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CBI is pleased to welcome E. J. Dionne, Jr. as the 2013 Oseran Family Lecturer. Mr. Dionne is a long-time op-ed columnist for The Washington Post, writing on national politics and policy. He is a University Professor at Georgetown University and a senior fellow at The Brookings Institution. Dionne has been a frequent commentator on politics for National Public Radio, ABC's "This Week," and NBC's "Meet the Press."

*The Oseran Family Fund was established in 2008 to provide annual lectures with a socially responsible Jewish theme. Past lecturers have included US Supreme Court Justice Ruth Bader Ginsburg, Pulitzer Prize-winning author Michael Chabon, and author and national correspondent Jeffrey Goldberg.*

# Table of Contents

May 2013/Iyar-Sivan 5773 | Volume 2/Issue 3



## [Cover Story]

32 Strength of Diversity:  
Public school teens take national title

### [Focus]

UPFRONT

10 Homes for a Lifetime

FAMILY

27 Friends for Life: host families  
& exchange students

28 Clark County Chabad gets new home

HISTORY

42 The History of History

ARTS & ENTERTAINMENT

44 OJM adds exhibits curator

45 Ballet: "When I Close My Eyes"

FOOD

55 Mother's Day brunch

56 Chef's Corner by Lisa Glickman

JEWISH LIVING

58 Light of Esperanza aids Hondurans

60 AIPACs new state chair at Policy Conference

ISRAEL

62 Simple pleasures

63 Symbols of Israel

64 Obama's popularity soars during visit

### [Seniors/Special Section 14-26]

Alzheimer's Association says there's reason to hope, Profiles on Jane Goldhamer and Charlie Schiffman, Investment needs change with age, Tips to keep memory sharp, "Heavenly Bodies" lecture series

### [Real Estate/Special Section 46-55]

Realtors help buyers find dream homes, Making your dream house perfect, Curb appeal spruce up

### [Columns]

22 Money Matters by Mark Rosenbaum

40 Fashionista by Kira Brown

61 Advice: Ask Helen

62 Life on the Other Side by Anne Kleinberg

63 An Israeli in Oregon by Natalie Nahome

64 An Oregonian in Israel by Mylan Tanzer

### [Connect]

66 Volunteer: Portland Mitzvah Network

67 Happenings: Previews

69 Happenings: Faces

70 Happenings: Calendar



## CORRECTIONS:

- A story about a Jewish Renewal Shabbaton in the April issue of Oregon Jewish Life omitted Rabbi Jonathan Seidel as one of Reb Zalman Schachter-Shalomi's Rabbinic ordinands (musmachim) in Oregon. Seidel was ordained in January 2005 by Reb Zalman and ALEPH.
- The April article about the opening of the Jewish museum in Moscow referred to Shimon Peres as Israeli prime minister. Shimon Peres is president of Israel and the prime minister is Benjamin Netanyahu.

Cover photo: PORTLAND NCSY TEAM shows off their trophy.

From left: (front) Nofar Movshovich and Allya Yourish; (back) Raizel O'Brien, Oregon NCSY Director Meira Spivak and Whitney Kagan.

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## Editor's Letter



When my parents were about 70, they decided to build their dream home. They were both still in good condition and didn't consider the potential for change. Their dream home was gorgeous, with a huge great room on the main floor and a kitchen separated only by a half wall.

Unfortunately, to get to the bedrooms or a bathroom, you had to go either up or down a half flight of stairs. A few years later, a surgery made that a challenge for my mom.

After my dad died at 80, my mom and sister bought a home together – a one-story house that mom could get around easily. When I was ready to move, I told my Realtor I wanted a home with at least one bedroom and a bathroom on the same floor as the main living area so mom could come for extended visits. At the time, there was no easy way to search for those features, unless you just looked for a ranch-style house – and even that didn't guarantee there wouldn't be steep steps to the front door.

Now, a committee of housing, senior and disability professionals have developed criteria to certify homes for Lifelong Housing. You can read all about it in our Upfront story, which is a nice tie-in to both of our Special Sections this month – Real Estate and Seniors. In our Real Estate section, Realtors discuss

how they help buyers find and purchase their dream home; access to a list of homes certified under the new checklists will give Realtors yet another tool to help buyers find the right home. The section also includes tips for sellers to boost curb appeal. Once you find your dream home, sometimes it needs a little remodeling to make it perfect – we cover that too.

Our Senior section looks at how the Alzheimer's Association is giving hope to families affected by the disease. And senior care professionals offer tips to aid those suffering with memory issues ranging from "senior moments" to dementia. We've tossed in a couple of profiles of seniors in our community, investment tips and an upcoming lecture series to round out the section.

We also have plenty to interest the younger set. Our cover story looks at a group of teens who proudly represented Portland with their Jewish leadership by winning a national competition. And Portland Ballet's Youth Company will take the stage for a moving dance inspired by young peoples' Holocaust diaries.

Speaking of diaries, next month we plan to look at some summer reading from Oregon and national writers. Spending time on a lazy summer day curled up with a good book sounds pretty appealing right now.

*Deborah*

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# Homes for a Lifetime

*Architect helps develop criteria for lifelong living, then designs a home to meet the standards*

Architect Robert Freeman is designing a new home on the coast using a Pneumatic Vacuum Elevator to help make the three-level house fully accessible.



**By Deborah Moon**

Home may be where the heart is, but it's also a place many people are forced to abandon as they grow old or infirm. But if an Oregon group has its way, a concept known as "lifelong housing" will prove that doesn't have to happen.

A Portland Jewish architect is not only helping develop criteria for lifelong housing, he is designing a home that meets the criteria for a fully accessible home.

Robert Freeman, 69, has spent the past year working with a committee of aging and disability professionals, Realtors, contractors and others to develop statewide criteria for rating homes for three levels of livability. The committee has worked with and adapted a certification program launched two years ago in Rogue Valley, the first area in the region to address lifelong housing certification. Homes can be certified as visitable, fully accessible or customized for enhanced accessibility.

AARP reports that nine out of 10 older Americans want to stay in their homes for as long as possible. Yet AARP also notes in a July 15, 2010, talking points report on aging in place, "Not all homes and neighborhoods are ready for the aging of the population. Most homes lack the user-friendly elements that would enable a person with physical limitations to live comfortably."

Yet lifelong housing is not just for the elderly.

"Livability in homes and neighborhoods transcends age," says Robert. "If a family has two kids in a stroller, where are they going to walk? I see Jews walking to synagogue on Vermont (Street) and it looks dangerous."

He describes homes that meet the criteria for visitability as promoting community: "Can people without typical mobility visit and congregate in the main living space? Can an elderly relative in a wheelchair visit? Visitability extends out and relates you to community if the community can come in and if you can go out into the community."

Robert says the Oregon initiative arose out of the simple acknowledgement that homes built from the 1950s to '70s, which make up the bulk of U.S. single-family homes, have two or more steps to the front door, narrow hallways and bathrooms that people without traditional mobility can't manage.

"With the housing stock we have, most people will have to move if they have any illness or injury that affects their mobility," he says. "The purpose of this group is to provide a structure for retrofitting homes and to influence new construction."

The criteria are definitely influencing the home that Robert is designing for Brenda Jose, another member of the Lifelong Housing Committee.

"Brenda has no requirements related to accessibility or mobility," says Robert, but she wants a home she can live in the rest of her life, and she also wants a home her 90-year-old mother can visit easily.

**LIFELONG HOUSING CONTACTS:**

Connie Saldana, Rogue Valley Council of Governments: [rvcog.org](http://rvcog.org) | 541-423-1383

Robert Freeman Architecture: [rfreeman@intergate.com](mailto:rfreeman@intergate.com) | 503-827-4174

Bandana Shrestha, AARP Oregon: [bshrestha@AARP.org](mailto:bshrestha@AARP.org) | 503-513-7368

Brenda Jose, Unlimited Choices: [brenda@unlimitedchoices.org](mailto:brenda@unlimitedchoices.org) | 503-234-6167

As the executive director of Unlimited Choices, a nonprofit that assists low-income individuals with home modifications to address mobility issues and seniors who fear falling in their home, Brenda is well aware of the benefits of having an accessible home.

"I see on a daily basis what not planning ahead can lead to," says Brenda.

Planning ahead is definitely needed when building a home on property such as Brenda's – located on the narrow Neskowin Ridge on Oregon's coast. To take advantage of the spectacular ocean views and to fit onto the narrow footprint available, Robert is designing a three-level home with the driveway and entrance on the ground level and the main living area on the third floor.

That's not accessible without some way to move people between floors, says Robert, adding he and Brenda discussed a traditional elevator.

Then, Brenda says, "Robert sent me an email with the subject line, 'Beam me up Scotty.'"

The email described the Pneumatic Vacuum Elevator – a vertical transportation vehicle in a transparent polycarbonate tube. Trying out a vacuum elevator in the All in One Mobility showroom in Northeast Portland sealed the deal. "We are going to have a Star Trek elevator," Brenda says excitedly. Other accessible features include a 5-foot minimum turning radius in bathrooms, pantry and other areas to accommodate anyone in a wheelchair; showers with no ledge to step over that are enclosed only by a curtain with the entire bathroom floor sloping gradually to the drain; and no overhead cabinets in the third-floor kitchen, which has the added benefit of better ocean views.

AARP Oregon Director of Community Engagement Bandana Shrestha, who originally brought the Portland area committee together, is delighted Robert and Brenda are using the criteria for the home.

"We want to see architects, builders and remodelers using the lifelong housing standards as they design new and remodel existing homes so that they are homes for a lifetime," says Bandana.

One of the main reasons to certify an existing home is as a marketing feature to attract seniors or those with disabilities when selling or renting a home.

"In addition to the certification, the program also aims to educate consumers about their own changing needs, better understand how they may need to modify their current homes, or what sort of features they will need in their future home," says Bandana.

"It's been invaluable to have an architect, and one with Robert's experience, be part the committee," says Bandana. "He brings the technical knowledge and the hands-on know-how, but also a deep understanding about process and how standards work. We have a diverse group of folks involved in the committee, including those like Robert who represent the industry professions that this program seeks to reach ... their participation in the process brings that understanding and credibility to the effort."

Also pleased with the prospect of a home meeting the criteria is Connie Saldana, planner for senior and disability services

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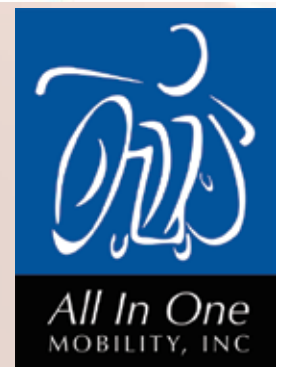
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of Rogue Valley Council of Governments, which handles the certification in the Rogue Valley. Though several homes in Rogue Valley have been inspected, none have yet been certified. That is likely to change soon, since Rogue Valley has adopted the statewide committee's plan to have some features mandatory and some optional for each level of certification. Connie says one home that has been built using the criteria should be ready for inspection soon, and she expects it will be first home certified under the lifelong housing criteria.

In addition to builders and Realtors marketing accessible homes, Connie says her office has also had requests for information from people wanting to make their home accessible for aging parents who are moving in.

"We also want to educate builders that if you start from the design phase, it costs very little, if anything, more to make homes accessible," Connie says. "It's a home anyone can use, but if someone moves in or you become disabled, it's ready for you."

Yet no home can be ready for every disability.


"Everyone's accessibility needs are different," says Brenda. "You need to look at an individual's needs."

It was in that spirit that the committee added a third level for certification – enhanced accessibility, where a home has been customized for a specific accessibility issue. Homes certified as level 3 must meet the level 1 and 2 checklists and also have at least one custom feature such as being wired for hearing impairment with flashing lights or vibrating smoke alarm and door bell; tracks in the ceiling for a lift chair; therapeutic whirlpool; or backup generator for a respirator or oxygen concentrator.

"Sight issues, hearing issues and even mental disorders have a relationship to the physical environment," says Robert. "You can do things architecturally to accommodate mental disorders. For example, lots of windows offering the ability to see outside and plants and landscape can reduce anxiety, and textures and colors can affect sensory awareness and perception."

Homes certified as level 3 will note the specific accommodations, making it easier for home buyers to find a home that meets their personal needs.


While criteria continue to evolve, the most up-to-date guidelines are maintained online at [rvcog.org](http://rvcog.org).

While Rogue Valley's certification program is already active, Robert says the Portland group still needs to work out logistics and find an organization willing to host the checklist and run the inspection program. 



Brenda Jose wants an accessible home that also makes the most of this gorgeous view, so her three-story home will feature a vacuum elevator and plenty of windows.

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Memories in the Making participants enjoy creating art during the classes offered by the Alzheimer's Association in Portland. Even after people with dementia have lost the ability to use words, they are often able to express thoughts and emotions and to share memories through painting.

#### ALZHEIMER'S ASSOCIATION CONTACTS

24-hour national helpline: 1-800-272-3900

Oregon Chapter: [alz.org/oregon](http://alz.org/oregon) | 503-416-0201

This website offers general and in-depth information and support for patients, caregivers and community advocates, including the range of behaviors associated with Alzheimer's, the "10 Warning Signs of Alzheimer's Disease," and much, much more.

You can call the local office for information on statewide resources or for print materials about Alzheimer's.

# Plenty of Reasons To Want To Hope

By Liz Rabiner Lippoff

Portland resident Ruth Menashe supports many worthy local causes every year, but the Alzheimer's Association Oregon Chapter is "a priority" for her. Her number one reason will resonate with a growing number of Oregonians.

"People I know and love have been afflicted with this disease. People I love have died from Alzheimer's."

I don't know anybody who doesn't know somebody who has – or had – Alzheimer's. My mother had Alzheimer's and passed away in 2002. In 2010, 1,300 Oregonians died from Alzheimer's. Today more than 76,000 Oregonians age 65 and older are living with Alzheimer's. Experts estimate that number will be 90,000 in 2020 and 110,000 in 2025, up 93% from 2000. And, Ruth was quick to point out, it is not just the elderly who get the disease. Some get early onset Alzheimer's, and she can name some.

Multiply those numbers by the number of family caregivers whose lives are exponentially changed by a loved one's disease and by the cost of professional care for so many others, and the impact on all of us is enormous.

Kathleen Cody, executive director of the Oregon Chapter, acknowledges that research is not keeping up with the disease. "We are making great strides. We are focused and we have aggressive goals. The research money will come through our hard work, but it's an uphill battle."

"There is no denying that, with no cure and no reliable drugs to slow it down, the end is the same for everyone," she says. "The bubble of baby boomers aging creates a real urgency."

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## Reason to Hope breakfasts

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How, then, can the Alzheimer's Association call its upcoming series of breakfasts "Reason to Hope"?

"We are all about public awareness," Kathleen says. "People are scared, but one of the biggest factors in fear is the lack of knowledge. The best way to mitigate that fear is to become informed. People with information can feel empowered."

The Oregon Chapter does a great deal of regional outreach, offering services, classes, support groups, information and resources. It serves the entire state, with a Portland office and a regional office in Eugene. It supports public policy, research and advocacy on behalf of research, the patients and their caregivers. Caregiver support is crucial.

Experts agree that early diagnosis makes a huge difference in the lives of everybody affected, but it is often a tough diagnosis to make. The Alzheimer's Association reaches out to doctors who see patients with very few symptoms to help them make an early, accurate diagnosis.

"People want to make decisions about the inevitable future while they have the capability and the resources, and there is relief and power in that," says Kathleen. They want to spend their time and resources doing what is important to them: being with family, enjoying fun activities, enjoying life even after receiving a devastating diagnosis.

One innovative, creative resource in Portland is called Memories in the Making. It is an art therapy program that meets weekly for eight weeks. There are snacks, music, lots of laughing and socializing, and plenty of art. Kathleen reports that one participant said, "I thought I'd forgotten how to do this." Another said, "I'm glad I have Alzheimer's so I can come to this class."


"We help them give themselves the gift of beauty," Kathleen says.

### REASON TO HOPE

According to Development Director Tracy Morgan, the Reason to Hope breakfasts are an opportunity to diminish the stigma attached to Alzheimer's by bringing together people who know a lot about Alzheimer's and people who know very little except their fear. Speakers tell their inspirational stories. The association shares information about their services and how they positively impact the lives of both patients and caregivers. In one short hour, people feel motivated and empowered and, hopefully, the association gets much-needed support from the community.

The cost of the breakfast is defrayed by generous donors, so designated table captains can invite their friends to be their guests for the event. Tracy encourages anyone interested in attending one of the five regional breakfasts to call or register online. She will line you up a spot at a really great table.

Ruth Menashe believes in Reason to Hope. "We have to research and research takes money," she says. "This has not been properly funded, and now we have an aging population and many, many people will be stricken."

"People need to help." 

