

JEWISH LIFE

OREGON

SERVING OREGON AND SW WASHINGTON

Symphony to showcase
Itzhak Perlman & Emanuel Ax



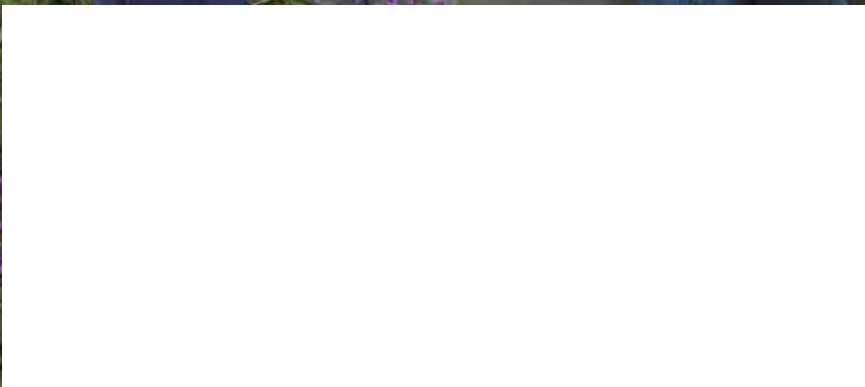
SPECIAL SECTIONS

EDUCATION

**From Preschool to College,
Teachers Make a Difference**

HEALTH AND FITNESS

**Healthy Living
Its Own Reward**





MITTLEMAN JEWISH COMMUNITY CENTER

FRIENDS
of the
CENTER
DINNER

CELEBRATING 100 YEARS!

Sunday, February 23, 2014

www.oregonjcc.org/dinner

Mercedes-Benz of Beaverton

Now Luxury has a Destination

Our customers can expect to receive the ultimate luxury experience.

- **Conveniently located on Canyon Road in Beaverton - 2 miles East of HWY 217**
- **Part of Lithia Motor's Family** (*Lithia is one of America's largest automotive retailers, established in 1946 in Oregon.*)
- **Over 275 New and over 500 Pre-Owned vehicles to choose from**
- **State of the art 39,000 sq. ft. Dealership**
- **No Appointments Necessary**
- **Free Mercedes-Benz Loaner Cars** (*for services 90 min. or longer*)
- **Mercedes-Benz Roadside Assistance Sign and Drive (Jump, Flat, Fuel), Free Towing*** (*to the closest Mercedes-Benz Dealer*)
- **Mercedes-Benz of Beaverton Exclusive Concierge Service Coming Soon**
- **Mercedes-Benz of Beaverton Exclusive Express Service Coming Soon**
- **Every vehicle we service is hand washed**
- **Free Hot and Cold Beverages, along with our freshly baked cookies**
- **Shop our fully stocked in-store Mercedes-Benz Boutique**

*Certain restrictions apply. See store for details.



Mercedes-Benz
of Beaverton

MBBeaverton.com
T [888] 319-7654
9275 SW Canyon Rd.



Upfront **10**



Cover Story **32**



Chef's Corner **28**

Inside

January 2014/ Tevet-Shevat 5774 | Volume 2/Issue 12

SPECIAL SECTIONS

14-26 Education Teachers making a difference, The interfaith path of math, Hillel goes out to students, Yiddish revival, Explore preschools at Funfest, Bar mitzvah students make waves, Scholar inspired love of Torah

40-48 Health & Fitness Should vegan be the new kosher? Doc's mission is to reduce amputations, The mental anguish of pet's death, Mom-daughter team wins nationals, Dragonboaters paddle to fitness

FEATURES

COVER STORY: Happy 100th birthday MJCC 32
 How it all began
 Looking toward second century
 Big names on campus

UPFRONT
 Cleaning Up: Beauty for the Beast 10

BUSINESS
 Ins & Outs..... 12

FOOD
 The raw talent of veggies28
 Northwest Nosh tries pasta30

SENIORS
 Newmarks swim to gold45
 You're never too old to paddle46

ARTS & ENTERTAINMENT
 Itzhak Perlman returns to Portland50
 Emanuel Ax appears at Oregon Symphony52

HOLIDAY
 New Year of the Trees 54

ISRAEL
 Jeremy Ben-Ami speaks on two-state solution55
 Israel needs to focus on UN's final Iran deal.....56
 Farewell to Arik Einstein58

COLUMNS

- 27 Soundbites
- 28 Chef's Corner by Lisa Glickman
- 30 NW Nosh by Kerry Politzer
- 38 Fashionista by Kira Brown
- 53 Ask Helen
- 56 An Oregonian in Israel by Mylan Tanzer
- 58 Life on the Other Side by Anne Kleinberg

CONNECT

- 59 Happenings: Previews
- 60 Happenings: Faces
- 62 Happenings: Calendar

Cover photo: A new generation has fun at the MJCC: Top: Abe Kushner and Catherine Ruzicka; front from left Elizabeth Sacks, Grayson Markey, Christopher Ruzicka and Hannah Kushner. Photo by Images by Floom

REDEFINING SERVICE

Teamwork • Confidentiality • Professionalism



5837 NW Skyline Blvd.



2141 NW Davis Ave.



705 NW Winchester Ter.



4315 SW Semler Way



2233 SW 21st Ave



1495 SW Clifton St.



MJ STEEN

Principal Broker | Premier Director

503-497-5199 | mjsteen@windermere.com | www.mjsteen.com


Windermere
REAL ESTATE
Windermere Cronin & Caplan Realty Group, Inc.

Family Law and Estate Planning expertise
to guide your sure and stable future.

Expertise

GEVURTZ Attorneys at Law
◆ **MENASHE**

FAMILY LAW ◆ ESTATE PLANNING

Peace of mind for all your tomorrows

OREGON | S.W. WASHINGTON

503.227.1515 | 360.823.0410

GevurtzMenashe.com



The perfect venue for business meetings, chamber meetings, networking events and social occasions. Private conference room equipped with:


- wireless internet • audiovisual equipment
- access to flipcharts • whiteboards and markers
- extensive catering options • on-site support



Looking for an out of the box way to enhance corporate development? ClubSport's **teambuilding** activities provide experiences that empower individuals to contribute to common goals, stimulate creativity, and improve productivity, motivation and communication.

Laura Goldman, Events Director
18120 SW Lower Boones Ferry Road | Tigard, OR 97224
p. 503.968.4528 | e. laura.goldman@clubsports.com
<http://www.clubsports.com/oregon>

A little sparkle
is



a good thing

JONES & JONES
Jewelers

jonesandjonesjewelers.com

7858 SW Capitol Highway ~ Portland Oregon
503-223-6020 ~ 800-316-4314



Oregon Symphony
CARLOS KALMAR, MUSIC DIRECTOR

Itzhak Perlman in Recital

Sunday, January 19 | 7:30 pm

Itzhak Perlman, violin
Rohan de Silva, piano

An evening with one of the most renowned violinists in the world – a virtuoso revered for his warmth and his artistry.

Please note: the Oregon Symphony does not perform.

Tickets start at \$35 – while they last

Call: 503-228-1353 | 10am–9pm Mon–Fri Click: OrSymphony.org
Come In: 923 SW Washington, Portland | 10am–6pm Mon–Fri

Groups of 10 or more save:
503-416-6380





Publishers
Robert Philip and Cindy Saltzman

Advertising and Editorial Director
Cindy Saltzman

Editor-In-Chief
Deborah Moon

Art Director
Susan Garfield

Copy Editors
Susan Moon
Sally Swire

Online Content Editor
Kira Brown

Columnists
Kira Brown, Lisa Glickman,
Anne Kleinberg, Kerry Politzer,
Helen Rosenau and Mylan Tanzer

Contributing Writers
Sylvia Frankel, Karen Hyatt, Liz Rabiner Lippoff,
Carine Nadel, Polina Olsen, Will Rubin,
Sura Rubenstein and Elizabeth Schwartz

Advertising Sales
Cynthia Klutznick

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

How to reach us:

Advertise@ojlife.com | 503-892-7401

Editor@ojlife.com | 503-892-7402

Publisher@ojlife.com | 503-892-7401



Oregon Jewish Life
6680 SW Capitol Hwy.
Portland, Oregon 97219
www.ojlife.com



A Prince Hal Production
(TGMR18)

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



Bonhams

Auction Appraisal Event

20th Century Decorative Arts
January 15, 2014
Portland

A Bonhams 20th Century Decorative Arts specialist will be visiting Portland to provide complimentary auction estimates with a view to selling at upcoming auctions in New York and Los Angeles.

By appointment only
+1 (503) 312 6023
sheryl.acheson@bonhams.com

Two Harry Bertoia gilded stainless steel
Dandelion sculptures
Sold for \$152,500 and \$52,500

International Auctioneers and Appraisers
bonhams.com/oregon

©2014 Bonhams & Butterfields Auctioneers Corp. All rights reserved. Bond No. 57BSBGL0808



ROSE SCHNITZER MANOR

cedar sinai park



Are you ready to start a new chapter in life—but don't know where to begin?

Chicken Soup for the Home Seller's Soul

What you need to know about today's real estate market.

Sunday, January 26, 1-2:30 pm
at Rose Schnitzer Manor

Alexis Halmy, principal broker, Windermere Real Estate, and Rachel Mohlere, senior real estate specialist, will cover a wide range of topics relating to home selling, downsizing and more.

Please RSVP by January 19, 2014.

Can't attend the seminar?
Ask us about our free gifts for visiting.

Call (503) 535-4004 or visit
www.RoseSchnitzerManor.org
to RSVP or schedule a visit today.

RSVP@OJL

Editor's Letter



This month Oregon Jewish Life looks at education and the impact good schools and good teachers can have on children. An excellent teacher influences a child's life long after the school year ends.

A 2012 study by professors at Harvard and Columbia tracked 2.5 million students over 20 years, from fourth grade to adulthood. It showed that a good teacher improves lives into adulthood.

I think most adults can look back on a teacher who made a difference in their lives. I know I can. I feel fortunate to have had many wonderful teachers growing up. But I remember two without whom I would not be a journalist.

When I was in seventh grade, my family moved to the small town of Youngstown, NY. The transition to junior high was especially nerve-racking, since I had spent most of the previous years in class with the pretty much the same 20-25 children.

But Mrs. Smith, yes that really was my English teacher's name, changed my experience. From our first writing assignment she became my champion. She inspired me to think and write clearly. And at the end of seventh grade, she recommended me for a special eighth-grade class in creative writing instead of the standard eighth-grade English. That class, too, was wonderful, though I can't recall the name of the teacher who guided us as we spent the year writing, among other things, our own novel.

As much as I enjoyed writing, when I headed to college, I enrolled in science and math classes so I could apply to vet school. After spending a summer working in a vet clinic, I realized I didn't want to become a veterinarian. I had taken several literature courses with one professor who taught me a lot about writing. On my very first essay in his class, he wrote in huge red letters, "Holes you could drive a truck through" and "Support this." I took his comments to heart and learned more about writing with purpose. When I wanted to change my major, I went to talk to him. He suggested I apply to the technical journalism department – it would use my science background and my writing skills. "You are a good writer," he assured me.

I took his advice and have never been sorry.

For this issue I talked to some wonderful educators whom I expect to have just as much impact on their students. As you read about them, I hope you find yourself smiling as you remember your own favorite teacher.

Deborah

SOUNDBITES ((Couples

NEXT MONTH: For our special section on weddings in our February issue, we want to hear from couples for our monthly Soundbites feature (see page 27 in this issue).

Tell us about how you met and/or your proposal.

Please send a "couple photo" and your short story (up to 70 words) of how you proposed or met to editor@ojlife.com by Jan. 8.



.....

Letters from readers

Oregon Jewish Life
welcomes comments from readers.

Please send your letters to
editor@ojlife.com.

Dear Editor:

In the guest column of the November issue of Oregon Jewish Life, Robert Horenstein, the author of the article "We have a lot to worry about" struck a chord with me. Given the overwhelming seriousness of global warming, it is discouraging for most individuals to be primarily focused on their own concerns. I applaud him for his take on the need for all of us, above all the major religions, to get behind a herculean effort to slow the process down so appropriate adjustments in people's lives can be made.

Thank you,

*Jules M. Elias PhD
Portland*

Dear Editor:

Thanks so much for the wonderful article on the new siddur at Congregation Shir Tikvah (December 2013, page 45)! Just one correction: almost all of the prayerbooks that CustomSiddur (my company) makes are for bar and bat mitzvah services, not weddings or confirmations.

It was a joy working with the Shir Tikvah siddur committee.

*Vivian Singer, owner
CustomSiddur*

Dear Editor:

Finally someone told me about this publication!

Thank you,

*Janet Deitsch
Depoe Bay*

The Harold Schnitzer Family Program in Judaic Studies at Portland State University

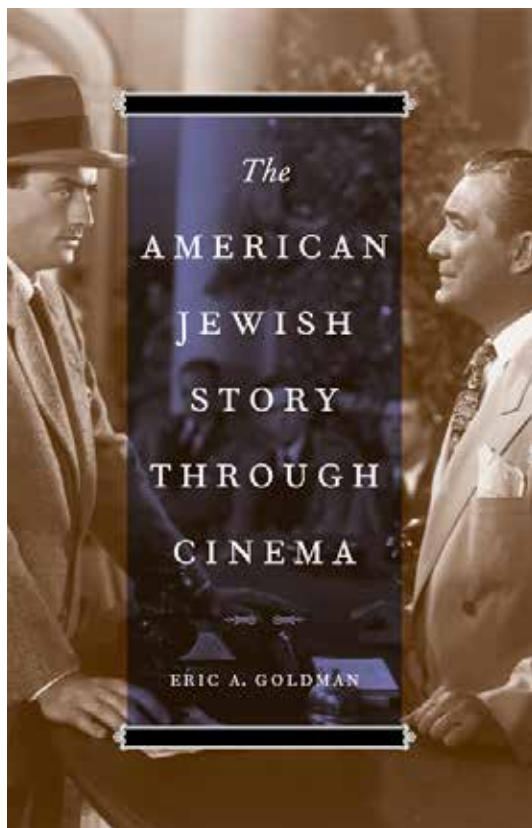
presents

The 9th Annual
Gus & Libby Solomon Memorial Lecture

The American Jewish Story Through Cinema

featuring

Eric A. Goldman



Thurs., Jan. 23, 2014

7 p.m.

PSU

Smith Memorial Student Union
Room 238
(Browsing Lounge)

*Free and open to the public,
and Goldman's book will be
for sale after the talk.*

By analyzing select mainstream films from the beginning of the sound era until today, this groundbreaking study uses the medium of cinema to provide an understanding of the American Jewish experience over the last century.



Eric A. Goldman, professor, author and Jewish film expert, has written extensively on the Jewish experience in film. His latest work, published in April 2013 by the University of Texas Press Austin, "The American Jewish Story Through Cinema," chronicles the American-Jewish encounter with movies.

For more information visit www.pdx.edu/judaic or contact Jenn Director Knudsen at knud@pdx.edu



For directions scan
the QR code below



Jewish Federation
OF GREATER PORTLAND

THE STRENGTH OF A PEOPLE.
THE POWER OF COMMUNITY.



Michael Shapiro and Bettie show off some of the “Chewish” dog toys he carries at Beauty for the Beast.

Krystee Sidwell gives Cooper, a 6-year-old brindle boxer, a bath to make the dog she is fostering more adoptable by prospective pet parents. Photos by Deborah Moon



Cleaning UP

20 years ago Beauty for the Beast was one of first do-it-yourself dog laundrettes

By Deborah Moon

Twenty years ago Michael Shapiro wanted to open a different kind of business that fit into the Portland culture. In the five years he had lived in Oregon, he noticed many people with dogs had do-it-yourself attitudes. So he created Beauty for the Beast, a pet laundrette that had everything people needed to bathe and groom their own dogs.

Now celebrating its 20th anniversary, Beauty for the Beast has expanded organically to include retail, grooming and even doggie day care at one of its two locations.

When Michael opened his first do-it-yourself dog wash site on Sandy Boulevard, he had three tubs for large dogs, one tub for small dogs and drying benches with grooming supplies.

“We have all the standard grooming equipment,” Michael says. Shampoos, ear wipes, brushes, dryers and nail clippers are provided, and electric clippers and Furminators (to remove undercoats) are available for rent. “People started to ask if we sold this shampoo or that brush, so we started a small retail section. That naturally led into pet supplies and food.”

After about five years, Michael expanded into the empty retail space next to the bathing facility and added more retail. As business grew, he hired someone to help out. She was a groomer and eventually persuaded him to add yet more space and professional grooming services. “A lot of people use the groomer, but in between

“People started to ask if we sold this shampoo or that brush, so we started a small retail section. That naturally led into pet supplies and food.” — Michael Shapiro



they come in and self-bathe their dog,” Michael says.

He added a second location on North Lombard about seven years ago, and since that site had more space than he needed, as well as outdoor space, he eventually decided it was natural to add doggie day care in that location.

Having grown up in a large Jewish community in Cleveland, Michael was intrigued when he saw “Chewish” dog toys at a trade show. The stuffed dog toys include bagels and lox, dreidels and lips labeled “Yenta.” He now features a full array of the Copa Judaica Chewish toys. He also stocks doggie kippot and tallit from a company that makes Halloween costumes for dogs.

“I grew up in South Euclid and then moved in with my grandparents in University Heights,” he says. “I went to temple and Hebrew school and had a bar mitzvah – the usual. It was a huge Jewish community; I was pretty immersed.”

Nowadays he has an annual Hanukkah party for friends, attends High Holiday services at Beth Israel with a friend and stocks everything Jewish dog owners could ever want for their dogs. 🕍



Your Largest Independent Local Mortgage Lender



829 NW 19th Avenue, Portland Oregon 97209

Jim Lowenstein

Branch Manager / Sr. Loan Officer NMLS-57654

LOCAL
503.243.2674

TOLL FREE
1.800.595.7280

Jim, a native Portlander, is an avid foodie, competitive softball player and dedicated college football fan. Jim's 20+ years of experience in the mortgage industry have taught him to effectively and ethically assess his client's needs and respond with a personalized loan solution for each borrower.

