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# Table of Contents

July 2013/ Tammuz-Av 5773 | Volume 2/Issue 6



32



24



51

## [Cover Story]

32 Pamper for a Purpose:  
Care for yourself while aiding African refugees

## [Focus]

### UPFRONT

---

10 Rachel & Renewables

### ARTS & ENTERTAINMENT

---

42 Artist paints visions of shtetls

44 Sisterhood revisits needlepoint

### SENIORS

---

46 Vera Katz Q&A

48 Edward Glick shares father's wisdom

### FITNESS

---

51 10 Oregonians bound for Jewish Olympics

### TRAVEL

---

54 Jewish life reborn in Berlin

### HISTORY

---

56 A century of Sephardic life in Portland

### HOMES

---

60 Tour features early Jewish homes

### ISRAEL

---

62 Media turns on Lapid

64 Beat the heat with salads

### VOLUNTEERS

---

66 Update on Nicaraguan water project

## [Food/Special Section 14-30]

Sweet summer bounty, Feast Portland brings us Michael Solomonov and Scott Snyder, Profile of foodie Arnaldo Cohen, Lincoln's honest food, Kosher Express has bison, Chef reflects on food and family, Finding bagels and more in Bend, Kosher food in Oregon

## [Columns]

14 Chef's Corner by Lisa Glickman

38 Fashionista by Kira Brown

41 Money Matters by Christel Turkiewicz

61 Advice: Ask Helen

62 An Oregonian in Israel by Mylan Tanzer

64 Life on the Other Side by Anne Kleinberg

## [Connect]

67 Happenings: Previews & Reviews

68 Happenings: Faces

70 Happenings: Calendar

Cover photo: Denise and Anna Wetherell in Director Park.  
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## Editor's Letter



**M**y June was full of celebrations. Probably most of those celebrations were shared by many.

There was of course Father's Day; my younger son Josh's graduation from college; the middle school, high school and college graduations of numerous family friends; Josh's move to his first solo apartment; and my sister's birthday. All involved food.

After Josh's college graduation, we invited his friend since first grade and family to dinner.

When we helped Josh move into his apartment in Eugene to attend grad school, we celebrated with pizza in his first home of his own. When we went to celebrate the graduation of a long-time family friend, it was over dinner. Just how many times can you eat, laugh and reminisce with friends and family in one weekend?

But the celebration that was most poignant for me this past month is hopefully one that none of my readers shared. Early in June I received a phone call that was both terrifying and reassuring at the same time. Terrifying because I was told my husband had been hit by a car while riding his bicycle; reassuring because it was his voice conveying the news. He had been riding in a well-established commuter bike route along North Williams, when a car failed to see him in the bike lane. When I went to pick him up (along with his ruined bike), he was standing and only bleeding slightly. That was the first celebration – a celebration of life! It could have been so much worse. Cars are big and solid; bicycles offer so little protection for their riders (one reason that helmets are essential!). But he was clearly going to be OK. No head trauma, no internal injuries. We were thankful.

*When we lose, I eat. When we win, I eat. I also eat when we're rained out.* —Tommy Lasorda

Initially doctors thought he had a fractured pelvis. Facing 2-8 weeks on crutches in the heart of bicycle racing season was not something he was looking forward to. But he scrupulously followed orders to keep weight off his left leg. When a follow-up visit to an orthopedist a week later revealed only severe trauma, but no crack in the bone, it was once again time to celebrate! Dinner, sans crutches, at our favorite restaurant!

But looking back at the month, it made me wonder. Why is it that when celebrating life's milestones, or more importantly life itself, we turn to communal food experiences? To some extent, I'm sure it's cultural. Yet I think it is an experience shared by most cultures in human history. One can find quotes about food and celebrations from most eras of recorded history.

And though the celebrations of June are now behind us, there are plenty of other occasions coming up when we will need to turn to good food and friends. So, this issue includes a special section devoted to food – where to get it, who is making it and what food means to great chefs. Portland is a great place to explore food. Travel + Leisure named Oregon's largest city the USA's top dining destination; the New York Times calls it "a full-fledged dining destination"; and U.S. News and World Report says Portland is the number one city in the world for street food.

I hope you find something to celebrate, someone to celebrate with, and great food to make it a memorable occasion.

*Leah*



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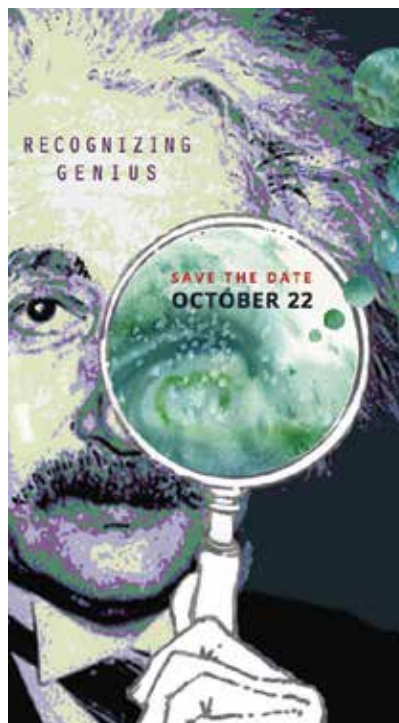
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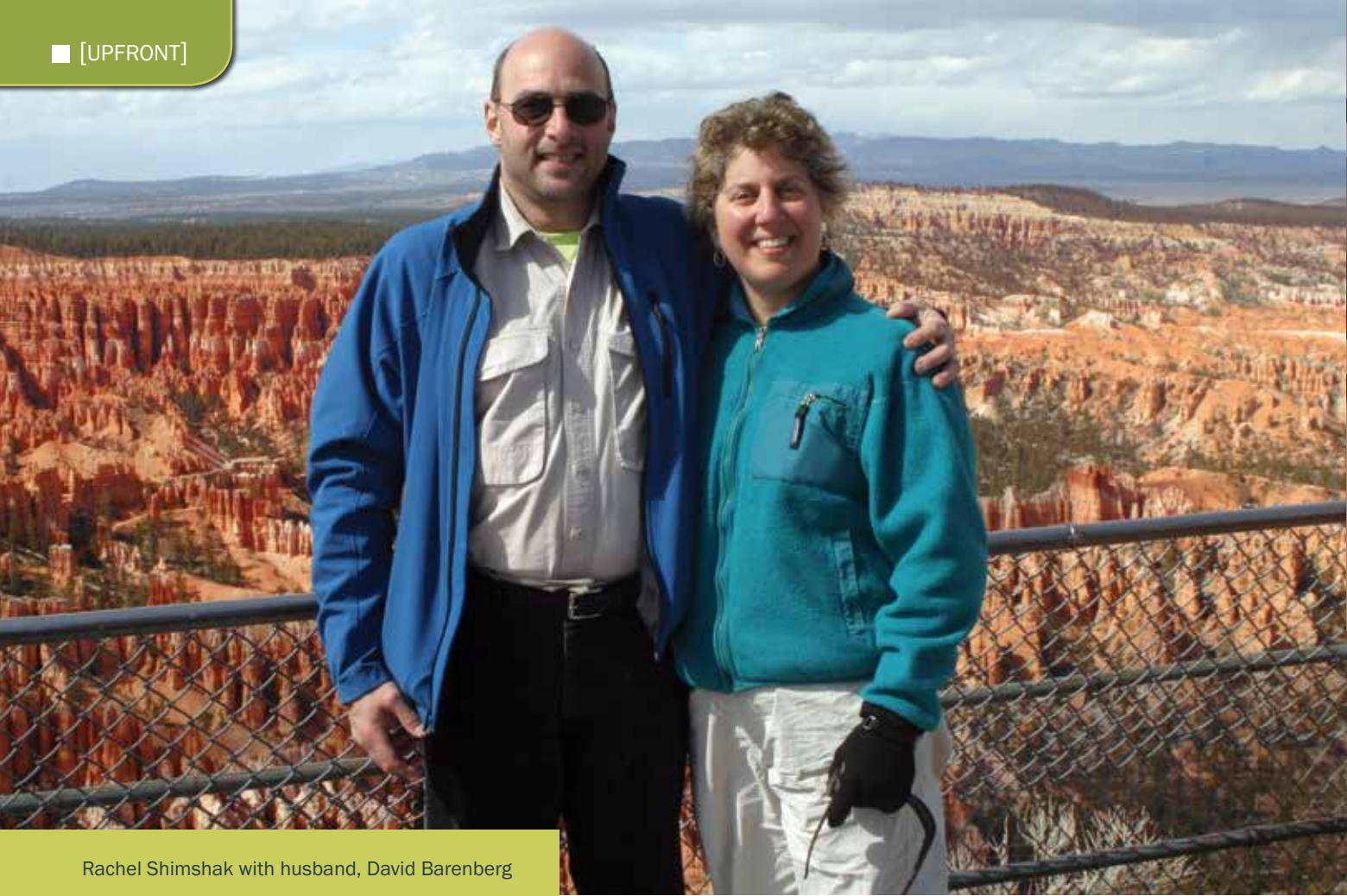
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Rachel Shimshak with husband, David Barenberg

# Rachel & Renewables

*Rachel Shimshak remembers to savor quality of life she works to ensure*

By Deborah Moon

Growing up in Portland attending Congregation Beth Israel, Rachel Shimshak learned the value of Oregon's environment and tikkun olam. After graduating from the University of Oregon, she spent 16 years in Colorado, Washington, DC, and Massachusetts gaining experience and skills that now benefit her home state.

Since its inception in 1994, Rachel has been the executive director of Renewable Northwest Project – a renewable energy advocacy organization formed by nearly 60 for-profit and nonprofit energy, environment and consumer companies and groups. On Earth Day this year, RNP released a report on the impact of renewables on Oregon's economy since then. Investment in new (not existing hydroelectric) renewable energy manufacturing and projects exceeds \$9 billion and has contributed more than \$79 million in cumulative public revenue to local communities. Wind, solar and geothermal

projects also have created an estimated 4,600 jobs in the state, according to the report.

“Our mission is to promote the expansion of responsible renewable energy resources in the Northwest,” says Rachel, noting RNP is active in Oregon, Washington, Idaho and Montana. “We have for-profits and nonprofits working together to make good in the world.”

RNP focuses its advocacy on decision makers who influence resource use including officials at utilities, Bonneville Power Administration, state agencies and elected officials.

“Utilities are always planning how to meet energy needs,” says Rachel. “We want to make sure they have fair choices and they look at costs and risks associated with each resource.”

With the Northwest's extensive hydroelectric capacity, the region has a history of renewable power as well as a population “that cares about its environment and quality of life.”



Rachel Shimshak

“We wanted to build on that and diversify with wind, solar and geothermal,” says Rachel. The region now boasts 7,600 megawatts of energy from new renewable energy projects. To make that number more meaningful, Rachel explains that this capacity is enough to serve the electric needs of almost 2 million households

“Utilities are always planning how to meet energy needs. We want to make sure they have fair choices and they look at costs and risks associated with each resource.”

– Rachel Shimshak, executive director of Renewable Northwest Project

annually. Though RNP launched in 1994, the first project went online in 1998 and most of that additional power is from projects created in the past decade.

“By increasing the new renewable energy in our supply, we are reducing the amount of CO<sub>2</sub> going into the atmosphere,” she says, adding that CO<sub>2</sub> contributes to global warming.

In 1993 Rachel was living in Boston with her husband, David Barenberg, and young son, Max Barenberg, and working as the policy director for the Massachusetts Division of Energy Resources. While in Portland for Thanksgiving with her parents, Jack and Helen Shimshak, she interviewed to become the first executive director of RNP, which a group of businesses and nonprofits had spent three years developing.

Recalling when she phoned to tell her mother she had the job and would be moving to Portland, she says there was a long silence from her mom. She was getting concerned her mom didn’t want her living so close, when she heard her say, “I’m just coming down from the clouds.”

Initially Rachel was RNP’s only employee, and “my mother had to come in and do the books.”

Her mother died of ovarian cancer in 1997, and Jack, 94, now lives with Rachel, David and Max, 22, a Portland Community College student. The family belongs to Havurah Shalom, where Rachel served as co-president from 2010 to 2011.

As a teenager in Portland, Rachel was very active in the National Federation of Temple Youth, serving a term as president of the region. She received a scholarship from Beth Israel to participate in a summer program in Israel in 1974 with 25 Jewish teens from across the country,

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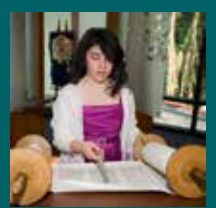
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“We spend our days trying to reduce the amount of fossil fuels in the energy system to keep our air breathable and keep our quality of life high, and every once in a while we’ve got to go out and experience that quality of life.”

— RNP Executive Director Rachel Shimshak



Renewable Northwest Project staff, board members and family members enjoyed a week-long rafting trip on the Salmon River in Idaho last July.

including Portlander Cindy Saltzman, who is now publisher of Oregon Jewish Life.

She returned to Israel for the first time in 2010 to visit Max, when he spent a gap year in Israel on the Kivunim program. Max, a graduate of Portland Jewish Academy, also followed her example of teen leadership becoming regional president of BBYO while in high school.

At Havurah she feels drawn to the sense of community and adds, “I am very inspired by the music.” Rachel notes she isn’t involved with Havurah’s social action programs because, “I like to separate my work and spiritual life.”

Her work life has provided plenty of opportunities for tikkun olam (healing the world). She likes to recount the many successes of RNP.

Tax incentives, such as the wind tax credit that has been extended through 2013, helps keep the playing field level, she says. “Every source of energy is affected by some policy. Oil and gas have been in the tax code for like a hundred years.”

One policy in Oregon that RNP helped get passed is a renewable energy standard that requires the state’s largest utilities to gradually increase the amount of new renewable energy in their supply, so by 2025 new renewables will make up 25% of the electric supply. “With a broad coalition, we negotiated,

wrote and supported passage of the law in 2007,” says Rachel. “Utilities that are responsible for meeting the standard are all meeting it at almost no incremental cost ... that is, the renewable energy they purchased was competitive with other resources they might have bought.”

Currently more than 40% of the electricity consumed in Oregon comes from fossil fuels and nuclear, she notes.

“We are trying to gradually transition away from fossil fuels to a sustainable future,” she says.

Another success she is proud of is getting PGE to agree to early retirement of the Boardman Coal Plant in eastern Oregon by 2020.

She says expanding renewables in the recent recession has been challenging for two reasons – energy use decreases in a down economy and natural gas prices have been especially low. While natural gas prices have a history of cyclical prices where extreme lows are followed by extreme highs, she notes that the cost for renewables comes when building the factory or production site. Once built, energy costs are stable for the life of the factory because, “Renewables don’t have fuel costs; Mother Nature supplies the fuel.”

But she thinks some of the best news is that in addition to delivering environmental benefits, renewable energy also has




Rachel Shimshak and son, Max Barenberg, visited Petra in Jordan during a 2010 trip to Israel.

economic benefits for the region. For instance, in Sherman County, which was hit hard by the recession, property tax paid by a large wind project sited there has enabled the county to improve roads and pay for school programs. Additionally, the project created a number of construction jobs, as well as permanent jobs at the facility. Columbia Gorge College now has a training program for wind technicians, which means young people can now find jobs where they grew up.

“That’s my happy story,” says Rachel. “These are local resources and local jobs.”

Responding to a common concern that wind turbines kill birds, Rachel notes that proper siting to keep wind farms out of migratory paths greatly minimizes that problem. Pollution, cars, house cats and high buildings are all threats to birds. “If we are smart about where we put tall structures, we minimize interactions. We’ve worked hard to create siting criteria,” she says.

Sitting in a downtown Portland office surrounded by photos of beautiful landscapes in the states where RNP is working, Rachel is visibly proud of the work they do.

“Our hope is people will connect their energy use to the consequences of its production, just like people have begun to pay attention to where their food comes from.” 

Sing! Dance! Eat a little!

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## CHEF'S CORNER

# Sweet Summer Bounty



By Lisa Glickman


It's officially eat-outdoors season – summer is here! Available now are crisp, juicy watermelon, fresh ears of corn, flats of colorful berries and tart rhubarb. Finally, after the long flavorless winter season, we have fruity-sweet locally grown beefsteak tomatoes just waiting to be thickly sliced to adorn a smoky backyard-grilled hamburger or gently layered with creamy fresh mozzarella, tangy balsamic vinegar, the finest olive oil and summertime's sweet, tender basil. I love the bounty of summertime fare that is just begging you to fire up the grill and enjoy the extended daytime sun followed by the gentle evening breezes that inspire a great outdoor meal.

Another sure sign of summer is when handwritten signs begin to appear along local roads alerting that a farm stand is just ahead ready to sell its bounty of Oregon's luscious local strawberries. When I was a young girl, strawberries were only available during the summer months. A strawberry in January was simply unheard of before growers began shipping them from California. To consider their long transport time, California growers need to make sure the berries remain sturdy by being under-ripe to survive the long trip north. Even though they may resemble strawberries on the outside, those California imposters are a sad substitute for our sweet, juicy, once-a-year Oregon strawberries.

I grew up east of Portland in Troutdale in the days before there were countless strip malls, outlet stores and the Max line. In the '70s Troutdale was a rural suburb surrounded by

nurseries, farms and berry fields. During summer vacation my friends and I would get up early in the morning and head to the nearby fields where we would be hired to fill buckets of berries for a few cents a pound. These strawberries were deep red and ridiculously sweet. Impossible to resist, many wound up in our mouths and never made it into our buckets. Tender and perishable, these berries rarely traveled far from the farms from which they were picked and usually spent less than a day waiting to be swooped up from a local market or roadside stand.

Here's a great way to enjoy Oregon's signature summertime gift of fresh strawberries:

Creamy rich strawberry ice cream is churned with bits of buttermilk shortcake and topped with fresh berries marinated in sweetened balsamic vinegar. Strawberries and balsamic vinegar are a perfect pairing, and tender chunks of buttery, sweet biscuit mixed into the softly frozen ice cream create an upscale twist on strawberry shortcake. 



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).



## Fresh Oregon strawberry shortcake ice cream with sweet balsamic vinegar strawberry topping

2 pints fresh Oregon strawberries

### For the ice cream base:

2 large eggs

$\frac{3}{4}$  cup sugar

2 cups heavy whipping cream

1 cup milk

### For the syrup:

$\frac{1}{3}$  cup balsamic vinegar

2 tablespoons sugar

### For the shortcake:

2 cups self-rising flour

3 tablespoons sugar, plus more for dusting the top of the shortcake

$\frac{1}{4}$  cup cold unsalted butter cut into pats, or shortening

$\frac{3}{4}$  cup buttermilk

1 teaspoon vanilla extract

### Make the syrup:

Place balsamic vinegar and sugar in a small saucepan. Bring to a boil and reduce heat to medium high. Watch carefully until mixture reduces to thin syrup. Pour over one pint of cleaned and sliced strawberries. Set aside to macerate.

### Make the shortcake:

Preheat oven to 425 degrees.

Place flour and sugar in a bowl. Work in the butter or shortening just until crumbs are the size of large peas. Add vanilla to buttermilk

and mix. Add buttermilk to bowl and stir until the mixture just holds together and leaves the sides of the bowl. Add a bit more flour if too wet. Scoop the dough onto a well-floured surface and gently fold it over on itself several times, using more flour if needed. Roll or pat dough into a 5 by 8 $\frac{1}{2}$  inch rectangle. Cut biscuits with round cutter or into triangles like a scone. Place on ungreased baking sheet and bake for 10-14 minutes. When finished baking and slightly cooled, place two biscuits in freezer to harden a bit while you make the ice cream base. (The rest you can save in an airtight container and have with your coffee the next morning!)

### Make the ice cream base:

Whisk the eggs and sugar in the bowl of a stand-up mixer until light and fluffy, 1-2 minutes. Heat the milk and cream until almost boiling in a medium-size pan. When milk is hot, add about  $\frac{1}{2}$  cup of it to the egg-sugar mixture to temper. Add egg mixture to hot cream and stir gently for 3-4 minutes more until mixture begins to thicken. Remove from heat and place in a bowl. Put bowl in the freezer to chill for about an hour. Finely chop the second pint of strawberries and add a bit of sugar if needed (probably won't). When the ice cream base has thoroughly chilled, add it to the ice cream machine along with chopped berries and churn until soft frozen. Remove shortcake from freezer and break or cut into large chunks. Add to semi-frozen ice cream and churn until just blended. Put ice cream in freezer to continue to harden. Serve ice cream in bowls topped with macerated berries.

# FEAST Portland



Photo by Michael Persico

## *Featuring Israeli-born Michael Solomonov, winner of the 2011 James Beard Award*

By Kerry Politzer

This year's Feast Portland will feature one of the nation's most intriguing chefs: Israeli-born Michael Solomonov. The 2011 James Beard Award winner is famous for the modern Israeli cuisine he offers at Zahav, his critically acclaimed Philadelphia restaurant. The New York Times praises Solomonov's "simple food with layers of flavor," and his restaurant has also been recognized for excellence by Bon Appétit, Travel + Leisure and Esquire.

