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Inside

October 2014/Tishrei-Cheshvan 5775 | Volume 3/Issue 8

J Kids & Teens too 46-59

Includes Bar & Bat Mitzvah Special Section

- Mitzvah with Meaning: Mustang Mitzvah ◦ 47
 - Puppy Love ◦ 50
 - Connect with Israel ◦ 52
 - Projects in Salem ◦ 54

- Mitzvah Soundbites ◦◦ 56
- Where's the party? ◦◦ 58
- Eagle Scout Project ◦◦ 59

26

Features

COVER STORY

Rabbis-to-be connect with Portland's future 26

UPFRONT

Working or volunteering, Jeff Reingold cares.....10

BUSINESS

Ins & Outs..... 12

City of Roses 13

ARTS & ENTERTAINMENT

Disney imaginer dreams up gala fun 30

Beth Israel classmates reunite as Frizz31

FOOD

Enjoy healthy eating 32

Broadway nosh is closer than New York..... 34

SUKKOT

Sukkah collaboration 36

SukkahPDX returns37

ISRAEL

The war we won, and the war we are losing 38

Melt, svelte and gelt help women cope 40

SENIORS

There's no place like home 42

Special Section: Women's Health 14-25

Surrogacy's miracle baby14

Jewish women and cancer18

Two Cancers, Four "Survivors"20

Jewish genetic disease: Knowledge is power22

Naturopath rides and eats way to fitness23

Fit-spiration can get you moving24

Columns

24 Fashionista

32 Chef's Corner by Lisa Glickman

34 NW Nosh by Kerry Politzer

38 An Oregonian in Israel by Mylan Tanzer

40 Life on the Other Side by Anne Kleinberg

41 Ask Helen

56 Soundbites

Connect

60 Happenings: Faces

61 Happenings: Previews

62 Happenings: Calendar



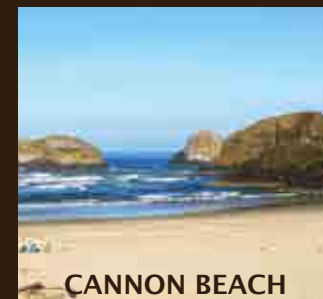
14



47

Cover photo: Arielle Rosenberg and Nate DeGroot on the east side of the Burnside Bridge. Photo by Deborah Moon

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	2012	2013	2014
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February	6.5	4.5	3.9
March	5.0	3.2	3.1
April	4.7	3.1	2.8
May	4.2	2.5	2.8
June	3.9	2.9	2.8
July	4.6	2.8	2.9
August	3.9	3.1	3.0
September	4.6	3.7	NA
October	3.8	3.4	NA
November	4.2	3.7	NA
December	3.6	3.2	NA

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Editor's Letter



When I enrolled my sons in Portland Jewish Academy, I had no idea of the myriad benefits I would reap from that involvement. As both a woman and a journalist working in the Jewish press, the connections and experiences proved invaluable.

Two of those benefits relate directly to the special sections in this edition – Women's Health and Bar/Bat Mitzvah.

Until I had children, I stayed active with horseback riding, skiing and hiking. But

when the boys were young, time for myself seemed rare. That started to change when PJA and the Mittleman Jewish Community Center teamed up to offer youth basketball. At the organizational meeting, the organizers said they had found coaches for all the younger teams (so my fourth-grader was good to go), but they didn't have anyone to coach the seventh/eighth grade team. If a parent didn't step up, they wouldn't be able to offer a team for the older kids. Jim Davidson, who had just moved to town (he went on to become federation president a few years later), looked at me and said if I'd help, he would volunteer. So there I was on the basketball court running up and down to teach boys to play. Soon moms from the fourth-grade team wanted to play too. So we started the MOMS basketball team. My path back to fitness took off.

The next year, my older son's classmates all began to become bar or bat mitzvah – and since they attended a community day school, that meant we were soon attending services at a different synagogue a couple times a month. Between attending b'nai mitzvah celebrations for both boys' classmates, I think we experienced services at virtually every congregation in the Portland metro area.

What a gift for someone writing about the Jewish community. When I wrote about an event or issue at any congregation, I had a feel for the place and people involved. I think it has made me much more accessible to the community and has made the community much more accessible to me.

I also got to learn about the variety of mitzvah projects the young people undertook as part of their path to becoming a son or daughter of the commandments. Not surprisingly, a lot of those students chose a project related to animals – not unlike the stories you can see in our Bar/Bat Mitzvah section. Talking to the twins working to help the mustangs, I was transported back to my youth reading *Mustangs Wild Spirit of the West*, which told the story of Wild Horse Annie and her successful efforts to pass legislation to save America's wild horses. Now a new generation of activists is carrying on her work to ensure that the mustangs have the protection the law entitles them to.

I'll end on a much more serious note, one that hits home for so many of us in Oregon's Jewish community. Israel's struggles are often our own. Be sure to read Mylan Tanzer's column this month about the war for public opinion that Israel faces today – and has faced for decade after decade.

Some battles just need to be fought over and over again.

Fortunately, one battle where we are making progress is the fight against breast cancer. October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. Thanks to increased awareness and increased funding for testing and research, in recent decades the survival rate has increased dramatically for those suffering from breast cancer.

Deborah

Letters to the Editor

Dear Editor:

I'm Jason Levin and I'm the Green Party candidate for Governor.

We're a diverse group, united by a worldview that is both optimistic and pragmatic. We've never been "mainstream." Our outsider vantage point often helps us to recognize problems (and solutions) that others miss. I'm not talking about the Green Party, I'm talking about American Jews.

A big reason why I agreed to run as the Green Party candidate was that I already knew what it would be like to be overlooked and discounted regardless of the quality of my ideas. Because I am also a Jew.

I'm a business owner, former teacher in Oregon's public school system, father and husband. I have well-researched policy positions to get our economy back on track, fix health care delivery and improve our schools. Because of media blacklisting, you won't get a chance to hear how this common sense platform recognizes our need for jobs, and wants to help put our forests to work for rural Oregon. And that's just the beginning.

It's a shame Oregonians are being denied an opportunity to hear from a single candidate other than the guy who screwed-up Cover Oregon, and the guy who offers little more than screaming about it.

I want to offer an alternative. I want to offer progress. Ideas need light to grow, and that light is mainstream media exposure. Will I win this election? Probably not. But if allowed to participate, Oregonians will see that there are other ideas out there. jason4governor.org

Jason Levin
Tigard

Dear Deborah,

I occasionally pick up a copy of Jewish Life. It is always gratifying to read about fellow Jews engaging in meaningful activity in our community. I am consistently dismayed, however, when I read Mylan Tanzer's articles and there are no other perspectives on the Israeli/Palestinian conflict. I would like to read an article about the J Street Summit and the ideas that were discussed. An article from Jewish Voice for Peace would be another welcomed perspective. As we all know the Jewish community is a very diverse one and we need to hear from a variety of voices and opinions.

Thanks for the hard work you do in creating Jewish Life.
Fran Eichenauer
Portland

(Editor's Note: Though Mylan is a regular columnist, we do include periodic stories with different perspectives.)

Dear Editor:

Where is the lady from Caesarea? I miss her: the ex-pat, Caesarea B&B-owning, writer of cook books. Forgive me, I can't recall her name but we did enjoy her witty, informative, well-crafted column you used to publish in Oregon Jewish Life.

And on the subject of a column worth reading, providing an insightful, up-to-date analysis of Israeli/American media politics, Mylan Tanzer monthly piece is right on pitch. You should do more along these lines.

Sandie Finkel
Battle Ground, WA

(Editor's Note: Anne Kleinberg's Life on the Other Side continues to run periodically in OJL, including in this issue on page 40).

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Working or volunteering, Jeff Reingold is a leader who cares

By Deborah Moon

As president of both the Oregon Area Jewish Committee and Income Property Management, the company he founded in 1974, Jeff Reingold is aware that human rights and social justice are of paramount importance.

Reingold started his two-year term on the OAJC board in June. But the OAJC's social justice priorities have long been on his radar.

"Income Property Management realizes that to build strong, successful properties, we must also build strong communities. As a company and as individual employees, we contribute to and serve the community at large as well as build strong communities within our management portfolio," reads the website of IPM, which goes on to list organizations supported by the company, including the Oregon Food Bank.

For the past decade, the USDA has ranked Oregon near the top of the list for food insecurity. Oregon often ranks among the 10 hungriest states in the nation.

"That people have to choose between food and medicine is antithetical to all we as Oregonians and Jews stand for," says Reingold. "People aren't as aware of (hunger) as they should be, and elected officials aren't doing enough."

Reingold was born in Portland to Marion and Richard Reingold, z'l. A graduate of Sunset High School, Reingold earned a fine arts degree from the University of Oregon in 1973. While still in college, he bought his first house in Eugene with his father's assistance.

"The math seemed good, so I kept doing it," he says, noting there was a need for rental property in Eugene.

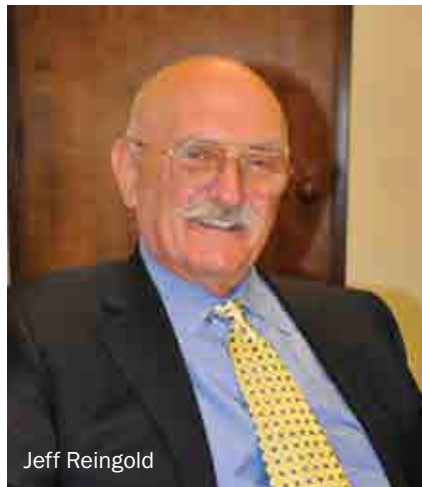
The year after he graduated he started IPM in Eugene.

Now he uses the experience he gained managing his own properties and taking real estate management courses to ensure IPM "helps clients gain maximum value for their real estate dollar while providing quality spaces for tenants to live and work."

In 1979 Reingold completed the requirements needed to obtain his designation as a Certified Property Manager from the Institute of Real Estate Management. In 1981 the firm met the institute's strict requirements for designation as an Accredited Management Organization – one of only 620 in the country.

"I enjoyed property management; I still do," he says.

In 1984 he expanded the business to Portland. Currently the firm serves as managing agent for more than 6,000 residential units and about 700,000 feet of commercial space in Oregon and Southwest Washington.



Jeff Reingold

He attended Congregation Beth Israel growing up, but when he and his wife, Francine, moved to Portland, they joined Congregation Neveh Shalom, where their sons, Jonathan and Jacob, became b'nai mitzvah. Now 31, Jonathan, an attorney, and his wife, Lauren Fine, live in Seattle. Jacob, 25, just returned from teaching English in Oman for two years.

Reingold says he was invited to join OAJC 10 years ago by board member Miles Newmark.

"Frankly, once I found out the work (that) needed to be done, I've been pleased to be able to do it," he says.

OAJC policy initiatives focus on economic equality/hunger, equal rights/marriage equality and anti-Semitism/Israel advocacy.

OAJC works to ensure that the public and elected officials are aware of the prevalence of food insecurity and the far-reaching effects of hunger on educational and economic outcomes.

In terms of marriage equality, it really all comes down to fairness – and that is the argument the OAJC made in its amicus brief to the Oregon Supreme Court, says Reingold.

Born the same year as the modern state of Israel, Reingold says, "As a Jew who's lived 65 years, I'm seeing things in the world I never thought we would see again."

The worldwide increase in anti-Semitic violence and the resurgence of neo-Nazi parties in Europe are a trend that Reingold, and many Americans, believed would never rise again. The OAJC in conjunction with the Community Relations Committee, the Jewish Federation of Greater Portland and the Oregon Board of Rabbis recently issued a policy statement in support of Israel's reaction to rocketfire from Gaza.

"(W)hile we yearn for an enduring peace and an end to this violence, we also urge international diplomats to continuously remind the world that there is no moral equivalence between Hamas' deliberate targeting of civilians and Israel's military response in self-defense," reads the joint statement.

In addition to "providing a needed voice for the Jewish community on these three issues forcefully and cogently," Reingold says OAJC also provides programming specific to these issues. The OAJC's annual Yom Hashoah programs ensure Americans, and especially young people, are aware of the dangers of anti-Semitism. The most recent Lunch and Learn program focused on "Facing Race." And the annual interfaith seders promote cultural and interfaith ties.



Jeff Reingold enjoys attending meetings with legislators organized by the JFGP Community Relations Committee. From left are OAJC Executive Director Joanne Van Ness Menashe, Reingold, Portland Kollel Rabbi Tzvi Fischer and Rep. Suzanne Bonamici (D-OR).

This month the OAJC hosts its Learned Hand Award (see box) featuring keynote speaker Oregon Attorney General Ellen Rosenblum.

"OAJC has benefited from Jeff's generosity and passion for making a difference for over a decade now," says OAJC Executive Director Joanne Van Ness Menashe. "I am personally fortunate to have had great board leadership in my first year as executive director and am looking forward to working with Jeff in his new role as president in my second year at the helm. Jeff has many great qualities, including clarity of vision, and he is guided by a deep sense of commitment to OAJC's mission."

Reingold's IPM was one of the first companies to step up as a sponsor for the Oct. 29 event.

"Our company works quite a bit with nonprofits," says Reingold, noting he also serves on the board of Cedar Sinai Park.

"Both Francine and I have had family members residing there," he says, calling CSP a great resource in the community. "What a safe refuge."

Since IPM manages some affordable housing units, Reingold says he hopes he will be able to use his experience in that sector to help CSP make informed decisions regarding the four affordable housing buildings it owns in downtown Portland.

Whether at work or on volunteer boards, Reingold knows how to combine passion, vision and experience to make a difference. ♻️

JUDGE LEARNED HAND AWARD LUNCHEON OCT. 29

Oregon Attorney General Ellen F. Rosenblum will be the keynote speaker at the Oregon Area Jewish Committee 2014 Judge Learned Hand Award Luncheon. The Lifetime Achievement Award will be presented to Lisa Kaner of Markowitz Herbold Glade & Melhaf, PC. The Community Leadership Award goes to Amy Edwards of Stoel Rives, LLP.

Since this is the first year both honorees are women, Rosenblum will focus her comments on current issues facing women, including the "equal pay" amendment.

The OAJC Judge Learned Hand Award honors the memory of Judge Billings Learned Hand, who was recognized as a jurist, philosopher and poet of liberty. Judge Hand was appointed by President Taft as U.S. District Court Judge for the Southern District of New York. The event will be at 11:45 am-1:15 pm, Oct. 29, at the Benson Hotel Mayfair Ballroom. For ticket information, visit oajconline.org.

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BIZ INS & OUTS



Photo by
Palma Corral,
OJMCH

APRIL SLABOSHESKI JOINS OJMCH AS EDUCATOR

The Oregon Jewish Museum and Center for Holocaust Education has hired April Slabosheski for the new position of Holocaust educator. April grew up in rural Wisconsin and earned her undergraduate degree at the University of Wisconsin-Milwaukee and her master's degree at the University of Michigan. Her graduate thesis in Jewish studies focused on theories of memory as applied to artists whose parents were survivors of the Holocaust.

In 2013 April attended Leo Baeck Summer University in Berlin and studied Holocaust memory and interpretation as it affects international communities. She conducted independent research on Christian German clergy and congregations and their interpretation of Jewish history after the Holocaust.

Working at the Ann Arbor Hands-On Museum, April presented outreach educational programs to Michigan students. She gained experience in curriculum development and classroom teaching as well as working with students in various grades and from different cultures and parents, teachers and volunteers.

OJMCH Director Judith Margles says April was selected from a highly competitive pool of applicants. "April presented herself with the precise set of skills that we were seeking - an individual highly trained in Holocaust history and with hands-on experience in museum education."

April says she looks forward to "working with the Portland community, the Holocaust Memorial and the Speakers' Bureau of Holocaust survivors to make Holocaust studies at OJMCH a place for learners of all ages to feel comfortable asking difficult questions, and listening to their emotions as a part of intellectual inquiry."

ojmche.org | 503-226-3600



Arnaldo Cohen

MAJOR GRANTS VALIDATE PPI'S NEW LEADERSHIP

Portland Piano International recently received two major grant awards - \$90,000 from the Creative Heights initiative of the Oregon Community Foundation and \$20,000 from the Maybelle Clark Macdonald Fund.

The Oregon Community Foundation grant is the largest received by PPI in its 37-year history. PPI is among the first 13 arts nonprofits to be awarded funding under OCF's ambitious Creative Heights program, made possible by a \$150 million 2012 gift from estate of Fred W. Fields to advance arts and education. Creative Heights encourages nonprofits to take the creative risks needed to move their organizations, and their arts, forward.

The Creative Heights award affirms PPI's institutional progress under the new leadership of Artistic Director Arnaldo Cohen (appointed October 2012) and Executive Director Ellen Bergstone Wasil (appointed August 2013). In Cohen's inaugural, 2013/2014 season, Portland Piano International: produced six sold-out recitals; increased subscriptions 42% from the previous year; launched a sponsorship program; forged a partnership with the music department at Lewis & Clark College; and reimagined the PPI Summer Festival.

The Creative Heights grant supports PPI's development of a series to introduce audiences to brilliantly talented young pianists and to commission new solo works for them to premiere in Portland.

The \$20,000 dollar-for-dollar challenge grant from the Maybelle Clark Macdonald Fund begins the public phase of a fundraising campaign, launched in December 2012, to provide PPI with funds for new initiatives and to sustain it into a reinvigorated future.

portlandpiano.org | 503-228-1388



RABBI GADI AND EVE LEVY JOIN PORTLAND KOLLEL

Rabbi Gadi Levy and Eve Levy are the newest additions to the Portland Kollel, a community education and outreach organization whose aim is to strengthen and inspire Oregon's Jewish community.

Rabbi Gadi is the Kollel's education director, and Eve is the director of women's programming. Before coming to Portland in August, they spent four years in Denver, working with The Jewish Experience.

A native of Toronto, Eve is a grandchild of Holocaust survivors, which she describes as "the biggest influence in my life" and the source of her passion to share the joys of Jewish life with others.

Rabbi Gadi was born in South Africa, where his father - originally from Morocco and a veteran of the Six-Day War - served as the rabbi of a synagogue near Johannesburg for many years.

The Levys met in Israel, where both moved as teens to further their studies. They lived in Jerusalem until moving to Denver in 2010.

Among her first projects in Portland, Eve is taking 18 women from Portland on a nine-day trip to Israel in December in collaboration with the Jewish Women's Renaissance Project. The highly subsidized trip is similar to Birthright - and while this year's trip is full, Eve says to get in touch with her about next December's trip.

She is also working on additional programs, including a Portland version of a popular mother-daughter bat mitzvah program she pioneered in Denver.

Rabbi Gadi, described as "an idea guy and passionate teacher," seeks to inspire people on their Jewish journeys.

In Portland he wants to focus on "high-level adult education, without the need for a lot of background." Projected programs include a "Jewish University" as well as seminars on Jewish thought and practice.

He also uses every opportunity to teach, often with a bit of good humor. In his response to the ALS Ice Bucket Challenge, Rabbi Gadi - in a suit, white shirt and tie - delivered a short meditation on Jews and water, especially during Rosh Hashanah. Then, with a very Portlantesque eco-consciousness, he declined to employ good drinking water for his dousing, opting instead for chicken soup - presumably room temperature.