Northwest Mortgage Group, founded in 1995, has been recognized as 2013's #1 *Top Work Place* of mid-sized companies in Oregon! NWMG will give you a full-service lending partner. Almost all our underwriting, processing, and funding of loans is done in-house, which means we offer extremely competitive interest rates and fees.

Residential Financing Programs Include:

Conventional, FHA, VA, Jumbo, USDA, Fixed-Rate, Adjustable-Rate, Conforming, and Second Mortgages

Northwest Mortgage Group, Inc. | NMLS-40562 | CL-40562 | Not all applicants will qualify.

THE JEANNE PAUL TEAM
REAL ESTATE BROKERS

- **PROACTIVE**
- **PROFICIENT**
- **PROFESSIONAL**



503.810.8195

JEANNE PAUL

PRINCIPAL REAL ESTATE BROKER

† WINDERMERE CRONIN & CAPLAN REALTY GROUP, INC.

JEANNEPAULTEAM.COM

Cedar Sinai Park welcomes Rabbi Abby Cohen

By Polina Olsen

Rabbi Abby Cohen has wanted to live in Portland since she attended a knitting conference here in 2009.

She started rabbinical training 1987, but soon raising two children took priority. She returned to the Jewish Theological Seminary of America later in life and graduated in 2012. Now she's found her dream job as spiritual director of Cedar Sinai Park in the city where she had hoped to settle for years.

"It's Jewish values, Jewish celebration, honoring people as they get older," Rabbi Abby says about her new position. Before moving to Portland, she completed chaplaincy training in California including hospital and hospice work. She grew up in New Jersey and earned an undergraduate degree at Bennington



Rabbi Abby Cohen in her office at Cedar Sinai Park. Photo by Polina Olsen

College in Vermont before enrolling in rabbinical school.

"I've been trained to work as an interfaith chaplain, and I work with people of every stripe. I'm here to support the staff, volunteers and residents. I'd like everyone that Cedar Sinai Park touches to have pastoral care if they want it."

Rabbi Abby plans to enhance existing programs and create new ones. "I want to make Jewish texts accessible by teaching in ways that are invigorating and accessible," she says. "I'll lead services sometimes, but we are so lucky to have an incredible group of volunteers (who do that). I'll support any who want to hone their skills. We'll make sure religious services are engaging and not too long for the residents' comfort. And pastoral encounters can happen in the dining room, or elevator, or while you're pushing someone's wheelchair. It's a matter of being mindful. There's always an opportunity to connect."

CSP board member Eddy Shuldman deals with religious and spiritual life. "We weren't looking for a rabbi or chaplain, but someone with experience working with elders who could offer chaplaincy, provide spiritual guidance and offer a spiritual experience," she says. "Our Jewish and non-Jewish residents have theological questions like where is G-d, and why is this happening to me? Volunteers and local rabbis helped, but a large number of residents are not affiliated with a synagogue."

Shuldman looks forward to Rabbi Abby's help supporting volunteers, teaching residents and helping staff learn about Jewish holidays and customs. "I'm passionate about this," she says. "One thing that makes Cedar Sinai special is that everyone's emotional and spiritual needs are valued."

CSP Chief Executive Officer David Fuks agrees. "Many who come here already have an attachment to a rabbi, but the number of unaffiliated has grown," he says. "Close to 40% of Rose Schnitzer Manor residents have followed their kids to Oregon. We encourage all the rabbis to be a presence on this campus. A number of volunteers do religious services, and people love to come make something lively happen on Shabbat. We don't want to interrupt these things, we want to augment them."

NO HASSLE CAR BUYING

WITH MORE THAN 85 STORES, WE HAVE WHAT YOU'RE LOOKING FOR!

With stores across the nation, Robert and I have taken great pride that so many thousands of customers turn to us year in and year out to meet their driving needs. We appreciate the trust that has been placed in us by Jewish communities across the West. We appreciate your years of loyalty to us, and we look forward to serving YOU without any hassles, in the years to come.

PORTLAND • EUGENE • BEND • MEDFORD
SPOKANE • KLAMATH FALLS • ROSEBURG
SEATTLE • BOISE • REDDING

Oregon City
Subaru



BMW of Portland
Mini of Portland
Seattle BMW
Spokane BMW



Mercedes Benz of Portland
Mercedes Benz of Beaverton



DICK HEIMANN
Vice Chairman
Direct: 541-944-3483
dick@lithia.com



ROBERT SACKS
Multi-Store Manager
Direct: 541-770-7195
rsacks@lithia.com


Call today for a VIP price quote!

TOLL FREE: 1-800-866-9213

LITHIA AUTO STORES
Serving Our Communities Since 1946

Shop Online Today:
LITHIA.COM

“We spent a long time clarifying the job description,” Fuks continues. “Not everyone we interviewed was a rabbi. Although Abby was ordained through the Conservative movement, she has a heterodox approach welcoming Orthodox, Reform and ethnic Jews. The goal is robust Jewish living. All the work we do on the campus should be perceived as a spiritual expression.”

For more information on Cedar Sinai Park visit cedarsinainpark.org. Contact Rabbi Abby at Abby.cohen@cedarsinainpark.org 



JENNIFER FELBERG'S ROLE AT CSP EXPANDS

Jennifer Felberg is now the campus life enrichment director at Cedar Sinai Park.

Jennifer has worked at CSP for the past five years, first in the Adult Day Service program and, since late 2012, as life enrichment director for Robison Jewish Health Center.

Born and raised in Portland, Jennifer has been a professional singer, a cruise ship entertainment director and a

personal trainer at the Mittleman Jewish Community Center.

The expansion of her position will unite the daily flow of life at CSP as she oversees programs and activities for the more than 200 residents of Rose Schnitzer Manor and RJHC. This staff restructuring will ensure seamless management between the two facilities, building upon the notable work Felberg has exhibited at RJHC.

VICTORIA SILVERMAN TO HEAD PNW OFFICE FOR HEBREW UNIVERSITY

American Friends of The Hebrew University announced the appointment of Victoria Silverman as executive director of its Pacific Northwest Regional office. Silverman will spearhead fundraising and development efforts for one of AFHU's largest and most active geographic regions.

AFHU's Pacific Northwest office will work to showcase The Hebrew University of Jerusalem, Israel's foremost institution of higher learning and research, throughout northern California and additionally in Alaska, Idaho, Washington, Oregon and Hawaii. AFHU, which is headquartered in New York, has eight regional offices throughout the United States.

“Ms. Silverman is an exceptional professional with extensive experience in the realm of higher education as well as in other spheres,” stated Eric Stein, president of AFHU's Pacific Northwest region. “The diversity of Ms. Silverman's professional background, combined with her commitment to Israel and the Jewish community, affirms that she will succeed at strengthening the bonds between The Hebrew University and people, communities and industry throughout the Pacific Northwest.”

A resident of San Francisco, Silverman has achieved many milestones in fundraising, marketing and communications. She has worked to foster cultural institutions such as symphony orchestras, gained support for academic research, advanced the U.S. film industry, and promoted the American biotech sector. Throughout her career, she has worked with heads of state, CEOs of major corporations, scientists, movie celebrities, entrepreneurs and industry leaders.

AFHU Executive Director Victoria Silverman may be reached at American Friends of The Hebrew University, 591 Redwood Highway, Suite 2310, Mill Valley, CA 94941; 415-231-6720.

Business Ins & Outs welcomes submissions of news items about businesses and Jewish organizations including new leadership, retiring leaders and new facilities. Send your business news brief of up to 250 words, along with a photo, to Oregon Jewish Life Editor in Chief Deborah Moon at deborah.moon@ojlife.com.

BECKY EWER NEW MARKETING DIRECTOR FOR MJCC/PJA



The Mittleman Jewish Community Center and Portland Jewish Academy have named Becky Ewer the new marketing and creative director. She started with both organizations in 2004 holding the position of graphic designer/marketing specialist.

Ewer grew up in Seattle and ventured to the East Coast for college. She holds a bachelor's degree in business from Skidmore College and a master's in arts administration from Boston University. She

has also taken graphic design courses at Pacific Northwest College of Art and New Horizons Computer Learning Centers. Ewer has always worked for nonprofit organizations mainly in the arts and Jewish sectors. She is active in the Jewish community as one of the founders of ReJewvenation, an annual Jewish women's retreat at B'nai B'rith Camp and has served as a Rosh Hodesh “It's a girl thing” leader at PJA.

For several years, Ewer has helped numerous Jewish organizations with graphic design needs through her personal business, Silver Spot, ink. She provides graphic design and marketing expertise for 45th Parallel, a local chamber music presenting series founded by her husband, Greg Ewer. Becky plays violin in a quartet, loves Scrabble and enjoys knitting and felting bags.



דור לדור

Realtors® for Every Generation

Working for you and our community since 1978

TO LEARN MORE VISIT

cweinsteinpdxhomes.com

OR CONTACT US PERSONALLY

CAROLYN 503.802.6415 **ROBIN** 503.802.6405

carolynandrobin@hasson.com



Teachers making a difference

By Deborah Moon

As budget constraints force Oregon school districts to shorten school years, increase class sizes and reduce offerings, many families turn to private schools to meet their children's needs, both scholastic and spiritual.

From preschool through college, the teachers profiled here have found a home where they make a difference in students' lives.

Esther Fischer
Maayan Torah Day School
portlandjewishdayschool.org



Esther Fischer has been teaching at Maayan Torah since the day school opened three years ago. The school now serves students in preschool through middle school.

Having taught in varied settings for 15 years, Fischer says she has never had a class where her degree in special education has not been useful. "Even in regular education, I've always had children with special needs in my classroom ... kids who need a little extra help. It's about redirecting them towards their strength."

At Maayan Torah, she says her pre-kindergarten students benefit from the school's emphasis on being supportive and helping children grow in a positive way. She enjoys the school's supportive atmosphere for both students and staff. "It's professional, yet warm. We work collaboratively."

Fischer believes that her job as a teacher "is to show the children how they impact the world and give them a positive self-image with continuing successes through the day."

"Preschool is a crucial age," she says. "Children who have time to play with teachers guiding them, work on imagination and critical thinking skills that help them in future years. If it's just about the ABCs and numbers, they don't have the opportunity to really build their critical thinking and imagination."

Fischer says the preschoolers do learn letters and numbers, but they also have experiences that create children "who are writing beautiful essays" in later years.

One of Fischer's favorite projects this year was the class's creation of a Hanukkah book. The book features photos of students looking for a hidden jar of oil and descriptions of where they are looking, such as *under* the sofa or *on* the table.

The students' language skills also develop, because after they find the jug of oil, they have to describe where it is without pointing. "They are learning about prepositions and the Hanukkah story," she says of the project. "We take what they learn and try to make it come alive."

She says students enjoy seeing themselves in the book's pictures, and the simple, repetitive language enables all of the students to "read" the book.

Chaya Rivkin
Maimonides Jewish Day School
maimonidesjds.org



Chaya Rivkin has been teaching for 16 years and has been the rebbetzin of Chabad Hillsboro for the past seven years. At Maimonides Jewish Day School she teaches Hebrew and Judaic studies in second to fourth grade.

For parents who cannot afford or choose not to send their children to a Jewish day school through middle school, Rivkin says

she thinks even one or two years in the elementary years can have lasting impact on children.

"This is not a one-year experience," she says. "They are skills they will live with for life."

"The skills we focus on in Hebrew and Chumash are skills that can be applied in English," she says. Decoding skills and techniques students learn to decipher unfamiliar words are applicable in either language, and the critical thinking skills they develop in Torah study can be applied to all subjects.

She says she was attracted to teach at Maimonides because "here what is taught is what is lived. ... Torah is a book of lessons for us to live. Every day students are here they learn another lesson for their daily life." For instance she says children learn how to treat guests from studying how Abraham welcomed guests to his tent.

"These lessons will be part of them and be part of their life," she says.

"Kids feel I'm not just coming in to teach them about the holiday, I love it and I live it," she says. "So they love it and it will become part of them."

Her favorite project is a daily assignment.

"At the end of every day, I ask them to apply what was learned to their life. Every day they learn something new," she says. She then asks each student to look at the lesson and "apply it to yourself."

"At Maimonides, students get a solid foundation that becomes part of them," she says. She saw proof of that recently in her role as the rebbetzin in Hillsboro. When she saw a young man at a holiday party saying the blessing before eating, she asked him about his background. Though he went to Maimonides for only two years as a child, "at age 26 it is still very much a part of him."

Elana Cohn-Rozansky
Portland Jewish Academy
pjaproud.com



Elana Cohn-Rozansky began teaching in 1988 and has taught off and on in a variety of settings and subjects. She has taught high school English in public schools and served as the middle school Midrasha coordinator at Congregation Beth Israel for 10 years. She began teaching at Portland Jewish Academy in 2002 as a substitute. She says teaching at PJA is “the best of both worlds.”

“We have curious students who I know love to learn, and that makes it a joy to teach them,” she says, adding that her outstanding colleagues and the school’s supportive administration make her job a pleasure. “For me personally it is a great combination of my secular and religious school work.”

This year Ms. C-R, as she is known by her students, is the service-learning coordinator for PJA, where she is also in her fourth year of teaching sixth-grade humanities.

In her service-learning role she coordinates school-wide projects such as donation drives. She serves as a resource for kindergarten through middle school teachers seeking hands-on projects, including many that take advantage of the school’s partnership with Cedar Sinai Park to give students intergenerational experiences. She also teaches one quarter of the eighth-grade Capstone class to help each student develop a service project that ignites his or her passion. Students in the class then spend another quarter writing papers about that project and a third quarter developing a drash that connects their work to Jewish values.

“I’m proud of the work I do getting kids involved in the community,” says Ms. C-R.

In her sixth-grade humanities class, she tries to engender an enthusiasm for learning within her students.

She says she thinks the imaginative biography she has her class write each year helps students understand how what they do now impacts their future.

“They look back on the truth of their first decade and then imagine how their second and third decades will play out,” she explains. “I think it’s the first time they think about their future and how decisions they make now affect their future. I think it resonates with them beyond their years here.”

Paul Martone
Northwest Academy
nwacademy.org



High school teacher Paul Martone says he believes that making a difference in students’ lives “begins with an appreciation for the difference the students make in my life.”

A teacher for nearly 14 years, Martone has spent the past 5½ years at Northwest Academy, an independent middle school and high school in Portland. He teaches senior-level English/humanities and senior thesis, as well as creative writing for 9th to 12th grade.

One project Martone especially enjoys is the high

school’s Visiting Writers Series, which attracts diverse and talented authors to Northwest Academy from every region of the country. For the project, which was launched two years ago, English/humanities teachers read and discuss the visiting authors’ books with the students in advance of each reading. In October Nashville-based

Why MALS?

“As a primary care physician my continuing education was spent in medicine. I enjoyed reading but I needed something more structured to counterbalance my professional life. Now retired, my life is filled with travel, friends and volunteer work—interests my MALS experience enriched significantly. Academic discussions turned into friendships that have become an important part of my life. Courses in history, literature and even mathematics added textures and crosscurrents that flow from the multi-disciplinary approach. In particular, the religion department courses gave me greater understanding of the issues, conflicts and projects in the Middle East and SE Asia.”

Harold Nevis
Retired Kaiser physician

www.reed.edu/mals

REED COLLEGE
MASTER OF ARTS IN LIBERAL STUDIES

O UNIVERSITY OF OREGON

Curiosity Never Retires

TWENTIETH ANNIVERSARY

OSHER LIFELONG LEARNING INSTITUTE

No tests, no grades—just learning for the joy of it!

Join us in Eugene-Springfield or Central Oregon.

EXPLORE | DISCOVER | SHARE

LEARN MORE

800-824-2714 • 541-346-0697
<http://osher.uoregon.edu>

EO/AA/ADA institution committed to cultural diversity. © 2014 University of Oregon.

poet Marcus Jackson, whose poems have appeared in *The New Yorker*, *The Writer's Almanac* and *Harvard Review*, visited the school. December's visitor was fiction writer Sarah Gerkenmeyer, a graduate of the MFA program at Cornell University whose debut short story collection won the 2012 Autumn House Press Fiction Prize and was long-listed for the Frank O'Connor International Short Story Award.

"Our primary goal is to create impactful literary experiences and foster lifelong reading habits," says Martone. "Students are encouraged to read each visiting author's book without the burden of quizzes or tests. It's a thrill to read and discuss a new set of books each year, and then hear the students pose thought-provoking questions to the visiting authors."

Martone says that students are a primary source of inspiration for the faculty at NW Academy, which is why he loves teaching there.

"Every teacher and administrator in our community is committed to inspiring students to discover their intellectual and artistic voices in a creative and supportive atmosphere," he says. "Their observations, questions and insights shape our daily experiences. As an individual participant in the school's community, I'm also inspired by my colleagues' devotion to their disciplines, grades 6-12. The school's administrators, a creative-minded set of innovators and visionaries, have attracted exceptional teachers in every discipline."

Laurie LePore
Riverdale High School
riverdaleschool.com

Riverdale High School science teacher Laurie LePore has made a big impact on her students and the world with her H2O For Life class. RHS is a small public high school, which also enrolls students from outside the small school district.

Riverdale's clean water warriors were invited to the November International Water Conference hosted by Congressman Earl Blumenauer at Portland's Mercy Corps Center. The H2O for Life class was one of the groups highlighted as water experts, along with Conservation International, Engineers Without Borders, Living Water International, Medical Teams International, Green Empowerment, CARE, ONE.org, Water Africa, Portland State University's SWEET Lab and Oregon State University.

Blumenauer presented LePore with the International Water Leader of the Year award.

LePore has influenced many students (future water leaders) in remarkable ways. Following are some student comments about LePore and the class:

- "H2O for Life is a class that is comprised of students who are aware of the global water crisis and are willing to go above and beyond normal class expectations to educate and inspire change in the community while fundraising money for the building of wells, water purification systems and bathrooms in areas of need. ... At the end of this year, eight schools from Africa, the Philippines and India will have new access to water thanks to the H2O class and Mrs. LePore's dedication."

- "Being in Ms. LePore's water class reaffirms the most incredible thing that any youth can believe: that they can make a difference. ... Ms. LePore teaches students that from the classroom in Riverdale High School, working in a group of 25 people, they are powerful and their actions have meaning. Knowing that as a teenager gives them hope and creates a feeling of limitless possibilities."