Solomonov once felt that Israeli cuisine was underrepresented in the United States. After several exploratory trips to Israel, he and his partner, Steve Cook, conceived of Zahav. The chef, who has operated the restaurant since 2008, aims to familiarize diners with the flavors and culinary history of Jerusalem.

He explains, "Our menu reflects the many cultures that have left their marks on Jerusalem over the centuries, such as those of

Morocco, Turkey, Yemen, Lebanon and Egypt in addition to the Baltic and Sephardic influences."

At Zahav diners can enjoy a variety of salads, hummus dishes, small plates, and coal-grilled meats and vegetables. The Turkish hummus is served warm with grilled garlic, while the Yemenite soup features brisket, onions and chickpeas. Says Zahav, "Our most popular dishes, hands down, are the hummus and the lamb shoulder, which are served as part of our Mesiba menu." Although his kitchen is not kosher, he cooks in the kosher style: "We don't combine dairy and meat, and you won't find shellfish or pork on the menu."




Zahav cauliflower. Photo by Jason Varney

In addition to presiding over Zahav, Solomonov operates the Cook + Solo restaurant group with Cook. The group includes Percy Street Barbecue and Federal Donuts, for which Solomonov is scouting additional locations. The latter restaurant offers

mouthwatering Korean-style fried chicken with za'atar seasoning and donuts in flavors like Indian cinnamon and vanilla lavender.

When asked where he gets his culinary inspiration, Solomonov says he is influenced by cultural and historic dishes. "I like to see how things were done and then transform them into something for today's palates. I also really enjoy dishes made with very simple preparations that allow the ingredients to shine through."

Solomonov will be participating in Feast Portland's USA Pears Night Market, which will be presented by premium meat producer Snake River Farms. The Night Market, which enjoyed high attendance last year, will once again highlight the diverse flavors of Asia and Latin America. Solomonov will also demonstrate his culinary prowess at a Dinner Series collaboration with Scott Snyder (see story page 17) and Wes Johnson, Zahav's opening sous-chef. Solomonov greatly looks forward to this event: "The meal is still being finalized; I can't wait to see what they have in mind." 





*Scott Snyder gives  
French twist to  
Middle Eastern foods*



By Kerry Politzer

Scott Snyder, the chef/owner of Levant, a new local hot spot, melds classic and modern French culinary techniques with Middle Eastern ingredients. His restaurant, which had been open for 10 weeks at the time of this writing, is winning accolades for its healthy, creative cuisine. When brainstorming the concept for Levant, Snyder discovered that no one in Portland was serving cuisine with the flavor profile used by

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the Sephardim and Mizrahim (Jews from Arab states). "I wanted to do something that had a personal meaning to me and my family," he explains. "My mother's family moved to Palestine in 1860; her father grew up there as a boy, and she lived there as a child."

The chef has expanded his focus to include all of the foods introduced by the Ottoman Empire as well as North African and Mediterranean cuisine. His menu, which changes almost daily, features staples like seafood, duck and lamb seasoned with spices and olive oil. "I'm amazed at how little butter we use," he says. "We use very high-quality Israeli and Lebanese olive oil." He sources many of his spices from Barbur World Foods, the largest Middle Eastern food importer in the Northwest.

Although Levant is not kosher, the restaurant serves no pork. "It's not used in the region, so we don't need to cook it," explains Snyder. "And it has kind of turned into something where people are happy we don't. We have a lot of fun and really enjoy the challenge of having to find ways to produce products that people would normally do with pork."

The restaurant offers house-made lamb bacon and duck sausages.

On Sunday, Sept. 22 at 7 pm, Snyder will team up with Zahav's Michael Solomonov for a Feast Portland Dinner Series at Levant. The two chefs, with their modern Israeli conceptions, are sure to find a lot in common; Snyder's sous-chef previously worked under Solomonov.

"We're very excited about it. I'm sure there will be lamb on the menu," says Snyder. 

Israeli shakshuka with fried quail egg prepared by Portland's Scott Snyder, who is teaming up with Michael Solomonov for a Feast Portland Dinner.



## FEAST PORTLAND

Dubbed "the ultimate food festival" by Bon Appétit editor-in-chief Adam Rapoport, Feast Portland made a stunning debut last year.

### Here are some fun foodie facts about the 2012 event:

- There were almost 9,000 attendees.
- 96 local and national chefs, 43 wineries and 21 breweries were featured.
- Stumptown Coffee Roasters went through 700 pounds of coffee beans.
- Charm City Cakes founder Duff Goldman wowed attendees with an 8-foot cake.
- USA Pears handed out 1,200 pounds of pears at its booth in Director Park.
- The event raised \$46,000 for Share Our Strength and Partners for a Hunger-Free Oregon.

### This year's Feast Portland (Sept. 19-22) promises to be even more exciting:

- A fascinating series of food-related lectures sponsored by Whole Foods will be held at the Portland Art Museum's Whitsell Auditorium.
- The dinner series, which will take place at various local restaurants, will feature inspired collaborations between chefs such as Levant's Scott Snyder and Zahav's Michael Solomonov.
- A brand-new brunch series has been added to the schedule.
- Tasting panels will highlight wines, beers and cocoa.
- Courses at Le Cordon Bleu will include "Roast Your Own Coffee" and "Tea Blending" classes.

For detailed event information and tickets, visit [feastportland.com](http://feastportland.com).



Scott Snyder's rose scented roast duck.

# Profile of a Foodie: Arnaldo Cohen

By Elizabeth Schwartz

“My favorite thing about Jewish food is eating it and then not eating it for awhile,” declares pianist Arnaldo Cohen, the newly appointed artistic director of Portland Piano International. An active performer, Cohen is often on the road for months at a time and receives many invitations to dinners in restaurants or private homes, which has allowed him to sample cuisines from all over the world. The Brazilian-born Cohen, now an American citizen, had a head start on accustoming himself to a variety of different cuisines thanks to his rich Ashkenazi-Sephardi upbringing in Rio de Janeiro as the son of a Ukrainian mother and Persian father.

“I grew up eating a mixture of Ashkenazi and Sephardi dishes,” Cohen explains. “I don’t know if there’s a specifically Jewish Sephardi way to cook; it’s basically Arabic.” A typical Shabbat dinner would begin with a Sephardi consommé made from chicken, or the family might have chickpeas in a soup. “My grandmother would make kibbeh, known as the national dish of Lebanon. It’s basically meat croquettes with bulgur and onions. My mother says you have to have a special manual talent for them; if you don’t make them well they become too thick.” In place of kibbeh Cohen’s family would have either chicken or fish, and the chicken would always be boiled with some potatoes, a quintessentially Ashkenazic method of preparation. In addition to the main course, the table would be loaded with green salads and lots of fresh fruits and vegetables.

For Saturday meals Cohen’s mother would make krepalach – “like ravioli in a Ukrainian way with cottage cheese inside,” he says. The family would also eat fluden, an Ashkenazi dessert pastry filled with bits of dried fruits. Other dishes that made regular appearances on the Cohen family dinner table were far-falle, bow-tie pasta with kasha varnishkes, and herring in cream sauce, a favorite of Cohen’s father.

Cohen’s family also adapted Brazilian dishes, many of which contained pork. “We’d eat a lot of feijoada, often described as the national dish of Brazil,” Cohen remembers. “Brazilian feijoada has pork, so my mother would make the recipe without the pork using other sorts of meats like pastrami.”


Cohen’s favorite childhood dessert was a crème caramel made out of condensed milk. “It’s very rich, like flan but thicker and better. It’s more of a condensed milk pudding.”

It’s often difficult for Cohen to avoid eating heavy food, especially when he is invited to a private home for a meal, so he eats light on the road. “I try to have a lot of salads, chicken or salmon.” In his previous visits to Portland to perform with the Oregon Symphony, Cohen became a champion of Oregon wines. “Of course red wine is always the right partner for me for any food,” he says. “Wine is important; don’t start eating until you’ve had the first glass. A good pinot makes any food wonderful.”

Cohen is looking forward to sampling new eateries in Portland now that he’ll be here more often. “The Heathman

is always my default restaurant; they have some special appetizers, very small,

which are fantastic,” he says. “I’m also a fan of the creative meals you can find at a place like Higgins. I’m always looking for a restaurant that can serve a good vitello tonnato. It’s one of my favorite Northern Italian dishes. The veal is cut very thin with a tuna sauce that has the same sort of texture as hummus.”

Adaptability is essential for Cohen because he eats out so often. “My attitude is put it on the table and I’ll eat it,” Cohen declares. “Fortunately I have a strong digestion; I can eat pretty much anything. Since I don’t cook myself, I’m always very curious to try new things. I like surprises.” 

Portland freelance writer Elizabeth Schwartz is a founding member of Portland Tuv Ha’aretz (“good for the Earth”) and teaches the Melton spotlight course “Kashrut and Beyond: Jews and the Ethics of Food.”



Arnaldo Cohen

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# HONEST Food

*Jenn Louis and David Welch  
focus on the Jewish mitzvah of  
hospitality at Lincoln*

By Elizabeth Schwartz

That downtown Portland is a center of fine dining is old news to anyone who enjoys a good meal. We're justly famous for the many great restaurants that make their home in the Rose City, yet many people who come to Portland for other reasons are surprised by both the quality and quantity of first-rate eating establishments here, from the juicy grass-fed beef burgers on most pub menus to the hautest in haute cuisine.

But fine dining opportunities abound outside the downtown corridor too, like Lincoln Restaurant, which sits in the heart of the newly revitalized Boise-Elliott neighborhood in NE Portland. Lincoln's co-owners, husband and wife team David Welch and Jenn Louis, are devoted to the highest levels of service, quality ingredients and creating memorable experiences for their patrons. They also love dinner. Welch explains, "Dinner is one of those cultural icons that links us together. A lot of restaurants today serve only small plates, appetizers. That's not dinner. Dinner is an opportunity to connect and share a special occasion with our guests. It's why we do what we do. Part of dinner is hospitality, so it's really important that we take good care of our guests. I tell my staff every day – literally – they have the opportunity to make a memorable impression in someone's life. That's a really important thing. You need to cherish that opportunity."

Lincoln's website describes the restaurant as "a balance of old and new, classic and modern, rustic and refined." Welch says, "The idea, in terms of the aesthetic at Lincoln, is that we're younger, but we appreciate a sense of tradition." Louis adds, "What's broke you don't need to fix. For example: simplicity. A lot of people don't understand that when you're cooking, it's more difficult to create a great dish out of fewer ingredients than a lot of ingredients. If you use the best ingredients and let them stand out for what they are, you'll have something pretty spectacular."



David Welch and Jenn Louis. Photo by John Valls

Louis and Welch have made Lincoln a success with this approach, despite that they opened just a few months before the recession of 2008. It was a rocky period, but Louis and Welch kept their heads down and continued building their business. "We believe that if we work hard and execute on the highest level possible, we'll be fine, and here we are, five years later, doing just fine," says Welch. The food world seems to agree; Condé Nast Traveler magazine's "Hot List" named Lincoln as one of 50 top new restaurants in North America, and Louis was recognized as a semifinalist for the 2010 and 2011 James Beard Foundation's "Best Chef Northwest."

"There are lots of different kinds of chefs," says Louis. "We're closer to the traditional side, but we're not hidebound;

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we play with things. There are a lot of classics we do really well. We also have ingredients on our dishes that other restaurants don't, like turkey, duck and goose eggs. We keep our craft very consistent." The "rustic and refined" aspect of Lincoln's food comes from what Louis describes as "very unmanipulated cuisine – that happens by careful application of craft and skill. We're refined in our thoughtfulness about how to pair foods – understanding how to complement the dishes."

Welch and Louis launched their first business, a catering company called Culinary Artistry, 13 years ago, and they continue running it today, along with Lincoln. Two years ago they opened a second establishment, the Sunshine Tavern, in SE Portland. "Sunshine Tavern is named after Jenn's parakeet," says Welch with a grin. The name Lincoln emerged from a word association brainstorming session. "We wanted the restaurant to be comfortable and hospitable, to feel sturdy, approachable and honest, so we put Honest Abe's up on the board and that morphed into Lincoln," Welch explains.

Lincoln's menu changes daily according to seasonal availability. Louis enjoys preparing both classic and exotic dishes; on any given night you might be able to choose between a slow-braised beef tongue and rabbit. Louis also specializes in Italian gnocchi, and her cookbook on Italian dumplings will be published by Chronicle Books next year. Welch's expertise with wines and spirits, which began when he was a boy helping his grandfather build a wet bar in their rumpus room, provides exciting and innovative beverage choices to Lincoln's patrons. "Actually, the real impetus was the TV show 'Cheers,'" Welch admits. "I just thought being in a bar was so much fun when I was a kid, and it's turned out to be as fun as I thought."

As Welch points out, "Being a restaurateur is completely contradictory to being an active member of a Jewish community," but he and Louis have made the Jewish mitzvah of hospitality their focus at Lincoln. "Making home a part of community was a big part of both our lives," says Louis, and Lincoln has become an extension of that idea. Their version of tikkun olam includes holding bimonthly fundraisers at Lincoln and Sunshine Tavern. They donate 10% of the food proceeds to a variety of organizations, from local schools and theaters to Havurah Shalom, where they have been involved since the late 1990s, and other Jewish groups.

Running two restaurants and a catering company together can put a strain on any marriage, but Welch and Louis have figured out how to make it work. "We stay out of each other's way," says Welch. "It's an extension of our personal relationship. To work with your partner is a wonderful lesson in communication; we help each other out and give feedback." Louis adds, "It can be very intense some days, and we do have to set boundaries about talking about work at home, but we're both incredibly passionate about what we do. It's special to be able to share that passion with your partner." 



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# The Kosher Express on track to expand kosher options



By Vanessa Van Edwards

Need a slab of kosher bison on your doorstep by Friday morning? How about some nice kosher veal chops delivered in time to prepare for Shabbat dinner? Robert Bernton, 25, is endeavoring to fill exactly those needs with his burgeoning company, The Kosher Express.

When Bernton stepped onto Emory University's campus his freshman year, he was shocked to find that the kosher food options were little better than microwavable airplane meals. Bernton set out to change the system. "I worked with Emory Hillel, and by my second semester freshman year, we had a decent kosher meal plan for the first time at Emory."

After graduating Emory with a degree in business, Bernton joined a firm in New York City but was unfulfilled. "I learned I had a passion for kosher meat and bringing it to people who do not have access," says Bernton. According to some research, up to 80% of the total kosher market is without direct access to quality kosher goods.

The first few months were hard going, but he eventually found a reliable supply for good-quality kosher meat, quit his job and launched the Kosher Express in August of 2010. Now only two and a half years after launching, The Kosher Express has more than 1,200 customers, with some in every U.S. state – including a growing Oregon contingent.

"We have a growing group of customers in Oregon, because many Oregonians do not have great access to high-quality kosher meat – especially some of the more unusual varieties we carry like bison, veal and duck," explains Bernton.


Quality is exactly what Bernton believes sets his company apart. "We know that if we have the best possible quality, people will try it and like it," says Bernton. In addition, as the average American consumer becomes more educated on the quality of their meat, they want to buy superior products; this is why Bernton makes sure he carries supplies of organic, hormone-free and grass-fed products.

Health is another growing concern for meat buyers. Interestingly, bison makes up a fourth of Kosher Express sales. "Bison is extremely popular because it has the same taste profile as beef, but is higher in protein, lower in bad fat and higher in good fat." The Kosher Express is one of the few companies in the world that sells kosher bison.

The Kosher Express also takes a unique approach to its customers. It has an on-line community where kosher meat lovers can trade recipes and swap stories to have a greater sense of *kehillah*, or community, which is important to Bernton.

As an experimental chef, Bernton also comes up with his own recipes. "My best is the BBQ boneless rib recipe," he says (recipe on [thekosherexpress.com](http://thekosherexpress.com)).

Bernton also has a *tzedakah* arm of the Kosher Express called the Tzedek Express. In this program local Jewish organizations can give their community a code, and 10% of all profits from purchases will be given to the organization. Bernton has made it his priority to grow fast, but also good.

Bernton says, "We want to make it easier for people to keep kosher. The Kosher Express is fulfilling its dream – taking kosher food and creating *kehillah* everywhere." 





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# Eating Jewish in Bend



Top left: Bend d'Vine, 916 NW Wall St., offers wine and chocolate pairings in addition to a Mediterranean menu and chocolate desserts created by owner David Kalov.

Top right: Chabad Rebbetzin Mimi Feldman's hands fly as she braids challah during a cooking class. Feldman not only teaches cooking classes, she also caters kosher events and will prepare kosher meals for visitors to central Oregon. To see a menu, go to [Jewishbend.com](http://Jewishbend.com) and on the left side of the home page, click on Visiting Bend? Or email [Mimi@JewishBend.com](mailto:Mimi@JewishBend.com) for more information.

Above: David Cohen displays some of the boiled bagels at Rockin' Dave's Bagel Bistro, at 661 NE Greenwood Ave. Photo by Casey Patton

Bottom right: Pastrami Old World Deli has fresh bread and pickles and pickled green tomatoes to accompany their own recipe of corned beef and pastrami. The deli at 431 NW Franklin Ave. serves Jewish-style New York deli sandwiches, but employees are quick to point out they are Jewish-style, not kosher. Photo by Deborah Moon







Temple Beth Tikvah frequently holds social events at Bend d’Vine, a chocolate café and wine bar owned by TBT members David Kalov and Jolie Fiore. Above, TBT’s new Rabbi Johanna Hershenson chats with TBT members Terry Reynolds, David Kalov and Mark Shindel during a meet and greet at Bend d’Vine. Photo by Lester Dober

By Deborah Moon

Where do you get “Jewish” food in central Oregon? I was told of sources for pastrami, challah, bagels – boiled and otherwise – and even kosher meals available by pre-order by the Chabad rebbetzin. And on a recent visit I discovered a chocolate and wine café owned by a member of Temple Beth Tikvah that was heavenly.

If you’re looking for kosher, the choices are somewhat limited. “For those who come to Bend and keep kosher, your first call should be to Kosher Delights (Chabad of Central Oregon),” says Alice Huskey, a member of the Jewish Community of Central Oregon. “Mimi Feldman is a superb cook and makes the best kosher food I have ever tasted in my 50 years of existence. She can be found at JewishBend.com, and you can email her at Mimi@JewishBend.com to place your orders or plan a catered event. She makes everything from homemade challah to salmon and chicken that is to die for!”

“We do have a Trader Joe’s on the north end of town, and they carry glatt chicken and occasionally some kosher beef as well. In a pinch, Whole Foods often carries packaged challah, some kosher items and excellent organic options.”

Alice was also my source for other sources of challah: “Traditional challah can be purchased on Thursdays at Great Harvest Bakery on Bond Street – it’s warm out of the ovens at 11:15 am. On Friday, absolutely delicious challah can be purchased at Ida’s Cupcake Cafe on Galveston – you can call ahead for special orders and she makes beautiful round challot for the High Holidays.”

Alice says that on Fridays only, you can get challah at The Village Baker and at Baked. Baked will take pre-orders for challah and specialty treats like round raisin challah and hamantashen.

And she reminds people not to forget that other Jewish

bread – bagels! “We have lots of places to get bagels in Bend, from Costco and Safeway to Big O’ Bagel and Rockin’ Dave’s on Greenwood ... and they make a mean rye bread as well. The Sparrow Bakery on SE Scott also makes some of the tastier bagels in town ... but Big O’ (with locations on both Galveston and Third) will never let you down – as long as you have cash or a check ... they don’t take credit or debit.”

On a recent visit, we tried Rockin’ Dave’s – co-owned by self-defined New York Jew Dave Cohen and Dave Flier. The cinnamon raisin and plain bagels would fare well in Portland’s bagel wars. And the salt bagel with peanut butter, made in house, was a great start to a busy day.

Pastrami Old World Deli on Franklin offers pastrami and corned beef sandwiches accompanied by Dr. Brown’s Cream Soda and dill pickles that will make you think you are in New York.

But my favorite find in Bend was Bend d’Vine chocolate and wine café, owned by Temple Beth Tikvah members David Kalov and Jolie Fiore. The couple has held numerous fundraisers and events for TBT at their restaurant, including a meet-and-greet for new Rabbi Johanna Hershenson.

“The nice thing about TBT is the social aspect – people like each other and like to be together,” says David, when asked why he holds events at Bend d’Vine. “These are our friends, we are around people we like to be around.”

Perhaps the Mediterranean fare is not strictly Jewish, but as David says, he learned to cook from his mother and grew up knowing “If it’s not chocolate, it’s not dessert.” David creates all the recipes and cooks all the chocolate. The salted caramel brownies are rich decadence. And the wine selections, available by the glass or bottle, are reasonably priced.