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

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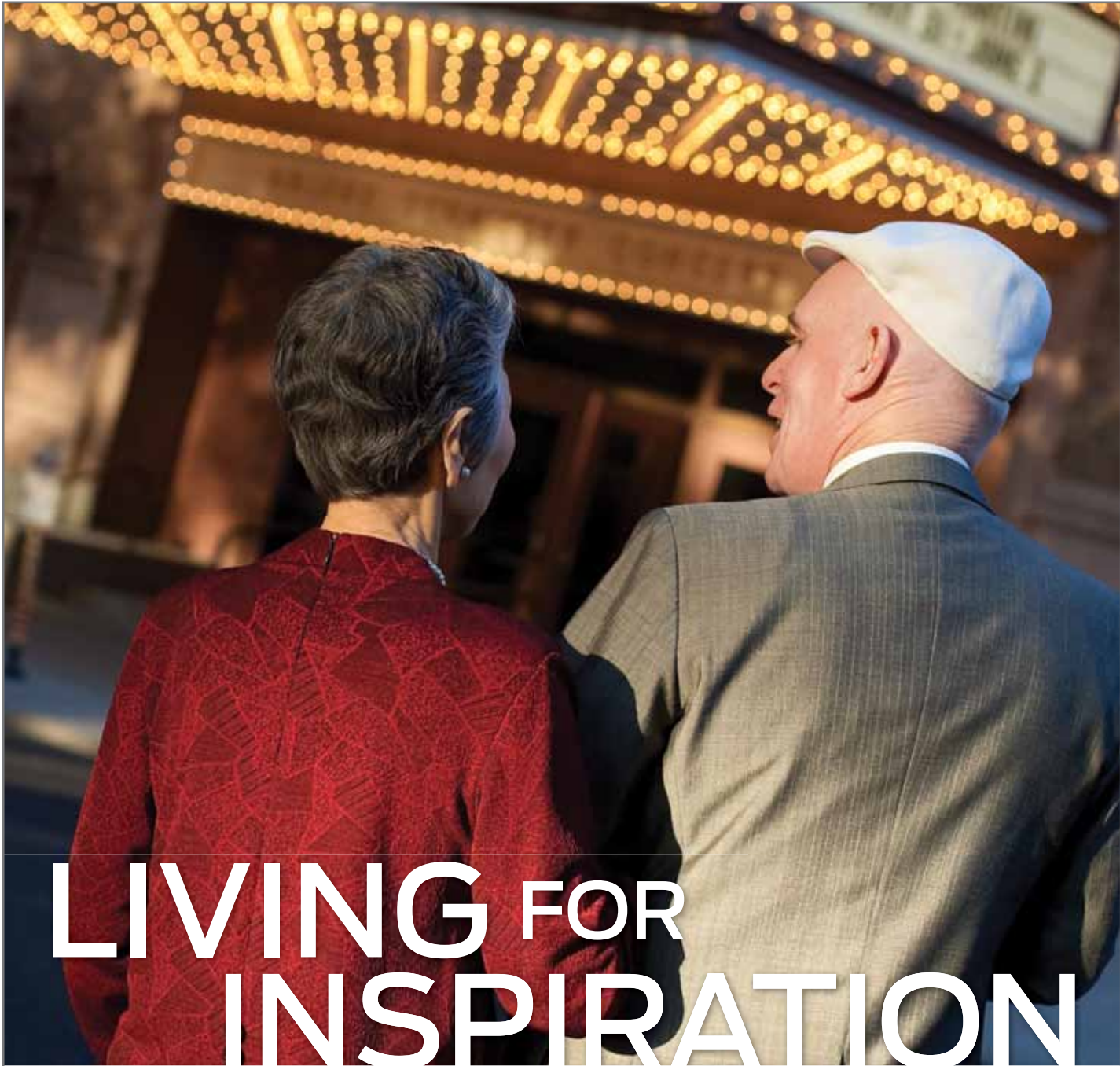
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# Self-sufficiency and serenity have guided Jane Goldhamer



Jane Goldhamer helps set up Kol Shalom's community seder. Photo courtesy Walter Hellman

By Polina Olsen

A 20th anniversary deserves a celebration, and Jane Goldhamer is doing it right. As a founding member of Kol Shalom, she's planning the party to coincide with this year's J-West Conference for Cultural, Humanistic and Secular Judaism ([j-west.net](http://j-west.net)), which will be held in Portland Aug. 30 through Sept. 1. Hoping to attract supporters throughout the western states and Canada, she's taken the lead as program chair. The theme, "Then, Now and Tomorrow," means lining up speakers that understand the range of Jewish experience.

But meanwhile Jane is lining up changes in her own life.

"If you set out to do something, you want to see it succeed," she says reflecting on the years since she and her late husband Mike founded Kol Shalom in their living room. "In a way, it's like giving birth. You have to nurture, and then you have to know how to let go. Aside from this conference, I'm stepping back. I have other things to take care of."

Jane has always taken care of business, starting with a degree in psychology and sociology from Wichita State and a master's from Trinity University. Growing up in a nonreligious household in Salina, KS, she converted to Judaism as a young woman. After marrying a military man, she and the three children followed

him around the country until he left the United States Air Force, and they landed in Portland. When she attended a Humanistic Judaism conference in California, attendees urged her to start a Portland chapter. Why not, she thought. And, she and Mike had the perfect house.


"It was built by Philip and Pearl Polsky, and they were members of Beth Israel," Jane says about her circa-1933 5,900-square-foot Beaverton home. "He had been a bootlegger, and when Prohibition ended, he bought the Star Brewery in Portland. Pearl played organ in theaters, and there's a room in the basement for the pipe organ machinery."

The organ keyboard was in the huge living room, which hosted Kol Shalom services from 1992 through 2000. "Everything was here except for the seders and High Holidays," Jane says. Shabbat, board meetings, Sunday school, Purim parties, even Yiddish lessons happened in the Goldhamer's home.

Despite founding a religious organization, Jane is uncomfortable with the term 'leader.' "I would rather think of myself as a facilitator, the person who keeps things from going through the cracks," she says. By any name, hundreds of people have appreciated her efforts as demonstrated by her 2008 Sherwin T. Wine Lifetime Achievement Award exemplifying "extraordinary dedication to Humanistic Judaism."

Still, at this point Jane feels ready to concentrate on other passions like organizing boxes of genealogical treasures, from her great-grandfather's civil war diary to newspaper clippings from the 1800s. The magnificent dollhouse she bought half-finished in the 1990s has been great fun to decorate.

"I decided the doll house would be the era of my birth – so it's 1929," she says. "It has a high oven, gas stove, and kelinator refrigerator. The little telephone has a receiver on the hook. It's amazing what you can find in miniature shows and shops."

Jane is philosophical regarding aging. "I realize that I'm all of the ages I've ever been," she says. "It's like those Russian matryoshka (nesting) dolls. All of the ages are still there, and you can access them. I know how it is to be 11 and 16. That's still a part of me. Without the religious overtones, the Serenity Prayer has always resonated. I'm a self-sufficient person, and I deal with things the best I can." 

Polina Olsen is a Portland freelance writer and author.

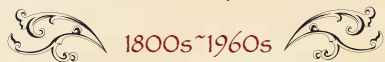


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# Charlie Schiffman: Moving On

By Gloria Hammer

Charles R. Schiffman, 67, retired in 2010 after 23 years as the head of the Jewish Federation of Greater Portland. From 1983 to 1987 the Schiffmans lived in Israel, where Charlie has since returned more than 40 times. This summer Charlie and his wife, Marsha, will return to live in the land they love.

### WHY ARE YOU MOVING TO ISRAEL NOW?

I am retired. I had my shot at doing what I could in an American community. I love Israel. I think it is the most dramatic, romantic and incredible place in the world.

I want to be there. My parents, who live there, are getting older; my sister, my married niece and nephew live there. Our daughter, son-in-law and two grandsons, who live in L.A., visit there frequently.

### WHAT WILL YOU DO IN ISRAEL?

I am not quite sure. I have a weekly radio show in Portland, The Teacher and the Preacher, and it is possible I can be some kind of Israeli radio correspondent. Also, I would like to do something having to do with American tourism in Israel, where I can use my knowledge of American society, Israeli society and Jewish history and pull it all together for people who come to visit and make their trip better.

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#### CAN YOU REFLECT ON YOUR 23 YEARS AT THE HELM OF THE JEWISH FEDERATION?

Well, it has been a great run. I enjoyed the community; I enjoyed the federation and the people associated with the federation. They are very dedicated and lovely people. I have learned from it, enjoyed it and I was honored to be in the position.

#### WHAT ABOUT THE PORTLAND JEWISH EXPERIENCE?

I think that Portland has its pluses and minuses. It is a wonderful, beautiful community in America. The people are very nice. But on the other hand, it is pretty well-known that the Northwest is a place where, in many cases, you have Jews from the Northeast or the Los Angeles area who come here to hide.

They don't necessarily want to be affiliated. We now know, due to the recent demographic study, we have a relatively low rate of affiliation. People come here not necessarily to find a place to settle in "Jewishly" – and that is one of the challenges of the community.

#### WHAT WILL YOU MISS?

I will miss the people. I will miss this gorgeous city. I will miss the Columbia River Gorge, the coast, the beauty of Portland itself and the ease of getting around. On the other hand, Jerusalem is not that difficult to get around because it has mass transit and light rail. In fact, the light rail starts near my apartment and goes right downtown.

#### WHO INFLUENCES CHARLIE?

My wife, the teachings of the Jewish people and the Jewish faith.


#### FAVORITE BOOKS?

I have dedicated the last 50 years to studying the Bible. The five books of Moses, and then its explanations throughout the Jewish literature and the Talmud, those are very important to me. One of the most staggering books I have read, staggering both because it's about 1,200 pages and because it is so incredibly prophetic, is *Atlas Shrugged* by Ayn Rand. I don't know if it is influential or not because I don't know how many people pay attention to it. But I do know it is certainly one of the most prophetic books that has ever been written. It describes exactly what is happening in the United States today.

#### SPECIAL MOMENTS IN PORTLAND?

Our daughter Nili's marriage to Ethan Isenberg, which took place in Portland. The incredible party the federation gave me on my 18th anniversary as director; they even flew in my parents from Israel to be here.

#### ON BEING A GRANDPA?

It is an amazing feeling. You are passing on everything to the next generation. It is very beautiful. We are blessed with two adorable grandsons. Aminadav Shalom, we call him Ami, is almost 3. His name means my people are a special treasure. We call our recently born grandson Eli. Elyasaf Asher means G-d will increase happiness. 



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# MONEY MATTERS

## *Investment needs change with age*

By Mark Rosenbaum

The common wisdom in financial planning is to diversify your assets and leave your money alone. But what if you are at an age when you need access to those funds for retirement or health issues? Any financial strategy needs to account for not only how much you can gain, but how much you can lose. Following the dramatic stock market losses in 2000 and 2008, most investors have the risks of the market well in mind. How much risk should seniors have in their portfolios and what can they do to offset the highs and lows of a volatile market?

In order to evaluate risk you must consider your needs based on your investment objectives, risk tolerance and timeline. Based on these three factors, you can categorize your investments based on when you need the money. Is there an immediate need, future need or is this money you plan to leave to your heirs? The first need is for funds you expect to spend in the next few years (immediate need) and would invest conservatively. The second need would be for investments you will use later (future need) and on which you can assume more risk, and, finally the third need is for money you intend to leave your heirs that may be able to tolerate additional risk. The third provides time to absorb significant market changes. Of course all approaches must be individually tailored to meet your safety, growth and income requirements.


One of the biggest challenges for seniors is the risk of outliving your assets. But seniors have a natural inclination to say, "I can't invest for 15 or 20 years because I won't live that long." This dichotomy makes investing difficult and often concentrates assets in shorter-term, lower-yielding investments. These types of investments increase the likelihood you will need to spend down principal at an unsustainable rate. Don't be afraid to consider a longer-term investment if it's in line with your risk tolerance and investment objectives. Always remember that very few investments can't be liquidated early should an unexpected need arise.

Some consider diversifying their investments, which is the practice of taking a position in one asset to potentially mitigate the risk of another. Hedging may soften the downside risk but may also reduce returns. Broad diversification of equity investments may reduce volatility over longer time frames. Hence, consider investing in the market only assets that can remain invested for a longer time and combine that with annual rebalancing. Please keep in mind that diversification cannot protect against a loss or guarantee a profit.



Investment strategy is of primary importance to us all. However, remember that the strategy must fit into your broader goals of lifestyle, security for you and your family, independence, tax savings, medical needs, inheritance, business continuation, inflation protection and the like. Stipulate these broader objectives first and then look to yourself and your advisor for the strategies that best serve you and your family. The strategies discussed in this article are just a few of the many different ways to approach investing. Please consult with your financial advisor or tax attorney prior to investing to determine which approach may be most suitable for your needs.

For seniors living on the assets accumulated over a lifetime, investment allocation is critical. Whether from a retail or wholesale broker, a fee-based planner or trusted financial advisor, now is a good time to seek a second opinion. The new tax laws make this consultation advisable as well since certain income-producing investments provide income at lower tax rates than others.

Keep an open mind regarding investment recommendations, but be sure you understand what they do, how they do it, and what goal or objective they are designed to fill. 

Mark Rosenbaum is managing principal of Rosenbaum Financial, a second-generation, locally owned, nationally recognized financial advisory firm providing insurance, investments and financial planning. Mark is the chair of Camp Rosenbaum for underprivileged children, and also serves in leadership positions on the boards of Oregon Jewish Community Foundation, Portland State University Foundation and Tuality Hospital.

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*As we age most people find their memory is not what it once was. From “senior moments” to dementia, memory is a concern to most elderly. Do you have any tips or exercises to help your residents cope with memory issues?*

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The essence of memory is supported by experience and surroundings that provide us with cues. For example, the placement of photographs or familiar objects can help to orient us and remind us of our sense of home and our sense of ourselves. Familiar music and foods trigger sense memories that often bring back moments of pleasure or recollections of our personal histories. At Cedar Sinai Park we provide opportunities for those we serve to be surrounded by familiar personal objects and to experience the foods

and entertainment that help to trigger stronger memory skills.

Relationships support memory. Being around others with similar experiences who can share memories helps to trigger memory. Whether family or staff, caregivers must maintain the relationship. Remaining good humored and responding calmly as those we love struggle with memory helps to promote a sense of wellbeing and to reduce self-defeating anxiety when our loved ones are frustrated or a bit confused. The goal is to be a best friend.

As we age we need to continue learning. Lifelong learning helps us remain as sharp as possible. Managing our diet and keeping active also help. Most important, having friends and loving faces around makes a significant difference.

**MICHELE WILLEMSE | LIFE ENRICHMENT DIRECTOR | COURTYARD VILLAGE AT RALEIGH HILLS | A very social and active independent senior retirement community**



I believe exercising your brain is the same as exercising your body. You need a variety of activities and exercises to keep healthy. Our brain does so much for us: it helps us create, problem solve and interpret our world through our senses. We do so much daily that we end up going on “auto-pilot” when we do regular tasks. In order to “wake up” the brain, do something new!

If you are a left-brain thinker, try learning to paint or sculpt. If you are a right-brained person, try a logic puzzle, learn bridge or chess, or do Sudokus. You can stimulate your brain by using your non-dominant hand to perform a mundane task (i.e., brushing your hair, eating, opening a door, etc.). In addition, challenge your senses by isolating a sense. Go outside, close your eyes and identify what your neighbors are doing just by the sound. Close your eyes while you do a simple task like wrapping a package or putting silverware away. Even walking somewhere new will “feed” the brain with new information to interpret.

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Stay active and engaged! Just as physical exercise is important for our bodies, mental exercise and social engagement is essential for the brain. At Mirabella residents, younger and older, continually challenge their minds by learning new art forms, engaging in spirited conversations with neighbors, playing a musical instrument or auditing a class at a local university. Mirabella provides the infrastructure for its residents to do so by fostering on-site lectures and musical performances and providing transportation to

art and cultural experiences in Portland. Also, the Portland Streetcar runs in front of Mirabella’s doorstep, so many residents use it to go to Portland State University for classes. The Mirabella community embraces the idea that to maintain and improve one’s memory, the mind must be engaged and challenged to learn new things.

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“Memory loss is a concern of growing older regardless of someone’s actual age. In fact, experts say that mild memory loss is perfectly normal. But like all aspects of your health and well-being, you need to take care of your brain. Here are four easy tips to help stave off “senior moments”:

**Exercise:** While exercise is good for your body, it is also good for your mind. Get your blood pumping with something you enjoy – take a walk

on a beautiful day or try something new like yoga or tai chi.

**Balanced Diet:** Fuel your brain as well as your body. Incorporate “healthy brain” foods such as whole grains, salmon, blueberries or even tomatoes.

**Lifelong Learning:** Try something new. Learning a new hobby, language or skill can keep your mind agile.

**Adequate Sleep:** Easily overlooked, your body and mind need time to replenish themselves from the day’s activities with deep, restorative sleep.

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Researchers have found that certain lifestyle factors may lead to the development of memory problems. Robert G. Winingham, PhD, states that approximately 10% of older adults have dementia and an additional 10% have mild cognitive impairment. Genetics, age and previous life history play a role in memory and cognitive abilities and are out of our control.

However, there are things we all can do to improve our memory ability and reduce the chance of developing dementia. This list of activities is derived from a more extensive list from Dr. Winingham’s book, *Train Your Brain: How to Maximize Memory Ability in Older Adults*. Go to a different grocery store, go dancing or take a dance class, study a foreign language, buy furniture that needs assembly, learn to juggle, attend medical lectures at hospitals, participate in a play, subscribe to daily e-mails (e.g., word of the day or health tip of the day), try to develop a new hobby and volunteer.

*Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.*  
Henry Ford (1863-1947)





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Rose Schnitzer Manor at Cedar Sinai Park will present "Heavenly Bodies" in May, a series of lectures about planets, meteorites, black holes and all things astronomical. This series of lectures is open to the public and will be held Tuesdays at 6:45 pm in Zidell Hall, 6140 SW Boundary St., Portland.

To RSVP, call 503-535-4004 or email [deborah.elliott@cedarsinainpark.org](mailto:deborah.elliott@cedarsinainpark.org).