- "Mrs. LePore is admired because she has dedicated so much of her own time and effort to help this cause. She inspires us not only with her enthusiasm for helping other people gain access to clean

water, but also with her encouragement of our individual interests. Being an altruistic, passionate, and motivating educator and mentor, Mrs. LePore serves as a role model for many students."

Professor Ann Delehanty
Master of Arts in Liberal Studies program
Reed College

Reed College Professor Ann Delehanty says she is energized by the students she teaches in Reed College's Master of Arts in Liberal Studies program.

Delehanty joined Reed's faculty immediately after earning her Ph.D. from the University of


California-Berkeley in 2000. A professor of French and humanities at Reed since then, Delehanty began teaching in the MALS program in 2011. MALS attracts students interested in the "pursuit of wisdom" rather than specialized knowledge. MALS students range in age from the mid-20s to retirement age, and most work full or part time.

"The MALS students amaze me with their ability to bring so much energy to the classroom, even after working a full day at their day jobs," says Delehanty. "They truly understand the value of learning for learning's sake, and they want to get the most of each minute of class discussion. Students like this energize a teacher."

She recently taught "Truth and Representation in Early Modern Europe," which reflects the broad-based subject material presented in MALS. MALS allows professors to truly interact with students, says Delehanty.

"Classroom discussions are at the heart of the MALS experience," she says. "As the teacher, my role is to facilitate the discussions with key promptings and then let the students take over. They don't ever take the classroom for granted – they know that if everyone puts work into the conversation, it can be the locus of transformative discussions and collective refinement of great ideas. The classroom becomes a place where one has the ultimate luxury of bouncing ideas off of one another, trying out different interpretations of the text and maybe even getting new perspectives on some of the really big questions."

Delehanty says she thinks she makes a difference in MALS students' lives because she listens.

"I hope that I can be someone who truly listens to what the students have to say," she says. "It is rare nowadays to have the time and opportunity to really listen, react and respond to what other people say. The MALS classroom is a place where, I hope, all the students get a chance to hear and be heard." MALS student Neil Ramiller thinks Delehanty succeeds in that quest. "As an exemplary practitioner of Reed's conference method of instruction, Professor Delehanty showed us all how we can, by putting our minds together, always find one more important question to ask about any work of literature, history, art or philosophy. Moreover, time and again she helped us to understand that thinking more deeply about difficult questions is not just hard (and satisfying!) work, it can also be the occasion for camaraderie, humor and personal insight." 



Portland Jewish Academy Auction Raises \$555,000 for S.T.E.A.M. and Scholarships!

Science • Technology • Engineering • Art • Math

Technology at PJA

At Portland Jewish Academy, we view technology as a tool for exploration, collaboration and communication. Our teachers and students thoughtfully use technology to enhance and extend the classroom experience and our school values; study, respect, responsibility, appreciation, community, and Jewish identity.



Our students graduate with strong technical skills based on practical, critical, and creative use of technology.

“I teach third grade general studies at PJA. My Jewish Studies teaching partner and I believe in guiding our third graders to take ownership of their learning. This means helping them to discover different ways to demonstrate the concepts and skills they are acquiring. Technology helps us do this by providing tools that boost students’ engagement and foster their creativity. An example of this is our use of auras, a form of augmented reality. Using the Aurasma app, students create a media file, usually a video, which is paired with a trigger image. When someone views the image with their device, the image comes to life, showing the student-created content. Right now we are working with our librarian Molly Sloan to create book reviews that other students can access when they are browsing in the library. To see an example of how Aurasma works, follow the directions below to download the app. Be sure to follow the channel, point your iPad or smart phone at the image, and hear how our students think technology helps them learn!”

- Rand Raynor

To see the Aura in this ad

1. Download the Aurasma app (iOs or Android).
2. If you have a QR reader, scan the QR code.
This will take you to the PJA Proud channel. You may also simply search for the PJA Proud channel inside the Aurasma app.
3. Click “Follow” the PJA channel.
4. Point your device at the picture in this ad with the Aurasma app. Enjoy!
5. When the video begins tap your screen twice to keep watching.



PJA Meet and Greet (on the eastside)

Sunday, January 12, 12:00 - 2:00 pm
Opal 28 - 510 NE 28th Ave.

Thank You to Our PJA Auction Sponsors!

COMMUNITY GRAND PATRON

Steve “Rosy” Rosenberg and Ellen Lippman
The Jay & Diane Zidell Charitable Foundation

DIAMOND

The Gayle Schnitzer Romain Fund of OJCF
The Harold & Arlene Schnitzer CARE Foundation

PLATINUM

Lisa Gitelson, DMD, PC
Hachler Investments, LLC
Harley Marine Services
Provenance Hotels
Stan & Madelle Rosenfeld Family Foundation
Sharon Ungerleider

GOLD

Keith Berne, Realtor, Re/Max Equity Group
Michael and Chris Feves
Sarah and Jonathan Glass
HFO Investment Real Estate
Jeanne Paul Team
Carolyn Wooden-Johnson and
J. Michael Johnson and Bradley Johnson
Josselson & Potter
Samuel Metz
Morgan Stanley/Jimm and Vickie Pierson
Brian, Amara, Jared and Jordan Norman
Jerry and Bunny Sadis
Eve Stern and Les Gutfreund
Sharon Stern and Steve Rallison

SILVER

Rabbi Michael and Cantor Ida Rae Cahana
Milt Carl and Family
John and Beth Germain
Merrill and Perry Hendin
Sue Hickey and Sheldon Klapper
Horowitz Family
Erik Richmond and Annette Demsey
Linda and Gary Singer
Marshal Spector and Gevurtz Menashe
The Mark Spencer Hotel
Jim and Susan Winkler

BRONZE

Alan Bacharach, Wealth Strategies
Brian and Alisa Bendis
Barry and Karla Benson
Bluestone & Hockley Real Estate Services
Julie, Tom, Melissa and Rachael Diamond
Barbra and Adam Fisher
Robert Gitelson, MSW, LCSW
Happy Cup
JKP Fundraising LLC
Priscilla and Tony Kostiner
Ryan and Jordana Levenick
Jim and Lora Meyer
North Rim Development
Group, LLC
Northwest Bank
Jen Singer at soldbyjen.net



WHY I STOPPED WRITING BOOKS AND STARTED TEACHING ONLINE

By Vanessa Van Edwards

It's really hard to be a self-help author. Despite the warm and fuzzy messages of most self-help books, the publishing industry is cutthroat. In fact, the only thing harder than publishing self-help books, is making a living as a self-help author. After marketing costs, website development and book tours you are lucky to make \$1 per book.

That's why I stopped writing books and started teaching online. And I'm not alone. In the last two years more than 30 online course platforms have cropped up. These are websites that host thousands of "moocs" or massive online courses, where students can enroll in everything from serious MIT lectures to casual subjects like knitting and kosher cooking.

I had heard about online courses as an alternative to publishing, and decided to run an experiment. Luckily, my subject is much better suited to video and in person trainings as I teach body language and human lie detection. Usually I do corporate trainings – sales, human resources or managers, and occasionally host events for the public on body language for dating, poker players or entrepreneurs.

In June of 2013 I choose to film one of my basic lectures "The Secrets of Body Language" in my living room. This was the most bootstrapped "set" you could imagine. I filmed with my iPhone, used a stack of cookbooks as my tripod and dragged over every lamp I own to light the area.

After exactly 56 hours on the online learning platform called Udemy something amazing happened. The course started to sell. And sell. And sell. Every morning I woke-up to my inbox filled with sales. At \$49 per course, I sold \$8,000 worth of courses in the first week. Thinking it was a fluke, I filmed my second course "How to Be a Human Lie Detector" in the same bootstrapped manner. This time only 42 hours after publishing the sales started to roll in. By August of 2013 I had enough for a down payment on our first home.

There are both benefits and pitfalls to teaching online. On the pro side: you can reach thousands of new students and video teaching enables more engagement than a book. On the con side: you have to be comfortable on camera, and protecting your content from copyright is more of an issue. But overall online course platforms are transforming learning.

Even if you didn't get into Harvard, you can now take their "Shakespeare After All" course online. For \$55 you can take "Judaism 101" from UniversalClass.com. You can learn for free how to "Write Music Like Mozart" on Coursera.org.

I don't believe online courses will kill books. Rather, technology has created a new category of online learning where students can be more engaged and teachers can actually earn a living. And for that, I'm grateful.

To see Vanessa's courses visit: ScienceofPeople.com



On a journey to learn how to teach mathematics, Sherri Adler (back row, third from left) also formed interfaith connections at the Minaret Academy.

Sherri Adler finds math an interfaith path

By Elizabeth Schwartz

Mathematics may seem like an odd means for building interfaith bridges, but mathematics teacher and consultant Sherri Adler has met people she would never have encountered without it.

Adler trains teachers in Singapore Math and Common Core standards. Until recently she was a partner and co-founder of SMARTTraining, LLC, which provides in-depth teacher training in the Singapore Math method to school district math departments around the country, including the Yamhill/Carlton school district in the Willamette Valley and Central Christian, a private school located outside Burns, OR. Adler also lectures about math for the Bureau of Educational Research. Her current lecture, which she'll deliver several times next year, is titled, "How To Close the Achievement Gap Using Singapore Math Strategies."

Singapore Math is a teaching method based on the national math curriculum used for kindergarten through sixth grade in Singapore. Students master basic mathematical concepts using a three-step learning process. "We start with a concrete manipulative, like blocks or poker chips or paper clips, then move to a pictorial representation of the idea and finally introduce the equation, which is the most abstract aspect of the process," Adler explains. "Singapore Math emphasizes mastery. It explains why the math works, not just how."


Adler first encountered Singapore Math when her own children went through the program in Phoenix, AZ, in one of the first schools to implement Singapore Math in the United States. "I never thought I wanted to teach math until my kids went through this program, and I saw what a big difference it made to them," she explains. Adler taught full time between 1993 and 2006 – "I took a few years off when the kids were young" – and now spends most of her time as a trainer and consultant to teachers and school districts around the country and overseas. "I recently returned to the classroom twice a week, so I can experience what today's classrooms are really like," she adds.

Teacher trainings generally take place in the summer months when school is out of session. "Now that I'm a consultant and trainer, I'm just a picture on the mantle to my family during the busy season, because I'm gone for three out of four weeks in a month," Adler admits with a rueful grin.

Last summer she returned to the Minaret Academy, a Muslim school in Anaheim, CA, for a teacher training. "I've been there three times, and they found out after the first time that I was Jewish. I'm very proud of my religion, and I've taught religious school for many years, so I made of point of slipping it into the conversation," says Adler. "Initially, I think they were a little surprised that a Jewish woman would come into their school and share with them, but from that moment on they made me feel

very welcome. They made incredible feasts for me every time I visited." Minaret Academy is a religious Islamic school; all the female teachers wear full hijab, and the whole school breaks for daily midday prayers. "There are Muslims from all over the Middle East represented among the educators, so I've been able to learn about many different cultural and religious customs from them."

Adler relishes the opportunity to connect with and learn from these Muslim teachers. "There are so many similarities between Judaism and Islam," she says. "They eat halal foods and we keep kosher. The separation of men and women and women wearing modest dress reminds me of Orthodox Jewish practice." Adler's continuing relationship with the teachers and administrators at Minaret has blossomed into friendship. "I feel a connection to them because they are so warm and welcoming. They also feel the necessity to convey the fact that all Muslims are not extremists. Since 9/11, many people have negative feelings towards Muslims and Islamic culture. Jews have been through that kind of persecution so many times in our history, so I feel some empathy for what they've experienced."

For Adler, combining her Jewish values with her work provides an unparalleled opportunity to practice tikkun olam. "Education is a core Jewish value, one I was taught and that I've instilled in my children," she says. "But if one person can make a difference to another person, that's part of Judaism too. To be able to treat people humanely even if they are different from you is so important. It's healing the world." 



Sherri Adler, center, enjoys helping students, including these from the Tree of Life in San Jose, Costa Rica, understand math. She trains teachers on the use of Singapore Math.



Blending Jewish values and learning with the best in education today.

WELCOMING ALL FROM ACROSS PORTLAND'S DIVERSE JEWISH COMMUNITY



New Family Tuition 20% Discount!
Preschool to 8th Grade
503-245-5568 www.PortlandJewishDaySchool.org



Free Learning for your child
Grades K-12 Sunday School, Shabbat School, Wednesday Night Program for Middle and High School

Yale Jewish A Cappella Group is coming to Shaarie Torah Jan. 3rd!

Free Community Minyan/Family Service Jan. 4, 10am

Free Tu B'shvat Seder Jan. 12, 11am

Free Kinderlach Service up to 2nd Grade, Jan. 11, 10:45am

Free Women's Shabbat Jan. 18, 10am

Free Torah Yoga with Rachel for Preschool Jan. 25, 10:30am

Free Ongoing Tanach Class Friday

No Jew left behind!

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



Hillel goes out to bring students in

By Will Rubin

Through the first three months of the 2013-14 academic year, Oregon Hillel on the University of Oregon campus has seen consistent growth.

From connecting with off-campus Jewish organizations to packing students in on Friday nights, Executive Director Andy Gitelson has seen many new initiatives breed success in Eugene's Jewish community.

"I think the big thing that we do is that we're just committed to empowering students to engage each other and to connect with other students and build that community on campus," Gitelson says. "I think by empowering students to work through different initiatives and working creatively, we're constantly reinventing ourselves a little bit."

One of the biggest areas where Oregon Hillel has seen exponential growth is with its weekly Shabbat services and dinners. Time and time again, students cram into the Hillel house and literally spill into the hallways in an effort to experience the inviting community and atmosphere.

"So far this year we've had three Shabbats where there's been well over 100 students; we've averaged about 80 at most (Shabbats)," Gitelson says. "The nice thing with that is that it's not all the same folks coming, and it's really telling us that we're creating a warm and inviting atmosphere that people want to be a part of. I know very few synagogues that get that kind of a turnout for a Friday night dinner and services."


Another area in which Hillel has exceeded previous marks is with student leadership and participation. More than 30 students have been involved in leadership or executive positions this year, and more have helped to plan Hillel activities and programs.

Gitelson believes a big reason for the increase in student participation and population is the way he and the director of student engagement, Amanda Weiss, have made an effort to expand outside the walls of the Hillel house.

One of the biggest problems that Oregon Hillel has faced in years past is simply the fact that the building is hard to find. So Gitelson and Weiss have worked to take location out of the equation.

"Students aren't necessarily able to geographically locate Hillel to be involved, so how do we bring Hillel to them?" Gitelson says. "That's what we've committed ourselves to, that idea that you don't have to be in our house and physical structure to be in our community."

As his second year in Eugene continues, Gitelson is optimistic that as Oregon Hillel continues to gain traction on campus, it'll be a benefit for all parties involved.

"My hypothesis is that by making that investment, that we'll see the overall level of organizational development among the Jewish organizations and students tick upwards," Gitelson says. "By doing that, we raise the level of expectations of all Jewish organizations on campus to provide better services, more sophisticated services." 

Will Rubin is a junior at the University of Oregon with a major in journalism and an internship at Oregon Hillel. A lifelong resident of Eugene, Will has covered the Oregon Ducks for the Oregon Daily Emerald and AddictedToQuack.com, and currently writes for DuckTerritory.com. In the future, he hopes to write for a major metro publication or work for a collegiate athletic department.



Members of University of Oregon's AEPi Fraternity lead 120 students in kiddush at Oregon Hillel's "Shabbat on Campus," which was cosponsored by Men of Reform Judaism.

Where the **joys & traditions**
of **Judaism**
are brought
to life!

Contact us
for a
FREE
trial class!



chabadhebrewschool

Five convenient locations

Hosted by the regional Chabad Centers.

Southwest Portland
www.TheHebrewSchool.com
(503) 246-5437

Southeast Portland
www.SEPortlandChabad.com
(503) 236-6642

Northeast Portland
www.JewishNortheast.com/CHS
(503) 477-6696

Hillsboro
www.ChabadH.com
(503) 747-5363

Vancouver, WA
www.JewishClarkCounty.com
(360) 993-5222

No membership required.

Yiddish language revival offers link to cultural identity



Yiddish class with teacher Jack Falk, far right.

By Karen Hyatt

We know that language directly influences our culture, how we think and what we believe. It can even shape our perceptions and influence the way we view the world as a reflection of our experiences and values. However, today's Yiddish revival offers even more benefits.

Yiddish can provide a link to parents, grandparents, hearts and memories. While many Yiddish speakers are older, some members of the younger generations have enthusiastically embraced Yiddish as a connection to their heritage and history.


As a living language, Yiddish sustains the Ashkenazi Jewish culture and transmits the community's heritage from generation to generation. The current revival is rooted in the desire to connect to familial roots, but many non-Ashkenazi people learn Yiddish to enjoy Yiddish literature, music, film and theater. For cultural Jews, Yiddish is a significant thread of connection to Jewish communal life, adding perspective and enrichment as well as Jewish identity in a contemporary world.

Yiddish served as an important inspiration for Humanistic Judaism's founder Rabbi Sherwin Wine. He saw the secular Yiddishists (keepers of the Yiddish culture and language) as forerunners of the Humanistic Judaism movement. For 15 years, Portland's Kol Shalom Community for Humanistic Judaism has been doing its part to keep Yiddish alive. Offering the only ongoing Yiddish class in the city, its Yiddish language club meets once a month to learn, sing, share experiences and even enjoy Yiddish jokes.

The group's new leader, Jack "Yankl" Falk – klezmer musician, traveling cantor and former host of the long-running "Yiddish Hour" on KBOO-FM – sees Yiddish as a literary treasure. "There is value in the secular aspects of Jewish tradition," says Falk. "Yiddish provides a sense of joy." Personally committed to expanding Yiddish language skills, he succeeds former teacher Selma Zack who retired this year. Zack, a member of Kol Shalom, had led the popular class since its inception.

According to the International Association of Yiddish Clubs, Yiddish is now taught as a third language in many high schools and in universities in Israel. However, Yiddish is unique in that it spans four continents without a specific homeland. While other Jewish languages are still spoken (Mughrabi, Ladino and several dialects of Jewish Arabic), they are used by far fewer people.

Rich in humor and wisdom, Yiddish offers expressions that often don't translate well into other languages. It is a mixture of Aramaic, German, Slavic, Hebrew and even ancient Romance languages such as old French and old Italian, tracking the migration and settlement of the Ashkenazi Jewish people.

