you should forgive him his transgressions. But, most importantly, you should focus on taking care of yourself because you are not going to fix him. If you really think there's potential for violence, get a restraining order. Sadly, it won't protect you much except legally, but will serve notice that you are very serious about this decision. Back it up by having your father deliver him a copy.

If you have not already done so, do all of the following: Change your phone number(s). Unfriend him on any social networks. Post something that your remaining friends can see that says you are quits and ask they please not to discuss any details of your new life with him, especially your address and phone. Tell the old landlord about the restraining order and explain that

he should not relay information about you. Make sure your ex is removed as an "in case of emergency call" person on anything you've signed in the last five years. Hopefully you haven't cosigned for any loans. If so, talk to the bank about untangling. Add some extra locks to your new door, at your own expense if necessary. Avoid places where he might confront you.

Sadly, he will likely obsess until he finds someone new. But since you are not able to give him more than compassion and the space to heal, put your energy and focus into protecting yourself.

NO HASSLE CAR BUYING!

Robert and I have spent more than 50 years combined at Lithia Motors. Throughout that time, nothing has brought us more pride than the trust that has been placed in us by Jewish communities across the west. We consider it a mitzvah to help people find the vehicle that best meets their needs and without any hassles. We appreciate your years of loyalty to us, and we look forward to serving you in the years to come.

PORTLAND ■ SEATTLE ■ EUGENE ■ MEDFORD
BEND ■ KLAMATH FALLS ■ ROSEBURG

BMW ■ MINI ■ MERCEDES-BENZ ■ TOYOTA ■ NISSAN
CHRYSLER ■ JEEP ■ DODGE ■ HONDA ■ CHEVY ■ CADILLAC
VOLKSWAGEN ■ SUBARU ■ FORD ■ LINCOLN



DICK HEIMANN

Vice Chairman

DIRECT [541] 944-3483
DICK@LITHIA.COM



ROBERT SACKS

Multi-Store Manager

DIRECT [541] 770-7195
RSACKS@LITHIA.COM

TOLL FREE: [800] 866-9213

**CALL TODAY FOR A
VIP PRICE QUOTE!**

LITHIA AUTO STORES
Serving Our Communities Since 1946

Shop Online Today:

LITHIA.COM

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 (www.kabbalahglass.com). Please email your questions to helen@yourjewish-fairygoddmother.com.



Pioneer Jews

Few in number, Jewish settlers were major players in early Oregon politics

by Sura Rubenstein

Oregon's Jewish settlers may or may not have studied the Talmud's precepts, but they definitely took Rabbi Hillel's advice to heart.

During the state's first century – and especially during its first 50 years – Oregon Jews made impressive contributions to political and civic life. While those contributions continue into the present day, with Sen. Ron Wyden Oregon's highest-ranking Jewish elected official, the number and range of those earliest achievements are stunning.

Though few in number, pioneer Jews provided leadership at state, local and national levels, both through elective office and other endeavors.

Jews served as mayors in towns from Astoria to Pendleton and Troutdale to Burns, in state government, and in roles as varied as postmaster and Internal Revenue Service agent.

It is a phenomenon seen in all three Pacific Coast states, notes Willamette University Professor Ellen Eisenberg.

"The key is that Jews arrive at an early stage of settlement – they come in on the ground floor," she said. Especially important was the role of Jews as businessmen, she added. "Often the first major building in a small town was built by a Jewish merchant."

Eisenberg has written extensively on Western Jewish history, including in the 2009 book *Jews of the Pacific Coast*. She is currently at work on several essays for a survey of Oregon Jewish history to be published by OSU Press in conjunction with a major exhibit at the Oregon Jewish Museum.

"Jews were very much embraced as part of pioneer society," she said. "They are trusted by their fellow citizens and

welcomed into all sorts of societies."

Bernard Goldsmith, who became Portland's first Jewish mayor in 1869, is a case in point.

Described as "an enterprising man," Goldsmith had become Portland's eighth wealthiest resident – with reported assets of \$100,000 – by 1870, just nine years after arriving in the city.

"I have been identified with almost everything that has been going on in this town since I came here," he once said.

Born in Bavaria in 1832, in a town where his family had lived for some 300 years, Goldsmith was the oldest of eight boys and two girls born to a wool merchant.

He came to the United States in 1848, staying for a time with relatives in New York City before heading to the California gold fields in 1850. He earned \$8,000 from packing supplies to the gold camps and, after some setbacks, was involved in a string of successful businesses from San Francisco to southern Oregon.