**May 7:** Cosmic Collisions with Dr. Jan Dabrowski

In February a small asteroid exploded over Russia. Dabrowski will discuss how often the Earth gets hit like this and why.

**May 14:** Comets, Meteorites and Whatnot with Jim Higgs

Higgs will discuss when, where and how to observe meteors. He will also present a short historical review of great comets, including what we might see in the near future. Last, he will point out viewable objects in the current night sky.

**May 21:** Cosmic Acceleration with Jack C. Straton, PhD

Straton will explore the evolution of stars, look at black holes in galactic cores and contemplate the ultimate fate of the universe.

**May 28:** All About Meteorites with Rich Pugh

Pugh is the outreach coordinator for Cascadia Meteorite Laboratory. Meteorites provide vital clues about the origin of the Earth and other planets, our solar system and the molecules that serve as precursors to life.



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# Exchange students and host families become friends for life



Gabi Horowitz and her uncle Joel in Rome.

By Deborah Moon

Two generations of Portland's Horowitz family have experienced the lifelong benefits of international student exchange programs.

Now the executive director of Portland Jewish Academy and Mittleman Jewish Community Center, Lisa Horowitz went to Chile as an exchange student shortly after Augusto Pinochet became dictator of Chile in a 1973 coup.

"I am a big proponent of hosting and sending exchange students," says Lisa. "I was myself an AFS student in Chile in 1974-75, and two of my three daughters were AFS students in Italy when they were in high school (each for a year)."

Lisa and her host family have enjoyed a lifelong friendship, not an uncommon occurrence for exchange students and hosts.

"I have maintained close contact with my host family for nearly 40 years, and my host brother visited us here in Portland with his wife a couple of years ago," says Lisa, adding she typically emails her host brother about once a week.

Lisa says her family did not host a student through AFS, but they did personally host the daughter of her host brother when her "host niece" attended a language program at Lewis & Clark College.

Lisa's daughters share her enthusiasm for exchange programs.

"I gained an appreciation for immersion in foreign cultures, confidence in my ability to travel and a deep sense of empathy for exchange students, immigrants and anyone else who feels like the new kid," says Gabriella (Gabi) Horowitz. "I also learned Italian fluently and gained lifelong friendships."


In addition to emailing and Skyping with her host sister since her 2008-09 stay, Gabi says she formed incredible friendships with the other AFS students in her region. "I am constantly in touch with a handful of my friends from AFS, and I have been to Copenhagen, Helsinki and Istanbul to visit AFS friends, and a friend from Iceland came to visit me in Seattle. I feel so fortunate to have such profound friendships with people from all over the world."

Esther Horowitz says her exchange year has shaped her entire life since then.

"I chose a foreign university because I liked the international experience I'd had living in Italy; I majored in linguistics in

"I have maintained close contact with my host family for nearly 40 years, and my host brother visited us here in Portland with his wife a couple of years ago." – Lisa Horowitz

undergrad because going to school in a foreign language and taking what amounted to ESL classes made me interested in the way people communicate and how language affects (and is affected by) society; I minored in Spanish and took classes taught in French because, as Romance languages, they're quite similar to Italian; I studied abroad in China because I wanted to be an exchange student again," says Esther. "It was a really positive experience, and I gained a whole lot from being able to see the world from an Italian point of view."

One Italian view of America that surprised her was a "cultural note" in a textbook "that described how Americans eat hamburgers in a specific way that is independent of any other sort of politeness. (Using both hands, elbows on the table, not a lot of conversation until the burger is finished.) It was kind of mind-blowing to realize how fundamentally different my home environment was, and yet how similar I was to my fellow students at the same time." 

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# The Chabad Jewish Center of Clark County Invites You to Their New Living Room

By Polina Olsen

It looks like any other business park. Then you turn a corner and come upon a different world. The Chabad Jewish Center of Clark County's new home radiates warmth and light with elegant Northwest materials and architecture. Stop by for a cup of tea in the living room, grab a book from the library or tour the sanctuary, preschool and children's playground. Everyone is always welcome – from tot to teen, adult to senior.

"We're celebrating 10 years of Chabad in Clark County," says Rabbi Shmulik Greenberg. He and his wife, Tzivie, made a splash at their first event, Rosh Hashanah in the Park. They met philanthropists Marty and Kate Rifkin, who were delighted to connect with a local Jewish community.

When the group outgrew the Greenberg's Hazel Dell living room, the Rifkins donated office space. As Chabad's popularity and added programming brought further space constraints, the Rifkins again stepped forward, this time with 9,000 square feet including a professional kitchen. Many others in the community generously contributed to the new center.


"We worked with a great Portland designer, Webster Wilson ([websterwilson.com](http://websterwilson.com))," Tzivie says. "I saw his house in *Sunset* magazine." Combining tradition with modern architecture, the high-ceilinged warehouse retains a Pearl District feel with exposed pipes, warm-hued wood paneling and thoughtful, fun features like the giant sandbox, wall-to-wall blackboard and life-size wood-carved trains in the children's play area. The preschool follows the Reggio Emilia Approach with muted colors and walls filled with the children's own artwork. "We have a top-notch preschool," Tzivie says. "The way Judaism sees children frames the way we interact with them. In most education systems you hear 'the future leaders' and 'they will grow to be.'

Judaism sees kids right here and now as important. Their actions matter and what they give to society matters."

Rabbi Greenberg agrees: "We are here so that anyone can experience Judaism spiritually, culturally or intellectually," he says. "Chabad is not membership based. People can belong to a synagogue and come here, too. Some women want a group to cook Jewish food. We do that. If a group wanted to learn Yiddish, I would teach. Chabad provides a Jewish living room and encourages anything that brings Jews together."

As with Chabad centers around the world, the Greenbergs encourage participation from Jews of all stripes. "Our family is observant but nobody in our community is," Tzivie says. "Our goal is one mitzvah at a time. If people come for Shabbat then that's our goal. They experience Shabbat with community and give their kids that experience."

Meanwhile, the Rifkins are delighted with the beautiful building expansion their contribution has enabled. "The warmth and friendship of the rabbi and Tzivie is the reason why the Chabad Jewish Center has grown," Kate Rifkin says. "They are so inclusive. No matter what your level, they are always open and nonjudgmental. Their acceptance and interest in people is why my husband and I support the center. They do wonderful work here."

The weekly sermon, which includes "A Beginner's Guide of why we do the things we do inside a synagogue," begins at 10 am every Saturday. Children's services begin at 11 am. All are welcome. 

Polina Olsen is a freelance writer and author living in Portland.

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New sanctuary of Chabad Jewish Center of Clark County. Photo courtesy of Rabbi Shmulik Greenberg

From left Marty Rifkin, Kate Rifkin, Tzvie Greenberg and Rabbi Shmulik Greenberg in the new sanctuary.

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# The Strength of Diversity



The Portland NCSY Project JUMP team – (back row from left): Meira Spivak, Oregon NCSY/JSU director; Whitney Kagan; Raizel O'Brien; Allya Yourish; and (not pictured) Nofar Movshovich – poses with the Project JUMP judges (front row from left): David Friedman, Phil Rosen and Charlie Harary.



# Oregon's public school teens beat day schools for Jewish leadership national championship

By Deborah Moon

Four diverse Portland teens beat out a host of larger teams to win this year's national JUMP championship, NCSY's five-month program created to give yeshiva day school students leadership training and broader understanding of global issues facing the Jewish people.

Portland's team drew members from various public high schools. Co-captains Raizel O'Brien and Allya Yourish were joined by Nofar Movshovich and Whitney Kagan.

"Out of 15 teams, four made it to the boardroom (finals), which was beyond our wildest dreams," says Allya, 17, a senior at Lincoln High School. "We're not from a Jewish high school. We're a mishmash of teens from different levels of Jewish practice, different political beliefs and different high schools. I'm really proud of our team."

Raizel and Nofar are juniors at Wilson High School, and Whitney is a junior at Beaverton's School of Science and Technology. All are 16.

"The Portland JUMP club was amazing this year and very deserving of winning first place," says Carol Rhine, chief operating officer at New York NCSY and director of JUMP. "The creativity, passion, initiative and hard work that each team invested were truly outstanding and inspiring."

"Portland JUMP certainly won the hearts and respect of the judges and their peers," says Rhine. "Their creativity and out of the box thinking, fueled by their drive and motivation to carry out their tasks surpassed all expectations.

As newcomers to the JUMP program, these four girls, under the guidance of Meira Spivak, their JUMP mentor, embraced their role as leaders."

JUMP begins with a two-day seminar in New York, where teams participate in hands-on workshops, leadership training and activity planning, explains Rhine. At the culmination of the seminar, the participants are given

the "Apprentice Challenge" to develop three events and a fundraiser that each group of students must create over the next five months in their own communities. Twenty weeks later finalist schools present executive summaries of their Apprentice Challenges to a panel of judges in the "boardroom" in New York City.

The final four JUMP teams were Stella K. Abraham High School for Girls (SKA) of Hewlett Bay Park, Long Island; Portland NCSY of Oregon; Yeshiva Atlanta of Georgia; and the RASG Hebrew Academy of Miami Beach.

After much debate the three judges – Phil Rosen, partner at Weil, Gotshal & Manges LLP; David Friedman, partner at Kasowitz, Benson, Torres & Friedman LLP; and Charlie Harary, chief executive officer of H3 Capital LLC and founder of Milvado Inc. – awarded trophies to Portland NCSY and SKA. Winners also received a complimentary meal at the upscale OU-certified restaurant Le Marais.

Judges suggested that two of the Portland teens' four projects – a "Support Israel" city bus advertisement campaign and Shabbat Box – could be replicated nationwide.

"Shabbat Boxes was designed to reach out to unaffiliated Jews to give them resources and information necessary to experience the joy and tradition of Shabbat," says Rhine. "What is amazing is that these four girls who created this project looked into their own backgrounds and came up with an idea they



Shabbat boxes

*Judges suggested the Portland teens' "Support Israel" city bus campaign and Shabbat Boxes could be replicated nationwide.*

knew personally would benefit these families. The judges were especially excited about this project and we have discussed this becoming part of a regular weekly program, given proper funding and logistics."

Of the ad campaign, Rhine says, "Given the political attention of the present Middle East situation, the Pro Israel Bus Ads program that Portland JUMP created and executed was truly amazing. The motivation



*“We’re a mishmash of teens from different levels of Jewish practice, different political beliefs and different high schools.” – Allya Yourish*



It was at the JSU that Raizel convinced Nofar to join JUMP. Nofar says her parents, Lili and Yitzchac, are “not so much religious ... we do what their parents did and their grandparents could not do and now we can.” She explains that only five members of her mother’s family survived the Holocaust; Lili and her parents moved from Hungary to Israel after World War II.

Born in Israel, Nofar has lived in the United States for 10 years, the last two in Portland. Though she couldn’t go to New York with the team, she participated in every project and helped with fundraising. Nofar says, “I was really happy our hard work paid off. I’m sorry I couldn’t celebrate in New York.”

Since her grandparents are so far away, Nofar says she especially enjoyed the JUMP project at RSM, where the teens lead a havdallah service and interviewed seniors.

“I really connected with three of them (RSM residents),” says Nofar. “They reminded me of my grandparents, and they had cool stories. I want to go back so they can elaborate.”

Whitney says the RSM project was very meaningful to her, too.

“It was really nice to get to know the elders in our community,” she says. “They have so much knowledge to share, but we don’t often give them the chance.”

Whitney is the daughter of Martin and Sharon Kagan. She says she usually goes to Chabad of Hillsboro for holidays, but her father goes to Congregation Kesser Israel and took her to services there to introduce her to NCSY Oregon Director Meira Spivak.

“Meira called me out and introduced me to all the people and I was hooked,” says Whitney.

Allya, who attends Havurah Shalom when she has time, says she thinks the team members’ diverse backgrounds helped them come up with creative ideas.

For instance, her idea for Shabbat Box arose from her desire to help others find what she didn’t have at home. She says her parents, David Yourish and Lynette Feder, were both raised in observant households, but have negative memories from their strict upbringing and now do not celebrate Judaism at home. After becoming involved in Lincoln’s JSU, where she now

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serves as president, Allya's interest in Jewish traditions expanded.

"It's embarrassing to go to synagogue if you're not connected," she explains. "People are speaking a language you don't understand and doing things you don't understand. So we wanted our Shabbat Boxes to be completely non-threatening."

The boxes include tea candles, mini bottles of grape juice and challah rolls, along with the blessings in Hebrew, English and transliteration – "everything needed for a Shabbat celebration at home," says Allya. "I wanted to bring to others what I have found myself lacking."

Originally Portland JUMP called the project "Illuminate," a name they may return to if they expand the project for a national model.

"I'd like to implement sponsorships so a family could sponsor another family to celebrate Shabbat," says Allya. The first 50 boxes cost \$5 each, but buying in bulk could reduce costs.

When Allya took a box home, she says she had a nice experience lighting candles with her parents. Since Portland has a large unaffiliated Jewish population, she hopes to help other youth share that experience with their families.

Meira says that fits right in with NCSY's goal "to inspire the Jewish future ... and to find ways for teens to feel more Jewishly connected."


Meira says Allya's growing involvement recently provided the highlight of Portland's NCSY Shabbaton. Allya became a bat mitzvah at the weekend gathering and shared the celebration with 100 participants.

Of the JUMP championship, Meira comments: "I was really happy for them. They put in so much work and have come a long way. It's amazing as public school kids, they beat out kids with greater Jewish educations. I'm proud NCSY has been able to facilitate that for them. They don't have to feel at a Jewish disadvantage just because they go to a public school."

That was exactly what struck Whitney when her team won.

"I was in shock at first," she says. "I looked at the other teams and they came from Jewish schools and had so many people."

Portland's projects may not have been as big, but Whitney says, "We made an impact with what we had. The judges said, 'You made such an impact on your community. It could change lives.' They didn't really know Portland, and they were impressed with how a small group from public schools achieved so much."

Whitney concludes: "Even though we are teenagers and don't have a mass following, we can make a difference in our community – we just have to try." 

*"I was really happy our hard work paid off. I'm sorry I couldn't celebrate in New York."* – Nofar Movshovich

*"It was really nice to get to know the elders in our community. They have so much knowledge to share, but we don't often give them the chance."*

– Whitney Kagan

*"I wanted to look at these amazing things that come out of Israel that will get people to realize how important and influential Israel is in American life."* – Raizel O'Brien





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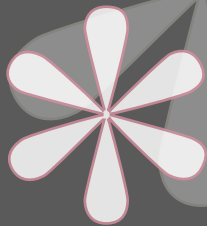
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JewishPDX

# FASHIONISTA



# Wear & Where influences shoe selection

By Kira Brown

## STYLE TIP

### OF THE MONTH:

Store Your Shoes with Care – Don't just throw your shoes in the back of the closet. Use proper shoe racks, wooden shoe inserts for expensive pairs and clear storage boxes to protect your favorite and investment pairs.



Main image: A black patent pump is a classic – great with jeans and workwear. Above: Men's Sperry Top Siders. Left: Wedges are a comfortable option for height and style.

I read recently that most women average 17 pairs of shoes, though they regularly wear only three pairs. As I look over at my own closet, a quick count seems about right. I have 21 pairs (I shop a lot with clients, so that seems conservative to me). I too usually wear about two to three pairs – a black flat, a black patent pump and a wedge (depending on the outfit). Though women typically love shoes more, and spend a great deal more on them than men do, everyone in the family needs a solid wardrobe of shoes to mix and match for both form and function.

Shoes protect and support your body from the ground up, so investing in quality, comfortable shoes for the entire family should be a shopping priority each year. For kids new shoes may be necessary every six months, due to wear and tear and rapid growth. I personally invest annually in two to four new pairs – depending on the current style and what has worn out from my wardrobe inventory. By rotating and adding just a few pairs each year, I keep a current, comfortable selection in my closet to avoid the, "I don't know what to wear!" drama while dressing.





Saving money, shoe-wise: Heels on both men's and women's shoes can be repaired, as can broken ankle straps and adornments. Before you toss your favorite work or dress shoe, check a local shoe repair specialist's costs. In my experience, heel repairs can start at just \$5-10 per heel depending on the quality of shoe. And straps and leathers that have torn sometimes can be repaired for a small fee. Don't forget regular cleaning for your investment. A baby wipe is great to deodorize and wipe inside the shoe. Leather cleaners and waterproof treatments can extend the life of your shoes, as well.

Shoes make as much of a fashion statement as an outfit itself. And the right shoe or the wrong footwear style can complement or sabotage an outfit instantly.

At minimum I suggest every woman have one pair each of the following in their closet to mix and match easily with their base wardrobe:

- Black ballet flats
- Black or brown boots
- Black heels
- Neutral sandals
- White or neutral wedges
- Athletic footwear

For men I suggest one pair each of the following basics:


- Athletic footwear
- Black or brown boots for winter
- Black dress shoes
- Black or brown loafers
- Neutral or canvas topsiders

For kids I suggest:

- Two pairs of athletic shoes
- One pair each of dress shoes, winter boots and sandals

Depending on your 'wear' (how you like to dress) and 'where' (where you spend the most time) habits, you may want to double up on some basics. One example is having a black, brown and metallic flat if you find flats to be the most comfortable as a stay-at-home mom. Or if you work in a business professional atmosphere, doubling up on your favorite men's dress shoes by purchasing the same or multiple colors can save you time and extend the life of your shoes with rotation.