Kol Shalom's Yiddish class is open to anyone who has an interest in learning Yiddish and celebrating its unique culture. 



At Beit Haverim, families and individuals experience the sense of Jewish belonging that comes from shared worship, religious instruction, Tikkun Olam, and social events at a location not too far from home.

Join us for **Tot Shabbat**
Sat, Jan. 11, 9:30 AM
A fun-filled service
of songs and stories
for children and
their families!



"I joined Beit Haverim so my daughter could have a Jewish education. But I've made friendships that will last a lifetime."
-Dena Gutterman

NOW ENROLLING FOR
RELIGIOUS SCHOOL!

Beit Haverim

1111 Country Club Road
Lake Oswego, OR 97034
503-344-4839, office@beithav.org
www.beithav.org



LEARN YIDDISH

WHAT: Kol Shalom Yiddish Class

WHO: For all levels

WHAT: Class to build language skills, structure and vocabulary; also a cultural event featuring Yiddish songs.

TEACHER: Jack "Yankl" Falk is an accomplished Yiddish singer

BONUS TIME: In addition to the monthly meetings, Falk gets together with class participants during the month for coffee or lunch to practice and "schmooze."

WHEN: 1-3 pm, fourth Sunday of month

WHERE: Kol Shalom office, 1509 SW Sunset Blvd., Suite 1E, in the Hillsdale area of Portland

INFORMATION: Kol Shalom at 503-459-4210

Winter Funfest & Preschool/Camp Fair

Young Jewish families are invited to Winter Funfest and Preschool/Camp Fair for a fun afternoon of activities and the chance to learn about formal/informal Jewish education options in the greater Portland area.

This year's free fair will be at the Mittleman Jewish Community Center from 3 to 4:30 pm, Sunday, Jan. 26. MJCC is at 6651 SW Capitol Hwy., Portland.

Funfest is hosted by PJ Library in partnership with B'nai B'rith Camp, Camp Gan Israel, Camp SEED, Gan-Garrett Preschool, Maayan Torah Day School, MJCC, Oregon Jewish Museum, Portland Jewish Academy, The Gan: Portland Jewish Preschool and the preschools of Congregations Beth Israel, Neveh Shalom (Foundation School) and Shaarie Torah (The Carl School).

Jewish preschools and summer day camps in the greater Portland area will provide both information and fun activities for young children. The afternoon will wrap up with entertainment by Portland Jewish Academy's Kim Palumbis and the PJA student choir.

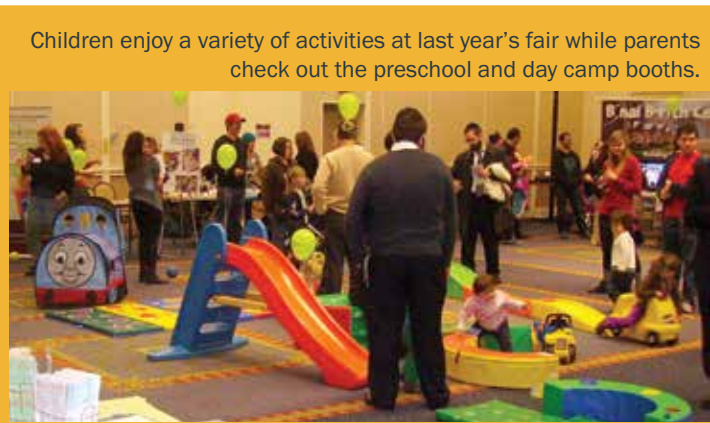
For more information, visit jewishportland.org/funfest.



Ilaria Balan and Jacob Glass try a craft project at a booth at last year's festival.



Entertainment at last year's fair gave families time to cuddle and relax at the end of the afternoon.



Children enjoy a variety of activities at last year's fair while parents check out the preschool and day camp booths.

Foundation School
Watch Us Grow...

Experience our dynamic, nurturing program.
Tours going on now for the 2014-2015 school year.

For more information or to schedule a tour call Leah Conley at 503-293-7307 or lconley@nevehshalom.org.

 www.nevehshalom.org
2900 SW Peaceful Ln. Portland, OR 97239

Find out why Northwest Academy students thrive. It's how we teach. And how they learn.



NORTHWEST ACADEMY

An independent college preparatory school, grades 6-12, located in the heart of Portland's downtown cultural center.

www.nwacademy.org



Come see! OPEN HOUSES:

Middle School	Wednesdays from 11-12:30 January 8 or May 7
High School	Thursdays from 10-11:30 January 9 or May 8
RSVP to Lainie Ettinger, Admissions Director	503.223.3367x104, lettinger@nwacademy.org



Becky and Jake Edington take over soup prep from Solomon and Andy Olshin. Photo by Polina Olsen

Bar mitzvah projects go viral

Cooking for homeless takes on life of its own

By Polina Olsen

Solomon Olshin's bar mitzvah project started in the kitchen almost a year ago.

"SoupSac is something my dad and I made up," Solomon explains. His personal project has turned into a series of Congregation Beth Israel events, beginning with serving more than 300 meals on Martin Luther King Day 2013.

While he will become a bar mitzvah over the MLK weekend with a havdallah service Jan. 18, his project lives on. On MLK Day, Jan. 20, CBI will again produce SoupSac, with more to come.

Solomon and a friend got together Nov. 16 to make soup for one recent SoupSac. They cooked all evening, turning out a sublime mini-meatball recipe complete with six pounds of beef and veal, vegetables and pasta. Nutritious and delicious, the soup would go straight to homeless Portlanders the next day.

On Nov. 17 he and his friend met up with other soup-making teams and volunteers at Beth Israel to sort, chop and package. Peanut butter sandwich makers worked assembly-line style among cartons of groceries, while kitchen helpers took turns stirring steaming cauldrons on the stove.


"Some people say giving people on the streets food is helping them stay on the streets, but I think it's helping them want to work harder and sustaining them while they try to find something," Solomon says. A seventh-grader at Arbor School of Arts and Sciences, he loves computer programming and hopes to become an engineer.

"There are lots of stories," Solomon says. "The second time we did this, I took my three best friends from Hebrew school. My mother drove us around, and we gave everyone soup. They said,

'G-d bless you; thank you so much.' Last time, it was pouring and nobody was on the street, so we finally took the soup to a shelter. We also had a trunk full of bread donated by Ken's Artisan Bakery along with pastries. They donate all their day-old bread."

Solomon considers cooking an art. "It's fun because you learn a lot about cooking and how your friends cook," he says. "It's a great leadership thing. You learn management skills. We interact and see the living conditions the people are in and try to help them. Everyone who comes always says, 'I want to do this again.'"

Solomon's parents, Andy Olshin and Dr. Rebecca Mischel, share their son's enthusiasm. They helped him write the application for the Oregon Jewish Community Youth Foundation grant that will partially fund three congregation-wide SoupSacs next year. "In my mind, it began in 1969 when my mom and dad started a community counseling center in New York," Andy Olshin says. "I remember walking around with a can collecting for the center. We're passing on social action with this project. One of the first things we made was Grandma Sophie's chicken soup."

Rabbi Rachel Joseph was among the team preparing November's SoupSac. She praised the synagogue's education program where tikkun olam is vital to the curriculum along with Torah study, Hebrew, Jewish history and ethics. "This is what we wish for all our kids, to unite their mitzvah project with the community," she says. "It's wonderful to see all these people join together to help feed Portlanders, and it started with a 12-year-old's idea." 

MLK SHABBAT JAN. 17

Congressman John Lewis, representing Georgia's 5th District, will be the featured guest speaker at Congregation Beth Israel's annual MLK Shabbat service, at 6 pm, Jan. 17. Since 2007 Beth Israel has collaborated with local African American communities to present this lecture and Shabbat service honoring Dr. Martin Luther King Jr.

The son of Alabama sharecroppers, Lewis was born in 1940. As a teenager he was inspired by the Montgomery Bus Boycott and the words of King. While attending Fisk University, Lewis organized sit-in demonstrations at segregated lunch counters in Nashville, TN, and later volunteered in the Freedom Rides. As co-creator and chairman of the Student Nonviolent Coordinating Committee, Lewis became a nationally recognized civil rights leader. At the age of 23, he spoke alongside King at the historic March on Washington.

Congregation Beth Israel

1972 NW Flanders St., Portland
503-222-1069 | bethisrael-pdx.org



Duncan McAlpine Sennett

MARRIAGE FREEDOM VIDEO A CYBER HIT

A Portland teen's d'var Torah on marriage freedom has gone viral, getting more than 100,000 hits in its first two weeks online.

Duncan McAlpine Sennett, who became a bar mitzvah at Congregation Beth Israel on Nov. 9, delivered his d'var Torah about parashat Vayetzei, which details Jacob's marriage to Leah and Rachel. Duncan notes that gay marriage opponents frequently say their opposition is based on the biblical definition of marriage as the union between one man and one woman. Yet in Duncan's Torah portion, Jacob marries two women.

In his d'var Torah, Duncan supports the freedom for everyone to marry the person they love.

After Oregon United for Marriage approached Duncan about sharing his d'var with mainstream social media, Beth Israel posted the video Nov. 26 on YouTube (visit www.youtube.com and search for "Duncan bar mitzvah"). In just two weeks, the video had more than

100,000 hits and the story had appeared on state, national and Israeli media sites. It also landed Duncan an invitation to speak at the Union for Reform Judaism Biennial held in California in mid-December.

Duncan is amazed and absolutely thrilled at the reception his d'var received. He's excited to be working with the Oregon United for Marriage Campaign and hopes his speech helps to promote marriage equality in Oregon. "I really like activist work," he says. "Maybe that's what I want to do when I grow up!" 

We'd like to meet you!



Please join us for the RIVERDALE HIGH School PARENT INFORMATION NIGHT

Wednesday, March 12th, 2014
7:00 - 8:30pm

Riverdale High School offers a personalized, well-rounded college preparatory education in a supportive community of students, teachers and parents.

RIVERDALE

*"Teaching students to be thoughtful in their education,
about each other, and for their community."*

503.262.4844 | www.riverdaleschool.com
9727 SW Terwilliger Blvd., Portland, OR 97219

New Year, New Language

English
Spanish
French
Italian
Japanese
Korean

Hebrew
Mandarin
Portuguese
German
Russian
Arabic



Personalized Learning = Real Results

Immerse yourself in a new language using the world-renowned Berlitz Method®.

Private and small group classes held at our location or yours.

Call to inquire about free trial lessons!



www.berlitz.us/portland

1234 SW Morrison Street

503.274.0830

berlitz@europa.com

SCHOLARLY PROFILES

Scholar Nehama Leibowitz inspired love of Torah

By Sylvia Frankel

Nehama Leibowitz – Morah/Teacher (1905–1997)

That is the inscription on the tombstone of Nehama Leibowitz, a master Torah scholar and teacher.

Nehama, as she was commonly referred to, was born in Riga, Latvia, in 1905 to Orthodox/Zionist parents who spoke Hebrew to their children. Learning was extremely important in the Leibowitz family, and private tutors were hired to provide both Nehama and her older brother, Yeshayahu,¹ with a well-rounded Jewish and secular education.

Following the Russian Revolution in 1917 the family moved to Germany. There Nehama studied first in Berlin and then at the University of Marburg where, in 1930, she earned a doctorate in Biblical Studies. Shortly thereafter Nehama immigrated with her husband – an uncle of hers several years her senior – to then Palestine where she began teaching Bible at the Mizrahi teacher training seminary for women. In the 1950s she was invited to teach at Tel-Aviv University and then at the Hebrew University, in Yeshivot (Talmudic academies), in kibbutzim, on army bases and in many other institutions. She rarely turned down an invitation to speak but only in Israel. She refused to travel abroad.

In addition to these engagements, Nehama held weekly classes in her private apartment until shortly before her death. Another Nehama – Rabbi Joshua and Goldie Stampfer's daughter – was privileged to study with her namesake at her home; she describes her teacher as someone who “holds your attention with the power of a master teacher who seeks to draw out of her students insights that they themselves had no idea they possessed.”

Nehama Leibowitz's methodology was very traditional: She rarely provided her own interpretation and she relied on commentators – ancient, medieval and modern. Yet she was innovative at the same time. Instead of learning what each commentator had to say about a certain verse, Nehama would start her lesson by asking what would become her leitmotif: “*What preoccupies Rashi?*”² She wanted her students to understand what, in the Torah text, led Rashi and other commentators to offer a specific interpretation. She also insisted that her students argue in favor of one or another commentator. Nehama taught her students how to think.

Another of Nehama's long-time students, Avigdor Boncheck, a clinical psychologist, further explains her methodology: “*Most teachers teach knowledge, while Nehama teaches understanding. . . . Knowledge is the acquisition of information; understanding is a way of thinking about information . . . (it) is a tool for further understanding . . . (and it) requires thinking.*”³




Nehama Leibowitz Image from Wikimedia Commons

Her love of the Hebrew Bible inspired and infected everyone around her. In 1941 following a six-month seminar in Jerusalem for women members of various kibbutzim, Nehama's students wanted to continue studying text, but how could they do so without a teacher? In response Nehama came up with the idea of the gilyonot/worksheets. She would send her students every week a section from the Torah portion and include questions based on the passage and on commentators' interpretations. The students would send their answers to Nehama, and she in turn would make corrections and add comments. It is worth keeping in mind that these were pre-Internet and pre-Xerox times. The gilyonot/worksheets were mimeographed and mailed via postal services every week by Nehama. This project was to last for 30 years, from 1942 until 1971, when she wrote a public letter of farewell to let her subscribers know that the gilyonot project had come to an end. Following is a short excerpt:

*“I am enthralled by this vast army of old and young, mothers and girls, teachers male and female, clerks and laborers, veterans and newcomers of all communities, hundreds of thousands (literally!) studying Torah for its own sake. For our joint studies involved no certificates, examinations, grades, prizes; no credits, scholarships, income-tax rebates but simply the joy so deep of the one who studies Torah.”*⁴

The gilyonot were later compiled, published in book form and translated into several languages.

While Nehama was among the first woman Torah scholars in Israel, revered and respected by rabbis and even invited to teach in all boys' Zionist Yeshivot/Talmudic academies, she did not consider herself a feminist, nor was she perceived as such by others. She did not seek to bring about changes for women in the synagogue. Yet Uriel Simon, Bible professor at Bar-Ilan University, sees Nehama as an important link leading to Orthodox feminism. 

Sylvia Frankel is an adjunct faculty member of the Religious Studies Department at Lewis & Clark College. Frankel is also on the faculty of the local Florence Melton School of Adult Jewish Learning and has taught classes on Jewish history, the Holocaust and Israeli literature at Portland State University, Reed College and Marylhurst.

1. Yeshayahu Leibowitz (1903-1994), a scientist and philosopher who taught at the Hebrew University in Jerusalem. He was a harsh critic of Israel's occupation of the territories and urged for complete separation between religion and state.

2. RASHI (Rabbi Shlomo Yitshaki) (1040-1105). Born in Troyes, France, RASHI's commentaries on the Torah and Talmud are some of the most significant ones.

3. “Professor Nechama, Teacher of Israel” by Dr. Avigdor Boncheck in *Jewish Action*, Fall 1993.

4. In *Studies in Bereishit (Genesis) in the Context of Ancient and Modern Jewish Bible Commentary* by Nehama Leibowitz (translated and adapted by Aryeh Newman (Publishing Dept. of the Jewish Agency, 1976) p.xiv.

SOUNDBITES

“What was the last time you did something for the first time?”

Rachel Hall (pictured with son Judah)
Executive Director,
Greater Portland Hillel
Last May I gave birth for the first time.



Julie Caron

Portland
I was in New York and took the subway by myself. And I pretty much got to where I wanted to go (to see my daughter in college).



Adina Henderson

Student Co-President
of Greater Portland Hillel/JSU
From Eugene, now at Portland State University
Just two days ago I received and paid for my first medical bill. Before this my parents had been the ones receiving and paying for all my bills. I don't think I fully understand what I am in for yet.



Marsha Strong

Portland

I took my daughter and her friends to dinner and bought them wine for the first time. Now she's old enough to drink, and she's working and in a different place in her life.



Leslie Black

Portland

Two weeks ago I sang with the symphony with over 1,000 people in the audience. It wasn't a solo – I was in a choir.



Shiran Halfon

Israeli Shlichah, Portland

I went to Universal Studios. It's amazing. We were running around like little kids.



NEXT MONTH: *“Tell us about how you met and/or your proposal.”*

For our special weddings coverage in February, we'd like to hear from couples. Please send a “couple photo” and your short story (up to 70 words) of how you proposed or met to deborah.moon@ojlife.com by Jan. 8.



CEDAR SINAI PARK

love. honor. respect.

**We're with you wherever
you or your loved one
choose to live.**

Explore your options at
www.cedarsinainpark.org.

Chef's Corner



WILTED SPINACH SALAD WITH WARM STRAWBERRY BALSAMIC VINAIGRETTE

Vegetables have the raw talent needed to boost health

By Lisa Glickman

Eat your vegetables! A plea to young children, a demand to teenagers, who would skip straight to dessert if allowed, and a reminder to all of us that a steady stream of vegetables in our diet is just a darn good idea.

I love to begin a meal with a fresh and tasty salad. Plain lettuces have been replaced by peppery arugula, colorful mesclun, grilled radicchio or shredded kale. We are being trained that during the summer months if a menu's tomato salad doesn't have the word "heirloom" before it, it just isn't worth eating! Roasted beets and brussels sprouts, once poster children for foul, distasteful vegetables, are made nutty and delicious by being roasted in the oven and tossed with ingredients like tangy goat cheese, toasted nuts and aged

balsamic vinegar. We have come a long way from the canned and overcooked vegetables and iceberg lettuce salads of our youth.


While a vegetable on the main course plate may be left behind, a first course salad is a sure way to begin with a healthy choice. A salad at the beginning of a meal is a good decision for a couple of reasons. First, at home we may stave off dinnertime hunger with some cheese and crackers or a handful of chips with dip loaded with calories and fat, and restaurant appetizer menus often include fried foods full of unhealthy cheese and bread-ing. A starter salad has good-for-you veggies. Second, if you are overly hungry at dinnertime, a salad can tame a ravenous appetite and may help you to eat less of a

heavy main course, derailing the need to go back for second helpings.