Central Oregon may be high desert, but it’s not a desert for Jewish cuisine. 🍷

# Kosher Quest

## in the Beaver State

*Whether you eat kosher-style or seek out foods that meet higher standards, you can find it in Oregon*

By Rich Geller

It's no secret that Oregon has cultivated a national reputation for culinary excellence. Portland in particular has become the darling of the foodies.

As Eric Asimov wrote in *The New York Times*, "Portland has emerged from its chrysalis as a full-fledged dining destination." With the advent of the city's burgeoning food-cart culture, Portland has taken its love affair with food to the next level. *U.S. News and World Report* recently ranked Portland as the number one city in the world for street food. And Oregon's devotion to all things local, sustainable, organic and cruelty-free has been repeatedly but affectionately lampooned on TV's *Portlandia*. With a relatively modest Jewish population, how do kosher-keeping Oregonians fare in this dynamic and rapidly evolving food scene?

In Oregon epicurean opportunities abound for the kosher locavore. From the orchards of the Columbia River Gorge, to the award-winning vineyards of the Willamette Valley and the wild rivers teeming with salmon, Oregon offers an abundance of food choices that fall within halachic guidelines. Oregon's numerous farmers markets offer a dizzying array of fresh produce. Oregon Kosher, a local nonprofit dedicated to the promotion of kashrut, has certified dozens of local products kosher. As Oregon Kosher's Executive Director Tuvia Berzow explains, "At the end of the day, it's a community service we feel blessed to provide."

Portland, with the highest concentration of Jews in Oregon, naturally has the greatest access to kosher food, and that population is growing. In April *The Jewish Daily Forward* reported, "Young Jews are flocking to Portland, lured by a hip lifestyle and laid-back culture."

With nearly 50,000 Jews living in a city of more than half a million, kosher and kosher-style food is a small but vibrant part of the overall food culture. Portland is home to several excellent Jewish-style delis such as Kornblatt's Delicatessen and Kenny and Zuke's that serve traditional Ashkenazi fare, while employing a devotion to quality and locally sourced ingredients that reflects the region's culinary mindset. A *Forward* article on the revival of Jewish deli observes that "...in smaller cities like Portland, Kenny and Zuke's doubles as a communal Jewish space and a popular restaurant..." Just in time for Mother's Day, *The Forward* even crowned

Mother's Bistro owner/chef Lisa Schroeder "Portland's Unofficial Jewish Mother in Chief."

Bagels also generate an inordinate amount of attention from the press in Portland. The sale of Portland's beloved Kettleman bagels to Colorado-based Einstein Bros. Bagels was dubbed BagelGate by Willamette Week. The silver lining was that it sparked an artisan bagel renaissance in Portland. Located in Portland's Old Town, Bowery Bagels makes hand-rolled, New York-style bagels using locally sourced ingredients; they are boiled then baked and are certified by Oregon Kosher.

The Bridgetown Bagel Company, a food cart on Sandy Boulevard, makes boiled bagels that are so delicious, my son Leo exclaimed, "Wow, that's better than ice cream!" Jonathan Park, who used to bake the challah at Kettleman Bagels, is now baking his own bagels right in his tiny food cart. As Jon explains, "We designed the cart with kosher in mind, with the baking and retail separate." When sold unsliced, the bagels are parve and pas Yisroel. All containers, bags and utensils are not only compostable, they are made here in Oregon! Portland Rabbi Shlomo Davis certifies Bridgetown Bagels, which will soon add rugelach, hamantaschen and fresh-baked challah.

If you need something local to spread on your bagel, Eugene's Springfield Creamery makes Nancy's organic kosher cream cheese using milk from the Kesey family farm. The creamery also makes Nancy's unbeatable kosher yogurt and sour cream. Why not complete the bagel hat trick with some lox from the Smokery? Proprietors Michael and Rhona Jacobs not only make the best kosher smoked salmon and sable in Portland, all of their fish is caught using sustainable hook and line methods. Their Oregon Kosher-certified fish is available at the Hillsdale and Portland farmers markets, Food Front and Whole Foods. Their Maplewine hot-smoked wild salmon, brined in maple syrup and Blackberry Manischewitz, will have you shouting l'chaim!

The only fully kosher restaurant in Portland, Café at the J is located in the Mittleman Jewish Community Center. The warm, friendly service and delicious food will keep you coming back. This dairy café boasts a diverse menu. Breakfast offerings include Bowery bagels with a schmear, eggs, granola, yogurt and fruit smoothies. Lunch includes soups, salads, sandwiches, pizza, quesadillas and daily specials. Stop by on weekdays between

**There are hundreds of kosher certification agencies – with varying levels of reliability – and each with its own certification symbol. Speak to your rabbi to determine the reliability of a kosher symbol you may encounter. (Chabad.org)**

2:30 and 3:30 pm for coffee happy hour for half-price coffee drinks. Don't forget to check out their delectable meat dinners on Tuesdays!

If you're looking to tame your sweet tooth, why not head out Beaverton way and drop by Krispy Kreme's only area location certified by Oregon Kosher? Be sure to bring the kids to watch the donuts being made!

A profusion of shopping opportunities beckons the savvy kosher consumer. Many area grocery stores have made a substantial effort to expand their kosher offerings in recent years. As Sue Fishkoff notes in her excellent book *Kosher Nation*, "Today one-third to one-half of the food for sale in the typical American supermarket is kosher."

Everything Jewish on Southwest Capitol Highway offers Portlanders the city's largest variety of kosher meats, including Wise Organic Chicken. Humanely raised, certified kosher and hormone-, antibiotic- and pesticide-free, this chicken will

brighten any Shabbat table. Most of the beef is also free of antibiotics and hormones. You will also find a wide selection of fish, snacks, candy and other grocery items. Store director Rabbi Chayim Mishulovin explains, "Everything Jewish is more than just a Judaica and kosher store, it is a resource for anyone who wants to learn more about Judaism and kashrut. We try to keep our meat prices the lowest in town. Our goal with the food is to make it more accessible for Jewish people to try out kosher."

Albertsons on Southwest Beaverton Hillsdale Highway has the only fully kosher deli and bakery in Portland. With a wide selection of kosher meat, frozen foods and an entire aisle dedicated to kosher food, if you can't find it here chances are you can't find it in Portland. East Coast faves like frozen Carvel ice cream cakes, rainbow cookies, Fox's U-bet and Bosco chocolate syrups are all here. The deli stocks an array of fresh salads, sandwiches and meats. Kosher rotisserie chickens are available on Friday mornings as is fresh-baked challah from the bakery.



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Shelves at Everything Jewish are stocked with kosher food. Photo by Rich Geller


Andrew Hostettler, who works in the deli, knows firsthand the important role that Albertsons plays in the Jewish community. "Years ago, I lived in an area with very few kosher options. I once stopped by the Albertsons Kosher Deli when I was passing through town. I was very excited to have access to kosher food. Now that I work at the deli, I see people who come to town and are also very happy to see what we have. ... It makes me feel good to help Jews keep the mitzvah of eating kosher."

A number of other groceries are also great sources for kosher food. Fred Meyer has done an outstanding job updating its kosher sections to include a more varied selection along with an expanded Passover display. Not only does Trader Joe's carry Empire kosher chicken and turkey, and Teva's kosher ground beef and steaks, dozens of the store's grocery items including cereals, candy, cookies, beverages, snack foods, condiments and breads are certified kosher. Zupan's has a nice array of kosher cheeses as does Elephant's Deli, which carries kosher Point Reyes Original blue cheese and Redwood Hill raw milk feta. Food Front in Hillsdale and on Northwest Thurman has a kosher bulk foods section, many kosher dairy items and an extensive selection of kosher fish such as Blue Hill Bay pickled herring. New Seasons is a great source for kosher turkeys, smoked fish and kosher baked goods from the Schwartz Brothers Bakery located just across the Columbia River in Vancouver, WA. In the dairy aisle you'll find Organic Valley Milk that comes from Oregon and Washington cows and is certified by the Orthodox Union.

For Shabbat Portland's Challahman bakes fresh challah each week in limited batches. They are available at Lamb's Thriftway and Food Front. When in Eugene be sure to stop by Alexander's Falafel cart at the University of Oregon for a kosher treat.

Oregonians searching for locally produced kosher wine have two superb options. AlexEli Pinot Noir Kosher, Oregon's first kosher Pinot Noir, is produced in the heart of the Willamette Valley. Washington's Pacifica Wines makes a kosher for Passover Bordeaux called Meritage, which is available at Albertsons. Also for Pesach, Portland's Clear Creek Distillery has two kosher for Passover offerings, Kirschwasser, a clear cherry brandy, and Slivovitz, or blue plum brandy. Both are a perfect complement to your seder.

Oregon's penchant for progressive values is reflected in the rising demand for humane and sustainable practices in the production of our food. Elizabeth Schwartz, a founding member of Portland Tuv Ha'aretz ("good for the Earth") explains that the organization "connects Jewish teachings and traditions with sustainable food and agriculture." Influenced by the Eco-Kashrut movement of the 1970s, the group has partnered with Sauvie Island Organics Community Supported Agriculture and has sponsored educational programs that promote issues of fair trade and social justice. Schwartz also teaches the Melton spotlight course "Kashrut and Beyond: Jews and the Ethics of Food," which explores concepts of ethics and food through the lens of the Torah, Talmud and other Jewish writings.

While Oregon may not be the first place that springs to mind when one thinks of kosher food, clearly there is a wealth of choices for those who seek it out. More local products than ever "answer to a higher authority," to quote the old Hebrew National ad, and that number is growing all the time. The rising Jewish population, combined with our state's thriving food culture, bodes well for the future of kosher food in the Beaver state. 

Rich Geller is a Portland freelance writer.

# Chef believes food holds a family together



Giuliano Hazan.  
Photo by Mary Hermann

By Rich Geller

For world-renowned chef Giuliano Hazan, family and food are as inextricably linked as home and hearth. “For me, food is the fabric that holds family together.”

Having been raised in a family of chefs, young Giuliano enjoyed home-cooked meals almost exclusively during his childhood. As he explains in the introduction to his latest cookbook, *Hazan Family Favorites: Beloved Italian Recipes*, “I was very fortunate to eat well when I was growing up.” Now that he has a family of his own, Giuliano continues this tradition. As he told a crowd gathered to hear him speak this April at Powell’s City of Books, “We always try to make eating together a priority.” In *Hazan Family Favorites* he remarks that “Eating individually and on the run is just not part of our family’s lifestyle. Sharing meals allows our family to reconnect and enjoy each other’s company.”

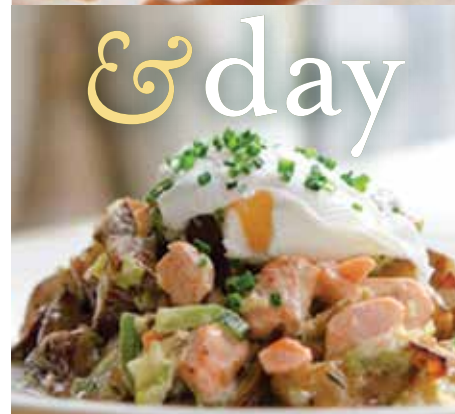
Giuliano is a chef, author, educator, *Today Show* regular, James Beard Award nominee, World Cookbook Award winner and one of the world’s leading authorities on Italian cooking. He and his wife, Lael Hazan, run a highly acclaimed cooking school in Northern Italy. If that weren’t enough, he is also the son of the legendary Marcella Hazan, who is credited with introducing traditional Italian cooking to the United States via her own cookbooks such as *The Classic Italian Cookbook*. Having her son follow in her footsteps has been a source of great joy for Marcella. As she told *The New York Times*, “In Giuliano, I feel I am born again.”

This focus on family has certainly rubbed off on Giuliano’s daughters, Gabriella, 12, and Michela, 7, who frequently help prepare family meals. Both girls are accomplished pasta makers, and Gabriella has displayed quite a knack



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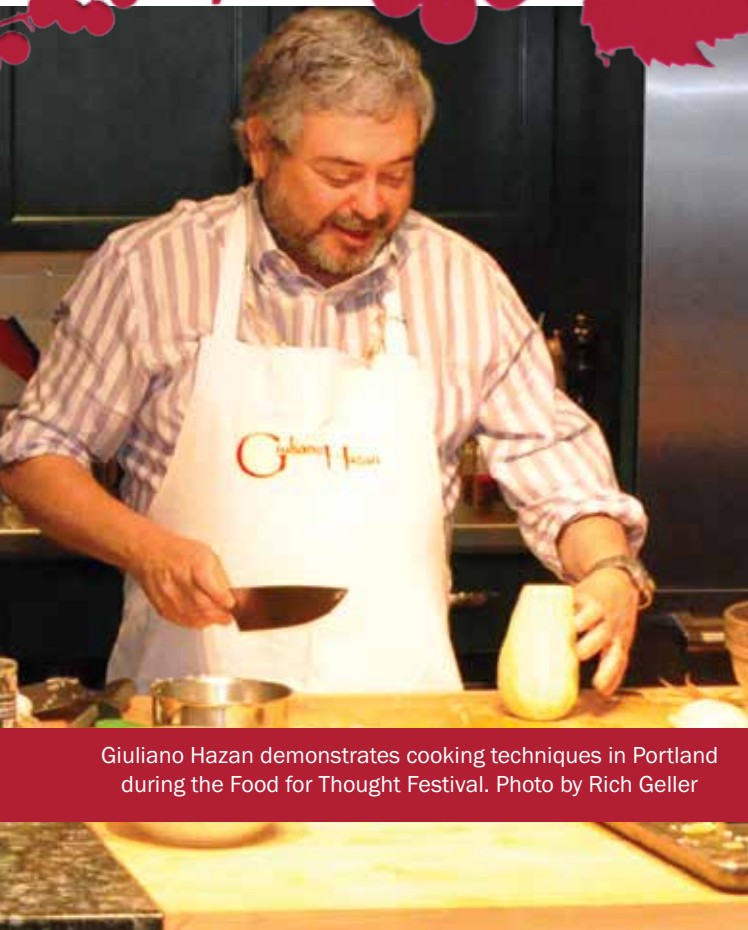
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Giuliano Hazan demonstrates cooking techniques in Portland during the Food for Thought Festival. Photo by Rich Geller

for baking, for which her father is eternally grateful. While giving a cooking demonstration in Portland at Sur La Table as part of the Jewish Federation of Greater Portland's Food for Thought Festival, Giuliano explained to the crowd, "The world is divided into cooks and bakers. I am in the reluctant baker camp."

His "Cook. Eat. Love." demo was part of The Food for Thought Festival, a benefit for the Oregon Food Bank. Giuliano was introduced by Michelle Gradow, who took a moment to explain the origin of Food for Thought. "The festival grew from the seed of an idea about how to engage and empower community and at the same time tackle the critical issue of hunger in Oregon."


Giuliano made three recipes from his new cookbook: risotto with eggplant, zucchini with rice and meat, and a dessert, la sbrisolona. As he cooked, Giuliano emphasized the need for freshness and simplicity in his ingredients. He also expressed his preference for seasonally available ingredients. "When peas are in season, I'll make a lot of dishes with peas."

The zucchini filled with rice and meat was reminiscent of prachas or stuffed cabbage served on Rosh Hashanah. Giuliano is the son of Ladino-speaking Sephardic Jews on his father's side (he fondly recalls Shabbat dinners at his grandmother's) and Italian expats who settled in Syria and Egypt on his mother's side. This rich heritage is reflected in his book's recipes, which reflect both backgrounds.

Giuliano shared his tip for prepping the zucchini. "First snip the two ends off and then use an apple corer to make the cavity for the filling. When it comes to choosing your zucchini, smaller is usually better, but they should be big enough to use the apple corer." As he demonstrated his technique, Giuliano reminded us of an aphorism favored by his father: "Good cooking is efficient cooking."

***"Good cooking is efficient cooking."***

Giuliano has had some previous literary luck in Portland. In the early '90s he was offered the position of executive chef at Perlina, an Italian restaurant on NW Glisan and 14<sup>th</sup> Street. During the downtime between designing the new restaurant's menu and the restaurant's opening, he penned what was to become his first best-selling cookbook, *The Classic Pasta Cookbook*, which went on to sell over 500,000 copies. "I loved Portland," Giuliano says, "but I had a hard time with the lack of sunshine. That's how I ended up in Florida."

In *Hazan Family Favorites* the author explains to the reader that, "...my goal in writing this book is to share the ways in which we sustain our family with flavor and joy." Speaking at Powell's, Giuliano continued to explore this theme by examining the family of man, when he asked, "Why does cooking matter?" He then explained, "It's not just about filling a biological need to feed ourselves. Cooking and eating has united humanity ever since man first gathered around the fire to share the spoils of the hunt. Cooking is an act of love and nurturing." 

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Anna and Denise Wetherell.  
Photo by Images by Floom





# Pamper for a Purpose

## CONFLICT AREAS

### SUDAN/DARFUR

In the 21st century's first genocide, up to 400,000 people have been killed and 3 million displaced in Sudan's Darfur region. Negotiations between the Sudan and the newly autonomous South Sudan remain tense and perpetually insecure, and the Khartoum regime takes out its wrath on its own civilians in Blue Nile and South Kordofan.

### DEMOCRATIC REPUBLIC OF CONGO

The conflict in Democratic Republic of Congo is the deadliest since WWII, claiming over 5.4 million lives through war-related violence, disease and starvation since 1998.

(From [jww.org/conflictareas](http://jww.org/conflictareas))

## *Mother and daughter act to make Never Again more than a slogan*

By Deborah Moon

In the decades since the Holocaust, the Jewish community has pledged, "Never Again." Yet genocide, albeit on a smaller scale, has recurred numerous times in the intervening years.

"Focus on the tangible," says Mina Rush, outreach director of Jewish World Watch, an organization that fights genocide and mass atrocities through advocacy and high-impact projects that improve the lives of survivors. "Ending genocide in Africa isn't going to happen today."

Spreading awareness, raising money and advocating for change are tangible steps that Portlander Denise Wetherell and her daughter Anna have taken for the past three years. Pamper for a Purpose, the annual event Denise created in 2011, raises both the funds and awareness to help Americans aid people victimized by the atrocities in Darfur in western Sudan and the Democratic Republic of Congo. While it fulfills all of those goals, it also reminds people to slow down and care for themselves.

"Americans work pretty darn hard, and I don't think we take time to pamper ourselves," Denise says.

"I think it's important to allow ourselves the time to get pampered and to help those who don't ever get pampered. The people in D.R. Congo and Darfur



Families at the Farchana refugee camp in Chad use solar cookers provided by Jewish World Watch. The camp is home to 21,448 refugees from Darfur. Photo by François Le Goarant de Tromelin, courtesy of JWW

are in survival mode 24/7. I can sit and look out the window at my beautiful backyard and see a raindrop hit a leaf ... all the little things we can do in safety, they can't do at all."

"I'm grateful I have a roof over my head, food in my stomach and all the support I need to think outside the box to help others," she adds.

Denise and Mina agree that helping others does not mean denying ourselves.

"People want to help, but they often ask themselves, what can I give up? But it's not about lowering our standards, it's about raising theirs," explains Mina.

Pamper for a Purpose, slated this year for 2 to 7 pm July 28 in Portland's Director Park, brings together health, wellness and beauty practitioners who donate their services in exchange for a donation to support programs aiding victims of atrocities in Darfur and D.R. Congo.

Denise was moved to action by her then 12-year-old daughter Anna, who was preparing for her bat mitzvah at Congregation Neveh Shalom.



After her Wednesday Night School attended a citywide program about the genocide in Darfur, Anna said, "Mom, we have to do something."

Anna explains that anything someone can do, no matter how small, can make a difference. "If you just tell one person, that person tells someone else and it spreads."

When Denise had graduated with a bachelor of arts from Marylhurst University in 2007, she wanted to plan an art show to benefit the Darfur refugees. But life was busy, and the idea fell by the wayside. Then Anna reignited that passion. Initially Denise decided that one day a month she would donate proceeds from haircuts she gives at Shear Creations in Lake Oswego to JWW. So she implemented "Last Friday."

She also joined the Never Again Coalition, which unites people from congregations Neveh Shalom, Beth Israel, Kol Shalom, P'nai Or and Havurah Shalom as a voice against genocide. And she talked to other health and beauty professionals. In just four months she created the first Pamper for a Purpose, held in Lake Oswego's Millennium Plaza Park in 2011.

On attending that first event, JWW Director of Outreach Mina Rush says, "Getting pampered while saving lives feels good. I think this is a model other people could use to raise money and awareness" to combat genocide and atrocities around the world.

Mina says when people in other communities want to create a fundraiser she always tells them about Denise's idea.