"We are very excited about Rabbi Gadi and Eve joining the Kollel," says Rabbi Tzvi Fischer, head of the Portland Kollel. "They are a tremendous asset for our team and a resource for the entire Jewish community in Portland."

eve@portlandkollel.org or rgl@portlandkollel.org
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City of Roses

Rabbi Joshua Rose carries on family tradition

By Deborah Moon



Rabbi Joshua Rose now leads Congregation Shaarie Torah, a Conservative synagogue in Northwest Portland with a long and vibrant history.

The Rose family has included rabbis for more than 10 generations, and now there's a second Rabbi Rose in Portland.

Rabbi Joshua Rose returned to Portland in July to assume spiritual leadership of Congregation Shaarie Torah, about a dozen blocks from the congregation his father, Rabbi Emanuel Rose, led from 1960 to 2006. The elder Rose remains rabbi emeritus of Congregation Beth Israel.

"He is incredibly talented," says the senior Rabbi Rose of his son. "He's a marvelous speaker with a wonderful sense of humor."

Rabbi Joshua Rose didn't always intend to follow in his father's footsteps. He received a degree in European and American history at Occidental College in Los Angeles and moved to Washington, D.C., to work in public policy with the Religious Action Center of Reform Judaism.

He received a master's in theological studies from Harvard Divinity School and then taught at Oregon Episcopal School for three years.

"We were surprised when he decided to go to rabbinic school," says his mother Lorraine Rose, noting he told his three sisters of his decision before telling his parents. "We are pleased he is carrying on the family tradition."

He was ordained at the Hebrew Union College-Jewish Institute of Religion in 2007. He served Congregation Har Hashem in Boulder, CO, from 2007 until returning to his native Portland this summer.

"When I grew up, there was my dad (Rabbi Emanuel Rose), Rabbi (Joshua) Stampfer and Rabbi (Yonah) Geller (z'l)," says Rabbi Rose. "I knew Rabbi Stampfer and Rabbi Geller as people involved in the Jewish community and as people my father respected."

In fact, Rabbis Rose, Stampfer and Geller were long the religious foundation of Portland, with each serving their respective congregations more than 40 years. The story of their collaborative, mutually respectful, trans-denominational efforts is chronicled in the OPB film "The Three Rabbis." A video cassette of that documentary sits on the bookshelf of Rabbi Joshua Rose's new office at Shaarie Torah, though he quips he doesn't have a VCR to watch it again.

When he was young, he says Congregation Shaarie Torah was a proud and strong community under the leadership of Rabbi Geller, "a great mensch."



With Rabbi Emanuel and Lorraine Rose in the background, Joshua Rose speaks at a 2006 service in honor of his father's retirement as spiritual leader of Congregation Beth Israel after 46 years.

Returning to Shaarie Torah, Rabbi Rose says he was moved by two things: "What a beautiful, warm, hamish community this is. It has a beautiful spark and a radiant warmth. The other thing I was moved by was the energy of the leadership to embrace the possibility of the future - a way to take the best of Shaarie Torah's past and connect to Shaarie Torah's future."

In an interview six weeks after his arrival, Rabbi Rose shared his impressions of the congregation and his plans for that future.

"There's a great diversity of Jewish spirituality here," he says. "People are living Jewishly in a lot of different ways."

He says his greatest challenge at Shaarie Torah will be the same challenge facing a lot of Jewish organizations and shuls: "How to address the Jewish future in a vibrant, creative and meaningful way that is authentically connected to Jewish tradition."

He calls the need "to engage people where they are" a wonderful, exciting challenge "that will force us as a synagogue to be courageous as we meet that challenge."

On a practical level, he says, "How do you find in Jewish customs and halachah Jewish experiences that will resonate with people in the present?"

"Portland is blessed to have a lot of very gifted Jewish leaders who have been looking for creative answers, so I feel lucky to be walking hand in hand with other great leaders trying to address the same questions I'm trying to address."

One concrete step he plans to take is to explore the expansion of kabbalat Shabbat at the Conservative synagogue. Currently Shaarie Torah holds a short Friday evening service followed by dinner one Friday evening a month.

He is also engaging in conversations with members about "who we are and who we want to become" and seeking ways to draw more people into congregational life.

Meanwhile, he is integrating into both the Jewish and general communities of Portland.

He and his wife Channah, a lawyer, have three sons, Eliav, 6, Akiva, 4, and Rafael, 3. The older boys attend Portland Jewish Academy, and Rafael attends the Carl Preschool at Shaarie Torah.

The senior Rabbi Rose says that while he may be a little prejudiced, he believes it is objectively true that "Portland is a very lucky city to have him. He's going to do wonders here."



Women's Health

September was National Ovarian Cancer Awareness Month!

October is National Breast Cancer Awareness Month!

INSIDE

14 Surrogacy and Miracles

18 Genetics, Testing and Treatment

19 SHOC Donation

20 Two Cancers, Four "Survivors"

22 Jewish Genetic Disease Screening

23 Naturopath's Fitness Path

24 Fit-spiration

Miracle: Surrogacy brings a baby boy to cancer survivor Becky Ewer



Greg and Becky Ewer with Jackson at 6 weeks old. Photo by Polina Olsen

By Polina Olsen

One in eight women will get breast cancer in their lifetime. Inheriting the BRCA gene, prevalent among Ashkenazi Jews, means chances increase to more than 50%. A terrifying diagnosis at any age, young women might face a uniquely devastating loss. Chemotherapy may cause permanent infertility, and tamoxifen, the drug commonly used in long-term therapy, causes birth defects if taken while pregnant. Furthermore, as adoption becomes increasingly competitive, cancer survivors are unlikely to be approved.

Now, science has given women another option, but it requires foresight at a time when thinking beyond tomorrow seems impossible. Harvesting a woman's eggs and freezing embryos before treatment can bring back hopes of having a child. Sometimes women can carry the unborn child, and sometimes they require the help of a surrogate. As Becky, Greg and now little Jackson Ewer proved, the results could mean a dream come true.

This story starts when Becky met Greg at a friend's party in 2007. A violinist for the Oregon Symphony, Greg's initial attraction was a mutual love of Jean Marie Leclair duets, which they played together on their first date. Originally from Seattle, Becky minored in music at Skidmore College before moving to Portland. By 2009 they'd set the wedding date for August 2010.

"I went in for a regular checkup with Dr. Stella Dantas, my ob/gyn," Becky says. Tears come to her eyes when she remembers how everything changed on Feb. 23, 2010.

"The doctor felt a lump and said, 'I want to send you to a specialist,'" Becky says. "Nothing showed up on the mammogram but during the ultrasound, the technician had worried eyes. It was scary. The radiologist did a biopsy right then. On Tuesday, the surgeon's nurse called and said, 'Are you in a quiet place; are you sitting down? You have invasive ductal carcinoma.'" Becky was 35 years old.

The lumpectomy a few weeks after her diagnosis revealed further issues. After testing negative for the BRCA gene, Becky decided on a one-sided mastectomy (a positive result would have meant two). Debilitating chemotherapy



followed – “I did four rounds of two drugs, and had everything from a fever, nausea and gross taste in my mouth to big-time fatigue.” Her five-year course of tamoxifen began after the final reconstructive surgery.

Throughout the ordeal, Becky continued her job at the Mittleman Jewish Community Center, where she is now marketing director. “I did work but had a lot of sick time,” she says. “I took a week off per round. The MJCC and Portland Jewish Academy were amazing; they were super supportive.”

Meanwhile the couple postponed their wedding and considered what cancer could mean to future hopes for a family. Now Becky wishes she'd thought of harvesting eggs sooner. “There was a chance with the chemotherapy treatment that I could go into menopause,” she says. “They have to tell patients at the first visit, because if you harvest eggs before you've had surgery, you have a better chance. Here we were in the middle of cancer, and we hadn't got married yet. I harvested eggs and fertilized four. They say 12 would mean a good chance of having it work. I think I had a lower number because I'd just gone through two surgeries. It was a difficult time.”

RACE FOR THE CURE

Karen Wagner joined 74 others to form Becky's Team at the 2010 Komen Race for the Cure. “We all walked together; I had a big blue balloon,” she says. An oboist for the Oregon Symphony, she'd met Becky over brunch a decade before and held the party where Becky and her future husband Greg met.

On April 17, 2011, Becky and Greg married in Seattle with Becky's sister, Rabbi Marla Hornsten, officiating. The couple began researching surrogacy and grants to help with the prohibitive costs. They found Fertile Action (fertileaction.org), an organization started by breast cancer survivor Alice Crisci. They received the good news that they were accepted around Thanksgiving. The next stop was Agency for Surrogacy Solutions (surrogacysolutionsinc.com), where they would team up with a surrogate match.

“You fill out a huge questionnaire,” Becky says. “What type of person are you, and what do you like or dislike? Do you want to be in the room during the birth? Are you open to selectively reducing the number of embryos? What would you do if the fetus had Down syndrome? We drew up a 40-page contract with the lawyer. Then, we shipped the frozen embryos to HRC Fertility (havingbabies.com) in Los Angeles.”

Becky and Greg flew to Los Angeles to join the surrogate for the transfer. After thawing the four embryos, Dr. Robert



Becky and Greg Ewer at the 2010 Race for the Cure.

Boostanfar told them that three had survived. One was good quality and two were average. “We were in the room and could see the surrogate's uterus on the monitor,” Becky says. “The following Friday she sent the results of her pregnancy test. We freaked out. We had one shot and it worked.”

FERTILE ACTION

“It's amazing to look at these babies and know that their development was suspended for years,”

Alice Crisci says. “My son was frozen with eight cells and now look at him. I named him Dante because it means enduring.”

Alice preserved her eggs three weeks after her breast cancer diagnosis. It cost \$30,000, and she left the clinic determined to help those with limited means. “Young women going through cancer are living long, healthy lives and deserve the chance to make their dreams come true,” she says. She founded Fertile Action and started a pilot program. Becky and Greg Ewer were the first recipients.

Surrogacy can cost up to \$120,000. Fertile Action saves people \$50,000 to \$60,000 by arranging donated services from professionals such as doctors, lawyers and the surrogacy agency. “We don't give cash,” Alice says. “We have a selection committee and extensive application process. The woman has to prove financial need and the ability to pay the remaining fees. Health is a consideration; she must have a good long-term prognosis. Becky and Greg were the strongest candidates, but it was a big risk because you don't have a good chance with just four embryos. They will be amazing parents. Jackson is a miracle beyond miracles.”

The surrogate sent Becky and Greg copies of her regular ultrasounds. In January, they learned their expected child was a boy. With the due date close, they flew to Utah where the surrogate lived and were in the room during their son's birth on May 27, 2014.

She and Greg are happy to share their experience and advice.

“If you are interested in having a child and face chemotherapy, take the possibility that you may not be able to do this seriously,” Greg says. “There are many ways to have a baby so explore those options. Go with your gut, trust your instincts, ask questions and do your research. It's a long road. Be patient.”

Greg loves playing violin for his tiny infant son. “There's something new and fresh every day,” he says. “It's amazing. When you've gone through what we have, you don't take a child for granted. We were so lucky that this could work.”



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Jewish Women and Cancer

Genetics, testing and treatment – What you need to know

By Deborah Moon

Women of Ashkenazi (central or eastern European Jewish) descent have greater risks of developing breast or ovarian cancer due to a higher incidence of inherited genetic mutations. Ashkenazim have a one in 40 chance of having a harmful BRCA1/2 (BReast CAncer) genetic mutation. Only one in 400 people in the general U.S. population have such a mutation. A mutation increases a woman's lifetime risk of breast cancer from 12% (1 in 8) to nearly 80% (8 in 10); lifetime risk of ovarian cancer increases to between 16 and 60% versus just under 2% for the general population. Men with BRCA1/2 mutations also have increased risks of cancer – colon, prostate, pancreatic and breast.

Screening is available, and, in some cases, insurance will pay for it. According to Charlene Zidell, chair of “Your Jewish Genes and Cancer” held in April in Portland, “Testing can result in prevention, and your children will appreciate knowing whether they may be at risk as well.”

Still, not all Ashkenazi women need to be tested, according to Dr. Lucy Langer of Compass Oncology. “In general, genetic testing is not recommended for individuals without a personal history of cancer,” says Dr. Langer. “However, if there is a strong or suggestive family history, and if none of the other ‘affected’ (by cancer) individuals in the family are available for testing, we do recommend consideration for testing an unaffected individual who may be at risk.”

Recently Medicare rules were changed to pay for genetic screening for women with ovarian cancer. Daughters and granddaughters of those who test positive for a BRCA1/2 mutation should consider genetic testing as well. If a mutation is present, the National Comprehensive Cancer Network has guidelines with regard to breast exams, imaging (mammography and MRI), risk-reduction surgery (breasts and ovaries) and psychosocial needs.

Reducing the number of women who die from ovarian cancer is more likely to result from genetic testing than from improved treatment options, according to Dr. Scott Rushing, a gynecologic oncologist with Compass Oncology. Dr. Rushing says that while improved treatment can extend survival rates for women with ovarian cancer, “prophylactic oophorectomy (removal of healthy ovaries in women who have an elevated risk for ovarian cancer) is where we will move the meter on women dying of the disease.”

For women who are diagnosed with ovarian cancer, Dr. Rushing says there are two treatment options considered standard of care that are not being offered to all women, but which can significantly prolong life.

Having cancerous ovaries removed by a gynecological oncologist ensures that the surgery is performed by someone with both gynecologic and oncology expertise. Dr. Rushing said studies have shown that has resulted in longer survival rates than for those who have the surgery done by a gynecologist without extensive oncology experience.

Additionally, intraperitoneal therapy has contributed greatly to helping women live longer with ovarian cancer. A recent study revealed that chemotherapy administered directly into the abdominal cavity extends life an average of 17 months versus the traditional intravenous chemotherapy.

The IP chemotherapy is administered via a catheter inserted into the abdomen. Though some women cannot tolerate the increased abdominal discomfort and other side effects of the IP therapy, Dr. Rushing says having even one of the standard six chemo treatments via IP instead of IV has been shown to prolong life in a meaningful way. After increased discomfort during the treatment regime, Dr. Rushing says the long-term side effects are no different than with IV treatments.

Dr. Tanja Pejovic of the OHSU Knight Cancer Institute has also seen exciting advances in ovarian cancer treatment. Research is showing that two particular treatments “are things that give hope,” she says.

A molecularly targeted treatment, already used to treat other cancers, is now being tested for ovarian cancer. Testing removed tumors for specific genetic mutations enables doctors to use medicines specifically targeted to attack that mutation. For instance, when one of her patients had an ovarian tumor with the same genetic mutation as a common mutation in melanomas, the clinic obtained permission from the FDA to try the drug for that mutation on the ovarian cancer patient. The patient has responded very well, says Dr. Pejovic.



Another recent development is immunotherapy using monoclonal antibodies and vaccines made from the patients' cells.


While Dr. Pejovic is not directly involved in that research, she says her colleagues who are “are extremely excited.”

“There has not been a better time for ovarian cancer research,” she says. “It is going very fast.”




SHOC DONATION – Celebrating its 10th anniversary, the Sherie Hildreth Ovarian Cancer Foundation presented its largest donation ever to the OHSU Knight Cancer Institute gynecology oncology lab led by Dr. Tanja Pejovic on Sept. 20. The \$100,000 contribution will be matched by the Knight Cancer Challenge campaign. The annual SHOC Walk & Run in August (above) is the foundation's major fundraiser; this year a 25-year ovarian cancer survivor rallied family and friends to pledge \$5,000. The SHOC donation was presented to Dr. Pejovic at SHOC's “Teal in the Garden” survivor luncheon, which honors gynecologic cancer survivors during National Ovarian Cancer Awareness Month. SHOC's total contribution to the lab totaled \$550,000 over the previous nine years.



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Two Cancers, Four 'Survivors'

By Liz Rabiner Lippoff

Breast cancer survivor stories are everywhere (fortunately!), and they are worth telling because they are both inspirational and motivational:

She survived. Maybe I can!

A mammogram detected her cancer. I'm making an appointment right now!

But there is another "survivor" worth celebrating as well. The patient's partner.

The patient must deal with a whole lot more than cancer. Each and every step along the way – diagnosis, decision-making, treatment and aftermath – can be overwhelming. Just the logistics of adding "fight cancer" to an already crazy to-do list would stymie a four-star general. Who can you rely on? The partner.

Many patients report gratitude for their "village," the friends and family, even people they barely know, who come out of the woodwork to lend a hand. But who is the police chief of that village? The partner.

Stephanie Fowler and Irving Levin

Stephanie Fowler admits that she was not one for regular checkups. She and her husband, Irving Levin, did a lot of travelling. And it just wasn't her thing. But last December, fresh from a trip to Africa, she did have an appointment with a new provider. And he found a lump in her breast. The adventure, she says, proceeded from there.

"I always knew in my heart that I had it coming. My mother had two different breast cancers. I'd had false alarms. So I was upset, of course, but resigned. 'Hello, Cancer. I've been expecting you.'" Stephanie is a thorough researcher by nature, and she knew what she had to do. "I charged ahead."

Her husband charged right with her. "I was amazed at the speed at which we fell down the rabbit hole," Irving remembers. "How fast this new reality set in about what Stephanie had, what the treatments would be like and what the prospects were going forward ... it was dizzying for both of us. We found out she had cancer in early January. She had her first chemo a month later. In that interval, the amount of research that we did and the amount of information that we took in was astounding. It was like drinking from a fire hose."

Irving had an advantage compared to many others in the same position: he does not, he says, have to "punch a time clock."

Stephanie, though, says it was hard for Irving. "He's a pleaser and a problem solver, and this is one he can't solve. A great frustration." He agrees.



"Stephanie's mother says that I'm good at looming. I was just there. I was the second set of ears and eyes. She'd read something, I'd read something and we'd compare notes. My thinking always was 'How is Stephanie feeling about this?'"

Stephanie is now about halfway through her treatment. She has had her surgery and a pCR (a test showing there is no residual evidence of cancer.) She reports for a chemo infusion every three weeks. It is, ironically, the worst time for her and the best time for Irving.

"Once I had my surgery, which went well, I think he thought 'She's all better! Now we can do everything again!' But I wasn't better. I still have the aftereffects of surgery, and I keep getting new side effects with the chemo. Then you feel worse because you're not happy and thrilled and everybody expects you to be."

"That's absolutely true," Irving agrees. "I felt immense relief because I knew she'd beaten the disease. I underestimated the time it would take her to recover and do again what we'd done before. It didn't take me long to realize that I was all wet about all that."

"It really makes me appreciate that time is the real currency here," he adds. "You want to fill it up with things that are meaningful. What are your priorities with this new understanding of how precious time is? What do you really want to do?"

They plan to resume their travels when Stephanie actually is recovered, but perhaps not in the same way. "Maybe," Irving says, "we'll spend time in easier places."

Advice from Stephanie and Irving

1. Learn as much as you can.
2. Ask directly what it is the patient needs. Do you want me to go to appointments? Are you happy with the way things are?
3. If you're not lucky enough to have a partner, take advantage of the myriad programs that will provide a partner to help you.



Julie and Will Roth

When Julie and Will Roth showed up at the admissions desk for a mastectomy, the check-in nurse looked at Julie and asked, "Mrs. Roth, do you know why you're here?"

"Yes," Julie replied. "I'm here to support my husband. He's the one having the mastectomy."

Will went to a dermatologist in 2006 for a little spot on his nose (benign!), and when the doctor asked if he had any other spots to show her, he remembered a little something on his chest. What followed were tests and biopsies, lots of them, all inconclusive. Something was there, but the doctors had no idea what it was. Finally they decided it had to be removed, whatever it was. They performed a mastectomy, which is when they discovered it was invasive breast cancer.