Shopping for shoes is one of my favorite forms of retail therapy. And like most shoppers, finding a high-style shoe on a shoestring budget can feel like a lottery win! Online deals can be found everywhere from eBay to Zappos and more; just make sure to check the e-tailers return policy as most shoe sizing isn't standard and returns can be a hassle.

Overall if a shoe is comfortable, and if it mixes and matches with your overall style, daily function and wardrobe, definitely buy it, wear it! You know what they say, "If the shoe fits..." 

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, Ken Downing of Neiman Marcus and more. In addition to writing, Kira offers virtual style consultations for women and men. Contact her at kira@fashion-phoenix.com.



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# THE HISTORY OF HISTORY

BY SURA RUBENSTEIN



**HISTORY SLEUTHS** – Many photos in the OJM archives, such as this one (at left) are intriguing but have no identifying information. Curator Anne LeVant Prah would love to know more about this photo, as well as many others in the collection.

Jewish history is the foundation of Jewish life. We remember – through our prayers and our holidays. Through our yahrzeits and Yizkor services. Through the stories we tell each other, the songs we sing, the art we create.

“We remember,” the late Steve Lowenstein wrote in *The Jews of Oregon: 1850-1950*. “And our memory is our survival.”

For more than two decades, those memories and more have been the focus of the Oregon Jewish Museum and of Executive Director Judy Margles.

The only Jewish museum in the Pacific Northwest, OJM now occupies a 6,400-square-foot space in Northwest Portland that is a vibrant cultural hub. In addition to viewing exhibits on topics illustrating the rich tapestry of Oregon Jewish history, visitors can find movies, concerts, poetry readings and even the occasional mah jongg party.

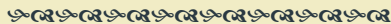
The research library includes more than 500 oral histories collected over nearly a half-century, boxes of documents and memorabilia covering everything from a “sick benefits association” formed in the early 1900s to the personal papers and books of Rabbi Yonah Geller, the longtime spiritual leader of Congregation Shaarie Torah, who died in 2007.

Collections curator Anne LeVant Prah works with a cadre of volunteers cataloging the archives of Congregation Beth Israel, recently donated to the museum. She also oversees a number of interns and other volunteers, and assists researchers and scholars looking for information on influential Jewish Portlanders such as artist Mark Rothko, or on family history, Oregon rabbis, early businesses, peddlers, Jewish newspapers, historic homes and even summer camps.

In other parts of the museum, archivist Peter Asch works on a new collection of music by Oregon Jews, exhibits curator Shoshanna Lansberg (see story on page 44) attends to last-minute details for this month’s exhibit on early 20th century

Eastern European and contemporary immigration, and program coordinator Sandra Preston organizes cinema screenings, talks and lectures and even a Sukkah competition.

“OJM just buzzes with activity,” says Alice T. Meyer, who served as the museum’s first president, from 1989-1995. “We are beginning to meet some of the possibilities we might not even have anticipated.”



The museum today has come a long way from its official launch in 1989, when it was conceived as a “museum without walls” that would collect artifacts from local families.

“I was interested in preserving documents, clothing, ritual objects,” explains Rabbi Joshua Stampfer, who recruited Meyer and others for the museum’s board. “The past is what makes us who we are today.”

The first exhibit, in 1990, was of photos of the Jews of Greece by a California photographer, and a series of other exhibits followed – all in rented or donated spaces, including Multnomah County’s Central Library, the Lake Oswego Library and the Oregon Historical Society. Donated items were sometimes stored in volunteers’ homes.

“Our first issue was helping people understand why we needed to exist,” Meyer recalls. “We had to explain that we were not just preserving the past – understanding history helps us build for the future.”

Meyer credits a number of people, within the general as well as the Jewish community, with helping her and other board members and volunteers learn the ropes – everything from fundraising to evaluating potential buildings.

In 1996 OJM merged with the Jewish Historical Society of Oregon, which Stampfer had helped organize in 1974, and acquired its archives – a major collection of organizational papers, family papers, photographs and other materials dating from the 1950s.

It had an office at the Oregon Historical Society and then moved into a small space in the Montgomery Park building in Northwest Portland, where it hosted traveling exhibits. In 2000 it moved to an 1,800-square-foot space in Old Town. A decade later – after exhaustive searches – it moved into its current site, which also boasts a 50-seat theater from its movie-screening days.

When they moved into Old Town, staff and volunteers found that Jewish merchants, wholesalers and manufacturers had been an important part of the neighborhood’s history. The board decided to shift from traveling exhibits to a focus on community-based exhibits about the Oregon Jewish experience.

Margles, OJM’s executive director since 1999, says an exhibit about the historic Jewish immigrant neighborhood, “The Faces and Places of South Portland,” which opened in 2000, was the museum’s “breakthrough.”

“The response to that was so positive,” she says. “People understood that the history of the community needs to be preserved and presented.”


“A Call to Serve – Oregon Jews in the Armed Services,” the museum’s first major community-based exhibit, opened shortly after the Sept. 11, 2001, attacks on the World Trade Center. It showcased the experiences of more than 200 veterans and men and women then serving in the military.

Subsequent exhibits include two “Jews @ Work” exhibits focusing on Jews in commerce and industry, and law and medicine; a 150th anniversary of Congregation Beth Israel; “An Ocean View,” about Jews’ vacationing at the beach; the work of composer Ernest Bloch; “In the Game,” about Oregon Jews and sports; and the museum’s most successful exhibit, “What’s Up Doc?,” about Mel Blanc, the “man of 1,000 voices” who grew up in Portland.

Margles, a past board president of the 88-member Council of American Jewish Museums, notes that interest in American Jewish history, and regional Jewish history, accelerated after the 1976 Bicentennial.

“We began to reflect,” she says. “What are we all about? What can we learn from ourselves? Visitors to the museum yearn for a connection to place and a way to understand where they are.”

Stamper, who confesses his love of history, says he hopes and prays that the museum will continue to thrive.

“It’s undertaking the task of providing eternity,” he says. “It’s keeping our history alive.” 

Sura Rubenstein is a Portland freelance writer.



**ORAL HISTORY** – Shirley Tanzer, at right, interviews Dora Levine, who for 40 years ran a fish market in Old South Portland that was a center for immigrants from many nations. The interview, in 1969, was most likely for Tanzer’s original musical, “Whatever Happened to Old South Portland,” which sparked her interest in oral history.



**STEVEN LOWENSTEIN** – At the launch party for his book, *The Jews of Oregon: 1850-1950*.



## TANZER, LOWENSTEIN FORGED VITAL LINKS IN OREGON’S JEWISH HISTORY

No review of recent Oregon Jewish history would be complete without acknowledging the key roles played by Shirley Tanzer and Steven Lowenstein.

Tanzer, who died in 1994 at the age of 65, became involved in the emerging field of oral history after producing an original musical, “Whatever Happened to Old South Portland,” at the old Jewish Community Center building.

That production, a nostalgic look at the scenes and characters of the community’s immigrant experience, led to the Oregon Jewish Oral History and Archives Project, which Tanzer launched in 1971 to collect the stories of Oregon’s Jewish immigrants. From 1974 to 1977, she also served as president of the Jewish Historical Society of Oregon, which eventually merged with the oral history project and later with the Oregon Jewish Museum.

She recruited and trained dozens of volunteers for the oral history project, taught oral history at colleges and was instrumental in advocating for education about the Holocaust. She conducted numerous interviews with Holocaust survivors, and in 1984 was a founder of the Oregon Holocaust Resource Center.

Born in Cleveland, she moved to Portland in the 1950s with her husband, Hersh, a Portland native. She became involved in local theater before the South Portland play led her into history.

“She was ahead of her time in recognizing the importance of documenting stories,” says Judy Margles, director of the Oregon Jewish Museum.

Many of the interviews Tanzer and her volunteers collected helped bring Oregon Jewish history to life in *The Jews of Oregon: 1850-1950*, written by Lowenstein and published in 1988 by the Jewish Historical Society of Oregon.

Lowenstein, who died in 1990 at the age of 52, was born in New York City and came to Oregon about 1970. He was director of Oregon Legal Services, an umbrella organization for legal aid programs, for 12 years, and in 1983 became the executive assistant to Portland City Commissioner Mike Lindberg.

While working for Lindberg, he began work on *The Jews of Oregon*, devoting at least one day a week to research and writing.

“I have felt a duty to tell the Jewish history where I live,” he told *The Oregonian* at the time. “I feel a part of that history. It becomes a celebration.”

His book – a 236-page oversized volume with 230 photographs – has remained the best popular overview of the first century of Oregon’s Jewish community since its publication.

“Jews are not often thought of as pioneers, farmers, adventurers or small town dwellers, either by themselves or by others,” Lowenstein said in an interview. “But we have been all of these while helping to settle and build Oregon.”

Rabbi Joshua Stamper, who worked closely with Tanzer and Lowenstein on Jewish history, believes that “Hineni (Here I am)” – is one of the most important words in the Bible.

“You see something that should be done – and you do it,” he says.

Both Tanzer and Lowenstein saw what needed to be done, and did it – and we are all so much richer because of them.

 Sura Rubenstein

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Anne Prael and Judy Margles

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The museum houses the largest collection of the history of the Jewish experience in Oregon. It includes archival documents, photographs, sound and video recordings, books and artifacts. The collection illustrates the history of individuals, families and organizations that encompass the Jewish community of Oregon from its earliest history in 1850 to the present. *Research library and archive open by appointment.*

Current projects include an Oral History Jewish Cemetery Project, a general Oral History Project and “Museum in a Suitcase,” a portable exhibit used to explain Jewish immigrant life to students in Oregon’s elementary schools. For more information, contact OJM.

# Shoshanna Lansberg joins OJM as museum's first exhibits curator



Shoshanna Lansberg displays two photographs from the immigration exhibit that opens this month.

By Elizabeth Schwartz

“Being a curator means having to drill down to where your subject really is,” says Shoshanna Lansberg, when asked to define what she does for a living. Lansberg is a native of San Antonio, TX, so the oil industry metaphor comes naturally to her. “A museum curator helps frame a discussion about a certain topic,” Lansberg elaborates. “The curatorial part of it is doing the research into where facts on the page and the real

social history meet. It’s not just dry information; it’s the how and the why that a curator helps you understand. You have to be able to focus on the integral part of your story.”

The Oregon Jewish Museum hired Lansberg as its first curator of exhibits seven months ago after receiving a grant from the Meyer Memorial Trust, and she brings a wealth of professional experience to her new position. Before she and her

husband relocated to Oregon, she spent eight years at the Bob Bullock Texas State History Museum. She also worked for the Texas Historical Commission, which erects historical markers and concentrates on architectural preservation. “I was the chief interpretive planner for the historic sites division,” Lansberg says. “My job focused on how to explain the history of a place, like a military site, courthouse or historic house. I love shaping the stories of places, presenting multiple perspectives, and sometimes bringing previously unknown stories to light.”

“Shoshanna comes with a wide range of curatorial experience,” says OJM Executive Director Judith Margles. “Her familiarity with exhibit planning and development has already proven to be vital, and she is capably taking the museum’s exhibit program in innovative and exciting directions.”

As curator of collections, Lansberg wants to engage museum visitors with the exhibits by presenting information using a variety of media formats.

“My goal is to set up an exhibition schedule that would not only help us to serve the community’s art and history, but also to tell stories that haven’t been told before,” she says. “I plan to present information in different formats to engage multiple senses, which I hope will appeal to a wide variety of museum patrons.”

Lansberg’s first exhibit features a first-time collaboration between OJM and IRCO, the Immigrant and Refugee Community Organization, a Portland-based not-for-profit. Craig Wollner, who was president of the OJM’s board of directors until his death in 2010, had the initial idea for the exhibit.

“Craig taught me everything I know about Oregon Jewish history,” says Margles. “He came up with the name – ‘Settling In’ – and the idea that we should examine the experiences of immigrants who came through Neighborhood House in South Portland at the beginning of the last century, and then compare their stories with a group of immigrants currently arriving in Portland – Somali, Congolese, Burmese, Eritrean, Cambodians and Cubans. We’re using Neighborhood House and IRCO as the two focus points for helping immigrants to assimilate. IRCO has put us in touch with families who are talking to us about their immigration stories and how they settled into the landscape of Portland. I think people will see a lot of similarities between the Jews who settled in South Portland 100 years ago and today’s immigrants.”

“Settling In,” which opens May 8 and runs through the end of September, will be dedicated to Wollner’s memory.

As a curator, Lansberg also partners with visual artists. “In that context, the curator and the artist work together to create a theme that will be the focus for the artist’s show. It’s more of a collaboration with the artist.”

Elizabeth Schwartz is a freelance writer in Portland.

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## When I Close My Eyes

Portland Ballet's Youth Company rehearses "When I Close My Eyes." Photo by Blaine Truitt Covert © 2013

By Elizabeth Schwartz

A group of teen dancers kneel on the floor, their mouths stretching in a silent scream. They remain motionless in a huddle, conveying the exhaustion of grief, a jumbled mass of dead bodies, or maybe both.

Thus ends choreographer Josie Moseley's compelling memorial to the Holocaust, "When I Close My Eyes." The Portland Ballet's Youth Company will perform this and other works at their spring concert on May 24 and 25.

Moseley, who teaches modern dance at The Portland Ballet, has been on the faculty at Reed College, the University of California-Berkeley, Oregon Ballet Theatre and BodyVox, among others. Dance Magazine recognized her as one of the "100 most influential choreographers of 2010."

"When I Close My Eyes," originally a solo, dates from 1991. Two years later Moseley reworked it as an ensemble piece for teens. "I was given excerpts from a diary of a nun who had hidden children during Hitler's reign of power," Moseley recalls. The diary describes the children's daily lives; they spent their waking hours in silence to avoid discovery by the Nazis. "The kids played silent hand games like rock-paper-scissors. The dance also incorporates other nonverbal forms of communication used in the camps," says Moseley, who describes the work as "a quiet thunder of energy."

"The work inhabited me each time I performed it," Moseley remembers, and says the teens also respond to the inherent power and immediacy of the subject matter. "It's wonderful to watch how the piece works for them as artists and young dancers," says Moseley, who also led discussions of the dance's subject matter during rehearsals. Moseley has observed a steady decline in young people's knowledge of Holocaust events. "As survivors pass away, so does the remembrance of the war."


This month's performance marks the second time Moseley has staged "When I Close My Eyes" with The Portland Ballet, which first performed it in 2003. As she did 10 years ago, Moseley has invited a local Holocaust survivor, Leslie Aigner,

to share his memories with the dancers. She saw a significant change in the dancers' interpretations after Aigner spoke to them. "It becomes more than knowledge; it becomes wisdom, and that in itself is transforming."

Although inspired by the Holocaust, "When I Close My Eyes" does not tell a specific story. "This dance presents an opportunity for both dancers and audience to learn about an experience," Moseley explains.

The score for the 12-minute dance is eclectic: American composer Steve Reich's "Different Trains," the Yiddish children's song "Oyf'n Pripetchik," an excerpt from a Holocaust diary; an avant-garde rhythmic vocalization by Meredith Monk; and string music of Estonian composer Arvo Pärt. Throughout the dance, several gestures stand out: the running patter of the dancers' shoes, which Moseley describes as the sound of machine guns; a cautionary finger to the lips; one arm, repeatedly extended, reaching for something or someone lost; a long, still embrace, as the dancers comfort and protect one another.

"This dance is more than just steps," says Moseley. "I want these kids to experience something different, beyond physical technique; here they transform emotions into movement."

When Moseley previously staged "When I Close My Eyes," she observed the audience's profound response. "I've seen fathers cry; that's pretty powerful. You won't hear a lot of clapping at the end, because people are thinking about what they've just experienced; most people don't have an immediate 'Oh, this is great' kind of reaction. This dance stays with you for days afterwards." 

Elizabeth Schwartz is the program annotator for the Oregon Symphony and a freelance writer living in Portland.

### "WHEN I CLOSE MY EYES"

**WHEN:** May 24 and 25

**WHERE:** Portland Community College Sylvania's Performing Arts Center

**DETAILS:** [theportlandballet.org](http://theportlandballet.org)

# Real Estate }



**INSIDE REAL ESTATE:**

**HELPING BUYERS** – Unlike earlier decades, Realtors can now represent buyers just as they once represented only sellers. At left, Realtor Carolyn Weinstein helps Greg and Jemi Mansfield when they bought their first home several years ago. We asked several real estate brokers to tell us how they help their clients buy the home of their dreams. See pages 47-51.

**REMODELING:**

Once you land the home of your dreams, how do you make it perfect? ... page 52

**SELLING:**

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# Real estate brokers put home buyers in the know

By Polina Olsen

*It's the largest purchase most of us will ever make. It's the place we call home. So should you seek the help of a professional real estate broker when you're ready to buy a house? With online information and financial decisions, things get confusing fast. We asked local pros to share how brokers help first-time and every-time buyers.*

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If Tammy Beckley looks familiar, it's probably because you've seen her on KATU's AM Northwest discussing such topics as *What Women Really Want in a Home* and *Why to List Your Home Now*. A principal broker at Cascade Sotheby's International Realty, she loves casually meeting prospective clients and chatting about how she can help.



Tammy Beckley

"The market was in a slump for years, and the rebound happened quickly," Tammy says. "There's no time to waste. You must understand the comparables and be decisive. The purchasing and negotiating process is full of pitfalls. People think they can handle a deal themselves, but as an agent with 15 years experience, I've seen so many unforeseen circumstances. The broker understands nuances, knows contract rules and can manage the deal in a professional, legal way. It's never as black and white as you think."

Tammy enjoys meeting new people and takes prides in her ability to sense their needs.