Barely 5 feet tall, he was a cavalry officer in the Indian Wars in northern California and southern Oregon in 1855 and 1856. He's credited with preventing a renewal of fighting by personally taking Indians' complaints of abuses to the regional superintendent for Indian affairs in San Francisco.

Arriving in Portland in 1861, he bought a jewelry store and opened an assay office, buying gold dust. With some of the profits, he and several of his brothers founded a wholesale dry goods business that became a major supplier of frontier troops.

Goldsmith quickly became involved with Portland's financial elite. He was one of 12 board members of the Stock and



Suffrage and Civic Involvement – Josephine Hirsch, daughter of Jacob Mayer, a founder of Fleischner, Mayer & Co., and wife of partner Solomon Hirsch, was a leader in the Oregon fight for women's suffrage, finally won in 1912, eight years before ratification of the 19th Amendment. She also was the first president of the Portland chapter of the National Council of Jewish Women, which established Neighborhood House to aid new immigrants. The Council itself did not take a position on suffrage, fearing it was "too political." *Photo courtesy of Don Nelson and Oregon Jewish Museum*



Ambassador to Turkey – Solomon Hirsch, one of Louis Fleischner's partners, was born in Germany and came to the United States at the age of 15. He spent several years in the East, and then lived in Silverton and Dallas before moving to Portland in 1864. He served three terms in the Oregon Senate, and in 1885 failed by one vote – his own – to be elected by the state legislature to the U.S. Senate. In 1889 he was appointed U.S. ambassador to Turkey, a major diplomatic post. *Photo courtesy Oregon Jewish Museum*



A Life of Service – Portland attorney Joseph Simon was “clearly the most powerful individual in Oregon’s politics from 1880 to 1910,” according to historian E. Kimbark MacColl. Born in Germany in 1851, Simon came to the United States when he was 1 and to Portland by the age of 6 – when there were just two homes built on the entire east side of the Willamette. He apprenticed at the city’s most prestigious law firm, and in 1872 was one of three Jewish lawyers admitted to the Oregon State Bar. He served as state GOP chairman from 1880 to 1886, as a state senator from 1880 to 1891 and again from 1895-1898, was a U.S. Senator from 1898 to 1903 and was elected Portland mayor from 1909 to 1911. After his death in 1935 the Portland City Council passed a resolution praising him: “Fearless in his convictions, yet as a true man he was ever ready to accord to others the right of personal judgment ... No tribute to his memory can be unduly exaggerated.” Photo courtesy Oregon Jewish Museum

Exchange Board; among five initial investors in what became First National Bank, the first nationally chartered bank on the West Coast; and a key player in cattle ranching, wheat exports, mining ventures, railroads and water transportation.

He imported Cotswold and Merino sheep and Durham cattle stock into Oregon, and, in an account given to historian Hubert Howe Bancroft, claimed to have done more “toward raising the standard of beef cattle than any other man in Oregon.”

Like many of the early Jewish settlers, Goldsmith had an advantage: Oregon was not his first stop in America. He had lived in several places and learned the language and the culture. He also was among the largest foreign-born group – the Germans – in an increasingly diverse city.

Historian E. Kimbark MacColl described Portland as “one of the most heterogeneous cities in the Far West” by 1870, with nearly a third of the city’s 8,293 residents foreign-born, and half having at least one foreign-born parent. In this frontier melting pot, Jewish merchants like Goldsmith were respected as community builders.

As mayor, Goldsmith urged purchase of several of the downtown Park Blocks and what became the nucleus of Washington Park, and supported an ordinance requiring shade trees to be planted by store owners along city streets.

He believed his greatest achievement, however, came after his tenure as mayor: constructing shipping locks on the Willamette River at the falls near Oregon City, completed in 1872. The state legislature provided \$200,000 in funding for the project. Costs doubled, and Goldsmith and his associates paid the difference in an effort to break a transportation monopoly.


“Ultimately, he was forced to sell out to his rivals at a great loss,” noted *The Oregonian*, which praised the locks as “a monument to his public spirit and enterprise.” Thanks to the locks, “The people of the Willamette Valley have secured forever immunity from excessive railroad charges and discrimination.”

Goldsmith’s successor as mayor, Philip Wasserman, was, like his close friend Goldsmith, a Jewish immigrant from Bavaria. Wasserman had served three terms in the state legislature before his election as mayor, and served on the Portland School Board afterward.

