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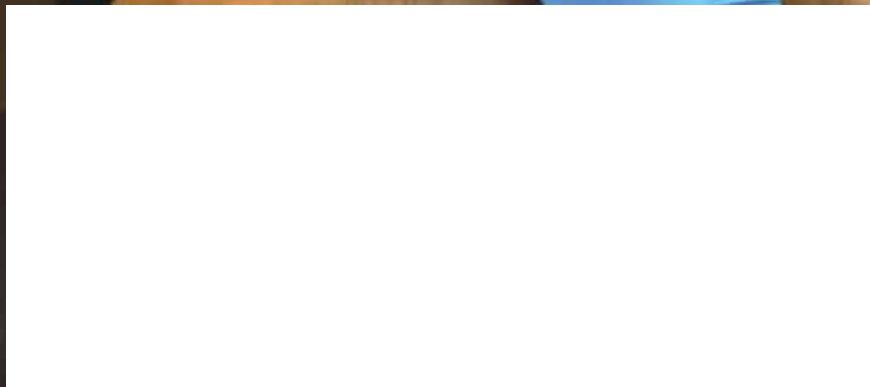
*SPECIAL SECTIONS*  
**Bar & Bat Mitzvah**  
**Women's Health**  
**Planned Giving**

## *Healthy Outlook*

Oregon Health Authority's

**Dr. Bruce Goldberg aims Oregon at successful health reform**

**Northwest Nosh**  
New Food Column





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October 2013/Tishrei-Cheshvan 5774 | Volume 2 /Issue 9

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Cover photo: Dr. Bruce Goldberg by Images by Floom

### CORRECTIONS

The August issue of Oregon Jewish Life mistakenly called Rabbi Jack Melul Oregon Hillel's first rabbi. UO Hillel was founded and led by Rabbi Hanan Sills for many years. The updated article is available at [ojlife.com/2013/aug/features/eugene-hillel-welcomes-rabbi](http://ojlife.com/2013/aug/features/eugene-hillel-welcomes-rabbi).

The story about a new era in aging in the Oregon Jewish Life Resource Guide published last month misspelled the name of the firm that did a survey on elder care preferences. Davis, Hibbits & Midghall, Inc., a communications and market research firm, was commissioned to do the survey by Cedar Sinai Park.

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## Editor's Letter



### *New features for the new year*

In our first regular issue of 5774, Oregon Jewish Life has added some new features to our repertoire. Whether you've been hungering for more business news, food choices or in-depth rabbinic views, we've added something to satisfy your appetite.

We plan to continue to feature interesting businesses or business leaders in our UPFRONT column, but now we are following that popular feature with a column of brief items under the header "Ins and Outs of Business." This month's UPFRONT includes two features on two nonprofits founded by remarkable Jewish women. The Ins and Outs column is a mixture of new or departing leaders in both nonprofit and for-profit organizations. We welcome similar submissions for future issues; please send your news item and photo to editor@ojlife.com.

In addition to our Chef's Corner so you can create wonderful meals at home, we've added the Northwest Nosh so you'll know where you can find good food when you are out and about. The inaugural column this month explores Portland's diverse offerings of cheese plates. From bistros to unexpected food carts, cheese is on the menu.

Rabbinic Reflections debuts this month with Rabbi Ariel Stone's explanation of the meaning of bar/bat mitzvah. Each month we will ask one rabbi to reflect on a particular topic. If you want to know a rabbi's thoughts on a particular topic, drop me a line and I'll add it to our list of future topics to ask a rabbi.

That column is part of our bar/bat mitzvah special section this month. Each month we continue to take a more in-depth look at two or three topics in our special sections. This month women's health, planned giving, and bar and bat mitzvah are the featured topics.

The bar and bat mitzvah section carried me back to the two years when I spent virtually every weekend at a bar or bat mitzvah. With two sons attending Portland Jewish Academy, we joined the mitzvah merry-go-round common to day school families. It was a wonderful way to explore the diversity of congregations around town. An added bonus was that we learned about some very worthwhile organizations that benefited from the various teens' mitzvah projects. Some projects were local and some supported programs in Israel. Teens volunteered or raised money for food pantries, social service programs, animals, hospitals serving seriously ill or injured children, and fundraisers to combat various diseases.

In addition to being frequent recipients of mitzvah projects, research on breast cancer and ovarian cancer are also featured in this month's section on women's health. Those cancers are more common among Ashkenazi Jewish women due to the prevalence of BRCA1 and BRCA 2 genes. The women's health section also offers tips on healthier living.

Our section on planned giving looks at the future of philanthropy by featuring a new program to help charities connect with donors and delving into the priorities of the next generation of givers. Of course we also offer charitable giving tax tips.

Next month our in-depth sections will look at seniors, summer camps and Hanukkah.

All in all, we feel invigorated and excited about the year ahead. I hope you also are getting a sweet start to the new year.

*Deborah*

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### November special features are Hanukkah, Seniors and Camps



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# Letters to the Editor



To the editor:

I wanted to send you a quick personal thank you for featuring Larry Chusid in the August edition of OJL. I am a big fan of the Pongo Fund and was thrilled to see Larry's happy face and great cause on the cover. Exceptional! Thanks for your great work and for featuring such a special program that benefits our four-legged friends and their owners.

Danika Duren  
Portland

To the editor:

Sura Rubenstein's article on the timeline of Jewish life in Oregon was very interesting, especially when contrasted with the history of the state of Washington. As was mentioned in the article Julius Meyer was elected governor in 1930. Since then there have been more than one statewide Jewish officeholder, including Ron Wyden and Neil Goldschmidt. The first statewide Jewish officeholder in the state of Washington was Deborah Senn, elected Insurance Commissioner in 1993 – more than 60 years after the first statewide officeholder in Oregon. Although the state of Washington did become a state 30 years after Oregon, I don't know why there's such a disparity between the two states particularly since the state of Washington has a larger Jewish population. But it is interesting.

Susan Bernyowitz  
Los Angeles



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# Dress for Success

*Friends find rewarding careers helping women succeed in workplace*

By Deborah Moon

Dress for Success Oregon founders Karen Fishel and Barb Attridge met about 25 years ago through Career Maker workshops they each took to explore new career options. For nearly 15 years they have helped about 17,000 disadvantaged women expand their own career options.

The initial mission of Dress for Success was to provide low-income women with suitable attire for job interviews and the workplace. Now DFS also provides a variety of career development training to those women, and the Sept. 28 opening of their Patricia Whiting Career Center allows more low-income women to participate in DFS's successful job preparation and retention programs.

"I was a CPA and wanted to explore another career," says Barb, noting she enjoyed fashion but had no interest in retail. Karen had been working at Nike and also wanted to change her focus. The two became fast friends, but couldn't find a satisfying career shift for nearly a decade. Barb continued working as a CPA until Karen called to tell her about an article in People magazine about Nancy Lublin and the program she created to give low-income women in New York City a suit for job interviews.

Karen called Nancy to see if she was interested in developing programs in other cities, and in February 1999 Dress for Success Oregon became one of the earliest DFS affiliates. Until 2007

Karen and Barb were co-directors; now Barb is executive director and Karen sits on the board and is "an unpaid employee." Worldwide, some 130 affiliates now help women find and keep jobs in 15 countries.

"People don't realize we work with women post-employment to help them sustain and advance in their careers," says Karen. "The first step is a \$10 an hour job, but we help them move forward. The individual attention we provide is critical to their success."

"People don't

understand the depth of our programs," agrees Barb, who then explains the variety of help DFS provides.

It all begins when one of 117 agencies refers a woman to DFS when she lands a job interview or is headed for a job fair. A personal shopper helps the woman pick out clothes and accessories for her interview. If there is time, the woman gets a hair and makeup appointment with one of the volunteers in the DFS salon. Women who get a job are invited to return to pick out five more pieces of clothing they can mix and match for a variety of outfits for work. They are also invited to join the Professional Women's Group and HOPE, a program to help women adapt to the workplace.

"We created HOPE to address the first 90 days on the job," says Barb. "We help them understand the unwritten rules for the workplace, finances and contingency plans if a child is sick."

Women who don't get a job are invited to attend one of two career center programs – Fast Track Tuesdays, which offers two career workshops for four Tuesdays on a rotating basis, or Going Places Network, a nine-week series of workshops offered three times a year. They can also work with a mentor on their resume, interview skills and other job search techniques.

"Sometimes these groups are the only support system they have if they don't have family support," says Karen.

To reward women for coming, they are invited to pick out five pieces of casual clothing after each meeting they attend. Women can also receive gas cards, bus passes, shampoo, makeup and other essentials. Additionally, child care and food are provided.

"It's amazing how much food insecurity there is," Barb says of the decision to provide meals at meetings.

Karen has long been part of Portland's Jewish community. She grew up at Congregation Beth Israel; her brother, Brad Fishel, was a long time board member of Cedar Sinai Park and she has been a supporter of the Jewish Federation of Greater Portland for a number of years.

"Although I have held a number of jobs in my life, the volunteer work I do with Dress for Success and other local social service agencies is the only work that has enabled me to feel totally connected to my values and beliefs," says Karen. "Both my brother and I are the fortunate recipients of our parents' legacy of deep concern and caring for others. Our Jewish heritage is a gift



Barb Attridge and Karen Fishel

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WHEN: 7:30 am networking,  
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WHERE: The Governor Hotel,  
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WHY: Support important career  
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TICKETS: \$65;  
dressforsuccessoregon.org/  
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### ACEY'S CLOSET SALE

**WHAT:** Not all donations to Dress for Success are suitable business clothing, so those donations of new and gently used women's designer and sample clothing, shoes and accessories are sold to raise funds to buy items needed for clients.

**WHEN:** Friday, Oct. 11, noon-7 pm; Saturday, Oct. 12, 10 am-4 pm; Sunday, Oct. 13, 11 am-1 pm (admission to \$1/item blowout 2-4 pm Sunday with \$30 purchase at earlier hours).

**WHERE:** Dress for Success Oregon, 1532 NE 37th Ave., Portland  
**CONTACT:** 503-249-7300


from them that supports our commitment to people in need. It is that rich tradition of giving back that gives me purpose and joy. At the risk of sounding trite, I do believe that you 'make a living by what you get and make a life by what you give.'"

Karen isn't alone in bringing her Jewish values to DFS. Several volunteers share her views.

"I was inspired to start volunteering after I listened to Nancy Lublin, the young founder of national Dress for Success, speak at a conference," says volunteer Carol Landsman. "She inherited \$5,000 from her grandfather (a peddler who had come to America with nothing and worked hard to create a better life for himself) and wanted to do something good with it, so she started Dress for Success in NYC and grew it into a national organization. She did this before she was 25 – and she's Jewish."

A retired CPA, Neveh Shalom member Jack Birnbach teaches classes on career skills at Dress for Success. "I have a saying, that we get two kinds of paychecks. One that goes into the bank and the other that feeds our souls. When I assist one of our women and they get a job, it is like a large bonus check for my soul."

Congregation Beth Israel member Ruth Polay worked at Nordstrom "dressing customers" before she retired. Now she volunteers at least once a week to dress the mannequins and to serve as a personal shopper to help women who come to Dress for Success pick out clothes for their job interview.

"I give them as much fashion advice as I can," says Ruth. "It amazes me how I (we) can transform some of these ladies. It brings tears to their eyes, and mine as well, to see them look better than they imagined they could look. We not only give them confidence, we give them hope and put a smile on their face. Working at Dress for Success is the most rewarding thing I've ever done! ... My paycheck goes into my heart instead of my wallet." 

### HOW YOU CAN HELP

#### Volunteer

You can be a personal shopper, career center specialist, merchandise assistant, beauty and hair consultant, or event planner.

#### Donate Clothing

Dress for Success needs professional clothing, and bags, coats and umbrellas. Plus-size clothing, shoes, new undergarments and hosiery are especially needed.

#### Donate Money

Dress for Success Oregon receives no public funding. \$10 can buy undergarments; \$25 buys a pair of shoes; \$50 can buy a plus-size outfit. A \$500 donation will Sponsor a Woman and enable one woman to participate in a year of Dress for Success programs.



PJA Alum from left to right: Maya Volk, Ben Yablou, Anna Steckel, Alex Meyer

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# A Tale of Two Missys



Liss Haviv, sixth from right, with some of the former missing children who participate in Take Root.



Liss Haviv holds her own missing child poster.

**DISCOVERING SHE WAS NOT ALONE IN HER UNUSUAL CHILDHOOD EXPERIENCES WAS A PIVOTAL LIFE MOMENT FOR HAVIV.**

By Jill Marr

On Manhattan's Upper West Side, Missy Sokolsky is rehearsing "Fiddler on the Roof." Missy's third-grade class is staging the play because lyricist Sheldon Harnick's son Matthew is one of Missy's classmates at the elite Columbia Grammar and Preparatory School. The year is 1978 and 9-year-old Missy is playing Yente. She is a fourth-generation native New York Jew, rooted at the center of a vibrant, affluent family and community. The Sokolskys are Reform, and not particularly observant, but this is a city permeated with a strong Jewish culture. Being Jewish is a vital part of Missy Sokolsky's burgeoning identity.

In a low-income neighborhood of San Diego, Melissa Hart and her mother are moving up in the world: from a shared cot in a shelter to a rented room in a stranger's home. They will be sharing a bunk bed newly purchased from Goodwill with scraped together dollars. The year is 1979 and the mother-daughter duo is all alone in the world. Ten-year-old Melissa is essentially raising herself, doing her best to also nurture her fragile, emotionally exhausted mother. Melissa Hart has no encounters with Jewish people.

From the darkened interior of a small movie theater in Portland this past summer, Southwest Washington resident Liss Haviv watches the screening of Ken Klein's film "Wandering in the Woods" with ferocious interest. The filmmaker's quest to uncover what it means to be Jewish strikes a particular chord for the 45-year-old Haviv as she struggles to reconcile Missy Sokolsky and Melissa Hart into one merged identity – hers.

Haviv was born Missy Sokolsky. At age 10 she became the victim of a crime known as family abduction, which ripped her from Judaism and turned her into Melissa Hart.

Haviv's mother used a stolen, forged baptism certificate to obtain new identification documents and begin life under a new identity so that the ex-husband she despised – Missy's father – could no longer be part of their lives. This also eliminated everyone else Missy had ever known and loved. Haviv says, "It was like entering the witness protection program – in a day, I was severed from everything and everyone that made up my universe; everything that makes up identity, even my own name. I literally became someone else, overnight. I was ordered to lie about who I was and where I was from."

In her early 30s Haviv made two startling discoveries. First, she discovered that what had happened to her was a crime with a name and hundreds of thousands of fellow victims. "It had never occurred to me that there might be others," she says. "When on rare occasions I disclosed that I started fifth grade living under an alias, on the run from the FBI, I didn't ever expect anyone to say 'oh yeah, me too.'" Yet in 2001 she discovered that children abducted by family members account for the overwhelming majority of all cases of child abduction in America. "I learned that when places like the National Center for Missing & Exploited Children (NCMEC) and the Polly Klaas Foundation deal with cases of child abduction, nearly 80% of the time they are dealing with cases like mine. I always thought places like that were reserved for kids like Elizabeth Smart. I was wrong. Being hidden by a parent didn't make me any less 'missing.' Or safe. Parents who abduct are parents at the end of their rope. My mother seriously considered killing herself and taking me out with her."

Discovering she was not alone in her unusual childhood experiences was a pivotal life moment for Haviv. "Learning that what my mother did is a felony and considered a form of child abuse completely reframed how I viewed her, my childhood, my adult struggles, everything." She turned to the NCMEC for help, and that's when the second surprise came. "I found that although missing child agencies do an excellent job locating missing children and supporting victims' families while they search, cases are considered closed the moment a missing child is located." Haviv learned this was true not just for family abduction, but for all kinds of child abduction cases. She observes, "The trauma of abduction does not disappear the day a missing child is found; but no one was going beyond recovering missing children, into helping missing children recover."

Haviv further noticed that the research on child abduction was lacking data and testimony from one very important source: the abducted. Data were coming from victims' parents rather than from the victims themselves. As a Fulbright Scholar in cultural anthropology, she grasped the detriments of this approach and set out on a quest to improve America's missing child response by "adding the voice of the abducted to the public and policy discussions on child abduction."



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**OREGON JEWISH COMMUNITY FOUNDATION**  
**Director of Finance & Operations**

The 24-year-old Oregon Jewish Community Foundation (OJCF) is dedicated to creating, promoting and facilitating a culture of giving and serves as a guardian of permanent funds available to safeguard Jewish communal life in Oregon and SW Washington.

OJCF seeks a **Director of Finance & Operations** who will bring financial and business acumen, organizational and management skill, technological savvy, and an entrepreneurial spirit to collaborate with the Executive Director, board, staff, and stakeholders to shape the organization's long-term success. S/he will provide hands-on accounting functions that include fund accounting, donor/organization statements, and budgeting. Operational responsibilities include oversight of HR/benefits administration, leases, insurance, IT & database management. Reporting to and working closely with the ED, this director will partner with organizational leadership and professional advisors to support donor education.

A successful candidate will possess an undergraduate degree, preferably in accounting or business (MBA, CPA or relevant experience desired), and 5 years successful banking, investment, estate or endowment experience would be a plus. The individual will possess a high comfort level working in a fast paced and changing environment, will be skilled in providing outstanding client service, and will contribute to a positive work environment for colleagues and Foundation constituents.

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Liss Haviv, center, with US Attorney General Eric Holder, far right, honoring the release of a Department of Justice publication she authored on family abduction.

With assistance from NCMEC and a grant from the U.S. Department of Justice, Haviv opened a nonprofit called Take Root in 2003. The agency, headquartered in Southwest Washington, established the first and only peer support program for victims of child abduction after they are found. Take Root's groundbreaking work with victims has built an unparalleled knowledge and database, which the agency's Child Abduction Studies Program distills into advocacy initiatives, professional training and public education.

After a decade at the helm as executive director, Haviv has become the nation's leading expert on the victimology of child abduction. Her work and insights are used by entities ranging from the U.S. State Department to law enforcement agencies coast to coast. Industry colleagues such as Wendy Jolley-Kabi, executive director of The Association of Missing & Exploited Children's Organizations, and Robert DeLeo, executive director of the Polly Klaas Foundation, respectively use words like "game-changing" and




Liss Haviv, 2013



Liss Haviv with Oregon Governor Ted Kulongoski at the signing of legislation she helped co-author as an appointee on the Oregon Senate Task Force on Family Abduction.

"paramount" to describe Haviv's substantial contribution to the field of missing child services.

Although she has an incredible story, a piece of the puzzle was still missing for Liss Haviv. "I do a lot of media interviews," she says, "and reporters sometimes ask why I was able to go on and start Take Root and create something from the ashes when so many other victims are shattered by the trauma. I never had a good answer." She has one now, and she found it the first time she walked back into a synagogue, 34 years after being abducted away from Judaism. This happened just last year, at Vancouver's newly erected Kol Ami. Haviv immediately burst into tears. "All kinds of dots suddenly connected," she says. "It was like being hit by a ton of bricks."

Haviv will share the realization that hit her and the role Judaism has played in her story when she speaks at Kol Ami on Nov. 3 as part of a fundraising event for Take Root. Despite frequent public speaking about abduction, she does not often share her personal story, so this will be a special night. Joining in that spirit will be her husband, classically trained Israeli guitarist Avi Haviv, who began his professional career at the age of 14 accompanying Miri Aloni. After a lifetime of traveling the world as a musician, he has settled into playing jazz and classic rock at venues and events throughout Portland and Southwest Washington. The Nov. 3 fundraiser will be a rare concert of his original music. It's a great opportunity to visit Kol Ami's lovely new synagogue, to support a worthy cause and to hear Haviv's inspiring message about what rediscovering Judaism has taught her. 

## AVI TAKES ROOT

An evening of original music by Avi Haviv, in support of Take Root

Sunday, Nov. 3

Kol Ami, 7800 NE 119<sup>th</sup> St., Vancouver, WA 98662

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Join us at 5:30 for a hosted wine hour with tours of Kol Ami and a gallery showing of artistic and literary works by former missing children. The 90-minute concert will begin at 6:30.

Purchase tickets online at [takeroot.org/concert](http://takeroot.org/concert) or call 800-ROOT-ORG.



**OREGON AREA JEWISH COMMITTEE NAMES EXECUTIVE DIRECTOR**



The Board of Directors of the Oregon Area Jewish Committee has named Joanne Van Ness Menashe the new OAJC executive director. In this position Van Ness Menashe will provide the leadership under board direction to represent OAJC and its interests and values to community organizations and public officials.

Through Jewish values, the OAJC advances social justice, human rights, religious liberty, support for Israel, mutual understanding and democratic principles. OAJC aspires to be the area's Jewish ambassador to the community at large. OAJC works to protect the civil and religious rights of all; insure Israel's security; advance efforts to protect human rights and human dignity; combat anti-Semitism; reduce intergroup tensions; promote Jewish values in discussions of public policy and enrich the quality of Jewish life.

Van Ness Menashe has a long history of community leadership in several mission-driven organizations. She has an extensive background in leadership positions including Oregon Ballet Theatre, Oregon Humanities, Nonprofit Association of Oregon, Oregon Symphony, Oregon Shakespeare Festival and Downtown Corvallis Association.

She has received numerous community awards including a commendation by Gov. Barbara Roberts and a First Citizen Award-Corvallis; she was a nominee for the Outstanding Oregonian of the '90s. She serves on the board of directors for Congregation Beth Israel and Cedar Sinai Park and is vice president of the Sisterhood of Congregation Beth Israel.