"It's a brilliant idea everyone loves," says Mina. But she notes

that to date, no one has been able to replicate the project because they don't have the connections in the health and beauty industry that Denise does. "I need a Denise Wetherell in every city."

However, Pamper has inspired people in other communities to likewise think outside the box and create "fun for a cause" events. For instance, Congo Line for Congo and Step Up for Sudan, two dance events that raised money to combat genocide in Africa, rely on that same concept of doing something for yourself and others at the same time, she says.

Denise says she felt overwhelmed when last year she sat on a panel the day after Pamper to discuss the ongoing crises in Darfur and D.R. Congo. "I'm not up on the news on a scholarly level; it was really deep into the politics," she says. "I'm into action and doing. I trust those people (JWW) to know the politics."

Coalition member Dale Oller praises Denise for bringing the idea of Pamper for a Purpose to the Never Again Coalition and JWW. "It is one thing to be enthusiastic about a new idea, but another to be disciplined and patient to see the idea through to completion. She had faith in the success of meeting goals of awareness, education and fundraising," says Dale.

"What may have appeared to be initial naivety turned into a wonderful program," Dale adds. "I admire Denise's imagination and understanding of what one individual can accomplish when the cause is near and dear to the heart."

This year's fundraising and awareness-raising event moves into the heart of Portland at Director Park, at Southwest Park and Taylor.

With the new central location, a co-chair (Alysha Atma of Atma Foundation), an organizing committee, logo and t-shirts created by Infinite Inks, and a public relations campaign and website developed by the WWW Group, Denise expects this year's Pamper to be bigger than ever. In addition to the pampering stations, the event will feature a solar cooking demonstration; raffle; silent auction; live music by Gumbo Americana; a NIA dance event; Kids' Lane with face painting, balloon animals, henna tattoos, a clay project and other fun things for children; and a row of advocacy and information booths.

Anna, who will turn 15 just before this year's Pamper, says she never expected such a big response when she told her mother they had to do something.

"I'm happy with what happened though," she says. "It's really important. A lot of people ignore it. It's good to get the word out, especially to teens."

With this year's central location, Anna says she thinks it will have an even bigger impact. "It's great to be in Portland," she says. "It spreads awareness even if people don't make a donation."

"I love this event," says Anna. "I love everyone's kind heart."

Anna has taken an active role every year. Each year she makes silk flowers to sell at Pamper, a project that has become a treasured mother/daughter event. The first year she also recited the poem "At Age 13" with Amida Germiné, a teenager who had moved to Portland two years earlier from a refugee camp in the

**“ I’m grateful I have a roof over my head, food in my stomach and all the support I need to think outside the box to help others. ”**

— Denise Wetherell

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Amida Germine and Anna Wetherell read the poem “At Age 13” at the first Pamper for a Purpose in 2011. Photo by Deborah Moon

EXCERPT FROM THE POEM: “AT AGE 13”

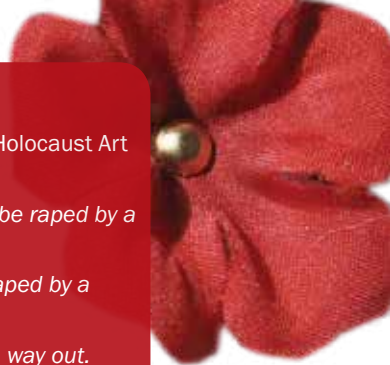
By Courtney Widerman, from Chapman University Holocaust Art and Writing Contest

*I remember fearing, at age 13, that I was about to be raped by a Gestapo member.*

*Right now, at age 13, a girl in the Congo is being raped by a stranger.*

*I remember, at age 13, desperately searching for a way out.*

*Right now, at age 13, a girl in Congo has nowhere to run.*



Jessica Malabanan from The Tao of Touch (shown here giving a massage at the first Pamper for a Purpose) will be donating her services for the third year. About 25 practitioners are expected to be on hand to pamper people at Director Park July 28. Photo by Deborah Moon

Congo. The two alternately read from the poem that shares the horrors of one 13-year-old during the Holocaust and another girl the same age in the Congo. Anna and Amida still stay in touch via Facebook.

This year Anna will also do henna tattoos for kids, a skill she learned from Pamper co-chair Alysha, who co-founded Atma Foundation with her husband in 2008 to aid women in the Congo.

Anna is a freshman at Clackamas Middle College, a charter high school affiliated with Clackamas Community College.

“A counselor at Clackamas told me Anna has quite the art eye,” says Denise proudly.

Alysha agrees: “Anna is incredibly artistic.”

It’s one of many ways Anna takes after her mother. She says she has a lot of her mom in her – with caring for others being perhaps the greatest gift. Anna says she would love to become a pediatric oncology nurse practitioner so she can help sick children.

“We’re all proud of you,” says Anna, looking at her mom and speaking for herself and for her twin brother, James, and their older brother, Calen, 17.

While Denise’s sons and husband, Ken, are not involved in the planning, they do help out each year at the event. This year the Portland Pedal Power, a bicycle delivery company Ken co-founded, will carry ads for Pamper on its bicycles.

Alysha, who met Denise when she attended last year’s Pamper for a Purpose, says she has seen such an outpouring as people become aware of atrocities through such events.

“In the last three years I’ve seen incredible empowerment of the women (in D.R. Congo),” Alysha says. “It’s a testament to people around the world listening to what they need. ... There is still rape and still conflict, but I have an incredible sense of hope that things are changing, that we are partners.”

Among the nine JWW projects that receive funding from Pamper, Denise and Anna are especially inspired by the solar cooker project for Darfur refugees and the Chambucha Rape and Crisis Center in eastern Congo.

JWW distributes the low-cost solar cookers, which are assembled in the camps, to protect the women who were often raped and brutalized when they left the refugee camp to collect firewood.

“The solar cooking demonstration is a highlight of every Pamper,” says Denise, noting JWW provides low-cost solar



Pamper for a Purpose organizers gather at Director Park, where this year's fundraising and awareness raising event will be held. From left: Anna Wetherell, cochair Alysha Atma, Gumbo Americana's Greg Earl, Sarah Wheeler, Steve Bilow, cochair Denise Wetherell and Merilou Hundley. Committee members not pictured are Tara DuBois and Lisa Oetken. Photo by Deborah Moon

cookers to four refugee camps in Chad, where women in the camp are paid to assemble the cookers for distribution to others in the camp.


Anna explains, "It's really dangerous for the women to leave the refugee camp. There's a high chance they will get raped or killed." With the solar cookers, women don't need to leave the refugee camps to collect firewood. "It keeps them safe and that is all we want."

Denise says the Rape and Crisis Center is important because, "The culture there is very different. Once a woman is raped, she is a social outcast with no support from her community. ... If the center can help them start seeing the goodness of life again, that's good."

Anna adds, "It's really good to help people who have been raped and gone through traumatic situations to get the services and help they need. It helps them heal."

Local community members are solidly behind that effort. "Denise should be an inspiration to us all," says Lauren Fortgang, another member of the Never Again Coalition. The Coalition cosponsors Pamper and will have tables with background information on the conflicts in both Sudan and D.R. Congo, as well as actions that people can take. "She is an example of how one person really can make a difference if they put their mind to it."

At the end of the day, that's what it's all about.

"I like seeing everyone come together to make a change," says Anna. "The people who donate their services are so happy. I go to bed that night and think how awesome it is that we've just helped people in Darfur and the Congo." 

### Pamper for a Purpose

**WHAT:** An afternoon of pampering, entertainment, education and inspiration

**WHY:** Take care of yourself for a day and take care of victims of atrocities for a lifetime

**WHERE:** Director's Park, SW Park & Taylor, Portland

**WHEN:** 2-7 pm, July 28

Suggested donation: \$20 per service including massage, haircut, pedicure, manicure, facial

[pamperforapurpose.org](http://pamperforapurpose.org) | [neveragaincoalition.org](http://neveragaincoalition.org) | [jww.org](http://jww.org)

“ “ If you just tell one person, that person tells someone else and it spreads. ” ”

- Anna Wetherell



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# basics of fashion

BY KIRA BROWN

When it comes to fashion, it should be buyer beware. Trends and a “what’s next” mentality often rule the magazines and style shows’ content, pressing the fashion-loving to stay trendy, buy something new and turn a nose up at last season’s “in.”

Trends may keep the wheels of the fashion industry moving, but at the helm of every wardrobe should be a set of core basics that are easily interchangeable and can complement the current trend.

For women I suggest a core wardrobe of basics to include:

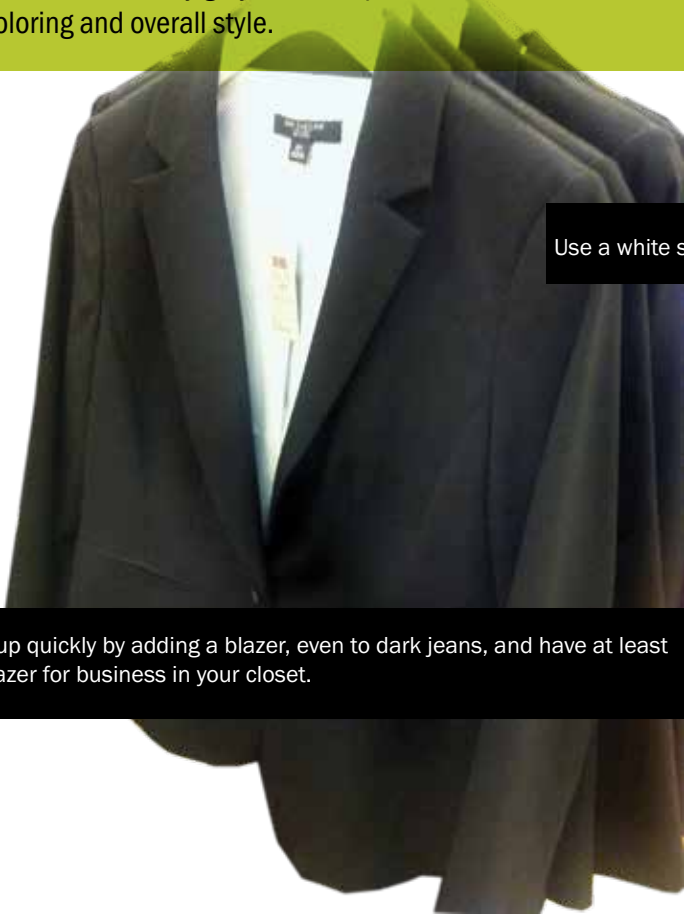
- A crisp, white button-down blouse
- Black pants
- Khakis
- Dark jeans
- A fitted blazer
- White and black camisoles or tank tops.
- A favorite dress

For men I suggest:

- Dark jeans
- A button-down shirt
- Black pants
- Khakis
- A fitted jacket
- A neutral suit



STYLE TIP OF THE MONTH: Black goes with everything! Black is a great color for basics, but also try greys and deep shades of khaki as well, depending on your coloring and overall style.




Use a white shirt to layer easily or wear as a top.



Dress up quickly by adding a blazer, even to dark jeans, and have at least one blazer for business in your closet.

Wardrobe basics, especially in neutral, black and white colors, allow you to mix and match the season's current trends easily into your ensemble and often your budget. Why spend on a new wardrobe each season, when you can keep your basics as a foundation and add a trend piece for a fashionably fresh look?

Many basics should be updated yearly, however, especially white button-downs or khakis that often discolor easily. So stay mindful of the wear and tear on your basics to stay fresh and fabulous. 



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).

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# MONEY MATTERS

## *Wisdom to hire professional takes emotion out of money management*

By Christel Turkiewicz

Do you know what the 85-year-old Florida woman who recently won the Mega Millions jackpot did with her \$370 million payout? She had it deposited directly to her investment manager. While there are probably numerous reasons she made such a wise decision with her new-found wealth, I suspect the one that topped the list was the instant burden she must have felt being in charge of all that money.

Unfortunately we don't all win lottery jackpots, but many of us have situations where we are suddenly in charge of a large amount of money. Examples of this are a 401(k) rollover, inheritance, legal settlement, property sale and so forth. For so many people this sudden responsibility for wealth can be an enormous burden, because money provokes an emotional reaction.

Just think of the first dollar you ever earned or the first money a relative gave you for a celebration. Chances are there was an emotional reaction associated with that money be it pride, joy or responsibility. During our childhoods we are surrounded by adults who also have an emotional tie to money. Parents or grandparents who grew up in the Great Depression have a very different relationship with money than those who lived in the '80s and were trying to keep up with the Joneses.

So, back to why the woman in Florida made a wise decision. A widely quoted study in the financial industry was conducted by Dalbar. This study, the Quantitative Analysis of Investor Behavior, showed that as of 2011 the individual retail stock investor, on average, underperformed the market by 4.23% annually for the previous 20-year time

period. A large portion of that underperformance involved this reactive emotional element.

One only has to look back five years to the financial crisis of 2008-2009 to see this play out. As stocks plummeted 40-50% at the height of the crisis, the individual investor couldn't stand the pain any longer and finally sold out as stocks were nearing the bottom in March of 2009. That proved to be the worst time to sell because from that point to this past March of 2013, the S&P 500 (an index of the largest 500 stocks that trade on the market) returned an astounding 150%. Again, average investors didn't capture that gain because they were so wounded from the loss that it took until this last year to see a steady flow of money come off the sidelines and go back into the stock market.

Let's think about the "sell low, buy high" investment concept. That is opposite of what one should do, buy low and sell high, and yet that is what emotion will cause an investor to do. No one has ever demonstrated the ability to time the market correctly on an ongoing basis; furthermore, one has to be right twice – when to get out and then when to get back in. This means the burden from the emotional connection to money can have twice the impact on your investment decisions.

Allowing a professional to manage your money takes away the emotional element and thus the burden. A financial advisor can be non-emotional with your money and take away the risk of making the wrong decision at the wrong time. Furthermore, a professional can work with you to come up with an appropriate asset allocation (how much to invest in stocks, bonds and cash) to meet your



Christel Turkiewicz is the relationship manager at Northwest Investment Counselors located in Lake Oswego, and she is a Chartered Retirement Planning Counselor (CRPC). Christel has over 20 years of investment industry experience and is passionate about educating all investors and women in particular about basic investment knowledge. Please contact her at [cturkiewicz@nwic.net](mailto:cturkiewicz@nwic.net) if you are interested in attending one of her educational events.

goals and risk tolerance, so during volatile markets you are not tempted to do something drastic with your investments.

One last thought: Just because you have hired a professional to manage your money doesn't mean you should forgo educating yourself on some basic investment concepts. I encourage all investors to know enough that they can ask the right questions of their investment professional. When a dentist says you need to have a cavity filled, you rely on his or her judgment because it is what they are trained in and do every day, but you still probably ask questions about how they are going to fill it and how much it will cost. The same is true with a professional money manager. You want to be able to ask how he or she is going to build your portfolio and how much it will cost – and be able to tell whether the answers seem reasonable. ☐



# VISIONS OF A LIFE NEVER LIVED

By Liz Rabiner Lippoff

*Everybody admires the Sistine Chapel. With the beauty of the painting and the attention to detail, it is clearly the result of astonishing talent and bountiful imagination. One might almost imagine that Michelangelo had been there when the events unfolded!*

*Of course he wasn't, but I ask you this: does it really matter? It's gorgeous, regardless!*

Renate Dollinger was a landscape painter with a small gallery in Palo Alto, CA, a husband, four children and lots of dogs when, in 1968, at the age of 44, she suddenly turned to painting life in a shtetl.

"Cute," her husband said when he saw the first painting. "Where did that come from?"

"I don't know," she replied.

Here's what Renate's official brochure says:

*"The rich culture of the shtetl is evoked in Renate's compelling paintings with their uncanny portrayals ....*

*While the scenes are born of the artist's imagination, they possess a compelling sense of truth ...*

*as if they were part of Renate's own personal experience."*

Here's what Renate says:

One day in 1968 a woman named Dixie started spending time in Renate's Palo Alto gallery, sitting in one or the other of two chairs, not saying much, just looking around. After Renate closed the gallery – business was too slow – Dixie called her at home and Renate invited her over for tea. That's when Renate heard Dixie's strange tale.

"The Master says you lived a former life in a small town in

Poland," Dixie told her. She went on to give her details about that life. For example, Renate's mother sold vegetables in the village and Renate would sit under the table, with the water from the vegetables dripping on her head, drawing pictures of life around her with a stick in the muddy dirt.

"Your mother stopped you," Dixie said, because the rabbi wouldn't like it if she made drawings of people. Later, the Cossacks came to the town and smashed the houses. They killed Renate and her parents and burned the house down.

Renate poured them both more tea.

When you went over to the other side, Dixie went on, you complained to the angels that it wasn't fair that you had to live in a time when people couldn't draw. The angels met about it; their decision was to ask if you would be willing to paint the world of your Polish village when you're in the middle of your *next* life.

"That," Dixie told her at Renate's kitchen table, "is now."

"What?" Renate exclaimed. "I don't have any idea what that looks like! How are they going to give me the memories?"

"Don't worry," Dixie assured her. "They will do it."

The next day, Renate put her art supplies on the dining room table and waited. And waited. After maybe half an hour, she was

Exhibit info: Seven paintings of European shtetl scenes created by Renate Dollinger are on display at Eugene's Temple Beth Israel Gallery through Aug. 24. The one-woman show features new work by Dollinger. The gallery is open Monday, Wednesday and Thursday from 10 am to 5 pm; Friday 10 am to noon; and whenever the temple is open for public events. Temple Beth Israel is located at 1175 E. 29th Ave., Eugene. For more information, call 541-485-7218 or visit [tbieugene.org](http://tbieugene.org).



Renate Dollinger displays one of her shtetl paintings.

suddenly remembering something: a street, the clop clop clop of hooves, houses with funny roofs ... a stork sat on a chimney. Renate had never seen any storks in California, but she painted the street with the men, the horses, the houses and the stork.

Every day for three years, the memories that came to her were so clear that it was as if she were remembering a picnic from the day before. She painted and painted. Her family called them her "loony stories." She still painted landscapes on the side for the income, but she finished 39 shtetl paintings, starting with the town and its peddlers and ending with the Cossacks destroying it all. Then Dixie called again.

"You can sell the paintings, and thank you," she said. "You can do whatever you want now."

A Berkeley museum curator called Renate out of the blue, came to look at the paintings and signed her up for a one-person show: "The Lost World of the Shtetl." She has been painting the scenes ever since.


Renate and her husband raised their children in Palo Alto and then moved to Salem to be near their daughter. Today she lives at a senior residence near Seattle, close to another daughter. Now 90, her paintings for the Eugene show are out the door, and she is working on 28 new paintings for an upcoming show in Seattle.

Renate never saw Dixie again, although Dixie did call to say good-bye. She had had a baby and was moving to Montana.

#### EPILOGUE

"Don't worry," I've been known to assure nervous interview subjects. "I'm not doing an investigative expose. It's more like 'LIVE with Kelly and Michael' although without the jokes and contests." No dirty laundry, no hours of Internet research.

This time: still no dirty laundry, but I confess I spent some time on Google seeking out "shtetl images."

I haven't seen "Fiddler on the Roof" in many years, but I think I'll watch it tonight. 

Liz Rabiner Lippoff is a Portland freelance writer and a medical marketing specialist at Liz, ink. See more at [LizInk.biz](http://LizInk.biz).

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# Beth Israel Sisterhood revisits needlepoint project



Janet Zell points out the needlepoint pillow she stitched.

Story and photos by Polina Olsen

When Sharon Tarlow kicked off Congregation Beth Israel's needlepoint pillow reunion on April 11, the women involved in the 1974 project gathered around her and smiled. Their handiwork of two dozen chair backs has graced seats along the perimeter and bima of the Byzantine sanctuary for decades. Envisioned by the sisterhood, designed by artist Janet Louvau Holt (then Jansen), and approved by Rabbi Emanuel Rose, the flat, rectangular canvases stitched with muted colors display Bible stories and sacred objects.

The idea for a reunion started when Tarlow stumbled on an old project scrapbook while helping organize the congregation's library. The sisterhood invited all the living needlepointers, plus the daughters of those who have passed on, to a pillow tour followed by a scrumptious afternoon tea.

"Jan Baddock (now Webster) and I taught crewel and needlepoint in our homes," said Janet Holt during her introductory remarks. "She and several students were members of Beth Israel. They invited me to a dinner party and seated me next to Rabbi Rose. People asked me questions about the Bible. They wanted him to be comfortable with me because I was not Jewish, and they were thinking of asking me to design the needlepoint. I'd grown up reading the Bible. It's part of our history as a people and nation."

Janet got inspiration by attending several services. She hand-painted each canvas, bordering the central theme with images from the synagogue's stained glass windows. There's Noah's Ark, the Garden of Eden, the Binding of Isaac and Priestly Blessing Hands. One chair back shows the walls of Jericho tumbling down.

Like many stitchers, Barbara Cohn says she had trouble handling rounded arches with square needlepoint.