“Standing for local public office was seen as the duty and responsibility of those who had achieved prominence,” Steve Lowenstein wrote in *The Jews of Oregon: 1850-1950*. “In Portland, seven Jews served on the common (city) council in the 1860s and ’70s; three occupied the post of city treasurer; and one was the city attorney.”

Oregon’s pioneer Jews – and their children and grandchildren – embraced that duty, whether through public office or civic involvement. In doing so, they created a legacy of leadership.

“Possessed of good judgment, a strong will, progressive ideas and a reputation above reproach, it is not singular that he was a most useful and exemplary citizen,” *The Oregonian* said of Goldsmith after his death in 1901. “His life was a lesson of straightforward, manly endeavor; ... and though, perhaps for lack of greater selfishness, he did not die a millionaire, he leaves the world with the respect and confidence of his neighbors and all who knew him.”

A good lesson in leadership and a role model for any political season. 

Sura Rubenstein is a freelance writer in Portland.

JEWISH MAYORS:

Jews, often pioneer businessmen, served as mayors in cities throughout Oregon in the state’s early years. Office-holders included: Isaac Bergman and Herman Wise, Astoria, 1898-1902 and 1906-1910, respectively; Julius Durkheimer, Burns, 1895-1896; Al Roth, Dufur, dates unknown; Samson H. Friendly, Eugene, 1893-1895; Henry Blackman, Heppner, 1887-1890; Reuben Alexander, Pendleton, 1892-1894; Bernard Goldsmith, Portland, 1869-1871; Philip Wasserman, Portland, 1871-1873; Joseph Simon, Portland, acting mayor 1877, mayor 1909-1911; William Wurzweiler, Prineville, 1904-1906; William Galvani, Seaside, about 1928; Aaron Fox, Troutdale, 1907-1909.

(Sources include: *The Jews of Oregon, 1850-1950*; *Jews of the Pacific Coast*)

Ageless advice

Health and 'The Art of Being a Woman' by Elizabeth VanderVeer, M.D.

The subject of women's health is naturally tied to a bat mitzvah – for age 12 is when the average young woman will start to experience the time our hormones awaken. The average woman today may want to run away from all of the conflicting information and avoid doctors altogether! Beginning with menses – even at the tender age of 12 – a young woman can begin to experience the blessings and curses of being a woman. Hormones surge, the body develops into that of a woman, and she may celebrate her Jewish coming of age. She can also experience the same diseases as an adult: obesity, type II diabetes, arthritis, heart disease and more. Most of these diseases are “gender-neutral,” meaning they affect women as well as men.

Most women still do not realize that cardiovascular disease is the number one killer of women – not breast cancer. Virtually one-third of all American women will die from heart disease. Breast cancer certainly gets a lot of media attention, and the breast cancer genetic mutations – BRCA-1 and BRCA-2 – are commonly found in Ashkenazi Jews, so Jewish women often face the issue of genetic testing. But, the gene is tied to male cancers, too. So, oftentimes the whole family will be involved in genetic testing discussions.

Unfortunately, most studies involving new drugs, lifestyle changes and environmental impact are conducted solely on men. Often, this is because women of childbearing age are excluded from studies. As physicians, we try our best to extrapolate the data and resultant conclusions to our female patients and make informed decisions and recommendations regarding a woman's medical care.

The debate regarding hormone replacement therapy (HRT) is almost exclusively a woman's issue. Even as a physician, I find it difficult to hear study after study contradict the study that preceded it; one day we are supposed to take Vitamin E, the next day it is Vitamin D. One year we absolutely must take estrogen, the next year we have trouble finding a physician who will refill the very medication we were told it was imperative to take. And this phenomenon shows no sign of slowing down.

Additionally, the “typical” signs and symptoms of diseases in women – such as heart disease and acute myocardial infarction – differ from those of men. For example, a woman may not experience “crushing chest pain” when she has a heart attack. Instead, she may have nagging left arm pain, the feeling of a neck strain, or simply shortness of breath. This often leads to the woman's delay in attributing her symptoms to those of a heart attack; delay in recognition of the problem in the emergency room; often a significant delay in treatment; and, overall, much greater morbidity and mortality from heart disease. All because we are women.

So what is a woman to do? First, it is imperative to build a rapport with a primary care or internal medicine physician. I am a fan of “concierge medicine” when it is an available and affordable option for a woman. Second, do the basics: mammograms, GYN exams, lab work, etc. Third, maintain a normal body weight; move your body even a little bit every day; and certainly do not smoke. Most importantly, take care of you. This final step is often overlooked by women, but it is so vital to the health of those who depend on us – our spouses, children, parents, schools, temples, communities and friends. For without our own good health – including our mental health and happiness – we are not able to nurture others.