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## MJ STEEN

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"I put myself in their shoes, so I'm good at pairing buyers up with the right homes in the right areas," she says. "You're working with them for three months on average and it's three months of personal decisions about home, children, finances, the dog. You get to know people quickly on a deep level, and it's fun to show them the house that is perfect for them."

**KEITH BERNE: RE/MAX EQUITY GROUP,  
503-734-6646, KBERNE@EQUITYGROUP.COM,  
KEITHBERNE.COM**



A Portland native and graduate of Sunset High, Keith Berne got the idea to go into real estate while working as the regional director of Young Judaea. "A mother of one of my campers said I'd make an amazing Realtor," he says. "I'd been working in education with kids and families, so it was a natural transition." Now in business for 10 years, Keith often finds homes for the campers he once led.

Keith explains that until 10 years ago, brokers always represented the seller under Oregon real estate law. Now, there are three kinds of brokers: 1) buyer's brokers; 2) seller's brokers; and 3) a disclosed limited agency where, say, a buyer walks into the listing broker's open house and doesn't have his or her own broker. The listing broker can write up the sale.

Keith disdains the third option. "Buyers need the protection of their own

Keith Berne with Aliza, Walter and Henrietta Olson. As regional director for Young Judaea, Keith met then Aliza Hoffman as a ninth grader. Many years later he helped her and her husband Dan buy their first home near Gabriel Park.

broker," he says. "They need to be represented by a pro who knows the pitfalls. We live in a litigious society, and the way to stay safe is to have someone who knows what they're doing, from writing and negotiating contracts to inspecting properties. The key is avoiding surprises at closing and once the buyer takes possession of the house. This takes lots of experience. In real estate, it's imperative that everyone wins – buyer and the seller. A good Realtor makes everyone a winner."

**ROB LEVY: THE ROB LEVY TEAM, 503-906-1444,  
ROB@ROBLEVY.COM, ROBLEVY.COM**

"Why should a home buyer work through a broker?" Rob Levy asks. "Brokers help find properties and help close the deal. We save time. Buyers only look at houses that meet their needs. The river meets the road when they make an offer. They need a home inspection, sewer line inspection, radon inspection, all sorts of inspections. We negotiate with the seller on who pays for what. You need a Realtor to craft the



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Rob Levy

best terms. And nowadays there are problems getting closed. At the end of the day, it's getting the right house at the right price – and getting a saleable house. Even in bad markets, good houses sell.”

Rob has advice on working with real estate brokers. “Interview several and find someone you're comfortable with who listens to your needs,” he says. “It's important to have a broker

who is part of a team. One person can't do everything.” Other advice? “Make sure you are loan approved – not just a prequalification. If you have a contact, fine, or else talk to your broker. Explain what you're looking for. Have a want list with ‘must haves’ and ‘like to haves.’”

Like others brokers we spoke with, Rob believes it's a great time to buy. “The affordability index is the lowest in years,” he says. “Sales prices have dropped and interest rates are at historic lows. It's the best time in a generation.”

**JOE MENASHE, REALTY TRUST GROUP, 503-784-1855,  
JOEMENASHE@REALTYTRUST.COM, JOEMENASHE.COM**

Joe Menashe's roots in Portland run deep. His grandfather emigrated from Rhodes to Portland and helped found Congregation Ahavath Achim. Today he and his wife, Joanne,



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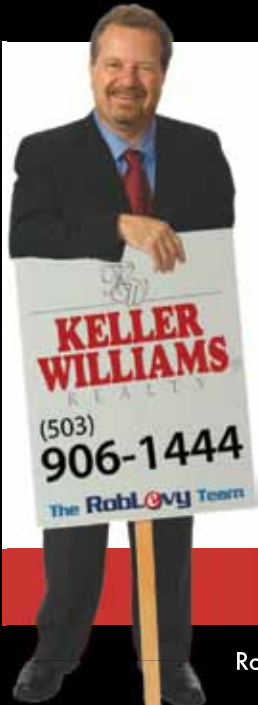
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Rob Levy, Principal Broker/The Rob Levy Team □ 9755 SW Barnes Road, Suite 560, Portland, OR 97225



Joe Menashe is delighted that his daughter Andrea has recently become a real estate broker.

belong to Congregation Beth Israel where she serves on the board. Joe is especially proud of his son, Aaron, who made aliyah two years ago and served with the Israeli Defense Forces. He's also delighted that his daughter, Andrea, has followed his footsteps and become a real estate broker.

"A good broker deciphers and interprets data," Joe says when asked about benefits brokers bring to potential buyers. "The information that buyers receive is often

national or citywide, but how a neighborhood performs in a market can be specific to the neighborhood. You may hear it's a buyer's market or seller's market, but depending on where you are in the city, the performance can be different."

"Right now homes in the close-in northeast and southeast bring multiple offers on new listings, especially if they are in the \$200,000 to \$400,000 range," Joe continues. "Property in Dunthorpe is more competitive. There are almost 18 months of inventory. Beaverton has so many pockets, and they behave differently. Brokers advise whether to make an offer lower or higher than asking price. People buy a home just once in a while, whereas a knowledgeable real estate broker is involved with the daily ebb and flow."

**JEANNE PAUL, JEANNE PAUL TEAM, 503-497-5033,  
TEAM@JEANNEPAULTEAM.COM, JEANNEPAULTEAM.COM**



Jeanne Paul

"You don't know what you don't know," says Jeanne Paul when asked why home buyers should consult a broker. "Twenty years ago all real estate brokers represented the seller. Now there are buyer's brokers and seller's brokers. A buyer's broker advises, educates, protects and manages expectations. Buyers do themselves a disservice if they don't take advantage of that. And buyers don't pay commission."

Jeanne finds some potential buyers harbor misconceptions. They may believe that a for-sale-by-owner will cost less than a professional broker's listing. "They may end up paying tenfold down the road for things a real estate pro would advise about," she says. "My maid of honor bought a house built with the kind of composite stucco that experiences water intrusion. A good broker would know. Another misconception is that going through the listing broker saves money. The commission percentage was signed into a contract, and the listing broker represents the seller."

Jeanne advises interviewing potential brokers and checking for knowledge of both local and global markets. "Some brokers



# JOE MENASHE

## Principal Broker



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know their neighborhood, but if you don't know what's happening globally, you can't react," she says. "When the market turned downward, it started in Florida and came across to Las Vegas and California. We knew it was coming, so we told our sellers – 'sell now.' I saw the upturn first in northeast Portland and knew it was coming to the southwest and northwest. People who don't pay attention to trends undervalue."

**MJ STEEN, WINDERMERE REAL ESTATE, 503-497-5199, MJSTEEN@WINDERMERE.COM, MJSTEEN.COM**



MJ Steen

After 27 years in the real estate business, MJ Steen understands how brokers provide a valuable service to homebuyers. She prides herself on guiding clients through every step of the process.

"A good broker is a businessperson," she says. "You need to negotiate and write a competitive offer, especially now that the market is hot, and we are seeing multiple offers again. Out-of-town buyers need an introduction to the city neighborhoods and cultural activities. They need to buy in a community that fits their cultural, religious and athletic needs. A young couple just starting a family might want to be close to the synagogue or Catlin Gabel."

Regarding choosing the right broker, MJ suggests asking for referrals and browsing the Internet. Strict confidentiality is a must-have attribute. "People might want to make a life change, and they don't want everyone to know," she says. "Or maybe they're moving or getting divorced."

"They say nurses and teachers make excellent brokers," Jeanne continues. "They're caring people who like to help others. Moving is one of the big stress areas in life. Even moving from the east to west side can be traumatic because of school changes. If out-of-town parents are starting new jobs, they are under stress. And, kids respond to houses emotionally. I always provide a lot of pictures. They can go on the Internet with mom and dad."

**CAROLYN WEINSTEIN, HASSON COMPANY REALTORS, 503-802-6415, CAROLYNANDROBIN@HASSON.COM, CWEINSTEINPDXHOMES.COM**




Carolyn Weinstein helps Greg and Jemi Mansfield select their first home several years ago.

"I'm passionate about what I do," says Carolyn Weinstein. "And, I love working with my daughter, Robin. Our skills are complementary, so we can provide all the aspects of real estate."

Carolyn believes in helping homebuyers consider their lifestyle. "I get them thinking how the house will work for them," she says. "If someone is Jewish, I'll look at the dining room and ask, 'how many people do you have for Passover?' If they have small children, can they watch them from the kitchen? I used to work with a woman at another company. She had more repeat business, and I had more referrals.

I worked so hard at finding the right house for people that most didn't move unless they left town."

"A broker will do much more than you would ever realize," Carolyn continues. "From the beginning to the end of the process, we stay with the client and give them advice. After I meet with them and find out their goals, I get financing. I show the properties and give the marketing data. What's going on in one part of the city is not necessarily what's going on in another. And I always like to attend my buyer's closing at the title company. The Jewish clients get a mezuzah. I have a stash of mezuzahs I've bought all over the world, and I try to give just the right one for the buyer and the house." 

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# Portland couple brings Hollywood to attic remodel



AFTER



BEFORE

## By Polina Olsen

The glamorous Art Deco hotel suite in “The Thin Man” long ago caught Eric Friedenwald-Fishman’s eye. He knew the style captured in the 1934 movie starring Myrna Loy and William Powell would one day live on. So as he and his wife, Rebecca, restored their 1909 dream house in keeping with its Arts and Crafts style, an idea for the attic set the stage. If previous owners had remodeled this room in 1927, the result could have been like that famous Hollywood scene. Between Eric’s meticulous design and Neil Kelly’s remodeling expertise, blank space transformed into a boudoir any movie star could love.

When the couple first got together, they rented a bungalow two doors down from the house they now own. Both enjoyed the Ladd’s Addition neighborhood for its vintage homes, quiet feel and proximity to busy Southeast Hawthorne Boulevard. They fell in love with the American Foursquare they passed each day and left a note offering to buy the

house if the current owners ever moved. They did, and the Friedenwald-Fishmans moved in September 1998, the day their son, Max, was born.

“The bones were good, but the house had been remodeled again and again,” Eric says. They installed octagon tile floors in the bathrooms and exposed box beams in the kitchen; they swapped light fixtures throughout the house.

They filled their home with Judaica inherited from ancestors, whose photos line the dining room walls. “We wanted to have a Jewish household,” Rebecca says. “Every night of Hanukkah, we light three or four menorahs.” The family, which now includes daughter, Sophie, belongs to Congregation Beth Israel and keeps a special Shabbat area complete with spice box, tzedakah box, kiddush cups and drawerful of yarmulkes.

When the time came to design their master bedroom, Eric’s art history background came into play. Beginning with fir floors, high ceilings, skylights

and windows that flood the space with light, he arranged the large loftlike room into functional areas using the dormers as features. The comfortable window seat recalls Mies van der Rohe’s famous leather and chrome furniture from the 1920s. This space is used as a quiet reading area, and Eric’s thoughtful design includes built-in alcoves for a cup of tea – or glass of champagne.

A writing desk fits snugly in another dormer; the corner gas fireplace with its Art Deco surround heats the entire room. Walnut built-in bookcases and drawers have simple, geometric Art Deco lines. Even the outlets and lights have chrome plates and special-ordered black switches typical of the era.

The huge walk-in closet/dressing room leads to a luxurious bathroom lined with period-appropriate tile. “Neil Kelly assembled a team of master craftspeople,” Eric says. “Francois (Francois Tile Work LLC, 503-730-7933) immediately understood the


aesthetic that we were looking for. He used narrow spacing typical of the Art Deco period. And we spent hours getting just the right grout colors.”

“The Fishmans were a delight to work with,” says Neil Kelly designer Martha Kerr. “Eric has a very strong sense of design and knew what he wanted. Rebecca was warm and friendly and delightful ... and made all the craftspeople feel welcome on her home (hard to do when someone is tearing your home apart).”

“Because the home is ... located in a historic district, there were many challenges in the design phase to make sure we had a design that would blend nicely into the exterior and not look like an addition, and give ourselves enough interior space to accomplish what we wanted in the bathroom and closet.”

It’s easy to envision Myrna Loy enjoying the 1927 bedroom set the couple found in San Francisco, the asymmetrical channel-back lounge chair and views from the window that stretch beyond the river to downtown. The Friedenwald-Fishmans love their designer loft and have advice for anyone contemplating a similar task.



“First, have fun,” Eric says. “Enjoy the process. Second, be clear about the aesthetic you are looking for. Show pictures of what you mean instead of trying to explain it. Third, find your own fixtures and furniture; do not rely on the showroom. And fourth, if something bugs you – fix it right away.” 

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**By Jan Behrs**

Realtors know that spiffed-up homes sell faster and for more money, so they sometimes recommend hiring a staging company to spruce them up. But all it takes, really, to vastly improve the look of a home going on the market is some elbow grease, serious decluttering and fresh color.

Curb appeal is what gets potential buyers through your front door. With a list of homes to look at and limited time, some buyers won't even get out of the car to see a home that is unappealing from the outside. Making your home's exterior enticing provides a great first impression and allows buyers to assume that the inside is just as attractive as the outside. Here's how:


**LANDSCAPE**

- Prune obstructing foliage so buyers can see the front of the house when they pull up. Trim large shrubs for a neat appearance.
- Be sure the house numbers are large and completely visible from the street.
- Weed, rake up dead foliage and debris, and remove ugly or sick plants.
- Mulch flowerbeds with fresh hemlock bark and plant colorful, long-flowering annuals. Use pansies and primroses for spring, geraniums and marigolds for summer, bedding dahlias and mums for fall, and evergreen ornamental grasses, dwarf conifers or flowering kale for winter.
- Weed, mow and edge the lawn.
- Pack up lawn ornaments except for a single birdbath or the like.

**CLEAN UP**

- Pressure wash or hand-scrub to remove dirt and moss from the house, porch, decks, stairs, sidewalks, roof and driveway.
- Wash patio furniture, light fixtures, windows and doors, and your mailbox.
- Is your porch light working? Install new bulbs if needed.
- Remove front door and porch decorations such as wind chimes and banners. The porch should look spare and uncluttered, with perhaps one or two chairs or a patio set. Remove any unmatched furnishings. Add fresh cushions to the remaining furniture.
- Polish front-door hardware.
- Put the grill in the garage.
- Put garbage, recycling and yard debris bins out of sight.
- Remove rundown play structures or sheds.

**ADD COLOR**

- Paint the house a neutral color with white trim if the old paint looks tired or is peeling.
- Paint or stain the front door.
- Choose a few large, colorful pots that complement your home's exterior colors and fill them with blooming plants.
- If you have a large, bungalow-style porch, add a hanging basket.
- Place a fresh, neutral welcome mat at the door. 

Portland freelance writer Jan Behrs specializes in stories about gardeners, gardens, remodeling and real estate. A master gardener, her work appears in The Oregonian, Better Homes and Gardens and online.

**MAMA MIA!  
WHAT A MOTHER'S DAY BRUNCH**

By Kerry Politzer

Treat your mom to a delicious Mother's Day brunch at Mama Mia Trattoria. In a bit of inspired Portlandia, every mother will receive a rose with her meal. The Italian restaurant now offers breakfast and brunch every Saturday and Sunday from 8 am to 1 pm.

Mama Mia Trattoria melds southern Italian recipes with Pacific Northwest ingredients. The menu features mouthwatering four-egg frittatas and scrambles loaded with housemade fresh mozzarella and house-smoked salmon. Mom is sure to love the scrumptious French toast made with fresh-baked brioche. Celebrate with Stumptown cappuccinos and lattes while poring over the multitude of options. Each guest will receive a complimentary fresh-baked rosemary-romano scone or a choice of Danish.

With its cozy atmosphere, crowd-pleasing menu of classic Italian favorites and solicitous service, Mama Mia Trattoria is a beloved institution in Portland. The restaurant has recently undergone a total revamp of its menu. Chef Dan Frosaker presides over a team of chefs who make everything from scratch. Fresh mozzarella, 10 rotating varieties of lasagna, various pasta noodles, sauces, desserts and ice creams are made in-house.

Mama Mia Trattoria is located in the heart of downtown Portland at 439 SW Second Ave. For more information and reservations, call the restaurant at 503-295-6464.

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# Chef's Corner

*New foods sprout outside and in kitchen as weather warms*

By Lisa Glickman

As I look outside I can see that a change is about to happen. Small buds have formed on the trees, and the bright yellow daffodils of spring are emerging from the ground. Spring break is over, Passover is behind us and baseball's first pitch has been thrown. These are all signs that warmer days lie ahead, and for me that means things will change in my kitchen, too.


During cold winter months we enjoy the comfort of soups, stews and braises, but now it's time to take pleasure in a few of spring's once-a-year vegetables. Delicate English peas, fiddlehead ferns, an abundance of pencil-thin asparagus, spicy garlic shoots, baby artichokes and tender fava beans make a short-lived appearance in the produce section to mark the spring harvest.

The Bible contains several references to the holiday Shavuot, which is celebrated on the sixth day of the Hebrew month of Sivan (which falls in May or June on the secular calendar). The Israelites are commanded to observe the "Feast of the Harvest, the first fruits of your labors which thou sowest in the field." During this time we see the first "baby" vegetables and lettuces become available, if only for a short time.

Fiddlehead ferns are a curious little vegetable that appears only in the early spring. They are generally harvested in the northeastern United States and are at hand for only a few weeks. The fiddlehead resembles the curled ornamentation on the end of a stringed instrument such as a violin. Though accessible regionally in some supermarkets and restaurants, fiddleheads are not cultivated and are available only seasonally.