“The one I did had the Lions of Judah holding the tablets,” said Janet Zell. While most of the canvases use standard tent stitch, French knots give the lion his raised flowing mane. “The background arches gave us all trouble. Needlepoint is square and we wanted a rounded look. It was almost a math problem.”

Barbara Cohn, who chaired the project, brought her daughter Susan Savage to the reunion. While Barbara’s needlepoint now fills both women’s homes, when the project started, the craft was something new. “The colors drove me crazy,” she said about her pillow depicting Joseph and His Coat of Many Colors. “You had to start, stop, start. We met once a week and everyone had questions.”

Janet welcomed stitchers of all skill levels, knowing she could fix anything in the end. “We met in the room across from the back of the temple until people felt comfortable on their own, and then we’d get together once in a while,” she said. “People worked together and learned.”

“Rabbi Rose invited me to sit on the bima during Friday night service the week the pillows were installed. He said, ‘This evening we wish to honor those who did the needlepoint and one who is not one of us but who loves us,’” she continued. “It still brings tears to my eyes. It was a great experience.”

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## VERA: Former Portland mayor a “female superhero”

By Gloria Hammer

Sitting in a coffee shop, I ate breakfast with Vera Katz. The only clue I had that she is a self-proclaimed control freak was by how hard it was to get her to agree to meet. It took months. It was on her terms. What I found was an Oregon treasure. Vera is grateful, articulate and exceedingly charming – kind of a female superhero.

Vera (Pistrak) Katz was born in Dusseldorf, Germany, in 1933. Along with her parents and sister, the family fled Nazi persecution eventually settling in Brooklyn, NY. Her father left the family when Vera was 11. Her mother was a hard worker. Vera earned bachelor's and master's degrees from Brooklyn College. A move to Portland with then husband, Mel, a painter, and their young son, Jesse, opened up a new life for Vera.

A passionate social justice advocate, Vera spent years volunteering during the Kennedy era. Vera and Mel divorced early on, but after all these years Vera is proud to call Mel and his wife friends. Jesse Katz is a successful writer in Los Angeles.

In 1972 Katz, a Democrat, was elected to Oregon's House of Representatives. In 1985 her colleagues voted her the first woman Speaker of the House, a role she held for three terms. Vera became Portland's first female mayor in 1992, holding the position until 2005. Now, eight years later, she sat down to answer our questions.

### DID ESCAPING NAZI EUROPE AS A CHILD WITH YOUR FAMILY AFFECT YOU POLITICALLY?

It influenced my views on immigration. I am far more sympathetic to the arguments on immigration. I had to enter Canada before being allowed to come into the USA to become a legal citizen, but this was during the war and things were a little different.

### CAN YOU MAKE A STATEMENT ON YOUR IMMIGRATION VIEWS?

We need a comprehensive approach to find a way for people who have lived here, worked here and paid taxes to become legal citizens of the United States.

### WHILE IN OFFICE DID YOU EXPERIENCE ANTI-SEMITISM?

Quietly. It was never expressed overtly. It was always done in a quiet manner without my presence. But somehow through the grapevine I would know about it, or hear about it. It was a double whammy because it was not only my religion, it was my gender. I think the gender issue was more prominent at that time. How or why should a woman have this kind of position in our government, or in our city, or in our state ... and did you know she is also Jewish?

### WOULD YOU SAY THE GENDER ISSUE IS AT REST?

No. The women's issue is still alive and well. The issue now is the responsibility women have because they want to do everything. They want to break every ceiling, and it is almost humanly impossible to do that and to do all the tasks well.

### THOUGHTS ON GAY, LESBIAN AND TRANSGENDER RIGHTS?

The first piece of legislation that I introduced was a civil rights act that covered gender. I included gender and sexual orientation, and of course the committee took the sexual orientation out. We kept introducing bill after bill; I couldn't pass it.

### THOUGHTS ON ISRAEL?

It is very complicated. I try to be sympathetic to both the Palestinians and the Israelis, because they have to live together. We are right now in the middle of a nightmare. Israeli politics are getting in the way of trying to find a two-state solution. That's worrisome.

### WHAT ARE YOUR PROUDEST ACHIEVEMENTS OF YOUR MAYORALTY?

The development of the city, the growth of the city, the economic prosperity of the city, the cultural development of the city. The arts. Those make a great city. I was able to work with people who developed the Pearl District, the South Waterfront and the beginning of the east side.

### WHAT DO YOU WISH YOU COULD HAVE ACHIEVED?

I wish I was able to work on the east side, because the east side was forgotten. But I felt the heart of the city is really downtown, and the central city is where we concentrated our work. To a large extent we neglected the east side, and many of the east-side communities were really not wanting or ready to accept big government help, and I regret that.

### WHAT ELSE DO YOU REGRET?

I thought about doing another term. I could have continued physically if they would have given me time for dialysis, but quite frankly 12 years is enough. People get tired of you. It was time for new, fresh blood.

I regret not putting the finishing touches on the things I started in the Pearl. The last finishing touch was the Armory. I loved that building the minute I came to Portland. There were also finishing touches on the Waterfront, which needed some love and attention. I regret I couldn't finish my fight with the billboard companies. If you take a look at some of the streets downtown, they are beginning to look like Las Vegas with the signs and billboards, and that is not what Portland is about.



Vera Katz joins David Stern, Harry Glickman and Marshall Glickman at the 1995 ribbon cutting for the Rose Garden. Portland Trail Blazers, NBA Photos.

**ARE YOU TAKING THAT UP WITH PORTLAND'S CURRENT MAYOR, CHARLIE HALES?**

Oh yes, I already did.

**WHAT SHOULD PEOPLE KNOW ABOUT YOU?**

I like to get results. Somebody else can debate it. I like to hear all the sides, and then I like to take action.

**WHAT DO YOU THINK ABOUT THE SCULPTURE OF YOU ON THE ESPLANADE?**

The sculpture was a private gift. That surprised me. I was not aware this was going on. My friends take me down to the waterfront, and I am wondering what the hell are we doing down here. And I see my son who must have come from LA, and I realize something is going on, then they unveiled this. It was such a touching moment.

What I loved about it, my nose is constantly running. I don't know if you noticed, but I think it is in my right hand a tissue and around my neck my pearls.


People dress me once in awhile and put a hat or a scarf on, and once in awhile there is also anti-Semitic graffiti, which the Park Bureau takes off immediately.

But people love to take pictures of themselves with the statue. It has become some kind of an icon on the east side.

**WHAT DO YOU WANT TO BE REMEMBERED FOR?**

I want people to remember me for my love of the city, my hands-on caring for the city. Looking at the city and worrying about public safety, the schools, I raise money for the schools by traveling around the state, asking for additional funding at the next legislative session. I gave the first million dollars to the art museum and then to the symphony and then the opera. I was a geek when it came to the budget. I know the budget inside and out. I needed to make a strong statement to support the arts. This was over a period of time.

**ARE YOU WRITING A BOOK?**

Oh gosh, no. I can't remember half of my life. I get requests. My son is a writer and he included some of my life in his first book. But I never even talked to him about it. It is hard work. 

Gloria Hammer divides her time between Portland and Hood River.



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# Senior Wisdom *The Sayings of My Father*

By Edward Bernard Glick

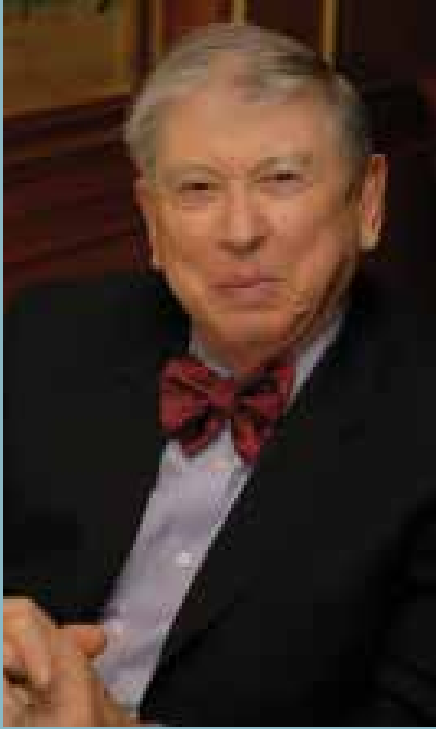
My father was known as Louis Glick in English and Laibl Glick in Yiddish. He was born around 1900 in Meziboz in the Russian Ukraine. When “Fiddler on the Roof” came out, he remarked that his shtetl, where the Baal Shem Tov developed Hassidism, could well have been the model for the movie.

During the first years of the Russian Revolution, the Czarist Whites and the Communist Reds fought over Meziboz. One day the Red Army would enter the town, hand my father a rifle and order him to fight for the Communists. A few days later the White Army would enter, hand him a rifle and order him to fight for the czar. A few days after that the Cossacks would sweep in, each brandishing a sword in one hand and a rifle in the other while guiding their horses with their knees. The Cossacks were not

interested in Russian politics; they were interested in killing Jews.

During one raid a Cossack fired his rifle at my father. But because his horse stumbled at the last moment, the bullet hit his leg instead of his head. Thinking my father was dead, the Cossack turned his attention to another Jew, whom he killed. Then and there my father concluded that no matter who ruled Russia after the revolution, the Jews would not be safe. So with no papers or passport he fled to Belgium and worked as a long-shoreman on the Antwerp docks until he was able to emigrate to America in 1920. He settled in Brooklyn.

Following are sayings I heard him repeat many times during his life. Where necessary, I have translated them from the Yiddish.



*A day ambles, a year runs.*

**RICH OR POOR,**  
*it's good to have money.*

*Yiddish is an exciting language, not a jargonized dialect.*

**If we knew exactly when we were going to die, we would immediately cease to function.**

To live well in your old age, do four things in sequence when you are young:

- Get a job and do a good day's work.*
- Save at least 10% of the money you bring home.*
- Invest it.*
- Above all, BE LUCKY.*

**If you grow up speaking two languages, learning a third and fourth one is easy.**

*If you don't grow older*  
**– IT'S NOT GOOD.**

**Buy the best-made things that you can afford. They last and in the long run are cheaper.**

*The money you lose can be recouped. The courage you lose cannot.*



# BETTER A HAS-BEEN THAN A NEVER-WAS.

The sayings  
of my father

When comparing your lot in life, look to those  
**BELOW YOU**, not to those **ABOVE YOU**.

## Beware of learned fools.

*It is never in bad taste to tell a woman whom you haven't seen for a long time: "My dear, you are getting younger from day to day."*

*Giving charity is the highest virtue. That's why in Hebrew the words for righteous and charity come from the same root.*

*Treat everyone, especially young children, with dignity and respect.*

“ To a customer who complained incessantly:  
*You will do me a great honor if you will allow me to introduce you to a competitor whose butcher shop is just a few blocks away.* ”

The moment **y o u**  
**m a r r y** your wife,  
she becomes the  
**M O S T** important  
person in your **l i f e**.

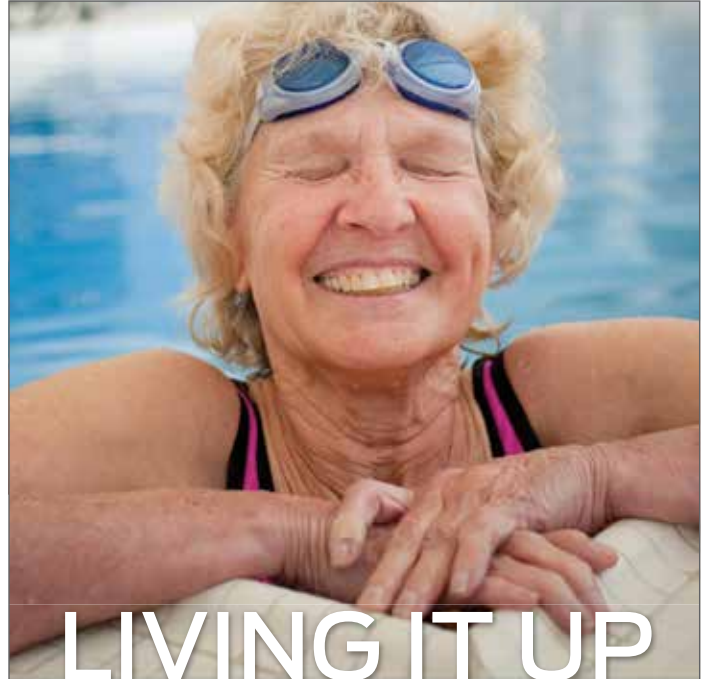
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The sayings  
of my father

Working with your head is harder than working with your hands.

People are experts  
on everyone but  
themselves.

*When going to a party, wear a jacket and a tie. If you  
find that you are overdressed, you can remove them.  
The reverse is not possible.*

But remember that knowledge  
and wisdom  
are not synonyms.

*To avoid procrastination, follow the Yiddish  
dictum "gezogt iz geton" (to say is to do).*

**PAY  
YOUR  
BILLS  
UPON  
RECEIPT.**

*IF YOU LIVE LONG ENOUGH  
YOU WILL KNOW EVERYTHING;  
THE TROUBLE IS THAT MOST PEOPLE  
DON'T LIVE LONG ENOUGH.*

**If you can't say anything nice about someone,  
say nothing.**

*Learn as much as you can.  
You never know when the knowledge  
will come in handy.*

Reading history and literature won't teach you how to make a living, but it may teach you how to make a life.

Edward Bernard Glick, a member of Congregation Shaarie Torah and a resident of Washington County, is a professor emeritus of political science at Temple University in Philadelphia.



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# Jewish Olympics

*10 Oregonians bound for 19th Maccabiah Games*



above: Baseball player Clayton Gelfand will be competing in the games for the first time.

middle: Lauren Goldstein, 14, of Bend will compete in Junior Girls' Volleyball.

left: Golfer Adam Ruben will be competing in the games for the first time.

By Deborah Moon

More than 9,000 athletes from 72 countries are expected to participate in the 19th Maccabiah Games in Israel July 18-30, including nine athletes and an accommodations manager from Oregon.

The Maccabiah Games began in 1932 in what was then British-ruled Palestine. Held every four years in Israel, the Maccabiah Games now are the third-largest international sporting event after the Olympics and the World University Games. The Maccabiah Games are intended not only to encourage athletic excellence, but also to foster a sense of Jewish belonging and pride among the participants, to which end juniors/youth/open athletes and staff will participate in the seven-day Israel Connect education and cultural program that takes athletes to cultural and

historic sites to experience firsthand their own connection with Israel and Judaism.

At least three members of the Oregon contingent have participated in the games before, though two will have different roles this time around.

Portland native Joji Kurosaki says, "For a person of Jewish heritage, the Maccabiah Games are the most important and meaningful athletic competition in the world. The games represent all that is good about sports. Maccabiah is about heritage, awareness, peace and athletic competition."

After winning a bronze medal in rugby at the 2009 Maccabiah Games, Joji was invited to play international rugby. He moved to Sydney, Australia, in January 2010 to play rugby for a year, where he is on a team with some of the Australian Maccabiah players he met in 2009. He's

still living there, but will be competing on the Maccabi USA rugby team for the second time.

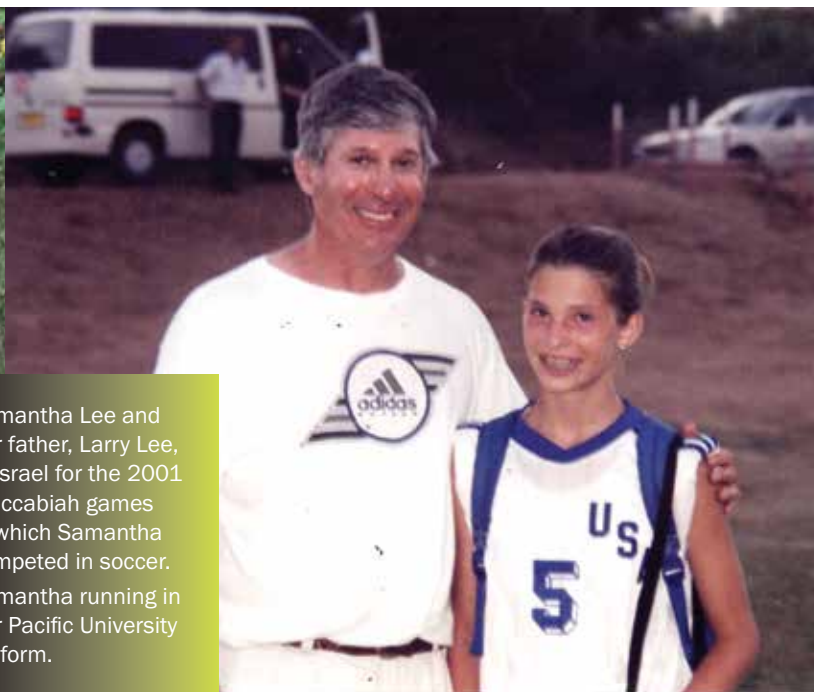
"I can't tell you how proud I am to have been selected again. It is an unbelievable honor and a privilege to be able to represent my country alongside some of the best Jewish athletes America has to offer. I wouldn't miss this opportunity for the world. Although Australia is now my home, Oregon is where I became the person I am now, and the Jewish community had a huge part in that."

A majority of his family still lives in Oregon. Joji attended Portland Jewish Academy in fifth grade, participated in BBYO and belonged to Neveh Shalom, where he became a bar mitzvah.

Portlander Glen Coblens has been involved with Maccabi USA since 1999. In 2000 he went to Israel with Maccabi



Samantha Lee and her father, Larry Lee, in Israel for the 2001 Maccabiah games in which Samantha competed in soccer. Samantha running in her Pacific University uniform.



USA to participate in a planning meeting for the 2001 Maccabiah. At the 2001 games he was the team manager of the women's basketball team, returning in 2005 with that team as chair and assistant coach. This year Glen will compete for the first time – in men's masters basketball.

"It will be totally different as an athlete because I get to play as part of a team and hang out, play and compete with men in the same age group," Glen says. "Also I'm going with my family, and we'll stay with my wife's aunt in Jerusalem. We will be at a home and experience how life is in Israel." He and his wife, Mia Birk, have three children, ages 1, 11 and 14. "We will get to see the beauty and values of Israel and also all kinds of sports. We will meet people from around the world through sports."

Samantha Lee, who will be running the women's open half marathon this year, was the second-youngest soccer player on the 2001 junior women's soccer team. "I then played with the (Maccabi USA) junior's team and open women's team in Australia in 2003 and Chile in 2004. I had a fantastic time playing at a higher level against teams from different countries, playing under brilliant coaches and traveling," says Samantha.

"I'm very excited to be able to travel to Israel again with the Maccabiah Games. I'm sure running, opposed to playing on a soccer team, will show its own

differences in practice time and focus, but I'm also certain that I will have a much more mature outlook, understanding and appreciation of this opportunity on my second trip."

During high school she excelled in both soccer and distance running. Born and raised in Fort Wayne, IN, in 2008 she moved to Forest Grove to attend Pacific University, where she eventually shifted her focus back to distance running.

"I had some great teammates and a superior coach at Pacific and still hold the records for the steeplechase and 10,000 meter run," says Samantha. "I proceeded with running and fitness after college in large part to honor my family's value in outdoor exercise. My father is a lifetime runner, as is my sister, Jennifer – both ran in the half marathon (with Maccabi USA) in Australia in 2003."

Family history also plays a role for Wilsonville High School graduate Clayton Gelfand, who will play on the junior boys' baseball team. Clayton has signed a "Letter of Intent" to play baseball for the Sacramento State University Hornets, where he was recruited to be a dual player for both pitching and middle infield (shortstop/second base).

Clayton's father, Scot Gelfand, has fond memories of trying out for the Maccabiah games.

"As a youth I would say I was a successful athlete in the sport of wrestling," says Scot. "My father signed me up for

#### OREGON MACCABIAN ATHLETES

Russell Brown,

Open Track and Field, Eugene

Glen Coblens,

Men's Masters Basketball 45+, Portland

Adam Frank,

Open Fencing, Portland

Clayton Gelfand,

Junior Boys' Baseball, West Linn

Lauren Goldstein,

Junior Girls' Volleyball, Bend

Joji Kurosaki,

Open Men's Rugby, Portland/Australia

Samantha Lee,

Open Half Marathon, Forest Grove

Jeffrey Merrill,

Open Track and Field, Portland

Adam Ruben,

Open Golf, Lake Oswego

#### MANAGEMENT

Matan Cohen,

Accommodations Manager, Portland

the tryouts and flew with me to the University of Penn, to be in my corner and support the great opportunity to go to Israel to wrestle in the games. I did make it to the finals of my weight class but unfortunately lost the match in the final period. I was appointed as the first alternate for my weight class but did not make it to Israel. The trip was a special trip nonetheless, because I had a special time with my father before I went off to college. This was one of those times that I would remember forever.