In my aesthetic medical practice, I see women every day who feel isolated and unhappy, regardless of their overall health status, their age, their demographic or their appearance. The common theme seems to be a lack of connection or feeling of purpose. No matter how busy or involved they appear to be, they are lacking a deeper sense of meaning in their lives. Our society does little to celebrate, or even recognize, the contributions women provide in the world, and it is easy to feel marginalized and underappreciated. Also, as a parent of two teenage boys, I can say firsthand that you rarely get thanked and appreciated for being a responsible and present parent of teens. Usually, parents are the last thing they want to see – unless we have money or car keys in our hand!

So, back to the subject of women's health: It is really everyone's health. Women, though rarely studied, are virtually half of the population on this planet. Our health and health care is largely our own responsibility. We must be our own best advocate for our health care; we must take care of others; and most importantly, we must take care of ourselves in intangible ways that nurture our souls. If you find yourself tired, burned out, frustrated, isolated or in any other way suffering, take care of you. And, for those of you looking for a reason, there is even a study that shows Botox really can make you happier!

L'Chaim. 

Elizabeth VanderVeer, M.D., is a board-certified internist and president/medical director at VanderVeer Center. She is a fourth-generation doctor who has dedicated her practice exclusively to aesthetics for many years and specializes in nonsurgical cosmetic medicine. Dr. VanderVeer is a published author and a sought-after international lecturer as well as a national trainer for numerous industry leaders.



For love and money

*Cyclists pedal way across
Israel to aid hospital's children*

by Cathy Lanyard

Steve "Rosy" Rosenberg lifts his bike in celebration during last year's Wheels of Love charity bike ride to benefit children of Alyn Hospital. He had just completed a 90-mile stage that included a 7,500-foot climb to the top of Har Hermon.



HAVE YOU EVER RIDDEN A BICYCLE TO A BAR MITZVAH?

Portland's Steve Rosenberg (Rosy) is preparing to do just that. The bar mitzvah is in Israel and celebrates the 13th birthday of the Wheels of Love, an international charity bike ride held every fall in Israel to benefit the physically disabled children of Alyn Hospital.

Rosy will be among more than 500 "guests" who will be part of the five-day celebration. This will be his eighth year participating in the ride. Not only does he train for the ride's toughest route – the Challenge Route covering more than 300 miles – he also takes on the job of fundraising every year. As the sole rider from Portland, Rosy is thrilled to have contributed to the nearly \$20 million raised in the first 12 years of the ride.

Wheels of Love 2012 will be Nov. 11-15. Beginning in Arad, the caravan winds thorough southern Israel into Jerusalem. Approximately 200 riders from the U.S., Canada and Europe will join 200 Israelis as five-day riders. Wheels of Love has grown from an "accidental" ride of nine Israelis to the largest multi-day charity bike ride in the Middle East.


Tzedakah and *tikkun olam* are woven throughout every minute of the ride. Children come to Alyn Hospital seeking Alyn's unique multidisciplinary rehabilitation treatment. Care is provided for children from birth to young adulthood who have physical disabilities as a result of neuromuscular conditions, cancer surgery, car accidents, acts of terror and other life happenstances. Alyn is a private, nonprofit hospital. The ride raises

funds to bridge the gap in funding between health insurance reimbursement and the cost of Alyn's amazing care.

The ride is an athletic challenge for everyone, but even the steepest hill is less daunting when one thinks of the children of Alyn – many of whom spend their lives in wheelchairs, dependent on respirators. The huge bar mitzvah party on the night of Nov. 14 will be followed by the emotional peak of the ride on Nov. 15 when Rosy and his fellow riders cycle to Alyn Hospital and are greeted by the children, their families and the Alyn staff. Children thank the riders for helping them, and the riders thank the children for inspiring them.

"As many know, I like to ride my bicycle and I like to be in Israel. The ride gives me the chance to do both! What is even better than that is knowing that I can enjoy my addictions while also helping these severely disabled and injured kids at Alyn Hospital."

Everyone is invited to attend this extraordinary bar mitzvah. Information on the ride is available at www.alynride.org. If you can't ride this year and want to support Rosy's fund-raising efforts, visit www.wolusa.org/steverosenberg.