"[U]nanimously voted in as the OAJC's new executive director, Joanne brings years of experience in development, management and board relations, and we couldn't be happier with our decision to hire her. She is passionate and an effective advocate for causes that positively impact people's lives and brings superb interpersonal and communication skills with a track record of collaboration and innovation," says Elise Brickner-Schulzm president of OAJC President. [oajconline.org](http://oajconline.org)

**ROSENBAUM FINANCIAL WELCOMES D'ADDIO AS COO**



Andrew D'Addio, CLU, ChFC, has joined Rosenbaum Financial as the company's chief operating officer. D'Addio, a native of New Jersey, was most recently regional vice president, director of agencies, Ameritas Life Insurance Corp.

D'Addio, a seasoned practice management and business development expert with more than 20 years of industry experience, worked directly with Ameritas general agents and advisors to provide practice management solutions in an effort

to help them achieve greater levels of success through marketing, succession planning, human capital and operational considerations. As COO of Rosenbaum Financial, he will work closely with CEO and President Mark Rosenbaum to manage and grow the family business, which was founded by Fred Rosenbaum more than 50 years ago.

"We are extremely fortunate Andrew is joining the Rosenbaum team. His reputation as the premiere advisor to financial firms is unparalleled. When you combine Andrew's contribution to Rosenbaum's long history of solid performance, strong client base and senior in-house experience, our potential is limitless," says Rosenbaum.

Rosenbaum Financial, LLC, is a nationally recognized, locally owned wealth management firm, providing insurance, investments and financial planning. [rosenbaumfinancial.com](http://rosenbaumfinancial.com)

**LISA HOROWITZ TO LEAVE PJA/MJCC POST**

For the past six years, Lisa Horowitz has been executive director of Portland Jewish Academy and Mittleman Jewish Community Center, leading a shared management



team. In November she will leave to become executive director of Temple De Hirsch Sinai in Seattle. She will be joining her husband Lewis, whose work has taken him to Seattle for much of the past five years.

During Lisa's tenure, both PJA and the MJCC have become stronger, while weathering some tough economic times, according to a letter from board co-presidents Barry Benson and Robert Philip. PJA has more than 300 students from preschool

through eighth grade and the MJCC has an historic high 1,550 memberships. The campus serves more than 1,000 people every day, with 10,000 unique visitors annually.

"Both organizations have been in excellent hands under Lisa's leadership, and we are certain that both will go from strength to strength into the future," says the letter from Benson and Philip. The board formed a Strategic Planning Committee to look at similar organizations, innovative ideas and best practices and to formulate a plan for future leadership.

**SPECTOR REJOINS GEVURTZ MENASHE**



Marshal Spector has returned to Gevurtz Menashe Larson & Howe PC, as an "Of Counsel" attorney where he began his Oregon family law practice in 1990 until 2007.

Spector received his Bachelor of Arts degree from the University of Maryland and his Juris Doctorate from University of Baltimore School of Law. He practiced law in Maryland and worked in New York City before moving to Portland. He will continue his family law practice of divorce, custody, support and modification cases, as well as Premarital Agreements and other family law matters.

Spector brings 23 years of experience in Oregon family law cases. He serves on the board of the Jewish Federation of Greater Portland and the court liaison committee of Multnomah Bar Association, and speaks widely about kidney donation.

"Marshal returns to us at an exciting time as we continue to seek the best available talent to support our Portland and SW Washington practice," says Managing Partner Shawn Menashe. "We are thrilled to have him back on the team and welcome him back into this role as one of the firm's more seasoned attorneys and litigators. The firm is proud to continue the recent pattern of bringing former lawyers back into the fold."

Based in Portland, and practicing in Oregon and Washington, Gevurtz Menashe has dedicated its practice exclusively to family law for more than 30 years.

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# Women's Health

## Knowledge is Power: Jewish women and breast cancer

By Dr. Lucy Langer

Breast cancer. Those two little words can strike fear in the heart of even the strongest women among us. In fact, statistics show that one in eight women will be diagnosed with breast cancer at one point in their lifetime. Most women know of at least one other woman who has been diagnosed with breast cancer. And some families seem to have more breast cancer than others do. For many women, breast cancer seems inevitable. This is not the case! With the right information, women can make rational choices that can decrease their chances of getting breast cancer.

In the Ashkenazi Jewish population, one in every 40 individuals carries a harmful mutation in the genes BRCA1 or BRCA2. This mutation rate is much higher than that in the general U.S. population (1 in 400), and can be passed on by men and women alike. A mutation changes a woman's lifetime risk of breast cancer from 12% (1 in 8) to nearly 80% (see table). Any Ashkenazi woman with a personal history of breast or ovarian cancer should be tested. Women with mothers, grandmothers, aunts, sisters or daughters with breast or ovarian cancer should also consider testing. For women who come from small families or male-predominant families – which might hide a mutation – it's important to talk to a genetics expert about possible risk.

If a woman is found to have a BRCA mutation, steps can be taken to detect cancer earlier, when there is a better chance for cure, or to prevent cancer altogether. Adding an annual MRI (a non-radiation-based screening tool) to the annual mammogram can increase the sensitivity of screening and the ability to detect early stage cancers. The data supporting MRI's ability to detect

**“There is no wealth like health.”**

~~ Apocrypha of Ben Sira, 30:16








**“No woman is required to build the world by destroying herself.”**

~~ Rabbi Moses Sofer, the 19th Century scholar

**“One must avoid that which harms the body and accustom oneself to that which is helpful and helps the body become stronger.”**

~~ Moses Maimonides, Mishneh Torah, Hilchot Deot 4:1

### BREAST CANCER DATA-SUPPORTED, RISK-REDUCING STRATEGIES

-  Active lifestyle, at least 270 minutes per week of cardio exercise
-  Healthy body weight, with a target BMI of 24
-  Reducing alcohol to no more than 3-4 alcoholic beverages per week, without binge drinking
-  Increasing vegetable consumption and reducing processed foods
-  Supplementation of vitamin D
-  No smoking
-  Consider daily aspirin

Inside:

The Genetics of Cancer

Ovarian Cancer Isn't "Silent"

Benefits of Group Exercise

Sleep Eases Aging

Living Well With Parkinson's



CANCER RISKS	BRCA Mutation	vs.	No Mutation
Breast Cancer	up to 87%		8%
Second Breast Cancer	up to 64%		11-15%
Ovarian Cancer	up to 44%		<2%
Male Breast Cancer	up to 8%		0.05%
Pancreatic Cancer	up to 7%		<1%
Prostate Cancer	up to 20%		13%

A newer study published in 2011 shows that for postmenopausal women with an increased risk of breast cancer, the drug exemestane, also called Aromasin, can be even more effective than tamoxifen. These and other options should be discussed in detail with a clinician specializing in the management of breast cancer risk.




Dr. Langer is a medical oncologist, director of Compass Oncology's Genetic Risk Evaluation and Testing (GREAT) program, and medical director of Cancer Genetics for US Oncology. In addition to more than 15 years experience in genetic research at some of the nation's leading institutions, she has advanced subspecialty expertise in breast cancer, lung cancer and lymphomas. Dr. Langer has a rich family life outside of work; her son Samuel is a first-grader at Portland Jewish Academy.

cancer are so good that insurance plans are obligated to cover this test for BRCA mutation carriers. Some women opt for preventive surgery. Removing the ovaries by age 35 or when childbearing is complete can not only reduce the risk of ovarian cancer by nearly 95%, but can also reduce the risk of breast cancer by about 50%; preventive mastectomies (removing both breasts) can reduce the risk of breast cancer by almost 100%.

Of course, preventive surgeries may seem dramatic, but women like Angelina Jolie are making this choice every day to take control of their life and eliminate their risk. For those who are at high risk for breast cancer but are not ready to make this choice, there are two medications that are now FDA-approved to reduce the risk of breast cancer. Tamoxifen, when taken daily for five years, can reduce the lifetime risk of cancer by 40-50%.

For women who do not have a strong family history and may not carry the BRCA gene mutations, there are still things that can be done to reduce the likelihood of breast cancer (see boxed hints). Screening for the average-risk woman should start at age 40.

Women should not live in fear of breast cancer. Ashkenazi women in particular have the opportunity to take control of their personal risk and take steps to turn that knowledge into the power to prevent cancer. 

The American Cancer Society recommends **40** as the age to begin scheduling your yearly mammogram.



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## Ovarian cancer survivor wants others to hear whispers of “silent killer”



By Polina Olsen

You may know Phyllis Lang as the wise Queen Guinevere in *Sleeping Beauty*, or the artist who creates amazing Narnia masks. Her work with the Northwest Children's Theater has ranged from handling props to playing Lady Montague. But along with a lifelong interest in theater, Phyllis has a mission based on her experience overcoming a devastating disease.

Rejecting the long-held notion that ovarian cancer is a silent killer, she believes that heightened awareness of early symptoms is key to increasing the survival rate.

Phyllis grew up with breast cancer on her mind. Her maternal grandmother and mother were diagnosed in their early 30s. Like too many Jewish women, Phyllis's mother

tested positive for the BRCA1 mutation. Phyllis, too, inherited the gene, and her two daughters have a 50/50 chance of also having it.

“When I was 42, I went for my usual Pap and mammogram,” Phyllis said. “The checkup was fine, but soon I felt something in my lower abdomen and began having those nebulous symptoms of bloating and gas.” When her doctor suspected a cyst and suggested waiting, Phyllis wisely saw a specialist immediately. The next day she was in the operating room. The diagnosis was stage 3 ovarian cancer.

The family moved from Florida to Oregon where Phyllis's parents lived. She credits her doctor, Jeff Menashe, and Compass Oncology ([compassoncology.com](http://compassoncology.com)) with saving her life. Still, after seven years, the cancer was back. Two additional bouts with ovarian cancer followed, and then came a recent battle with breast cancer.

“I went to my internist and said ‘I think I have a urinary tract infection,’ ” Phyllis said, about her second diagnosis. “He gave me a prescription, but I continued to have tremendous pain and bloating. I saw a urologist who put me on antidepressants, which I took for a month.” Finally, a CAT scan revealed a large tumor. Surgery and chemotherapy followed.

### *Helping Others*

“I always wanted to do something to help others with cancer, but I didn't know how,” Phyllis said. “In 2006 I went to the Komen Health Fair and met a young woman named Sherie Hildreth, who was selling hats. She was the first woman I'd met who was my age, had ovarian cancer and was going through what I was going through.”

### GROUP OFFERS SUPPORT, INFORMATION ON OVARIAN CANCER

The Ovarian Cancer Alliance of Oregon and SW Washington is a local nonprofit dedicated to educating the public and future health care professionals about the symptoms of ovarian cancer, supporting women who have ovarian cancer and advocating for federal funds to support ovarian cancer research. OCAOSW was founded in 2005 by two local women who met during their ovarian cancer recovery. It is a partner member of the Ovarian Cancer National Alliance based in Washington, DC.

One of OCNA's hallmark programs in which OCAOSW is involved is the Survivors Teaching Students program. Through STS, as the program is popularly called across the nation and now in some foreign countries, ovarian cancer survivors tell their stories of diagnosis and treatment to all third-year medical students at OHSU as well as to local nursing, pharmacy, physician assistant and naturopath schools.

OCAOSW provides one-on-one peer support through its toll-free phone number 877-682-2679 and is involved in numerous health fairs and

events, partnering with organizations like Komen Oregon, FORCE, Breast Friends and the SHOC Foundation. The organization publishes a monthly online newsletter, maintains a website, and provides information through Facebook and Twitter.

Each year, OCAOSW hosts an “update” on ovarian cancer at which a panel of local gynecologic oncologists and other medical professionals present the latest information on research, treatment and diagnosis.


In honor of National Ovarian Cancer Awareness Month in September, OCAOSW hosted a fundraiser called “O-Vary Funny! A Stand-up Benefit for Ovarian Cancer.” This event attracted over 100 guests who were regaled by the routines of three comedians.

OCAOSW: [ovariancancerosw.org](http://ovariancancerosw.org) | 877-682-2679

Hildreth and Cathy Ekerson founded the Sherie Hildreth Ovarian Cancer Foundation (shocfoundation.org) in 2005 to support research and educate women about early detection. Although Hildreth tragically died from her disease in 2010, her foundation continues. Phyllis remains a strong participant and advocate.

She also works with the Ovarian Cancer Alliance for Oregon and Southwest Washington (ovariancancerosw.org) in its program *Survivors Teaching Students: Saving Women's Lives*. Here, women talk about their experiences with future health professionals including physicians, nurses and pharmacology students. "The program puts the symptoms of ovarian cancer on their radar," Phyllis said. "So many times, a woman is turned away from a physician." Those symptoms – bloating, pelvic or abdominal pain, difficulty eating or feeling full quickly, and urinary urgency or frequency – can mimic other conditions, according to the alliance. They urge women who have symptoms almost daily for more than a few weeks to see their gynecologist.

Meanwhile, Phyllis and her husband live in their Cooper Mountain home with Rock Hudson, a boxer/retriever mix. Their two grown daughters are busy with careers and school. Phyllis just finished playing Cinderella's wicked stepmother in the Northwest Children's Theater production, and she enjoys gourmet cooking and fine dining.

When asked about advice for women diagnosed with cancer, she stresses the importance of being your own advocate. "Most of all keep moving forward; don't stop living," she said. "Find women who are going through the same thing. Break down walls in yourself and accept help. And remember, nobody knows what to say. You have to open yourself up to explaining it's OK to talk about this and ask questions. When I see a bald woman with a baseball cap in the grocery store, I go up and give her a hug. Sometimes that's all people want." 

## SYMPTOMS OF OVARIAN CANCER

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms (urgency or frequency)

See your doctor, preferably a gynecologist, if these symptoms are unusual for you and occur almost daily for more than a few weeks. Experts suggest a combination pelvic/rectal exam, CA125 blood test and a transvaginal ultrasound.



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# EXERCISING

## WITH OTHERS KEEPS YOU FIT

Story and photos by Polina Olsen

Mittleman Jewish Community Center Fitness Manager Jennifer Harrington understands the importance of exercise for good health. "Our wide range of classes offer cardiovascular fitness along with flexibility and balance," she says. From cycling, Zumba and water aerobics to body pump and Pilates coupled with personal training, we provide the variety to meet individual needs."

While individual women of all ages can find a level and activity just right for them, many say group dynamics are equally important. Structure, encouragement, a sense of community, just plain fun – the reasons vary, but the message is clear. Exercising with other women can be key to staying fit.

Linda Lorenz and Becky Jones are part of the water aerobics crowd that has met for years. They always look forward to newcomers joining the group. "I have a goal; I want to be healthy," Becky says. "Water aerobics gets you off your bum and gives structure to your day. And people in the group worry if you're not there. One of our members is active in film and knows all the good ones. I would never have seen 'Lincoln' without the class."

As a pediatrician, Linda Lorenz appreciates the amount of exercise water aerobics offers. "It's a wonderful workout," she says. "It targets different muscle groups, increases cardiovascular health and I think does a lot to stave off dementia. It's a lovely, consistent group of women, and we get to know each other. You can work out as hard as you want. Some classes are mostly social. I've learned a lot about Jewish holidays. Now I make really good latkes."


Ignite, an MJCC program, offers personal trainers to small groups at a fraction of the cost of individual sessions. Gia Buckbert finds teaming up with her friend Stephanie Auerbach saves money and keeps her focused on goals. As a life coach, Gia's sessions with her clients include long walks in Forest Park. At the MJCC she wants structured, rigorous training.

"I want to make sure that I'm doing the right thing and targeting the right areas," Gia says. "As you get older things change, and I need overall core strengthening. My girlfriend was in the process of joining the MJCC, and we work out well together. It's nice to do this with another person that cheers you on and helps you be more accountable."

When Amy Bradford moved to Portland five years ago, joining the MJCC was among the first things she did. Her recently completed breast cancer treatment has given her an even deeper appreciation for the strength, flexibility and sense of calm her morning yoga class brings.

"I got my diagnosis on a Tuesday morning," Amy says, remembering that terrible day one year ago. "I cried for half an hour and then went to class. Yoga breathing was helpful during MRIs. The best thing to do was meditate. And my surgeon highly recommends it for increasing mobility."

Amy's experience has inspired her to become a yoga teacher, and she looks forward to teaching classes of her own.

"It's more fun than exercising alone," she says. "There's a sense of community and spiritual power in a room where people practice together. Zumba, another class I take, is a social group, and people become friends quickly. They notice if you aren't there. The energy and exuberance are contagious, so the more people, the better. We all end up working harder because of the enthusiasm in the room." 



Water aerobics is a great time for exercise and meeting up with friends.

# Ageless advice

## The secret of youth? *Sleep like a baby*

By Elizabeth VanderVeer, MD

In the midst of our busy lives, finding time to get enough sleep is a challenge. Our days and nights are jam-packed with not only our own schedules, but with the agendas of our family and friends. Our digital world – now available 24/7 – has resulted in an extended work day and a later bedtime. We live in a “round-the-clock” society; sleep seems to be the first thing to go and is often the last thing on our minds.

Losing an hour or two of sleep might not seem like a big deal at the time, but a lack of sleep can have serious effects on our health and can speed up aging, as well. We need more hours of sleep when we are young, and fewer hours as we age. Even so, The Sleep Foundation finds that healthy adults need seven to eight hours of sleep every night.

Despite this modest sleep requirement, many of us have sleep debt. This debt is the accumulated amount of sleep lost to poor sleeping habits, sickness, waking up in the night and environmental causes. When we are younger, we can flex our nightly sleep pattern with little consequence because our bodies are able to “make up” the hours with long weekend slumber. So long as we average out our sleep over a week or so, we can handle wide variations in our nightly respite in our youth.

As we age, we lose our ability to flex and compensate for these variations. Consequently, our nightly sleep becomes significantly more important. People who have sleep debt are often unaware of it and may be suffering the ill effects arising out of this newly described phenomenon.


A first-of-its-kind study commissioned by Estee Lauder found that poor sleepers had increased signs of skin aging. It involved 60 premenopausal women ages 30 to 49, with half of them falling into the “poor sleeper” category – meaning a person who has high sleep debt. Primary Investigator Elma Baron, MD, presented the data at the International Investigative Dermatology Meeting held Spring 2013 in Edinburgh, Scotland, in an abstract titled “Effects of Sleep Quality on Skin Aging and Function.”

“Our study is the first to conclusively demonstrate that inadequate sleep is correlated with reduced skin health and accelerating skin aging. Sleep deprived women show signs of premature skin aging and a decrease in their skin’s ability to recover after sun exposure,” said Dr. Baron, director of the skin study center at UH Case Medical Center and associate professor of dermatology at Case Western Reserve University School of Medicine. “Insufficient sleep has become a worldwide

epidemic. While chronic sleep deprivation has been linked to medical problems such as obesity, diabetes, cancer and immune deficiency, its effects on skin function have previously been unknown.”

The study found that poor-quality sleepers had increased signs of fine lines, uneven pigmentation, reduced elasticity and slackening skin, while the good-quality sleepers had a 30% higher skin recovery time to skin stressors such as sun.

We seem to look at sleep as the first thing to go when there is not enough time in the day. But, perhaps we should be rethinking and reprioritizing our views on this subject. We know a lack of sleep can affect our health in negative ways such as leading to heart disease, diabetes, stroke and weight gain and now premature aging!

So, if you find yourself wishing for more youthful looking skin, getting more sleep is an investment that will absolutely pay off. A good night’s sleep is an easy price to pay for younger looking skin and may indeed be priceless. 

Elizabeth VanderVeer, M.D., is a board-certified internist and president/medical director at VanderVeer Center. A native Oregonian, she is a fourth-generation doctor who has dedicated her practice exclusively to aesthetics for many years and specializes in nonsurgical cosmetic medicine.



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# Living with Parkinson's

*Treasure each day, walk outside and make "Bubbe faces"*



Judy Visser finds a tree in the shape of an Aleph while hiking in the wilderness.

By Liz Rabiner Lippoff

Ashland resident Judy Visser was diagnosed with Parkinson's disease 11 years ago. A wife/mother/grandmother, Judy was a teacher and education director for Temple Emek Shalom who lived the active Southern Oregon lifestyle. This could have been a devastating diagnosis. This *should* have been a devastating diagnosis.

Our telephone interview, though, began with music: Judy played a recording of her daughter Sarah Klein singing the 90<sup>th</sup> Psalm, which had been put to music by Rabbi Yitzhak Husbands-Hankin of Temple Beth Israel in Eugene. The song is called "Treasure Each Day." Judy was both setting the tone and making a point.

"Teach us to treasure each day that we may open our hearts to your wisdom.' It is the melody and the kavanah (intention) that we turn to during the highs and the lows," Judy told me. "It is woven into the fabric of my life."

In addition to consciously treasuring each day, every day, another key element of Judy's belief system is her commitment to spending time outdoors. While Judy's and Johan's days bend to the inevitable and unpredictable highs and lows of Parkinson's, and both acknowledge that Judy's illness has slowed them down, their love of the outdoors is strong as ever.

"In partnership with treasuring each day is the practice of going outdoors," Judy says, "as taught by Rebbe Nachman of Bratzlov: 'May it be my custom to go outdoors each day among the trees and grasses, among all growing things and there may I be alone and enter into prayer to talk with the One that I belong to.'" Judy, Johan and their dog walk together every morning. They pick berries with their grandson. They hike in the woods. They both affirm that their life is wonderful, PD notwithstanding.



Kees Visser, Judy's grandson, demonstrates Bubbe faces.

Judy readily acknowledges that community support plays a huge role in their quality of life. Their friends are understanding and helpful. They also benefit a lot from Parkinson's Resources of Oregon, a non-profit that provides programs

and services for patients and caregivers, with support groups, wellness and educational programs, a helpline and a newsletter. Judy has attended the organization's statewide conferences for years. 800-426-6806, parkinsonsresources.org


But, as is their way, Judy and her family probably give back as much as they get. Judy and Johan walked last month in the organization's Sole Support Walk. Also, their daughter Sarah is planning a concert to benefit Parkinson's research and education, to take place April 5, 2014, in the Ashland area, and they are helping.