Supermarket shelves are lined with bottles of salad dressing that contain extra sugar, fillers and stabilizers – and cost up to three times what it costs to make the same thing at home.

Making salad dressing is actually quite simple: one part acid to two parts oil. Larger supermarkets carry a number of flavorful olive oils and a variety of vinegars that allow countless creative possibilities for dressing up your veggies. I like to add a bit of nut oil such as hazelnut or walnut for added toasty flavor. Acid normally refers to vinegar, but lemon, lime, grapefruit or orange juice can also join the party. When using citrus as your acid, consider picking up a fresh Meyer lemon, kaffir lime or a ruby red blood orange –and don't forget to add a bit of the grated rind for an extra pop of flavor.

Shops like Beneserre with two locations in Portland, Navidi's in downtown Bend or Camas, WA, and Olive Grand in Eugene carry a giant selection of specialty oils and vinegars and are happy to allow you to peruse the aisles and taste as many as you like. Other dressing additions such as freshly chopped garlic, shallots, grated ginger and fresh herbs give wonderful flavor, while emulsifiers like coddled egg, prepared mustard, mayonnaise and honey give dressings added creaminess. Chopped anchovies, Worcestershire sauce or soy sauce bring an elusive umami flavor and experimenting with Sriracha, Tabasco, chili powder or freshly grated horseradish adds a little heat.

Begin by blending acid, flavorings and emulsifiers, then add oil in a slow, steady stream. Don't forget to season your dressing with salt and freshly ground pepper. Store prepared dressing in a squeeze bottle or jar in the refrigerator for up to two weeks. 

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



KALE AND BRUSSELS SPROUTS SALAD WITH HAZELNUT VINAIGRETTE



KALE AND BRUSSELS SPROUTS SALAD WITH HAZELNUT VINAIGRETTE Serves 4-6

Vinaigrette

- ¼ cup apple cider vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon minced shallot
- 1 small garlic clove, finely grated
- 1 tablespoon honey (or more to taste)
- ¼ teaspoon kosher salt
- Freshly ground black pepper

- ⅓ cup extra-virgin olive oil
- 2 tablespoons hazelnut oil

Salad

- 2 large bunches of Tuscan kale (about 1½ pounds total), center stem discarded, leaves thinly sliced
- 12 ounces brussels sprouts, trimmed, finely grated or shredded with a knife
- ⅓ cup toasted hazelnuts, chopped (or more if you like)

Combine vinegar, mustard, shallot, garlic, honey, salt and a pinch of pepper in a small bowl. Stir to blend; add oils in a slow, steady stream. Taste and adjust seasoning. Set aside to let flavors meld.

Mix kale and sprouts in a large bowl. Toast hazelnuts and rub together in a kitchen towel to remove most of the skins. (You don't need to remove every bit.)

Toss 2/3 of the nuts together with the kale, sprouts and dressing. Garnish with remaining toasted chopped nuts.



WILTED SPINACH SALAD WITH WARM STRAWBERRY BALSAMIC VINAIGRETTE

Serves 4

Vinaigrette

- 1 tablespoon garlic-flavored olive oil
- 1 tablespoon basil-flavored olive oil
- 2 tablespoons regular olive oil
- 3 cloves garlic, thinly sliced
- ¼ cup pine nuts
- 10 button mushrooms, sliced
- 2 tablespoons strawberry balsamic vinegar

Salad

- ½ cup feta cheese, crumbled
- 1 pound bag baby spinach

Place spinach in a salad bowl. Add oils to a saute pan and heat to medium high. Add mushrooms and saute until lightly browned. Add sliced garlic and pine nuts. Saute until garlic is softened and pine nuts are lightly browned. Add strawberry balsamic and swirl pan to heat through. Toss warm dressing with spinach along with cheese. Season with salt and pepper if desired. Serve immediately.



"MOCK" CAESAR SALAD DRESSING WITH FRESH MEYER LEMON Serves 4-6

Mayonnaise may seem like a "cheat" ingredient, but it is made with egg and oil.

Dressing

- 3 anchovy fillets
- 1 large clove garlic
- Juice and grated rind of 1 Meyer lemon
- Dash of Worcestershire sauce
- 1 teaspoon Dijon mustard
- ½ cup good-quality mayonnaise
- ⅓ cup shredded Parmesan cheese
- Freshly ground black pepper

Salad

- 1 large head romaine lettuce, torn into pieces

Homemade croutons

- 4 thick slices good-quality Italian bread, cut into cubes
- ¼ cup olive oil
- Kosher salt and freshly ground pepper

Heat oven to 375 degrees. Toss bread cubes with olive oil – gently squeeze bread to absorb oil. Season bread cubes with salt and pepper. Spread croutons in one layer on a baking sheet. Toast in oven until nicely browned, about 10-12 minutes.

Chop anchovy and garlic together until finely minced and add to a bowl. Add lemon juice and rind, Worcestershire, mustard, mayonnaise and Parmesan. Stir to blend and add pepper to taste. Toss desired amount of dressing with lettuce and add cooled croutons and extra cheese if desired.

Northwest



*Handmade pasta
a satisfying winter dish*

By Kerry Politzer

As the days grow colder, nothing satisfies quite like a hearty bowl of pasta. Accanto, a cozy trattoria on Southeast Belmont, pleases patrons with an assortment of handmade Italian noodle dishes. Although the menu changes according to the availability of seasonal and local ingredients, pasta is always served. This winter the restaurant offers a \$10 spaghetti and meatballs special every Monday evening.

Accanto also prides itself on its beverage selection, which features European and Pacific Northwestern wines, Italian grappas and digestivos, and local microbrews. The restaurant combines food and drink during its popular cocktail hours, which take place from 3 to 5:30 pm Wednesday through Friday. Customers can enjoy traditional specialties like cacio e pepe at a reduced price.

My companions and I were impressed mightily with a recent meal at Accanto. After being promptly seated, we began our repast with a flurry of appetizers: velvety potato fennel soup, a plate of olive oil beignets stuffed with flavorful smoked trout mousse, and a pile of tasty fried sardines. Next we enjoyed creamy burrata and a dish of housemade ricotta accented with ribbons of spicy-sweet pickled red pepper.

We continued with the restaurant's signature capellini lightly sauced with chili, garlic, anchovies and parsley, as well as a plate of plump potato gnocchi with sage pesto, sweet corn and chanterelle mushrooms. We also greatly enjoyed the rich saffron risotto. Portions were generous but not overwhelming.

It was awfully difficult to decide on dessert. Accanto makes its own gelato and sorbetto, and on the night we visited, flavors included melon moscato, pear pistachio and Honeycrisp apple. Ultimately, we went with the sugar-dusted ricotta doughnuts, which were like sweet puffs of air. A small dish of tart lemon curd rendered the treats irresistible.

General Manager Michael Garofola calls Accanto "the neighborhood's gathering spot." With food like this, it's easy to see why. 



Accanto: 2838 SE Belmont St. | 503-235-4900

Nosh



In case you'd like to enjoy the Accanto experience at home, Chef de Cuisine Dulce Frommer has graciously shared her capellini recipe, which is a staff favorite.

ACCANTO'S CAPELLINI (serves 2)

- 8 oz capellini
- 3 cloves garlic, sliced thin
- 7 anchovy filets
- A pinch of red pepper flakes
- Olive oil
- Chopped fresh herbs (primarily parsley)

Cook pasta in salted boiling water until al dente. Meanwhile, heat garlic in a saute pan with the olive oil, add the anchovies, then mash with a fork to make a paste. Toss in a big pinch of chili flakes and keep sauce warm. Drain pasta partially and add to the saute pan. Reduce liquid until sauce clings to the pasta. Throw in chopped herbs and stir. Serve immediately with a lemon wedge.



La Joconde
cake studio + bakery

designer cakes
weddings • special occasions • celebrations
lajocondcakes.com • 503.481.4539

**CONGREGATION
BETH ISRAEL**
presents

Taste of Temple

Sunday, February 9, 5:00 PM
Castaway, 1900 NW 18TH Avenue

\$54 PRIOR TO January 20, \$72 THEREAFTER (21+ ONLY)

(503) 222-1069 TO REGISTER
WWW.BETHISRAEL-PDX.ORG

*The cost of your ticket includes a 3% donation to
MAZON: A Jewish Response to Hunger.*

Sponsors

Mel Birge & Janet Morgan	Michael Goldman & Jane Vereschagin	Mark Rosenbaum
Joel and Val Fishman	Jordan Menashe	Ashley Spitzer
Ali & Judah Garfinkle	Shawn Menashe	Mardi & Tom Spitzer

Jewish Community Center:

How it all began



END OF AN ERA – After more than a half-century of service, the Jewish Community Center’s building on Southwest 13th Avenue was increasingly isolated by the mid-1960s, thanks to urban renewal, a new freeway, and the expansion of the Portland State College campus. The center’s leadership looked for a new site, eventually deciding on the current location in Southwest Portland. OJM 02265

Photo credit: Copyright Dr. William Galen 1963, courtesy of OJM



A SAFE HAVEN – Following the disastrous May 1948 Vanport Flood, the Jewish Community Center joined with other community organizations to house the thousands of displaced families. The center provided emergency shelter, food, social services and recreation for children for 200 people for 10 days. Among the Vanport refugees were, from left, Mary Stahl, her daughter Charlotte Trapp and infant son, Roger Stahl. OJM 01136



IT TAKES A COMMUNITY – Isidore Lederman was among the first supporters of the the “B’nai B’rith Building,” buying 2 1/2 shares of stock in 1911 – for \$25 – in the B’nai B’rith Building Association, which initially raised \$25,000 as seed money for what was to become the Jewish Community Center. The association, formed in 1910, celebrated the opening of the “BB Center” in 1914. OJM Collection 1995.003.091

By Sura Rubenstein

In 1910 three men filed articles of incorporation for “The B’nai B’rith Building Association.” They had a grand vision.

The aim was a campaign to establish “a building which is to be made a centre of Jewish communal activities” – with seed money to come from selling 2,500 bonds at \$10 each.

They wanted the new center to support “every organized effort for the good of the people” – from “fostering among our people brotherly sentiments, mutual sympathy, kindness and sense of responsibility” to “every purpose which tends towards cordial and friendly relationship with all the peoples of our city.”

Today that vision, commitment and devotion to community continues to

be the hallmark of what is now the Mittleman Jewish Community Center – which is still at the heart of Portland’s Jewish community.

But back to the beginnings: Within a few months, the organizers – Rabbi Jonah B. Wise of Congregation Beth Israel and prominent Portland attorneys David Solis Cohen and Isaac Swett – called a meeting of some 60 initial investors, elected Swett as the first president and began searching for a site.

There were some false starts. Immediately after the group’s organization, it purchased property on Southwest 13th Avenue and Jefferson Street, which it sold three years later for a \$10,000 profit, according to historian William Toll. It

was only after considering several other sites that the group purchased a lot on Southwest 13th Avenue and Mill Street for \$14,000.

Architect Jacob Dauthoff completed the plans in spring of 1914, and the new building was ready by October. The total cost was about \$50,000.

The new building boasted “one of the finest gymnasiums in the West, furnished complete,” according to a story in *The Oregonian*. It also had a running track, a 20-by-60-foot swimming pool with springboards “and other paraphernalia,” locker rooms and a billiard and smoking room in addition to various meeting rooms, a library and offices. Membership dues were \$12 per year for those 18 and older.

The center quickly became the go-to spot for everything from club meetings to dances to lectures – and, of course, athletic contests between B’nai B’rith and other Portland teams.

“The activities located in the building represented an effort by the board of directors to provide a center for all strata in the Jewish community,” Toll notes in his

book, *The Making of an Ethnic Middle Class: Portland Jewry Over Four Generations*. “But the activities they themselves sponsored catered to an upwardly mobile middle class.”

Toll points out that Neighborhood House, the settlement house established in 1905 by the National Council of Jewish Women in the immigrant neighborhood of Old South Portland, featured programs for “rehabilitation” and integration – including medical and dental clinics, Americanization classes and instruction in cooking and sewing.

“When families and young people joined the community center, they were no longer in need of comprehensive guidance,” Toll says. “Instead, they were expected to express interests, which the center would try to meet.”

And the center did. “It was the home of many thousands of youngsters who gained a wonderful background of comradeship and the ability to relate to worthwhile endeavors, making better men and women,” notes an anonymous manuscript detailing the history of the center in the Oregon Jewish Museum’s archives.

Some landmarks: The name was changed to the B’nai B’rith Center in 1923 and to the Jewish Community Center in 1938. The center’s camping program was launched in 1921, and by 1928 Julius L. Meier of the Meier & Frank merchant family purchased and donated a 13-acre tract of land on Devils Lake near the Oregon Coast as a permanent home for the summer camp.

In 1924 Millicent “Mickey” Hirschberg joined the center staff, developing an award-winning swimming and water-therapy program. Both she and Harry “Polly” Policar, who became the center’s athletic director in 1933, served the center for more than 40 years and were among the first inductees in the Oregon Jewish Sports Hall of Fame.

But the center was also involved in community activities. It developed programs for soldiers during both World Wars I and II, and in 1921 joined the Community Chest, a forerunner of the United Way. In the 1920s it opened the gym to a group of “deaf and dumb boys” for basketball practice after 9:00 pm on Ladies’ Night. And a group of young Jewish dental students, the Alpha and Omega Society, met there twice monthly.

Following the Vanport Flood of 1948, when the Columbia River broke through a railroad dike and displaced thousands of veterans and former war workers in North Portland, the center opened its doors to more than 200 evacuees, housing the families for 10 days.

Harry Mittleman, then president of the JCC, reported that more than 200 volunteers “gave unsparingly” in an around-the-clock schedule to make sure that evacuees’ needs were met. More than 6,000 meals were prepared, and activities were organized for more than 80 children under the age of 12.

“The Jewish Community Center has reached its maturity and now holds its place as one of the leaders of the entire Portland community,” Mittleman added in a later article.

A preschool was begun in 1947 and, under the direction of the late Helen Gordon, would become a model for integrating exceptional-needs children. Her husband, William “Bill” Gordon, served as the center’s program director and later

assistant director from the 1950s to the late 1970s, during which time he expanded theater productions and other cultural events.


As the center continued to grow and expand its services, it became clear a new facility and possibly a new location were needed. Celia Lesman, the center’s first woman board president, who served from 1954 to 1956, had flagged the need in her 1955 annual report.

“It has been our experience that we have a selling job to do,” she noted. “We are optimistic!”

Relocation became imperative when a Portland State University (then Portland State College) expansion claimed the original site at 1636 SW 13th Ave.

As before, community leaders came together to launch a fund-raising campaign – but this time the cost of the building was close to \$2 million. Portland jeweler Julius Zell headed up a 13-member campaign cabinet, and businessman Harold Schnitzer chaired the building committee.

And as at the beginning, the new center was envisioned to be a “second home” for the entire Jewish community and its friends “for generations to come.”

“It is intended,” a 1968 story in the Jewish Review reported, “to be the focal point in Jewish communal activities to ‘enrich the life of everyone’ in the community.” 

All photos: Courtesy of OJM



The advertisement features a red background. On the left is a photo of Joe Menashe, a man in a suit and glasses, sitting in a chair. To his right is a graphic of a white award trophy with a black base that says "JOE MENASHE". Above the trophy is a small graphic that says "THE STAR 2013". Below the photo and trophy, the text reads "JOE MENASHE Managing principal broker". A black banner below that contains the text: "Surveyed in the top 7% of all Portland Real Estate Professionals for 2013 Portland Monthly Magazine". Below the banner, the text says: "The Portland area real estate market is back in full swing and opportunities abound— Selling or Buying?... Let me help you with your next move". This is followed by "Let's talk soon" in a large, bold font, then the phone number "503-784-1855" and the email "JoeMenashe@RealtyTrust.com". At the bottom, there are three logos: the Equal Housing Opportunity logo, the Realty Trust Group logo, and the Realtor logo. The address "Pearl District . Hollywood . Hawthorne . Lake Oswego" is listed at the very bottom.

MJCC

looks toward second century of serving community



FROM A STRONG PAST TO AN EXCITING FUTURE: With decades of history to build on, a new generation looks forward to a fun future at the Mittleman Jewish Community Center. From left are Hannah Kushner, Grayson Markey, Abe Kushner, Christopher Ruzicka and twin Catherine Ruzicka, and Elizabeth Sacks.

By Deborah Moon

During its first century, Portland's Jewish Community Center met varying social, cultural, educational and recreational needs of Oregon natives, successive waves of immigrants and transplants from other communities across America.

As the Mittleman Jewish Community Center enters its second century, it must meet the needs of a population that continues to shift and evolve. The campus renovation, completed in 2007, provided enhanced fitness and recreation facilities – along with a lobby, kosher café and ballroom – all of which may well be a boon to reaching the new dynamic. The experiences of members in recent years support the center's claim as the “living room of the Jewish community.”

But just what is the makeup of the new population?

Jewish population studies, including the most recent Pew Research Center survey, “A Portrait of Jewish Americans,” have shown a growing rate of assimilation – or at least a lower rate of religious affiliation, though the Pew study reported high rates of “Jewish pride.”

In a Nov. 6 article in Florida's Sun Sentinel, Alan Cooperman (deputy director at the Pew Research Center's Religion & Public Life Project) and Greg Smith (the ... [More] project's director of U.S. Religion Surveys) discussed some of those statistics:

“Our survey report describes two main categories of Jews in America today: those who say their religion is Jewish (which we call “Jews by Religion”) and those who say their religion is atheist, agnostic or nothing in particular but who also say that, aside from religion, they consider themselves Jewish or partially Jewish and that they have at least one Jewish parent or were raised Jewish. This second category, which we call “Jews of No Religion,” now comprises 22% of all U.S. Jewish adults and appears to be growing.

“... The first page of our report, for example, shows the rise in ‘Jews of No Religion’ among recent generations of Americans, from just 7% of the Greatest Generation to 19% of Baby Boomers and 32% of Millennials.”

But religious or not, Jews tend to connect with their local JCC. And newcomers are no exception.