If you are celebrating your own bar or bat mitzvah this year and are looking for the perfect tzedakah project, the children of Alyn are incredibly deserving of your effort. Alyn Hospital has a Mitzvah of Love Program with a project to suit every size and any interest. For more information, call the American Friends of Alyn Hospital at 212-869-8085 or email friends@alynus.org. 

Cathy Lanyard is executive director of the American Friends of Alyn Hospital.



a LIONS OF JUDAH: (From left) Michelle Philip joined Portlanders Rita Philip, Elizabeth Menashe, Lois Schnitzer, Sharon Weil, Elaine Savinar (Sharon's mother), Renee Holzman, Gayle Romain and Priscilla Kostiner on a visit to the 9/11 Memorial while at the International Lion of Judah Conference in New York City Sept. 12. The 1,700 women who attended from around the world raised a record-breaking \$27 million plus for the Jewish Federation system. This conference celebrated the 40th anniversary of the Lion pin born when Norma Kipnis-Wilson and Toby Friedland (z'l) created it as a recognition for women who made a minimum gift of \$5,000 to their city's annual Federation campaign. Weil, at left, was Portland's honoree for this year's Kipnis-Wilson/Friedland Award.



b KOL AMI DEDICATION: More than 300 people attended the Sept. 6 dedication of Congregation Kol Ami. The new synagogue is located at 7800 NE 119th St., Vancouver, Wash. The synagogue is designed specifically to carry out the congregation's mission of living, learning and celebrating Jewish life in Southwest Washington. This includes weekly Shabbat services, festival services, religious and Hebrew education, bar and bat mitzvah services, adult education and social action. The synagogue includes a sanctuary that seats 200, an adjoining social hall that seats 400, a religious school with six classrooms and an administrative area with four offices.



c CHALLAH DAYS: More than 40 women turned out to make and braid challah at the Jewish Women's Circle Challah baking evening held the week before Rosh Hashanah at the home of Lee Lazarus.

d 2012 MEN'S CAMP: Sen. Ron Wyden, shown here with Steve Strauss, stopped by the B'nai B'rith Men's Camp's 82nd annual encampment. More than 140 men attended and pledged \$160,000 during the traditional third-week-in-August getaway. B'nai B'rith Men's Camp Association is the largest supporter and owner of the Jewish residence camp near Lincoln City.

e JAZZY BIRTHDAY: Laurie and George Fendel were joined by about 120 relatives, friends and colleagues at the Classic Pianos Recital Hall Aug. 29 to see two-time Grammy-winning jazz pianist Alan Broadbent give a performance in celebration of George's 70th birthday. A 26-year veteran of jazz radio, including the local KHMD, and past president of the Jazz Society of Oregon, Fendel brought his friend Broadbent to Portland for a two-night engagement as part of the concert series he has been curating for two years. Photo by Peter Korchnak



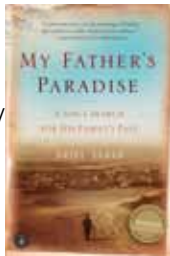
f HOOD TO COAST: Jewish Federation of Greater Portland's 2 Life team members Glen Coblens, Leeza Maron, Aaron Freedman, Mikey Leveton, Steven Kahn, Richard Meyer, Lauren Goldstein, Benjamin Drucker, Kat Stone, Eric Stone, Matt Emlen and Joshua Hornick finished this year's race in 26:48.33, about an 8-minute/mile pace for 200 miles. The team was 139th out of 1,068 teams. Photo by Aaron Pearlman

JEWISH BOOK MONTH: ONE BOOK, ONE COMMUNITY

At least 10 Portland organizations plan programs Nov. 4-Dec. 2 about *My Father's Paradise*, by Ariel Sabar, as part of National Jewish Book Month. Schedule: www.oregonjcc.org/jbm

by Jennifer Greenberg

“I am the keeper of my family’s stories. I am the guardian of its honor. I am the defender of its traditions. As the firstborn son of a Kurdish father, these, they tell me, are my duties. And yet even before my birth I resisted.”



So begins the story of a son’s journey to discover his father’s roots, a son who was embarrassed by his thrifty father’s outdated outfits and tendency to smuggle Manischewitz into restaurants in travel shampoo bottles. In the midst of 1980s Los Angeles culture, the author drove himself away from embracing his heritage and his father. This break between father and son lasted until the author became a father and awoke to questions about his father’s history and culture.