"My daughter reminded me that doing mitzvot was not optional in our house," Judy says. "It was an intentional way of life, so I wasn't surprised when she shared with me her dream of putting on a benefit concert. I have experienced unwavering support from my family throughout this difficult Parkinson's journey."

Judaism plays a fundamental role in Judy's life now, as it has her whole life. She had the opportunity to chant Torah on the bima this Yom Kippur. Her congregation, Temple Emek Shalom, values community, and it holds a potluck Shabbat dinner several times a month at a member's home. This, she says, "enables those who might be too tired or overwhelmed to enjoy Shabbat dinner without feeling guilty about not cooking a huge meal."

There is a chair with arms that now resides in the temple's sanctuary so that Judy can comfortably sit and rise through the prayer service. It is known as "Judy's chair" and may very well be the best symbol of the community embrace that enfolds Judy with its love.

Judy Visser extends this invitation to other congregations whose members read this article.

"What will be *your* congregation's 'Judy's chair?'" 

Liz Rabiner Lippoff is a Portland freelance writer and a medical marketing specialist at Liz, ink: LizInk.biz. Her Bubbe also had Parkinson's, and she remembers her fondly.

## JUDY VISSER'S FIVE JEWISH PRACTICES FOR PEOPLE LIVING WITH PARKINSON'S

Judy's faith, resolve, love of nature and sense of humor all contributed to these tips, here in her words.

### *Chanting Torah*

Chanting Torah gives one the opportunity to connect with Torah's teachings on a deeper level. This involves being able to read Hebrew, understand the trope system and constantly learn new vocabulary. It also provides the opportunity to be with community and to contribute in a very meaningful way without expending a huge amount of time or energy. Chanting Torah is good for any person who wants to keep their mind sharp.

### *Morning Tefillot*

Judaism encourages us to thank God for our working bodies. Those of us with movement disorders join other daveners around us who are shuckling. We become part of a large group of shaking people; we are no longer "the different one." We participate in the grand choreography of the Amidah with all of its bending, bowing and stretching.

### *Gratitude Practice*

Judaism provides a myriad of opportunities for being thankful. Throughout the day I give thanks for life, for breath, for rainbows, for love. Count the good minutes, share appreciations with someone you trust. For example, I am grateful for being able to walk, for food, for music, for all that you do for me.

### *Bubbe Faces (Savti)*

Make faces with your grandchildren: happy face, sad face, angry face, surprised face, silly face. These exaggerated facial expressions are often taught in PD exercise classes. It's an ideal way to share your journey and empower even the youngest members of the family.

### *Shabbat*

Rest is essential. Celebrate Shabbat. Bring rest into the week in a conscious way. Plan daily rest periods. Take the day off from worrying. Lighten up. Spend time with friends and loved ones.

---

**"When we got the diagnosis, I had a lot of fear about how it would change our lives and shatter our dreams. But it hasn't taken anything important away. Spending our days together, our love, our relationship, our commitment. It's wonderful. And I am madly in love with Judy." – Johan Visser**

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- - - - - Fashionista - - - - -

# Fall trends 2013

By Kira Brown

Another season is peeking around the corner and you know what that means ... It's time to shop. Once the essential back to school shopping for erasers, backpacks and socks is complete, it's time to start thinking about packing up the tank tops and shorts and digging out your favorite comfy sweater and pair of jeans for the cooler months. And, of course, time to find what's new and trendy in stores to add to your wardrobe and freshen up your look.

With any season, there are the fabulous and the not-so-great trends to, literally, buy into. What I love about the Internet and Internet shopping and how it has influenced our buying power is this: the net makes it easy to research, comparison shop and find the best deals, trends and wardrobe pieces for you.

No longer are you subject to what you can find at your favorite local mall in one three-hour afternoon – you've got online storefronts, the world's fashion designers and fashion advisors at your fingertips, helping you create the best functional wardrobe, keep within your budget and stay current on trends that can easily freshen up your look for each new season.

For fall 2013, I've seen a lot of different looks from many different designers.

Winter Whites at White House | Black Market.







**Shopping Tip:** Internet shopping is best done after a thorough closet cleanse, so a targeted list of wardrobe pieces can be searched, identified and purchased, often saving time and money.

*Here are a few of my favorite trends for the upcoming season:*


**TROUSER PANTS** – So long skinnies! Trouser pants are making a comeback. The over-arching theme/trend here this season is “Menswear.” However, not many women are able to pull off a full Diane Keaton-style menswear ensemble. Yet, trouser pants will work for many of us. Pair with some patent heels for casual Friday work wear.


**LADYLIKE DRESSES** – Longer, fuller skirts are a new option this season. I love this trend and when I saw this on the runway, I instantly thought of Kate Middleton – ever-so-ladylike and neatly dressed. So this season, dress like a duchess and feel like royalty throughout winter.

**WINTER WHITE** – Yes, after Labor Day. White in winter is the utmost of chic. Try a white blazer, with white pants or white day dress. Or a white cocktail dress for a dinner party. And for even more fun, pair white with gold.

*What I'm Not Falling For this Season...*

**PLAID** – I love my Saturday marathon reruns of “Clueless,” and I personally remember begging for a pair of knee high socks and a matching plaid skirt suit from 5-7-9 in, like, 1992. But “as if” would I be into recycling this trend again.

**OVERSIZED COATS** – Buy a coat that fits. Period. 

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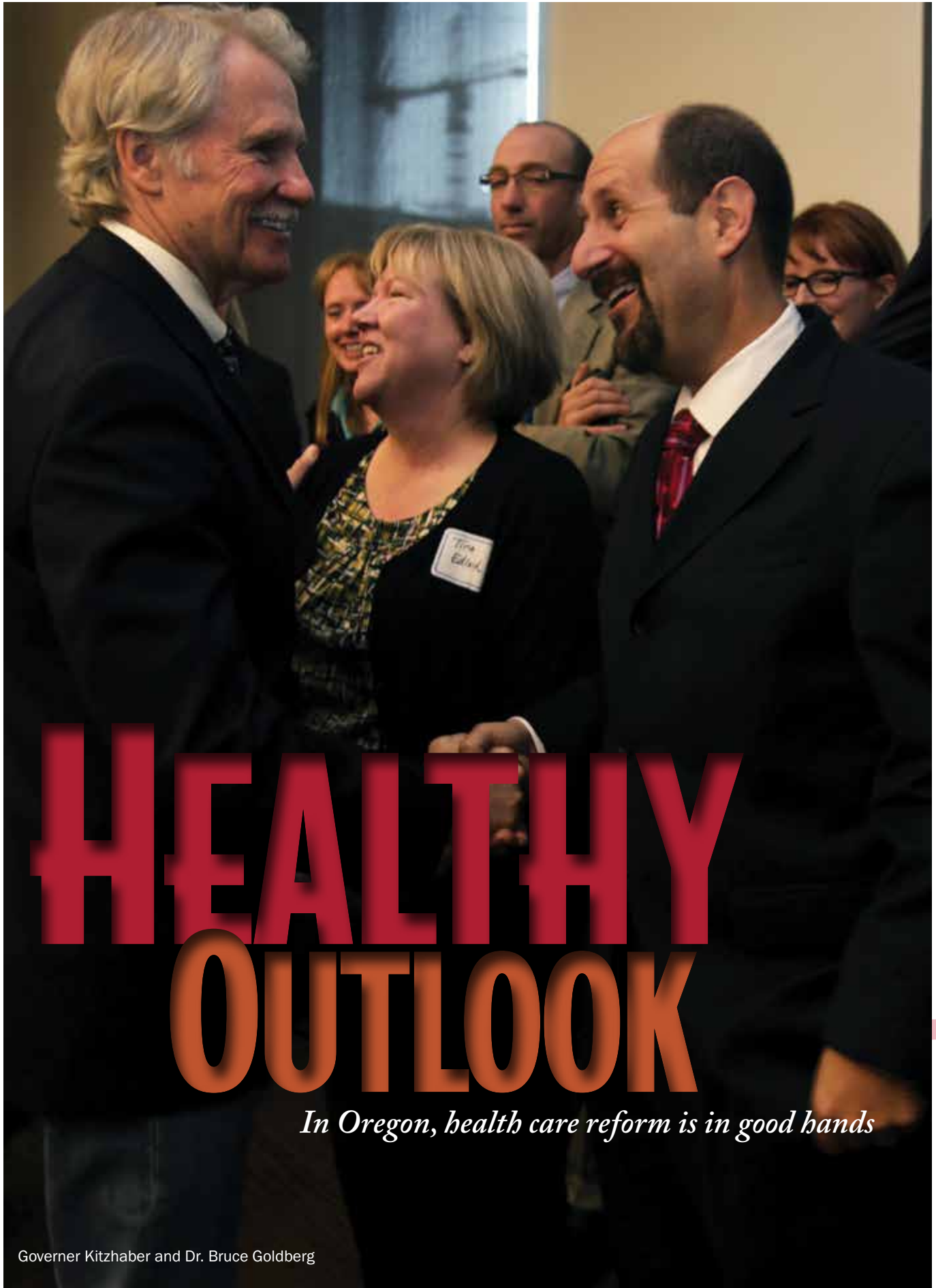
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Kira Brown is a certified personal stylist and fashion writer. Kira has interviewed many fashion icons including Tim Gunn, jeweler Neil Lane, international makeup artist Jemma Kidd and Ken Downing of Neiman Marcus. Kira also offers virtual style consultations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



# HEALTHY OUTLOOK

*In Oregon, health care reform is in good hands*

Governor Kitzhaber and Dr. Bruce Goldberg



By Deborah Moon

As director of the Oregon Health Authority since its inception in 2009 and a board member of Cover Oregon, which launches the state's insurance marketplace this month, Dr. Bruce Goldberg is at the forefront of the state's push to ensure more Oregonians have access to affordable health care.

"Two years into Affordable Care, we estimate we will have 95 to 96% of Oregonians with coverage," says Goldberg. "That will change hundreds of thousands of lives in this state. It will be wonderful. That is why I went into medicine – to make the world a better place."

Goldberg calls the Affordable Care Act the biggest change in health care in the nation in 50 years.

"Medicare and Medicaid in the early '60s was the last big change," he says. "Medicare was a promise to our seniors to have basic health care. Medicaid was a promise to the poor. Now we are filling in the middle."

He says Oregon began the conversation in the 1980s. The first Oregon Health Plan made the right to basic health care "part of who we are, part of the culture of Oregon." Now Oregon is further along the path to health care reform than most states. Goldberg attributes that to Oregon's culture, the lack of partisan politics over the issue prevalent in much of the rest of the nation and an abundance of leadership including Gov. John Kitzhaber, numerous state legislators and the state's health policy board.

The person he doesn't mention is himself.

Bruce Goldberg, M.D., spoke about the vicious cycle of poverty in Oregon at an OAJC lunch hosted by Bob Liebman, right, in 2008. Goldberg told attendees: Of the 12,000 children who are in foster care 60% came from environments where the parents were mentally ill or had substance abuse problems. Yet Oregon continues to bear the consequences of the "devastating" 2002 cuts in residential treatment services for substance abuse and mental illness. "The cost of foster care is \$16,000 per year. Think what that could do for addiction treatment." He added, "Community mental health systems are overburdened, and mentally ill people who cannot obtain services often end up in correctional institutions at a cost of \$20,000 per year."

"If you spend time with Bruce as a friend, as I have done for the past 21 years, whether in social situations or in various Jewish settings, you would never know that he is one of the pioneers and leaders of health care in the country," says Oregon Jewish Museum Director Judith Margles. "I say this because he is quite possibly the most modest person I know, down to earth, and very connected with real people. Bruce is truly someone who gives hope, truly someone who loves life."

Her thoughts are echoed by Rabbi Arthur Zuckerman, who leads Congregation Shaarie Torah, where the Goldberg family are longtime members.

"Bruce does things for the benefit of the community and society," says Zuckerman. "He's a quality guy."

In 2000 Goldberg, his wife, Dr. Ora Botwinick, and their daughters, Levana and Talia, spent a year in Israel, near her parents and four of her siblings. Her father, who died two years ago, was an Orthodox rabbi. Though Goldberg calls "Rabbi

Zucky” his Portland rabbi, he says “Ora’s father will always be *our* rabbi.” While they lived in Jerusalem, Goldberg says he was struck by the fact that “everybody in Israel has access to basic health care. ... It’s interesting to reflect on that now” as the United States initiates global care.

“Every day I come in contact in some way with people who don’t have access to basic health care,” he says. “Ora is a physician at a community health center where she cares for many with no health insurance. It’s literally a part of every day for me, and I think for just about everybody in our state and nation. People are afraid illness will bankrupt them; if they have health coverage, they are afraid they will lose it.”

Goldberg is excited about two facets of Oregon health care: the success of Oregon’s coordinated care organizations launched in 2012 and the advent of the insurance marketplace, which, starting this month, Oregonians without insurance can use to find the most affordable health insurance or find out if they qualify for the Oregon Health Plan (the state’s Medicaid system). Those whose incomes fall below 138 percent of the poverty level will be in Medicaid, while those above that level can participate in the insurance exchange and get a tax subsidy.

Most Oregonians on Medicaid now received care in one of 15 Coordinated Care Organizations around the state. “We are demonstrating, most importantly, we can improve health. CCOs are held accountable for improving health and living within a budget we can afford. ... Until we have a health system that is affordable, we are not going to be able to fund health care for everyone,” he explains.

“Our Cover Oregon market exchange and implementation of the Affordable Care Act will bring health care to so many,” he says. “Over 400,000 people will gain access to basic health care. That is tremendous when you think about the number of people who won’t go bankrupt, the merchants who will no longer be bankrupted by rising health care or lose customers who can’t afford to buy

their goods, and families who won’t have to decide between food and medicine. That is real change. ... Until Jan. 1, you can be denied coverage because of a pre-existing condition. After January that won’t happen anymore. That is tremendous.”

One challenge the state will face is ensuring there are enough health care professionals to provide care to those who will soon qualify for insurance. He says Oregon is lucky to be a health care leader because the state is able to attract health professionals from other areas. The state is also providing incentives such as tax credits and help with malpractice insurance to encourage doctors to practice in rural areas. Additionally, he wants to see a change in how health care is delivered. Helping people in their homes can keep many out of hospitals and long-term care facilities.

Goldberg has long been an advocate for improving health, not delivering more health care.

He is a family medicine physician who has devoted his career to improving the organization, delivery and financing of public health services. From November 2005 through February 2011, he was director of the Oregon Department of Human Services, where he says he believes he made a positive difference in the lives of many Oregonians. He led the formation of the Oregon Health Authority as the director-designee and was permanently appointed director by Gov. John Kitzhaber in February 2011.

At a 2010 Jewish Federation of Greater Portland Maimonides Society event for health care professionals, Goldberg said, “Health care costs are increasing at a rate we can’t sustain – 10 to 15% per year. ... We cannot continue on this paradigm.” He went on to urge investing in prevention and early coordination of care. He said health care would be much cheaper “if everyone gets care early rather than later when it’s expensive and difficult to treat.”

“The problem with the health care system today is we’ve lost our values and sense of community mission and purpose,” he added at that event. “This is

a Jewish value ... we need to juxtapose the responsibility to ourselves and to the larger community.”

In 2011 at in Interfaith Advocacy Day in Salem, he told attendees: “We need to take resources from end-stage disease and prevent it up front. ... When you have an emergency, we take care of you. The problem is, we take care of you for the \$100,000 problem, but we don’t take care of you for the \$5 problem.”

He continues to believe health and not health care needs to be the primary focus.

“Nobody wants to spend more days in the hospital,” he says. For example, Goldberg notes that our nation’s obesity epidemic has given rise to a dramatic increase in diabetes. “We need to focus on how to prevent obesity and diabetes and not on how we treat more diabetics.”

Personally Goldberg, 58, pursues a healthy lifestyle. He relaxes playing harmonica with a 12-piece rhythm and blues band. And he is an avid runner, though he says his knees may encourage a return to cycling. The first time he came to Oregon in 1977, Goldberg says he visited a friend in Eugene, bought a bicycle and rode to Mexico. He later cycled across British Columbia. In the future, he hopes to cycle across the United States – though not to visit his two grown daughters who live in New York: “I’ll have more time to spend with them if I fly.” A recent graduate of the University of Pennsylvania, Talia, 22, moved to New York City to work in high-tech venture capital.

Goldberg and his wife both grew up on the east coast; his family was Conservative while hers was very Orthodox. Both graduated from the Mount Sinai School of Medicine in New York City.

For six years they each practiced medicine in Zuni, NM, where the girls were born. After they moved to Portland, both girls attended Portland Jewish Academy, where, Goldberg says, “They received a great secular and Jewish education.” He describes each of their bat mitzvah celebrations at Congregation Shaarie Torah as very special and unusual. Levana became a bat mitzvah when Rabbi Yonah Geller was the rabbi before the congregation opened the bimah to women. She

*“Nobody wants to spend more days in the hospital”*



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Dr. Bruce Goldberg is very animated as he shares the story of Malik, the “Poster Child” of the Oregon Health Plan. Coordinated care means that Malik no longer makes twice monthly visits to the emergency room. As an 8-year-old third-grader, asthma attacks used to send Malik to the emergency room once or twice a month, says his mother, Maydean. “He’d get to the point where he couldn’t breathe.” Today, that almost never happens. His primary care team has helped Malik bring his asthma under control and drastically reduce his trips to the hospital. The new coordinated approach involves reduced exposure to household asthma “triggers”; a home nebulizer to convert his medication into a quicker-acting mist; and a portable mini-inhaler to help him overcome wheezing attacks at school or on the playground. Asthma is the most common chronic disease among children – and especially prevalent in low-income households. Although asthma can be well controlled by medication and preventive measures, Oregon children went to hospital emergency rooms 550 times for asthma attacks in 2006, according to the state Asthma Program. The average cost of a hospital visit for asthma was \$12,000. The Oregon Health Plan paid more than \$5.5 million in 2007 for hospital care of asthma. Malik is an example of how coordinated care can reduce that expense while improving health.

FAMILY TIME – Dr. Ora Botwinick, Levana Goldberg, Dr. Bruce Goldberg and Talia Goldberg.



led an all-woman’s service. On Purim, Talia chanted the Megillah in a triple bat mitzvah celebration with Ilyana and Mara Rosenberg.

Goldberg says he’s not currently active in any other Jewish organizations. “I am affiliated with a middle-aged group of Jewish men, who I play poker with; I don’t know that that’s a sanctioned group,” he quips.

Levana, now 27, married Steve Amrock two years ago in New York. She “is very observant, more than her parents,” says Goldberg.

Goldberg says he understands some Hebrew and speaks enough “to order coffee.” But his wife and daughters are fluent and “speak Hebrew when they don’t want me to understand,” a situation that reminds him of his childhood.

“It’s the story of my life with Yiddish and Hebrew,” he complains good-naturedly. “My grandparents and parents spoke Yiddish so us kids didn’t understand.”

But Goldberg is fluent in “Jewish.” When he delivers the keynote address at this month’s Oregon Area Jewish Committee Human Relations Dinner (see box), he plans to talk about health care reform and “tie it into some of our values as Jews.”

Tikkun olam, healing the world, is an obvious tie, he says. But tzedakah is also very relevant.



To relax Dr. Goldberg plays harmonica with a 12-piece band, Home Brew.

## OAJC Human Relations Dinner honors Kaiser Permanente

The 2013 Human Relations Award Dinner  
Honoring Kaiser Permanente  
6-9 pm, Oct. 9, at the Portland Hilton  
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Oregon Health Plan Director Dr. Bruce Goldberg will be the keynote speaker at the 2013 Oregon Area Jewish Committee Human Relations Dinner honoring Kaiser Permanente Oct. 9 at the Portland Hilton. The annual event is held as a fundraiser to support the equality and social justice mission of the OAJC.

Dr. Jeffrey Weisz, president and executive medical director of Kaiser Permanente, will accept the award on behalf of Kaiser. In his role, Dr. Weisz leads 1,300 Permanente physicians and clinicians who provide care to nearly 480,000 members of Kaiser Permanente in the Northwest Region. Dr. Weisz also sits on the governing board of the national Permanente Federation's Executive Committee.

"The question we have to ask ourselves is do we want to continue to focus only on managing sickness – or make a shift to managing health?" says Dr. Weisz. "The answer to the health insurance crisis is to address the health crisis. We're not going to change health care in America until we change health in America."

The theme of the evening is built on one of the main tenets of Judaism, the ancient Hebrew concept of tikkun olam, which means "repairing or healing the world." The idea suggests that it is humanity's shared responsibility to heal, repair and transform the world ... to make the world better than we found it.

"Both of our organizations perform tikkun olam every day, each in our own way," says John Moss, who served as interim director of OAJC until Sept. 1. "Kaiser Permanente builds a stronger safety net for our community by providing access to affordable coverage while delivering excellent care. Kaiser helps people stay healthy and heals the sick. OAJC advocates throughout the community for human rights, respect and dignity for all. Our healing missions align. Is it any wonder that we believe Kaiser Permanente deserves to be the 2013 recipient of the OAJC Human Relations Award?"

"Many of us think of tzedakah as charity, but it also means justice and fairness. In health care reform, we are trying to bring fairness to what's been our system. Some of us don't get care. What we are trying to do in health relates to values many of us as Jews grew up with."

This year's OAJC Human Relations honoree is Kaiser Permanente.

"Kaiser and many health care systems in our state have been great partners," says Goldberg. "They are committed to many of the same goals. They are built around coordinating care. It's an honor to be part of an event that is honoring Kaiser."