"The doctor was shocked that it was cancer," Julie remembers. Would cancer have been on the list of suspected diagnoses had the patient been a woman? After all, fewer than 2% of breast cancer cases are men. Julie and Will don't know for sure, but they cite anecdotes and examples, some slight but some disconcerting, that point to some alarming gender bias in the care of breast cancer in men.

Will's doctors did jump right on the cancer once they figured out what it was. Julie and Will, like Stephanie and Irving, remember everything happening very fast.

"I went on autopilot," Julie says. "They whipped him into that first surgery, and he came home that day with tubes coming out of his chest. They said, 'You have to take care of him.' All I could say was, 'Here we go!'"

There was a little snag in Julie's plans to be the caregiver, however. She'd had a hysterectomy just a few weeks earlier. She couldn't lift anything. She couldn't drive. She needed a lot of help from friends and family. Still, she was there for him.

"Julie was fearless dealing with the personal, physical things I was going through," marvels Will. "It made a world of difference to me that she was there."

It was different and difficult being a woman caregiver in a culture that expects that role to be filled by a man.

In an interesting twist that is amusing, finally, eight years later, Will's type of cancer meant his treatment plan was tamoxifen pills for five years. The drug inhibits the body's estrogen, and the side effects are much, much different from those associated with chemo. He went, for all intents and purposes, into menopause. Night sweats. Mood swings. Hot flashes. Just like Julie was going

through post-hysterectomy.

His was worse.

Today Will is a breast cancer activist with a website and a blog at WillRoth.com. He writes and speaks to promote early detection, and he spoke about the BRCA gene mutation at the symposium "Your Jewish Genes and Cancer" last April at the Mittleman Jewish Community Center. He is an advocate for gender-neutral treatment of cancer patients and is partnering with Breast Cancer Brothers to produce a PSA to be aired nationally this fall. He and Julie leave soon for Australia, invited by YapStuff, an organization that addresses breast cancer gender free, to speak to Parliament and health officials. And he is, at press time, the #7 Fundraiser for Race for the Cure Portland.

"I want him to be #1," Julie declares, "as justification for all the gender bias he's had to deal with."

Advice From Julie and Will

1. Get advice. Ask questions. Do research. Your spouse will be in shock and may not know who to ask, what to ask. You can do that.
2. Everybody gets burned out. Ask for help. You're going to need it.
3. Mothers tell me they are worried about their daughters. I say, "Worry about your sons, too. Everybody has breast tissue."

Liz Rabiner Lippoff is a medical marketing consultant and freelance writer. LizInk.biz



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Knowledge, screening reduce tragedies from Jewish genetic disease

By Deborah Moon

Bonnie Davis lost her son Adam to Tay-Sachs disease in 2001. Since then, she has been involved in several programs to promote carrier screening, which can reduce the chance of other parents watching their children suffer from one of the 19 recessive genetic diseases known to be more common among Ashkenazi Jews than in the general population. Several of those diseases, such as Tay-Sachs and Canavans, are fatal in early childhood.

As an example of the effectiveness of carrier screening, Davis points to a reduction in Tay-Sachs disease, one of the first disorders available for carrier screening. As a result of carrier-screening programs established in the 1970s, the incidence of Tay-Sachs in the North American Ashkenazi Jewish population has decreased by more than 90%.

Now Davis has organized a free educational program at 1:30 pm on Oct. 19 at the Mittleman Jewish Community Center. The event will also feature optional screening for those interested; special prices for both insured and uninsured are being arranged with a screening lab. A saliva sample is sufficient for most screening options; blood draws for optional tests may also be available.

In addition to Davis speaking about her personal experience of having a child with Tay-Sachs, Dr. Sally Segal and Certified Genetic Counselor Cori Feist will provide insights into Jewish genetic diseases and the effectiveness of carrier screening.

JGDs are recessive, single-gene mutations on one of the 22 non-sex chromosomes. Couples in which both partners have the mutation for the same disease face a 25% chance of having a child with the disease. For each pregnancy, there is a one in four chance the child will have the disease, a two in four chance the child will be a carrier of the disease and a one in four chance the child will be a non-carrier.

Biology and Jewish history explain why the Ashkenazi population has such high carrier rates.

During the large diaspora following the destruction of the second Temple, the incidence of the mutated genes in the Ashkenazi population was increased by repeated cycles of that population expanding and then shrinking dramatically several times over 2,000 years. Persecution reduced the Ashkenazi population frequently. If one person had the changed gene in the



Bonnie and Adam Davis in May 2001. Adam died Aug. 28, 2001, at the age of 2½ from Tay-Sachs disease. She is organizing an Oct. 19 event about Jewish genetic diseases.

original population and 90% were killed, then if that one person survived, there was now a 10% chance of the changed gene being in the population.

“Carrier screening looks at the most common mutations within these genes,” says Feist, noting that screening does not detect all mutations. “If someone does not have the mutations that were tested for, it means they are less likely to be a carrier, but the possibility has not been completely eliminated. That is why we call it *screening* – it cannot detect 100% of carriers. For example, testing for the six most common mutations in the Tay-Sachs gene will detect 94% of carriers of Ashkenazi Jewish ancestry (only 59% detection rate among non-Jews). Enzyme analysis for Hex A will detect 98% of carriers regardless of Jewish/non-Jewish ancestry.”

Helping to organize the optional screening at the event is Jayson Falkner, who calls himself “a very qualified volunteer” with “a Ph.D. in this stuff.” He says he is volunteering because he thinks it is a very important program, and he is an MJCC member whose children attend Portland Jewish Academy.

Following the education program, Dr. Falkner says those interested in screening will be able to go to another room where a physician will be available to order the desired tests. Help will be available to fill out paperwork and to scan any insurance information.

“We’re still sorting out if we can offer blood draws at the event,” says Dr. Falkner. “Saliva for sure, and blood, too, if we can find a phlebotomist to volunteer.”

WHAT: Jewish Genetic Diseases Education/Screening
WHEN: 1:30 pm, Oct. 19
WHERE: Mittleman Jewish Community Center
RSVP: By Oct. 14 to oregonjcc.org/rsvp or 503-244-0111
INFORMATION: Bonnie Davis at bonniedavis226@gmail.com or 503-645-0355

Naturopath stays healthy with nutrition and exercise



By Deborah Moon

As a youth she rode horses and played soccer. Now a naturopathic physician, Dr. Christie Winkelman rides and does yoga as part of the healthy lifestyle that makes her a good role model for her clients at Insights to Health, the naturopathic clinic she and her husband, Gil, founded.

But in between, “I was in a health cocoon for years myself,” she says.

In her 20s she was using her clinical psychology degree to work as a counselor. For no apparent reason, she had three miscarriages.

Then a nutritionist put her on a path to a healthier life.

“I couldn’t believe what a low standard of wellness I had been putting up with,” she says, looking back on those years.

With proper nutrition, she started sleeping better and felt able to exercise again. And she started to study for conversion to Judaism.

“My son was born after I started the conversion process,” she says. “My joke is he wanted a healthy, Jewish mom.”

And that’s exactly what Eli, now 13, and Amelia, 11, have. The family attends Congregation Neveh Shalom, where Eli became a bar mitzvah last fall and where



Dr. Christie Winkelman on Tyberius, her Friesian-Arabian gelding. Photo by Melanie Lee Chang

Dr. Christie Winkelman does yoga during a vacation with the Puget Sound in the background. Getting outside improves people’s mood, she says.

“People don’t think of the neurological benefits,” she says. “You are on a moving platform. It’s a multi-sensory experience using all parts of our brain. When you see a rider with a very quiet body, that takes a lot of core strength.”

Cardiovascular and weight-bearing exercise is also inherent in working with horses, she says. “It’s really a whole-body experience. ... and you’ll never have flabby inner thighs.”

Riding also gets people outside. “Even when it’s raining, being outside elevates our mood ... and reduces our stress.”


“Riding can be very meditative,” she adds.

About a year ago, she decided to add yoga to her exercise regime to increase her flexibility, balance and awareness of her body.

The two exercises complement each other well, she says. Yoga has even improved her riding by enabling her to help her horse be more balanced.

“We are meant to move every day,” she says. “Our bodies are not meant for sitting.”

In addition to regular exercise, Dr. Christie encourages her patients to get up and walk around during their workday when possible. She follows her own advice by taking the time to walk out to the front desk with her patients whenever possible.

While she says activity is important to overall health, it’s just one aspect of a healthy lifestyle. Nutrition, balanced hormones, stress reduction and good sleep all play important roles in health, and all are areas she addresses as a naturopath. 

Fashionable workout attire can provide "fit-spiration" to stay in shape

By Kira Brown

I have to admit, I've had seasons of physical laziness, months when I didn't feel like working out at all. Week after week when life, kids, family or work would squeeze healthy, invigorating workouts out of my schedule. Admittedly, I've been in an iron-pumping slump, telling myself, "I'm going to work out tomorrow."

Just a few years ago, I worked out like a lunatic, hours and hours on the treadmill or with free weights. And I loved it! I loved the way I felt – jumping out of bed each morning full of energy. My clothes fit great and of course, in photos, I would secretly pat myself on the back when I would see a hard-earned bicep or calf muscle. A strong body gave me such a confidence boost.

Today working out has become part luxury, part chore. So what to do, especially during October when women's health is at the forefront of my mind?

Well, when internal inspiration fails to drag me out of bed and prop me up in downward-facing dog for an hour, I've come to rely on a new method – I'll fake it till I make it. In this case, what do I mean? I'll dress the part of a strong, athletic and inspired yogi/fitness fanatic before I actually become one again.

If you too are looking for a little "fit-spiration," why not look to fashion for some inspiration and dress the part along with me?


HERE ARE A FEW PICKS FOR WHAT TO WEAR FOR SOME FASHIONABLE FIT-INSPIRATION:

Sports Bras – First and foremost, support is necessary, especially for fuller figures. Protect your chest, especially when exercising, to feel comfortable and moveable. I have found wire bras to be a hindrance and sometimes painful during yoga or vigorous exercise.

Clothing – Wearing fashionable and appropriate fitness clothing is a must! I used to roll out of bed and throw on any tired t-shirt and shorts. Now, I know that when I have a cute outfit on or a shirt with an empowering message on it, I feel confident and sometimes more energetic. Showing up to a workout looking like Jillian Michaels, even just for yourself, can subconsciously get you going. In fact, look at Jillian. She's always wearing her workout clothes – I imagine just in case she needs to do 15 burpees or 50 plie squats while running errands. If you are really lacking inspiration, get your workout clothes and shoes on first, so you are ready to hit the gym or home treadmill before there's time to talk yourself into skipping.

Fitness trainer Nikki Metzger of Scottsdale BODI says, "Most athletic clothing is made to wick away sweat from your body, keeping you dry and comfortable. Nike for example uses hypercool technology for the summer months and hyperwarm for the cooler months, which will allow you to perform a lot better than your basic cotton t-shirt or hoodie."

Shoes – Great shoes are a must. Depending on your workout style and preferred method of getting fit, you may need new shoes two to three times a year. I love the bright color trend of cross-trainers. The bright colors are inspiring and energizing! Go bold rather than choosing white for your shoes.

Men – There are amazing new technologies for men in fitness fashion, with fabrics to help ventilate while covering. Nike Dri-Fit shorts and socks are a favorite for some of the most fashionably fit men I know. Say goodbye to those tattered tank tops and sweat shorts at the gym and opt for something with style, support and ventilation. 

Well, when internal inspiration fails to drag me out of bed and prop me up in downward-facing dog for an hour, I've come to rely on a new method – I'll fake it till I make it.

Fitness trainer Nikki Metzger suggests athletic clothing that is made to wick away sweat from your body.



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

Tie-dye yoga pants available at jamminon.com.



Senior staff from Hadassah Hospital's Linda Joy Pollin, Cardiovascular Wellness Center for Women, along with representatives from the Ministry of Education, launched a "Healthy Eating and Healthy Living" awareness campaign.



Dr. Donna Zfat, Director of the Polin Wellness Center, running a program in an East Jerusalem school.

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Community Connections

Future rabbis Nate DeGroot and Arielle Rosenberg inspire conversations on individual and organizational levels

By Deborah Moon

When Nate DeGroot fell in love with Arielle Rosenberg their first year of rabbinic school, he had no idea he would soon fall in love with her hometown of Portland.

During Passover and summer visits with Arielle's parents, Ilene Safyan and Mark Rosenberg, Nate says he discovered a city with a culture and accessibility that resonated with him. "One day I told Arielle that Portland was the first city where I felt the city was supporting me in being the person I want to be."

They married June 15 and now the fifth-year students at the Rabbinical School of Hebrew College have set their sights on returning to Oregon after graduation. Thanks in part to three grants, the two already have begun to pursue their visions to build sustainable community.

Two years ago the Jewish Federation of Greater Portland received a \$35,000 grant from an East Coast family foundation to promote Jewish life on Portland's Eastside. Initially federation funded several events organized by groups and individuals; but this summer the federation funded Nate's effort to explore and expand Jewish life on the Eastside.

"We appreciated Nate's approach," says JFGP CEO and President Marc Blattner. "It was not about a specific event or institution. It was about creating a groundswell about what could be done on the Eastside in a collaborative and creative manner."

Nate plans to use the grassroots and communal connections he forged over the summer to continue building a non-synagogue-based Jewish community in east Portland. To further that effort Nate applied for and received a 2014 Natan/NEXT Grant for Social Entrepreneurs.

Nate was one of three recipients who received a total of \$25,000 in the seventh funding cycle of Natan/NEXT, which has awarded more than \$180,000 to 24 grant recipients since 2010. NEX is a division of the Birthright Israel Foundation, and Natan is a giving circle of young philanthropists in New York.

"NEXT works to leverage the spark often ignited on Birthright Israel trips," says NEX CEO Morlie Levin.

Nate, who has staffed two Birthright trips, will use the one-year grant to help him continue to develop Mikdash, Portland's Eastside Jewish Cooperative.

"It's very amazing to watch Nate's dreams for my hometown come to fruition so quickly. In a short time Nate's been able to show it's possible to create social connections," says Arielle. "I think what Nate's doing with Mikdash is what I hope to do on an organizational level. It seems an exciting prospect to have two rabbis with different visions for nurturing community come here."

Arielle has received a Schusterman Family Foundation Make it Happen Grant. The grant will fund a Passover seder on themes of migration, which builds on her past work with Casa Latina in Seattle and PCUN, Oregon's farm-workers' union. She says the similarity of Jewish and Latino migration stories provides a natural segue for involving the Jewish community in social action projects dealing with immigration, migrant labor and wage theft.

"When I decided to go to rabbinic school, I was very excited to blend activism and Judaism," she says. Then as a rabbinic intern last year, she says, "I learned I loved congregational work." Working in Traverse City, MI, which she calls "the diaspora of the Diaspora," she found a passion for helping people "do rituals that make sense" and "create vital home lives for families and friends when it's not obvious what it takes to be Jewish."



Arielle Rosenberg leads a program on wage theft at the MJCC in 2012.

The work she did for that isolated congregation is similar to the connections Nate is forging on a grassroots level on Portland's Eastside.

Marci Soifer, director of operations and planning of NEX, has had many conversations with Nate regarding his project. "Nathan is a visionary," she says. "He has an idea and experience and understanding. He will pour a lot of his passion and his experience into this."

In addition to the funding, NEX also provides customized professional development to the grantees. NEX works with grant recipients to connect them with the resources and training they need as early stage entrepreneurs.

Nate says his dream for Mikdash, which means sacred space in Hebrew, began to materialize in 2013 when he spent the full summer here working with Tivnu: Building Justice and the American Jewish Society for Service. During conversations with Tivnu founder Steven Eisenbach-Budner, Jewish Theatre Collaborative founder Sacha Reich and Outdoor Jewish Adventures founder Josh Lake, Nate discovered an amazing Jewish community peer group on the Eastside.

When he learned the JFGP demographic study revealed 10,000 mostly unaffiliated Jews live east of the Willamette River, he says, "I saw an opportunity and desire to immerse myself and engage in that community."

He says the federation's support enabled him to return this summer and work full time to explore new ways to build Jewish community.

"I spent day after day learning the landscape of the Jewish community, connecting people and discerning what skills and interests people have to offer and

What's Growing on Portland's Eastside?

MIKDASH

A grassroots community on Portland's Eastside.

Mikdash supports, encourages and empowers community members to develop and share their gifts, skills and passions with one another. For the coming year, Mikdash plans at least one event every month. In addition to the programs below, Mikdash participants are working with the Jewish Theatre Collaborative to create a series of readings before JTC's Page2Stage mainstage production of *The Ministry of Special Cases* next March and April. Many other events are in early planning stages.

nate.degroot@gmail.com

HAVDALLAH YOGA

On Oct. 25 and each month thereafter on a Saturday evening near the new moon, celebrate Rosh Chodesh with Havdallah Yoga. Yoga instructors Yael Podebski and Jo Borkan plan a monthly Jewish Yoga event one Saturday night each month after sundown to provide an opportunity to connect to Jewish spirituality and community through an embodied practice using movement, breathing and meditation to celebrate the entrance into a new week and month. Held at North Portland Yoga, a beautiful space with views of the moon (and accessible by Trimet), 55 NE Farragut (off North Vancouver). Donations accepted. Email for time/date each month. joborkanyoga@gmail.com

HOLIDAY TASTINGS/STORIES

For the past year Jared Goodman's Morgan St Theater Dessert Club has offered a monthly menu of three ice cream sundaes paired with storytelling. Now in collaboration with Mikdash, Jared will create six dessert pop-ups featuring an ice cream menu based on the holidays. "Culinary meets spiritual meets Jewish meets social," says Jared. "Some people may be celebrating the holidays for the first time." Holiday stories or performances will accompany the sundae celebrations, which are planned for Sukkot (Oct. 8), Hanukkah, Tu B'Shevat, Purim, Passover and Shavuot. \$25 each or \$125 for full series of six. info@morgansttheater.com

GAN SHALOM COOPERATIVE PRESCHOOL

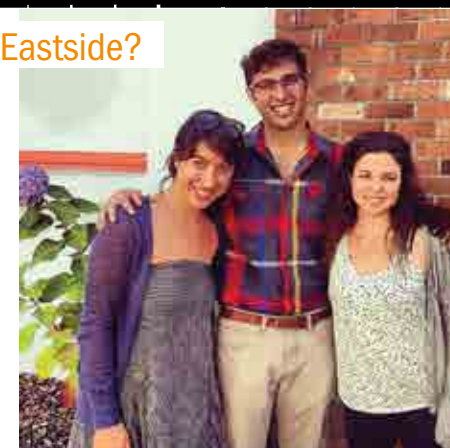
In September, Katherine C. Woods-Morse opened the Gan Shalom Cooperative Preschool in the Sunnyside neighborhood in Southeast Portland. Tuesday/Thursday preschool group (2½ to 5 years with a maximum of eight students per group), and "Community Play Day" on Fridays for children ages birth and up and their parents and caregivers. "Our amazing teacher, Sara Eisenfeld, comes to us from the New Day School and the American Jewish World Service (among many other amazing projects) and brings an Earth-based focus to our days, integrating our experience of the seasons with the Jewish rhythms of the year," says Katherine. ganshalomportland.org

TREE OF LIFE MONTESSORI PRESCHOOL

Ariel Cohn will launch an in-home Jewish Montessori school for children ages 3-6 in January in inner Southeast Portland. "I am planning to use a traditional Montessori curriculum while incorporating the rhythms and celebrations of Jewish life to serve the Eastside Portland Jewish population. Our space is a full floor of a home in inner Southeast Portland," says Ariel, who worked at Portland Jewish Academy for several years before the birth of her now 2-year-old son. ariel@treeoflifemontessori.org

THE FUTURE

Mikdash: Portland's Eastside Jewish Cooperative - Mikdash visionary Nate DeGroot will spend the coming year developing a business plan that includes a physical space. Nate envisions a converted industrial space on Portland's central inner Eastside to provide shared event and program space. The pluralistic and egalitarian Jewish communal hub and satellite campus will facilitate connection and community on Portland's Eastside through the mutual exchange of gifts.