As Ariel Sabar takes the reader back in time to the Kurdish Iraqi village of Zakho, he paints a vivid picture of the intimate moments in his ancestors’ lives, from a grandmother’s stolen baby to a fervently religious great-grandfather who stays up at night to talk to spirits in a dark synagogue. We witness the author’s father, young Yona, growing up in this remote, isolated and dusty world and come to understand Kurdish Jewish culture through his experiences. We meet compelling characters who infuse him with traditional values and ethics, but we soon see the regional tides of anti-Semitism as the state of Israel comes into being. Sabar’s family flees, and is confronted with the reality of the new state of Israel.

Reading this book one travels through time, following a successful family to the new state of Israel, where hardships await in an already well-defined cultural hierarchy. Central to the story is Yona Sabar, whose steadfast, humble character and hardworking nature, coupled with the luck of often being in the right place at the right time, brings him education and opportunity. Yona Sabar, now a UCLA professor of Aramaic and folklore, takes a path from night school for working children to a full ride at Yale. The reader roots for him every step of the way.

At the end of the book Ariel Sabar literally journeys back into his father’s past, traveling to modern-day Zakho in an effort to uncover a mystery. *My Father’s Paradise* is an engaging and entertaining read and serves as an education in the Kurdish Jewish experience.

PORTLAND HOSTS WOMEN OF REFORM JUDAISM CONVENTION

The Women of Reform Judaism Pacific District’s 51st Biennial Convention is being held in Portland Oct. 25-28. The theme, “The Journey Continues,” refers to *Lech L’cha*, the Torah portion for the week of the convention, in which God tells Avram to “go forth” and establish a new community. It is hoped that the district convention will inspire women to go forth and deepen their bonds to Sisterhood and to Judaism.

The convention will be held at the Embassy Suites-Downtown, bringing 150 women from 12 states and two Canadian provinces. Beth Israel Sisterhood Past President Ellen Bick will be installed as the District President on Saturday evening at a Havdalah service, followed by a gala celebration.

Beth Israel Sisterhood will host the Kabbalat Shabbat service Oct. 26 at 6 pm in the main Temple dome (1931 NW Flanders St.). The community is welcome.

For more information or to register for the convention, visit the WRJ Pacific District website: www.wrjpacific.org/convention-2012.

FIND “THE SWEET LIFE” WITH FEDERATION, BEN & JERRY’S FOUNDER

“How the community can come together and make things sweeter,” says event chair Lauren Shleifer Goldstein, is the inspiration for the Jewish Federation’s Annual Kickoff Event *La Dolce Vita (The Sweet Life)*!

Indulge in innovative cocktails (designed by a local celebrity bartender), sumptuous desserts and the inspiring thoughts of Jerry Greenfield – co-founder of Ben & Jerry’s Homemade Ice Cream.

As co-founder of Ben & Jerry’s, Greenfield helped to create a \$300 million ice cream empire built upon social responsibility and creative management.

“He turned the ordinary into the extraordinary,” says Goldstein. “That is our vision for our community. Now is the time for innovation in our community.”

Learn how Jewish Federation of Greater Portland strengthens the community and helps make the world sweeter. You will have the opportunity to pledge your support at this event.

The 2013 campaign kickoff will be at 7 pm, Oct. 28, at the Gerding Theater at The Armory (128 NW 11th Ave., in Portland’s Pearl). Organizers expect a sold-out event, so RSVP soon at 503-245-6219. Tickets are \$36 until Oct. 10.

PORTLAND JEWISH ACADEMY

Save the Date

AUCTION

Spotlight on Portland

Sunday, December 2, 2012
4:30 pm at the MJCC



Think for yourself. Work for the world.
503.244.0126 • www.pjaproud.org

OCTOBER CALENDAR

Oct. 3

Spaghetti in the Sukkah, 4:30-6:30 pm at The Gan-Portland Jewish Preschool, 6612 SW Capitol Hwy., Portland. \$5 per person, \$13 per family. RSVP: mimi@portlandjewishpreschool.com

Portland's Public Sukkah at Pioneer Courthouse Square 10 am, Oct. 3, through 1 pm, Oct. 5

Oct. 5

First annual Portland Fashion and Style Awards comes to the Arlene Schnitzer Concert Hall. www.portlandfashionandstyleawards.com

Oct. 6

Teaching About the Holocaust Workshop. The United States Holocaust Memorial Museum in partnership with the Oregon Holocaust Resource Center offer a free workshop on teaching the Holocaust at Lewis and Clark College. Teachers will get free books and other resources. Lunch is provided. Information: www.ohronline.org or email info@ohronline.org. Register at <http://www.cvent.com/d/8cq5s>