While Goldberg is pleased with what Oregon has begun, he says sustaining the effort is the biggest challenge ahead.

"Change is hard," he says. "We've begun a lot of changes within the health care system; by no means are we finished. We live in a society where we expect instantaneous results. This will take us years to finish, so it's hard to not lose focus." ♻️



Kaiser Permanente President Dr. Jeffrey Weisz demonstrates how Kaiser encourages people to thrive with an active lifestyle.



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# Bar / Bat Mitzvah

**Children who become bar or bat mitzvah are “obligated to the mitzvot” (Mishnah Avot 5.21). According to Jewish tradition, this is the age of ethical awareness.**

~~ Rabbi Ariel Stone

**Inside:**  
**Bat Mitzvah Exhibit**  
**Rabbinic Reflection**  
**Mallory’s Mitzvah**  
**Emily’s Mitzvah**  
**Mason’s Ark**  
**Party Time**  
**Memorable Moments**  
**Becoming a Woman**

# Bat Mitzvah Comes of Age

## *Oregon Jewish Museum celebrates bat mitzvah’s 90<sup>th</sup> anniversary*

To mark the 90<sup>th</sup> anniversary of the very first bat mitzvah, the Oregon Jewish Museum is hosting a traveling exhibition, “Bat Mitzvah Comes of Age,” featuring the remarkable story of how, in less than a century, individual girls, their parents and their rabbis challenged and changed communal values and practice to institute this now widely practiced Jewish ritual. The exhibit was organized by the National Museum of American Jewish History and Moving Traditions.

“Bat Mitzvah Comes of Age” opens Oct. 9, 2013, and continues through Jan. 26, 2014, at the Oregon Jewish Museum.

On a Saturday morning, March 18, 1922 – two years after American women earned the right to vote – Rabbi Mordecai M. Kaplan summoned his daughter, Judith, to the front of the synagogue sanctuary where she read from her own Bible in Hebrew and English along with the requisite blessings. With this revolutionary act, Judith Kaplan and her father initiated what would become the widespread American Jewish practice of bat mitzvah.

The exhibit is based on more than 150 responses to Moving Traditions’ “Bat Mitzvah Firsts” survey. The selected personal stories range across the American-Jewish spectrum, from secular to ultra-Orthodox and from small town to urban center.

“In conducting research for the exhibition, we heard from women who were willing to raise their voices and challenge the gender expectations of their time; these ‘bat mitzvah pioneers’ moved girls and women from the margins to the center of Jewish life,” says Deborah Meyer, Moving Traditions founder and executive director. “That bat mitzvah – once a radical innovation – is now a nearly universal tradition shows how Judaism continues to evolve in each generation.”

“Bat Mitzvah Comes of Age” fits with the Oregon Jewish Museum’s mission to explore themes in Jewish history that provide relevance and meaning to our lives today.

“The exhibit illustrates an important connection between the movement for women’s equality and the development of American Judaism,” says OJM Director Judith Margles, adding it is “a link that emerges when looking at the tradition of the bat mitzvah in Oregon.” OJM is creating a companion exhibit that focuses on the Oregon story. In 1956 Congregation Beth Israel in Portland welcomed Karen Sue Shulcoff as the first recorded bat mitzvah in the state. Other bat mitzvah ceremonies followed, but it wasn’t until the 1980s that the ritual became a regular part of religious practice for many Oregon Jewish girls.

Jewish law states that girls automatically reach religious maturation at 12 years and a day, and boys at 13 and a day. This milestone is commonly known as bat or bar mitzvah, meaning “daughter or son of the commandment.” Public rituals for bat mitzvah developed in the 20<sup>th</sup> century, while bar mitzvah ceremonies have existed since the Middle Ages.


Most early b’not mitzvah (Hebrew feminine plural for bat mitzvah) were held on Friday evening, when Torah is traditionally not read. Today, in egalitarian congregations, a bat mitzvah ceremony generally looks identical to a bar mitzvah, with girls chanting Torah on Saturday morning. More traditional congregations might observe any of a diversity of practice, such as a girl delivering a shiur (lesson) or chanting Torah in the presence of women only.

The exhibition includes oral history recordings of bat mitzvah stories from around the country and across Jewish movements, a timeline of relevant historical milestones and an interactive component in which visitors can share their coming-of-age stories and photos.



Weaving the stories of the evolution of American Jewish life with 20<sup>th</sup> century feminism, the exhibition includes narratives and artifacts from everyday trendsetters to prominent women, such as Supreme Court Justice Elena Kagan, Facebook COO Sheryl Sandberg and activist Ruth Messinger, to illustrate the substantial impact of bat mitzvah on Jewish life across the religious spectrum, and on the girls (now women) themselves.

“I have always felt very proud to have had a bat mitzvah. It was groundbreaking and I believe helped formulate my thinking about what it meant to be a Jewish woman,” says Phyllis Teicher Goldman, whose 1960 bat mitzvah was the first on a Friday night at Beth-El Synagogue in New Rochelle, NY. A telegram that Teicher Goldman received from her family in Miami congratulating her on her bat mitzvah is reproduced in the exhibition.

The Oregon Jewish Museum, the Pacific Northwest’s only Jewish museum, examines and preserves the rich cultural heritage of one of Oregon’s earliest immigrant groups. 

**Oregon Jewish Museum**  
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Francine Hodes at bat mitzvah party, Portland, 1965. Courtesy Francine Hodes Abolofia



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# Mallory's mitzvah adds meaning to coming of age

By Elizabeth Schwartz

Preparing for a bat or bar mitzvah in America today means more than simply learning your Torah portion, writing a drash or picking the DJ for your after party. Many synagogues also suggest their b'nai mitzvah students undertake some kind of community service, commonly known as a mitzvah project. Mitzvah projects range from fundraising for a favorite cause to collecting food and clothing for homeless people.

Mallory Gradow has a deeply personal connection to her mitzvah project, raising money for the Leukemia and Lymphoma Society. "I chose LLS because my grandfather, Stan Eastern, has leukemia, so I wanted to help find a cure," Mallory explains. "I call him Poppa; he's doing well at the moment." Eastern, who was diagnosed four years ago, takes Gleevec, an anti-leukemia drug co-developed by oncologist Brian Druker at Oregon Health Sciences University in Portland.

Mallory Gradow holds a sign seeking funds for the Leukemia and Lymphoma Society. She is joined by friends (left) Katie Hornecker on shoulders of Talia Millionis, and Gigi Harn on shoulders of Sophie Rehlaender.

Community service works best when it's performed communally, as Mallory has discovered. A year ago she asked four friends to help her organize her mitzvah project. None of them are Jewish, so Mallory filled them in on the idea of mitzvah.

"I told them mitzvah means good deed, so you do a good deed to help other people. It made sense to them, and they were eager to help me with it." Her friends Gigi Harn, Katie Hornecker, Talia Millionis and Sophie Rehlaender came up with the idea of bake sales and lemonade stands to raise money for LLS. "It feels good to give back to the community and it wasn't hard at all," says Mallory. "It's fun to involve all your friends," she adds. "Everyone's helping to do it together. My friends have been doing the project with me all along, so I'm not doing it alone. They've sold lemonade and cookies and candy out in front of Zupan's, and their families have also donated." Over a two-day sale in front of Zupan's Market on Boones Ferry Road, Mallory and her friends took in more than \$300.

After her bat mitzvah at Congregation Beth Israel in mid-October, Mallory and her friends will participate in the LLS Light the Night Walk. Mallory and each of her four friends raised \$100 to participate. Their team, the youngest participating in the walk, is appropriately named "What a Sweet Idea." 📍



Emily Anderson gets ready to deliver the school supplies she collected for Friends of the Children.

## Mitzvah with Meaning

*Emily Anderson helps at-risk kids read*

By Carine Nadel

For Beit Haverim student Emily Anderson, who has loved to read since she was very little, figuring out what to do for her bat mitzvah project was easy – she wanted to find an opportunity where she could help at-risk kids with their reading skills.

“I thought I’d be helping kids who were at the same age I was when I learned to read. Or, if they were older, I’d help them improve their reading skills.

“When I volunteered with the organization, Friends of the Children, I learned that many children in less fortunate situations don’t have basic reading skills, even at age 8 or 9. They don’t have parents who can spend time with them to help them with schoolwork.”

Emily also found out that most of the 400 children enrolled in the program have parents who were high school dropouts, in prison, had addiction problems or were teen parents.

Deciding to volunteer at the free summer two-week reading camp called Book Buddies, she read and spent time every day reading with elementary school kids.

Two of the children especially tugged at Emily’s heart.

“Elliott was 7 years old and going into second grade. Even at that age it was hard for him to read simple words such as ‘dog,’ ‘put’ and ‘hi.’ Elliot was shy, and he lived with his grandmother and three siblings. And then there was Aubrey, who was 9 and going into fifth grade; she was a slow and not very confident reader.”

It was stories such as these that helped Emily decide that as part of her mitzvah project she’d create a school supply drive for the kids in Friends of the Children.

The focus was on the needs of teenagers, since most donations go to younger children.

Emily became a bat mitzvah Aug. 31. She wants to share this advice with kids who are thinking about what to do for their project: “Don’t just pick a project that sounds good, pick something meaningful to you. You will enjoy it more and do a better job for the cause you choose.”



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# Mason's Ark



*To understand Torah portion on Noah, Mason Lawrence builds an ark*

By Elizabeth Schwartz

Everyone knows the story of Noah's Ark, right? Noah was commanded by God to build a great ship and stock it with male and female pairs of every animal on Earth. God sent down a massive flood to wipe out every living thing on the planet to give humanity, which had become irretrievably corrupt, a chance to begin again. Noah, his family and the animals sailed in the ark "for 40 days and 40 nights," until the waters receded and the ship reached dry land, identified in Genesis as the mountains of Ararat.


What more is there to say? As Torah portions go it's a pretty good story, full of narrative action. It seems fairly straightforward at first read. If Noah were your bar or bat mitzvah portion, how would you approach it?

If you're Mason Lawrence, you build your own ark. "I thought it would be cool to not only read the story, but experience it as closely as I can," says Mason. "Noah built a boat; I thought if I could have a similar experience and immerse myself in Noah's story, I might understand it more deeply."

Due to time constraints and lack of space, Mason and his bar mitzvah tutor, Josh Lake, decided to scale down. Mason's ark is just over a foot long and will be about 4-6 inches tall when it's completed. He's whittling the boat section of the ark from a solid block of cedar wood. Later he'll add a roofed room on top for housing the ark's occupants.

The ark is Mason's first experience building an object from scratch, and he's been enjoying the process. "I haven't had any hardships yet," he says with a grin. "It's fun, but it's mostly sanding and whittling so far. I find it relaxing to just sit down and sand. Once we get down to the smaller details, it might become a little frustrating; I'm not the most patient person. So far, though, I'm enjoying it very much. I've also had to learn how to use a special tool called a palm gouge; it makes my hands somewhat sore. Sanding is definitely easier on the hands than the palm gouge."

Mason's bar mitzvah date, Oct. 5, is just around the corner. He plans to have his ark on display during his service, which will be held in the event space of the Ace Hotel in downtown Portland. After just a few hours working on the ark, Mason has already gained some insight into Noah. "I understand what he's feeling more. I'm sure he felt tired and probably frustrated, because I'm sure building on a huge scale is frustrating. Even what I'm doing on a small scale is frustrating. Making a ship hundreds of cubits long with only four people seems unimaginable."

And what will Mason's friends think of his project? "They might get it, or they might think I'm nuts." 

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Francine Hodes at her Bat Mitzvah party, Portland, 1965.  
Courtesy of Francine Hodes Abolafia

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# Cinetopia – The next big thing in b'nai mitzvah parties?

By Elizabeth Schwartz

Say you're the parent of an 11- or 12-year-old and that bat/bar mitzvah date is looming ever closer. With so many details to cover – sending invitations and tracking RSVPs, making guest arrangements for out-of-town friends and family, keeping track of your child's progress on their drash and Torah portion, perhaps learning one yourself – having to plan an after-party could feel like one thing too many.

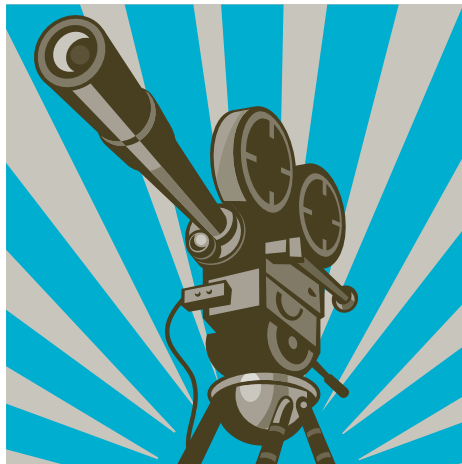
Enter Cinetopia, a luxury multiplex movie theater and event space at Progress Ridge in Beaverton. Each of its four theaters features live music before every movie showing, state-of-the-art film and sound technology, luxuriously wide leather seats, an award-winning restaurant menu and an extensive selection of wines. Sounds great, you say, but I need a party space, not a movie theater.

Cinetopia's unique Movie Parlor is designed to accommodate a variety of activities. "It's the most popular of our four theaters," says owner Rudyard Coltman. "It gets rented for birthday parties, corporate events, anniversaries, you name it. We do a lot of special events, especially sweet 16 and other coming-of-age parties."


The Movie Parlor's layout mirrors a celebrity's home theater. It features picture frames and windows with high-end LED panels all around the room. "We create a theme for your event using these windows," Coltman explains. "Our digital animators design backgrounds for the windows. For family photos, we can create a slideshow. Otherwise we can transport you to outer space, New York City, Autzen Stadium for a football party – with pretty much any backdrop." The windows can also be used for gaming, always a popular option with teens. "Kids can play Xbox 360 or PlayStation games on a 30-foot screen, while other kids can simultaneously play their own games on other screens in the room." If gaming isn't your thing, Cinetopia offers a variety of musical choices: live, your own custom set lists, a DJ or even karaoke.

If you want an event that caters to both kids and adults, Cinetopia also offers the option of dual parties. "The adults can enjoy dinner in our restaurant, Vinotopia, just steps away from the kids' party," says Coltman. Kids and adults can take their pick from pizza and soda to a Happy Hour menu or even a four-course meal. "At Vinotopia, we use a lot of farm-to-table ingredients and everything is made from scratch."

Coltman has devoted himself to creating the ultimate film-viewing experience. During his tenure as the owner of the Desert Historic Theater in Burns, OR, Coltman remembers, "I'd hear the same 15-20 complaints from people: the seats were too small and the rows were too close together;



people felt like sardines. Customers also complained that their home technology had better picture quality than the movie theater, and a decade ago that was true. Back then, theaters were still screening movies on film, while Blu-ray provided a high-definition picture right in your living room. People also wanted better food, something more to choose from than popcorn and candy. None of these complaints were being addressed by theaters." All of Cinetopia's luxurious amenities – extra legroom, wider seats, a

full restaurant menu and the best in movie technology – are Coltman's response to these and other customer demands. 

Cinetopia is located at Progress Ridge, 2.3 miles from Washington Square Mall, near NW Murray and NW Scholls Ferry Road. For more information, go to [cinetopia.com/index.htm](http://cinetopia.com/index.htm).

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# SOUNDBITES

Collected by Gloria Hammer

*“What was the most memorable moment of your bar/bat mitzvah?”*



**Lou Menashe**  
(pictured with wife Bernice)  
Bar Mitzvah at Ahavath Achim, about 1940  
Portland

I went to services and did my maftor. Probably 15 to 20 men attended. After we went downstairs and had sponge cake and a little schnapps. That evening we had about 30 people at a buffet dinner under a small tent in our backyard. Mother made all the food. Today bar mitzvahs are as big as weddings, not like the simple celebrations 73 years ago.



**Mitch Cohen**  
(pictured with granddaughter)  
Bar Mitzvah at Shaarie Torah in 1964  
Portland

My grandparents, who I had never met, came by train from the East Coast. I got through my bar mitzvah just fine. But a year later I returned for a repeat performance to chant my haftarah at the Saturday service. This time I only got part way through - I started feeling light headed and fainted right on the bima. Turned out I was coming down with the flu and was sick for days after.

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**Hannah Rosenbloom**  
Bat Mitzvah at Beth Israel in 2012  
Portland

During the picture-taking process before the ceremony all of my relatives lined up on the front stairs of the synagogue and decided as a group to do jazz hands because of my love of theatre. This was a beautiful family moment for me.



**Anita R. Belil**  
Bat Mitzvah in her future  
Bend

My parents didn't send me or my sister to Hebrew school/Sunday school and so neither of us has been/has had a bat mitzvah. I hope to do this at some point in my adult life!



**Naomi Leavitt**  
(pictured with daughter Abigail)  
Bat Mitzvah at Neveh Shalom in 1993  
Portland

My most profound moment came immediately after the blessing after the haftarah - there is candy zooming past my head, kids are rushing to the bima to capture the candy, people are singing "simen tov v' mazal tov" and I realize that I just became a link in a precious chain thousands of years old. It was a stunning and fantastic concept!



**Michael Ail**  
Bar Mitzvah at Neveh Shalom in 2000  
Portland

Feeling a strong sense of accomplishment given that was the most challenging and important milestone of my life at the age of 13. Plus having family and friends show support.



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# Becoming a woman in front of women

by Amy R. Kaufman

Not every girl gets to lead services and chant the entire Torah portion of the week when she becomes a bat mitzvah. Portland Women's Tefillah, led by Erica Goldman, has provided that opportunity to girls (and women) of all backgrounds since 1984, when the well-known Jewish educator cofounded the group and embarked on what was to become a 30-year adventure in Jewish music, learning and worship.

"It was one of the most thrilling processes of my life to learn all the cantillation systems, how to chant from the Torah and Haftarah, how to render the prayers, to learn the traditional prayer chants," says Erica of her years of preparation to lead such a group. From 1995 until her retirement in 2011, she was a music specialist, middle school tefillah coordinator and choir conductor at Portland Jewish Academy, and she continues to teach at the Florence Melton School of Adult Jewish Learning.

Erica says the idea of women's tefillah (prayer) groups arose from the Modern Orthodox tradition, in response to women's desires to participate more fully in traditional services. Portland Women's Tefillah holds monthly services in the PJA chapel.

The bar or bat mitzvah, held near the 13<sup>th</sup> birthday, marks the spiritual transition from childhood to adulthood, when a Jewish child becomes obligated to observe the commandments. Claire Benson, 20, now a creative writing student at Wellesley College, recalls how dramatic that transition was.

As a middle-school student at PJA, Claire prepared for her bat mitzvah under Erica's tutelage. "Dr. Goldman is a great teacher," she says. "Her experience

with music is vast – unparalleled in our community – and that was a wonderful attribute of her teaching . . . I had a choice between melodies that I wanted to sing during services, and she was very attuned to personalizing the ceremony while teaching me as much as she possibly could."

"My mom's side of the family is Catholic, my dad's side is Jewish," Claire notes, "so in order to become a bat mitzvah through Women's Tefillah, even though I had been raised Jewish, I had to convert legally. That was also a very definitive part of the process. I ended up having an Orthodox bat mitzvah. I led the entire service . . . and did all eight readings plus the Haftarah. Normally a girl at a bat mitzvah would read one or two."

Claire is active in Hillel on the Wellesley campus, and last summer she visited Israel through Birthright Israel.

Alexandra Perrin, now a 17-year-old senior at Riverdale High School, says that although she is a shy person, she led the entire service at Women's Tefillah for her bat mitzvah. The bat mitzvah continued at Congregation Kesser Israel, the Orthodox synagogue to which her family belongs.

"The luncheon and my bat mitzvah speech were at Kesser, so it incorporated both my shuls," recalls Alex.

She says Erica was her tutor for the service and Torah reading, and Rebbetzin Aviel Brodtkin of Kesser Israel helped her interpret the Torah portion and prepare her speech.

"I had actually learned a lot about that parashah when I was a student at PJA, so to be able to understand it a little more deeply made it even more personal," she says. "It was very nice to be able to



Erica Goldman



Alex Perrin



Claire Benson, in the foreground, on a Taglit-Birthright Israel trip last year.



“Dr. Goldman is a great teacher. Her experience with music is vast – unparalleled in our community – and that was a wonderful attribute of her teaching,” says Claire Benson

share my knowledge with other people and make my bat mitzvah something special.

“To me a bat mitzvah doesn’t necessarily have to include reading from the Torah or leading the service,” she reflects. “It depends on the individual and what they’re comfortable with. It was totally my choice to read from the Torah and to lead the service.” Alex said her decision to become a bat mitzvah at the Women’s Tefillah did not arise from the notion “that women play a limited role in Orthodox Judaism. I think that women’s role in Judaism is beautiful and equally as important as a man’s role.”

Alex is active in her youth group, NCSY, and she recently spent a month in Israel on an NCSY-sponsored summer program through The Jerusalem Journey. She also learns with Portland NCSY director, Rabbi Doovie Jacoby.

“Portland Women’s Tefillah provides a place for all women and girls to learn the essential skills of leading a service and celebrate becoming a bat mitzvah in the context of a women’s group,” says Erica. “I think it’s very important to have this option in the Jewish community.”

Amy R. Kaufman is a Portland journalist, book editor and publisher.





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# Rabbinic Reflections:

By Rabbi Ariel Stone

Jews are not “bar-mitzvahed” or “bat-mitzvahed.” It does not happen to them. It is a status achieved by demonstrating personal awareness of the responsibility to take on the fulfillment of the mitzvot of Judaism.



Shir Tikvah Rabbi Ariel Stone and Hadley Sternberg take shelter under a tallit as they are showered with candy and mazel tovs as Hadley celebrates becoming a bat mitzvah. Photo by Edis Jurcys



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Children who become bar or bat mitzvah are “obligated to the mitzvot” (Mishnah Avot 5.21). According to Jewish tradition, this is the age of ethical awareness. Only then can one become a member of the Jewish religious community in one’s own right.