“In 2011, I had the hunch that the games would be coming along soon, so I called to see if baseball was an option. I signed him up like my dad did for me. Clayton and I drove to Los Angeles for the tryout. We had a great time together in Los Angeles. I hope that Clayton will remember this moment in time, like I did with my father.

“Clay made the team and will get the opportunity that I never had. In the end, I will be traveling to Israel and riding the coattails of my son’s success. I hope one day my son is fortunate enough to experience this memorable time with his children.”

Lake Oswego High School 2012 graduate and Linfield College freshman, Adam Ruben, will compete in men’s open golf. He is the son of Daniel and Lisa Ruben of Lake Oswego.

Adam says, “I’m really excited about having the opportunity to go and visit Israel and all the history it has. I’m also excited that I get to represent the U.S. team, my Jewish community in Portland and my congregation Temple Beth Israel.”

In April Adam shot the best score of any Linfield golfer for this season at the Willamette Cup, where the freshman carded a blistering 68.

Lauren Goldstein, 14, will play junior girls’ volleyball. A freshman at Summit High School in Bend, Lauren is the daughter of Kirsten and Mike Goldstein. The family belongs to Temple Beth Tikvah of Bend.

“This is my first opportunity to travel by myself anywhere, let alone to an amazing location like Israel. I’ve always had the desire to visit Israel because I’m a pretty committed Jew and have always been interested in Judaism. In addition, I love travelling.

“I’ve also never been so passionate about any sport I’ve ever played before, and having the chance to play volleyball in Israel is an indescribable opportunity. ... I’m excited to get to know other Jews from around the world who are around my age and to get the chance to make friendships with teens with the same interests as me.”



Russell Brown will compete in open track and field.

above: Joji Kurosaki returns to Israel to compete in Rugby for the second time.

right: Adam Frank hopes his first appearance in the Maccabiah launches a fencing career similar to legendary Maccabiah fencers.

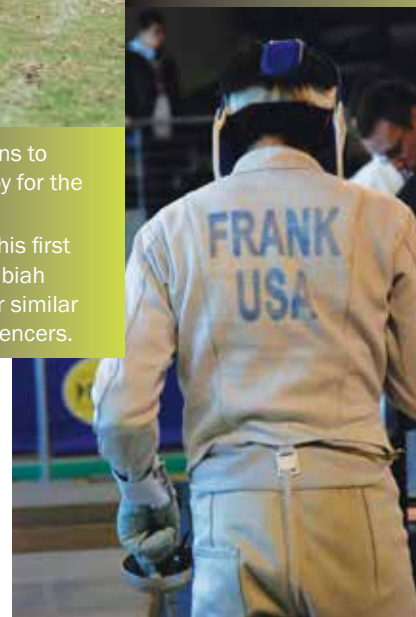
Adam Frank, 16, will compete in open fencing. A student at Catlin Gabel High, his parents are Fred Frank and Jacqui Frank.

“I am looking forward to it as an opportunity to embrace my heritage and compete on a high level in the sport I love,” says Adam. “I hope that I will be able to do well and compete in this tournament in the future. Many legendary fencers have done this tournament, and I hope to become one of them. As an Oregonian I hope to represent my state well, and as an American I hope to represent my country well through sportsmanship, integrity and victories.”

Russell Brown, a professional track and field athlete representing Nike, will compete in open track and field. He is a member of the Oregon Track Club Elite – a professional track club based in Eugene.

“I have a lot of family in Israel that I get to see only periodically,” says Russell. “They keep up to date on my races, but rarely get to see any of them. This is an opportunity to allow them to see me race while participating in a moving and important event.”

Russell also understands the Jewish as well as the athletic significance of the quadrennial event: “I also am looking forward to forging a connection to a place that is very important to my family and our history.”





# Rebirth of Jewish Life in Berlin

Portlander Rob Shlachter visits the large outdoor Holocaust memorial in the heart of Berlin. Shlachter says the concrete rectangular slabs are arranged in an undulating pattern over several acres of terrain near the former site of Hitler's headquarters.

By Norman Sklarewitz

Once the infamous Berlin Wall came down in 1989, spectacular shopping complexes, elegant new hotels and office towers made over the face of what had been Communist-controlled East Berlin. At the same time, the horrendous fate of Berlin's once thriving Jewish community of some 160,000, the largest in Europe, was observed with somber, often heart-wrenching memorials.

Included are the moving Holocaust Museum, the "Stumbling Stones," the Topography of Terror on the site of the Gestapo and SS headquarters, the Platform 17 at Grunewald Station from which men, women and children were loaded like cattle into railcars to be transported to their death. Wall murals with the names and locations of all the infamous concentration camps are in building lobbies. All these remind visitors as well as residents of the unspeakable atrocities committed by the Nazis against what had been a thriving Jewish community. At the war's end, it had essentially vanished.

In the view of many Jews living elsewhere, Berlin could never – should never – again be a home for Jews. But the fact is, it is and it's a lively, growing community at that. Upon hearing that as many as 30,000 Jews have settled in Berlin, an elderly woman in the Fairfax District in Los Angeles asked almost in disbelief, "Have they forgotten?"

By way of response, Rabbi Yehuda Teichtal, chairman of the Chabad Jewish Educational Center, in Berlin by way of Brooklyn, says flatly, "That is an irrelevant question. The fact is that they are here and they should be welcomed with love and warmth and we should invest every resource to enhance their Jewish awareness." He adds, "It's not in our interest to seek revenge." His Chabad Lubavitch Center opened in 2007. At a cost of \$7.8 million, it was the first Jewish facility in Berlin built after the war entirely with private funds.

Once Germany was politically, socially and economically

again unified in 1990 the face of the tiny surviving Jewish community began to change dramatically. First was a wave of thousands of Jews mainly from Russia but other countries of Eastern Europe who came to escape discrimination and who were welcomed by the German government. Adding to their numbers, entrepreneurs from abroad found attractive business opportunities in Berlin's booming economy. More recently, some 15,000, mostly young, secular Israelis, have moved to Berlin where the cost of living is far less than Tel Aviv or Jerusalem.

Badly damaged and desecrated synagogues like the Moorish-style domed Neue (New) Synagogue and its Centrum Judaicum museum and venue have been restored as much as possible. Shabbat services are conducted there by Rabbi Gesa Ederberg, one of two female rabbis in Berlin. Before the advent of Nazism, Berlin boasted 34 synagogues. Closed by the Nazis, most were either destroyed or badly damaged in the war. Today nine, including the impressive Rykestrasse Synagogue, are again part of the Jewish community.

As with almost every Jewish institution in Berlin (and in other European cities, as a matter of fact), the Neue Synagogue is distinguished outside by no-nonsense barriers, usually concrete or massive steel stanchions. Uniformed German police are also always present, often supplemented by young armed Israeli guards in civilian dress, authorized for such duty by agreement with the German government.

Upon visiting Berlin, many reluctant Jewish visitors frequently express a change in attitude. One of these was Bernard Valier, a French-born Israeli whose father was deported from France and killed in Auschwitz. Of a visit to Berlin a few years ago, he says, "I sensed a feeling of genuine remorse on the part of the German government. Unlike the situation in some other countries in Europe, I felt in marking the Holocaust with the many memorials throughout Berlin that the authorities actually meant it."

Also awaiting Berlin visitors are social, gastronomic and artistic venues that are part of today's Jewish life there.

For years the building that was home to the Jüdische Mädchenschule, Jewish girls' school, remained deserted. A simple plaque near the main entrance recounts the horrible fate of the teachers and the young women who once studied, laughed and played here. It now has been redeveloped by art dealer and entrepreneur Michael Fuchs at a cost of some \$6.5 million to be a center for art and gastronomy.

On the main floor is the Pauly-Saal, a fine dining restaurant and bar with seating outside in a garden area. Down the hall Oskar Melzer and Paul Mogg run a lively New York-style delicatessen that features what chef Joey Passarella, until recently of New York's Upper East Side, claims is the only homemade pastrami to be found in Berlin. On the premises, too, is the Kosher Classroom, actually an elegant kosher restaurant and catering service. All the upper floors are galleries whose space is given over to exhibitions by local and international artists and photographers.


After 60 years, live Jewish theater returned to Berlin in 2001 with the opening of the Bimah, Jewish Theater Berlin under its creative director, Israel-born Dan Lahav. Its 250-seat theater on the smart Friedrichstrasse now features cabaret acts and original plays, usually satire and comedy, mostly written by Lahav.

Another lively example of the future face of today's Jewish community in Berlin is the Jewish High School in Grosse

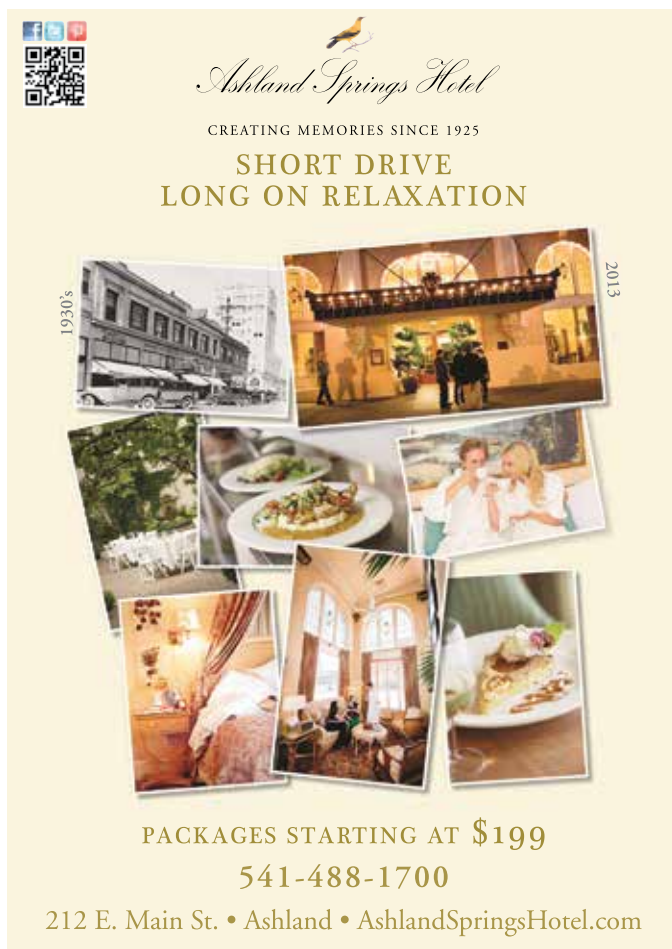
Hamburgerstrasse. It reopened behind the usual security fences in 1993 as a co-ed private school for students in fifth to 12th grade. Initially, it had just 27 students. Today the school has 430 students, of whom 70% are Jewish. Barbara Witting, principal of the Jewish High School, estimates that more than 80% of the school's graduating seniors go on to university, though some take a year off before starting university to participate in humanitarian programs abroad.




To accommodate the increasing number of Jewish tourists coming from abroad, Milk & Honey Tours started nine years ago by German-born Noa Lerner. She has seen her business expand and today has 20 guides in Berlin alone.

Traditional family events as weddings, bar mitzvahs and bat mitzvahs are celebrated in top Berlin hotels. The InterContinental Berlin is particularly popular because its main ballroom can accommodate up to 1,200 people, although 250 to 400 is a more typical guest number for event parties in the Pavilion Room. The hotel hosts an average of two such Jewish events a month.

Charlotte Knobloch, former head of the Central Council of Jews in Germany and a Holocaust survivor, notes: "Germany is once again a homeland for Jews. Berlin Jewry can now regard the city in which they live a Haimat, their 'home city.'" 

Norman Sklarewitz is a freelance writer based in Los Angeles.



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**BREAKING GROUND** – Ben Selling, noted Portland philanthropist, hoists a shovel during the 1929 groundbreaking for Ahavath Achim’s first synagogue in South Portland. Leaders from several other Jewish congregations attended the festivities. Photo courtesy of Oregon Jewish Museum



Richard Matza

# Sephardic Jews celebrate century of life in Portland

By Sura Rubenstein

For more than 100 years, Sephardic Jews have been an important part of the Portland Jewish community.

Next year, beginning in June, they will celebrate their rich history and hopes for the future with “A Hundred Years of Sephardic Life in Portland.” This ambitious project will feature a gala kickoff dinner and a four-month historical exhibit, documentary DVD and catalog.

“We’ve been working on this for about a year already,” says Richard Matza, the committee chairman and a past president of Congregation Ahavath Achim, Portland’s original Sephardic synagogue. “It’s not just about the synagogue – it’s about the life, the people, the events that took place over the last 100 years.”

Some of that history already has been documented, but Matza and Rochelle “Rocky” Menashe Stilwell, who is working on the exhibit, documentary and catalog, say they want to record and present the rich variety of Sephardic life along with the experiences of old and young, newcomers and established families.

“We’re curious about how Sephardic life is intertwined with people’s lives in Portland,” says Stilwell, whose grandparents were among the early Sephardic families in Portland and were founding members of Ahavath Achim. “I’ve always felt connected to my Sephardic roots, and this is a journey for me to learn more.”

Both Matza and Stilwell welcome volunteers as well as donors to help with the costs of the project.

The exhibit, catalog and documentary will be developed in cooperation with the Oregon Jewish Museum, which has scheduled the exhibit opening for June 2014, and with the Harold Schnitzer Family Program in Judaic Studies at Portland State University.

“We are thrilled to be cooperating with Ahavath Achim and the Sephardic community on this project,” says Shoshanna Lansberg, OJM’s exhibits’ curator. “The Sephardic community has such a rich history – much of it something that hasn’t been examined – and we’re looking forward to being able to help document and share that story.”

Sephardim were the first Jews to settle in America, arriving in what became New York in 1654. However, Oregon’s Sephardic community sprang from a later emigration – tracing its origins to Jews who left countries of the old Ottoman Empire around the turn of the last century.

According to Jonathan Singer, who wrote a history of the local Sephardic community for his college thesis in 2003, a group of Sephardic bachelors who had settled in Seattle moved down to Portland about 1909. Most of these men, he noted, were from the Greek Isle of Rhodes and the Turkish cities of Marmora, Tekirdag and Constantinople (now Istanbul).

Many of those early Sephardim – with last names like Hasson, Menashe, Policar, Babani and Benveniste – worked in grocery, produce and shoe-shining trades.

By 1910 a dozen men attended the first Sephardic High Holy Day services at the Newsboys Club in Old South Portland, and



by 1912 – with a population of 80 – Portland’s Sephardic community was the second largest on the West Coast. According to Singer, “the fledgling community even had its own café and kosher restaurant,” both of which served as gathering places for community members.

After about five years of informal organization, Congregation Ahavath Achim – meaning “brotherly love” – was officially organized and met at the B’nai B’rith Building, also known as the Jewish Community Center, on Southwest 13<sup>th</sup> Avenue. By 1921 the congregation purchased land for its own building in Old South Portland.

“With \$6,000 in the bank on Oct. 13, 1929 (just over two weeks before Black Tuesday [the Stock Market Crash]), ground was broken on the congregation’s first home of its own,” Singer noted.

Less than a year later, on Aug. 31, 1930, dedication services were held in the brick Mission-style building with a roof of graceful Mediterranean-style curved red ceramic tiles. Community leaders including philanthropist Ben Selling and Rabbis J.B. Fain of Shaarie Torah, Meyer Rubin of Neveh Zedek, and Jonah B. Wise and Henry J. Berkowitz of Beth Israel participated in the event. Another notable attendee was Julius L. Meier, who later that year would be elected Oregon governor.

The architectural firm of Bennes & Herzog, which consulted on the 1928 Temple Beth Israel – listed on the National Register of Historic Places – drew the plans for Ahavath Achim. Whereas Beth Israel cost \$500,000, The Oregonian noted, Ahavath Achim had budgeted a modest \$25,000 for construction costs.

In the 1960s when the City of Portland launched an urban renewal clearance project in Old South Portland, Ahavath Achim was forced to relocate. Congregants planned to move the building to a new site on Southwest Barbur Boulevard, but the building was damaged during the move and was subsequently condemned.

Fortunately, it had been insured by Lloyd’s of London; a combination of insurance, city urban renewal payments and additional donations enabled the congregation to build a new home on Barbur Boulevard. The current building at 3225 SW Barbur Blvd. was completed and dedicated in 1966.

According to Matza, the synagogue has been characterized by lay leadership throughout most of its history. At the same time, there have been several notable leaders over the past century.

For more than 50 years, beginning in 1933, Cantor (Hazzan) Jack Maimon of the Sephardic Bikur Cholim synagogue in Seattle came down to conduct High Holy Day and Purim services.

In 1966 Rabbi Michel Albagli, a former head of the rabbinical court on Rhodes, became Ahavath Achim’s first official rabbi. However, he moved to emeritus status by the end of 1967 because of ill health and passed away in 1988.

In 1986 and 1987 Sam Nechemia began serving as hazzan at the congregation and continued in that role at various times during subsequent decades.



END OF AN ERA – Congregation Ahavath Achim’s original building is destroyed in August 1962 after it was irreparably damaged during an attempted relocation necessitated by urban renewal. Photo courtesy of Oregon Jewish Museum



A NEW BEGINNING – Isaac Policar, center, carries a Torah scroll in a procession celebrating Congregation Ahavath Achim’s new home on Southwest Barbur Boulevard in 1966. Policar was a member of the building committee of the 1930 synagogue that was lost to urban renewal. Others in the procession, from left, are Gary Funes and Jerry Menashe, holding the chuppah poles, Eli Levy, Cantor Igo Silbermann of Congregation Shaarie Torah, and, on the far right, Sam A. Menashe. Photo courtesy of Oregon Jewish Museum

At the end of 2003 Rabbi Shlomo Truzman joined the congregation, where he served for three years before establishing Congregation Beit Yosef in Southwest Portland.

And since 2011 Rabbi Michael Kaplan (see accompanying story) has been Ahavath Achim's spiritual leader.

"Rabbi and Mira Kaplan are very dynamic," Matza says. "They've instituted a lot of programming and have elevated the level of excitement for us."

Matza, who grew up at Ahavath Achim and has served in many leadership roles there, notes that the congregation's demise has been predicted for years. And yet he remains as optimistic about its future as he is devoted to maintaining its legacy.

"We are not, and never have been, a large shul," he says. "We've always had between 80 to 100 member families." That was the number in the 1930 dedication program and at 25<sup>th</sup> and 80<sup>th</sup> anniversary celebrations.


But unlike the early years, when founding families came from just a few communities, today Ahavath Achim has members from Israel, Morocco, Yemen, Syria – and more than a third of them have Ashkenazi backgrounds.

"A lot of the Sephardic Jews come because they are interested in the cultural and social aspects of the community," says Matza. He adds that the Ashkenazim come because they enjoy the style of service, the melodies, the warmth of the congregation and the fact that, as a small community, there are so many opportunities to participate.

"Everyone is welcome under our tent," he says. "We don't judge anybody."

"This is the essence of my being," Matza says of his Sephardic heritage. "It is the essence of who and what I identify with."

Matza relates that he grew up in two homes – that of his parents, Aaron and Julia Benveniste Matza, and of his aunt and uncle, Isaac and Rachel Benveniste Cordova, whose families were mainstays of Ahavath Achim. Today, his wife, Judi, their two adult daughters and five grandchildren identify strongly with Sephardic culture.

"My uncle did a good job of instilling in us who we were and where we came from," Matza says. "Not just being Sephardic, but being Jewish. The beauty of being a Jew is that we know where we came from. I feel this linkage – I feel the richness of the culture, and I want it to be there forever." 

Sura Rubenstein is a Portland freelance writer.

For more information about the Sephardic History Project, contact Richard Matza, 503-318-3732 or [pdxmatza@aol.com](mailto:pdxmatza@aol.com), or go to the Ahavath Achim website, [ahavathachim.com](http://ahavathachim.com), and click on the Sephardic History Project link on the home page.

Coming soon [Sephardic100pdx.com](http://Sephardic100pdx.com)

## Ahavath Achim rabbi puts computer skills to good use



**BUILDING A COMMUNITY** – Rabbi Michael and Mira Kaplan, center, and their children, Dina, 7, and Yoel, 6, look forward to next year's centennial celebration of Sephardic life in Portland, and to helping strengthen Congregation Ahavath Achim, the city's original Sephardic synagogue.

By Sura Rubenstein

Two years ago Rabbi Michael and Mira Kaplan were looking for a place where they could make a difference. They found it in Portland.

Rabbi Kaplan, then a rabbinic associate at the Riverdale Jewish Center in the Bronx, NY, accepted an invitation from Congregation Ahavath Achim to become its spiritual leader.

"There is a tremendous potential for growth here," he says. "And people are so excited to become involved in the synagogue."

Charles Levy, president of Ahavath Achim, notes that the search for a rabbi took about three years, in part because it was important to find someone who could meet the needs of what he calls the congregation's diverse membership.