CONNECTIONS: Yoga instructors Yael Podebski, left, and Jo Borkan flank Nate DeGroot, who introduced the two after discovering they had much in common - including the same birthday. Now the women plan a Havdallah Yoga event once a month for the Eastside Jewish community.



Cover Story

Mikdash's end of summer celebratory brunch on Sept. 7 attracted a crowd at the middle eastern pop-up restaurant called Coriander, run by a Mikdash community member Tal Caspi. The brunch was an opportunity for Eastsiders to meet one another and continue to grow cooperative grassroots Jewish community on Portland's Eastside.

share in Jewish experience. I know I benefitted greatly, both personally and professionally, from participating in events that he organized. He invited me to serve on the board of Mikdash, which I accepted, because I think what he is doing has value and I want this project to go somewhere."

• "Nate and I met with Jose Gonzalez, the executive director of Milagro (theater)," says Sacha Reich, Jewish Theatre Collaborative director. "Jose shared with us how their programming has evolved in response to community needs and opportunities. This fed our imaginations and inspired our thinking about programming and events that can gather and excite Jewish Eastside Portland in new ways. ... I think he (Nate) speaks to a real need in SE Jewish Portland, and I look forward to partnering with him to meet those needs."

Nate says he feels confident that the network of Jews who are excited to build a grassroots community on Portland's Eastside will continue to thrive while he spends this school year in Israel. The Mikdash board, recruited from those he met this summer, will work with Nate as he creates a business plan for the next stage of Mikdash.

While Nate was busy learning all he could about his new wife's hometown, Arielle spent the summer in a Hebrew immersion program at Middleburg College in preparation for the coming school year in Israel. By the end of summer she was back in town and enthusiastically participating in Mikdash events such as Shabbat dinner and end-of-summer brunch.

She says she was very impressed by the way Nate "built relationships with

"When we met, we were elated to learn about the many things we have in common and the ways we align. This is only one story of a friendship that Nate planted the seed for this summer."

— Jo Borkan

individuals and invited them to connect with each other."

At one Shabbat dinner, she says she watched a group of previously unconnected people "engage in thoughtful conversation about being a young Jew in Portland. I feel those conversations are a foundation of Nate's project."

While Nate strives to bring unaffiliated Jews together, Arielle says her focus is more on bringing conversations to the organized Jewish community.

For instance, in 2012 while working at PCUN Arielle organized a program on wage theft at the Mittleman Jewish Community Center.

"Jews got together and started conversations on 'What can we do as Jews to help stop wage theft?'," she says. "People who were present (including then federation chair Michael Weiner) testified before the state legislature, and the federation endorsed bills (related to wage theft)."


"It's exciting for me to see how thoughtful people were and how ready they were for that conversation."

Arielle says growing up in Portland prepared her well to become a trans-denominational rabbi who will be poised to bring more conversations to the Jewish community.

"My parents were early members of Havurah Shalom, and my mom has been a lay cantor at Congregation Neveh Shalom," says Arielle. "I grew up going to both religious schools (Havurah's Shabbat school on Saturday afternoon and Neveh Shalom's Sunday School the next morning). We sat two Kol Nidre services every Yom Kippur. I've double-dipped my whole life."

For their wedding, the couple chose to be married by one of their teachers at rabbinic school, Rabbi Ebn Leader. Seeking a place in the woods close to Portland, they found Camp Angelos in the Gorge and exchanged their vows under the chuppah on June 15. Twelve days later, Arielle headed east to expand her Hebrew literacy. Already fluent in Spanish, she says, "I recognize how important Hebrew is to accessing our traditions, so I want the language to be alive in me."

Having met Arielle when she organized the wage theft program and Nate as he developed Mikdash, JFGP CEO Marc Blattner says the couple has "an aura of a beautiful world – all uplifting and positive."

The two look forward to casting that aura across Portland's Jewish future. 

ways to organize and build community around that," Nate says. "It's a unique opportunity to empower community on a grassroots level to build itself."

The Natan/NEXT grant is designed to aid that process, says Nate. "There is a large network on the Eastside and the more these individuals feel like co-creators, the better it is. This grant is in support of them to organize themselves and organize gatherings and connect to one another and make meaning and grow together."

Eastsiders say he has been richly successful in establishing those connections (To see the fruits of the seeds he's planted, see "What's Growing on Portland's Eastside?"):

• "Nate introduced us at the end of July of this year," says Jo Borkan of her new friendship with Yael Podebski. "Nate quickly discovered while talking to each of us that we needed to meet one another. We both shared with Nate how we were looking for a more embodied Judaism in Portland. When we met, we were elated to learn about the many things we have in common and the ways we align. This is only one story of a friendship that Nate planted the seed for this summer. Nate has spent this summer connecting with as many Jews on the Eastside as possible. In connecting, he inquired about each of our gifts and shared his gift of presence and his passion for cultivating a thriving

Eastside non-synagogue-based Jewish community in the next few years. In short, we both think he's fantastic and a true gift to the Portland community, particularly for folks of our generations (20s-40s)."

• "I am impressed by Nate's enthusiasm and passion and his ability to share," says Jared Goodman, who is planning a series of Jewish holiday dessert tastings. "He's good at networking and bringing people together. ... My Jewish friends are in agreement – there is a need for what he wants to do and many of us are interested in helping him achieve that goal."

• "Nate is a wonderful part of new energy I see welling up on the Eastside," says Katherine C. Woods-Morse, who runs Gan Shalom Cooperative Preschool in Southeast Portland. "People identify as Jews, and many of us are working on new ways to practice our Judaism. It's been fun to talk with Nate about his vision and watch him catalyze some of this energy."

• "(Nate) is very passionate about connecting people, and over the summer he met with countless people to talk about the project he is working on, Mikdash, and to foster connections between Jewish people who are looking for a community on this side of the river," says Ariel Cohn, who plans to open Tree of Life Montessori preschool in January in Southeast Portland. "I think Nate found a lot of passionate people who want to



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Dan Fields dreams up a federation gala to delight and connect Portlanders



By Deborah Moon

Normally Dan Fields spends his days dreaming up ways to get visitors swept up in the world of Disney. But this month, he has turned his attention to engaging people in the wonderful world of Jewish Portland.

Now the executive creative director at Walt Disney Imagineering Creative Entertainment, the Portland native is returning to his hometown to create “A Night of Roaring Good Times” for the Jewish Federation of Greater Portland’s annual campaign gala. The night of drinking, dancing and misbehaving 1920s style begins at 7:30 pm, Oct. 25, at Pure Space, 1315 NW Overton St., Portland.

“We’re throwing a party that lets the guest travel back in time to the era when federation was founded, but the event will have a distinctly contemporary twist to it,” says Fields. “We hope people will come dressed to the nines, get immersed in the fun, and really enjoy supporting this vital and forward-thinking organization.”

At Disney, Fields does more than simply show guests a good time. He has to make sure they connect to the world of Disney on a very deep level. In an article in the Pennsylvania Gazette (the alumni magazine of the University of Pennsylvania, Field’s alma mater), Fields spoke of the Disney events he creates: “Because how much the guests love their experience has to do with how often they will come back and what level of commitment they will bring back ... and more importantly, how deeply they feel connected, and I truly mean this, to our stories and to our characters and how they relate them to their own lives, and how they transmit that to their children.”

He plans to bring that same deep connection to those who attend the federation gala.

“If federation partygoers love this event, it may have an impact on what

level of commitment they will make and perhaps even how deeply they feel connected to federation,” he says. “That’s putting entertainment to a good use!”

“Portland’s Jewish community is such a tight family, even as the city grows, so I’m delighted to have the chance to give back something to the community that encouraged me to define myself as a leader – and theatrical impresario!” says Fields.

A graduate of Woodrow Wilson High School in Southwest Portland, he was the founder and first president of BBYO Chaim Weizmann AZA #360, which he founded along with Rich Meyer, Hal Jackson, Jon Caplan, Marc Albert and others. He went on to serve as international BBYO president the year he graduated from high school.

“Even though my immediate family now all lives in Los Angeles (parents Sandey and Del Fields, sister Rabbi Shawn Fields-Meyer), I have many cousins in Portland, and I have extensive ties to many of the families with whom we grew up. Even though I haven’t lived in Portland since 1983, I still proudly identify myself as ‘A third-generation Oregon Jew.’”

Fields says that originally he was asked to be the gala keynote speaker to connect creativity to doing good in the community. “But as we began talking about the event, we all felt a very theatrical party event would be a lot more fun than doing a PowerPoint slide show,” he says.

The resulting party will feature complimentary libations, heavy hors d’oeuvres, flapper dancing and more! Period attire is encouraged. Kosher dietary laws observed. Tickets (\$65 per person before Oct. 13, \$75 after) are available at jewishportland.org/gala. ☎

We’re throwing a party that lets the guest travel back in time to the era when federation was founded, but the event will have a distinctly contemporary twist to it.”

~ Disney Imagineer Dan Fields

Beth Israel classmates reunite as Frizz and release CD



Michael Galen and Joseph Berman, right.

By Deborah Moon

Joseph Berman and Michael Galen met in Beth Israel’s Sunday school about 20 years ago, were in the same bar mitzvah class and continued at Wednesday night school through high school. They played together in the jazz band at Sunset High School before heading off to their respective colleges.

In 2012 the two reunited and formed Frizz, an experimental dance band with Joseph on guitar and vocals and Michael on drums and sampler. Now the 27-year-old bandmates have released their first CD, *Frizz EP*, available at cdbaby.com or for download from iTunes or Amazon.com.

Between high school and forming Frizz, Michael studied economics at the University of Oregon while Joseph earned a bachelor’s in jazz guitar at the American University in Washington, D.C., and a master’s in jazz composition at the University of Miami.

“Growing up in Portland, my peer Jewish community was always very small,” says Michael. “It wasn’t until I got involved with Hillel at UO that I discovered a relatively large Jewish peer group and met kids that had grown up in large Jewish communities.”

Since reuniting the two have played for a variety of Jewish youth groups and performed at Moishe House, a hub for young Jewish adults.

“Growing up at Beth Israel, we were taught mostly how to think like a Jew, how to think about social justice, how to guide our decisions and our morals. I never had a ton of prayers or stories memorized – though I learned a lot of them for my bar mitzvah,” says Michael. “I see the young Jewish community (20s early 30s) leaving. If there were better music that connects the young people, I think the community would be tighter. ...

I’ve wanted to integrate my music with my Jewish experience sometimes, whether it be with klezmer-sounding melodies or brainstorming how to bring black gospel music styles to TBI’s Wednesday night school (still thinking on that).”

Joseph teaches music and is the song leader for Beth Israel’s Sunday school. He also has performed with other Beth Israel musicians at the congregation’s Shabbat on the Plaza over the summer.

Michael says that growing up in the Portland Jazz music scene was great. “Portland had a few very special impactful programs – primarily Mel Brown’s jazz camp and his band and Portland Youth Jazz Orchestra. ... There were a number of talented Jewish musicians in the PYJO program,” he says.

But now the two are developing their own sound with Frizz. Joseph says he’s tried to preserve what he learned in school while creating “more complicated, abstract and unpredictable music.”

Michael adds, “I like the scene here in Portland, and I’d like to make it better and more diverse.” ☎

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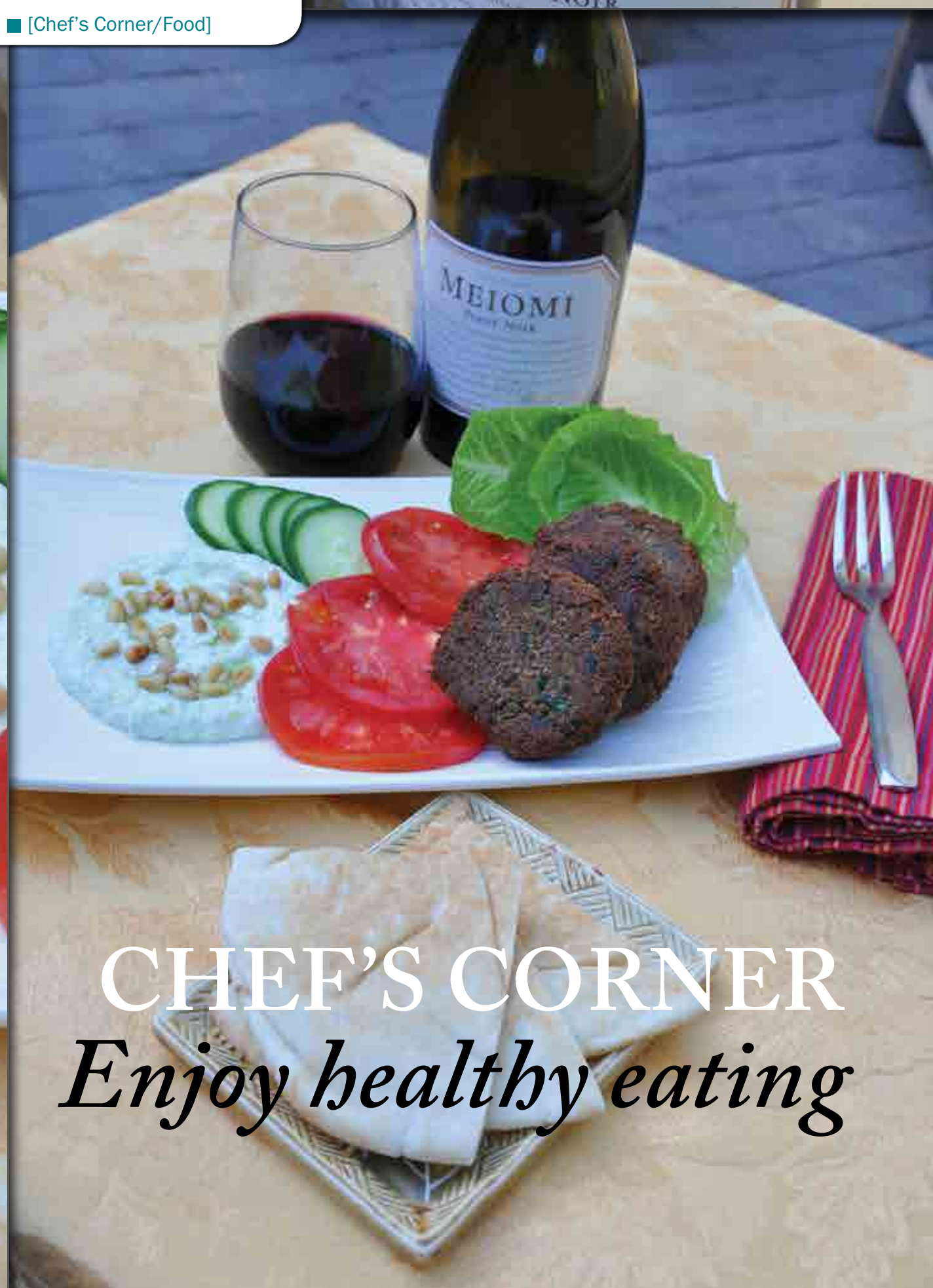
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CHEF'S CORNER

Enjoy healthy eating

By Lisa Glickman

As women we undergo changes throughout our lives that require moderation in how and what we choose to eat. While weight management and overall health remain ideal goals, diet and nutrition during the childbearing years differs greatly from the needs of women approaching menopause and beyond. With that in mind, I believe food should remain one of life's greatest pleasures. That said, the choices about what we eat certainly affect our overall well-being.

We are inundated with articles about what we are *supposed* to eat. There's low-fat, no fat, good fat and bad fat; low-carb, low calorie and low-sodium; high protein, high fiber, organic, cage free, free range and grass fed. We are advised to avoid GMO, BPA and anything with a high glycemic index. The good news is we are still being encouraged to enjoy that glass of red wine to take advantage of its antioxidant properties ... Whew!

The mind is bogged by the choices we face at the grocery store. Adhering to all of these guidelines may prove overwhelming. I prefer to follow the advice of the late, great Julia Child, who loved to cook as well as eat great food and still managed to live to the ripe age of 91: "Everything in moderation ... including moderation."

My recipe for homemade falafel, a popular Israeli street food, is a combination of garbanzo beans, edamame and walnuts. Garbanzo beans (like most legumes) have long been valued for their fiber content. The edamame are immature soybeans and can be found shelled or in the pod in the frozen food section of most any grocery store. They are low in fat and calories and high in protein, fiber and almost every other essential vitamin and mineral. Walnuts contain the plant-based omega-3 fat alpha-linolenic acid (ALA), an anti-inflammatory that may prevent the formation of blood clots.

After adding sautéed onions, garlic and spices, the mixture is formed into patties or balls and shallow-fried in grape seed oil. Grape seed oil has a high smoking point, making it ideal for frying. It can also boost the health of the heart and the cardiovascular system by lowering the level of bad LDL cholesterol while also increasing the level of good HDL cholesterol.

The falafel are served with a cool and creamy cucumber dip made with strained Greek yogurt, garlic, lemon and olive oil. Serve these tasty fritters with fresh crispy vegetables or stuffed into a pita pocket for a substantial and healthy lunch or dinner. 📌



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

GARBANZO BEAN, WALNUT AND EDAMAME FALAFEL

- 3 cups garbanzo beans (about ¾ pound dried)
- 1 cup shelled edamame
- ½ cup toasted walnuts
- 2 teaspoons kosher salt
- ½ teaspoon cayenne pepper (or more if you like spicy)
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground fenugreek (optional, see note)
- Juice of half lemon
- ¼ cup chopped Italian parsley
- 1 medium onion, coarsely chopped
- 3 cloves garlic, chopped
- 2 tablespoons all purpose flour
- 3-4 cups grape seed oil for frying

Soak dried garbanzo beans in cold water overnight. Measure three cups of garbanzo beans into the bowl of a food processor fitted with a steel blade. Add edamame, walnuts, spices, lemon juice and parsley. Use about a tablespoon of the grape seed oil to sauté onions and garlic on medium high for about 3-5 minutes until softened and beginning to brown. Add 2 tablespoons flour to the onions and garlic and toss to coat. Continue to cook for a couple of minutes more. Add onion mixture to food processor and process until garbanzo beans are chopped and mixture forms a paste. If mixture seems too dry, you can add a bit of water. Mixture should hold together when shaped into patties. Heat oil to 350°F (I like to use an electric skillet for this). Form mixture into patties and fry on both sides until GBD (golden brown and delicious!). Serve warm with cucumber dip.

Note: Yemenite Jews following the interpretation of Rabbi Salomon Isaacides, Rashi, believe fenugreek, which they call hilbeh, hilba, helba, or halba, is the Talmudic Rubia. They use it to produce a sauce also called hilbeh, reminiscent of curry. It is consumed daily and ceremoniously during the meal of the first and/or second night of Rosh Hashanah.