For a light dinner or elegant lunch, try this asparagus and smoked gouda soufflé. Asparagus is high in folic acid and is an excellent source of vitamins A and C. Although asparagus is available most of the year, now is the time to find it for a fraction of the price you pay during the winter months.

I blend blanched asparagus with egg yolks and a creamy tarragon scented béchamel sauce and fold it together with fluffy egg whites and creamy smoked gouda cheese to make this feathery light soufflé. Although making a soufflé may sound intimidating, it is really quite easy and an exceptional way to serve these tender spears.

Don't be discouraged when the soufflés fall a bit shortly after baking. Due to the extra water in the vegetables, it is inevitable. This soufflé needs to be served after it cools a bit to appreciate all of its bright flavors. Just have your guests in the kitchen when you take them out of the oven to see them in all their puffy glory! 

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



**Although making a soufflé may sound intimidating, it is really quite easy and an exceptional way to serve these tender spears.**

## ASPARAGUS AND SMOKED GOUDA SOUFFLÉ

*Makes six 8-ounce soufflés*

- 1 bunch asparagus, cut into ½ inch pieces (about 2 cups)
- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 1 cup whole milk
- 1 teaspoon kosher salt
- 1/8 teaspoon sweet paprika
- 1 tablespoon chopped fresh tarragon
- 4 eggs, separated
- Pinch of cream of tarter (optional)
- ½ cup shredded smoked gouda cheese, plus more for garnish
- 3 tablespoons butter for ramekins
- 1/3 cup fine dry bread crumbs for ramekins

Cook asparagus in a pan of boiling, salted water until bright green but still crisp, about two minutes. Transfer asparagus to cold water to stop cooking. Drain and set aside.

Melt butter in a small sauce pan over medium-low heat. Add flour and whisk until mixture becomes a paste and begins to brown slightly. Whisk milk into butter/flour mixture. Bring to a simmer and cook until thick, two to three minutes. Season with salt and paprika.

Place mixture and asparagus in blender or food processor. Puree until very smooth. Pour asparagus mixture into a large bowl and add egg yolks and ½ cup shredded cheese. Preheat oven to 375 degrees. Generously butter six 8-ounce ramekins and dust with fine bread crumbs. Beat egg whites (and cream of tarter if using) until soft peaks form. Do not overbeat. Stir half of the egg whites into the asparagus mixture to lighten. Fold in remaining egg whites gently until just mixed in. Fill ramekins almost to the top and place on baking sheet. Bake until puffed and golden brown on top, about 20-25 minutes. Remove from oven and garnish with extra cheese. Allow to cool slightly (soufflés will fall) and serve warm.





*Serves two as an entrée, four as a side dish*

**Tangerine Béarnaise Sauce:**

- 1-2 tablespoons unsalted butter
- 1 medium shallot
- 2 tablespoons sherry vinegar
- 1/3 cup tangerine juice
- 1 tablespoon chopped fresh tarragon
- 2 large egg yolks
- Dash of white pepper

Melt butter in a small saucepan and set aside. Boil shallots, tarragon, vinegar and tangerine juice in another saucepan and reduce to three tablespoons of liquid. Strain liquid into the top of a double boiler over simmering water. Whisk in egg yolks. The second the yolk mixture begins to thicken, remove pan from heat (this will happen quickly, just a minute or two). Whisk in melted butter in a slow steady stream stirring constantly. Taste and add a pinch of salt if necessary.

**Fiddleheads and Peas:**

- 2 big handfuls fiddlehead ferns (about 1/2 pound), rinsed and brown ends trimmed
- 1 pound English peas, shelled (about 1 cup)
- 2 tablespoons unsalted butter
- Kosher salt to taste
- 1/4 cup sliced or slivered almonds, toasted

Fill a large pan with cold water and add a good amount of salt. Bring to a boil. Blanch fiddleheads for about a minute and remove to a bowl of cold water to stop cooking. Do the same with the peas. Strain and set aside. Melt butter in a sauté pan and allow to brown slightly being careful not to burn. Add peas and fiddleheads and toss to coat. Sauté vegetables for one to three minutes until heated through. Remove to serving plate, drizzle with béarnaise sauce and garnish with toasted almonds.



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Angela and Shmuel Rubinstein with Light of Esperanza's sponsored boys' soccer team.

# Lightening Poverty's Grip

By Deborah Moon

A project to aid impoverished women and children in rural Honduras is rooted in Oregon. Eugene native Shmuel Rubinstein spent 1998-99 living and working in Israel through Project OTZMA thanks to funding from the Jewish Federation of Greater Portland. He says the value of tikkun olam (healing the world), which he learned growing up at Eugene's Temple Beth Israel and embraced in Israel, is the basis of his work with Light of Esperanza.

Shmuel and his wife, Angela, direct the nonprofit they created to reverse the immense poverty that faces the women and children in rural Honduras. Light of Esperanza creates self-sustaining cooperative projects, educational programs and women's health care initiatives in Dolores, Honduras – a rural area close to the western border with Guatemala.

In 2007-2008 Shmuel, his sister, Shoshanna, and his brother-in-law, Josh Cohen, worked at a bilingual school in Vega Redonda, a small village inside the county of Dolores. That is where Shmuel met his future wife, Angela.

"We did our best to celebrate the

Jewish holidays with the limited resources that were available deep in the mountains of Honduras," says Shmuel. "Shoshanna made some incredible homemade matzah for Pesach, and regularly had her incredible homemade challah every Friday night for Shabbat. Josh led a remarkably well-organized bilingual seder for us and our close Honduran friends. And I was able to craft a decent menorah out of a piece of wood I found in our front yard."

But the Jewish tradition that has had the most lasting impact was their dedication to tikkun olam.

"I believe the work I am doing in Honduras is bringing the core values I learned growing up at Temple Beth Israel – as well as from my parents, who were always encouraging me to find ways to help other people – into reality," says Shmuel, adding his parents, Bob and Peggy Rubinstein, still live in Eugene.

Shmuel and Angela married in Seattle in 2008. Returning to visit Angela's family in 2009, Shmuel learned most of the children in the village never receive a gift – not for the holidays, their birthday or any other occasion. When Shmuel and Angela created a party with cakes, piñatas

and toys, they were rewarded with a village full of smiling young faces.

After that inspirational day, Light of Esperanza ("light of hope") was born with a focus on creating programs for lasting change. Light of Esperanza seeks to address the root causes for the poverty. In 2011 Light of Esperanza became a



A youth from Vega Redonda watches from a distance.

## Light of Esperanza Fundraiser

**WHAT:** A free event benefitting Light of Esperanza, a nonprofit organization that works to initiate programs to help the deeply impoverished women and children of rural Honduras.

**WHEN:** 2-8 pm, Sunday, May 19

**WHERE:** Old Wives' Tales restaurant, 1300 E. Burnside St., Portland

**HOW:** Silent auction and portion of proceeds from meals purchased donated by Old Wives' Tales restaurant

**INFORMATION:** [lightofesperanza@gmail.com](mailto:lightofesperanza@gmail.com) or [lightofesperanza.com](http://lightofesperanza.com)

501(c)3 nonprofit able to receive tax-deductible donations.

Shmuel spends most of the year in Seattle where he teaches high-school age boys awaiting settlement of their immigration cases. He spends three weeks each year in Honduras and devotes much of his time in the United States directing and organizing fundraising activities and educational projects for Light of Esperanza. Angela spends two months a year in Honduras organizing the projects, which are managed year-round by Light of Esperanza's Honduran volunteer board.

July will be the first time that Light of Esperanza has taken volunteers to Honduras. A number of volunteers have signed up to spend eight days to teach English in the village school, work alongside participants of the cooperative projects, help set up the first computer center in this part of Honduras, and help fix and paint the village school. The next volunteer trip available for interested individuals will be in March of 2014.

Last year Shmuel and Angela created a youth trip to the Mayan ruins in Copan Ruinas. The goal was to educate students about the unique history and culture of their Mayan ancestors and to inspire them to excel at school. For most of the youth, this was their first time leaving the village.

"Some of the school administrators were a little concerned about how the children would behave and respond to this new experience," said Shmuel. "About halfway through the tour, my group was stopped by a tour guide. At first we were concerned that someone in our group had done something inappropriate. The tour guide, who was with a group of tourists from France, said he had been asked by them to tell us in Spanish that they had been watching



Angela and Shmuel Rubinstein

our group and were extremely impressed by how attentive and interested our youth were. The tour guide told the youth that they represented their school and the country of Honduras with great pride. The smiles on their faces lit up the entire room."

"This experience highlighted how successful these youth can be, if only given the opportunity," says Angela. "That is what Light of Esperanza's mission is – providing a new hope for the future of people who desperately need change."

Shmuel and Angela are also instilling the spirit of giving in their two sons – Solomon, 3, and Moise, 11 months.

"Last year Solomon had a big smile on his face as he helped to hand out presents to the other young children at the Fiesta for Youth celebration that Light of Esperanza holds each year," says Angela. "We were very proud to see he has already begun to learn how rewarding helping out others can be."

# OJCYF

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# Oregonians join pro-Israel political activists at AIPAC Policy Conference


By Brian Yablon

A delegation of 20 Oregonians joined nearly 13,000 pro-Israel political activists attending the 2013 AIPAC Policy Conference in Washington, DC, March 2-4. Activists were addressed by U.S. and Israeli government officials including Vice President Joe Biden, Israeli Prime Minister Benjamin Netanyahu, House Majority Leader Eric Cantor, House Minority Whip Steny Hoyer and Israeli Defense Minister Ehud Barak. High-ranking members of Congress from both sides of the aisle spoke of the United States' unflagging bipartisan support for Israel and our mutually shared values and interests.

Policy Conference attendees heard from Israeli movers and shakers about cultural, scientific and technological successes, and were treated to live demonstrations of cutting-edge Israeli innovations in action, including robotic prosthetics to help paraplegics walk again; new technology to prevent the transmission of HIV; advances in superconductors; and new ways to help those without sight to "see" through the use of sound.

Policy Conference offered attendees a variety of in-depth expert-led educational symposia on Iran, Syria, Egypt, the Palestinian Authority, Hezbollah and Hamas, the Israeli-Palestinian peace process, the Iron Dome missile defense system, and many other political and historical topics. Speakers included noted authors, journalists, scholars and government officials such as Elliott Abrams, Bret Stephens, Dennis Ross, Michael Oren, Ron Prozor, Michael Singh, Robert Satloff and Avi Jorisch.

On March 4 AIPAC activists held meetings on Capitol Hill with every member of Congress. Topics of discussion included preventing Iran from obtaining nuclear weapons, strengthening U.S.-Israel strategic cooperation and continuing security assistance to Israel. Delegates lobbied House members to pass the Nuclear Iran Prevention Act (HR 850) and the U.S.-Israel Strategic Partnership Act (HR 938). HR 850 (and its corresponding resolution in the Senate, SR 65) would strengthen enforcement of current U.S. sanctions on Iran and expand sanctions targeting Iran's human rights violations. HR 938 declares Israel to be a major strategic partner of the United States, and contains a variety of provisions for cooperation in defense, and enhanced collaboration between U.S. and Israeli scientific institutions in the areas of cyber-security, energy, water, homeland security, agriculture and alternative fuel technologies.

The Oregon AIPAC delegation filled the offices of Senators Ron Wyden and Jeff Merkley, and held individual meetings with all five of Oregon's House members (Reps. Greg Walden, Earl Blumenauer, Peter DeFazio, Kurt Schrader and Suzanne Bonamici, as well as Vancouver, WA, Rep. Jaime Herrera Beutler). Oregon delegates this year included AIPAC State Chair Brian Yablon; council members Ken Kwartler, Steve Rosenberg, Sharon Ungerleider, Steve Sirkin and Stan Shulster; Congregation Beth Israel Rabbi Michael Cahana; students from the University of Oregon, Oregon State University, Lewis & Clark College, and Reed College; and others. 



Oregon AIPAC delegates share a moment at the Policy Conference Gala Reception with Senator Jeff Merkley. From left: Ilyana Rosenberg, Ken Kwartler, Sarah Kwartler, Rabbi Michael Cahana, Senator Jeff Merkley, Jonathan Yablon, Brian Yablon and Sharon Ungerleider.

## FROM THE AGE OF 8, OREGON'S NEW AIPAC CHAIR HAS SUPPORTED ISRAEL

By Sura Rubenstein

When Brian Yablon was 8 years old, his father taught him an important lesson: support of Israel is not only a matter of words – it is something you *do*.

Yablon, the new chair of Oregon AIPAC, remembers it well. It was 1973. The Yom Kippur War had broken out. The family came home from services, his father made a few calls and then left for Israel that night with a group of other doctors, heading to help.

"We didn't hear from him for three weeks," Yablon recalls. "He was at Hadassah Hospital, taking care of people, including Arabs, wounded in the fighting, and then was at a field hospital in the Sinai."

His father, Dr. Isadore Yablon, an orthopedic surgeon, returned to his family and his medical practice in Boston after the fighting stopped. But Israel – and the challenges

faced by the Jewish state – remained a key concern.

His father's example, he says, is among the reasons he has taken over leadership of the Oregon group. Other reasons include his admiration for Ken Kwartler, the recently retired Oregon AIPAC chair, and Kim Danish Rosenberg, another Oregon leader.

And, of course, his respect for AIPAC and his commitment to the State of Israel.

"I've always been impressed by the professionalism of the organization and its even-handedness," says Yablon, an engineering director at Intel who joined the Oregon board soon after attending his first AIPAC function about a decade ago.

"AIPAC brings together Republicans and Democrats, people from the left and the right, who share the common goal of keeping Israel safe and strong,"

The 2013 Oregon AIPAC Community Dinner will be May 19 at the Mittleman Jewish Community Center in Portland. For dinner information, call AIPAC's Pacific Northwest office in Seattle at 206-624-5152.

# Ask Helen



Brian Yablon

he says. “Our goals are very simple – we support the current government of Israel – whatever its political makeup may be, and we want to strengthen the relationship between Israel and the United States.”

He says an important focus of the organization is educating people, and particularly elected officials, “about the facts on the ground” in Israel. “There has been so much turnover in Congress recently, and so many more members to reach out to.”

Right now he and the local AIPAC board are focused on the Oregon State Community Dinner, scheduled for Sunday, May 19, at the Mittleman Jewish Community Center. After that he wants to increase programming, hosting speakers on a variety of topics at least every other month, and ideally moving toward a monthly schedule. And he wants to continue outreach efforts to high school and college students, as well as general community members.

One of AIPAC’s challenges in Oregon is the size of the Jewish community. “We aren’t Los

Angeles or New York or even Boca Raton,” he says. “But we do have a small number of very committed people.”

Despite the 400-plus who attend the annual local AIPAC dinner or donate to the organization, Yablon says there are just several dozen “committed members” who work on programs, write letters and otherwise support the local chapter.

He hopes the new programming initiatives, as well as a renewed focus on strengthening ties with local congregations, will help expand the base.

“My goal is simple,” he says. “I want to reach people with the message that assisting Israel means we have a strong partner in a very turbulent region. Supporting Israel is not just good for Israel, it’s good for the United States.” 

## *A great boss is hard to find*

**Dear Helen:**

My boss, who’s great, just got offered a job. It’s a promotion for her and especially good timing because our current employer is on a steep financial slide. I also want out but haven’t yet found anything with the right combo of salary, intelligent supervision and chances to learn. She just found out she can hire an assistant and asked me to apply. I definitely want out of here but am concerned that having had only one boss will limit me if something goes awry and I have no one to vouch for me from two sequential jobs. The new firm has similar headaches to where we work now, but they have more reliable finances and she thinks it’ll all work out.

— Go or Stay?

**Dear Go or Stay:**

A bad boss is the bane of most working people’s lives. Having a good boss would be an unimaginable dream and relief to them. A good boss who invites you to follow her to a new job is a boss who not only respects your skills, but who cares about your future and welfare. Unless you have a reason to believe New Company is not a good fit for you, for any of the normal criteria you would look at, such as wage, location, job title, hours, bennies, etc., show up for the interview looking enthusiastic and highly competent. Act as though you want this job as much as you’ve ever wanted a great job. Bring great stories of your skills and your teamwork with your boss.

The reality is that she already controls part of your professional life. If Old Company is dying and this is a chance to jump into a decent lifeboat, I say grab it. Also grab some Old Company stationery. Ask your boss for a glowing letter of reference that you can use for all future applications. You might also submit it to New Company.

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@yourjewishfairygodmother.com](mailto:helen@yourjewishfairygodmother.com) and check out the blog at [kabbalahglass.com/blog/](http://kabbalahglass.com/blog/)



PHOTO: SOL NEELMAN

# Life on the Other Side

*Wisteria Blooms and Other Snippets of Delight* by Anne Kleinberg

When you live in Israel, you grab your moments of joy wherever and whenever you can. Because if you don't – you might not survive to have another opportunity.

I'm exaggerating of course. On the contrary, Israel is a pretty nice place to live. I know we have wars and terrorist incidents; enemies surround us and the whole world seems against us at times (too many times). But the truth is people know how to live here – and rather than sit around and kvetch about all the problems, they're out there enjoying life. Looking at my wisteria bush the other day and seeing the very first bloom since we planted it seven years ago, I was overwhelmed with joy. I never had a wisteria bush bloom in my New York days.

OK, so it's not all sweet-smelling, lilac-colored flowers every day. Some days you want to punch the clerk in the post office.