Founded in 1916 Ahavath Achim has long been a center for Sephardic Jews from many communities – the Isle of Rhodes, Turkey, Greece, Morocco, Iran, Iraq, Israel and more – and also has attracted Ashkenazi and other Jews who like the Sephardic style of services.

Kaplan understands and appreciates the diversity. Though he and his wife come from Ashkenazi backgrounds, Kaplan grew up in the Syrian Sephardic community of Deal, NJ, where his family adopted the Sephardic customs of his Syrian-Jewish stepfather.

"We're a combination of Ashkenazi and Sephardic," he says of his family, which includes daughter, Dina, 7, and son, Yoel, 6, both students at Maayan Torah Day School. And that blend extends to

the congregation, which conducts Yizkor (memorial) services on the major holidays – an Ashkenazi custom.

However, he notes, the melodies used in the services and the food at free community Shabbat lunches are strictly Sephardic. “We have a commitment to keeping the Sephardic culture alive – and this is what attracts people,” he says.

Since his arrival before the High Holy Days in 2011, he has been working to strengthen the congregation and inspire its members and visitors.

He has revamped the congregation’s website and electronic communications (he has a background in computer science), seen attendance at Shabbat services grow to about 20 to 25 each week, taught classes on a variety of subjects, collaborated with other community endeavors and worked with the congregation’s board on plans for the future.

“We want to create a welcoming environment, where everyone is comfortable,” he says. “And to do whatever good we can do.”

Kaplan, 30, is the only one of his siblings – two brothers and three stepsisters – to become a Jewish community professional. And it was not something he set out to do.

He initially thought he would work in computers or in business, and still maintains his certification in computer networking. But his experiences in a Jewish day school, the Yeshivat HaKotel, Yeshiva University and its Bernard Revel Graduate School led him to seek rabbinic ordination and opportunities for Jewish community service.

“Every day in the evening prayers, we say ‘Ki hem chayeinu’ – ‘this is our life source,’ ” he says. “It seemed hypocritical not to take it seriously.”

So instead of being a computer programmer who would study on the side, he became a rabbi with an expertise in computers.

Before coming to Portland, he worked in family and divorce mediation, including a stint as executive director of the Organization for the Resolution of Agunot (women unable to receive a Jewish divorce), as a kosher supervisor, a lecturer in the Beit Midrash of YU’s affiliated Stern College, and as a rabbinic intern and later associate at the Riverdale Jewish Center. He also holds a master’s degree in Medieval Jewish Studies.

Mira Kaplan, also 30, grew up on Staten Island, NY, earned a doctorate in physical therapy at Touro College and works at Infinity Rehab in Wilsonville.

They live in the Corbett neighborhood, near Ahavath Achim, but plan to move to the Hillsdale area to be closer to the center of the city’s Jewish community.

“We want to take in more of that Jewish environment, and add what we can to that tapestry,” he says. He hopes Ahavath Achim eventually will relocate to the area around the Mittleman Jewish Community Center, which he says is part of the congregation’s long-term plan.

For now, however, Kaplan wants to continue to strengthen his congregation and continue to make a contribution to his new community.

“We want to develop religious growth for ourselves and for everyone,” he says. “And we feel we’re paving the way toward that goal.”

Sura Rubenstein is a Portland freelance writer.



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Mike Ryerson and his assistant, Tanya March, in front of Joseph Simon's house in Northwest Portland.

# Northwest Portland tour includes early Jewish merchants' homes

Story and photo by Polina Olsen

They came west during the California Gold Rush and moved north opening general stores throughout Oregon. German Jews were among Portland's leading early entrepreneurs. They first lived near their downtown places of business. Many structures like the Fleischner Mayer building, Blumauer & Hoch and the Simon Façade still stand.

Soon the merchants moved to fashionable districts like Northwest Portland. Now local historian Mike Ryerson includes several of their splendid dwellings on his Historic Homes Tour.

Mike's grandfather came to Northwest Portland in 1896, and the family has been here since. Mike raised his own six children near the Northwest Kearney Street home where he grew up.

Always fascinated with local history and photography, he wrote a question-and-answer column for the Northwest Examiner. He first led his Northwest Homes Tour 33 years ago when he and former Mayor Bud Clark owned the neighborhood newspaper, which, he says, would not have survived without income from Clark's famous "Expose Yourself to Art" poster.


"That was Sig Sichel's house," he said during a recent walk as we passed the circa-1895, steep-roofed Turkish Import store at 725 NW 23<sup>rd</sup> Ave; The Orientale Motif Shop was located here until 2008. A state senator in 1905 and 1907, Sichel (1878-1917) also served as president of Congregation Beth Israel and grand

deputy of the B'nai B'rith Lodge. He had left Germany in 1873 to join his uncle Solomon Hirsch in Portland before opening his own store in Goldendale, WA, and later owned a cigar shop on

Southwest Third Avenue in Portland.

"The Lewis & Clark Centennial Exposition (Portland, 1905) pushed the population growth in this neighborhood, which is why you have apartments in between the mansions," Mike said. We stopped in front of the Northwest Irving Street complex where director Gus Van Sant filmed his 1989 movie "Drugstore Cowboy." Familiar with virtually every building in the neighborhood, Mike pointed out the Victorian where Mayor Vera Katz once lived, the spot where Korsun's Delicatessen located after the South Waterfront Urban Renewal Project forced their move to the northwest, and clothier Louis Rosenblatt's home. "He had the finest menswear store in Portland," Mike said. "The house became a residential hotel, and the front of the building was a restaurant."

Joseph Simon's house still stands at 2125 NW Everett St. Simon served as state senator from 1880 to 1891, Portland mayor from 1909 to 1911, and U.S senator from 1898 to 1903. He graciously provided free legal services to the First Hebrew Ladies Benevolent Society, the National Council of Jewish Women and Congregation Beth Israel. "His father lived in the house next door," Mike said. "Most people are unaware of the Simon House, because it's called Oberdorfer in the Alphabet District listings. August and Minnie Oberdorfer were Joseph's sister and brother-in-law. Joseph was mayor when he lived here in 1910. The Portland City Directory lists him as "office holder, city."

The Northwest Homes Tour runs each Sunday at 2 pm until about 4 pm. Adults \$20, seniors \$18, youths (11-17) \$18, children (5-10) \$10, tots free. For more information about this and other walking tours, visit [mikeshistorytours.com](http://mikeshistorytours.com). Contact Mike Ryerson at [mikeryerson@comcast.net](mailto:mikeryerson@comcast.net), 503-206-4676 (home) or 971-202-6269 (mobile). 

Polina Olsen is a Portland freelance writer and author of several books including *The Downtown Jews*, *A Walking Tour Through Portland's Early Business District*.

# Ask Helen

## Volunteering has its rewards

**Dear Helen:**

I just volunteered to edit my neighborhood association's quarterly newsletter. I've recently retired and have more time, so thought this might be fun. Wrong! Chasing after people to give information or to write the articles they promised to do is worse than getting paid employees to do their jobs. Everyone gives me their articles late, incomplete, misspelled, with bad grammar and assumes I'll make them look perfect by the city's deadline to print and mail. I want to flee. When I asked the former "editor" how she coped, she laughed and said, "Good luck. Buy yourself a bottle of something strong!"

—Drowning

**Dear Drowning:**

Volunteerism has its own unique rewards and curses. You seem to be drowning in the latter. Below are some tips, but the biggest one is this: clear your calendar for the day (or two) before your deadline. No matter what, you'll end up doing more editing, tracking and cursing than you want.

Create a template that includes all the repetitive things: names/contact emails/phone numbers for all relevant folks, from the association board to the public works, police and fire stations, pet patrol, etc. Allocate space and word limits for regular monthly columns. Give the people who write them a deadline that's at least a week ahead of the real one. Send each editing tips: spell check; read your column aloud; ask your spouse or best friend to tell you if it says what you intended. The regulars should know the drill and should be OK. One-timers you will need to harass and likely edit more. Look for more commitments for regular columns on topics from neighborhood safety to recipes or gardening tips of the season. People who are passionate about what they write are much more reliable and produce better products.

Two notes: 1) These suggestions work for many related projects that include volunteers. 2) Save the drinking until after you submit the final product. 🍷

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



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JewishPDX

# Mainstream media's turn on Lapid unfair



Yair Lapid

By Mylan Tanzer

Two important stories recently emerged simultaneously. There was no connection between them other than timing. This illustrates the unique, even bizarre and somewhat disconcerting reality we live with here: fighting for survival against our external enemies while fighting internal battles against ourselves.

The top news item was the controversial budget passed by the government and Knesset and the resulting populist firestorm of opposition, frustration, anger and feelings of betrayal, directed almost exclusively at new finance minister, Yair Lapid. The other major story that day was the release of the findings of the committee of inquiry established by the Ministry of Strategic Affairs to investigate the truth behind the Mohammed al-Doura incident. In 2000 a father and son were ostensibly caught in crossfire between Palestinians and Israeli soldiers killing the young boy. The incident was documented by a Gazan-based film crew on behalf of the France 2 network, which claimed that fire from Israeli soldiers killed the boy. It became the penultimate Palestinian symbol of the second intifada, their Iwo Jima moment if you will. Strong suspicion emerged that the film might have been staged by the crew. But that has not stopped the Arab world from naming streets, squares and cultural festivals after al-Doura, nor has it stopped vilification of Israel throughout the Western world.

With a disintegrating Syria on our northern border, Al-Qaeda on our southern border and the Palestinians hijacking the narrative of the conflict typified by the al-Doura controversy, the ironic juxtaposition with the budget uproar felt to me like we were trying to put out a fire in the living room while a

tornado and a blizzard were swirling around the house. Ah, life in Israel.

The reason that the budget debate was and remains so explosive is the Lapid factor. His phenomenal election success based on his slogan, "Where's the Money," his promise to alleviate the burden on the middle class by placing more of it on the ultra-orthodox and others, as well as to take on entities such as the Port Authority, the Electric Company, the tycoons and the IDF, catapulted Lapid into one of the three senior cabinet posts. Without a military background, defense was not relevant. It was either foreign minister or finance minister. As even his most bitter opponents will admit, the fact that he chose finance, unquestionably the most thankless, unappreciated and controversial cabinet post, is worthy of praise. As one of Lapid's close confidants said to Gil Hoffman of the Jerusalem Post, "He knows he could have gone to China, had cocktails and gotten some nice headlines. He knew he would be more popular if he picked the Foreign Ministry. He took a job in which pleasing everyone is impossible. He took it because he wants to change things, and every day he is more convinced that he had to take the job." Respected veteran radio talk show host Razi Barkai commented, "The guy didn't opt for an easy role where success is measured subjectively like foreign minister, instead going straight into the lion's den. That should award him with greater understanding by the public."

So why has Lapid turned overnight from the savior and great hope for change into the evil villain? The answer begins with the fact that Lapid inherited from the previous government a mind-boggling (by Israeli standards) deficit of around \$12 billion. If the new budget had not dealt immediately with this deficit, the results could have been disastrous. The second issue is that the expectation he created was impossible to fulfill, even without the deficit. Sami Peretz, chief editor of the financial paper *The Marker*, commented: "In such a difficult fiscal year, no one could have presented this budget and expected applause and recognition, least of all Lapid, due to expectations. We shouldn't forget that there has never been a popular finance minister."

The third and most influential factor is the media. Notwithstanding several financial commentators, the mainstream media, hold up Lapid as a politician of the worst sort – one who lied to his constituency to get elected and then betrayed them. Senior economic correspondent for *Yediot*, Sever Plotzker, wrote: "I am a veteran of financial journalism. But never have I witnessed such a murky tidal wave of unrestrained criticism, a comprehensive lashing out at a minister on a personal level and not on substance, or seen such fanatical calls for a civilian rebellion as the ones unleashed against Lapid. He did

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## True to their claims, Lapid and Yesh Atid are not in politics for the sake of being in politics. They are trying to make changes, and doing this will inevitably involve some mistakes.

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not get the deserved 100 days of grace, he did not even get 100 hours!" I couldn't help but remember what Barak Obama told Lapid on the tarmac when the former arrived for his recent visit to Israel: "My wife Michelle says to be careful what you wish for. You might get it."

Lapid appeared outwardly unfazed, claiming that his predecessors hadn't the strength or willingness to do what was necessary, and that the populist wave would fade when people realize that without tough measures, they will be far worse off. He said in an interview with Plotzker that "after such a short time in office, I have already done more than most of my predecessors in all of their terms."

What caused the media, and as a result, vast segments of the public to do such an abrupt U-turn? To deal with this inherited deficit and present the 2013 budget by the deadline, Lapid simply could not fulfill his campaign promises. Lapid's electoral base, the middle class, did not escape increased taxes and budget cuts. The lower classes will continue to hover on or below the poverty line in this budget. In one month, Lapid could not be expected to radically alter a system that has existed since pre-state days. This makes it easy for the media, always looking for a superficial sensation, to get the public riled up. As Will Rogers once said, "All I know is what I read in the papers, and that's an alibi for my ignorance."

What was overlooked is that the increased taxes and budget cuts were across the board. Yes, the usual suspects like education, welfare, health and taxpayers like me will continue to feel the weight for now. But for once no one is exempt, including the ultra-orthodox, corporations, the IDF, etc. This is a major breakthrough. Yes, much more needs to be done. Value-added tax was raised from 17% to 18%, which is regressive in nature, hitting particularly hard those most in need. This sum could have been found through other sources like increased corporate tax or the long-awaited confrontation with the labor unions. But to make the sweeping accusations of a betrayal and sellout after such a brief period is a joke. The price of a democratic, free press, I guess.

Sami Peretz of *The Marker* added, "There is a certain fracture in the hope that Lapid created, but his real test will come in a year or two, if he succeeds in implementing the major reforms he is proposing in the Ports, Electricity, Public Sector and Defense. The problem cannot be solved only by budget cuts and taxes."

Lapid is convinced he has done everything possible for now, and the very necessary next steps are on the way. He has not been shy about blaming the previous government for the deficit, even though many of them are his coalition partners, including the prime minister. When asked to respond to criticism, he said,


"I am saving the economy from a fate similar to Spain. Once they had a standard of living like ours. Now they have 27% unemployment and 50% youth unemployment. This will not happen to Israelis on my watch. Where there is employment, there is hope. I will do this even at the price of my political future."

When asked if he regrets taking the finance ministry, the job that has made him the most criticized Israeli in recent years, he remarked, "I don't know how I could have ever passed up this job. Today it is clearer than ever to me that to change something important in Israel, you have to be either prime minister or finance minister. . . . The only thing that I am sorry about is that populism has become such an influential force."

Uzi Benziman, a veteran journalist who monitors the media on his website "The Seventh Eye," said in a radio interview: "The mainstream media covers everything as if it is sports. Who is playing who, who beat who, did Lapid beat Ainee [the Labor Union head] or did Ainee rout Lapid? ... In Lapid's case, they have been far too quick in passing judgment and have done him an injustice."

So far, Lapid and Yesh Atid have done a lot in two short months. They reduced the size of government ministries and they passed the budget. The conclusions of the Peri Committee for Sharing the National Burden were adopted by the government and now begin the road to legislation. This is the first major step to integrate significant number of the ultra-orthodox into military or national service and into the workforce. Lapid's analysis that his overall performance will eventually erase his current unpopularity seems well placed. True to their claims, Lapid and Yesh Atid are not in politics for the sake of being in politics. They are trying to make changes, and doing this will inevitably involve some mistakes.

Perhaps the most symbolic political moment since the elections was when Lapid and his wife flew to Paris a few days ago to meet with the French Foreign Minister and to take a well-deserved weekend break. They flew in economy, paid for their flights and paid for their hotel. In Israeli politics that is real change that you can believe in!

I will write about the a-Doura controversy in my next column. Right now I am too busy putting out the fire in my living room. 

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

## Salad Days

Story and photos by Anne Kleinberg

It's hot. And it's going to become more so. Summertime has arrived in Israel, and it means only one thing – Get Away from the Stove! These are not days for heavy-duty cooking, and I for one have no intention of spending hours in the kitchen. I say, “Bring on the veggies and let the salad reign!”

Don't get me wrong – I'm not saying salads are the easiest cuisine to prepare. There are salads whose compositions are so complicated that a dressed rack of lamb and asparagus risotto looks like an elementary school project in comparison. Nor does salad mean inexpensive either. Check out the price of imported balsamic vinegar and authentic walnut oil and you'll faint.

Salads have become big business. Let's face it – a few years ago did you know what arugula or Belgian endive was? Had you heard the phrase “constructed salad?” I remember when “salad” meant tossing some iceberg lettuce, tomatoes and cucumbers together with bottled Italian dressing and voila – salad!

In the old days, salads were served with the meat and potatoes, not as a substitute for them. Nowadays salads are the main course. Restaurants specialize in salads. There's the salad bar at

your local restaurant, the take-home, ready-made salad at your local supermarket and, if you happen to be in New York, a salad waiting to become a meal at every Korean grocery on practically every block of Manhattan. And the latest craze? Chopped or create-your-own salad shops!

Salads do have their limitations. I've never met a man who will accept a salad as a meal. My husband always says, “I'm not eating the food of the real food.” Cows eat grass. We eat cows. He doesn't want to eat the grass, just the cows! No matter how much chewy stuff you put in there, guys are always looking for that “real food.” And then there's the feeling of not being full. Salad just doesn't seem to satisfy like a T-bone slathered with steak sauce. Women on the other hand will happily share an appetizer-sized salad and call it a meal (some women, not this woman).

There was the old adage that a salad is great for a diet. Sure, so long as you don't load it up with goodies like smoked goose breast or mozzarella cubes. I kind of think there's an inequity in this. If you're going to be virtuous and choose a salad for lunch instead of a rich, juicy hamburger, shouldn't the calories count in the negative column? Isn't it reasonable to expect no weight gain from a meal consisting mostly of lettuce, no matter what else happens to be on the plate? If you ask me, the answer is yes (but you probably shouldn't ask me).

Israeli restaurants used to offer up exactly three salads. There was the Israeli/Arabic salad in which the tomatoes and cucumbers are chopped into microscopic pieces and dressed with lemon juice, olive oil, salt, pepper and parsley. That one is still a winner. Then you had the Nicoise, or so it was called even though no evidence of anchovy or fresh green beans was found. And of course the famous Greek salad – big chunks of tomatoes, cucumbers, lettuce, black olives and pieces of feta cheese. That was it!







Well folks, welcome to my world. Israel has become something of a champion when it comes to salads – if not in originality of ingredients, certainly in size. You would not believe what they're serving up these days. Order a salad at an ordinary restaurant and it comes to you in a bowl the size of a laundry sink. We've gone gourmet too. Goat cheese on bruschetta, fried haloumi on stir-fried veggies, pears with Roquefort, root vegetables in a citrus dressing ... it goes on and on.

So, just in case you didn't know, we're not just the land of milk and honey anymore. We've gone green! Be it baby or beet, collard or kale, nana or nasturtium, it's time to pile up those leaves and chomp away your cares.

Happy Salad Days to one and all! 🍷



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).



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# Nicaraguan development leader thanks Havurah Shalom for keys to success



Jaime Munoz, who directed a Havurah Shalom-sponsored, solar-powered water system project in rural Nicaragua, thanks Portlanders for their support at a June 2 get-together at the home of congregants Eugene and Layton Borkan. Members of Havurah Shalom and P'nai Or sponsored his visit. Photo by Polina Olsen

by Polina Olsen

When Havurah Shalom wanted to pursue a tikkun olam project in Nicaragua, many who were unfamiliar with global poverty got involved. So they teamed up with Green Empowerment, a Portland-based nonprofit that builds renewable energy and water systems throughout the developing world. The congregation raised \$40,000 to jump-start a solar-powered water system in the tiny village of El Jocote with a population of 230, including 41 homes, two churches and a three-room school. Here subsistence farmers cultivate corn, beans and millet during the May to December rainy season. The remaining months are completely dry. Women and children spent hours each day hauling water, that most precious commodity, from a well on the village outskirts.

Now, two years later, the completed system brings clean water to each home. All agree that Nicaraguan project director Jaime Munoz was essential from

inception to ongoing success. In early June, a group from Havurah Shalom and Congregation P'nai Or brought him to Portland to thank contributors, explain how their donations changed peoples' lives and discuss rural development.

"Community organizing is the most important part of any project," Munoz said through an interpreter. During informal get-togethers, Shabbat services and talks at KBOO Radio and Portland State University, he emphasized that local involvement is key. By living in the villages, he establishes trusting relationships over time and shows how projects benefit everyone. "It's not just working with leaders; it's getting the community behind you. The biggest problem is local politics. And, families need to understand their responsibilities and obligations. It's not just a gift."