YOGURT CUCUMBER DIP

- 1 pint Greek yogurt (full fat, 2% or fat free ... your choice)
- 1 English cucumber with skin, chopped
- 3 cloves garlic, crushed
- Juice and zest of 1 lemon
- Kosher salt to taste

Line a sieve with a double layer of cheesecloth or tea towel and place over a medium bowl. Place yogurt into sieve and allow it to drain for at least 4-5 hours or overnight in the refrigerator. Mixture should be the consistency of cream cheese. Place thickened yogurt, cucumber, garlic and lemon in the bowl of food processor. Blend until smooth. Add salt to taste.



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Michel Madigan displays a platter of his Bowery Bagels

This Broadway nosh is much closer than New York

By Kerry Politzer

Bite into a bagel from Bowery Bagels and it's like being transported to the Lower East Side of Manhattan. The bagel is dense and chewy with a crisp exterior; it in no way resembles the overly sweet, puffy version so often found in Portland. The recipe, which was perfected by Bowery Bagels founder Michael Madigan, is based on that of an old German bakery in New York. It contains no sugar. "There is no reason to put sugar in a bagel," declares Madigan.

Madigan, a veteran of the tech industry with a longtime interest in food, decided to introduce his brand of bagels to Portland after the Kettleman Bagel Company was sold. "They made an OK bagel," he explains. "It was middle of the road – bigger and softer and sweeter. It was passable." But after the sale of the company to a national chain, Madigan felt there was a dearth of good locally made options. Many bagels were reminiscent of a "hamburger bun with a hole."

He began by making 10 bagels at a time in his home kitchen, using a KitchenAid stand mixer. He would proof the bagels for two days, temper them, and then boil and bake them. (Boiling



is a crucial step to ensure a toothsome crust; the fluffiness of some Portland bagels is apparently due to steaming.)

And so the concept for Bowery Bagels was born. The store began as a Saturday pop-up that operated out of the KitchenCru Culinary Prepspace, Madigan's culinary incubator. On the first Saturday,

Madigan sold out of his 180 bagels in only 20 minutes. The pop-up had to start rationing bagels to six per customer. It was obvious that there was a demand for real New York bagels in Portland.

Wholesale orders began to file in; Duane Sorenson of Stumptown Coffee Roasters was the first customer. After joining forces with Stumptown in March of 2012, Bowery Bagels went from producing 180 bagels a weekend to 1,100 a day. The retail shop, which was constructed to the specifications of Oregon Kosher, opened in June of 2012,

with whole uncut bagels certified kosher parve. Production currently stands at around 4,000 bagels per day. Bowery Bagels wholesales to 85 locations (not including the Burgerville chain,

which uses Bowery Bagels for breakfast sandwiches). New Seasons, which offers the bagels in its deli section, is the bakery's largest wholesale customer. As of mid-August, a retail six-pack is also being sold at several Whole Foods locations.


While Madigan's recipe is from New York, his ingredients are local and all natural. His kosher bagels and bialys use non-GMO flour from Shepherd Grain, which sources from Oregon and Washington. He uses line-caught Columbia River salmon in his house-cured gravlax and cures his own pastrami, roast beef and turkey. Even the sauerkraut is pickled in house.

Madigan is especially proud of his pumpernickel bagels. "At some local bakeries, if you ask them how they get their deep brown color, it is usually due to caramel color." Bowery Bagels uses only rye flour, cocoa and a slight hint of coffee. Other bagel flavors include plain, poppy seed, sesame seed, sea salt, salt and pepper, onion, garlic and herb, everything, multigrain, cinnamon raisin spice and jalapeno salt. Madigan once created a concoction known as the "MSG" for noted food critic Karen Brooks; it contained miso, black soy sauce, fresh ginger, and black and white sesame seeds. However, he has his limits. "I don't plan to ever do a blueberry bagel."

No bagel is complete without a schmear; Bowery Bagels offers plain cream cheese, smoked salmon and roasted vegetable spreads as well as kimchi, hummus and vegan savory, which is made with a no-soy cashew base. There's also a nice selection of sandwiches. According to Madigan, the most popular bagel continues to be the "everything" bagel, but on this writer's recent visit, the sea salt bagel was sold out by 11 am.

Bowery Bagels continues to innovate; whitefish salad, gefilte fish and chopped liver may be in the works. Madigan is trying to convince Tahlia Harrison, his wholesale account manager, to part with her family's potato knish recipe. His shop also bakes the hamantaschen for Oregon Kosher's Purim baskets. The sweets come in three flavors: apricot, prune and poppy seed hazelnut. This last enterprise arose after rabbis complained to Madigan about the lack of fresh hamantaschen in Portland – apparently, everything used to be sent from a bakery in New York. Now, at Purim, hamantaschen orders can be placed on the Bowery Bagels website.

At the same time that Madigan focuses on Bowery Bagels, he is also the majority owner of Remedy Wine Bar in the Pearl, and he runs KitchenCru across the street. Of KitchenCru, he explains, "We help start-up companies launch." His unique shared-use kitchen/business development company currently serves around 30 clients including several caterers, a salsa company and Bluebird Bakers. "You should try their macaroons," he advises.

KitchenCru hosted "Dessert for Dinner," a Feast Portland dinner series on Sept. 18. The menu of sweet and savory treats was presented by chefs Phil Speer, Kristen Murray, Tim Helea, Alissa Frice and Carrie Merrill, of whom Madigan says, "I think (they) have nine Michelin stars between them." For a more casual culinary experience, head over to Bowery Bagels for a traditional New York deli fix. Try the Sarah's Special: gravlax with red onion and a delectable caper schmear. It's cheaper than flying to New York. 

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University of Oregon architecture students (including Nathaniel Eck, right) visit the Havurah Shalom courtyard for which they are designing a sukkah.

Tivnu students, who are in Portland for a nine-month gap year service learning/construction program, will build the sukkah.



Preliminary design concept.

Sukkah collaboration

Architecture students and Tivnu cohort create sukkah for Havurah

By Teri Ruch

If you check out the winning designs of this year's SukkahPDX competition at the Oregon Jewish Museum on Northwest Kearney (see box), you might see another new sukkah two blocks away at Havurah Shalom. The Reconstructionist congregation Havurah Shalom has grown from a handful of families who first met informally at each other's homes 36 years ago to 365 families today. For decades the community built, took down and rebuilt its gathering place – like the sukkahs used more than 5,000 years ago, until the community bought property in 1996 to build a more permanent home at the corner of Northwest Kearney and 18th Avenue.

Havurah's new sukkah grew out of a partnership that started when seven Master of Architecture students at the University of Oregon, led by Nathaniel Eck, offered to design a sukkah for Havurah. The architecture students attend the U of O branch campus at 70 NW Couch St., so they know Havurah's neighborhood. Another key partner is Tivnu: Building Justice, a nonprofit that offers gap-year, service learning opportunities for students to learn construction skills in a Jewish context to help ensure

that everyone's basic needs, including housing, are met.

Steven Eisenbach-Budner, executive director of Tivnu and a member of Havurah Shalom, has been a carpenter for about 25 years and has built more than half a dozen sukkahs. He appreciates the project in large part because "It's fun to work with an architect and to consider different design ideas." He also likes including Tivnu students in both building a structure and building community.

The sukkah project gave the architecture students an opportunity to build something they designed. "Much of architecture school is already filled with its share of hypothetical projects," Nathaniel says. "Architecture students (myself included) often crave the opportunity to build, not just design."

Another project partner, Monica Moriarty, joined Havurah along with her husband, Bill Kwitman, in 1980. Initially, Monica explains, when the congregation didn't have a permanent shul, congregation members created four or five kits with instructions so members could build sukkahs at their homes and invite others in the community to join them for meals during Sukkot.

Havurah's first community sukkah was built when the shul was under construction. "I thought it would be a good way for the members to get to see the site and have Havurah's first on-site holiday celebration," Monica says. So she designed a sukkah to set up in the alley between the two buildings Havurah was renovating. The sukkah continued to be constructed for Sukkot for many years afterward in the courtyard of the new building; holes were even incorporated in the courtyard's design to be used for support beams of future sukkahs.

As the congregation grew, a larger sukkah was created to provide space for more people. But it hasn't been easy to set it up each year, and some of its larger pieces couldn't be stored in the basement of the shul.

The new sukkah will be successful, says Steve, "If it goes up easily and comes down easily, and can be used for several years," with pieces that can be stored in the building's basement.

What inspired Nathaniel and his colleagues to propose the project? While completing his undergraduate degree in architecture and community design at the University of San Francisco, Nathaniel helped develop community gardens,

community centers, low-cost housing solutions, and urban planning projects with underserved communities around the world. In Nathaniel's words, the experience left him with a passion for "working with communities to create uplifting environments that enhance community cohesiveness and pride."

Havurah's sukkah project has been a learning experience for everyone involved. The seven members of the architecture team "come from a range of faiths," Nathaniel explains. "So the first thing we needed to do was to become familiar with the holiday of Sukkot, the commandment to build and dwell in booths, and the activities and traditions that occur during the festival."

The team spent weeks preparing for the project by "researching a transect of the holiday from ancient times to current day." In addition, they visited Havurah Shalom's courtyard, where the sukkah would be built, attended a Havurah event so they could experience a community gathering, researched the history of Havurah, and consulted with Steve and Monica to learn about previous sukkahs and Sukkot celebrations at Havurah.

To reflect the "cyclical and temporary nature of the holiday and the period of wandering," Nathaniel says, the new sukkah includes "repurposed, reclaimed, reused and recycled materials," including some pieces used in the congregation's previous sukkah. The goal was to "create a framework for the community experience, generations and recalling of memories during the celebration of Sukkot."

Since August Havurah members have been planning sukkah gatherings, many of which are open to the community. ♻️

Teri Ruch is the synagogue community organizer for Havurah Shalom (HavurahShalom.org).

SUKKAHPDX RETURNS WITH SIX CREATIVE SUKKAHS

SukkahPDX, Portland's annual juried outdoor design competition returns this year with six sukkahs created by design teams in four states and Italy.

SukkahPDX 2014 is open to the public free from dawn until dusk from Oct. 8-17 at the Oregon Jewish Museum and Center for Holocaust Education, 1953 NW Kearney St.

This year SukkahPDX at OJMCHC is presented in partnership with Mittleman Jewish Community Center and generously funded by the Jewish Federation of Greater Portland, Tuv Ha'aretz and the Emily Georges Gottfried Fund.

SUKKAHPDX 2014 EVENTS

Shabbat in the Sukkah: Friday, Oct. 10, starting at 6:30 pm. Celebrate Sukkot in the jury-selected sukkahs at the Museum. Moishe House, OJMCHC and MJCC bring you a party under the sukkah canopies in NW Portland, with live music, beer and great food.

Pita in the Hut: Sunday, Oct. 12, 5-7 pm. This family friendly event celebrates our multi-cultural connections through food. Includes storytelling and other craft activities. This event is co-sponsored with the Institute for Judaic Studies and generously funded through Tuv Ha'aretz.

Ray of Hope Concert: Tuesday, Oct. 14, 2014, 7 pm, for tickets visit ojmche.org Enjoy a concert at OJMCHC of singer Alika Hope and guitarist Ramon Morant. The performance incorporates African American spirituals and abolitionist writings as a way to introduce school-age children and their families to the history of the American abolitionist movement. Alika Hope also uses her own family experiences – as an African American woman with a Jewish grandfather – to encourage productive and peaceful dialogue between black and Jewish communities in the United States. This program is generously funded by the Emily Georges Gottfried Fund.

More information: 503-226-3600, ojmche.org

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SUKKAHPDX 2014 IS PRESENTED IN PARTNERSHIP WITH MITTLEMAN JEWISH COMMUNITY CENTER AND GENEROUSLY FUNDED BY THE JEWISH FEDERATION OF GREATER PORTLAND

The war we won and the war we are losing

By Mylan Tanzer

Although it has been less than a month since what appears to be the end of Operation Protective Edge, it seems like a distant memory to many Israelis. (The one-month window in which the sides agreed to begin negotiations in Cairo ended just as I finished writing this and with no signs discussions will begin; in theory, anything could happen.) With the Syrian civil war spilling over onto the Israeli Golan putting Al-Qaeda within a few hundred meters of several kibbutzim, with ISIS slaughtering innocents and threatening the region, and with resumption of internal budget wars that had been on hold, the largest operation since the second Lebanon war doesn't seem to be high on the public's radar anymore. I hope and trust that this is not the case with our political and military leadership. The impressive military achievements of Protective Edge require skilled and subtle diplomacy to ensure they are translated into reality in Gaza and with potentially positive pan-regional implications.

Maybe the vastly reduced public profile of Protective Edge is a good thing. Vast segments of the Israeli public don't see the larger picture and continue to debate whether the operation was a success or only a stalemate.

In the words of Haviv Retig Gur of The Times of Israel, "At the conclusion of Operation Protective Edge, it is fair to say that Prime Minister Benjamin Netanyahu unequivocally won the war he set out to fight – but not, perhaps, the war the Israeli public expected him to fight."

Operation Protective Edge proved the IDF finally understood and internalized the fact that Arab opponents of Israel have turned to the terror, guerrilla and irregular tactics that Israelis consider immoral and cowardly.

Netanyahu rejected the classic Western approach that employs conventional tactics when confronting an unconventional enemy. He opted instead to adapt to the irregular, psychological nature of Hamas' style of war. By accepting each cease-fire and letting the world see Hamas endangering civilians on both sides, he was able to minimize global political pressure and hit Hamas when and where the IDF chose. Netanyahu ordered the air force to strike thousands of targets, take out top operatives from the Hamas military and political wings, and to destroy the attack tunnels. Hamas' capitulation and acceptance of the same unconditional cease-fire that was offered at the conflict's outset put the official stamp on the success of the Netanyahu strategy. But I do not think that has been internalized by most of us. Many Israelis express frustration at not seeing a white flag over Gaza.

As Rettig Gur writes: "Netanyahu's strategy has much to commend it. It recognizes and addresses the challenges posed by terrorism and irregular conflict – the civilian toll, the political traps, the importance of the psychological battlefield. But it may

suffer from one overwhelming flaw: in the minds of Israelis, it doesn't look like war. It is hard to explain to millions of Israeli voters under rocket fire, to the families of dead children and dead soldiers, to a nation that expects decisive action from its leaders in wartime, why an enemy as derided and detested in the Israeli mind as Hamas can sustain rocket fire on a country as powerful as Israel for 50 days."

Time will tell if the military victory will achieve the results it should, or if it will lead to another round of fighting.

But Israel has once again lost the battle in the arena of international public opinion. The results are the inevitable investigation of the U.N. Human Rights Commission, an increase in boycott activity and increased anti-Semitism.

In the current reality, Israel cannot win this war. This battle is a lost cause for the foreseeable future according to journalist Ben-Dror Yemini, whose new book, *The Industry of Lies*, coincidentally hit the shelves right at the end of Protective Edge. This important work proves that Israel's already tarnished image continues to further deteriorate due to plain and simple lies. He includes examples of how Israel has become the definition of absolute and unequivocal evil. The book reveals it is now politically correct to accuse Israel of any imaginable crime or offense. Over the last decade, Yemini has tirelessly collected a massive number of statements and positions by academics, political leaders and members of the media exposing what he has dubbed *The Industry of Lies*.

In recent interviews to mark the release of the book, Yemini explained: "There is not a monolithic or orchestrated mechanism. It is not *The Protocol of the Elders of Zion*. ... It is diffuse and has become in fashion to bash Israel across the spectrum. The common denominator is that Israel is presented as the greatest danger to world peace and stability. And it needs to be noted, that in the 1930s it was commonplace to define the Jews as the danger to world peace and stability."

One of the thousands of examples in his book is the U.N.'s Special Human Rights Advisor Professor Richard Falk's numerous public statements in 2013 that the intention of Israel is to perform genocide against the Palestinian people. Yemini tirelessly checked the facts and found that in 2013, 30 Palestinians died at the hands of Israel, the majority of them terrorists.

"The empirical evidence that Israel is designated and singled-out is overwhelming and undeniable to anyone who makes the effort and takes the time to do a thorough examination," wrote Yemini. "It is an arduous and tiring process to verify, but somebody has to do it and I have found that the results have unfortunately more than backed up my thesis, which led me to undertake this task. Everything is in some way, infected with a lie. For example, during Protective Edge, an article in the Independent did not call Israel by name but rather with the title 'The Child Murdering Community.' For the sake of proportion, according to Lancet, which is the definitive professional source for the Independent, in 2004, 36% of the casualties caused in the British invasion of Iraq were children under the age of 15. In Protective Edge, the highest estimates of child casualties in Gaza, and many credible sources claim that this number is high, is 16%. Have you ever called the U.K. child killers? Have you called for a boycott against Britain? You haven't, because you are lying."

Regarding the claim more is expected from Israel, Yemini replied: "My comparison regarding failure to observe human rights, harming innocents and children, my frame of reference is England and the U.S. The battle for Falluja, which has similarities to Gaza, saw many thousands of civilian deaths. What about Chechnya, that has a smaller population than Gaza? Accepted estimates are that 150,000 civilians died. Russia is no moral compass, but take NATO's 1999 airstrikes on Belgrade. There were significantly more civilian deaths, including children than in Gaza, in both relative and proportionate numbers, and nobody was firing rockets and missiles from Serbia to Rome, Paris, London or Washington. And spokespersons for NATO and the Western countries unapologetically stated that they did not start these hostilities and therefore sometimes innocent targets such as hospitals and homes for the aged are bombed, or busses or trains and even the Chinese Embassy. Where was international outrage? It was completely pre-occupied with Israel."

Yemini claims the U.N. Human Rights Commission is either the source or the result of this obsessive preoccupation. At a time when millions of civilians throughout the world were victims of brutal dictatorships, endless slaughters and pogroms, the commission had passed 33 decisions in total, 27 of them condemning Israel. In 2012 the General Assembly passed 26 condemnations, 22 of them against Israel. Yemini includes these already well-documented figures in his book to expose the institution for its role in legitimizing the industry of lies.

He points to the lesser known fact that the U.N. maintains two separate refugee agencies, UNCHR and UNWRA. The former is active across the globe and has resettled 50 million refugees, who therefore no longer have refugee status. The latter deals only with the Palestinian issue and has a starkly different definition of refugee. According to UNWRA, a Palestinian, wherever he lives in the world, whatever citizenship he or she might have, will always be a refugee, as will his children, grandchildren and all other offspring. Therefore the number of refugees that UNWRA handles continues to rise.

Yemini says, "This is a mechanism for endlessly prolonging the Palestinian problem, to keep the wound open. I say this and believe it, but so do they (the Palestinians) in their own language. It is the best card the Palestinians have to one day destroy Israel one way or the other."

Yemini is a fascinating character. He has always been associated with left-wing politics and for decades has been critical of Israel's policies in the West Bank. He mentions that in his many lectures and appearances in Israel and throughout the Western world, he is constantly asked about 2 million Palestinians in the territories without a state, with difficult human rights conditions, as part of the problem of "the occupation." No supporter of this situation, Yemini draws the vast distinction between the actual problem and the prominent place it holds in the industry of lies.

"Let's talk about the occupation. Is it really a horrible concentration camp? What has happened since Israel captured them in 1967 until today? Even Israelis, not to mention Americans and others, have little or no idea that until '67, there were no universities and zero higher education in the West Bank, according to Palestinian sources. Today, Palestinians in the West Bank are in first place in the entire Arab world in university graduates.