“For many families, the JCC is their first stop in a new community,” says Lisa Horowitz, who recently moved to Seattle after serving as MJCC campus director for seven years. “It may be our tagline, but it's authentic, we are ‘the living room of the Jewish community.’ This is where



MJCC Co-President Bob Philip with his grandson Louie Philip.

people call when they move to Portland. We play a central role in connecting people. It really is a central address. That's why we have a community concierge, Linda Singer, to connect people."

"We are a low barrier," says Horowitz. "We try to welcome everybody and help people find their way into the community. We are a gateway for some and a destination for many."

Bob Philip, MJCC co-president with Barry Benson, says center leadership plans to continue and expand that role in the center's second century.

Looking at successful JCCs in other parts of the country, Bob says they have learned those centers succeed by reaching out to the non-Jewish community near the center and by taking center programs out to other geographic areas.

"We are the living room for the Southwest Portland community as well the Jewish community," he says. "We try to encourage all our members to take a more active role."

Center leadership also is exploring ways to take center programs to people who do not have easy access to the campus in Southwest Portland. Bob says they are considering both annual programs such as Jewish Book Month events and ongoing programs such as child care.

"We want to bring the community center to the community," he says. "We want to be more inclusive and bring programs out to the community."

To see how the center has met the needs of community members in recent years, we spoke to several members.

Longtime member Anna Kodesch says, "I grew up going to the JCC to swim, do gymnastics, BBYO, etc. My kids



Patty Magid-Volk works out on some of the brand new exercise equipment installed in the MJCC fitness room in December.

now go for sports class and to swim in the warm pool. It is a place they feel comfortable with and it is familiar. My husband and I both work out there, where we run into my mom and various friends. And my kids always have fun there, whatever they are doing."

For Sarah Korach, "The JCC is a place for my family to be active and connect with other Jewish families. Equally important it is a place to play hoops! The regular women's basketball game that I have participated in for the last three-plus years is a highlight of my week and highlights what is important about the J for me – building friendships, getting a workout and having a good time. My son Ben shares my passion for basketball, so we often take him and his sister Mia to the gym after school or on weekends to shoot around and run around. The kids have also enjoyed classes like dance, soccer and gymnastics."

Sarah says her family also enjoys many of organized activities such as classes, Friday Night Lights and the Sunday afternoon movies. "It is a great way to be with other Jewish families, especially since it offers a way for those of us who belong to different temples or who are unaffiliated to get together," she says. "These gatherings and others like the summer day camp allow us to build Jewish connections and identity in a fun, communal setting. It builds Jewish identity in part by seeing Jewish symbols such as the menorah or Star of David in an everyday setting."

"We want to bring the community center to the community. We want to be more inclusive and bring programs out to the community." —Bob Philip

For Patty Magid-Volk, the MJCC has been a place for fitness, community and even spirituality. The MJCC has been the place she turns when facing health challenges. Years ago when she hurt her back she says the therapy pool was really helpful. Now she works out six days a week and says many people tell her that her commitment is inspirational.

"It is a community of people," she says. "Even if I don't know them, the people I see in the locker room or the weight room are still part of my community. It's very welcoming."

"Being in my body and exercising is a spiritual experience," says Patty. "Exercising can be very prayerful – exercising in a Jewish context even more so. ... the locker room is a spiritual place too. You can relax in the whirlpool or sauna."

Longtime member Eddy Shuldman, who worked for BB camp for years and often did children's programming at the J, says that more recently the J has been "an important part of my life both as an athletic center and a cultural arts center for the community."



FRIENDS OF THE CENTER HONOREE

For its centennial dinner, the Mittleman Jewish Community Center will honor Gayle Schnitzer Romain, pictured here in front of the center's history wall featuring a photo of her grandparents Harry and Helen Mittleman, after whom the center is named. The MJCC Friends of the Center 100th Anniversary Dinner will be Sunday, Feb. 23, beginning at 5 pm with dinner at 6:30 pm. Now serving on the board for a second decade-long stretch, Gayle says when she was on the board in the late '70s and '80s, she served with her grandfather Harry Mittleman until his death in 1986.

"Gayle is a tremendous leader," says Lisa Horowitz, former MJCC CEO who moved to Seattle in November. "She has quiet graciousness that epitomizes the best of our community. She is warm and inclusive. Many times, working behind the scenes, she gets things done and makes sure the community has what it needs."

Gayle is a third generation Portland native, the daughter of Leonard Schnitzer z"l and Babette Mittleman Schnitzer z"l and Lois Schnitzer. She is married to Paul Romain and has two children, Bryan and Laura Rosencrantz, and stepdaughters Danelle and Mikhael Romain. Several times a week Gayle volunteers for the Inpower fitness program, created and directed by Laura Rosencrantz to help patients use exercise to fight the side effects of cancer treatment.

Tickets are \$100. RSVP by Feb. 17: James K. Phelps, 503-535-3594 or jphelps@oregonjcc.org.

Following physical therapy after elbow surgery, she worked with Lisa Franco, a personal trainer at the J "who helped rehabilitate my elbow and gave me a greater sense of power and control in my arm."

As a glass artist and the director of ORA Northwest Jewish Artists, Eddy also appreciates the MJCC's cultural role. "With the help and support of the MJCC we (ORA) were able to write a major grant to initiate Jewish Arts Month," says Eddy. "We were able to renew that grant and the MJCC hosted numerous theatrical and musical events, discussions and exhibitions. The J continues to offer support to the Jewish arts community by hosting ORA each spring for month long exhibitions in the lobby. This year our exhibition and sale will run the first three weeks of March and the first week of April." (No exhibit during Spring Break.)

For Steve Friedman, the MJCC has long been his "home away from home."

"I learned how to play racquetball there and remember great times with my father (the late Dr. Leonard Z. Friedman) on the court. My grandfather, Milton Margulis, is a past president of the center and was a huge role model for me in his leadership of the J and as president of B'nai B'rith men's camp, which the center owned at the time."

BBYO meets at the MJCC every Tuesday evening during the school year, a tradition that started many years ago. Steve says he was often at the J for BBYO meetings as well as to play basketball or hang out after school. "I believe those two things are the main reason I grew up with purpose and sense of community," says Steve. "Our peer group focused on community service and philanthropy, which kept us away from trouble and drugs. ... Great, great times and I hope to have my kids experience the same enjoyment from the center as I did."

Barbara Robertson also grew up in Portland but moved away in the '80s and says she did not begin her Jewish journey until many years later when she converted to Judaism in 1999.

"The MJCC was one of the first places I wanted to join when I returned to Portland in 2007, and I've been a member

since. It was important to me to find ways to integrate my Jewishness with living back in my hometown. It remains a special place for me still!"

Camille Pasarow became a member of the MJCC in 2009 shortly after moving into the neighborhood. "I wanted/needed a gym close by that offered classes for my daughter," she says. "My father played racquetball in the 1970s at the MJCC during college, so I knew it was a good place.


"The MJCC has impacted my life enormously. Since joining, my daughter has enjoyed all the activities the J offers, from swimming, to ballet to martial arts, to soccer, basketball and racquetball, not to mention good child care and the Zone. With the economy in bad shape and not a lot of work to be had, I started aggressively Spinning and for a period of time, I was exercising almost every day at the J... and it really paid off. I lost 30 pounds and have been able to keep most of it off.

"The MJCC is a special place to me because the members and staff are so kind, I feel safe and respected, and the structure itself is beautiful and full of culture – a piano, famous art, and bagels and lox in the same room."

Immigrants, too, still find a place at the J. Originally from Russia, Anton Borisov came to the states to visit a friend in 1999. Anton suffers from osteogenesis imperfecta, "brittle bone disease," and says for more than 45 years all he could do was just lie on his back. Once in America, the immigration service gave him asylum status.

"Now I can sit straight and only because I have the opportunity to work in the pool," says Anton noting that the warm water therapy sessions with therapist Doug Kinnaird have been very helpful.

"I want to say thanks to all of you for this amazing opportunity to use a pool," he says, adding that belonging to the MJCC and using its facilities has changed his life in a big way.

As long as it can keep changing lives in a positive way, the MJCC has a bright future ahead as it enters its second century. 

Big Names on Campus



SCHNITZER FAMILY CAMPUS

The grounds and the facility occupied by the Mittleman Jewish Community Center and Portland Jewish Academy were formally dedicated as the Schnitzer Family Campus on Nov. 8, 2009, in recognition of the Schnitzer family's leadership and philanthropy that revitalized the center and kept the school in its home. Pictured at the 2009 dedication are from left Gayle Schnitzer Romain, her daughter Laura Rosencrantz, Mardi Spitzer, Arlene Schnitzer, Jordan Schnitzer, Harold Schnitzer, z"l, and Jill Edelson. Jordan Schnitzer chaired the campus board when it raised \$15 million for capital improvements. All branches of the family and its foundations contributed to the campaign. Russian immigrants Rose and Sam Schnitzer, who transformed a junk business into a steel empire, had seven children including sons Leonard, Gilbert, Manuel and Morris, who stayed in the family steel business, and Harold who left in 1950 to start his own real estate company, Harsch Investment Properties.



MIN ZIDELL EDUCATION BUILDING

The MJCC education wing built in 1987 to house Portland Jewish Academy was named the Min Zidell Education Building. The naming was a gift from Emery Zidell z"l to his wife, Min.

"Education, particularly Jewish education needs to be encouraged," says Min Zidell. "They (PJA) do an excellent job."

The daughter of Polish immigrants Max and Rebecca Mudrick, Min married Emery Zidell, the son of Sam Zidell, who moved from Russia to Portland in 1912 and began what would become Zidell Companies. Under Emery's leadership the family industrial business expanded tremendously after World War II when it became the largest company reclaiming steel from decommissioned ships. Now Min and Emery's son, Jay, is working to develop the 33 acre Zidell campus on the south waterfront. The development is expected to include housing, offices, restaurant space and a park.



MARIAN ABRAMS CHILDREN'S WING

Marian Abrams was one of four daughters of Helen and Harry Mittleman. In 1995 the center named after her mother added a children's wing. The new wing provided space for MJCC preschool classes and after-school programs, as well as additional classrooms for Portland Jewish Academy. The addition was named the Marian Abrams Children's Wing after her five children decided it would be an appropriate way to honor their mother.

Stanton L. Abrams and Marian Abrams (pictured) had four sons – Howard, Stuart, Bruce and David Abrams – and one daughter, Julie Ramirez, David's twin. Marian died in 1992 and Stanton died in 2001.

The family are long-time members of Congregation Beth Israel.



HARRY AND HELEN MITTLEMAN JEWISH COMMUNITY CENTER

The Jewish Community Center built in 1971 was named the Mittleman Jewish Community Center in 1976, center in honor of Helen Mittleman z"l when her husband, Harry Mittleman, paid off the center's mortgage.

Born in Russia, Harry Mittleman moved to Nebraska with his family at the age of 4. After he met and married Nebraska native Helen, the couple moved to Castle Rock, WA. After a confrontation with the Ku Klux Klan, the couple moved to Portland. They had four daughters Marian Abrams, Charlotte Haimsohn, Babette Schnitzer and Jeanne Newmark. Jeanne lives in Portland. The family has remained active in Portland's Jewish community. Gayle Schnitzer Romain, who served on the MJCC board in the late '70s and early '80s with her grandfather Harry Mittleman, is once again on the board and will be honored at this year's Friends of the Center Dinner Feb. 23.



STERN FAMILY BALLROOM

The Stern family – Helen and Jerry Stern (pictured), Sharon Stern and Steve Rallison, Tom and Mary Jane Stern, Eve Stern and Les Gutfreund, and the Stern, Singer, Kodesch, Hess and Bernstein grandchildren and great-grandchildren – has deep roots in the Jewish Community Center. Jerry Stern's father, Tom, worked for a time at the first JCC. Stern family members have been involved in AZA, BBG, Portland Jewish Academy, swimming and numerous

community events at both JCC locations. It is a special place filled with meaningful memories for the family. When the center was having severe financial difficulties, the Stern family became financially and personally involved to help ensure the future of the Mittleman Jewish Community Center. "As a family, we look forward to many community gatherings in The Stern Family Ballroom," says Jerry's son, Tom. "Having a vibrant JCC and a good meeting place is critical to the continuity of our Jewish community in Portland."

Modest fashion with Israeli flair

Nava Brief-Fried of Leelach.com is dedicated to connecting women from Israel to women around the world through the fashion and design found on her website. Currently living in Nachlaot, Nava is a college student studying communications and Jewish art at Bar Ilan University. Her husband, Yehoshua, recently finished his army service and now studies computer science and business at Hebrew University. Together the pair operate Leelach.com.

Recently, I was able to ask Nava a few questions about her site and the beautiful Israeli designs and designers found on it. Her answers have been edited for clarity and brevity.

When did the site start?

Leelach started with a trial website in July of 2012, and then after receiving such positive feedback, we launched again on March 28, 2013.

Any inspiration, personal or business, that prompted the site launch?

During my national service (every girl or boy in Israel has the right to decide whether they want to go into the army after high school or do national service for two years), I decided that I would like to do my second year of national service abroad, in St. Louis. I taught in the schools there about Israel and tried in many creative ways to bring a little bit of Israel to their community. I felt like people were interested in me (as one of) the people who live in Israel as opposed to just the sentimental touristy places.

Throughout the year, I noticed that when people returned from their trips to Israel and got complimented for the clothing they returned with, they enjoyed talking about the women and the place they purchased it from – rather than talking about the actual garment. They felt that this was their way of connecting to the people, and a way of bringing a piece of that home.

After I completed my year there, I realized that I could still bring a bit of Israel to people around the world, except I can do it from here.

I wanted to bring that personal connection from one home in Israel to many homes around the world – a personal connection from one designer to many women around the world. Those connections are so important to me, to the Leelach designers, and of course to our amazing customers around the world.

So that's how Leelach began! It started with a few designers and unique Israeli stories and, of course, gorgeous products. Now we have grown to around 25 designers today,

and we are still growing daily with new designs and styles that are exclusive to Leelach and cannot be found anywhere else.

How many designers do you feature?

Right now we have around 25, but we are adding new designers all the time, so that our customers get a much bigger variety.

What are the criteria for designers to be featured on your site?

We specialize in modest apparel and modest solutions. We have over 300 different types of handmade hair-covering – tichels; we have a large selection of modest swimwear, handmade Judaica and jewelry.

What fashion advice would you give to the modern Jewish woman?

In today's modern world, modesty is slowly becoming less and less important, but that doesn't mean that we will let the beauty of modesty in a woman disappear. Leelach promotes femininity and modesty in an artful way and aims to inspire you and the people around you, and to show them the magnificence that contemporary tradition holds.

What are your best-sellers?

Our head-coverings section is extremely popular, many women love our special handmade designs. We have a tichel called the sinar tichel, which is actually apron shaped (sinar in Hebrew), and is a great way for women to cover all their hair, but at the same time look as if they used many different scarfs when they really only used one.

Our modest solutions section is very popular; many women find it hard to shop for modest clothing, but with our modest solutions, they can buy almost anything and wear one of our half shirts or cleavage covers underneath!

We have a large section of modest dresses and skirts, which are also very popular among women who are constantly searching for a place to buy and supply their modest clothing.

Leelach.com



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



Should **vegan** be the new **kosher**?



By Joseph A. Lieberman

Adam and Eve did it. Why shouldn't we?

At least that's the feeling among a growing crowd within Judaism who feel that a vegan lifestyle isn't just a healthy choice for our bodies, it's also an ethical choice that embodies the Jewish ideal of compassionately "healing the world" – tikkun olam.

Rabbi Boris Dolin, associate rabbi at Temple Beth Israel in Eugene, blogs on the subject (shalomveg.com) and talks about his 20-year journey into veganism – a diet that emphasizes fresh, organic fruits and vegetables to the exclusion of any animal products, much like the original food options in the Garden of Eden.

"Eating vegan is like a mitzvah to the animal kingdom that reflects back upon ourselves," Rabbi Dolin says. "It brings more holiness into the world, as opposed to more suffering. Ultimately, the challenge is not to ask what is most convenient for our individual desires, but rather what can do the most good, create the most justice and bring healing to our fractured world."

Still, it can be a hard sell when the Bible itself speaks of the Promised Land as "the land of milk and honey" (both shunned by vegans). Hashem gave Noah and his descendants permission to slaughter and eat animals, blood sacrifices were a major part of the Temple rituals and the Torah and tefillin are created from the hide and sinews of animals.

On the other hand, "What may have once made sense, now can no longer be justified ... today, in the vast majority of cases, 'kosher meat' is an oxymoron," stated Maryland Rabbi Fred Scherlinder Dob, in reaction to the shocking 2004 video footage of horribly mistreated cows at Iowa-based AgriProcessors, once the world's largest kosher slaughterhouse.

Rabbi Dolin also points out, "When billions of animals are tortured and killed each year behind the dark walls of factory farms and slaughterhouses, we've wandered far from the traditional Jewish ideals of connection and compassion. We live in an era when the health of our bodies and the health of our environment demand a

commitment to work for social justice, fighting for the oppressed. It's time we re-examined the current structure of society and our broken, oppressive system of animal agriculture."

Rabbi Dolin is hardly alone in these views. "I'm just one voice among many Jewish leaders," he says, "who feel that veganism might someday be considered a kind of 21st century revision to kosher dietary laws."

As the late Yiddish writer and Nobel laureate Isaac Bashevis Singer famously quipped, "I am a vegetarian for health

“What may have once made sense, now can no longer be justified ... today, in the vast majority of cases, ‘kosher meat’ is an oxymoron.” —Maryland Rabbi

Fred Scherlinder Dob

reasons – the health of the chicken.” Singer was also quoted in the book *Judaism and Vegetarianism* by Richard Schwartz, where he says more seriously, "I think that eating meat or fish is a denial of all ideals, even of all religions. ... How can we speak of right and justice if we take an innocent creature and shed its blood? Every kind of killing seems to me savage and I find no justification for it."

Albert Einstein apparently agreed, when he said, "Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet."

Even earlier references to this line of thinking can be found in the Talmud,

which came up with a concept of treatment-of-animals ethics, if not quite animal rights. "Animals were seen as living beings, who not only felt pain but also had the capacity for emotions and suffering," Rabbi Dolin says. "Attention to the lives of animals became part of the evolving Jewish view that all life is connected, and all life is holy."