Havurah member Michael Huemann visited El Jocote during an organizational meeting for the solar-powered water

system. "Jaime wouldn't commit to this project unless the villagers committed to taking it on," he said. "Representatives from every household came. He told them, 'You must decide how much you will pay because you need funds to maintain it. I never saw anyone work in such a calm, empowering way. Now a village water committee monitors and maintains the system and keeps track of money. They are leaders in their own village, and will teach other villages to do the same.'"

Munoz hopes Portlanders will continue Nicaraguan development work and recommends Green Empowerment Service Learning trips. "There are small projects that people can come down and do and have an immediate and direct impact," he said.

After the solar water system was in place, a group from Havurah Shalom visited. They stayed in villager's homes and gained real life experience including eating beans, rice and tortillas three times a day, taking bucket showers and using outhouses. They worked side by side with residents to install household wastewater systems for a family garden, and they built fences for preventing pigs and other animals from destroying it.

"Rural Nicaraguans may lack economic resources, but they are surrounded by natural resources," Munoz said. "They lack knowledge about how to use what's there. Now that running water is available in each home, intensive agriculture techniques can provide surplus food and income from a family garden maintained with wastewater." Still, of El Jocote's 41 families, only 12 have gardens. Others cannot afford the \$100 for fencing. Small fundraisers are always welcome, Munoz emphasized, and modest contributions make a huge impact on people's lives.

For more information on opportunities in Nicaragua, visit [greenempowerment.org/contact](http://greenempowerment.org/contact) or email [aaron@greenempowerment.org](mailto:aaron@greenempowerment.org). 

**FIFTH ANNIVERSARY**

– Temple Beth Tikvah in Bend celebrated its fifth anniversary June 1. Enjoying the celebration are, anniversary organizing committee chair Diane Dober and far right, TBT President Mark Schindel and wife, Kathy. Photos by Stephen Katz

**TEMPLE BETH TIKVAH CELEBRATES ITS FOUNDING**

On June 1 Temple Beth Tikvah celebrated the fifth anniversary of its founding with a dinner at the Mountain Room of the Deschutes Brewery. The evening honored the vision of the founding families who brought the dream of a Reform Jewish congregation to Central Oregon.

In May 2008, 22 families had a dream of establishing a Reform Jewish congregation. Within the year they were 40 families strong. Today a membership of nearly 70 families meets regularly for Shabbat and holiday services at the First United Methodist Church in downtown Bend.

The celebration included entertainment by The Quons, Central Oregon's husband and wife duo, Kathy and Mark Quon, and a slideshow highlighting events of the past five years.

The event organizing committee included Chair Diane Dober, Vivian Freeman, Lorraine Schechter and Phyllis Greenbach.

In his introduction to the evening, TBT President Mark Schindel commented, "In our brief five years of existence, many

things have changed and improved with Temple Beth Tikvah, but the heart and soul of TBT has remained constant. Our care and compassion for each other and community are what brought us together in the first place, and remain the glue that holds us together. So, it is in that spirit of togetherness that we celebrate tonight – our wonderful achievements as a congregation over these past five years, and to honor our rabbi, Glenn Ettman."

The previous evening a musical Shabbat service entitled Dream On provided a farewell tribute to Rabbi Glenn Ettman, who served as Temple Beth Tikvah's rabbi for the past three years. The community wishes him all the best in his new full-time position at Temple Sinai of Palm Desert, CA. Ettman helped to build a strong foundation in the Jewish adult education program for the Beth Tikvah community.

Temple Beth Tikvah welcomes new, resident Rabbi Johanna Hershenson on July 1.

**SPOON CO-FOUNDER EARNS FELLOWSHIP**

Leading social entrepreneur Cindy Kaplan, co-founder of the SPOON Foundation, has been elected into the exclusive Ashoka Fellowship for her systems-changing work to improve nutrition and feeding for orphaned and vulnerable children worldwide. Kaplan and the SPOON Foundation were profiled in the January edition of Oregon Jewish Life.

Ashoka's criteria for Fellows include: a lifelong path of entrepreneurship, strong ethical fiber, a new idea and the ability to transform an entire system.

"I started SPOON to protect other children from the debilitating consequences of malnutrition that nearly robbed my son of his life as a young orphan in Kazakhstan," says Kaplan.

Kaplan will join more than 3,000 Ashoka Fellows in 70 countries worldwide in receiving this prestigious, lifetime Fellowship. With the Fellowship will come connections to potential funding and programmatic partners, strategic support, increased exposure and a commitment of financial support over the next three years.

**OJM CALLS FOR SUKKAH PROPOSALS**

Oregon Jewish Museum invites designers, artists and makers of all backgrounds to propose contemporary responses to the traditional challenges of sukkah design.

Awardees of this juried competition will receive a supply budget of \$400 to create and install a sukkah on the grounds of the OJM in Portland. A collection of up to nine unique, liveable structures will remain on display at OJM throughout Sukkot 2013. The holiday begins at sundown on Sept. 18 and ends at sundown on Sept. 25. The sukkahs will serve as the focal point of a weeklong series of events that seek to create contemporary context and connection to the themes of this ancient holiday.

The entry deadline is 5 pm, July 19. The entry fee is \$20. For more information, contact Coren Rau, SukkahPDX curator and project manager, at [sukkahpdx@ojm.org](mailto:sukkahpdx@ojm.org).

**TAMRITZ LAUNCHES NATIONAL DIGITAL BADGE LEARNING NETWORK**

Portlander Sarah Blattner, founder and executive director TAMRITZ, a digital badge learning network for Jewish day schools, announces the schools selected to pioneer its connected learning community. The following schools will form TAMRITZ's 2013-2014 cohort: Kehillah Schechter Academy, Norwood, MA; Krieger Schechter Day School, Baltimore, MD; The Moriah School, Englewood, NJ; and Seattle Hebrew Academy, Seattle, WA.

Selected schools demonstrate an innovative spirit and readiness for transforming how learning happens, says Blattner.

TAMRITZ will provide schools with in-person training, a networked community of practice and ongoing coaching to design and implement their own badge learning programs.

Digital badge learning takes a traditional system of awarding badges for achievements to a new media level. Guided by their teachers, students explore their own interests and acquire knowledge and skills. Each digital badge they earn becomes an electronic credential that contains not only what the student understands and has accomplished, but also the methods used and data about the institution that sponsored the learning experience. These badges can be shared through social media, providing transparent transcripts for students' skills and achievements.

TAMRITZ, meaning "incentive" in Hebrew, has the support of the Joshua Venture Group's Dual Investment Program and the AVI CHAI Foundation.

**HONEY FOR ROSH HASHANAH**

In honor of the Rosh Hashanah tradition to dip apples in honey to usher in the New Year, the Shalom Chapter of Hadassah (Vancouver, WA) will sell 8-ounce gift jars of golden kosher honey. The jars will be shipped in time for Rosh Hashanah (this year Sept. 5). Proceeds benefit Hadassah projects in Israel and the United States. Orders and payment must be received by July 26; contact Julie at 360-281-0054 for costs and ordering information.

GLOBAL BUSINESS AWARDS – Below, Margje Hunt, Special Olympics CEO, welcomes some 300 people to the Global Business Awards held at the Portland Hilton May 17. Along the front of the head table are photos of Jack Zidell and Merritt Yoelin, who were honored in memoriam. At right, Serge D’Rovencourt, event coordinator, and his wife Magaly, enjoy the evening. Below right, Zidell Industries brought a table full of employees and family to the event, including Jay Zidell (seated second from right) and his mother Min Zidell (seated right). The evening raised about \$20,000 for Special Olympics. Photos by Ron Appelbaum



SONG OF MIRIAM HONOREES – The Jewish Women’s Round Table’s 21st Annual Song of Miriam Awards brunch on June 2 at the MJCC honored 19 women who have volunteered their time and energy to ensure the continuity and vibrancy of the Jewish community of Oregon and Southwest Washington. The 2013 honorees are (below from left): Sue Greenspan of Congregation Beit Haverim, Linda Appel of The Florence Melton Adult Mini-School, Layton Borkan of Havurah Shalom, Amy Buccola of Beit Am, (back) Sharon Frank of Jewish Family and Child Service, Betty Esthelle of Congregation P’nai Or, (back) Deborah Freedberg of Congregation Neveh Shalom, Eva Aigner of the Oregon Holocaust Resource Center, Rachel Frankel Moore of Shalom Chapter of Hadassah-SW WA, (seated) Edith Levitt of the Robison Jewish Health Center Sisterhood, Stacey Brown of Temple Beth Shalom,

(back) Lisa Morasch of Congregation Shir Tikvah, Shari House of Congregation Kesser Israel, Cheryl Tonkin of the Jewish Federation of Greater Portland-Women’s Philanthropy Committee, Diane Koosed of Congregation Kol Shalom, Leslie Petcher of Congregation Shaarie Torah Sisterhood, and (not pictured) Daphna Stadig of Congregation Beth Israel Sisterhood, Karen Kohler of Congregation Kol Ami of Vancouver and Marion Tannen z”l of Congregation Shalom Bayit. Rabbi Rachel Joseph of Congregation Beth Israel presented a d’var Torah. Barry Lavine provided music. Past honorees Kim Rosenberg and Barbara Barde served as emcees. Door prizes were donated by synagogue gift shops and area businesses, and food was collected for the Oregon Food Bank. To find out more about the Jewish Women’s Round Table, go to [jwrt.org](http://jwrt.org). Photo by Oolite Photography





FEDERATION 93rd ANNUAL MEETING  
Michael Weiner, board chairman, welcomes attendees to the 93rd Annual Meeting of the Jewish Federation of Greater Portland. President and CEO Marc Blattner thanked Federation's many volunteers and staff (especially Josh Stein, campaign director, for his 10 years of service and wishes him

all the best as the new assistant director of the Kansas City Jewish Community Foundation.) Marc highlighted the success of the annual campaign, the many ways the community has gathered together over the past year and announced Portland's participation in a new platform that will connect Jews to opportunities throughout our area.



ART AND WINE – The Portland Kollel hosted a celebration of kosher Northwest wines and food June 12 at the World Forestry Center. About 70 people sampled wines from Evan's Vineyard, the Pacific Northwest's first fully kosher winery, paired with special dishes prepared by Century Catering. The evening also featured an art showing by Anna Kodesch and David Slader. Joining in a toast are, clockwise from lower left, Keith Berne, Rabbi Tzvi Fischer of the Portland Kollel, Eric Kornblit, Jeremy Rogers, Jodi Berris and Alana Wolfman. Photo by Jon Perrin



CHICKS AT THE GAN – Portland Gan students (from left) Emmett Green, Yehudis Rivkin and Leah Hazay check on the chicks the class hatched this spring. Students counted 21 days and watched the eggs carefully in their incubator until they hatched. The children created a home for them and took care of them once they hatched, resulting in many learning activities through the process.

ART SHOW – Robison Jewish Health Center resident Inez Weissman displayed her paintings at an art show and sale at Congregation Shaarie Torah on Sunday, May 19. All unsold paintings are on display and for sale at The Towne Storage building, 17 SE Third St. in Portland. Portions of the proceeds will be donated to Shaarie Torah and Make-A-Wish Foundation of Oregon. Inez says, "It was wonderful to see people having their hearts touched. My hope is that my work will not only be acquired and passed on to family members, but that it will inspire younger people in their artistic endeavors."



LEGACIES – The Oregon Jewish Community Foundation hosted leaders from Jewish organizations and congregations on May 31 at the offices of Perkins Coie/Oregon Angel Fund to explain how their organizations can participate in the Create a Jewish Legacy program that OJCF is launching in partnership with the Harold Grinspoon Foundation. Below right, Ben Isenberg, OJCF board member and chair of the Legacy Leadership Council; Arlene Schiff, Life and Legacy national director of Harold Grinspoon Foundation; OJCF Executive Director Julie Diamond and OJCF President Eric Rosenfeld spend a moment

on the Perkins Coie patio overlooking the city before the meeting. Below left, Jewish Family & Child Service Executive Director Marian Fenimore, B'nai B'rith Camp Executive Director Michelle Koplan and OJCF Development Associate & Grants Coordinator Gail Mandel talk before the meeting. BB Camp is already a participant in the Grinspoon Foundation's Legacy Program for Jewish camps. OJCF will partner with 10 organizations for a two-year program to include training, mentorship and incentive grants awarded for reaching legacy gift goals. Photo Deborah Moon



## Through July 21

Broadway Rose Theatre Company presents Andrew Lloyd Webber's *Cats*, the longest-running show on Broadway. Deb Fennell Auditorium, 9000 SW Durham Road, Tigard. [broadwayrose.org](http://broadwayrose.org) or 503-620-5262

## July 12

Join Beit Haverim for our Annual Pups in the Park Potluck and Shabbat and collection drive for PAW Team. Spend a lovely summer Shabbat eve in the park with your favorite pooch or pooches. Bring a dish to share. 5:30 pm at Willamette Park, 1100 12th St., West Linn. 503-344-4839 or [office@beithav.org](mailto:office@beithav.org)

Neveh Shalom Shabbat in the Park. Rabbi Bradley Greenstein will lead services. Bring a picnic dinner. Challah and kiddush provided. 5:45 pm at Wilshire Park, NE 33rd and Skidmore, Sites A & B. [wkahn@nevehshalom.org](http://wkahn@nevehshalom.org)

Shabbat on the Plaza (weather permitting). Join Congregation Beth Israel for services and then stay for a picnic dinner you bring with you. Blankets and umbrellas will be available. 6 pm at Congregation Beth Israel, 1972 NW Flanders. 503-222-1069 or [jemi@bethisrael-pdx.org](mailto:jemi@bethisrael-pdx.org)

## July 13

Michael Allen Harrison and Tom Grant in concert. Enjoy the music of Portland's top piano composers with a special performance by Portland vocalist Julianne Johnson. 7 pm at Camp Sherman. Metolius River, OR. 541-595-6620

## July 14

Beit Haverim and PJ Library invite you to bring a picnic lunch and enjoy a day at Baggenstos Farm. Enjoy a hay ride, Pygmy goats and U-pick blueberries. Only cost will be for any berries or purchases. 11 am at 15801 Roy Rogers Road, Sherwood. RSVP appreciated: [office@beithav.org](mailto:office@beithav.org) or 503-344-4839

Neveh Shalom invites families with little ones to pick berries with Shoshanim at Kruger's Farm on Sauvie Island. We have a reserved picnic spot; bring your own picnic lunch. Cost: \$5/child; adults are free. 10 am at 17100 NW Sauvie Island Road. RSVP by July 9: 503-293-7313

Book launch and art show for Jan Baross, award winning Jewish writer/illustrator, for her new book, *Ms. Baross Goes to Mexico, San Miguel de Allende*, which includes 30 years worth of edited black and white drawings from Baross's Mexican travels. 2 pm at the Golden Gallery at The Beaverton Lodge, 12900 SW 9th St., Beaverton. The book and original drawings for sale in the Golden Gallery through Aug. 31. [janbaross.com](http://janbaross.com)

The Pain Free Body: Hands & Feet. This hands-on workshop taught by NIKE Athletic Trainer Christine Binnendyk on the link between connective tissue, health and wellness will be held 1-3 pm at Rose Schnitzer Manor. RSVP: 503-535-4004 or [RoseSchnitzerManor.org](http://RoseSchnitzerManor.org)

## July 17

OJM presents a Storytelling Circle: Planes, Trains and Automobiles (and Ships). Share your family's immigration story and see the museum's Settling In exhibit. Bring artifacts, documents and photographs from your immigrant roots. Moderated by maggid Cassandra Sagan. 7 pm at OJM. Light nosh provided. \$5; free for museum members. RSVP: 503-226-3600, ext. 101, or [palma@ojm.org](mailto:palma@ojm.org)

## July 18

Join Urban Jews PDX for an evening of Yiddish Vaudeville, food, music and laughs. 6:30 pm at location TBA. [urbanjewspdx@gmail.com](mailto:urbanjewspdx@gmail.com)

## July 19

Shaarie Torah invites you to Shabbat in the Park. Bring your own blanket, picnic dinner and a bottle of wine. 6 pm at Portland Jewish Academy, 6651 SW Capitol Hwy. 503-226-6131 or [sasha@shaarietorah.org](mailto:sasha@shaarietorah.org)

Shabbat in the Park with Shir Tikvah. Join us for an evening of song, fun activities and prayers. Bring your own picnic dinner, relax in the park and enjoy music by Stumbleweed. Join us for challah and dessert. No dogs. 5:30 pm at Overlook Park, N Interstate Ave. at N Fremont. Amelia Schroth, 503-473-8227 or [shirtikvahoffice@shir-tikvah.net](mailto:shirtikvahoffice@shir-tikvah.net)

Havurah Shalom Young Adults Kabbalat Shabbat Potluck and Service. A song-filled traditional Shabbat hosted in a communal Jewish home in NE Portland. Vegetarian potluck follows. 6:30 pm at location TBA. Jacob Rosenblum, [HamisheShteeb@HavurahShalom.org](mailto:HamisheShteeb@HavurahShalom.org)

## July 21

Musical Playdate with Tiny Talkers. \$12 per child or \$15 per family with more than one child ages 9 months to 5 years. Children must be accompanied by a caregiver. 10:30 am at The Gan Preschool, 6612 SW Capitol Hwy. Preregistration advised: 503-754-8776 or [shira@tinytalkersportland.com](mailto:shira@tinytalkersportland.com)

Baby Signing Class with Tiny Talkers. Caregivers learn the benefits of communicating with pre-verbal babies through sign language as well as how-to information, tips, tricks and techniques. Class is 2 hours and is for adults. Cost: \$40 (spouse/partner is \$10 additional). Noon at The Gan Preschool, 6612 SW Capitol Hwy. 503-754-8776 or [TinyTalkersPortland.com](http://TinyTalkersPortland.com)

P'nai Or presents "Fiddler on the Roof" Sing-along. Doors open at 1:30 pm at the Clinton Street Theater, 2522 SE Clinton St. Enjoy the movie theater fare or sample a gluten-free Yiddish nosh. Wear your shtetl-best for the costume contest. Tickets: \$12/person, \$8/children, \$36/family. [drjmcmanus@comcast.net](mailto:drjmcmanus@comcast.net)

Kol Shalom's Never Again Coalition sponsors a yard sale to benefit Stop Genocide Now's new program, Little Ripples. Little Ripples will provide daycare and preschool education for refugee children in two Darfur refugee camps in Chad. 9 am-3 pm at 6724 SW 13th Ave. Diane Koosed, 503-702-9283 or [koolake@comcast.net](mailto:koolake@comcast.net)

## July 24

OJM Cinema presents "Refusenik," the first retrospective documentary to chronicle the 30-year movement to free Soviet Jews. It shows how a small grassroots effort bold enough to take on a Cold War superpower blossomed into an international human rights campaign. The soundtrack features music by Portland musician Beth Hamon. Reed College Professor Marat Grinberg will introduce the film and lead a Q & A session afterward. Noon and 7 pm at OJM. \$10/general; \$8/OJM members; \$5/students. 503-226-3600 ext. 101 or [palma@ojm.org](mailto:palma@ojm.org)

## July 26

North Coast Shabbat led by Rabbi Zuckerman. All are welcome. 8 pm at Bob Chisholm Community Center, 1225 Avenue A, Seaside. Bev Eastern, 503-244-7060

Shabbat on the Plaza (weather permitting). Bring a picnic dinner. 6 pm at Congregation Beth Israel, 1972 NW Flanders. 503-222-1069 or [jemi@bethisrael-pdx.org](mailto:jemi@bethisrael-pdx.org)

## July 28

Pamper for a Purpose: See pages 32-37

Jewish Speed-Dating. There will be five-minute dates in three age categories: 21-29, 40-54 and 55-70+. 2:30 pm; sign in begins at 2 pm at MJCC. \$36/person. Register by July 19 at [oregonjcc.org](http://oregonjcc.org). Questions: Len Berman at [easyrabbi@yahoo.com](mailto:easyrabbi@yahoo.com) or 503-516-3715

## Aug. 1-18

Broadway Rose Theatre Company presents *My Fair Lady*, music by Frederick Loewe. Deb Fennell Auditorium, 9000 SW Durham Rd., Tigard. 503-620-5262.

## Aug. 2-4

Sephardic Shabbat at Seaside. Join Ahavath Achim and the Seattle Sephardic community for a weekend together on the Oregon Coast. For more information, email [info@ahavathachim.com](mailto:info@ahavathachim.com)

## Aug. 3

Ninth Annual Empowerment Day for Ovarian Cancer benefiting SHOC - the Sherie Hildreth Ovarian Cancer Foundation - features 5K/10K walk and run and a 1 mile family walk. Registration/packet pickup begins at 6:30 am; opening ceremony 7:30 at Team Latus Motors, 870 E. Berkeley, Gladstone. [info@shocfoundation.org](mailto:info@shocfoundation.org), 503-869-9033 or [shocfoundation.org](http://shocfoundation.org) (see story p. 32)

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



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