Wow, what a horrible occupation. It is hypocritical that much of the toxic protests and boycott movement on American campuses is based on the nefarious claim of oppression in higher education. Zero to first in higher education, life expectancy, healthcare, even running water was virtually non-existent prior to '67. So yes, Israel cannot forever maintain overall control of the West Bank but until that time comes, the lack of context and the way the term occupation is so cynically and universally utilized to trash Israel creates more incitement by the day."

One of the many comparative tables in the book shows the vast amount of aid international agencies have given the Palestinians over the last decade – more than all other peoples, and which is on average four to five times that of the famine-stricken Somali or Sudanese refugees.

He is the first to admit that Israel does not help its cause with settlements, but that Israel's mistakes have little to do with the overwhelming wave of unjustified hatred toward Israel. He also spares nothing for Ha'aretz for its role in the industry of lies: "Virtually every anti-Israel website or paper relies on Ha'aretz much more than on the New York Times, the Guardian, even Al-Jazeera. I can give endless specific examples of how the lies of Ha'aretz are one of the primary sources for these services, because Ha'aretz is running a campaign against the country, and not criticizing the country as its journalistic ethics obligate it to."

He is convinced that the delegitimization caused by these lies is an existential problem. "In my opinion it is more serious than the Iranian problem. It is rampant in the media and academia which influences public opinion, which will eventually impact politicians and policy makers."

He believes that peace based on a two-state solution is still possible, but that the industry of lies is pushing it further from our grasp. "We must return to a dialogue based on reality. This will only occur when the lies stop, and when this happens, I believe that co-existence will prevail, inshallah!"

Not surprisingly, we lost the battle for public opinion despite a successful, well-planned and implemented operation. Obviously we were never going to succeed in convincing the international community of our right to defend ourselves due to the industry of lies. I agree with Yemini that delegitimization is a threat at least equal to Iran, the threat on which Netanyahu has staked almost all of Israel's international credit. It's clear that he must add this problem to his dossier of existential threats facing Israel and attack it as creatively as he attacked Hamas in Protective Edge. 

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



Life on the Other Side

Melt, Svelte & Gelt By Anne Kleinberg

Let's face it, there are few things women have in common as universal as food, figure and finance. Or, put a bit differently: melt, svelte and gelt. Obviously there are more important matters to be considered (health, family, etc.), but I'm talking generalities here – and within the Western world, few topics ignite the hearts and minds of women as do issues of yummy food, looking good and burning those bucks. We're all different – yes. But boy can we find commonalities over a melted tuna sandwich, the latest and greatest diet craze or a 70% off sale.

Living in Israel doesn't make us any different – same thoughts and desires, just different geography.

Those of us on this side of the Atlantic have had lots to stress about lately (not to imply that you on that side have not). The war in Gaza, living under the crazy constant threat, the tragedies. I know it's maddening for our friends and families overseas as well. If you're a concerned and informed human being, then of course you're worried about "the situation" here. So what's the solution? Melt, svelte or gelt!

Being a bit of an irreverent person, one who tries to see humor in many situations (it helps relieve my stress), I relate to food at times like these more than any other. And there's no food as comforting as something melted!

Place a few slices of Swiss or Muenster or cheddar or Gouda between two slightly toasted slices of whole grain bread, add a few thin slices of red onion, a generous helping of tuna mixed with mayo, maybe a tomato, perhaps a pickle, and slap that baby into the toaster oven (or better yet your panini press). Wait till the cheesy heavenliness starts to melt, take it out and eat. YUMMY! Works better than two Excedrin – I promise you – especially if followed by slightly melted Haagen-Dazs Belgian Chocolate.

Can we talk?

Of course if you're the disciplined type, or the gym rat sort (I don't have any among my friends, but I expect they do exist), you'll go for the svelte solution. Working out, getting healthy, being busy with your body, watching your weight, etc. – that seems to downsize the tension. Or so I've been told.

I must admit, although I'm not a very active person (my most common activity is fingers flying across the keyboard), when I do force myself to do some exercise, I always feel good afterward.

And try as I might to ignore the endless ads to remove wrinkles, pump up the lips, lose cellulite, add curves, subtract age spots, blah blah blah, I can't ignore them. I want to look good; who doesn't? So maybe I will fall for that miracle product that promises to solve all my problems with the swipe of a magic wand, or buy that brand of cosmetics aimed at women my age – and, yes, I will of course concentrate on what the stars were wearing at the latest U.S. award's ceremony (hey, I live in the Levant – I need the exposure) because I, like most other women, want to be considered sexy and svelte!

And the final tension reliever? The one thing that is ALWAYS good for our health? The one solution that is universally popular in the U.S., Israel and everywhere else in the world? That would be S H O P P I N G!

Because, just between you and me, nothing can soothe the soul like spending shekels. Let's face it, how many women do you know who don't love shopping? I've heard there are one or two, so this is not for them. But as for the rest of us – bring on the bargains!

Shopping, and especially finding a bargain, is one hell of a tension reliever. I have seriously looked into the psychological reasons behind this phenomenon. Why does walking out of a store laden with shopping bags full of *metzias* cause such glee? And bringing those bags home, spreading your purchases across the bed and reliving that moment when the sales clerk rang them up and added an additional discount that you weren't even aware of? Heaven!

So ... if you're a woman, and interested in your health, take it from me – these too can be a few of your favorite things. ☺

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



Ask Helen

When you help friends, accept whatever thanks are offered

Dear Helen:

I'm a really good writer. Not the Great American Novel kind of writer, but a knock out answers on a job application, write a cover letter that'll land a job interview, kind of good. Over the years I have helped friends get jobs and then their children with college essays. I've learned to give people examples and make them reorganize their drafts to save myself time. Ditto re rehearsing answers to typical interview questions. They get focused on the words, even though I keep telling them it is about storytelling and engaging the listener. Then there's the payment problem. These are my friends. I don't want to charge them for something that is second nature for me. I don't want to do this as a business, but my time is increasingly precious.

Yes I Can Help

*A Nosh of Jewish Wisdom:
There is a time for everything
under heaven.*

Dear Can Help:

When my remotes go whacky or I'm trying to install electronics, I have folks I call to help me navigate the incomprehensible maze of menus and arcane instructions. I usually give a good faith effort first, but my confidence is higher simply knowing they're on tap. Sometimes I say "Thanks," other times I gift them. I suspect your friends feel the same way. Eons ago I wrote articles with Your Jewish Fairy Godmother's 10 Commandments for resume writing, interviewing, etc. Your ideas may be different, but I suspect you've been repeating the same advice over and over for years. Write a tip sheet to give folks. Be ready to say, "Read the attached, and get your draft up to speed before we talk." For interview prep, there's no good substitute for talking it out and role-playing. I'm all in favor of compensation in the form of a bottle of wine/spirits, taking or sending you to dinner, or gifting you with concert tickets or other special treats. Practice saying, "You can decide how to thank me," and then be gracious about accepting what is offered. ☺

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



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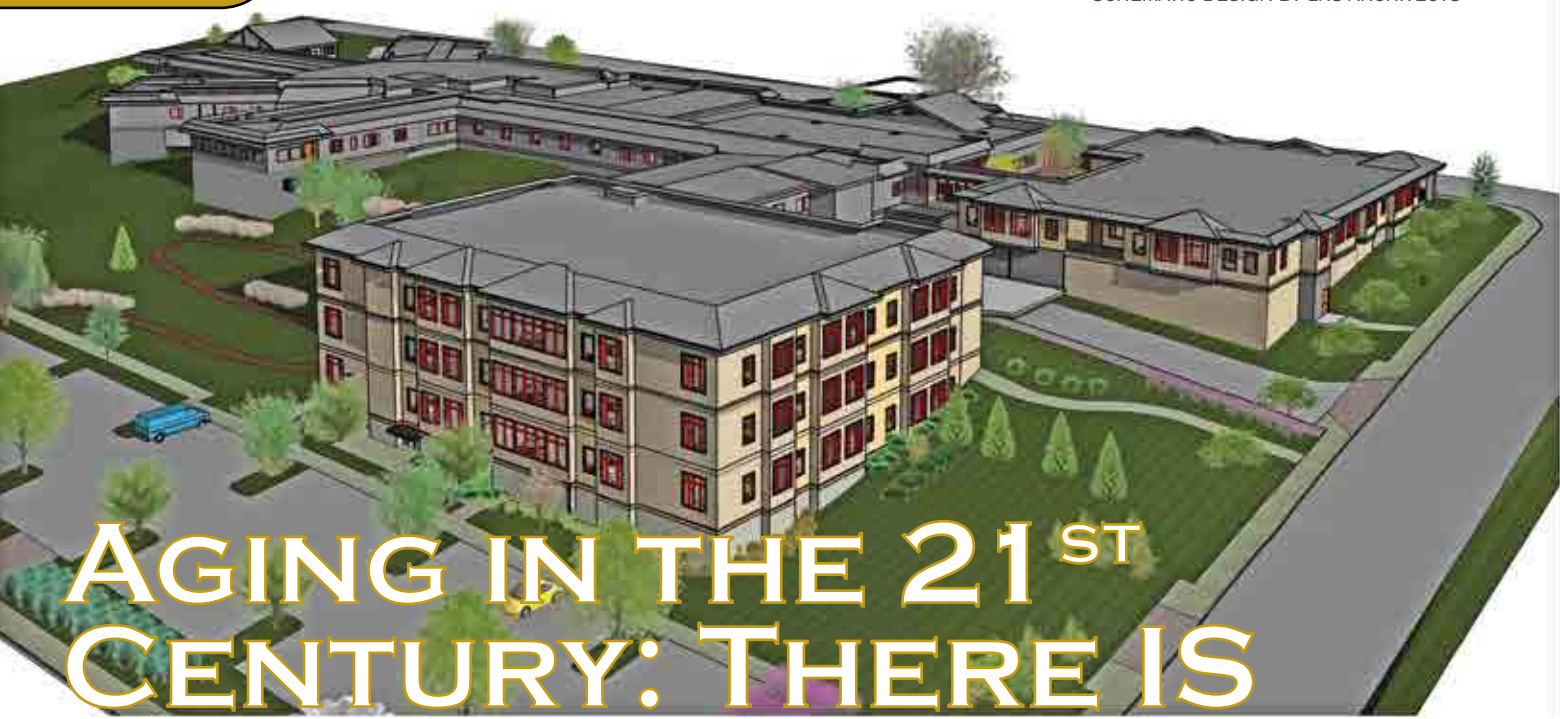
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AGING IN THE 21ST CENTURY: THERE IS NO PLACE LIKE HOME

By Liz Rabiner Lippoff

The Robison Jewish Health Center is its official name, but almost everybody still calls it “The Home.” They probably don’t mean “home, sweet home,” but rather “the old folks’ home.” Though highly regarded by health care professionals, grateful families and dedicated donors, very few people are likely to say, “Goody! I get to go to The Home!”

When it was built in 1954 and expanded in the '60s, Robison epitomized state-of-the-art design in efficient, effective elder care. Called a hospital-style model, it has long hallways with rooms off both sides, making it easy for staff to answer calls for assistance and to deliver food and medications. Most of the rooms are double occupancy, which lowers the cost. Many of our frail, sick or elderly Jewish family members invariably moved in and lived out their days. That’s what my in-laws and grandmothers did. That’s what “The Home” was for.

Cedar Sinai Park, Robison’s parent organization, is taking giant steps to completely turn that around.

“People tend to look at it as a destiny or a destination,” says Cedar Sinai Park CEO David Fuks. “What it needs to be is a resource.”

DIGNITY BY DESIGN

Dignity by Design is a major capital campaign that will not only finance a new facility and an overhaul of Robison, but will also continue the process already in place to reconfigure the services available through Cedar Sinai Park.

The new complex, to be called The Harold Schnitzer Rehabilitation and Care Center, will honor the wishes and needs of the community as well as align with new care modalities that have been shown to be more effective than the traditional hospital model. There is still a lot of money to be raised, but the campaign has already begun, with some major donors in place and significant community funds already in place. (See box for details.)

CSP volunteers and staff have already been meeting with members of the community one-on-one and in small groups to explain the new facility, listen to the interests and concerns people have, and find ways people can help secure a future of

CEDAR SINAI PARK AT A GLANCE

ON SOUTHWEST BOUNDARY STREET IN PORTLAND:

- Robison Jewish Health Center
- Rose Schnitzer Manor (assisted living)
- Adult Day Services
- Robison Residence (residential care)
- Kehillah Housing (adults with disabilities)
- The Cedar Sinai Park Foundation

DOWNTOWN PORTLAND:

- Rose Schnitzer Tower (affordable housing)
- The 1200 Building (affordable housing)
- The Park and Lexington Buildings (affordable housing)
- Housing with Services, LLC (provides services for those in CSP affordable housing)

love, honor and respect for our elders. The Harold and Arlene Schnitzer Family Fund of the OJCF has pledged \$5 million. For many others, a generous gift is much more modest but still reflects their own heart-felt commitment and plays a critical role in the success of the campaign. Many financial gifts even come with opportunities to name a room, a garden or another spot on the campus.

DONORS STEP UP

Beverly Eastern says that Cedar Sinai Park has been a part of her family for more than 40 years. Her husband, Stan, was the treasurer for several years. Her aunt once lived at Robison, and her mother was at Rose Schnitzer Manor. Both Bev and Stan have served as board presidents.

“Our daughters practically grew up there,” Bev remembers. They played on the floor and attended Passover seders there to be with family. Today their daughter Michelle is on the board and is especially active in Sisterhood.

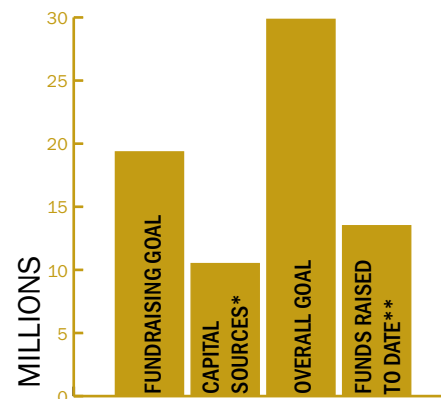
“We have always supported The Home,” Bev says. “This is our priority.” Bev and Stan have donated to the campaign and will have a Robison residential room named in their honor.

Nathan Cogan’s family connection to CSP goes back two generations: his aunt and uncle and later his in-laws lived there. When his wife, Sara Glasgow Cogan (z’l), was board president, the family created The Sara Cogan Building Fund to support The Home over time. “We had raised three sons, all married and doing well, so we figured why not donate a percentage of our estate to charity. We had no clue then what would happen down the road,” Nathan says.

Nine months later, Sara was tragically killed by a car during her term as president. Nathan decided to make a substantial pledge to ensure her memory would still be alive in the activities at CSP. To his joy and delight, his brothers-in-law matched his pledge. Then close friends, Gary and Judy Kahn, and later Larry and Linda Veltman contributed. Now, the sanctuary at Robison will be named The Sara Glasgow Cogan Chapel.

As of Sept. 1, 340 donors have together contributed or pledged \$13.5 million toward the project. That leaves \$6.3 million remaining to be raised from community donations. Fuks expects half of that will come from foundations.

FAST FACTS — THE CAPITAL CAMPAIGN



Fundraising goal \$19.35 million
 Capital sources* \$10.5 million
 Overall goal \$29.85 million
 Funds raised to date \$13.5 million**

* Bond financing (\$7.5 million); low-income housing development proceeds (\$1.5 million); capital replacement funds (\$1 million); board designated funds (\$0.5 million).

** \$13 million to construction, \$0.5 million to endowment.

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EXODUS 20:12

THE HAROLD SCHNITZER REHABILITATION AND CARE CENTER

The "new CSP" will provide the same range of services, including rehabilitation and short-term care, long-term nursing care and care for dementia residents. There will be an increased emphasis on a greater mix of rehab options as well as expanded use of case management to help people make a stable transition back home. The patient-centered care model that CSP has been adopting over the past few years will be enhanced dramatically in the households in the new buildings as well as in the more homelike, refurbished Robison rooms.

The two new buildings will consist of four 12-bedroom households. One three-household tower will be on the Beaverton-Hillsdale side of the property; the other will be adjacent to Southwest 62nd Street. Both will be attached to Robison to form one unified structure. Each household will have its own living room and kitchen and will be decorated to feel like a home, complete with a fireplace and a sitting area. Every bedroom will be a private room with its own bathroom, with a big window and a couch that converts to a guest bed.

Robison itself will be extensively renovated. While the hallways will remain, Robison rooms will be homey and inviting single rooms with private bathrooms. The common areas will be upgraded to be more comfortable for residents and guests alike. There will be gardens to explore, with alcoves for relaxing and visiting. The campaign goal also includes an endowment fund for building maintenance.

"Environment has an impact on how we feel," Fuks explains. "One of the things we know about the household model is that even when people are very fragile, they are more socially engaged and their cognition functions at a higher level because of the kind of 'cueing' in a household, a place we're all used to. They aren't exempt from illness, but people feel better."

It will also be a better place to visit, he adds, and when people visit their loved ones, everybody wins. Of course the resident enjoys the company, but it's more than that.

"It's much nicer to enter a place that feels like a house rather than an institution. They can go to 'grandma's house.' They can bake cookies in the kitchen, sit in the living room and visit with grandma and her neighbors."

BUT I WANT TO STAY HOME!

Community surveys and conversations with seniors and baby boomers alike have shown quite clearly that people today

want to stay in their own homes as long as possible. Period. That home may be the house where they raised their kids, but it may also be a smaller apartment or condominium in a general or senior community setting.

CSP built the Rose Schnitzer Manor back in 1998 to accommodate some of these downsizers. Kehillah Housing, which opened last year, provides independent living apartments for adults with disabilities. CSP has provided affordable housing at the Rose Schnitzer Tower in downtown Portland since 2007. In the past two years, CSP acquired three more affordable housing buildings in downtown Portland to extend its high-quality housing experience to those seniors and adults with disabilities who are on a more limited income.

It is not out of the realm of possibility that CSP will explore other housing options in the future.

IF I FALL OR GET SICK, DOES THAT MEAN

I HAVE TO GIVE UP MY HOME?

Quality rehabilitation care is a key to recovering from, say, a stroke or a fall. The new facility will have additional rehabilitation services as well as enhanced nursing care. It will expand the number of rooms available to short-term rehabilitation patients, and all bedrooms will be dual certified for rehabilitation and nursing care.

BUT WHAT IF I NEED HELP TO STAY AT HOME?

CSP envisions becoming a resource that enables people to stay at home as long as possible as well as the best place they can go to get the care they need. It created Adult Day Services in 1999 to provide elders with a quality daycare experience and to offer their caregivers much-needed respite. Sinai Family Home Services, a 2007 partnership between CSP and Jewish Family & Child Service, serves "elders and people with disabilities who want to remain in their own homes while receiving the care and companionship they may need," according to its website. Other services are on the drawing board. CSP and other community organizations are working together to enhance the lives of our elders, wherever they choose to call home.

"The goal is to give people excellent rehabilitation so they can get home fast; resources in the community so they can stay home; and a nursing facility, should they need it, in a place that seems like home, reflective of the way they like to live, the community they want and the dignity they deserve," says Fuks, CEO.