(I hate that we even have to go to the post office, but come the 15<sup>th</sup> of every other month, it's time to pay the value-added tax.) And when you wait in line in the supermarket and someone pushes ahead of you because she has only three items compared to your seven, you do a "Huh, are you kidding me?" But let's not consider those moments of intense aggravation.


Let's consider the Arab butcher who answers your question about how to say chicken leg in Hebrew – "Pulkeh!" Or the Russian taxi driver who offers to give you a list of local businesses that use his service and can benefit from yours. Or the telephone operator, who instead of giving you the telephone number you're asking for, gives you advice along with it. And then there's the weather.

Do you have any idea how fabulous it is to sit at an outdoor cafe in the Caesarea harbor in January, enjoying fresh grilled fish accompanied by a side dish of bright, warm sunshine? To know that eight months out of the year, you'll be more or less guaranteed a rain-free day, day after day? And when it does rain, more often than not you will experience a rainbow right after?

How about the unique serene silence of a Friday afternoon when no one stirs because everyone is taking a pre-Shabbat nap? Or the experience of people wishing you a Shabbat shalom the way they once said, "Have a good day" in the United States – and they mean it.

And the comedy – the cynical satirical shows that shine on television! These people are loaded with self-deprecating humor – about themselves, their leaders, their enemies (real and imagined). Imagine every stereotype you can think of about an Israeli – and know that an Israeli has already thought about it and made fun of it.

So I'm going to really enjoy this new wisteria blossom.

Because it is a sign for me that everything here is just fine. 



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).



# Israel's symbols remind Israelis of home and American Jews of Jewish homeland

By Natalie Nahome



Having just celebrated Israel's 65th birthday, I wanted to take you back and remind you about Israel's symbols – where do they come from and how long have they been around.

**THE FLAG OF ISRAEL:** The official flag of the State of Israel represents the state, its sovereignty, its institutions and its citizens, in Israel and worldwide. The flag has a white background, two horizontal blue stripes and a blue Star of David in the middle.

The flag was conceived during the period of the First Aliyah and was adopted as the flag of the Zionist movement in 1897. The flag was officially chosen as the flag of Israel on Oct. 28, 1948. It was chosen over other proposed flags, mainly because of the popularity it had gained among the Jewish population in Israel.

The two blue stripes represent a tallit, the Jewish prayer shawl, as well as both sides of the split Red Sea that the Jewish people walked through as written in the Bible. The Star of David represents the Jewish identity of Israel by recalling the culture and history of the Jewish people.

In 2007 an Israeli flag measuring 660 by 100 meters and weighing 5.2 tons was unfurled near the ancient Jewish fortress of Masada, breaking the world record for the largest flag in the world.

**EMBLEM OF ISRAEL:** The emblem of Israel is an escutcheon that contains a menorah in its center, two olive branches on both sides of the menorah and at the bottom the label "Israel."


The emblem was designed by brothers Gabriel and Maxim Shamir and was officially chosen on Feb. 10, 1949. It was chosen after a competition held in 1948.

**HATIKVAH:** "Hatikvah" is the national anthem of Israel. The anthem was written in 1878 by Naphtali Herz Imber, a secular Galician Jew from Zolochiv, who moved to the land of Israel in the early 1880s. The poem was subsequently adopted as the anthem of Hovevei Zion and later of the Zionist Movement at the First Zionist Congress in 1897 (with the flag). The text has undergone numerous changes.

The anthem's theme revolves around the nearly 2,000-year-old hope of the Jewish people to be a free and sovereign people in the Land of Israel, a national dream that was realized with the founding of the modern State of Israel in 1948.



**OLIVE TREE:** In September 2007 the olive tree was selected as the national tree of the State of Israel and as its official representative in the botanical exhibition "We Are One World" in Beijing.

I have been living abroad for the past few months, and every time I come across one of Israel's symbols it reminds me of home. 



Natalie Nahome is the Israeli Shlichah (emissary) to the Jewish community of Portland.

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# Visit sends Obama's relationship with Israel to unexpected heights

By Mylan Tanzer

Passover is one of the most anticipated times of the year in Israel. This festive holiday marks the beginning of spring, and the seder reaffirms who and why we are Jews – even for the most secular Israelis.

This year there was an uncharacteristic feeling of anticlimax. Not that Passover was less enjoyable. But the week before, we experienced the biggest political and media event since Anwar Sadat's 1977 historic visit – Barak Obama's first trip to Israel as U.S. president.

It is difficult to convey the holiday atmosphere and media circus that ensued. In terms of coverage, *The Truman Show* (1998 satirical comedy-drama starring Jim Carrey) comes to mind. Every minute detail was reported.

Blogger Uri Elitzur wrote: "We went overboard. We acted like teenage girls who scream at a concert of their pop idol. Yes, the leader of the free world, an important visit, our biggest ally, etc. But pre-empting all radio and TV programs, live broadcasts on all channels during each day, reporting on the most trivial trifles like what he ate, an interview with one of the girls from the choir who sang to him and with another child who shook his hand, which beauty queen was invited to the gala dinner? Overkill!"

This blogger might have a point, but commercial media outlets give the public what it wants.

I doubt any city or country has been so occupied, and perhaps touched, by a presidential visit of Obama.

One has to understand Obama's unpopularity among the Israeli public on the eve of the visit. While many of us are fascinated that the leader of the free world has a cool, urban charisma, he was viewed with suspicion by most of us and even as a ticking time bomb by some.

His first-term attempt to woo the Islamic world at the expense of Israel and the cold manner in which he treated Netanyahu both alienated and frightened Israelis.

The irony here is that this antipathy toward Obama developed despite an unprecedented upgrading of security cooperation and aid during his first term. In December's column, I attributed this discrepancy to his inability to understand that the United States and Israel have had both a strategic and a special relationship. Without acknowledging the special relationship, the close security coordination and the military aid seem to be strategic American interests that also benefit Israel. While Obama may think the Palestinians might be one of the most occupied people on Earth, we Israelis are certainly the most threatened on the planet.

So how was it possible that just two days after Air Force One landed in Israel, the morning headlines read, "Israel in Love," "Feeling Right at Home" and "You're Astonishing."

The answer lies in an amazing performance by Obama. His personal skills allowed him to convey what we hope to be his

sincere understanding, appreciation, friendship and admiration for Israel, as well as our collective need to be understood and appreciated by Obama.

Of course the extraordinarily well-planned visit with brilliant and sensitive implementation organized by the White House helped as well. One analyst called it "a perfect production by American directors with Israeli actors."

Obama pushed all the right buttons with his words and demeanor during visits to Yad Vashem, Mt. Herzl and Rabin's grave, where he showed a profound personal connection to our central symbols. But it was also clear from the arrival ceremony that Obama chose to visit due to the realization that his first-term Middle East strategy was not only a strategic failure, but also contradicted his personal convictions. The aim of his visit was to reset both and to try to talk directly with the Israeli public.

Alon Pinkus, the former Israeli Consul in New York, said in an interview that Obama could no longer tolerate the gulf between his strategic support and his strong personal feelings towards Israel, and the perception of him as the most anti-Israel U.S. president in decades. "He came because of his need to bridge this gulf, both for U.S. interests but also on a personal level as well."

Of course people wondered if this was a working visit with a strategic aim or, as Jeffrey Goldberg of *Atlantic Monthly* dubbed it, "Operation Desert Schmooze." I think it is safe to assume that Obama came with a diplomatic agenda, such as requesting/demanding that Netanyahu wait for America's lead on Iran, and discussing ways to resume negotiations with the Palestinians and how to prevent a regionally toxic meltdown in Syria. The latter apparently spawned the one diplomatic achievement: an Obama-initiated phone call between Netanyahu and Turkish Prime Minister Erdogan in which Netanyahu apologized for the Marmara incident three years ago, enabling the re-establishment of ties between Israel and Turkey just in time to cooperate to contain Syrian fallout. Even the divisive and sensitive question of why Israel should apologize to Turkey, which was the provocateur, passed without too much controversy due to Obamaphoria.

But the answer to why Obama came was provided with the climax of the visit – his speech to students in Jerusalem's Civic Auditorium. Obama chose not to make his keynote address to the Knesset, but rather to speak to Israelis directly. Despite the graciousness, warmth and smiles displayed with Netanyahu (Obama referred to him as Bibi during the entire visit), Peres and others, he chose to go over their heads to share his feelings and dreams with Israel.

"Obama did not bring in his speech a political plan, nor a roadmap to one. He came to soothe, convince and conquer ... and he conquered the audience by storm," wrote Nahum Barnea in *Yediot*. "There have been many speeches, but



Obama's was unique and singular. It was a rare mixture of historical knowledge, a world view of morality, personal experience, emotions, warmth and targeted criticism."

Obama inspired in Israelis the necessary security to accept his vision with his words:

"For the Jewish people, the quest for the promised land continued through every generation and included suffering, exile, prejudice, pogroms and even genocide." "I think of five Israelis that boarded a bus in Bulgaria and were blown up because of where they came from ... therefore every righteous nation must condemn Hezbollah for what they are, a terrorist organization." "Israel's security is so important because it cannot be taken for granted ... and I want to say to you, especially the youth, as long as the USA exists, you are not alone (the last four words spoken in Hebrew)."


He also won over the audience when he said that the supposed tension between himself and Bibi is just a hoax to provide material to the writers of "Eretz Nehederet," the Israeli Saturday Night Live.

With the crowd giving him standing ovations after almost every sentence, he then got to the point: "Peace must be made between peoples and not governments." "I speak to you as a worried friend committed to your future."

He said that although the Palestinians turned to terror and have missed numerous historical opportunities for peace with Israel, their aspirations must be recognized. "Look at the world through their eyes." He then went on to mention the daily

hardships imposed on West Bank Palestinians due to Israeli security considerations. Even during this part of his speech, the ovations didn't die down, and even when he mentioned terms like expulsion and occupation, the politically mixed audience remained enthusiastic.

Agree or not, the audience was enthralled and enraptured, as was the entire country. Sever Plotzker wrote in Yediot: "Not only was the young crowd spiritually uplifted, but from my nearby seat, it was clear that this leader, known for his cool composure and complete self control was surprised and touched and by the enthusiastic way he was received. After every ovation, he scanned the hall and couldn't quite believe his eyes. ... He won their heart. They won his spirit."

What concrete results will emerge are unknown. What is certain is that the relationship has been reset. Israel is enamored of Obama, and I would like to think that Obama was genuine. But I did have my doubts about his sincerity at one point during the visit. When a high-tech company's computerized robot brought Obama a piece of matzah, Obama remarked, "Now that's good matzah!" Good matzah? At that moment, he was being gracious but definitely not sincere. 

Mylan Tanzer is a Portland native who moved to Israel in 1981. Tanzer lives in Tel Aviv with his wife and five children. He can be reached at mylantanz@gmail.com.



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Volunteers work at projects from construction to feeding the hungry on Good Deeds Day, the event that kicked off the Portland Mitzvah Network.



## The Portland Mitzvah Network Wants You

By Polina Olsen

Come one, come all. The Portland Mitzvah Network's website is up, running and waiting for you to join. Sponsored by the Jewish Federation of Greater Portland and developed by representatives throughout the Jewish community, this online, easy-to-use, automated matchmaker provides one-stop shopping for hands-on volunteer opportunities. Visit [portlandmitzvah.org](http://portlandmitzvah.org) and check out the setup. Volunteers and community organizations are encouraged to sign up and register their specific needs.

Select *For Volunteers* to find three types of prospects. A calendar shows pop-up spots for those with an hour or so to spare. *Ongoing opportunities* lists long-term projects for Portland Mitzvah Network organizations like Jewish Family and Child Service, Hillel and synagogues. All local secular and nonsecular organizations that encourage Jewish values are welcome to join.

The *Out-of-Network* search taps into volunteer jobs throughout the city and world. How about an offbeat working holiday in Israel or a chance to help feral cats? Can't find just the ticket? No problem. Your registration includes details like interests, hours per month, times of day, age requirements and more. When a volunteer opportunity comes up that matches your search, the organization will receive an alert.


The project's possibilities excite JFGP President and CEO Marc Blattner. "The federation is not solely a fundraising organization," he says. "We believe in helping to create a vibrant Jewish community through participation, whether it be philanthropy, committee involvement or hands-on volunteerism. And, we look forward to engaging many more people in the Jewish community."

Cedar Sinai Park Community Life Director Kathy Tipsord agrees. "So many different Jewish groups rely on volunteers," she says. "There was a need for a common place to look, a clearinghouse for people to say, 'I have time,' or 'my children need a

community service project for school, but they don't know who needs what.' We (Cedar Sinai) might need someone to say kid-dish in our dining room, help make seder plates or work on the interpretive trail. We have many family projects."

JFGP Community Engagement Director Caron Blau Rothstein and project chair Jon Caplan sought input for months before deciding on the best path. They chose to affiliate with Hands On Greater Portland ([www.handsonportland.org](http://www.handsonportland.org)), which has united volunteers and organizations for years and has an easily leveraged database. They understand the benefits of making helping easy.

"How about your children need a service project for school or your organization's annual auction needs a one-time videographer," Caron says. "Or, let's say your synagogue is involved with social action. They cook for a homeless shelter, work on habitat projects or sponsor blood drives. Join the Portland Mitzvah Network and people who never come to Saturday morning service will hear about these opportunities."

As with others involved in the project, Caron stresses the need for everyone's involvement. The platform is ready to roll; now it's up to the community to jump in with volunteer prospects and offers to help. "In this day and age it's important for the health of organizations and for everyone's happiness to offer your time and talent to helping others," she says. "That's the notion of tikkun olam." 

### PORTLAND MITZVAH NETWORK ORIENTATION

**WHAT:** Volunteer orientation sessions to explore the Network's website with prospective volunteers.

**WHEN:** May 8, 14, 20 & 30; Times: TBD

**DETAILS/REGISTRATION:** [caron@jewishportland.org](mailto:caron@jewishportland.org) or 503-245-6449

## 2013 Song of Miriam honorees named

The Jewish Women's Round Table announces its 21st Annual Song of Miriam honorees. The Song of Miriam Awards honor women who volunteer their time and energy to ensure the continuity and vibrancy of the Jewish community of Oregon and Southwest Washington.

This annual event is sponsored by the JWRT, whose mission is to strengthen the Jewish community by honoring the excellent work of women volunteers and bringing the community together to celebrate Jewish life.


The 21st Annual Awards Brunch will be held from 10 am to 12:15 pm, Sunday, June 2, at the Mittleman Jewish Community Center, 6651 SW Capitol Hwy., Portland. At press time, 19 organizations had chosen outstanding women to be honored for their volunteer activities and dedication to promotion of Jewish life and values.

The 2013 honorees are: Amy Buccola of Beit Am, Sue Greenspan of Congregation Beit Haverim, Daphna Stadig of Congregation Beth Israel Sisterhood, Linda Appel of The Florence Melton Adult Mini-School, Layton Borkan of Havurah Shalom,

Sharon Frank of Jewish Family and Child Service, Cheryl Tonkin of the Jewish Federation of Greater Portland-Women's Philanthropy Committee, Shari House of Congregation Kesser Israel, Karen Kohler of Congregation Kol Ami of Vancouver, Diane Koosed of Kol Shalom, Deborah Freedberg of Congregation Neveh Shalom, Eva Aigner of the Oregon Holocaust Resource Center, Betty Esthelle of Congregation P'nai Or, Edith Levitt of the Robison Jewish Health Center Sisterhood, Rachel Frankel Moore of Shalom Chapter of Hadassah-SW WA, Leslie Petcher of Congregation Shaarie Torah Sisterhood, Miriam Tannen z"l of Congregation Shalom Bayit, Lisa Morasch of Congregation Shir Tikvah, and Stacey Brown of Temple Beth Sholom.

The D'var Torah and HaMotzi will be given by Rabbi Rachel Joseph of Congregation Beth Israel. Music will be by Barry Lavine. Attendees are asked to bring a can of food for the Oregon Food Bank.

Kim Rosenberg and Barbara Barde, both past honorees, will be emcees. Door prizes have been donated by synagogue gift shops and area businesses.

To find out more about the Jewish Women's Round Table and past honorees, go to our new website at [jwrt.org](http://jwrt.org). 

### ORA NORTHWEST JEWISH ARTISTS EXHIBIT IN MJCC LOBBY



Every year the painters, ceramic artists, glass artists, bead artists, photographers, quilters and fabric artists of ORA gather together to craft a rotating exhibit of their work in the lobby of the Mittleman Jewish Community Center during Jewish Arts Month.

Beginning the first full week in May (May 5-11), work from the following artists will be on display: Brauna Richie (mixed media glass and metal), Ellen Shefi (photography), Sabina Wohlfeiler (painting) and Laura Fendel (fabric sculpture).

May 12-18: Eddy Shuldman (fused glass), Esther Liberman (beadwork/jewelry), Diane Fredgant (silk painting) and Jonathon Lietz (painting).

May 19-25 (under-40 show): Anna Kodesch (painting), Ahuva Shmueli (painting), Michelle Katz (painting) and Jessica Israel Johnson (photography).

May 26-31: Sharon Segal (painting), Glenn Dechard (ceramics) and Leslie Elder (painting).

The art will be available for purchase. Artists will be on site and available for conversation and sales at various times during the month. If no artists are on hand during your visit and you wish to purchase or discuss a piece, business cards with contact information will be available at the exhibit.