Oct. 6 & 7

An Outdoor Overture Copland: The Vancouver Symphony Orchestra 2012-2013 Concert Season Opener at Crossroads Sanctuary, 7708 NE 78th St, www.VancouverSymphony.org or 360-735-7278

Oct. 10

Monthly Bistro Night at the J, 6:30-8 pm. Enjoy guest musicians and dinner or "small plates" at the Cafe at the J (MJCC). 503-244-0111

Oct. 11

San Francisco Munich Trio in concert. 6:45 pm in Zidell Hall, Rose Schnitzer Manor, at Cedar Sinai Park, 6140 SW Boundary St. (enter via 62nd). Free. Reservations: 503-535-4004 or deborah.elliott@cedarsinainapark.org

Oct. 14

Circle of Life Award Luncheon. The Board of Directors of the Oregon Holocaust Resource Center presents their Circle of Life Award to Jakob Kryszek, The Rev. Ross Miller and Chancellor Mary Jo Tully for their long-term commitment to and personal investment in passing on lessons of the Holocaust. Tickets: www.ohronline.org or email info@ohronline.org

Oct. 18

Lecture by Dan Alon, Munich Olympics massacre survivor, 7-9 pm at MJCC. Contact: Motti Wilhelm, 503-977-9947

Oct. 20

BBYO Connect Haunted Havdallah for 6th- to 8th-graders. 7-9:30 pm, Sauvie Island. Contact: Lauren Shey at 503-452-3426 or lshey@bbyo.org

Oct. 21

Special Screening of *Defiant Requiem* (Director: Doug Schultz) with the OHRC and NW Film Center. For information and tickets: www.nwfilm.org

Oct. 23

"Red States, Blue States and the Jewish State: An Insider's Perspective on the U.S. Election's Impact on Israel," with Gil Hoffman, chief political correspondent and analyst for *The Jerusalem Post*, will be 7-8:30 pm at the MJCC. Sponsored by JFGP Community Relations Committee. Free. 503-245-6496 or bob@jewishportland.org

Oct. 24

Discover Mesilat Yesharim, Your Life Purpose Handbook. Explore *Mesilat Yesharim/Path of the Just*, a classic work makes Jewish spirituality accessible, 7:45-8:45 pm Wednesdays through Dec. 12 at Portland Kollel, 6688 SW Capitol Hwy., Portland. \$25. Contact: rabbibrodkin@gmail.com

Growing Up Jewish in Inquisition Spain, lecture and book reading by authors David Gitlitz (*A Drizzle of Honey*) and Linda Davidson (*The Lost Minyan*). 7 pm at OJM. 503-226-3600

Oct. 25

Cinema: Joann Sfar Draws From Memory at 7 pm the Oregon Jewish Museum. Take a journey with award-winning graphic novelist Joann Sfar as he finds inspiration in his Algerian-Jewish heritage and the lively streets and cafes of his current home in France. Tickets: 503-226-3600

Oct. 26

North Coast Shabbat services led by Charlie Schiffman begin at 8 pm at the Bob Chisholm Center at 1225 Avenue A, in Seaside. All are welcome. Contact: Bev Eastern: 503-244-7060

Oct. 28

Community Connections – A Town Hall Discussion on the Future of Holocaust Education in Oregon. 12:30-4 pm, Portland State University, 1825 SW Broadway, Smith Memorial Student Union. Information: www.ohronline.org or email info@ohronline.org

Oct. 30

Jewish Voices Annual Reading by Jewish Writers and Poets. Mia Birk, Jonah Bornstein, Andrea Hollander Budy, Ivonne Saed and Jonathan Schofer will read from their personal collections. 7 pm at OJM. 503-226-3600

Mittleman Jewish Community Center, abbreviated in calendar items as MJCC, is located at 6651 SW Capitol Hwy., Portland. Jewish Federation of Greater Portland is abbreviated as JFGP.