Liz Rabiner Lippoff is a medical marketing consultant and freelance writer. She and her husband David have donated to the capital campaign. Lizlnk.biz

IMPORTANT DATES

- 6/15/15---- Fundraising to be completed
- 7/15/15---- Ground-breaking!
- 7/16 ----- New buildings ready for residents
- 1/17 ----- "New" Robison ready for residents



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ABIGAIL AND AUDREY MINCH



RABBI DAN ARONSON
WITH PARKER MILLS



ZOE SIRKIN AT MJCC
PHOTO BY CHRIS LARSON

Mustang Mitzvah: Empowered by project, twins look to inspire others to act



Twins Audrey, left, and Abigail Minch are passionate about horses. They take riding lessons at Big Dog Stable in Oregon City, where they have two horses on half-lease – Lex and Charles. Photograph from *Wild at Heart* by Terri Farley, which chronicles the lives of America’s wild horses and the courageous young people fighting to save them coming Fall 2015 from Houghton Mifflin Harcourt Books for Young Readers.

By Deborah Moon

“Horses have a huge impact on my life, so I thought it would be cool to have an impact on theirs,” says Audrey Minch of the trio of projects she and her twin, Abigail, undertook for their b’nai mitzvah.

The twins first heard about the plight of the mustangs when they were in fourth grade. A speaker told their Girl Scout troop that though wild horses are protected by federal law, recent roundups have put more wild horses in federal holding facilities than are living in free herds. Many are sold for slaughter.

When Audrey and Abigail started to learn to ride four years ago, they took lessons on Alice, a mustang adopted and trained by their riding instructor. Though the girls now each have a horse through a half-lease, their attraction to mustangs has stayed strong.

So when they chose a mitzvah project before their Aug. 9 b’nai mitzvah at Congregation Beit Haverim, helping horses and mustangs was at the top of their list.

Two of their projects are very hands-on. The girls volunteer at Once Upon a Rescue, a Wilsonville barn

that cares for abused and neglected horses. They also make and sell polo wraps (leg wraps) for horses to raise funds for horse rescue. They continue to sell the wraps on Facebook at Polished Ponies by Abigail and Audrey and at Bit by Bit, a consignment shop above the Gallops Saddlery in Tigard.

“We are trying to raise money to sponsor a horse (at a wild horse sanctuary),” says Audrey.

But the bulk of their effort has been advocacy on behalf of the mustangs.

“In Judaism we learned about animal rights – they are living too,” says Abigail. “We heard a lot about the mustangs being herded up and decided it wasn’t OK. We wanted to get the word out about mustangs being herded up.”

So the twins focused the final prong of their mitzvah project on raising awareness about the mustangs’ plight. The girls became the Portland Ambassadors of “American Mustang.” They promoted the movie on Facebook and other social media and organized speaking engagements, where they were joined by the two movie producers.

Producer Henry Ansbacher says the movie was screened in Portland in April “In large part ... because of the twins’

Mustang Facts

At their b’nai mitzvah party, Abigail and Audrey Minch set out cards with about a dozen mustang facts including:

- Mustangs were declared as the “living symbols of the historic and pioneer spirit of the west” by the U.S. Congress in 1971.
- Approximately 100 years ago, about 2 million mustangs roamed the North American terrain Today we only have 25,000.

Petition: causes.com/campaigns/82652-stop-the-round-up

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[BAR/BAT MITZVAH]



Audrey Minch on Alice, the mustang she and her sister, Abigail, learned to ride on.

dedication to the horses and the energy they have invested in their community raising awareness about the current and future well-being of a true American icon. They are an inspiration."

Producer Ellie Phipps Price adds, "Thanks to Audrey and Abigail, Henry and I got to visit their schools, and speak to large groups of children we never would have been able to find from our offices in Colorado and California. American Mustang was a huge success in Portland with people of all ages showing up to learn about the need for reform of the current government management of America's wild horses. ... Change happens when people care, and shine a light on something that they care about. Audrey and Abigail know where the light switch is!"

When the opening weekend of "American Mustang" sold out, the Regal Fox Tower 10 extended the run for an additional two weeks.

The twins awareness-raising efforts also include a postcard brigade and an online petition to encourage the Bureau of Land Management to change its policies to adhere to the Wild and Free-Roaming Horses and Burros Act of 1971. At their b'nai mitzvah, the twins displayed a poster about the mustangs and had postcards for people to sign and send to U.S. Secretary of the Interior Sally Jewell. Supporters can sign the online petition at: causes.com/campaigns/82652-stop-the-round-up.

Audrey says her favorite part of their mitzvah project "is knowing you are working to help save the mustangs."

The twins' efforts attracted the attention of author Terri Farley, whose book *Wild at Heart: Mustangs and the Young People Fighting to Save Them* is slated for release in fall of 2015. From the hundreds of young people she has talked to, Farley



Abigail and Audrey Minch meet mustangs at the Equine Outreach Horse Rescue in Bend. The horses were on their way to slaughter in Mexico when the group rescued them. Photo courtesy of the Minch family.

chose Abigail and Audrey to be among the dozen she features in the book. National Geographic photographer Melissa Farley is photographing the youth Farley is profiling and has already been to Portland to photograph the twins.

"Never underestimate quiet determination," says Farley. "Abigail and Audrey know what they want to do and they are doing it."

"I think they've been empowered. They are being listened to in the fight to protect the weaker. They may not be advocates for mustangs all their lives, but I think the roots of caring for the unprotected will always be there for them."

Farley, who has previously written 36 books including *The Phantom Stallion* series for young readers, says her current nonfiction book is designed to empower youth and give them the facts they need to help the mustangs.

"I want to show kids that they have power and give them the facts to bolster it," says Farley of her book. "That's why I start at the dawn of horses. ... I introduce them to kids like themselves ... role models who are having a great time accomplishing great things."

Their b'nai mitzvah celebration is over, but Audrey's and Abigail's projects continue.

"We hope to keep telling people about the wild mustangs and continue selling polo wraps on Facebook," says Abigail. ■

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MITZVAH WITH MEANING

WHEN PUPPY LOVE PAYS OFF



Tommy Cohen decided to raise Jalina, an assistance dog, for his bar mitzvah project. Photo courtesy Janie and Tommy Cohen

By Polina Olsen

Tommy Cohen loves dogs and needed a bar mitzvah project. So it seemed natural to combine the two and raise a puppy to help the disabled. His bar mitzvah at Havurah Shalom was in February 2012. He got 8-week-old Jalina that May. Now, with Jalina fully trained and helping a young autistic boy, Tommy is ready for more. Five-month-old Piper, a lovely golden retriever/Lab mix is Tommy's second Canine Companion project.

Canine Companions for Independence (cci.org) started in 1975 in a home office and garage in Santa Rosa, CA. Since then, it has become the largest nonprofit provider of assistance dogs, with five regional training centers. Puppies are carefully bred and sent to homes across the country when they are 8 weeks old. When they are between 15 and 18 months, they return to CCI centers for six to nine months of advanced training before someone who needs their help receives a dog free of charge.

"I thought that would be a cool thing to do," says Tommy's mother, Janie Cohen. "Tommy was such a good dog trainer when we took our pet golden retriever for classes. The hard thing for me was worrying I'd mess up, that the dog would flunk because of something I did."

Tommy says simply, "You have to like dogs. Don't get too nervous; be confident. It's easier than it seems."

The task can seem daunting to someone without experience, but formal training, videos and regular meetings with fellow volunteers help. "We teach about 30 commands," Janie says, explaining that many of them lead to advanced training. "Take the 'up' command or shaking hands. Ultimately, the dog will turn a light switch on and off. They learn to 'tug' so they can pull something open and closed, and 'drop' so they will drop things in someone's lap. You have to be consistent, use repetition and realize that progress comes in slow steps.

"In addition to obedience, our job is to socialize them for everywhere a person who needs assistance will go – like crowds, restaurants and elevators," Janie says. "They are a social bridge. Instead of thinking, 'there's that kid with a disability,' other kids think, 'there's that kid with the cool dog.'"

Still, discipline can be challenging when dealing with a furry, adorable puppy. "One of the hardest things was keeping to CCI guidelines," Tommy says. "The dogs can't get on chairs and couches or eat off the floor. They're trained not just to go to the bathroom outside, but also only

to go when you tell them." Of course, the future recipient is welcome to relax the rules, which is easier than teaching older dogs new tricks.

All of their efforts paid off when Tommy saw 10-year-old Sam Eisenkraft's reaction to Jalina. "Sam is impacted by autism," his mother, Kristi Eisenkraft, says. "We didn't think the dog would fix everything, but we thought it could help Sam come outside of his world a little more. It's another avenue for teaching responsibility. It's hard for children with disabilities to have chores, but he feeds the dog. He asks for her, she calms him and he exercises more because he takes her for longer walks. And it's helped bridge the social gap. So many people are interested in Sam's dog, and one little girl brings her black Lab over to play. A big piece is bringing people to us. We are also experiencing a new culture of dog owners, and they are quite lovely."

The Eisenkrafs and Cohens stay in touch and share Jalina stories and photos. "It's hard to say good-bye, but it's the best feeling when the dog graduates," Janie says. "It takes a lot of commitment, but it was so worth it. Seeing them together was incredibly moving."

"We got to meet the family when she graduated. It was cool," Tommy says. Now he is happy to repeat the experience all over with his new puppy, Piper. "It's great when you turn the dogs in and you see how they are helping." ■



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Meaningful projects connect students to great causes in Israel

Many students are required to complete a mitzvah project, but the challenge is in finding a project that will be meaningful and truly connect the students to a great cause in Israel. We spoke with Michael Leventhal, executive director of the Israel Guide Dog Center for the Blind. He says, "Many students are drawn to us, because we combine the humane treatment of animals with helping people who are blind – and we do all of this in Israel. In fact, we are the only accredited guide dog training facility in the entire Middle East. The students also get a kick out of the idea that the dogs only respond to Hebrew commands, so the puppies are learning Hebrew at the same time that they are." So how can students in the United States feel connected?

"The most important thing for a small organization like ours is awareness-raising," Leventhal reports. "We want the kids to learn about the unique obstacles that confront people who are visually impaired in Israel, and why it is so important for us to be there, and then develop meaningful projects that shine a light on a great cause."

Some of the students have been amazingly creative. One young lady created a "Best in Shul" dog show, another did a "Walk Your Human 2K" community event, where people made a gift to the Israel Guide Dog Center and participated in a walk around a school track. Another student visited Israel with her mother and met 12 people who are blind and working with guide dogs, and she made a calendar that she sold at mitzvah fairs. A young boy pitched for his little league and had family and friends sponsor him for every strikeout he recorded.

The main thing is that the students experience the satisfaction that comes from helping others through tikkun olam – making the world a better place. The center created a wonderful package that they will send to students, which includes a DVD that explains their work. They also have personalized web pages that the students can easily set up to help raise awareness in their communities. "We want the students to feel connected – and most importantly – we want them to come to Israel and visit us," Leventhal adds. "We want them to put on a blindfold and walk through an obstacle course with a guide dog to experience what it is like for a person who is blind to trust their four-legged companion and best friend."

For more information visit israelguidedog.org, email info@israelguidedog.org or call 215-343-9100 and request an information packet. ■



Dror Carmelli and his guide dog, Lyn.



Danielle visited the pups at the Israel Guide Dog Center for the Blind and did not want to leave! Photo by Eli Ben Boher



A mitzvah fair features a booth about Israel Guide Dogs.

HOW DO GUIDE DOGS IN ISRAEL REACT TO MISSILES AND SIRENS?

The Israel Guide Dog Center for the Blind is the only accredited guide dog training facility in Israel. Located between Gaza and Tel Aviv, their work is regularly interrupted by the sounds of the Red Alert siren. But our thoughts have turned to the many guide dogs working with their "partners," who are blind. How do the dogs cope with the sirens and explosions?

Dror Carmelli and his guide dog, Lyn, live in Ashdod, which is one of the areas that were regularly fired upon. Asked to share his experiences, Dror said, "Lyn's puppy-raising family did good work. They lived in Be'er Sheva (also frequently attacked), so Lyn is very used to the siren. Lyn likes the siren because to her it means we move and usually join with other people – so she actually becomes excited. Lyn runs to our front door and leads me into the building shelter, where we join other families and pets. I think the pets help to calm people and children. For her, it is like a game – and not a dangerous missile attack. At the end of the danger, she runs and plays with the children outside."

If we are outdoors during an attack, the first thing I do is try to listen for people to ask for help in getting to a shelter. Most of the time I was not so close to a shelter, and we have to lie down, and I put my hand on my head. Sometimes Lyn lies down next to me and sometimes not. It is hard to explain to her about the danger of standing on the legs. I have to thank her trainers for the good training. She is not afraid of the booms. Lyn stays calm and happy."

This is a perfect example of why it is crucial for the dogs to be trained in Israel. Can you imagine the reaction of a dog to an explosion a block away if it had not been exposed to the noise and vibration as a puppy? Dror says a dog trained in America would not be equipped to deal with the sirens and the "booms."

For those of us who do not live in southern Israel, it is impossible to imagine what it must be like to be forced to seek shelter at a moment's notice. ■

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Parker Mills helps Yismehu founder Joan Myles for his bar mitzvah project.

Meaningful mitzvot in Salem

At Temple Beth Shalom in Salem, two students who became b'nai mitzvah in August followed their passions to meaningful mitzvah projects.

For his bar mitzvah project, Parker Mills worked to raise awareness about and money for Yismehu, a Salem-based nonprofit organization founded by TBS member Joan Myles that provides free Jewish learning to blind and print-challenged students nationwide. Yismehu expands learning opportunities in Jewish practice and culture, by enabling direct access to Jewish texts for the visually impaired and by developing the personal skills needed to participate fully in Jewish liturgy and community life. Parker learned what it's like to be blind, made recordings and helped create Hebrew Braille texts.

yismehu.org

For her mitzvah project, Laci Boga raised funds, goods and awareness on behalf of Salem Friends of Felines. In addition to collecting cat food and supplies, Laci volunteered for SFOF all summer. SFOF is a limited-admissions, no-kill rescue that believes in helping every kitty they can, by ensuring it will not reproduce an unwanted litter of kittens and by helping those that are abandoned, unwanted and homeless find a loving forever family home.

SalemFriendsOfFelines.org | LacisMitzvah.info



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503.535.3634, bwest@oregonjcc.org

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Photo by Chris Larson.

SOUNDBITES *(((What made your bar/bat mitzvah meaningful?*



Mary Raskin
 (pictured with mother Betty Raskin)
 Kol Shalom, Portland
 I was the third girl at Neveh Shalom to have a bat mitzvah and my mom baked 300 dozen cookies for the oneg.



Mickey Lieblich, Eugene
 I learned my Haftarah off a 78rpm record. My cousin had his bar mitzvah the same day as me, and a good friend still remembered that event at our 50th high school reunion. He told me, 'You spoke the words better, but your cousin had a more beautiful voice.'



Craig Starr, Eugene
 Because I attended a Reform synagogue down in San Diego, I was the first person in years to actually bother learning the trope melody and how to chant the Haftarah.



Rachel Uri
 (Bat mitzvah November 2013)
 Temple Beth Tikvah, Bend, OR
 My bat mitzvah was meaningful to me because of the support and experience that came with it. I enjoyed learning the meanings of what I was reading in the prayerbook. The support I got made the experience more worthwhile and gave me pride and confidence on my bat mitzvah day."



Miryam Brewer
 Co-President, Havurah Shalom
 Portland
 I was one of the first girls in my synagogue (in LA) and in my family, to have a bat mitzvah. I was a trailblazer and that is what I will always remember.



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...and the study of Torah leads to them all.



NEXT: NOVEMBER ISSUE:

SOUNDBITES *(((*

What Jewish story or book would you like to see made into a movie?

To share your reply, please send your short answer, name, congregation/organization (if desired), city and photo to deborah.moon@ojlife.com by Oct. 7.



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The work is done, now it's time to party!

By Deborah Moon

You've spent years learning the alef bet, months studying your Torah portion and countless hours completing your mitzvah project ... **now you get to celebrate!**

For many freshly minted Jewish "adults," that means a glamorous party full of glitz and glitter. Others want another shot at a favorite activity of their youth (which in reality continues for several more years).

"From services to sports parties, pool parties, video dance parties and more, the **Mittleman Jewish Community Center** offers versatile spaces, kosher catering and access to everything necessary to create a memorable experience," says Bethany West, MJCC rentals and events manager.

A gaga pit, indoor soccerplex, basketball courts and pool can add a splash of sports fun for the bar or bat mitzvah who enjoys active time with their friends.

Indoor, outdoor, divisible rooms offer options for virtually any size party.

Century Catering (Allen Levin), certified kosher caterer under the supervision of Oregon Kosher, provides kosher dining with either meat or dairy menus available, because the center has separate meat and dairy kitchens.

At **Providence Park**, sports fans celebrating their b'nai mitzvah can have a complete stadium experience. The bar/bat mitzvah can have a party that includes stadium tours; display of photos and images on the video board; Timbers, Thorns and/or Timber Joey in attendance to sign autographs at the party; and photos taken on the field. Arcade game rentals, inflatables, DJs, photobooths, face painters and more can be arranged.

Party capacities in outdoor event spaces range from 175 people in the sports lounge to 4,000 people on the field. For indoor parties, choose from seating for 12 in a pavilion suite to 150 seated or 300 standing in the KeyBank Club.

Centerplate, Providence Park's exclusive in-house catering company, even has kosher meal options.

Oaks Park offers a "lovely, turn-of-the-century" reception hall/ ballroom. For those wanting a youthful thrill, Oaks Park also offers amusement park rides during the spring, summer and early fall, as well as roller skating year round. Various settings can accommodate from 60 to 400+ guests, with outdoor picnic areas able to accommodate even more. The indoor event space offers many options for catering and decorating, with antique carousel animal displays and historic photo displays easy to incorporate.

Oaks Park has an on-site caterer who is happy to customize menus. Arrangements can also be made for off-site caterers.

Grand Central Restaurant & Bowling Lounge not only has two floors with private rooms for parties from 10 to 500 people, it also features 12 boutique bowling lanes and a game room with more than 20 games. Dance floor, DJ set-up, karaoke, Wii games and casino-style event services are available. An audiovisual system makes slide shows and videos a breeze.

Grand Central's full restaurant has an extensive event menu. Buffet options include grilled top sirloin and oven-roasted salmon, or a gourmet pizza buffet or fiesta bar.

Outside desserts are welcome, and the staff is willing to look at outside catering options or solutions for those seeking kosher meals.

Crowne Plaza Lake Oswego offers one-on-one consultation to go over the theme and vision of the event. Tenured banquet staff help ensure a seamless event.

Crowne Plaza can accommodate parties ranging from 30 to 200 guests. On-site catering provides a wide range of menu choices and can arrange for a limited number of kosher meals. Off-site caterers are not allowed.

The event staff at **ClubSport** in Tigard is experienced in facilitating private events from eight to 800+ people. Parties can be held in the full restaurant, which includes TVs throughout to play slide shows, a wireless microphone, 10-foot projector/screen, pool table and full-service bar.

A large conference room is great for dances.

Sports-minded guests can reserve the basketball/volleyball courts for 200+ people, the largest rock gym in the northwest (45-feet tall), and an indoor or outdoor pool.

All food is provided by on-site catering, though desserts can be brought in by arrangement.