To those who might bemoan the narrowing of their dining options for compassion's sake, Rabbi Dolin explains that since he became vegan, his palate has expanded tremendously as he experiments with an ever-increasing variety of fruits, vegetables, grains and other protein sources such as beans and tofu.

"Just like the abnormally high consumption of sugar and salt in modern times," he suggests, "the current consumption of meat and dairy products by contemporary humans, especially in Western nations, is simply unnatural, and a major source of the illnesses we see spreading among us. After 20 years of veganism, I feel healthy and fit, and not at all restricted in my diet.

"Better still," he says, "I feel that being a vegan allows us to live in truth with our ideals, to commit to a daily protest against suffering and pain in the world." 

Joseph A. Lieberman is a globe-trotting Eugene photojournalist who recently co-authored *Jesus: First-century Rabbi* (Nov. 2013, Paraclete Press), about the Jewish roots of Christianity, with Rabbi David Zaslow.



Anshu Dhingra, MD



Burt Silverman, MD



Wendy Hawthorne, NP



...we'll take care

4510 SW Hall Blvd, Beaverton OR 97005
503-644-1171

Mon-Fri 7:30am - 7:00pm & Sat 9:00am - 1:00pm

www.PacificMedicalGroup.com

We offer medical services for the whole family!

Online Services available for:

- * Appointment requests
- * View lab results and immunizations
- * Request medication refills
- * Pay your bill
- * Email your provider



We are a NCQA
recognized medical home.



Audiology Services include:*

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

*Hearing aids may be tax deductible.



DOCTORS OF AUDIOLOGY

Alisa B. Weinzimer
Allison E. Bradley

**Two Convenient
Locations**

5010 NE 33rd Ave.
503.284.1906

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

503.719.4208

www.pacoregon.com

**FREE Hearing
Screening**

with this coupon
(\$119 VALUE)

Please call us today
for your appointment
expires: 1/31/14



B A G E L S

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

WWW.BOWERYBAGELS.COM





Man on a Mission: Stand on your own two feet!

By Liz Rabiner Lippoff

What makes Dr. Howard Feldman very, very happy? Seeing patients walk out of his office.

Dr. Feldman is the founder and medical director of the Interventional Cardiology Program at Shaw Heart and Vascular Center in Roseburg. He is certified in cardiology, interventional cardiology, vascular medicine and endovascular medicine, and the center provides comprehensive services for a wide range of heart-related conditions.

All of us are aware of the interventions now common with heart disease; most of us know someone with a heart stent, for example. Doctors routinely perform angiograms to determine why and where the blood flow is blocked; angioplasty to clear the blood vessel saves many lives every day.

Dr. Feldman believes that the medicine and technology doctors use so successfully to extend the lives of people with heart disease can and should be applied to avoid amputations and improve the lives of patients who have serious wounds or

infections on their feet or legs.

Dr. Feldman describes a typical scenario:

A diabetic patient goes to his primary care provider with an ulcer on his little toe, and it is amputated. The wound doesn't heal because there is not enough blood flow, but the doctors don't know that. Even in major cities where one would expect state-of-the-art care, more than 40% of patients facing major amputations are not offered preoperative vascular evaluation. So there is another amputation to remove half the foot, and it doesn't heal either.

The doctor may do a vascular study at this point and find peripheral artery disease, which means there is blockage. Most doctors, though, still follow the old adage that says do not do stents and other interventions below the knee. What is next except more amputations?

"They come see me," Dr. Feldman says.

He is committed, passionate even, about saving the limb whenever possible, and his reputation is spreading.

"We need a large toolbox because it's a complex disease. Each individual, each problem is unique. The outcome is much lower complication rates than for surgery." According to the Shaw website, "Patients often achieve relief from their PAD symptoms without even needing an overnight hospital stay. Many are up and walking the same afternoon and back at work in just a few days."

Dr. Feldman points out that when angioplasty is an option, the benefits go far beyond just saving the limb:

- 10-15% of those with below-the-knee amputations die within 30 days from the surgery itself.
- In five years, more than 67% of patients with critical limb ischemia (leg pain at rest from arterial insufficiency or tissue loss) die. That is a higher percentage than for breast cancer (11%), prostate cancer (0.8%) and stroke (41%).


• In addition, fewer than 50% of people with below-the-knee amputations are fitted with prosthetics, so their quality of life is dramatically limited.

It is a huge problem because, according

to the American Diabetes Association, 26.8 million Americans have diabetes (2011), with 1.9 million new cases diagnosed in 2010 alone. With the population aging, obesity increasing and smoking remaining an alarming statistic, the incidence of diabetes-related complications like PAD will only escalate.

Dr. Feldman's Aunt Francis developed diabetes eight years ago and had many serious complications, among them acute limb ischemia, which is a sudden lack of blood flow to a limb. Nobody did any studies to see why her blood flow was restricted. Instead, the doctors did several amputations to try to help her: first the toe, then the mid foot, then to the knee. She died within a year.

He opened the Shaw Center seven years ago and is on a campaign to make sure people explore all their options before resorting to amputation.

"It's a great satisfaction to have someone who expects to lose a limb walk out the door. It's better than chocolate. It's as good as a good knish." 

Most of Liz Rabiner Lippoff's clients hire her to get patients to walk INTO their offices. Liz is a medical marketing specialist at Liz, ink (LizInk.biz) and a freelance writer.

"If you are having pain in your leg when you are walking or at rest, have it looked at," says Dr. Howard Feldman. "Do research on the Internet. If you are convinced it may be peripheral artery disease, insist on a simple, inexpensive test – an 'ankle brachial index,' or ABI – to determine if you have PAD."

Results in an Hour or Less!

Fitness fads come and go, but one thing remains the same; when you put work in, you get results. When it comes to exercise, an hour or less is the goal for most. Unless you are training for a sport specific event, an hour most days of the week, is a reasonable amount of time for one to see results. For general health and fitness, commit half your workout time to aerobic (heart pumping) exercises and half your time to muscle building and toning (strengthening) exercises. Treadmills, bikes, elliptical machines, rowers and stair-climbers are all great ways to get your heart rate up. If you get bored easily on stationary cardio equipment, move around doing ten minutes on three different machines.

When it comes to strength training, a quick circuit on selectorized machines is a safe and effective way to get results. Selectorized machines are cable or belt assisted weight machines that are ideal for just about any user, from the beginner to the advanced weight lifter.

A recent article in the October 2013 issue of Athletic Business stated, "some exercises-hamstring curls for instance, are simply better done on a machine. Newer machines are fantastic and feature some great design elements."

Regardless of your fitness goals, the MJCC offers a variety of options to meet your needs. From a wide array of cardiovascular machines, to a newly installed Matrix selectorized line of strength equipment, the fitness floor hosts a multitude of options to help you meet your goals. With 52 free group exercise classes weekly, lap swimming and aqua aerobic classes, a small group training studio, private Pilates reformer training, basketball court, indoor soccer-plex, and a wide array of after school youth fitness offerings, the Center has something for all and we are open to everyone. Come check us out, we look forward to seeing you!

-Jennifer Harrington,
MJCC Fitness Program Manager



Fitness Palooza

**Sunday, Jan. 5
1-3 pm**

**FREE TO ALL
Members + Guests
at the MJCC**

**Experience all things
fitness at the MJCC!**

Sample fitness classes including: Zumba, Yoga, Special Cycle Class and more!

Visit the IGNITE Studio
FREE demos every 15 minutes

Come meet our personal trainers
and group exercise instructors

Activities include:
Pilates Reformer demos
sports & recreation
programming for kids
open swim
nutrition information
blood pressure screenings
chair massage and more

MJCC
MITTLEMAN JEWISH COMMUNITY CENTER

Everybody Welcome!
503.244.0111
www.oregonjcc.org

Get Your Ducks in a Row! at the MJCC



**Join before Jan. 24, 2014 to receive
3 Free Personal Training Sessions
Plus No Initiation Fee!**

Certain restrictions apply. Valid with purchase of 12 month commitment.
New memberships only.

MJCC
MITTLEMAN JEWISH COMMUNITY CENTER

Everybody Welcome!
Call, click, or stop by!
503.244.0111, www.oregonjcc.org

Pet Loss Counselor Finds Grief Shared Is Grief Diminished

By Polina Olsen

Enid Traisman finds joy where some find only sorrow. As director of the Pet Loss Support Program at DoveLewis Emergency Animal Hospital, she's learned the importance of belonging to a group and that grief shared is grief diminished. She knows bereavement is not species specific, and people who lose a beloved animal deserve support.

"I've always been an animal lover, but I didn't want to be a veterinarian," says Enid, who grew up near Chicago and came to Portland to attend graduate school. "For undergraduate I did Human Development and Family Life, and I got my master's in social work. My field placement in graduate school was working in a neo-natal intensive care unit. I saw the importance of dealing directly with grief. People would not only get back to their

"Some people come once or twice, and it validates that they are grieving for a good reason." —Enid Traisman

previous level of functioning, but they'd grow."

Enid read about a pet loss support group in New York and wanted to start one here. "So often I heard people say, 'It's just an animal,' or 'Get a new one' and knew that wasn't accurate," she says. "I started this group in 1986; it's the third oldest in the country. The free Pet Loss Support Program is a gift from DoveLewis to the community."

Enid facilitates four drop-in groups each month, maintains a 24-hour message line and often has speaking engagements. An accomplished artist, she runs regular free memorial art workshops where she provides materials. Here, clients make boxes, candles, art glass, paperweights, jewelry and other items, often including a photograph of their pet.

"Research shows that art and healing come from the same source," Enid says. "People who participate in artistic activities have measurable physiological results such as reducing stress, easing pain and improving the immune system. Creating art uses the emotional and intuitive aspects of the person, which facilitates a healthy grieving process. It gives a language to emotions."




Enid Traisman, director of the DoveLewis Pet Loss Support program, with dogs Jasmine, Trixie and T-Bone. Photo courtesy Enid Traisman

Enid's Pet Loss Support Group attracts men and women of all ages, married and single, with and without children. All have experienced or are anticipating the death of a pet, usually a cat or dog, although there have been several horse people and some who lost a bunny, bird or other animal. "Some people come once or twice, and it validates that they are grieving for a good reason," Enid says. "Others come every month for a year. It helps them move forward and get back to a place where they are feeling normal. Sometimes people who haven't been to a group in six months will pop in to show the new addition to their family."

Enid's family consists of her husband, two children, three dogs and two cats. Her background and devotion to Judaism is apparent in her Etsy shop ([etsy.com/shop/enidtraisman](https://www.etsy.com/shop/enidtraisman)), which include mezuzahs created from the glass shattered at Jewish weddings as well as wonderful, whimsical stained glass objects that celebrate the human-animal bond.

"It's about all the ways animals soothe us, help us stay grounded and bring us joy," Enid says. "It's an honor to work with the cream of the crop of animal lovers, the people who understand the bond. Sometimes people ask how I can work with sad people all the time. The fact is, as bad as their situations are, it doesn't make me sad. I know there's a light at the end of the tunnel before they do, that they'll get through this and will be even deeper people because of it. The beauty is, most animal lovers who work through their grief have a fertile heart and can love again."

Free pet loss support groups are available onsite four times a month. Visit [dovelewis.org/community-services/grief-support](https://www.dovelewis.org/community-services/grief-support) for the latest times. Free memorial art workshops are held onsite the second Sunday of each month from 3 to 4:30 pm. Contact Enid Traisman at 503-234-2061 or petloss@dovelewis.org. 




Portland Mother-Daughter Team Wins National Synchro Swim Title

By Liz Rabiner Lippoff

Jeanne Newmark, 83, and her daughter Phyllis Newmark, 59, won the gold medal in the duet competition at the U.S. Masters Synchronized Swimming National Championships held Oct. 18-20 in Albuquerque, NM.

Teams compete by age group categories determined by the average age of all members of the team. The Newmarks and their Multnomah Athletic Team swim in the age 70-79 category. The Newmarks' duet routine was choreographed to a song with the Yiddish title "Bei Mir Bistu Shein."

"There was a tremendous outpouring of joy," Phyllis said. "Everyone had a mother, many were mothers, so they recognized how special it is for us to share this experience."

Next for them and their teammates: the World Synchronized Swimming Competition in Montreal, Canada this August. 

Find Your Passion At Calaroga Terrace



City Living At Its Finest!

- Vibrant Social Atmosphere
- Theaters
- Shopping
- Music
- Waterfront
- Movies
- Local Arts & Culture
- Friends
- Entertainment

Affordable Apartments
Amazing Balcony Views
CALL TODAY
(503) 736-3642



PACIFICA
 SENIOR LIVING
 CALAROGA TERRACE
 Independent Assisted Living



1400 NE Second Avenue • Portland, OR
www.PacificaCalaroga.com



Dragon boaters enjoy fun, fitness and friendship

GOLDEN DRAGONS PRACTICE: Jeannie Teitelman, standing foreground, calls strokes for a Golden Dragons practice. Norman Gerber is the paddler in the yellow jacket.

By Deborah Moon

Paddling on the Sea of Galilee in Israel is just one of the new experiences Norman Gerber, now 83, has had since he discovered dragon boats three years ago. He says the sport has a lot to offer including, as his team's motto says, "fun, friendship and fitness all year long on the Willamette River." He's also won five medals in races and plans to paddle with a team in France later this year.

Dragon boating was introduced to Portland about 24 years ago by the Portland-Kaohsiung Sister City Association. The annual dragon boat races at the Portland Rose Festival draw a

lot of attention to the sport as teams from around the world race the ornate Taiwan-style dragon boats owned by PKSCA. But some 30 teams in Portland, including the Golden Dragons for paddlers age 50+, paddle the Willamette year-round in the lighter, less flashy Hong Kong dragon boats owned by DragonSports USA. Teams rent the Hong Kong boats for a small fee, making the sport an affordable way to exercise and enjoy the river.

"I think it's very important as you get older to do some quality exercise," Norman says. Since one of his Golden Dragons teammates is still paddling at age 96, Norman figures he has a few years left to enjoy the sport. "I'll keep paddling until my body says 'Norman, stop.'"

He thinks it is a sport people of any age and fitness level can enjoy because "you can do as much or as little as you want." With 20 people paddling one canoe-style boat, no one has to do all the work.

"This is great exercise with wonderful people and the river is spectacular," says Norman, adding the team has seen eagles, kingfisher, deer on the islands, cormorants and harbor seals.



DragonSportsUSA: dragonsports.org
info@dragonsports.org

Golden Dragons: goldendragonspx.com

Portland-Kaohsiung Sister City Association: pkscn.net

Barbara Slader, center, paddles hard during a recent practice.



DeAnn Sullivan-Fuks, right, and a paddler from South Carolina display the medals their Women's Grand Masters Team won at the 2007 World Championships in Australia.

Barbara Slader, 66, started paddling about the same time as Norman after she saw an article that was accompanied by photos of "people looking happy."

"I grew up on a lake, and it frustrated me that we live in a city with a river that is not easy to get out on for most people," she says, noting people can walk along the banks, but unless they have a boat, most people never get to enjoy being on the water. She was delighted to discover dragon boating offers a way for anyone to enjoy the river while also getting a good workout.

"It's excellent exercise," she says. "You don't just use your arms. You use your legs and back and twist and rotate. And when we prepare for races, we get really fit."

"The three hours a week we spend on the river make you want to exercise other times to build stamina and to keep fit for dragon boating," she adds. "It's such a pleasure you don't want to miss it."

The race season stretches from March through mid-October with races across the country, "so we travel too," says Barbara.

For Jeannie Teitelman, race season is the highlight of dragon boating. She and her husband moved from Baltimore to Portland five years ago to be near their grandkids. "Three of my neighbors dragon boat, and they wouldn't leave me alone till I came," she says, noting she has met wonderful friends paddling with the Golden Dragons.

"Competition is good and practices are hard so you get in shape," she says of race season. The fun of racing inspires her to paddle year-round to stay in shape. While "nice weather is wonderful," Jeannie says paddling in the winter is tolerable. "You dress for the weather, and you don't even feel it after a while."

DeAnn Sullivan-Fuks, 59, has been involved with Portland's dragon boat scene almost since its inception. Her late mother, Ann Sullivan, who was a reporter for The Oregonian for 52 years, wrote several stories that generated interest in both dragon boating and Kaohsiung. DeAnn and her mom were part of the 1990 Portland delegation to Taiwan when 36 Portlanders participated in the Taiwan Area Games in Kaohsiung. Though she had only paddled a dragon boat twice, DeAnn swam and paddled in the

New Year, New You



New Venture

We believe that at any age it is possible to make changes that truly improve the way you live. Discover the many activities, social programs, and services here at Courtyard Village and embrace the wonderful lifestyle.

Connect. Motivate. Thrive.



503-297-5500 • courtyardvillage.com

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



ACTIVE INDEPENDENT SENIOR LIVING

Sometimes, all you need is a helping hand.

Let us help you to stay at home.



*"The service was tremendously helpful
in our time of need."*

-Rabbi Joshua Stampfer

Sinai Family Home Services

503-542-0088

www.SinaiFamily.org



games and enjoyed all the “Olympic-style festivities ... marching into to stadium.” She paddled for about eight years before giving it up for eight years. During that hiatus from paddling she gained 100 pounds. One day she says she bumped into the woman coaching a team aiming for the nationals. The coach said she’d help DeAnn get back in shape to compete. A year later and 70 pounds lighter, DeAnn paddled with the women’s team that won nationals and then went on to take second and third place at the “worlds” held in Australia in 2007.

Since then DeAnn has joined the board of the nonprofit DragonSports USA. In addition to renting the boats to local teams, DragonSports also runs team-building outings for schools and businesses. In fact, after watching his wife’s enthusiasm for the sport grow, Cedar Sinai Park CEO David Fuks signed up staff members of the Jewish community’s senior facility for a team-building outing. DeAnn says Nike, alternative high schools and other groups have also experienced the cooperation and collaboration necessary to paddle a dragon boat.

DragonSports USA’s mission is to promote paddling sports, fitness and friendship. Anyone age 14 and older can contact DragonSports (info@dragonsports.org) to be connected with a team for three free trial sessions. 

GOLDEN DRAGONS: Jeannie Teitelman, Barbara Slader and Norman Gerber.