There are many aspects to Jewish life, and the candidate called to the Torah as a bat/bar mitzvah might never again take part in that ritual. But chanting Torah and Haftarah is not the essence of bat/bar mitzvah. The act of calling a bar/bat mitzvah candidate to the Torah is the traditional welcome of a new ethically aware member of the community, who can now be counted in the minyan, that is, someone who helps create Jewish critical mass.

There are four aspects of basic Jewish literacy essential for an authentic bat/bar mitzvah, as they are for participation in a Jewish community at any age:

- Torah: In the d’var Torah, a “word of Torah,” the candidate demonstrates familiarity with the Jewish way of studying Torah, offering the assembled community a personal insight into the Torah verses to be read.
- Prayer: In exile, the synagogue became the Jewish people’s public square, and familiarity with the symbols and significance of our prayer culture is a powerful indicator of belonging.
- Tzedakah: The classic Jewish way to celebrate a simkha is in giving tzedakah, often in the form of a mitzvah project.
- Hebrew: Anywhere in the world, a Jew can walk into a shul, say shalom and be recognized as “one of us.” Hebrew links us to


# The Meaning of Bar/Bat Mitzvah

our past and each to other. Not everyone can pick up a second language, but most of us can learn to decode, and access to such learning is every Jew's birthright.

At Shir Tikvah, we recognize that bat/bar mitzvah is essentially a shared ritual. The candidate declares readiness to be counted among the Jews, and the congregation responds in welcome. It is neither

a graduation from religious education nor a performance; the moment of bat/bar mitzvah marks a transition to the adult Jewish communal life that the child has been surrounded by, and supported by, until this moment.

It's a shared celebration. Congregants are energized to see a young person demonstrating a commitment to our shared

tradition. Parents are proud that their child has begun to understand what it means to make a difference in a community. And the bar/bat mitzvah celebrates the first steps into ritual equality in the congregation – and begins to see a promise of what it can mean to belong. 



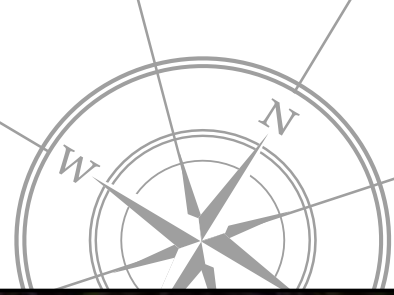
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# Northwest NOSH



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## Dairy delights abound in Portland

By Kerry Politzer

For variety and versatility, it's hard to beat the cheese plate. A typical plate involves a celebration of tastes, textures and ingredients. In Portland you can enjoy a top-quality cheese assortment at wine shops, bistros and even food carts. Following are some of our favorite plates around town.

### Blackbird Wineshop & Atomic Cheese Bar

Much like an expert sushi chef, cheesemaster Gwenan Marshall has the uncanny ability to awaken your palate to the subtle differences between similar ingredients. Her blue cheese trio is a revelation; on a recent visit, it included some assertive Smokey Blue from Rogue Creamery, a creamy Fourme d'Ambert and a premium English stilton from Colsten Bassett that was as decadent as white chocolate. Marshall accents her plates with delicacies such as salted Marcona almonds and citrus pepper oil. Each plate is accompanied by Little T's sliced salt loaf.

(4323 NE Fremont, Portland, 503-282-1887, blackbirdwine.com)

### Cheese Bar

Steve Jones, the owner and inspiration behind this sought-after shop, is one of Portland's most prominent cheesemongers. He has won national prizes for his creative combinations; one year he wowed judges at NYC's Cheesemonger Invitational with his pairing of bacon caramel corn and Austrian cheese. At Cheese Bar, Jones serves up five different varieties of cheese plates: cheesemonger, Neal's Yard, soft-ripened, blue and stinky. All plates come with chutney and crostini. Jones recommends that a new visitor order the preselected cheesemonger plate: "It's a great introduction. Generally on that you have cow, goat and sheep; the three main dairy animals are represented. We try to have a variety of styles, and it's also at temperature, which is pretty important to really enjoy cheese." A recent cheesemonger plate consisted of a goat Gouda from California, a raw cow/sheep's milk cheese from Black Sheep Creamery and a slab of mild raw cow's milk cheese from Ancient Heritage Dairy. New cheeses are delivered every few days. (6031 SE Belmont, 503-222-6014, cheese-bar.com)

PHOTO BY KERRY POLITZER



## Cheese & Crack

Not to pun, but cheese expert William Steuernagel's plates are truly addictive. After securing funding from over 150 Kickstarter backers, the entrepreneur opened one of Hawthorne's most popular food carts. A unique creation is his brûléed Brie. This crunchy-topped, creamy concoction is reason enough for a visit. Other cheese choices include Cypress Grove fromage blanc and cana de oveja (aged sheep's milk cheese). Steuernagel offers a wide variety of both sweet and savory accompaniments for his plates including butter or oatmeal crackers, cornichons and seasonal fruit. A "crack box," which includes one kind of cracker, two cheeses and three sides, is only \$8. (SE 33<sup>rd</sup> Ave. and Hawthorne, 503-847-9554, [cheeseandcrack.com](http://cheeseandcrack.com))

## The Cheese Plate PDX

Passionately local Cheese Plate PDX serves exclusively Oregonian cheeses. The all-vegetarian cart, which is located in a trendy Alberta pod, is known for serving what is possibly the only vegan cheese plate in Portland. This plate includes a tofu-seaweed feta from local purveyor Heidi Ho and a house-made fromage fort made with white wine and cashews. Cheese Plate PDX began to offer this specialty because its owners, Carina and Nick, have flirted with veganism for years. However, there is plenty for dairy lovers at this cart, from blue cheese to goat. Carina explains, "We like to create a selection of mild, adventurous/interesting, different textures, and it is nice to have variety in the types of milks used. Then we always want something sweet and something acidic on the plate to go with the cheeses." Cheese Plate PDX changes its menu every six weeks, so there are always new tastes to explore. (2231 NE Alberta, 503-422-8707, [thecheeseplatepdx.com](http://thecheeseplatepdx.com))

## Urban Farmer

Urban Farmer artfully showcases all of its cheese on an elegant wheeled cart. Each night patrons can ogle a dozen diverse cheeses selected by Lindsey Walton. The cheese artisan lovingly adorns her plates with homemade condiments, herbs and splashes of lavender honey. Walton's selections range from bloomy to aged, cow to goat, and mild to strong. Her plates may be enjoyed during Urban Farmer's popular happy hour and at dinnertime. (525 SW Morrison, 503-222-4900, [urbanfarmerportland.com](http://urbanfarmerportland.com))

## Brasserie Montmartre

At this downtown bistro, you can partake of a varied cheese plate while enjoying some of the best live jazz in the city. While much of the cheese selection consists of French and Italian imports, you can also find close-to-home favorites like Mt. Townsend Creamery's Scotch ale-washed Off Kilter. With cheese like this, it's easy to forgo a sweet dessert. (626 SW Park Ave., 503-236-3036, [brasseriepdx.com](http://brasseriepdx.com))

Kerry Politzer is a lifelong foodie who moved to Portland two years ago. She has written for *Dessert Professional*, *IN New York*, and *WHERE Traveler*.

OPPOSITE PAGE | TOP PHOTO COURTESY LITTLE GREEN PICKLE  
BOTTOM PHOTO BY KERRY POLITZER



PHOTO BY KERRY POLITZER



COURTESY LITTLE GREEN PICKLE



PHOTO BY KERRY POLITZER

# CHEF'S CORNER

*Create a special pre-b'nai mitzvah meal*



By Lisa Glickman


The invitations are mailed and the venue is booked. The menu is set and the party is planned. Months of study and practice reciting Hebrew prayers and trope have led up to the one special day this fall our son is called to the bimah as a bar mitzvah.

As with many special gatherings, food plays an important role in a bar/bat mitzvah celebration. Choosing a theme for the party is a fun way to reflect the personal taste of the young man or woman being honored.

For the party, interactive food stations can be enjoyed by kids and still allow adults to have some fun, too. Try serving creative options like a taco bar with warm tortillas, assorted fillings and guacamole; a build-your-own burger buffet with all the fixings; or a Shanghai noodle station with sesame noodles, Asian-inspired toppings and vegetables served with chopsticks in Chinese restaurant “to go” boxes. Lighthearted and fun as well as delicious, these ideas all make for a relaxed party where everyone is allowed to play with their food!

Dessert ideas might include a warm chocolate fountain with assorted fruit, cookies and brownie bites or an ice cream sundae buffet with various candies, toppings and whipped cream. And creating a station providing a root beer, Coke or orange soda float is sure to bring out the kid in everyone!

The Friday evening before our son's big day we are planning a more traditional Shabbat dinner with a smaller group of family and close friends. Laz will surely be anxious about the following day, and I want to create a special meal just for him. The menu includes my own recipe for these delicious lamb chops with a rich pan sauce scented with ruby port wine and fresh figs.

The lamb chops are first smothered with fresh chopped garlic, Dijon mustard and herbs, then pan seared. The pan is deglazed with shallots and beef stock and then added to the reduced port wine and figs. The rich lamb goes perfectly with the subtle sweet sauce. I make homemade challah (find recipes on food.com)... Yes, it's a lot of work, but a labor of love made much easier with the modern addition of a Kitchen Aid mixer. Besides, most of the time is spent waiting for the dough to rise! A seasonal vegetable and my favorite recipe for potato kugel are added to round out our menu. 

Lisa Glickman is a private chef and teacher who lives in Bend. 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](mailto:lisa@lisaglickman.com).



## MY FAVORITE POTATO KUGEL RECIPE

COURTESY OF FOOD.COM

- 6 large Idaho potatoes, peeled
- 2 large onions, one diced and one quartered
- Oil to sauté onion
- 4 large eggs, lightly beaten
- 5 tablespoons oil
- 2-3 teaspoons salt
- Fresh ground pepper
- ¼ cup potato starch
- 1 cup boiling water
- ¼ cup oil

Preheat oven to 500°F. Sauté diced onion until nicely caramelized and golden. While onion is caramelizing, grate potatoes using the fine (smallest holes) disc in the food processor. Squeeze out liquid and place in a large mixing bowl. Process onions (don't change the blade) and pour the onion pulp and juices into the bowl with the potatoes. Stir in eggs, 5 tbsp. oil, salt, pepper and caramelized onions. Sprinkle starch on top. Pour boiling water over starch and stir thoroughly. Pour ¼ cup of oil into a 9-by-13-inch baking pan and heat in oven for about a minute. Do not allow oil to burn. Carefully pour mixture into pan and bake for 20 minutes. After 20 minutes, reduce heat to 400°F and bake for 40 minutes or until the top is a deep golden brown.

## BABY LAMB CHOPS WITH PORT WINE AND FIG SAUCE

Serves 6-8

12 bone-in lamb chops

FOR THE MARINADE:

- 5 cloves garlic, chopped
- 1 tablespoon chopped fresh rosemary
- 1 teaspoon chopped fresh thyme
- ¼ cup Dijon mustard
- ¼ cup olive oil
- 1 tablespoon kosher salt
- 1 teaspoon fresh cracked black pepper
- 12-15 fresh (or dried) figs
- 1 cup ruby port
- 1 large shallot, chopped
- 3 cups beef stock
- 1 teaspoon cornstarch
- 2 tablespoons water

In a small bowl mix together ingredients for marinade and then coat lamb chops evenly with the mixture. Refrigerate lamb for 2-3 hours. Remove lamb from refrigerator to allow chops to warm up a bit. Coarsely chop the figs and place in saucepan with the ruby port. Heat wine to a boil; reduce to a simmer. Allow wine and figs to simmer and continue to reduce while making the lamb. Meanwhile heat a large sauté pan to medium high heat. Add about a tablespoon of olive oil to pan. Cook lamb to desired doneness (about 3-4 minutes per side for medium rare) and set aside. Lamb can be cooked in batches so as not to overcrowd the pan. When lamb is cooked, place on warm serving platter and tent with foil to keep warm while making the sauce. Turn pan down to medium heat and add shallots. Cook shallots until softened, 2-3 minutes. Add beef stock to pan. Stir to loosen browned bits from bottom of pan. Reduce stock by half. When stock is reduced, strain into saucepan with port and figs. Mix together cornstarch and water and add to hot sauce to thicken slightly. Taste and adjust seasonings. Pour warm sauce over lamb chops to coat. Serve additional sauce on the side.

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# Planned Giving

**“BLESSED ARE THEY THAT OBSERVE JUSTICE AND DO RIGHTEOUSNESS AT ALL TIMES!”**

~~ PSALMS (TEHILLIM) 106:3

**“HOW LOVELY TO THINK THAT NO ONE NEED WAIT A MOMENT; WE CAN START NOW, START SLOWLY CHANGING THE WORLD!”**

~~ ANNE FRANK (DIARY ENTRY, 1944)

**INSIDE:  
ASSURING JEWISH TOMORROWS  
NEW GIVING GENERATION CHARITABLE DEDUCTIONS**

# How can we assure “Jewish Tomorrows”?

By Julie Diamond

Maybe you only celebrate the High Holy Days; or you attend synagogue every week. Perhaps you grew up in a home where Jewish and other holidays were celebrated with joy and love; or you simply love your mother’s chicken soup. The Jewish experience is nothing if not diverse, but at the core there is the shared value of communal living, of making a just world – not only for today but for generations to come, assuring Jewish tomorrows.

The Oregon Jewish Community Foundation is dedicated to securing the future of Jewish Oregon through the new Life & Legacy Initiative, in partnership with the Harold Grinspoon Foundation. The two-year program provides participating Jewish organizations with training, mentorship, marketing and incentive grants to support legacy gift development. The program supplements the ongoing foundation services for individuals and family philanthropy, partner organizations and the professional investment of philanthropic funds.

“The Harold Grinspoon Foundation is thrilled to be partnering with the Oregon Jewish Community Foundation and its local partner organizations to integrate legacy giving into the philanthropic culture of the Oregon Jewish community,” says Life & Legacy National Director Arlene Schiff. “Working together, we will provide the generous and forward-thinking members of the Oregon Jewish community with the opportunity to express their passion, purpose and commitment to your most valued Jewish organizations, sustaining them for future generations.”

The OJCF Legacy Leadership Council met in July and selected 10

participating organizations from a total of 14 applications (see sidebar for list of organizations). Chaired by Ben Isenberg, Council members include Jill Edelson, Elizabeth Menashe, Jim Meyer, Eric Rosenfeld and Jeff Wolfstone. The evaluation was based on readiness to undertake the program and be successful. Each organization had to form a legacy team of a professional (rabbi, executive director or development director) and three volunteers. The 10 teams will participate as a group in the two-year program, with the opportunity for each to earn incentive grants of \$9,000 per year for reaching their goals for securing legacy gifts.

“I want to thank the members of the Council who selected the participants with great thoughtfulness and respect for all the organizations who applied,” says Isenberg. “Life & Legacy provides an unprecedented avenue for community collaboration. Our Jewish leadership will learn and work together and celebrate shared success as a community. I’m really excited to see this take off in Portland and Oregon.”

The first training session is slated for Oct. 9 at the Mittleman Jewish Community Center. Schiff will focus on Writing Your Legacy Plan. Other topics include Making the Ask, Marketing Your Legacy Program and Stewardship of Your Legacy Donors. Legacy teams also will have other opportunities to meet one-on-one with foundation leadership, Schiff and other guest consultants during their visits to Portland.

“On behalf of the OHRC and Friends of the Memorial, we are so excited to be included in Life & Legacy,” says Lisa Kaner of the Friends of the Memorial. “We believe this effort will be crucial in moving us from the halfway point of \$500,000 to the \$1 million goal for the Oregon Holocaust Memorial Endowment.






Attendees at a May breakfast introduce themselves to Life and Legacy National Director Arlene Schiff, right. Photo by Deborah Moon

The timing could not be better as we approach the 10th anniversary in 2014 of the Memorial's dedication in Washington Park." The timing also coincides with the upcoming 100<sup>th</sup> anniversary of the Mittleman Jewish Community Center and other important capital and special campaigns taking place in our community.

"One important goal of Life & Legacy is to develop a new community culture where all conversations about giving include at least a mention of planned giving. Planned giving doesn't compete with annual giving. In fact, research shows that when people make arrangements for planned gifts, their annual giving actually increases," says OJCF President Sharon Morell.

Eric Rosenfeld, the foundation's immediate past president, played a key role in raising the funds locally to make it possible to participate in the program and obtain match funding from the Grinspoon Foundation. The local funding represents

contributions from the OJCF Community Endowment Fund, the Leonard & Lois Schnitzer Supporting Foundation, OJCF board members and other generous community leaders including the Goodman Family, Bob and Rita Philip, Rob and Mara Shlachter, and Dick Solomon and Alyce Flitcraft.

The other communities participating with OJCF in Life & Legacy are the Jewish Foundation of Memphis, Jewish Community Foundation of Orange County, Jewish Community Foundation of Greater Mercer, Jewish Foundation of New Haven, Charlotte Jewish Foundation and Greater Miami Jewish Foundation. 

Julie Diamond is the OJCF executive director. For more information about Life & Legacy or the Oregon Jewish Community Foundation, visit [ojcf.org](http://ojcf.org) or [ojcf-gift.org](http://ojcf-gift.org) or call 503-248-9328. The OJCF does not provide tax or legal advice. Consult your tax and legal advisors for guidance on your charitable planning. For more information about the Harold Grinspoon Foundation, visit [hgf.org](http://hgf.org).

### Life & Legacy Participants

- |                               |                                       |
|-------------------------------|---------------------------------------|
| Cedar Sinai Park              | Jewish Federation of Greater Portland |
| Congregation Beth Israel      | Mittleman Jewish Community Center     |
| Congregation Neveh Shalom     | Oregon Holocaust Resource Center      |
| Congregation Shaarie Torah    | Portland Jewish Academy               |
| Jewish Family & Child Service | Temple Beth Israel Eugene             |

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# A new generation of givers

By Marc Blattner

For years, many in Jewish communal service have raised the issue about the future of Jewish philanthropy. They ask, will the younger generation continue to support Jewish causes? Will they be as philanthropic as past generations? And will they participate in the same ways?

Some of this was answered by a new study, *Next Gen Donors: The Future of Jewish Giving*, which finds that young Jewish philanthropists (ages 21-40) want to carry out their giving in vastly different ways than their parents and grandparents. They will contribute, yet their priorities may be different.

For example, 65% of respondents mentioned funding religious and faith-based causes as compared to 78% for older generations. And for younger donors, education (not specifically Jewish) was their top priority. But for next gen donors, the goal is to find new, innovative ways to maximize the effect of their giving by exploring more hands-on experiences and shifting to more peer-oriented giving.

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**Younger donors first support causes they are passionate about – rather than institutions. It is up to organizations to inspire them and show them that their support can make a tangible difference on the wider issues.**

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What may be most important is that younger donors want their giving to be “information-driven, hands-on, impact-focused, and proactive and peer oriented.” Where older generations may have been more socially motivated to give, one next gen respondent to the study said, “I am interested in many of the same causes but much less concerned about the recognition and more about participation and impact.”

The report states, “Next gen donors want to develop closer relationships with the organizations they support, contribute their personal talents as well as money, and get involved to solve problems alongside those they support. They also want to share their philanthropic experiences with peer networks to extend their impact. In short, they want to give their time, talent, treasure and ties.”

While this particular study focused on next gen donors (and in all candor, the participants were from significantly affluent families), we must not forget that baby boomers are now the largest philanthropic cohort in the country, making up 43% of all giving (although only 34% of all donors). While some believe that “digital” is only for young people, studies show that each generation values a mix of online and offline communications

and giving channels. In fact, more baby boomers give online than through the mail today.

Interestingly, a study about American giving states that those born before 1946 feel that giving money makes the largest impact for charities, while only 36% of Generation X and only one in four millennials feel the same. Instead of dollars, millennials would rather give of their time, feeling that is the way they can make the largest difference.

So, what messages should our Jewish community take from these studies?


Young people will give generously, but with their own mindset and priorities.

Baby boomers have incredible philanthropic muscle (both with their dollars and their considerable amount of time and experience). We must cultivate this target group and utilize their multifaceted skill set.

Impact rules for younger generations, in particular; it is all about seeing results from their contributions.

Younger donors first support causes they are passionate about – rather than institutions. It is up to organizations to inspire them and show them that their support can make a tangible difference on the wider issues.

Perhaps the most important statistic in the entire study is that 92% of respondents said their philanthropy was influenced by their parents. But unfortunately, too few young people are involved in their family’s philanthropy. Programs like the Oregon Jewish Community Youth Foundation and B’nai B’rith Camp’s Teen Philanthropy Program are excellent models that teach teens about how to give, yet learning about philanthropy really starts at home.

As a parent of a 12-year-old and 10-year-old, we do our best to discuss our charitable activities (whether cash donations or time). We share our priorities and values with our children so they understand “the why” and “for what” based on our current interests and thinking. We want them to know what we are doing and the reason behind it. Not every parent will do this. Nor will every child listen. Our hope (expectation may be a better word) is that they will learn from us the importance of giving back to our Jewish community and making the world a better place. And that they will become Jewish philanthropists in their own way. 

Marc Blattner is president and CEO of the Jewish Federation of Greater Portland. This column was excerpted from his weekly email called Marc’s Remarks. To receive future Marc’s Remarks, email [rachel@jewishportland.org](mailto:rachel@jewishportland.org).