The Nines can accommodate 20 to 500 guests. The Nines ballroom and pre-function space is large enough to accommodate a fun-filled event for the young people and an area for the adults to enjoy a plated meal. The ballroom has 18-foot ceilings, and what seems to be endless space, to make the visions a reality. Dance floor and staging are provided complimentary.

The on-site caterer provides a wide range of menu options. The Nines does not have a kosher kitchen on property, however thanks to a partnership with the local kosher caterer, kosher meals can be ordered with advance notice.

With several properties in downtown Portland, **Provenance Hotels** offers a wide range of venues. Each hotel boasts a distinct art story and unique architecture, so families can find the perfect location to help create an unforgettable event. Celebrating the Golden Age of Hollywood Cinema, **Hotel deLuxe** exudes glamour with beautifully appointed ballrooms and an outdoor Rooftop Terrace. Chic and modern, **Hotel Lucia** is home to the largest collection of black and white photography by Pulitzer Prize-winner David Hume Kennerly and pairs traditional meeting space with the edgy feel and fun, casual ambiance at Portland Penny Diner.

Provenance Hotels offer spaces that can accommodate groups of 10 to 450.

Off-site caterers are permitted only on the Rooftop Terrace at Hotel deLuxe.

The Benson Hotel has a long-standing reputation of providing our Jewish community outstanding bat and bar mitzvah receptions and dinners. For small events, the Benson can provide kosher meals. For larger gatherings, we can provide kosher-style meals. We have dedicated kosher serviceware available at all times. With the wide variety of events spaces available, the Benson can accommodate receptions for the youth and adults in separate areas, plus dinner in its own area with spaces for 15 to 300 people.

On-site catering supplies all the food for Benson events.

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

A private cocktail hour in the Discovery Museum can be arranged. The museum provides a fun and entertaining environment to kick off the event. Then most events move to one of the banquet halls for dinner and dancing. Up to 400 can be seated on the large plaza.

However and wherever you celebrate your transition to Jewish adulthood, just remember, "**You've earned it.**"



EAGLE SCOUT PROJECT – Eagle Scout Philip Weiss, 17, and Gan Preschool student Elai Yinhar, 3, make music at the drum station Weiss designed and built as his Eagle Scout Project on the campus of Maimonides Jewish Day School and The Gan-Portland Jewish Preschool. Located on the school's natural playground, the music station includes the drum station, a larger drum and a gong wall. Weiss spent about 250 hours on the project and mentored 15 younger Scouts and friends during the installation. He raised \$1,250 in monetary donations and about \$3,000 in-kind donations, including \$250 in metal and \$1,700 in labor from Elite Bath to cast the gongs for the gong wall, above. Gan Director Mimi Wilhelm says the preschool was delighted with the outdoor free standing music station that gives children the opportunity for sound exploration. Playing in natural setting provides a rich source of sensory exploration as well as physical challenges, says Wilhelm.



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SOUND THE SHOFAR – Rabbi Zuckerman speaks about the physical and the spiritual aspects involved with the High Holy Days at a HHD workshop The Jewish Encounter held at a member's home.



90th BIRTHDAY CELEBRATION – Izrail Dekhtyar, president of the Portland Association of the World War II Veterans, turned 90 on Sept. 17, 2014. Izrail immigrated to the United States with his family from the former Soviet Union in 1994. As the president of the association for 19 years, he's become known for his efforts to help elderly and not so healthy people to keep their spirits up. Izrail organizes and leads the annual celebration of Victory Day on May 9, which is one of the favorite events for the veterans. During WWII, Izrail took part in a number of major battles as a frontline soldier, and was honored for his service many times by the Soviet military command.



BRONZE MEDALISTS – Jeanne Newmark and Phyllis Newmark, right, of Portland won a bronze medal for their mother-daughter synchronized swim duet at the 15th FINA World Masters Championships held July 29-Aug. 1 in Montreal, Canada. The women swim with the Multnomah Athletic Club team. It was, of course, very special for both of them. "This was a wonderful experience," Phyllis said, "one that I will never forget." Phyllis also won a silver medal as part of the club's Combo Team. The annual FINA Championships include all water sports in addition to the synchronized swimming events.



SUPER SUNDAY – This year Super Sunday kicked off Jewish Federation of Greater Portland's 2015 Annual Community Campaign on Sept. 14 with a shining success – raising more than \$136,500 from 281 donors! Amara Norman, who co-chaired Super Sunday with her husband, Brian, makes a call as she shows the enthusiasm the couple called on to keep 105 volunteers in high spirits as they reached out to Oregon's generous community.



CLINTON GLOBAL INITIATIVE – Portlander Lainie Block Wilker meets Hillary Clinton at the Clinton Global Initiative, which she attended in June on behalf of Treehouse Island, an educational technology company that teaches job-ready skills for in-demand tech jobs. Treehouse recently launched Code Oregon (codeoregon.org) with Worksystems Inc. to train 10,000 Oregonians for high-paying jobs and build a tech talent pipeline. At Clinton Global, Treehouse made a Commitment to Action to scale Code Oregon to five states each year to put 150,000 Americans back to work in the rapidly growing tech sector. The Treehouse Commitment to Action with Clinton Global runs through December 2017. Lainie, her husband Steven, and daughters, Hannah and Callie, are members at Temple Beth Israel.

LIONS OF JUDAH – When Rita Philip, second from left, received the 2014 Kipnis/Wilson/Friedland Award at the biennial International Lion of Judah Conference held in New York City Sept. 7-9, she was joined by other Portland Lions and relatives. From left are Lois Schnitzer, Rita Philip, Gayle Romain, Michele Philip, Jeanne Newmark, Sandra Schnitzer and Sharon Weil.

"Parade" tackles racism and anti-Semitism onstage

The Staged! presentation of the Portland premiere of "Parade" continues through Oct. 12. This gripping production takes audiences inside the Leo Frank trial of 1913 for a dark and compelling look at American justice, racism and anti-Semitism. Parade won two Tony Awards for its sweeping score and powerful message.

"Parade" was created after legendary producer Hal Prince commissioned Jason Robert Brown and playwright and screen writer Alfred Uhry to write what he called "an American opera." "Parade" is based on the story of Leo Frank, a Jewish factory owner falsely accused and convicted of murdering a young girl in Atlanta in 1913. Seen on Broadway in 1999, a revised and re-orchestrated chamber music version produced by London's Donmar Warehouse in 2007 brought the show renewed acclaim. This Portland production is the 2007 chamber version.

Starring Andrew Bray as Leo Frank and Jennifer Davies as Lucille Frank, "Parade" is directed by Paul Angelo with musical direction by Rob Fishel. A cast of 17 actors and eight live musicians present the work.

The show continues 7:30 pm, Thursdays-Saturdays, and 2 pm, Sundays, through Oct. 12 at Brunish Theatre, Antoinette Hatfield Hall, 1111 SW Broadway, Portland. Tickets, \$15-31, are available at the Portland 5 Box Office (portland5.com/tickets), **TicketsWest outlets** or by phone 800-273-1530.

Portland's Jewish Book Month begins Nov. 2

One Book, One Community returns for Portland's fourth annual Jewish Book Month with programs at venues throughout the community Nov. 2-23.

This year's selection is Ruchama King Feuerman's *In the Courtyard of the Kabbalist*.

Publisher's Weekly writes of the book, "The unlikely friendship of an intellectual New York Jew and a working-class Jerusalem Arab drives Feuerman's evocative second novel. ... This friendship is all the more unlikely because it occurs in the divided city of Jerusalem. ... The city itself emerges as a character: its climate and topography are depicted with a lyricism that contrasts with the area's political tension. [The] story unfolds as a belated coming-of-age tale [written in a] quiet, lovely mood."

The culmination of the celebration will be a presentation by Feuerman at 10 am, Nov. 23 at Congregation Beth Israel in an event co-sponsored by the Jewish Federation of Greater Portland.

Copies of the book are available at Annie Bloom's and at each event.

All events are open to the community and are free unless otherwise noted.

Book discussions:

- Congregation Beth Israel (9 am, Nov. 2)
- Congregation Neveh Shalom (10:45 am, Nov. 2)
- Hillsdale Library (6:30 pm, Nov. 11)
- Havurah Shalom (7 pm, Nov. 20)
- MJCC (7 pm, Nov. 6) / *Dig Archeology*

Prof. Oren Kosansky will speak at 7 pm, Nov. 12 on *The Perception of Rabbis as Saints* at the Oregon Jewish Museum and Center for Holocaust Education (co-sponsored by the Institute for Jewish Studies (\$8 members, \$10 nonmembers, \$5 students). At 11 am, Nov. 16 Congregations Kesser Israel and Ahavath Achim will explore Women's Role in Judaism, at Kesser Israel. Introduction to Kabbalah will be presented by Congregations Beit Haverim and Shir Tikvah at 2 pm, Nov. 16 at the MJCC. In conjunction with the Jewish Genealogical Society, Jewish Book Month also will co-sponsor a talk by David Laskin, author of *The Family* at 1 pm, Nov. 9 at the MJCC.

Visit oregonjcc.org/jbm/ for more information.

Introduction to Judaism begins Oct. 23

The Introduction to Judaism Class taught by The Oregon Board of Rabbis will be offered once in the coming academic year

The 20 classes, which begin Oct. 23, are taught by members of the OBR. A curriculum includes Jewish history, life cycle events, holidays and Holy Days, ritual and daily practice, theology, mysticism, study of Torah and contemporary Jewish America.

Students come from a variety of backgrounds: some are Jews reclaiming their heritage; some are people interested in converting to Judaism, while others are investigating different religions in search of a spiritual comfort level. Many students are living with a Jewish partner and want to better understand that partner's background.

Open to adults 18 and older, the course includes lectures, discussions, breakout group activities, and practice of some blessings and songs. While not a conversion class, most OBR members consider this a pre-requisite for students beginning conversion study with a rabbi at the congregation of their choice. The class facilitator is available to discuss this process.

The fee is \$360 (per student or per couple sharing materials). Classes are 7-9 pm, Thursdays, and rotate between seven venues.

For more information about the course and registration, contact class facilitator **Sheri Cordova**, iscord@comcast.net or 503-639-0853 (no calls on Shabbat).

Next "Dads' Night Out" is Oct. 13

A bunch of Jewish guys wanted to hang out in a bar with a rabbi... Sounds like the opening of a joke, but it is actually how Dad's Night Out started. Going into its third year, five times a year or so a group of guys take over a room in a local pub for the opportunity to get to know other dads, share stories and to have a relaxed discussion with a local rabbi. The guys who make up this group come from all over the city, and from all local congregations, as well unaffiliated. They have kids of all ages and are either Jewish dads or are raising kids with a Jewish partner. Newcomers welcome!

Event locations rotate to different local pubs. Upcoming nights out include:

- Oct. 13 hang in the sukkah with Rabbi Eve Posen
- Nov. 19 Dad's Night Out with Rabbi Daniel Isaak
- Dec. 4 Dad's Night Out with Rabbi Rachel Joseph
- Jan. 15 Dad's Night Out with Rabbi Joshua Rose
- March 5 Dad's Night Out with Rabbi Michael Cahana.

For more information and location, email jgreenberg@nevehshalom.org or search Meet-up.com for PDX Dad's Night Out.

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Through Oct. 12

Portland premiere of "Parade." (See page 61)

Through Oct. 19

"Vida Seferadi: A Century of Sephardic Life in Portland" and "Israel in Light and Shadow," photos by Carole Glauber, are on exhibit at OJMCHC.

Through Jan. 11

A Triumph of Life: Commemorating the 10th Anniversary of the Oregon Holocaust Memorial at OJMCHC.

Oct. 1

Writing your Memoirs. 1 pm at MJCC; four sessions (Oct. 1, 15, 29 & Nov. 12). \$20, \$25 nonmember. Register: oregonjcc.org/registration

Oct. 2

Indoor Playground with Chai Baby. 1st Thursdays/ month 10 am-noon at the MJCC.

Oct. 3-4

Yom Kippur. Visit ojlife.com/calendar for Kol Nidre and Yom Kippur services around the state.

Oct. 7

Mommy & Me with a Jewish Twist at The Gan-Portland Jewish Preschool with PJ Library. Kids and moms explore their Jewish world through play, music & movement, stories and crafts. 10-11:15 am, Tuesdays, Oct. 7-Dec. 17. Free. mimi@chabadoregon.com

Israeli Dancing. Intermediate instruction 7-8 pm, open dance 8-10 pm, every Tuesday until Dec. 30. Cafe Shalom, 7045 SW Taylors Ferry Road, Portland. 503-314-1567, allisonvictor@comcast.net

Oct. 8

Sundaes in an Eastside Sukkah. The first in a series of six Jewish holiday dessert popups. (See page 27). info@morganstheater.com

Oct. 8-17

SukkahPDX 2014: Juried Outdoor Design Exhibit is open to the public from dawn until dusk at OJMCHC. (See page 37)

Oct. 10

Shabbat in the Sukkah at SukkahPDX, OJMCHC. (See page 37)

Oct. 12

Sunday in the Sukkah: Celebrate Sukkot with your family in the MJCC, PJA and PJ Library community Sukkah. 11 am-12:30 pm at the MJCC. Hear stories and make an edible sukkah! Free. 503-244-0111

Pita in the Hut at SukkahPDX, OJMCHC. (See page 37)

Sushi in the Sukkah. 4 pm at Shaarie Torah. RSVP: 503-226-6131.

Oct. 13

"Dads' Night Out." (See page 61)

Senior Tea and Talk in the Sukkah with Rabbi Joshua Stampfer. 1:30-2:30 pm in community sukkah at MJCC. RSVP: 503-535-3617 or lfendel@oregonjcc.org

It Takes a Village: Support group for caregivers at Rose Schnitzer Manor, 6140 SW Boundary St., Portland. 7 pm second Monday/month until Dec. 9. 503-535-4004 or deborah.elliott@cedarsinapark.org

Oct. 14

Israeli Film Series: "Israel Inside." How a small nation makes a big difference. First of three documentary Israeli films by JerusalemOnline.com at the MJCC. 2:30 and 7 pm Oct. 14, 21 and 28. Free.

Alika Hope Concert at OJMCHC. 7 pm. (See page 37)

Oct. 18

Abracadabra! Alacazam! Step right up for a mystical evening featuring Las Vegas illusionist and mentalist Shimshi benefiting Congregation Beth Israel. The evening begins at 6:30 pm with a sumptuous cocktail supper in Goodman Hall. Festive attire is requested. \$118. 503-222-1069

Oct. 17

Maccabi Haifa, a professional basketball team from Israel will play the Portland Trail Blazers in a pre-season game at the Moda Center at 7 pm. Maccabi Haifa was the 2012-13 Israeli Basketball Super League champions and runner-up to (eventual EuroLeague Champion) Maccabi Tel Aviv last season. 1-844-RIP-CITY

Oct. 19

Jewish Genetic Diseases Education and optional screening. 1:30 pm at the MJCC. Info: Bonnie Davis at bonnieedavis226@gmail.com, 503-645-0355. RSVP By Oct. 14: oregonjcc.org/rsvp or 503-244-0111

Oct. 21

Core Melton Classes begin and meet weekly until April 28, 2015. Year one: 9:30-11:45 am at Congregation Neveh Shalom. Year two: 6:30-8:45 pm at Congregation Shaarie Torah. \$500. Register: 503-892-7415, rachelr@jewishportland.org

Oct. 22

The Longevity Revolution, first in a series of three talks, begins at Congregation Beth Israel. 7 pm at Beth Israel, 1972 NW Flanders, Portland. Two topics each evening with conversations led by professional panelists moderated by David Sarasohn. Oct. 22: Retirement is Not from Life and The Emotional Component of Downsizing with practical advice; Oct. 29: *Can't We Talk About Something More Pleasant?* (by Roz Chast) and Thoughtful Planning for Wills, Trusts and Health Care; Nov. 5: Graceful Aging and Mindful Dying. 503-222-1069

Oct. 23

By popular demand OJMCHC offers a second screening of American Jerusalem: Jews and the Making of San Francisco. 7 pm at OJMCHC. Film Producer Jackie Krentzman and Professor Ellen Eisenberg of Willamette University will speak. The film, which premiered to a sellout crowd in San Francisco last year, tells the remarkable story of the pioneering Jews of San Francisco. General: \$10; OJMCHC Members: \$8; Students: \$5. 503-226-3600, ojmche.org

Oct. 24

Friday Night Lights. Enjoy dinner, songs and entertainment 5:30 pm at the MJCC. Adults: \$15/ member, \$18 nonmember; ages 3-12: \$9 member, \$12 nonmember; \$50 max per family. RSVP by Oct. 22: oregonjcc.org/fnl

Oct. 25

"A Night of Roaring Good Times" for the Jewish Federation of Greater Portland's annual campaign gala. The night of drinking, dancing and misbehaving 1920s style begins at 7:30 pm at Pure Space, 1315 NW Overton St., Portland. Kosher dietary laws observed. Tickets (\$65 before Oct. 13, \$75 after): jewishportland.org/gala

Havdallah Yoga. (See page 27)

Oct. 26

Hebrew Language Storytime at Hillsboro Public Library, 2850 NE Brookwood Pkwy. Hillsboro. 2:30-3:30 pm. 503-245-6449, caron@jewishportland.org

Dreamgirls: Musical Benefit for OJMCHC. 7:30 pm at Gerding Theater at the Armory on the Main Stage 128 NW 11th, Portland. We have the best seats in the house and a portion of your ticket benefits the museum. 503-226-3600

Oct. 29

Oregon Area Jewish Committee 2014 Judge Learned Hand Award Luncheon with keynote speaker Oregon Attorney General Ellen F. Rosenblum. Lifetime Achievement Award: Lisa Kaner; Community Leadership Award: Amy Edwards. 11:45 am-1:15 pm at the Benson Hotel. oajconline.org, 503-295-6761

L'Chaim - To Life! Paintings by Shirley Gittelsohn. Opening reception 5:30-7:30 pm at OJMCHC. Exhibit continues through Jan. 4, 2015. 503-226-3600

Oct. 30

Mommy and Me with a Jewish Twist in NE Portland. 10-11 am Thursdays through Dec. 11 in the Hollywood District. Kids and moms explore their Jewish world their world through play, music and movement, stories and crafts. Healthy snacks provided. Co-sponsored by PJ Library. Free. mushkawilhelm@gmail.com

Nov. 3

Page2Stage Prologue Performance based on the book, *The Ministry of Special Cases* by Nathan Englander. Encounter the author and context through this performance presented by the Jewish Theatre Collaborative. 7:30 pm at the MJCC. \$10 members/\$15 general. 503-244-0111

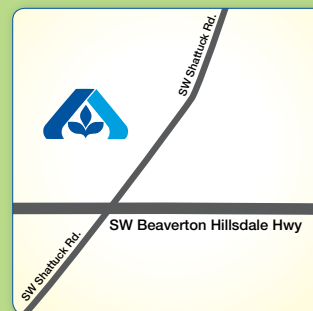
Add events to our calendar at ojlife.com. Click on "Add an event" at lower right of home page.

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

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



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On Super Sunday this year, young Bella flexed her burgeoning organizational skills and helped out with volunteer registration. She greeted volunteers with a bright and grateful smile, thanking them for their help. "She had a blast today. Thanks for letting her be so involved," says Bella's mother, Naomi Leavitt. Federation connects our community, in every generation, and inspires our youth to participate. Those a bit older feel proud of our children and the instilled Jewish values they reflect, and the inspiration they pass onto others.

inspiring



investing



volunteering



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will **YOU** play?*

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