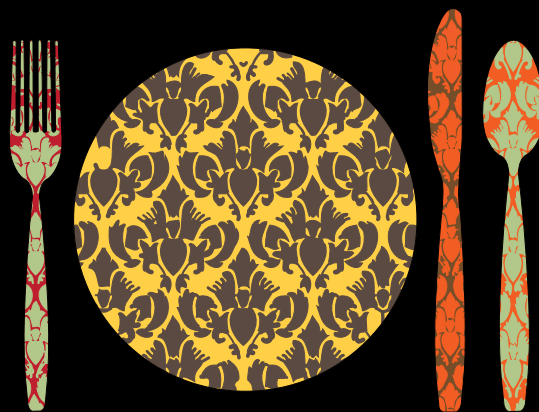
ORA Northwest Jewish Artists was formed in 2006, making it the longest running Jewish Arts organization in the Northwest. ORA membership is currently open to all artists at all levels, but exhibiting members are required to enter a jury process.

MJCC: 6651 SW Capitol Hwy., Portland | 503-244-0111

Reservations form at [jwrt.org](http://jwrt.org): For Reservations postmarked by Tuesday, May 24, the cost of the brunch is \$22, after May 24 the cost is \$30, \$10 for children 12 and under, and \$36 for patrons. These amounts include a 3% donation to Mazon. Please make your check out to the Jewish Women's Round Table (JWRT), listing the names and type of reservation (patron or guest), and send them to Jerrie Roth, 1231 SW Texas St., Portland, OR 97219. For questions, call Jerrie Roth at 503-246-4367 or e-mail Leslye Epstein at [leslyee@comcast.net](mailto:leslyee@comcast.net).

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Dr. Dori Laub

**LAUB TO SPEAK ON TRAUMA  
AT TWO FREE LECTURES**

By Kerry Politzer

Many years before filmmaker Steven Spielberg established the well-known Survivors of the Shoah Visual History Foundation, Romanian-born psychiatrist, Dr. Dori Laub, interviewed thousands of Holocaust survivors and witnesses. These interviews eventually formed the basis for the Fortunoff Video Archive for Holocaust Testimonies. This extensive collection, which includes testimonies by American military personnel, veterans of the Mlawa ghetto and witnesses of the Dachau prison, is hosted at Yale University's Department of Manuscripts and Archives.

As clinical professor of psychiatry at the Yale University School of Medicine, Laub continues to focus on the treatment of severe trauma. Not only does he maintain a private practice in Connecticut, he travels all over the world to speak about the effects of trauma.

This month as part of the Portland Center for Public Humanities' Holocaust and Genocide Studies Project Series, Laub will present a public lecture and seminar. The psychiatrist will talk about the effect of severe trauma on mental processes and the healing effect of testimony.

"Essentially, we communicate with ourselves, we talk to ourselves," he explains. "With severe trauma, there is no one to talk to inside oneself; the whole narrative is gone. Testimony can reopen a dialogue, and survivors surprise themselves with what they are able to face."

Laub's lecture, "Reestablishing the Internal 'Thou' in Testimony of Trauma," will be in Room 228 of Smith Memorial Student Union (1825 SW Broadway) at Portland State University, on Thursday, May 9, at 7 pm. His seminar, "Knowing and Not Knowing – Forms of Traumatic Memory," also will be on the PSU campus, in Room 407 of Neuberger Hall (724 SW Harrison), on Friday, May 10, at 10 am. Both events are free and open to the public. For more information, visit [pdx.edu/public-humanities/events](http://pdx.edu/public-humanities/events).



Nancy and Henry Oseran (front center) with their children and grandchildren. photo courtesy of Henry Oseran

## Oseran Family Fund brings another great speaker to Portland

By Polina Olsen

When Portlanders enjoy hearing journalist E.J. Dionne at Congregation Beth Israel on May 5, they may recall other speakers in the annual Oseran Family Lecture series. The syndicated Washington Post columnist and National Book Award nominee follows greats including Supreme Court Justice Ruth Bader Ginsburg, Pulitzer Prize-winning author Michael Chabon and national correspondent Jeffrey Goldberg.

Less well known are the reasons behind the endowment fund that makes these community events possible. In 2008 Henry and Nancy Oseran saw an opportunity, found a way and made it happen.

"My parents were inspired to create this fund after attending an event at Beth Israel several years ago where Nicholas Kristof spoke to a packed house about the humanitarian crisis in Darfur," their son, Dan Oseran, wrote in an email from Europe where he is vacationing with his wife Tracy.

"With this fund they hope to sponsor individuals who can speak to topical cultural and political issues and attract a broad audience, both Jewish and non-Jewish," added Dan, a former CBI board member.


Cultural and political issues have always interested Dan's parents, along with synagogue affairs. Nancy, a native Portlander, first came to Congregation Beth Israel as a 5-year-old in Sunday school class. "We have always been aware and proud of [Congregation Beth Israel's] history and interest in public issues," she said in a recent telephone interview. "We heard discussions on many topics of Jewish and general public concern, and we felt that bringing national voices with experience and background on these topics to our pulpit would continue this tradition and benefit our congregation and community at large."

Married for 65 years, both she and her husband, Henry, emphasize the importance of presenting different points of view.

"We'd like people to be interested and make their own decision," Henry said. "They might not agree with the presenter, or they might."

Both are enthusiastic about this year's lecturer and hope E.J. Dionne's talk on "Personal Faith and Public Policy" will stimulate discussion.

Congregation Beth Israel Executive Director Sydney Baer agrees: "Most important, (the Oseran Family Endowment Fund) is their gift to the community." She met the Oserans as a newcomer to Portland 36 years ago. "I'm impressed with their commitment to the community. They are doers, givers; they are the most generous, warm, kind human beings. (The lectures) are an opportunity to bring a politically significant social justice speaker to Congregation Beth Israel and give the community a chance to learn together."

"Reform Judaism takes social justice issues seriously," Sydney continued. "Many people say we're a religion of deeds not creeds. The significance of the Oseran lecture is that we have someone who can shine the light on a social justice cause, and hopefully inspire us to tikkun olam, make the world a better place." 

**2013 Oseran Family Lecture**

**WHAT:** E.J. Dionne will speak on "Personal Faith and Public Policy"

**WHEN:** Sunday, May 5, at 5 pm

**WHERE:** Congregation Beth Israel Sanctuary, 1972 NW Flanders St., Portland

**DETAILS:** All welcome | No charge | No RSVP

**T'FILAT HADERECH FOR ISRAEL-BOUND GROUP** – On Friday evening, April 12, Rabbi Michael Cahana and Cantor Ida Rae Cahana gathered a group of more than 30 Beth Israel members onto the Temple bimah to receive a special blessing before embarking on a two-week trip to Israel. Led by the Cahanas, the group is participating in an active itinerary across the country, beginning with a celebratory Yom Ha'atzmaut dinner in Jerusalem and ending with a reunion in Tel Aviv with families whose babies were born in Portland via surrogacy. The group returns to Portland on April 28.



**NEVEH SHALOM AUCTION** – This year's Neveh Shalom auction, Martinis and Mitzvot, was a smashing success! Above, Auction Chairs Todd and Felicia Rosenthal with daughter Brittany were among the 250 guests who donned elegant attire, in keeping with the early '60's Mad Men theme. Above right, CNS President Steven Kahn got in the mood. From the Rat Pack Lounge to the Martini Bar, it was a swinging night! Funds raised support social, spiritual and educational programming and services at Neveh Shalom and in the greater community.

PHOTO BY SYDNEY BAER



**PRESCHOOL TZEDAKAH** – The Gan Portland Jewish Preschool believes that education should be hands-on, experiential and personal and so Director Mimi Wilhelm created a tzedakah project to help the children understand how the coins they put into the tzedakah box each day help those in need. At right, children sort coins from the tzedakah box. Parents joined students and teachers as they walked to Food Front and Second to None to purchase food and clothing with the money they collected to donate to Jewish Family and Child Service for families in need.



**AWESOME '80S DANCE PARTY A GREAT SUCCESS** – It's Like, Totally Temple was totally awesome! From left, Maia Gertsen, Sarah Segal, Audra La Fave and Grace Cantor, event chair enjoy the friendraiser and fundraiser for Beth Israel's preschool. The April 13 dance attracted more than 150 guests yearning for the days of big hair, bigger shoulder pads, neon accessories and great dance music. The Radical Revolution, Portland's Number 1 '80s cover band (fronted by CBI member Jason Fellman) provided the music and light show. Committee members and volunteers, overseen by Deborah Kaplan, CBI's early childhood education director, organized a silent auction and mitzvah moment. Together with ticket sales the event raised \$9,000 to support preschool programming at Beth Israel.



**TEACHER HONORED** – Catlin Gabel Spanish teacher Ron Sobel talks to a student. The Jewish teacher recently won the Chris Allen Memorial Advisor's Award at the closing ceremonies of the Oregon Model UN conference in Eugene. The award is given annually to an adult involved with MUN based on service to an individual club or the model as a whole. Ron has served as treasurer of the Oregon High School International Relations League and served as advisor to Catlin Gabel's MUN program for many years. Every Catlin Gabel student participant at this year's conference submitted a nominating letter in support of Ron. The letters spoke to Ron's leadership, sense of humor, passion for cultivating a sense of global citizenship in youth and the kind and loving way in which he has fostered relationships with his students and colleagues.



**TASTE OF PASSOVER** – In preparation for Pesach, students at Little Garden Preschool baked their own matzah on the school's outdoor oven. Maya, 4, enjoys eating the self-made matzah as Zachary, 5, looks on.



**YOM HA'ATZMAUT** – Sidra and Shira Cohen-Mallon and Sarah Friedman of Beit Haverim Religious School participate in Yom Ha'atzmaut celebrations which include an Israeli shaped cake.

**May 5**

EJ Dionne speaks on *Personal Faith and Public Policy* as the 2013 Oseran Family Lecturer (story on page 68). 5 pm at Congregation Beth Israel's historic Byzantine sanctuary, 1931 NW Flanders St. Free. 503-222-1069

2013 SalaKryszek Art & Writing Awards Luncheon. Multnomah Athletic Club, 1849 SW Salmon St. at noon. Following lunch, enjoy a guided tour of the Oregon Holocaust Memorial in Washington Park. Tickets \$20. ohrconline.org or 503-245-2733

"The Arab Spring, the threat from Iran and Israel's policies towards Muslim countries." discussion lead by Israeli Shlichah, Natalie Nahome. 1-2 pm at Temple Beth Shalom, 1274 Cunningham Lane SE, Salem. 503-362-5004

**May 6**

Reframing the Zionist Vision: From Ben-Gurion to Netanyahu, Senator Moynihan to President Obama featuring Gil Troy, a leading presidential historian and a prominent activist in the fight against the delegitimization of Israel. 7-8:30 pm at MJCC. Free.

**May 7**

Kerry Politzer jazz show. Solo piano program of originals and reharmonized jazz standards. Her influences include Bill Evans, Brahms and Brazilian music. All ages. 6:30 pm at Ivories, 1435 NW Flanders St., Portland. kerrypolitzer.com

**May 8**

Opening reception for "Settling In," an exhibit of the immigrant experience in Oregon (continues through Sept. 29). 5:30-7:30 pm at OJM.

Echoes & Reflections Holocaust Training. McNary High School Library, 595 Chemawa Road N, Keizer. 3:30-6:30 pm. Info: Oregon Holocaust Resource Center, 503-245-2733

Open House Friday May 31, 9:00am-10:30am

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**May 9**

Celebrating our Caring Community Luncheon hosted by Jewish Family and Child Service. Former Starbucks Coffee International president Howard Behar speaks. 11:30 am-1:30 pm. MJCC. Carpooling encouraged. Tickets: jfcs-portland.org/about/register-today

Portland Center for Public Humanities' Holocaust and Genocide Studies Project Series. Dr. Dori Laub presents two talks May 9 & 10 (see page 68)

**May 11**

The Everything But Havah Negilah Concert by 106 Keys, a new flute and piano duo formed by Beth Karp and Amalia Etedgee to promote Jewish music. 8 pm at Ford Food and Drink, 2505 SE 11th Ave. No. 101, Portland. Free. 503-545-6497 or 106keys@gmail.com

**May 12**

OJM Sunday Music: Erev Rav plays World Klezmer Fusion. Acoustic trio will play a variety of instrumental and vocal material featuring Jessica Blinn, including uniquely arranged klezmer, Yiddish love songs, and original compositions. 2-3 pm. Public: \$10; OJM Members: \$5. RSVP: ojm.org or 503-226-3600

**May 16**

Hadassah Book Club: *The Chosen People* by Todd Gitlin and Liel Leibovitz. 6:30 pm at MJCC. RSVP to 503-244-6389 or info@portlandhadassah.org

**May 17**

Global Business Awards Luncheon honoring Merrit S. Yoelin and Jack Zidell (in memoriam) and Harry Glickman. Benefits Special Olympics Oregon. Noon-1:30 pm. Portland Hilton and Tower, 921 SW 6th Ave. Info: 503-224-4193

**May 19**

Oregon AIPAC dinner. 5pm at MJCC. 206-624-5152

Medicare for 2013 and Beyond. A free presentation and conversation with Cynthia Hylton, Senior Health Insurance Benefits Assistance field and training officer. 1 pm, Rose Schnitzer Manor, 6140 SW Boundary St. RSVP by May 10 at cedarsinapark.org/medicare

Jew Crew - Social Action. 4:30-6 pm. Temple Beth Shalom, 1274 Cunningham Ln SE, Salem, 503-362-5004.

**May 23**

"400 Miles to Freedom" follows film director Avishai Mekonen's immigration from Ethiopia to Israel and finally to New York. He breaks the 20-year silence around the brutal kidnapping he endured as a child in Sudan during his community's exodus from Africa, and explores issues of immigration and racial diversity in Judaism. Followed by a discussion led by Ethiopian-born local business owner Solomon Ezra. In partnership with Institute for Judaic Studies. Noon and 7 pm at OJM. RSVP: ojm.org or 503-226-3600

**May 24**

North Coast Shabbat led by David Fuks. 8 pm. Bob Chisholm Community Center, 1225 Ave. A, Seaside. Contact Bev at 503-244-7060

**June 2**

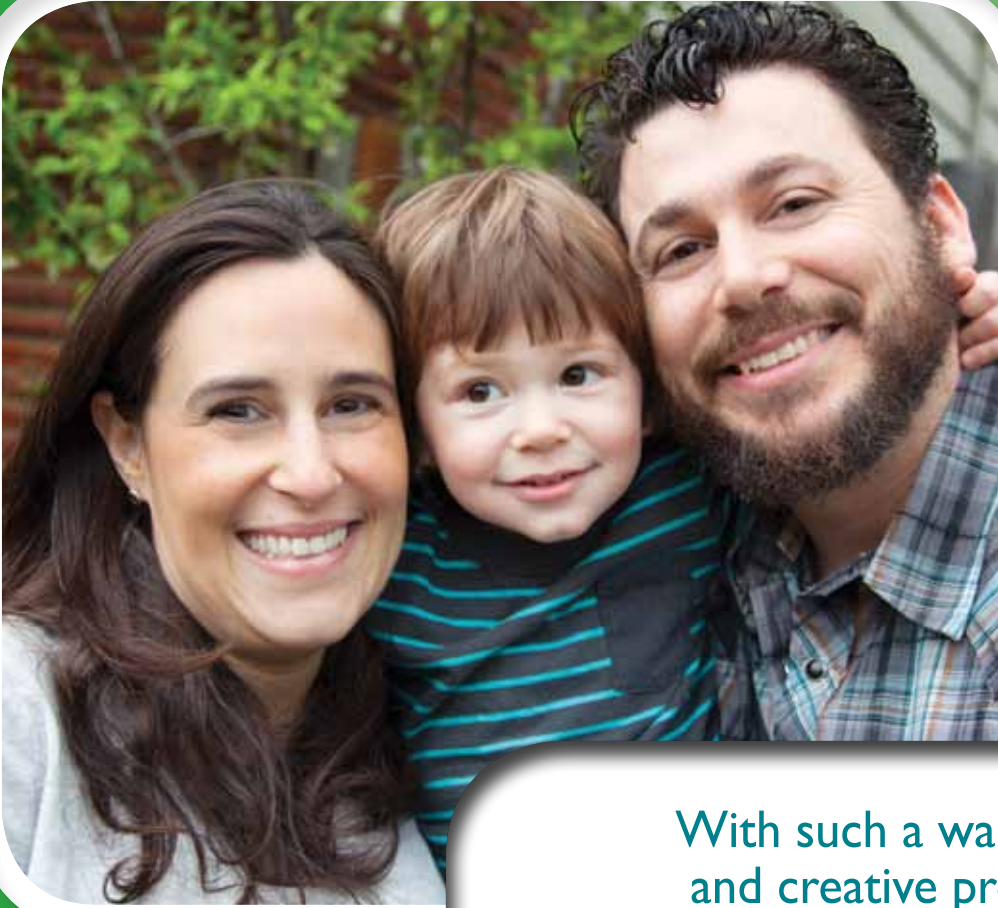
"Let's Stir it Up! Celebrating Jewish Tradition & Food." OJM gala emceed by Lisa Schroeder. Tualatin Country Club, 5 pm. Only 125 raffle tickets at \$100. For raffle or gala tickets, call OJM at 503-226-3600 or ojm.org

Temple Beth Israel's 17th Annual Dream Auction - A Night On Broadway! 4:30 pm. Reservations by May 20 at www.tbieugene.org or 541-485-7218. \$75 each; \$600 per table.

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

OJM is the Oregon Jewish Museum, 1953 NW Kearney St., Portland. 503-266-3600.

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