# HOW WILL YOU ASSURE JEWISH TOMORROWS?



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# MONEY MATTERS

## Tips on deducting charitable contributions

By I. Kenneth Davis

As we head into the time of year when many of us make our charitable contributions, it is a good idea to review the income tax related tips published by the IRS earlier this year. The IRS offers the following tips to help ensure your contributions pay off on your tax return.


### Nine IRS tips for deducting charitable contributions:

1. If you want a tax deduction, you must donate to a qualified charitable organization. You cannot deduct contributions you make to an individual, a political organization or a political candidate. For information about whether an organization is qualified, you can use the Exempt Organizations Select Check tool at IRS.gov (irs.gov/Charities-&-Non-Profits/Exempt-Organizations-Select-Check).
2. You must file Form 1040 and itemize your deductions on Schedule A. If your total deduction for all noncash contributions for the year is more than \$500, you must also file Form 8283, Noncash Charitable Contributions, with your tax return.
3. If you receive a benefit of some kind in return for your contribution, you can only deduct the amount that exceeds the fair market value of the benefit you received. Examples of benefits you may receive in return for your contribution include merchandise, tickets to an event or other goods and services.
4. Donations of stock or other noncash property are usually valued at fair market value. Used clothing and household items generally must be in good condition to be deductible. Special rules apply to vehicle donations.
5. Fair market value is generally the price at which someone can sell the property.
6. You must have a written record about your donation in order to deduct any cash gift, regardless of the amount. Cash contributions include those made by check or other monetary methods. That written record can be a written statement from the organization, a bank record or a payroll deduction record that substantiates your donation. That documentation should include the name of the organization, the date and the amount of the contribution. A telephone bill meets this requirement for text donations if it shows this same information.
7. To claim a deduction for gifts of cash or property worth \$250 or more, you must have a written statement from the qualified organization. The statement must show the amount of the cash or a description of any property given. It must also state whether the organization provided any goods or services in exchange for the gift.
8. You may use the same document to meet the requirement for a written statement for cash gifts and the requirement for a written acknowledgement for contributions of \$250 or more.
9. If you donate one item or a group of similar items that are valued at more than \$5,000, you must also complete Section B of Form 8283. This section generally requires an appraisal by a qualified appraiser.

### And here are two more tips not included in this year's IRS publication:

1. Only contributions actually made during the tax year are deductible. For example, if you pledged \$500 in September but paid the charity only \$200 by Dec. 31, your deduction would be \$200.
2. Include credit card charges and payments by check in the year they are given to the charity, even though you may not pay the credit card bill or have your bank account debited until the next year.

To obtain more detailed information about the deductibility of charitable contributions, see IRS Publication 526, Charitable Contributions. For information on determining the value of non-cash contributions, refer to IRS Publication 561, Determining the Value of Donated Property. These publications are available at IRS.gov or by calling 800-TAX-FORM (800-829-3676).

For advice about the tax consequences of, and planning for, charitable contributions in your particular circumstances, contact a tax professional. 

Kenneth Davis is a partner at the Portland law firm Dunn Carney Allen Higgins & Tongue LLP. In addition to being a member of Dunn Carney's Business, Tax and Wills & Estates Teams, Ken is also a member of both the Portland Estate Planning Council and Oregon State University's Foundation Gift Planning Council.



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**Mittleman Jewish Community Center**, 6651 SW Capital Hwy., Tuesdays, Oct 15-June 10, 9:30-11:45 am.

**Shaarie Torah**, 920 NW 25th St, Tuesdays, Oct. 15-June 10, 7-9:15 pm; or Sundays, Oct. 13-June 1, 9:05-11:15 am.

*Fall spotlight classes are open to everyone and run five or 10 weeks beginning week of Oct. 13:*

**Shir Tikvah**: Jewish Roots of Christianity, with Jan Rabinowitch; 7 pm Thursdays.

**MJCC**: BaMidBar, with Sylvia Frankel, noon Tuesdays.

**MJCC**: What Is God? Part I, with Jan Rabinowitch; 9:15 am Tuesdays.

**MJCC**: Jewish Identity in Post-war Eastern Europe, with Anna Szemere; 10:45 am Tuesdays.

**Shaarie Torah**: Shemot (Exodus), with Jan Rabinowitch; 7 pm Tuesdays

**Neveh Shalom**: The Arab-Israeli Conflict, Part I, with Rabbi Joshua Stampfer; 2 pm Mondays OR 10:30 am Thursdays.

## FLORENCE MELTON SCHOOL OF ADULT JEWISH LEARNING OPENS IN EUGENE

The new Florence Melton School of Adult Jewish Learning opened at Temple Beth Israel in Eugene this fall.

Following a "Taste of Melton" led by Rabbi Boris Dolin Sept. 8, the school begins its two-year curriculum designed to offer adults a well-rounded, in-depth study of Judaism in a user-friendly format. The two-year course meets one day a week for 25 weeks per year.

Adult Jewish learners from all backgrounds explore classic Jewish sources in an intellectually stimulating, nondenominational environment. There are no tests or homework. The Melton School is open to anyone interested in exploring Judaism.

First-year classes begin the week of Sept. 29. Space permitting, students may enroll in either Wednesday evening or Sunday morning classes even if they missed the first session.

For further information on Eugene's Florence Melton School of Adult Jewish Learning, call 541-485-7218 ext. 104 or visit [tbieugene.org](http://tbieugene.org) and click the Melton School tab.

# Melton School connects adults to Jewish learning



Melton Director Rachel Pollak (center) with instructors Erica Goldman (left) and Sylvia Frankel. Photo by Polina Olsen

By Polina Olsen


It's back-to-school time at the Portland Florence Melton School of Adult Jewish Learning, where adults gather each week to savor Jewish learning at its best. With no homework, grades or tests – but plenty of great expert-led discussion – classes range from medieval sages and Kabbalah to life in post-war Eastern Europe. Registration ends Oct. 11; classes start the week of Oct. 13.

Additional locations and times make this year's Melton curriculum a community-wide opportunity. Sunday morning classes at Congregation Shaarie Torah are great for working adults, and Eastsiders will enjoy meeting at Shir Tikvah on Northeast 76<sup>th</sup> Avenue. Choose the classic two-year core program developed by Hebrew University or five- and 10-week spotlight classes. From secular to observant, Jews of all stripes will find a welcoming community. Intermarried couples are especially encouraged to join.

"The thing I liked best was once a week, I could be in a Jewish space," says Melton Program Director Rachel Pollak, who took the core program in 2008. "Each class was joyous, and I was intellectually stimulated. I didn't really know Hanukkah until I took the first year classic course with Jan Rabinowitch. She explained the cultural context of the Greeks in Israel and the conflict between Jews who were assimilating and those who refused to assimilate. You saw a universal theme that still resonates.

"Tuition can be a challenge," Rachel continues. "It's \$600 per year for the classic curriculum of 30 classes. We try to make it easy. If you sign up with a partner or a friend, the second person gets half off tuition. We offer easy-to-apply-for scholarships and easy payment plans. Our concern is to run a good program and make it accessible to people who want to connect to Jewish learning."

Sylvia Frankel and Erica Goldman have taught at Melton for years. "The goal is not to make students more observant," Sylvia says. "We want to turn students into literate Jews who know the legacy of Judaism and to give them the desire to continue learning. It's so stimulating and enriching to have people from different segments of the community come together."

While other classes on Judaism might teach how to celebrate a holiday, Melton courses delve into early Jewish texts to see how it all began and progress to contemporary writings. "Melton is the central address for serious adult Jewish education," Erica says. "One of the most beautiful things is reading a text that is absolutely the source for many things we do." 

Melton Adult Learning: [meltonportland.org](http://meltonportland.org) | 503-384-2476

# Fiber artist finds calling in hats



leopard skin pillbox hat



"Kaddish," mixed-media art

By Elizabeth Schwartz

Local artists and art lovers alike eagerly anticipate the annual Portland Open Studios tour, which takes place during the second and third weekends in October, but probably no one is looking forward to it more than Diana Unterspan. Unterspan is a fiber artist who works primarily with wool and silk to create both decorative and wearable art; she recently started making hats, which have become her best-selling items.

"I don't think there are too many Jewish milliners left," she observes. If you take the Open Studio tour, you can meet Unterspan in her studio on Saturdays and Sundays, Oct. 12-13 and 19-20, from 10 am to 5 pm.

Unterspan's affinity for both fiber and clothing dates back to her childhood, when she spent many happy hours in her grandfather's tailor shop. "My father's father, who lived with us, was a tailor from Minsk," Unterspan explains. "He started with a shop on the Lower East Side and later moved out to Brooklyn. I remember hanging out there, playing hide and seek among the clothes."

The feel and smell of the clothes, coupled with hearing the customers speak Yiddish and other languages, captured young Diana's imagination. Sewing, clothes and fibers became inextricably linked with exotic distant places.

"I was a creative child, a combination science geek and creative geek," says Unterspan. "I was an early reader, and my mom encouraged my odd experiments. Since I was (and still am) physically small and an introvert, my favorite times were spent alone, doing experiments, reading, finding wildflowers and, of course, playing dress up with my mother's clothes and hats."

Since Unterspan and her husband moved to Portland in 2006, she has devoted herself full time to her art. Her small home studio overflows with vibrant colors, skeins of wool, bolts of cloth and miscellaneous objects from buttons to pieces of driftwood. Several projects in different stages of development rest on her worktable. On the day I visited, Unterspan was blocking a forest green hat wool hat (shaping the wet wool on a wooden milliner's form). As the wool dries, Unterspan plays with folds or pleats, trying out different ideas. Damp wool is fungible, which allows for a wide range of experiments. When it dries, it will retain the last shape Unterspan chose for it, but she can always wet the hat again and start over if she doesn't like the result.

Although she is best known for her hats, Unterspan has only been making them for a few years. "When I moved here I saw the ORA NW Jewish Artists show, and I thought, 'I have to be a member of this group!' I was invited a couple years later." While sitting at her booth at the ORA Celebration of Art, Unterspan worked on a small felt bowl. On a whim, she turned it upside down and noticed it worked equally well as a hat. "So then I made four full-size felted hats and they all sold. Nobody was buying my fiber art, but the hats were selling like hotcakes."


Unterspan enrolled in classes with Dayna Pinkham, whom she calls "the premiere hatmaker in the Northwest."

"I learned an incredible amount about hat-making," Unterspan adds. "Forms, ropes, underpinnings, kinds of stitches you use, how to measure people's heads properly." Soon Unterspan was selling her hats at craft fairs and galleries in Portland and Beaverton. Custom orders began trickling in. "I hit the big time when I walked into the Real Mother Goose, and they put a dozen of my hats in the main window. The Real Mother Goose is the premiere arts/crafts gallery in America; it's such a huge honor that they like my work."

Unterspan's favorite hat is an updated version of the Jackie Kennedy pillbox, featuring a leopard skin print. Unterspan was inspired by the Bob Dylan song "Leopard Skin Pillbox Hat" from his 1966 album "Blonde on Blonde."

In addition to her hats, Unterspan makes kippot, tallitot and other Judaica. She also creates framed decorative pieces made of mixed fibers and other objects. Both the prayer and an Alan Ginsberg poem inspired "Kaddish," one of her favorites. "The dark images filled with small sparkles of metallic threads remind me of my feelings about being a little, fair-haired Jewish girl surrounded by all the exotic darkness that was Yiddish, shul and the lower Eastside in New York City," says Unterspan. "There are also reminders of death – the bone chunks – but they are

also the living tissue, which lets us move and make changes in the world. All the edges are purposefully left raw and unfinished, just like real life."

Working with fiber, particularly silk – "There's something about silk; I can smell silk and it's not the same as polyester" – reaffirms Unterspan's connection to her Jewish roots. The tactile and olfactory qualities of animal fibers are as important to Unterspan as the art she makes with them. "It's intensely rewarding to use fibers in their raw state, even to see the animals who produced them. I love the feel and smell of wool and silk in my hands as I work." 

Elizabeth Schwartz is the program annotator for the Oregon Symphony, co-host of the Yiddish Hour on 90.7 FM KBOO Community Radio and a freelance writer living in Portland.



Diane Unterspan shapes a green wool hat.

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Laura Fendel and schnauzer Charlie Parker next to one of Laura's three-dimensional fabric vases.

## NORTHWEST JEWISH ARTISTS ASK:

# "What is Jewish art?"

By Polina Olsen

Eddy Shuldman hopes this year's Celebration of Art will be a community event. Scheduled for Sunday, Nov. 3, at the Mittleman Jewish Community Center, the ORA-Northwest Jewish Artist's exhibition will include paintings, beadwork, glasswork, fiber arts, metalwork and photography. The group Eddy and her friend Esther Liberman founded eight years ago continues to be a focal point for many.

But answering questions like what is Jewish art or who is a Jewish artist remains elusive. While some ORA members work exclusively with Judaica, many of

the artists do nothing that looks Jewish at all. "We don't try to answer those questions," Eddy says. "But when I ask someone how being Jewish affects their art, there is always an answer. Even if it doesn't speak Yiddishkeit, they can tell you how being Jewish led to this."

Eddy's fused glasswork includes seder plates based on her Torah study. Esther says about half her beadwork is Judaica. "To me a Jewish artist is an artist who is Jewish," she says. "Not everyone in our group does Judaica, but your upbringing

Michelle Katz says painting is "a way for my inner spirit to let loose." Photo courtesy Michelle Katz



guides you whether you realize it or not. Judaism was a major part of my upbringing, and traditional motifs like the Star of David and the Tree of Life were present in our home. So when I started doing visual arts, they naturally came to me."

New ORA member Michelle Katz, came to Portland 10 years ago from Arizona. She's worked with after-school art programs and created mosaic murals for eastside public schools.

"I used to do glass and tile mosaics," she says. "I got back into painting when the kids were born. It's a way for my inner spirit to let loose. ORA artists have something connecting us, even though our artwork might not have a Jewish theme. We bounce ideas off each other. I've already had a critique with another member. The conversation was about art, but it quickly moved to our Jewish background."

Jeff Israel grew up in Portland and attended Wilson High. Today he is a semi-retired facial plastic and reconstructive surgeon. A stained glass artist for several years, he's recently turned to making masks, often with a Jewish theme.

"As a kid, every time I went to temple I was fascinated by the stained glass windows," he says. "I always thought it would be great to learn how to do this. Traveling around the world repairing cleft lips and palates has enhanced my interest in masks. Judaism is such a rich culture, and the Bible stories are so vibrant. If I can bring those stories to glass, it's one more way to understand and enjoy them."


Laura Fendel's fabric art includes three-dimensional vases and mosaics. Her first piece mimicked jazz great Oscar Peterson's *Walking the Line* album cover. She taught school in Beaverton for 30 years and then retired to open an interior design salon in the Pearl District. Now she transforms sweatshirts she buys at Goodwill into colorful, wearable art. She'll exhibit them at ORA's Celebration of Art show under the title *I'm One of a Kind*.

"I belong to a Jewish women's study group," Laura says. "We have the most meaningful, meditative, creative Shabbat services and workshops." Laura also





Painting by Michelle Katz. Photo courtesy Michelle Katz

started the Jewish women's singing group Simcha. "My soul is Jewish; my ruach is Jewish," she says when asked how Judaism affects her art. What comes out of me comes from the source, and I am the conduit." 



Jeff Israel creates stained glass masks with a Jewish theme. Photo by Polina Olsen

## Celebration of Art 2013

WHEN: 10:30 am to 4:30 pm, Sunday, Nov. 3

WHERE: MJCC ballroom  
6651 SW Capitol Hwy., Portland

INFORMATION: [northwestjewishartists.org](http://northwestjewishartists.org)



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# Portland celebrates 60 years with Rabbi Stampfer

*This Rabbi's life is a history of Portland's Jewish evolution over past 60 years*

By Sura Rubenstein

On a recent afternoon, Rabbi Joshua Stampfer made his way to a light-filled classroom in Congregation Neveh Shalom, greeted other members of his study group and opened a volume of Talmud.

Everyone turned to page 119b(5) in Tractate Shabbos, but the real topic was "Why was Jerusalem destroyed?"

Rabbi Stampfer read aloud, in Hebrew and in English, exploring several explanations. The main point, he said, seemed to be that education and learning are community imperatives – and any place in which they are not, cannot survive. He noted the words of the sage Resh Lakish, who tells another sage that "any town in which there are no school-children studying Torah is eventually destroyed."

He mentioned the sweetness of study, how young children would begin their studies with a taste of honey and how that had inspired him to create the motto of Camp Solomon Schechter: "Where Judaism and Joy Are One."

The afternoon's discussion seemed a fitting topic for a man who has devoted most of his life to learning and teaching, to exploring a myriad of interests and to establishing community institutions ranging from the vibrant summer camp

to college programs in Judaic studies to a Jewish film series.

"He is an extraordinary leader," said Steve Wasserstrom, Judaic studies professor at Reed College and a longtime member of Neveh Shalom. "He is a doer. It may seem like a small thing, but if he saw something that needed to be done, he did it. And he did it immediately."

Today, at age 91, Rabbi Stampfer is preparing to celebrate the 60<sup>th</sup> anniversary of his arrival in Portland to lead Congregation Ahavai Sholom, a precursor of today's Neveh Shalom. He led the congregation for four decades, and since 1993 has been rabbi emeritus.

Longtime friends, congregants and supporters are organizing events over the weekend of Nov. 1-3, including a special Sunday afternoon program tentatively titled: "Meet the Man and the Myth."

"We realized that about 60 percent of our members had not had Rabbi Stampfer as their pulpit rabbi," said Carolyn Weinstein, the celebration's co-chairwoman, who was 16 when Rabbi Stampfer moved to Portland in 1953.

"We wanted to give them the opportunity to understand more of our congregation's history, and how much Rabbi has accomplished."

"There was no Camp Solomon

VISIONARY – Rabbi Stampfer has always looked to the future.



Schechter, there was no Foundation School (preschool), there was not even a library in the synagogue," Weinstein said. "We have all of these things – and more – today because of Rabbi Stampfer."

As part of the celebration, Rabbi Stampfer is leading an effort to raise \$2.4 million to retire the remaining debt on the congregation's capital campaign. He and his wife, Goldie, have pledged \$6,000 toward the campaign, and Rabbi Stampfer has sent a letter with a personal appeal for donations.

Toinette Menashe, who is co-chairing the celebration with Weinstein, said Rabbi Stampfer's decision to use his anniversary to aid the congregation was another example of his dedication.

"He is always thinking about the community," she said. "He is always trying to help."

"This congregation has given me so much," Stampfer said. "This is my expression of thanksgiving."



Born in Jerusalem on Dec. 28, 1921, Rabbi Stampfer is the son and grandson of rabbis and pioneers.

His paternal great-grandfather and namesake, Yehoshua Stampfer, was a founder of Petach Tikva, the first modern Zionist settlement in what is now Israel. His maternal grandfather, Rabbi Tzvi Pesach Frank, was for several decades Chief Rabbi of Jerusalem. Rabbi Abraham Isaac Kook, the Chief Rabbi of Israel and a close friend of Rabbi Frank, served as Stampfer's sandek (or "holder") at his brit milah.

Stampfer's father, Rabbi Elijah David Stampfer, came to the United States in



TO LEARN AND TO TEACH – Rabbi Joshua Stampfer, center, focuses on an important line during his weekly Talmud study session, which has been continuing for some 50 years. Joining Stampfer are, from left, Mark Kalenscher, Sylvia Frankel, Doug Brotz and Elaine Mooso. Photo by Sura Rubenstein

## RABBI JOSHUA STAMPFER HIGHLIGHTS FROM THE PAST 60 YEARS



JUDAISM IS EVERYWHERE – Rabbi Stampfer laying teffilin on Mount St. Helens.

1924, eventually taking a position as rabbi of an Orthodox congregation in Akron, Ohio, where Stampfer celebrated his bar mitzvah in 1934.

Following high school, Stampfer went to Chicago, where he studied at both the Hebrew Theological College and the University of Chicago, graduating from UC in 1943 with a degree in biochemistry. He later completed a master's degree in rubber chemistry at the University of Akron.

“I did not want to be a rabbi,” Stampfer said, reflecting on the challenges his father had faced over the years. But experiences at a Jewish summer camp, the Brandeis Camp Institute, in 1943 began to change his mind. In the fall of 1945, he entered Jewish Theological Seminary in New York City.

“The signposts had been there my entire life,” Stampfer told David Michael Smith in his biography, *To Learn and To Teach*. “Only now was I becoming willing to heed them.”

The summer institute changed Stampfer's life in another important way: he met Goldie Goncher of Atlanta. They were married on Feb. 13, 1944, in Akron, with Rabbi Stampfer's father officiating.

“I was drawn to him immediately,” Goldie Stampfer told Smith. After their marriage, she supported her husband's decision to pursue the rabbinate. “When a person loves the work they do, it's very fortunate,” she said in a 1988 interview.