EXHIBITS:

Through Jan. 21, 2013: **Chagall for Children at the Portland Children's Museum**, 4015 SW Canyon Road. Marc Chagall's vivid artwork combined with unique, playful, hands-on activities. 503-223-6500

Oct. 23-Nov. 16: **Lawyers Without Rights: The Fate of Jewish Lawyers in Germany after 1933** presented by Zeitgeist Northwest in partnership with the Oregon State Bar International Law Section. A traveling documentary exhibit by the German Federal Bar and the German Jurists Association. Free public lecture *Lawyers, Tyranny and the Rule of Law – or – 'The first thing we do, is kill all the lawyers.'* 6 pm, Nov. 1 by federal defense attorney Steven Wax. Exhibit and lecture at Mark O. Hatfield U.S. Courthouse, 1000 SW Third Ave., Portland. Information: www.zeitgeistnorthwest.org

Through Nov. 25: **Willa Schneberg: The Books of Esther**. Willa utilizes ceramic sculpture, photographs, audio clips and personal objects to reveal how memory, language, Jewish identity, work, disability and aging shape a life. Oregon Jewish Museum. 503-226-3600

Oct. 17-Feb. 17, 2013: **Graphic Details: Confessional Comics by Jewish Women**. Oregon Jewish Museum. 503-226-3600

OJM's SukkahPDX

During the week of Sukkot, the parking lot at the Oregon Jewish Museum (1953 NW Kearny, Portland) will be transformed to accommodate a curated collection of unique *sukkahs*, created by artists from around the country. The *sukkahs* serve as a focal point for a week-long series of events that seek to place this ancient holiday within a modern context by encouraging new awareness of contemporary questions that relate to homelessness, food access and resource sustainability.

Oct. 2, 7 pm: Share the Harvest. Presentation by FoodWorks, a program that engages young people in all aspects of planning, growing, selling and donating organic produce from their farm on Sauvie Island. \$5; OJM members free.

Oct. 3, 7 pm: Fragility, Stability and the Housing Crisis. Discussion with Tivnu: Building Justice, an advocacy organization that focuses on the fulfillment of basic human needs, Jewish study, and construction work and training led by Steven Eisenbach-Budner. \$5, General; Free for members of OJM and Havurah Shalom, co-sponsor

Oct. 4, 5:30 pm: Pizza in the Hut, *Pizza & Improv by ComedySportz*. Co-sponsored by PJ Library. Night of improv comedy, art and pizza. Pizza donated by Hotlips Pizza. Free with Museum admission for families. RSVP required: yael@jewishportland.org or 503-245-6219

Oct. 5, 8 pm: Shabbat in the Sukkah. Join OJM and Portland Young Adult Shabbat for a young adult-led Shabbat service and vegetarian potluck in the *sukkahs*. Free. RSVP required to PortlandYoungAdultShabbat@gmail.com

Oct. 7, 1-3 pm: Sukkot's Bounty, *Local food and demonstrations*. Stroll, schmooze and nosh your way through the *sukkahs* with family and friends. Admission is free. Food available for purchase.



“Creating our legacy through OJCF has enabled us to support the organizations we care about well into the future, while setting an example for our children in the present.”

Jonathan Glass and Sarah Kahn Glass

What will your legacy be?

The fall Jewish holidays are a wonderful time to reflect on what kind of legacy you would like to leave. Protect the heritage you love by building a lasting partnership with our Jewish community. Your will, estate plan or endowment gift makes it possible.

Leaving a bequest for the benefit of your favorite organization and our rich and thriving Jewish community enables you to create a permanent legacy that can keep our community strong... forever.

Call Julie Diamond at 503.248.9328 to learn how you can help preserve Oregon's Jewish community for years to come.

Create a Jewish legacy.



THE OREGON JEWISH COMMUNITY FOUNDATION
610 SW Broadway, Suite 407 Portland, OR 97205
503.248.9328 | www.ojcf.org | www.ojcfgift.org

Send your teen to Israel this summer on TJJ, for as little as \$2099!

including airfare



TJJ – The Jerusalem Journey

“The Jerusalem Journey was an experience that has forever changed my life. I have come back to my public high school a better and more educated Jew. It is an experience you have to see to believe!”

-Molly S., NY

TO RSVP FOR AN INFO SESSION or FOR MORE INFO:

ncsysummer.com
meira@ncsy.org
503-757-3037

To find out more about NCSY Programming
visit portlandncsy.com.

TJJ | Jewish Driver's Ed | JUMP | Latte and Learn
Matan Bat Mitzvah Program | Jr. NCSY | JSU Clubs

411 TJJ

October 7

NCSY Office

6688 SW Capitol Hwy | 11-11:45 am

November 11

Allison and Michael Sherman

01733 SW Riverdale Rd | 5-5:45 pm

December 2

Ariel Shattan and Phil Jansen

3135 SW Florida St | 5-5:45 pm

January 6

Jan and Craig Berne

4312 SW 40th Ave | 5-5:45 pm

Get real answers
to your questions.



BEST.
SUMMER.
EVER.