Rabbi Stampfer found the atmosphere at Jewish Theological Seminary, affiliated

1953

- Arrives in Portland to lead Congregation Ahavai Sholom
- Publishes “The Chronicle,” the first newsletter for the congregation
- Officiates at Linda Potter's bat mitzvah, the first bat mitzvah in Portland
- Starts first Jewish preschool in Portland, today's Foundation School
- Starts a United Synagogue Youth chapter for teens
- First consecration of religious schoolchildren at Ahavai Sholom

1954

- Begins five “adult education circles” in congregants' homes, teaches Talmud and Bible classes
- Starts a Brotherhood group and a Young Marrieds' group
- Holds a “Weekend in Quest” shabbaton

1955

- Establishes Camp Solomon Schechter, the first kosher Jewish camp in the Pacific Northwest
- Receives the National Solomon Schechter Award for his synagogue adult education programs

1957

- Starts a Leadership Training Program for synagogue youth, meeting with them at his home on Shabbat afternoons

1960

- Is integral in planning the merger between Ahavai Sholom and Neveh Zedek, becomes Congregation Neveh Shalom's first rabbi in 1961

1961

- Begins teaching Hebrew and Middle Eastern Studies at Portland State College (now Portland State University)
- Becomes the B'nai B'rith Hillel Foundation Counselor at PSC
- Is one of the founders of the Hillel Academy, the first Jewish day school in Portland
- Establishes what will become the largest synagogue Judaica library in the Pacific Northwest, raises funds by charging for book reviews

1973

- His efforts to bring women into the services as equal participants becomes congregational policy
- Becomes the first American rabbi for The Center for Conservative Judaism in Jerusalem while on sabbatical (1973-74)

1974

- Establishes the Jewish Historical Society of Oregon

1976

- Appointed by Governor Roberts to the State Ethics Commission where he serves for six years

1977

- Visits Refuseniks in the Soviet Union, bringing them spiritual supplies and giving moral support
- Witnesses the signing of the peace treaty between Israel and Egypt in Washington, DC, at the White House, where a kosher lunch is served

1978

- Establishes the Institute for Judaic Studies, setting up the intercollegiate program for Reed College, Lewis & Clark College and Portland State University

1983

- Establishes the Oregon Holocaust Research Center.
- Authors *Pioneer Rabbi of the West: The Life and Times of Julius Eckman*, about the first rabbi in San Francisco
- Visits Kaifeng, China, and as a result of this trip, establishes the Sino-Judaic Institute, which has played a major role in reviving Jewish studies throughout China

1985

- Visits the community of Crypto Jews of Belmonte, Portugal, and afterward helps create an international organization, “The Society for Crypto Judaic Studies,” which is still active in research and publishing

1987

- Is instrumental in creating the sister city relationship between Portland and Ashkelon, Israel

1988

- Attends a conference in Washington, DC, which changes his views about Israeli-Palestinian issues; speaks publicly in favor of a two-state peace treaty

1989

- Leads an interfaith tour to Israel with Frank Afranji and Rodney Page, representing the Portland Muslim and Christian communities
- Establishes the Oregon Jewish Museum
- Works with a committee of volunteers to write the prayerbook, *Oneg Shabbat*, still used by Neveh Shalom

1993

- Starts the Jewish Film Festival
- Retires on July 1 as rabbi of Congregation Neveh Shalom

2005

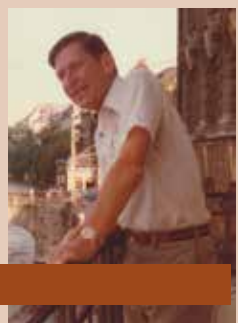
- Featured in “The Three Rabbis,” an Oregon Public Broadcasting documentary about Rabbis Stampfer, Geller and Rose, who for more than a generation were leaders of the Portland Jewish community

2008

- Helps create the Harold Schnitzer Department of Judaic Studies at Portland State University

2012

- Initiates planning for a sequel to *The Jews of Oregon: 1850-1950*, a history of Oregon's Jewish community; helps to raise money for the book





PRESIDENTIAL ENCOUNTER – Rabbi Stampfer meets President Carter.

with Judaism’s Conservative Movement, exhilarating.

“We were bombarded with ideas,” he said. “It was a place of intellectual ferment.”

He recalls classes with scholars including Talmudist Shaul Lieberman, Abraham Joshua Heschel and Mordechai Kaplan (who founded Reconstructionist Judaism).

“There was a breadth of ideas, from Orthodox to decidedly not Orthodox,” he said. “I wanted to learn from all of these people.”

In 1949 – after having fought in Israel’s 1948 War of Independence while attending classes at Hebrew University – Stampfer was ordained at JTS and took his first pulpit in Lincoln, NE. Four years later, he and his family came to Portland.

One of the first tasks facing the new rabbi was performing the weddings that had been awaiting his arrival – he did four weddings in one day during his first week in town.

But Stampfer soon began addressing other congregational needs by establishing a weekly synagogue bulletin, a Jewish nursery school, a youth group, a young marrieds’ league, adult and youth education, and, in 1955, Camp Solomon Schechter. He also was instrumental in the 1961 merger of congregations Ahavai Sholom and Neveh Zedek, becoming the rabbi of the new Congregation Neveh Shalom.

Together with Orthodox Rabbi Yonah Geller of Congregation Shaarie Torah and Reform Rabbi Emanuel Rose of Congregation Beth Israel, Stampfer formed the Oregon Board of Rabbis and established a community “Introduction to Judaism” class for potential converts, both of which remain unusual examples of collaboration among different streams of Judaism.

“We were rabbis with very different points of view,” Stampfer said, “but joined together in a common effort for the benefit of the community.”

When Rabbi Stampfer retired in 1993, he left a congregation and a community much stronger than when he came.

The congregation, which as Ahavai Sholom had 200 families in 1953, was at 750 in 1993. Institutions such as the Oregon Jewish Museum, the Oregon Holocaust Resource Center, Institute for Judaic Studies and many others continue to enrich Jewish life.

“Portland has the kinds of institutions and organizations that only much larger Jewish communities have – and it’s all because of Rabbi Stampfer,” said Rabbi Daniel Isaak, Stampfer’s successor at Neveh Shalom. “All of these things he created with an idea – and he went from one idea to the next. Thanks to him, Portland has all these ways for people to explore their Judaism.”

While he is grateful for all he has been able to accomplish, Rabbi Stampfer said he took “a special pleasure” in the success of Camp Solomon Schechter, where one of his granddaughters recently celebrated her bat mitzvah; the Oregon Jewish Museum and the Neveh Shalom Library, the largest Judaica library in the Pacific Northwest; and the Judaic studies programs at Reed College and Portland State.

He’s also been active in interfaith dialog, has led interfaith delegations to Israel and has worked to build bridges between many communities.



When Weinstein and Menashe asked Rabbi Stampfer to reflect on his years in Portland, he said one of the most meaningful accomplishments was his Talmud study group, which has been meeting for about 50 years.

He praises the “refreshing open-mindedness” he sees in the Talmud, in which rabbis argue with but also respect each other. In those exchanges, and also in Talmudic accounts of dialog between rabbis and Romans, Rabbi Stampfer has found inspiration and confirmation of his deepest values.

“They were very open,” he said of the Talmudic rabbis, adding that the Talmud focuses on what may seem like minutiae – the details of daily life. “The rabbis observed the behavior patterns of

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LIFELONG PARTNERS – Rabbi Joshua and Goldie Stampfer on Whidbey Island, where Camp Solomon Schechter used a campsite in the 1960s. Photo courtesy of Camp Solomon Schechter

people they admired – adopting, questioning, and learning from those patterns and each other.”

“It is so fundamentally important,” Stampfer says of Talmud study. “It’s a kind of haven.”

## Honoring Rabbi & Goldie Stampfer: 60 Years in Portland Building a Legacy

Here is a listing of events to date for the Nov. 1-3 celebration. All events will be held at Congregation Neveh Shalom and are open to the entire community.

### FRIDAY, NOV. 1

6 pm: Shabbat dinner honoring Rabbi and Goldie Stampfer (RSVP by Oct. 21 to Karen, 503-246-8831).

8:15 pm: Shabbat Services, with a D’var Torah by Rabbi Stampfer.

### SATURDAY, NOV. 2

9 am: Shabbat Services followed by Kiddush lunch.

1 pm: Special Talmud study with Rabbi Stampfer, “Interfaith Study in the Talmud.”

### SUNDAY, NOV. 3

11:15 am: ALIYAH Religious School and Camp Solomon Schechter Family Program.

3 pm: “Meet the Man and the Myth” – A lively afternoon of memories and music with special guest presenters from the past six decades featuring Tom Grant, Cantor Linda Shivers, Cantor Bruce Ruben and Cantor Deborah Bletstein.

Check the Neveh Shalom website for full weekend details: [nevehshalom.org](http://nevehshalom.org).



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# Seeking peace in the shadow of war By Mylan Tanzer

This column on the renewed negotiations between Israel and the Palestinians might seem somewhat detached because I am writing as all of us are preoccupied figuring out if America will attack Syria – and whether Assad, Hezbollah or even Iran will take out their frustration on Israel. The rush that overwhelmed the civil gas-mask distribution depots would seem to indicate what conclusion we have drawn. But this is deceptive. While most of us are taking the basic precautions in which we are well versed, I think Prime Minister Netanyahu’s statement that “our finger is on the pulse but can quickly move to the trigger” has been understood clearly in Damascus. They will prefer a painful American slap on the wrist (if it ever comes) rather than a furious and perhaps extended Israeli reaction to an unprovoked attack against a non-combatant.

If it takes place, the American punitive attack should be history by the time you read this. Whatever the outcome, American action against Syria will be easily outlived by our conflict with the Palestinians.

As worrying and explosive as the implosion in the neighboring Arab countries is, the Palestinian issue is still the most complex, dangerous and toxic for us. Therefore, the announcement by Secretary Kerry that the sides will meet again to try to find some elusive common ground is

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**Originally optimistic and hopeful, today Israelis on all sides of the spectrum associate Oslo with terror, murder of innocent civilians, and incessant missiles and rockets on cities and towns.**

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important because this problem has more impact on our future than the seizures gripping the Arab world, even when these threaten to spill over our borders.

Obama’s many well-documented foreign policy failures in the Middle East include the Israeli-Palestinian issue. While he deserves credit for re-entering the ring where he already took a beating, it is not a coincidence that this appears to be the initiative and “baby” of Kerry. Obama, perhaps still bruised a bit, seems to be removed from the process, his visit to Israel notwithstanding. When Kerry announced that he had succeeded in getting Israel and the Palestinians to agree to a series of understandings to renew negotiations, I was pleased at the positive development. Still, I wonder, “If the chances are so slim, why does Obama need this?”

It reminds me of the story told many years ago by Rabbi Joshua Stampfer at Camp Solomon Schechter about the man suffering from overcrowding in his small shtetl home, who was told by the rabbi to bring a goat to live in his house. But the relief the man felt after the rabbi told him to get rid of the goat will not be felt by the White House when the Palestinian-Israeli negotiations fade away. The goat of Israeli-Palestinian relations will only create more headaches at the conclusion of the nine-month period allocated for this current round.

Like the vast majority of us, I yearn for the day when the conflict with the Palestinians will end. Even though the Palestinian problem was created by Arab refusal and has festered because it is their most effective weapon against Israel, we are perceived as the culprit and will continue to take the blame until the problem is resolved. When it is resolved, an immense burden will be lifted. It also will defuse the demographic time bomb that threatens the Jewish character of Israel until, as Yair Lapid says, “Israel gets a divorce from the Palestinians.”

But the consensus amongst Israelis is that the gap has become so immense this

round will fail like all the others since the Oslo accord. Sitting down to try to negotiate is better than not talking. But it appears the overriding motivation to return to the table is that neither side wants the blame for torpedoing the Kerry initiative. Not an optimistic starting point. And an agenda has not been agreed upon.

Every Israeli forms their opinion of the peace process based on their sociological and educational background. Born, raised and educated on Jewish and humanistic values in the most powerful nation on Earth during the Vietnam and post-Vietnam era in the polite, insulated and progressive Northwest, I moved to Israel in 1981. I balance compassion, a belief in the basic goodness of mankind, peace as an exalted value, giving a second chance to enemies with the expectation that 2,000 years of hatred and persecution of Jews will not disappear and that Israel will need to fight and must always be prepared to do so to defend itself and the Jewish people.

This month marked the 20<sup>th</sup> anniversary of the Oslo accords. When Yitzhak Rabin and Yasser Arafat signed the accords in 1993, the vast majority of Israelis optimistically watched the ceremony with President Clinton on the White House lawn. We believed the way forward to peace and prosperity had been found. There was still much to be done, but a year later when the peace agreement with Jordan was signed, we were convinced this vision was being fulfilled.

Our optimism caused us to ignore the first early signs of trouble. On the night of Sept. 13, the day the agreements were signed, Arafat, in a speech televised on Jordanian television, called the agreement only a stage in the struggle against Israel, referring to the famous Hudaibiya peace agreement Mohammed signed with the Quraish tribe only to later slaughter the Quraish. The following May in a speech to Muslim students in South Africa, Arafat explicitly mentioned the Hudaibiya agreement in the

context of Oslo, describing the accord as a temporary tactical step.

Ma'ariv columnist Ben-Dror Yemini wrote, "The list of Arafat's anti-Oslo speeches is long. When Arafat came to Gaza, in his first speech he spoke about Jaffa and Lod. He meant every word. Not a week passed without a declaration by him or someone close to him of their true intention. They always say to their constituency what they mean. We insisted on not listening ... If Israel had at least temporarily suspended the agreement when the incitement began, we might be in a different place now. We continued to hope that it would cease because Oslo gave expression to our great transcendent hope."

Hamas suicide bombers and the assassination of Rabin, who gave needed credibility to the peace process with the Palestinians, did not derail Oslo. Even Netanyahu, who opposed Oslo, in his first term in the late '90s signed the Wye accords with Arafat, further implementing Oslo. Further proof of Israeli faith in Oslo was the 1999 election of Ehud Barak, who announced his determination to continue implementation.

And so at Camp David in 2000, Israel offered a proposal meeting almost all Palestinian demands. This offer was rejected by Arafat; within a month, he orchestrated the second intifada, using weapons received from Israel through Oslo. The intifada was responsible for more than 1,000 Israeli deaths, the vast majority noncombatants, including women and children.

In 2007 then Prime Minister Olmert upgraded Barak's proposal, offering Arafat's successor, Abu Mazen, 97% of the West Bank and sovereignty in East Jerusalem. There was no reply from Abu Mazen.

Originally optimistic and hopeful, today Israelis on all sides of the spectrum associate Oslo with terror, murder of innocent civilians, and incessant missiles and rockets on cities and towns. To continue to talk about Oslo ignores the fact that the Palestinians still have not agreed to the basic conditions that ensure complete recognition of Israel as the nation-state of the Jewish people (not a Jewish state as they like to contend) and a final, end-of-conflict resolution. For

the Palestinian Authority to continue to cling to the issue of settlements and occupation as the core of the problem is disingenuous. These are symptoms of the problem and will disappear with an end-of-conflict agreement. We have proven in Sinai, Gaza and the West Bank (Northern Samaria) our readiness to withdraw from territory by dismantling settlements and painfully uprooting Jewish homes.

Kerry's achievement is significant. Six trips to the region and countless phone calls brought about a Palestinian commitment to stay in the negotiations for nine months, during which time they will desist from all unilateral steps at the UN. Israel agreed to significantly reduce settlement activity and release 104 Palestinian terrorists involved in the murder of Israelis imprisoned before the Oslo accords. More importantly, the Palestinians have agreed to debate all of the core issues. If an agreement is reached, it will be an end-of-conflict agreement. Kerry also provided a letter of guarantee to the Palestinians that the U.S. position is that their state will be based on the 1967 lines with territorial swaps and a letter to Israel stating that the future Palestinian state will not be based on the exact 1967 borders, but will have border modifications, apparently to include large settlement blocs within Israel.

The problems are numerous: since 2007 the gaps have gotten bigger on all of the core issues (borders, Jerusalem, refugees, Israeli security requirements, the settlement blocs and water); there is little trust and even less rapport between the sides; and the Palestinian Authority is a corrupt entity so weakened by its perennial conflict with Hamas that it cannot make hard decisions.


Our release of the Palestinian terrorists indicted for murder of Israeli civilians earned Israel nothing concrete in return. Interviews with the families of the victims of these terrorists was heart wrenching. Those who lost husbands, wives, brothers, sisters or children all said that if the release of these terrorists with "blood on their hands" was part of a final peace agreement, they would willingly support it, but simply as a gesture to get the Palestinians to the table, the release

tramples on the memory of the victims.

The first 25 prisoners were released, to a hero's welcome. These scenes of perverted victorious euphoria and the national glorification of the culture of murder of civilians make every Israeli wonder if we can really ever make peace with a people who, as Golda Meir said 40 years ago, "hate our children more than they love their own."

Kerry has succeeded in getting the sides to agree to discuss all of the core issues. But with little common ground, little mutual confidence, chaos on our borders and a weakened America as the honest broker, a breakthrough is doubtful. At best, this will be another small brick in the foundation that may one day be the basis for peace. At worst, the frustration of another failed round of talks will lead to a dangerous and violent explosion.

But with the resumption of talks, the biggest problem is that if they continue to be based on Oslo, they will not solve the conflict. A solution must be found. We cannot continue to drift without a sail into the sea of bi-national statehood. Yemini writes, "Without an accord, we will be led like sheep to the slaughter of a bi-national state. It will be a catastrophe because the ethnic and religious divide in this entity will be worse than in Syria and the result will be worse. But so is an agreement like Oslo, which in the minds of Arafat's successors, is a stage in the struggle to eliminate Israel."

While I like to think I still believe the same values I was raised with, Oslo has illustrated to me that these values are often out of place in this region. We will continue to strive for peace, but it must be done with a realistic understanding of our partner. 

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](mailto:mylantanz@gmail.com).



# Life on the Other Side

## Care for Cardamom, Ma'am?

by Anne Kleinberg



Green and black cardamom pods. Photo by Autopilot/File from the Wikimedia Commons

I was so foolish. I was sure the English version of a Hebrew recipe for an exotic cauliflower dish was correct. Why would I doubt it?

It arrived in the morning paper and looked so appetizing that I decided to drop what I was doing and make it. (OK, so I finished my cup of coffee first.) I even had some of the esoteric ingredients: rice noodles from a previous attempt at Asian food, sesame oil from that one shot at sesame noodles. I was on my way!

Turns out the noodles were thin; I needed broad. The sesame oil was old – of the rancid type. And then there were the cardamom seeds (hel in Hebrew – which is a very apt name). Drove to the local supermarket – didn't have them. Drove to another supermarket – again no. Wouldn't you think I would have given up by now?

I didn't want to wing it; I'm not that secure when it comes to exotic recipes. And I was determined to make it as was written – no substitutions. So I called Esther, my source for everything related to the kitchen. Of course she knew where to send me – never mind that it was 30 miles away. I was on it!

I got to the big city – Herzliya! Not the coastal, upscale Herzliya Pituach, but the city itself where the real people shop and live. And my destination was, get this, the main bus terminal! Oy. I know there haven't been any bombings in bus terminals lately (and hopefully by the time you read this there won't have been any), but it gave me the creeps anyway.

So what's a girl to do? I needed that bloody cardamom, so bus terminal here I come!

I found the store – it was the size of a fingernail and already had a line of six people waiting. I heard Russian, Chinese, Hebrew and Arabic, and boy did those customers take their time ordering their coconut juice, garam masala and coriander seeds. Finally it was my turn, and the owner wants to know what kind of cardamom I want. Huh?

Ground spice or pods? Do I know? This recipe called for cardamom seeds – but they don't sell seeds, they sell only pods, which contain the seeds. Are you still with me? I played it safe and bought the spice and the pods. I'd figure it all out later.

How do you cook with cardamom seeds when all you have are the pods and the ground spice? Well I guess you just crack open the pods and remove the seeds. Oh man is that a job. Reminds me of a guy I knew who was left in charge of cooking for his family one night and didn't know how to calculate the amount of spaghetti to make. So he did some arithmetic, estimated the number of probable strands per portion and then counted out that number by the number of people he was serving. OK, different situation but still stupid, no?

Here's how it played out. I steamed the noodles, cooked the cauliflower, gathered all the ingredients and followed the directions. The recipe called for 1/8 cup of cardamom seeds.

I spent at least an hour delicately coaxing the seeds out of their little pods. My hands smelled, the pods were falling on the floor and the seeds were sliding all over the counter. What a picnic!

Do you have any idea what kind of damage 1/8 cup of cardamom seeds can cause unless it's being added to a pot that serves an entire kibbutz? This dish was the absolute worst I ever made – hands down! It was tossed into the garbage along with the rest of the cardamom seeds.

I contacted the newspaper and let them know that the recipe was wrong. The writer wrote back to me. Basically she said – oops. Sorry about that. But did you really think that amount of cardamom seeds made sense? (Think teaspoon!)

I am no longer a fan of hers. As for cardamom seeds? Never again! ♡

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](http://annekleinberg.com) and [casacaesarea.com](http://casacaesarea.com).







Shiran Halfon

## *One shlichah leaves and another Israeli emissary arrives*

For the past two years, the Jewish Federation of Greater Portland hosted an Israeli shaliach (male emissary) and shlichah (female emissary) to serve the Jewish community.

This year the shlichah will be based at the Greater Portland Hillel.

Shiran Halfon arrived in Portland Sept. 1, and will be here for a minimum of one year and possibly through the 2015 school year. Shiran will spend a majority of her time interacting with students at Portland State, Lewis & Clark and Reed College. The remainder of her time will be spent on community-wide engagement, with a particular focus on planning the annual Yom Ha'atzmaut celebration.

“Shiran will focus almost all her time on college students, hoping to help our students learn more about Israel and be proud of Israel. She will work to engage students. She will work with mostly Jewish students, but also help us to partner with many groups on campus,” says Rachel Hall, executive director of Greater Portland Hillel.

Born and raised in Shoham, Israel, Shiran worked for “Hamesh” — The Municipal Corporation for Culture, Youth & Sport LTD, which operates all informal education and cultural services provided in Shoham. Her job included coordinating partnerships between Shoham and Westchester, NY, and Shoham and Venezuela. She managed and operated the partnership projects as part of the “Shutfut 2000” program of the Jewish Agency For Israel.

On her application to become a shlichah, Shiran wrote: “Throughout the past year as the coordinator of Shoham’s partnership, I was further exposed to the world of informal Jewish education and was ‘captured.’ After leading a few youth delegations, I looked for the next step in this world, how I can further impact and strengthen the connection between Israel and Jewish people around the world. I see it as a great privilege to be a part of this world of shlichut.”

In Oregon, Shiran Halfon can be reached at [shiran@pdxhillel.org](mailto:shiran@pdxhillel.org). 



Natalie Nahome, 27, who served as the Israeli shlichah to Portland from September 2012 through August 2013, waves goodbye on her last day at the Jewish Federation of Greater Portland. “I enjoy the sense of community and being engaged you have here. Portland is a great city,” she said. “I got to work with a lot of people in my age group, and those people, when they come to Israel, know they have somewhere to stay and a friend to call.”  
Photo by Deborah Moon

**BEND ARK** – The Reform congregation in Bend dedicated the ark July 26. Gerald Greenbach, Rabbi Johanna Hershenson, TBT President Mark Schindel, Kathy Schindel, Lawrence Schechter and Lorraine Schechter at the dedication of Temple Beth Tikvah's new ark.



**STREET OF DREAMS**  
 – On July 27 Home Builder's Association President Steven Heiteen, second from right, was among the many people who came out and supported the Home Builders Foundation at the NW Natural Street of Dreams Block Party. From left are: HBA board member Drake Butch, 2012 HBA President Gordon Root, HBA staffer Nancy Haskins, Heiteen, and 2014 HBA President Jan Lewis. Between the two specialty cocktail stations and photo booth, manned by wonderful volunteers, and the generous donation of \$5 per ticket sold, the HBF raised over \$5,000 to help pay for the renovations for the Goose Hollow Family Shelter.



**ASTORIA SERVICES** – Portlander Jack (Yankl) Falk, who since 1986 has traveled the country as visiting cantor for High Holy Day services, this year stayed closer to home to lead the first High Holy Days service in Clatsop County since 1960. He was in Astoria leading services for Rosh Hashanah and Yom Kippur. Some 40 people from Astoria, Nehalem and Manzanita as well as from Washington attended the services.

**SCHOOL DAYS** - Portland Jewish Academy Principal Merrill Hendin guards the parking lot crosswalk on the first day of school (and every morning) welcoming students and parents alike. PJA started the 2013/2014 school year Sept. 9 with 358 children attending (Infants through Grade 8). There are limited openings in the preschool and the day school. Call 503-244-0126 for more information.

PJA teachers (from left) Shahar Eden, Sam Blumberg and Liz Phillips are as excited as the students about starting school this week! PJA classes began on Sept. 9.





**OLIM FROM PORTLAND** – Benjamin Yablon, 19, (pictured) and Samuel Glauber, 19, both from Portland were two of the future IDF soldiers who made Aliyah (moved to Israel) Aug. 12 on what was called Nefesh B’Nefesh’s “Soldiers Flight” due to the high number of young Olim (new immigrants to Israel), on board who will be joining the IDF. The special Nefesh B’Nefesh flight was organized in cooperation with the Friends of the IDF (FIDF), Ministry of Immigrant Absorption, The Jewish Agency for Israel, Keren Kayemeth Le’Israel and Tzofim Garin Tzabar. On the flight were 331 North American Olim among them are 125 young men and women who will be joining the IDF, 41 families (including 88 children) and 92 Olim moving to Israel’s periphery as part of the Nefesh B’Nefesh and Keren Kayemeth L’Israel Go North and Go South programs. Nefesh B’Nefesh is celebrating its 11th anniversary this summer, marking over a decade since its inaugural charter Aliyah flight in 2002. This was Nefesh B’Nefesh’s 50th charter flight.



**BUY CURIOUS LAUNCH** – Realtor and author Becki Saltzman hosts the Arousing Book Launch and Debauchery Party Sept. 7 at the Fifth Avenue Night Lounge in Portland. A huge crowd gathered to buy copies of *Arousing the Buy Curious: Real Estate Pillow Talk for Patrons and Professionals*, hear the reading, celebrate, drink, eat, dance and mingle with drag queens.

Felicity Carmichael and Becki Saltzman



**FARM VISIT** – Naomi D. Leavitt reads *Blueberries for Sal* to families who gathered at Kruger’s Farm on Sauvie Island for a Neveh Shalom’s Shoshim program (for kids 0-5 and their families) July 14. Open to all, the event drew 17 families from three synagogues as well as unaffiliated. Attendees ranged from babies to grandparents. Families picked delicious berries and enjoyed a hay ride. Photos by Scot Leavitt



## DEDICATING A HOME

Residents moved into Kehillah Housing, which fronts Beaverton-Hillsdale Highway on the Cedar Sinai Park campus, at the end of September. CSP has a 60 year contract to provide services to the population the building was designed to serve. Two of the apartments are reserved for adults with special needs who are in danger of being homeless. “Although this is a HUD project, we are a faith-based organization ... (and) we want this to be not just a house, but a home,” said CSP CEO David Fuks before Rabbi Abby Cohen, CSP director of spiritual life, affixed a mezuzah to the building entryway.



Erika Menashe, one of Kehillah Housing’s first residents, proudly shows off the apartment she selected, in part because she “loves the purple carpet.” Each 600-square-foot apartment includes a kitchen, living room, bedroom and bathroom.



CSP CEO David Fuks and Portland City Commissioner Dan Saltzman tour the apartment building. At the dedication, Fuks said: “Kehillah is the Hebrew word for community. This building represents the wishes of the community ... it is a prayer that has come true.” He introduced Saltzman as “a member of our community and a leader.” Saltzman, whose portfolio as Portland City Commissioner includes the Portland Housing Bureau, told those attending the dedication that Kehillah is “so important to our community. ... I will seek collaboration to deal with housing for people who need it.” He added the new apartment building exceeds city housing standards, which requires a silver designation for green buildings. “This facility not surprisingly went for gold. ... It is energy efficient and lives lightly on the land.”



David Kohnstamm, right, leads a tour of Kehillah Housing at the Sept. 9 dedication ceremony for the new 14-apartment building for adults with special needs built on the campus of Cedar Sinai Park. Looking at one of the conference rooms are (from left) Jerry and Helen Stern (whose family donation to Kehillah helped CSP get the Wayne and Joan Kuni Foundation Challenge Grant), Stacy Buckley (of Jewish Family & Child Service, which will be one of the organizations providing on-site support services and programs), Sharon Morell and Sharon Weil. Other funding came from the U.S. Department of Housing and Urban Development, the National Council of Jewish Women, Portland Development Commission and many donors.

## Jewish Book Month begins Nov. 1

At least a dozen programs are on the slate for this year’s celebration of Jewish Book Month in Portland. (Check calendar at [OJLife.com](http://OJLife.com) for other events.)

The Portland Jewish Book Month committee selected Philip Roth’s *Nemesis* for the November 2013 One Book, One Community program. This will be the third year the community has created a series of events centered around one book to celebrate Jewish Book Month. Roth’s 2010 book explores the 1944 polio epidemic in New Jersey and how it affected the families in the close-knit area.

Congregation Beth Israel kicks off the month immediately following the 6 pm services on Nov. 1 with a program titled “Resilience: Challenging illness and moving to a place of hope.” Social workers David Molko and Audelia de Costa will discuss portions of Roth’s *Nemesis* and how the people in the book reacted to the horrific polio epidemic. They will provide advice on how family members can cope with the pressures of seeing a loved one suffer, and how the patient can learn to live with a life-changing diagnosis. The public is invited to attend and to learn about coping skills that will help all involved to live life to the fullest.

On Nov. 3 Beit Haverim Rabbi Alan Berg will lead a discussion of the book at 2:45 pm at the United Church of Christ, 1111 Country Club Road, Lake Oswego.

On Nov. 4 Jewish Theatre Collaborative, MJCC and Hadassah present “Chapter One: A Pigeon and a Boy by Meir Shalev” at 7 pm at the Mittleman Jewish Community Center, 6651 SW Capitol Hwy., Portland. Cost is \$10.

**Now through Oct. 27**

Fiddler on the Roof. Portland Center Stage, 128 NW 11th Ave. Save \$5 on full price tickets with the code "TRADITION." 503-445-3794 or pcs.org

**Now through Oct. 27**

Mistakes Were Made. Directed by Michael Mendelson. Artists Repertory Theatre, 1515 SW Morrison St. \$25-\$55. 503-241-1278

**Oct. 1**

Israeli Folk Dancing. Circles, lines and partner dances. Intermediate class/instruction 7-8 pm. Open dance 8-10:10 pm. Cafe Shalom, 7045 SW Taylors Ferry Road. 503-314-1567 or allisonvictor@comcast.net

Revitalizing Scouting in Portland's Jewish Community. Boys ages 7 to 11 (first to fifth grade), and their parents are invited to an info and interest night regarding a new Jewish Cub Scout pack. 7-8 pm at Portland Kollel, 6688 SW Capitol Hwy., Portland. Rabbi Dov Chastain: dov.chastain@gmail.com, 503-927-3863.

**Oct. 3**

JFGP Annual Campaign Kickoff features Dan Pallotta the "best speaker EVER." \$45. Ainsworth Event Center, Scottish Rite, 1512 SW Morrison St. 7 pm. RSVP: jewishportland.org/kickoff or 503-892-7412

*Leviticus: You Have No Idea.* Book Signing and Reception with Rabbi Maurice D. Harris. 7 pm in Library of Temple Beth Israel, 1175 E 29th Ave., Eugene. 541-485-7218

*The Artisan Jewish Deli at Home* by Michael Zusman and Nick Zukin. Meet the Portland authors, taste desserts and savories from the cookbook and pick up a signed copy. 6-8 pm at Umpqua Bank, 1139 NW Lovejoy St. Also: 4 pm Oct. 27: Book signing, talk and tastes from the cookbook prepared by MJCC chef at MJCC. 6:30-8 pm Nov. 4: Reading/signing by Zusman, bagels and rugelach at OJM.

**Oct. 4**

ReJewvenation 2013. Oct. 4-6. ReJewvenate your mind and body, with new and old friends at the scenic Oregon coast. \$240. B'nai B'rith Camp, Lincoln City. Robyn Spring, 503-345-9464 or rspring@bbcamp.org

Yad b'Yad: Jewish Music for Every Generation with Kim Palumbis. Explore the Jewish life cycle with songs, movement and instrumentation. For children ages 0-5 years and their family/caregiver. Rose Schnitzer Manor at Cedar Sinai Park, 6140 SW Boundary St., 9:30-10:15 am. 503-245-6449, caron@jewishportland.org

**Oct. 6**

Shtetl Life in Europe. Beth Israel's year-long adult education exploration of "Our Jewish Roots." Natan M. Meir leads the discussion. Free. 10-11:30 am at Congregation Beth Israel, 1972 NW Flanders St. Jemi at 503-222-1069, resources@bethisrael-pdx.org

**Oct. 8**

Bistro Night: Roots country music by James Sasser. Free. Second Wednesday every month. Small plates available at the Cafe at the J. 6:30-7:30 pm at MJCC. 503-244-0111

**Oct. 9**

**OJM Exhibits: Bat Mitzvah Comes of Age (see story page 32) & Meditations on Equilibrium: Works in Glass and Paper by Alex Hirsch in the Menashe Gallery.** Opening Reception for both exhibits: Oct. 9 5:30-7:30 pm. Exhibitions run **Oct. 9-Jan. 26, 2014.** OJM. 503-226-3600 or ojm.org  
Dress for Success Empowerment Breakfast. 7:30 am networking, program at 8 am. \$65. Governor Hotel, 614 SW 11th Ave. dressforsuccessoregon.org/empowerment-breakfast

**Oct. 10**

Renowned author and cultural anthropologist Jud Newborn presents a multimedia program "Speaking Truth to Power" highlighting the 70th anniversary of the student-led White Rose anti-Nazi resistance movement. The Zahm Lecture, the keynote address for the University of Portland's academic year, will be at 7:30 pm in Buckley Center Auditorium, University of Portland, 5000 N. Willamette Blvd. 503-943-7702 or powell@up.edu

**Oct. 13**

Mitzvah Madness. Meet with mitzvah vendors, sample food and drink, get planning advice and ideas! Free. Noon-4 pm. The Foundry at Oswego Pointe, 320 Oswego Point Dr., Lake Oswego. Kristi South, 503-267-9602 or info@oohlalaevents.com

Texas Hold 'Em Tournament. Prizes and bragging rights available. \$50 buy-in. 3-7 pm at Congregation Shaarie Torah, 920 NW 25th Ave. 503-226-6131 or info@shaarietorah.org

Israeli Folk Open Dance. Geared toward experienced dancers. Second Sundays: Oct. 13, Nov. 10, Dec. 8. 1-2:30 pm. MJCC Dance Studio. Members free, \$10 guest fee with member, \$15 guest fee. Space limited. 503-244-0111

Tradition and Tevye: A Fiddler on the Roof Pre-Show Conversation with Rabbi Michael Cahana and Natan Meir. Co-produced with OJM and Portland Center Stage. 1-3 pm. Portland Center Stage, 128 NW 11th Ave., 503-226-3600. Sandra Oberdorfer, education@ojm.org or ojm.org.

Sunday Melton Classic Classes. Various days/times/locations (See story page 53). Ask about scholarships. Register: meltonportland.org/two\_year\_core\_program, 503-384-2476, learn@meltonportland.org

OJM is the Oregon Jewish Museum, 1953 NW Kearney, Portland. 503-226-3600

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

**Oct. 15**

OJM Cinema: PUNK JEWS. Co-sponsored with the MJCC. Profiling Hassidic punk rockers, Yiddish street performers, African-American Jewish activists and more, Punk Jews explores an emerging movement of provocateurs and committed Jews. Director Jesse Zook Mann and Producer Evan Kleinman will lead Q&A session. 7 pm at OJM. General \$10; OJM and MJCC members \$8; students \$5. 503-226-3600

**Oct. 19**

Better than Broadway: An intimate evening with Cantor Ida Rae Cahana and guests. Congregation Beth Israel fall fundraiser at Pure Space, 1315 NW Overton St. 7:30 pm. \$90 before Oct. 7, \$110 after. resources@bethisrael-pdx.org or 503-222-1069

**Oct. 20**

Joos at the Zoo. Join Rabbi Arthur Zuckerman at the zoo to learn the role animals have played in the history of the Jewish people. 1-4 pm at Oregon Zoo, 4001 SW Canyon Road. All ages. RSVP: education@shaarietorah.org

BERLIN '36. Leading up to the 1936 Olympics, the fate of high jumper Gretel Bergmann hangs in the balance as it is decided whether or not a Jewish athlete can be a part of the German Olympic team. 7 pm at Cinema 21: 616 NW 21st Ave. zeitgeistnorthwest.org or 503-223-4515

**Oct. 24**

OJM Panel Discussion: Meditations on the JewBu - Culture, Religion and Practice  
Martin Zwick from PSU and Steve Wasserstrom from Reed College explore the legacy found at the intersection of Judaism and Buddhism. View the documentary "Jews and Buddhism: Belief Amended, Faith Revealed." 7 pm at OJM. \$10; OJM members \$8. 503-226-3600

Book launch event for Dr. Nina S. Spiegel's first book, *Embodying Hebrew Culture: Aesthetics, Athletics and Dance in the Jewish Community of Mandate Palestine*. Presented by Harold Schnitzer Family Program in Judaic Studies at Portland State University. 7 pm in the Smith Memorial Student Union's Browsing Lounge (room 238), PSU. Includes film footage and a variety of images from the book, and a conversation between the author and eminent sociologist Dr. Calvin Goldscheider. Dessert reception and a book signing follow. RSVP, pdx.edu/judaic or judaicst@pdx.edu

**Oct. 27**

OJM Artist Talk: Alex Hirsch. Free with museum admission. See Oct. 9 listing above. Light refreshments. 2 pm at OJM. 503-226-3600

Sunday Bowling Young Jewish adults. 5-8 pm at Hollywood Bowl, 4030 NE Halsey St. They cover the lanes and shoe rental. RSVP on Facebook - JewishPDX

**Oct. 28**

Pirkei Pub. Males! Join Rabbi Zuckerman for a study group of Ethics of our fathers, have a pint and shoot some pool. 7-9 pm at Macadam's Bar & Grill, 5833 SW Macadam Ave. education@shaarietorah.org

**Oct. 30**

"The Golem." Beth Karp's original piano score is described as "scintillating" by Oregon ArtsWatch. Doors at 6 pm, show at 7 pm. Tickets \$13 at the door, 503-764-4131, or at albertarosetheatre.com. Details: betharielkarp.com

**Nov. 1**

Shabbat dinner (6 pm) honoring Rabbi Joshua and Goldie Stampfer. 8:15 pm: Shabbat services, with a D'var Torah by Rabbi Stampfer. (See story p. 61) RSVP by Oct. 21 to Karen, 503-246-8831. Several events Nov. 1-3. Congregation Neveh Shalom, 2900 SW Peaceful Lane. nevehshalom.org

One Book, One Community. Philip Roth's book *Nemesis* explores the 1944 polio epidemic in New Jersey and its affect. Book month events start with "Resilience: Challenging illness and moving to a place of hope." Congregation Beth Israel, 1972 NW Flanders, 6 pm. Nov. 3: Beit Haverim's Rabbi Alan Berg leads a discussion at 2:45 pm. at the United Church of Christ, 1111 Country Club Road, Lake Oswego. Nov. 4: Jewish Theatre Collaborative, MJCC and Hadassah present "Chapter One: A Pigeon and a Boy" by Meir Shalev at 7 pm. at the MJCC. \$10. Events continue throughout November.

**Nov. 3**

Avi Haviv concert supports Take Root (see story, page 12). Hosted wine hour at 5:30 pm with tours of Kol Ami and a show of artistic and literary works by former missing children. Concert at 6:30 pm. Kol Ami, 7800 NE 119th St. Vancouver. \$36. takeroot.org/ or 800-ROOT-ORG

Celebration of Art 2013. 10:30 am-4:30 pm, at MJCC ballroom, northwestjewishartists.org. (See story, page 56)

**Nov. 4**

J-Street Vice President of Communications Alan Elsner, speaks on current events in Israel. A reception precedes the event. Havurah Shalom, 825 NW 18th Ave., 7-9 pm. Eric Flamm at 503-927-3305

**EUGENE TORAH TREK & MAKING PRAYER REAL**

Temple Beth Israel, 1175 East 29th Ave., welcomes Rabbi Mike Comins to Eugene for a weekend of prayer, meditation and hiking. Hikes are easy to moderate and suitable for teens to adults. The weekend is co-sponsored by: Temple Beth Israel, Oregon Hille and Beit Am.

**Friday, Oct. 4**

7:30 pm: Erev Shabbat Service and "Who is Responsible for Your Inner Life?"

**Saturday, Oct. 5**

9 am: Torah Study with Rabbi Comins  
10 am: Morning Services with Rabbi Comins  
Noon: Community vegetarian potluck and short study session with Rabbi Comins  
3 pm: Torah Trek Hike (sponsored by Oregon Hillel) McGowan Creek Trail

**Sunday, Oct. 6**

2 pm: Torah Trek Hike (Sponsored by Beit Am) Alsea Falls  
All events free; donations accepted. tbieugene.org, info@tbieugene.org, 541-485-7218

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

**Portland Jewish Academy Auction**

**SUNDAY NIGHT FEVER**



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[www.pjaproud.org](http://www.pjaproud.org)

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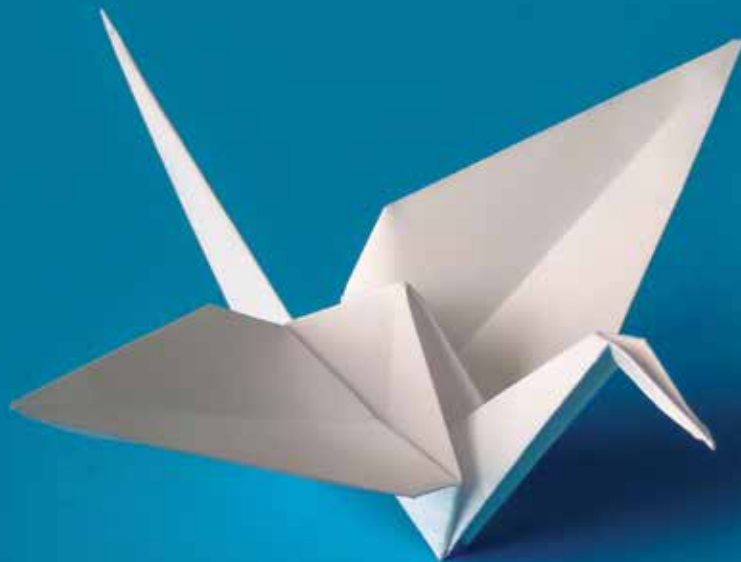
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# A PLACE AT THE TABLE



**WEDNESDAY, NOVEMBER 6**  
**7 - 9 pm**  
**at the Hollywood Theatre**  
**4122 NE Sandy Blvd.**

**WITH OPENING  
REMARKS FROM**  
**Congresswoman**  
**Suzanne Bonamici**



**50 MILLION PEOPLE IN THE U.S. — 1 IN 4 CHILDREN — DON'T KNOW  
WHERE THEIR NEXT MEAL IS COMING FROM...**

## **ADMISSION:**

Donations of food for the  
**Oregon Food Bank** or monetary donation  
for **Jewish Family & Child Service's**  
Thanksgiving Food Boxes

## **PRESENTED BY:**



**A Place at the Table** examines the issue of hunger in America through the lens of three people struggling with food insecurity: Barbie, a single mother who grew up in poverty and is trying to provide a better life for her two kids; Rosie, a fifth-grader who often has to depend on neighbors to feed her and has trouble concentrating in school; and Tremonica, a second-grader whose health issues are exacerbated by the largely empty calories her hardworking mother can afford. This powerful film explains with devastating simplicity why so many go hungry in a country with an abundance of healthy food.

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