ADULT DAY SERVICES
cedar sinai park

6125 SW Boundary
Portland, Oregon

DAY ACTIVITIES
FOR YOUR LOVED
ONE IN A SAFE,
STIMULATING
ENVIRONMENT.

**Call 503.535.4403 now
for a free lunch and tour.**

“A positive, rejuvenating experience for my mother and for me.”



- Knowledge of Jewish burial customs
- Serving all Jewish congregations & cemeteries
- Advance planning with no pressure to buy



FUNERAL HOME STAFF
*Steve Moore, Lisa Aquilla
Christina Perkins-Schmalle, Gary Sands*

Funeral Home

8421 SW Macadam Avenue - Portland
503.246.6488 (day or night)
Website: riverviewcemeteryfuneralhome.com

Cemetery

0300 SW Taylors Ferry Road - Portland
503.246.4251
Website: riverviewcemetery.org

GrapeVine



SPONSORED BY

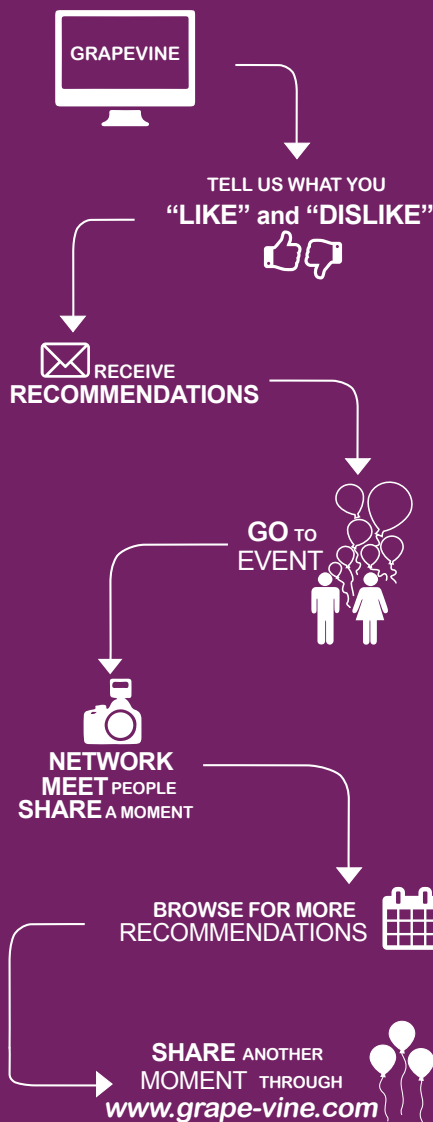


Jewish Federation[®]
OF GREATER PORTLAND

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

AND BY THE HOLZMAN FOUNDATION, INC.

How does it work?



We are proud to announce the arrival of GrapeVine to our community!

The Jewish Federation of Greater Portland is working with GrapeVine to help you get more out of your local Jewish community. Based on a user profile that *you* personalize, GrapeVine provides you with individualized recommendations right to your email inbox, your web browser and mobile devices! You will receive a customized weekly email about the Jewish events in Portland based on your particular interests.

Download the GrapeVine app today and start discovering personalized recommendations for your Jewish life. Anytime. Anywhere.

WWW.GRAPE-VINE.COM

DOWNLOAD THE APP - SCAN IMAGE WITH SMART PHONE



for iPhone & Android



Jewish Federation[®]
OF GREATER PORTLAND

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

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



Oregon Symphony presents Itzhak Perlman

By Elizabeth Schwartz

Most musicians tend to reduce their professional engagements as they age. Not Itzhak Perlman. If anything, Perlman has increased his activities. In addition to his 40-plus years as one of the world's premier violinists, in recent years he has returned to his alma mater – Juilliard – to teach. He's also embarked on a second performing career, this time atop the podium as a conductor.

Perlman, who will turn 69 this August, now uses a motorized scooter (he contracted polio at the age of 4) and plays violin while seated, but other than his wheels and a bit more silver in his curly hair, he seems to have made little concession to age.

He will perform a recital (accompanied only by pianist Rohan de Silva) sponsored by the Oregon Symphony on Jan. 19 at the Arlene Schnitzer Concert Hall.



Itzhak Perlman

PHOTO BY LISA MARIE MAZZUCCO

Over the years, beginning with his appearances on “The Ed Sullivan Show” and “Sesame Street,” no one else from the classical world since Leonard Bernstein has been so well known and beloved, both on and off the stage. In this country, Perlman is classical music's greatest ambassador. He plays for presidents in the White House, reigning monarchs and aspiring violin students around the world.

Perlman's relationship with the Oregon Symphony dates back to the 1960s when the orchestra was led by Jacques Singer. In the decades since then, Perlman has returned to the Rose City many times as a soloist, and, in the last 10 years, as a conductor. When asked what draws him back here time and time again, Perlman responds, “(Portland) Oregon is a major city with a lot of history of very good classical music venues,

a wonderful orchestra and good audiences, so why not? I have a nice history with Oregon. These days the fact that the orchestra is still in existence means that classical music continues to survive. I've had a series of good experiences here.”

Whether he is conducting, soloing with an orchestra or presenting an intimate violin recital with piano, Perlman approaches each event with the same attitude: the music always comes first. “Musically, whatever you do, whether it's conducting or playing, you want to make sure that you are true to the music, and you want the music to really speak to the audience.”

This focus on the music rather than the performer accounts for a large part of Perlman's personal appeal, along with his warmth and genuine devotion to music as a transformative means of communication. Audiences may be coming to see him, but Perlman doesn't engage with the self-involvement that often accompanies superstar status. For him, the music is what matters – first, last and always.

One factor that colors Perlman's down-to-earth approach to his work is his lifelong engagement in Jewish practice, particularly home-based Judaism. The son of Poles who immigrated to Palestine in the 1930s, Perlman describes his parents as “traditional Jews.” However, synagogue life was not a major part of his childhood. “I don't remember going to synagogue regularly as a kid in Israel,” he says. “We were not members of a synagogue, but sometimes the neighbors would rent communal space for holiday celebrations. The only time I remember going to a proper synagogue was when I was bar mitzvahed.” Today, as then, Perlman's Judaism centers on his family life. He does not perform on Shabbat or Jewish holidays, and whenever he's home in Manhattan, he gathers as many members of his large family

OREGON JEWISH MUSEUM in January

Crossing Over: A Musical Haggadah

Music & Concept by Michael Allen Harrison

Book & Lyrics by Alan Berg

CD Launch Celebration

Saturday, January 25, 6:00pm

Join us for a festive concert and discussion with Portland composer and musician Michael Allen Harrison and Rabbi Alan Berg of Beit Haverim in Lake Oswego. A catered reception will follow. Proceeds from the evening will be used to support OJM's exhibits and programs.

Ticket Info:

\$60 each, or \$100 for 2 tickets and receive a free signed copy of the Double-CD



1953 NW Kearney St., Portland, OR 97209
503-226-3600
www.ojm.org

Tue-Thu 10:30am-4pm
Fri 10:30am-3pm
Sat-Sun noon-4pm

as are available for Shabbat dinners in their home. Perlman and his wife Toby, also a classical violinist, have five children and nine grandchildren.


When Perlman is on the road, he sometimes explores synagogues in the cities he's visiting. "Once I was in South America, and I was invited to one of the [Chabad] Lubavitch shuls there," he remembers. "That was an interesting experience."

Perlman and his wife keep a kosher home (they have three dishwashers, for dairy, meat and parve dishes), but for practical reasons he doesn't keep kosher when he travels. "You need to do what you're comfortable with," he explains. "I remember there was a gentleman who would bring a kosher steak in a brown paper bag to give to the restaurant. He was comfortable with that, even though the grill wasn't kashered."

Perlman applies this same standard of personal comfort to the thorny question of Jewish identity. "I think of Israel as a country, but not a religious country," he explains. "Within it you have many different forms of belief. In Israel, you have much more of a separation between secular Jews and religious Jews, unlike here," he explains. "If you go to Jerusalem you have a huge population of very frum Jews, and they would probably look down on people who are not so frum, like in Tel Aviv. I remember speaking to someone who felt that if you were not living in Israel, you were not a good Jew. I think that's ridiculous, but that's what he thought.

"The thing about being Jewish is it comes in so many variations," Perlman continues. "You can talk about someone who is extremely religious and then around the corner is someone who is more frum than you are. The important thing is the comfort; how comfortable do you feel doing what you do as a Jew? It's important not to look at anybody with judgment just because they don't do exactly what you do."

It's because Perlman is so comfortable in his own skin that he is able to share not only his love for music making and teaching, but also his embodiment of *menschlichkeit*. Leo Rostein, author of *The Joys of Yiddish*, defines the word "mensch" as "someone to admire and emulate, someone of noble character. The key to being 'a real mensch' is nothing less than character, rectitude, dignity, a sense of what is right, responsible, decorous."

Perlman's essential humanity translates into *menschlichkeit* of a high order, and it's an attitude he brings to everything he does. "Morally, in what you do with your fellow man, how you treat everybody, I don't feel there are such things as gray areas," he states emphatically. "When something is right, it's right, and when it's wrong, it's wrong." 

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

ITZHAK PERLMAN IN RECITAL

WHEN: 7:30 pm, Jan. 19

WHERE: Arlene Schnitzer Concert Hall,
1037 SW Broadway, Portland

TICKETS: tickets.orsymphony.org or 503-228-1353

ARTISTS REPERTORY THEATRE

GIFT A FLEX PASS!
3 SHOWS: \$105
FILL 2014 WITH ART!

THE MONSTER-BUILDER

by Amy Freed directed by Art Manke

JAN 28 - MAR 2
JOIN US! artistsrep.org
503.241.1278

WHAT (OR WHO) WOULD YOU
SACRIFICE FOR SUCCESS?

SEASON SPONSORS:
THE PAUL G. ALLEN
FAMILY FOUNDATION

RONNI LACROUTE
WILLAKENZIE ESTATE

OREGONLIVE
The Oregonian

Meyer
Memorial
Trust RACC

PROFILE
THEATRE
2014 SEASON: SAM SHEPARD



EYES FOR CONSUELA
BY SAM SHEPARD

[January 16 – February 2]

PROFILETHEATRE.ORG | 503.242.0080

Appearing at the Oregon Symphony: Emanuel Ax

By Elizabeth Schwartz

The Oregon Symphony welcomes pianist Emanuel Ax. Ax has an unusual double feature: he plays Johan Sebastian Bach's Concerto for Keyboard in D minor, BWV 1052, alongside Richard Strauss' Burleske for Piano and Orchestra with the Oregon Symphony on Jan. 11-13.

Ax combines unsurpassed musicianship with a self-effacing, almost diffident approach to making music, whether with an orchestra or as a chamber musician. He has been performing duo recitals with his long-time friend, cellist Yo-Yo Ma, since 1974; the two men met as undergraduates at the Juilliard School of Music.

"Being modest is the easiest thing in the world for a pianist," says Ax. "It's a very tough profession, and you very rarely get anything right." One might expect such an attitude from an up-and-coming pianist, but Ax has played with the world's finest musicians and orchestras and has won an impressive seven Grammy awards, for both chamber and solo piano recordings. Few musicians are held in higher esteem by their colleagues, a sure indication of Ax's tremendous musical abilities. How does



he keep a sense of proportion about his accomplishments when the world continually showers him with acclaim?

"My job is not to assess myself," Ax maintains, especially when it comes to praise. "My job is to find things that are wrong with me, not right with me. I feel good about getting good reviews or awards, but that doesn't mean that I've mastered anything. Music is an ongoing process. You're always balancing a certain amount of confidence in your ability with admitting that things can be improved."

Ax demonstrated his collaborative – as opposed to soloistic – attitude toward music making in the unusual encore he chose when he last appeared with the Oregon Symphony three years ago. Pianists usually give encores that display their virtuosity, but Ax chose to share the spotlight with the symphony's principal cellist, Nancy Ives. The two performed a short piece by Robert Schumann, in which the piano takes a back seat to the cello's primary role. It was an example of graciousness rarely seen on the concert stage.

Aside from his monumental talent, Ax embodies another rare quality: the ability to seek out and find the best in people he meets. It's an uncommon trait, all the more so given Ax's family history. Born in Lvov in 1949 to Polish-Jewish parents in what was then the U.S.S.R., he is the child of two Holocaust survivors. Like many who endured the concentration camps, Ax's parents raised their only child without a religious identity. The family left Europe for Canada when Ax was 10 and later relocated to New York City. Ax became an U.S. citizen in 1970 and considers himself an assimilated American, but he also acknowledges Jewish cultural attitudes his parents imparted to him. "I think Jews are very much involved with the arts, education and charity. Education was very important to a lot of people from my parents' background, and I share all those values."

Ax sees the rise of Asian soloists like Chinese pianists Lang Lang and Yuja Wang as a continuation of the immigrant story that gave rise to a host of legendary Jewish classical musicians.

Ax continues to challenge himself musically. In addition to the standard repertoire, he is currently working on several new commissioned works by young classical composers like 32-year-old Nico Muhly. He also teaches piano on a limited basis, and, in typical Ax fashion, says he learns as much from his students as they do from him. "I think it's wonderful to be able to share music with younger generations. They sometimes have fabulous fingerings that I copy."

For more information about Ax's performances with the Oregon Symphony, go to orsymphony.org.

Lewis & Clark **Literary Arts**
 Portland Arts & Lectures | Writers in the Schools
 Oregon Book Awards & Fellowships | Delve

William Stafford
CENTENNIAL CELEBRATION

Friday, **February 7, 2014**, 7:30 PM, Newmark Theatre
 Tickets start at \$15, available at Portland5.com
 Featuring Li-Young Lee and Ted Kooser
 Appearances by Kim Stafford, Mary Szybist, and Paulann Petersen
 Hosted by Matthew Dickman

Ask Helen

This year, commit to changing one trait that impacts your life

Dear Helen:

How can I make this year better than the last one? Mostly, I hate my job. But in general I feel:

Stuck

Dear Stuck:

After the echoes of “Auld Lang Syne” have faded, any resolutions you may have made will sound a whole lot harder than they did with a brandied eggnog in your hand. As looming five-day workweeks cast shadows of winter gloom, you need to make only one clear resolution: use the next few months to transform something important about your life. To find out what’ll make you glow like a bright light in a dark world, read and actualize the steps below.

Think about the complex interactions of your “real” life, your work life and your “you-ness” – both inside and out. Question: What changes in each dimension will pay off? Answer: Any that inspires achievable goals and focuses your time and energy to make them happen. Assess. Commit. Act.

Start with your inner self. Identify one character trait that bothers you and impacts your work life. This could be anything from excessive shyness (or boastfulness) to over- (or under-) committing yourself. Choose a trait that you’ve stumbled over before, but not something that’s so great a core issue that you want to weep when you think about confronting it. As you continue with your plan, keep this trait in your forebrain and tell yourself: *This is the year that demon stops stopping me.*

Identify a very specific, measurable career goal – anything from a higher monthly income by December to an entirely new job. Write down every characteristic you can think of that defines your goal. Be as detailed as possible – everything from job title to hourly pay, location and hours to your own skills and the type of folks you want to work with. Read this goal every day.

Inventory the skills and knowledge you’ll need to get to goal. Think about the specific skills you have and those you don’t. Be honest, even ruthless, about what you’d bring to an interview for that job today, and how you’ll need to improve to get promoted or hired. Don’t go light in this assessment. You’ll be compared to folks with those skills and more experience. Find out where to acquire (or update) your missing or out-of-shape credentials. Enroll in a class or study online. Commit the time to study, even if it means tightening up your playtime schedule.

Commit five minutes daily to thinking about how you’re moving (or not) toward realizing your goals, inner and outer. No matter how busy you think you are, create this time for yourself in a quiet room or even at night before you go to sleep. Speak your goals aloud and then say: *I can do it.*

It’s important to keep up your self-confidence. That may sound hard. In the beginning it might be, especially if you’re unused to

the habits of change. But soon you’ll be learning something new and thinking of yourself happily on the cusp of better things. Your attitude and energy will both improve.

After you get some momentum, the rush of *I can do this!* will make you start to glow. You’ll find it easier to change your personal habits as you get more enthused about your career future – and easier to focus on your career as your habits change. Your brain cells will say thank you, and other people will notice your energy and drive.

Be your own first priority this year. Use your time and energy to improve yourself by making changes that matter. If you do this consistently, you’ll have transformed yourself from the inside out and from the outside in. Invest in yourself for the next few months so you’ll be ready to launch the new and improved you into the opportunities that will follow.

A resident of Eugene since 1981, Helen is a member of Temple Beth Israel, where she studies and speaks on Torah. She claims to have black belts in schmoozing, problem-solving and chutzpah. She’s a writer and an artist (kabbalahglass.com).

Please email your questions to helen@yourjewishfairygoddmother.com and check out the blog at kabbalahglass.com/blog/



PHOTO: SOL NEELMAN



Indian & Middle Eastern Cuisine

Hours: Tues – Thurs & Sun 5 – 9 • Fri – Sat 5 – 10

503.231.0740

www.bombaycricketclubrestaurant.com

1925 SE Hawthorne Blvd • Portland, OR 97214

Tu B'Shevat: New Year of the Trees

PHOTO BY SUSAN GARFIELD

When you come to the land and you plant any tree, you shall treat its fruit as forbidden; for three years it will be forbidden and not eaten. In the fourth year, all of its fruit shall be sanctified to praise the L-RD. In the fifth year, you may eat its fruit. (Leviticus 19:23-25)

"It is a tree of life to all who grasp it, and whoever holds on to it is happy; its ways are ways of pleasantness, and all its paths are peace." (Proverbs 3:17-18)

By Rich Geller

Tu B'Shevat, or the "New Year of the Trees," comes early this year, arriving at sunset on Jan. 26. Reckoning by the Hebrew calendar however, it will be right on time as Tu B'Shevat literally means the 15th of (the Hebrew month of) Shevat. From the Tree of Knowledge of good and evil in the biblical Garden of Eden to the description of the Torah as an Etz Chaim (Tree of Life) in Proverbs, trees are one of the root metaphors (no pun intended) in Judaism. It is fitting then that there is a day set aside to honor them.

First recorded in the Mishnah around 200 CE as one of four new years, the day's original intent was to determine a tree's age for the purpose of tithing to the Kohanim (priestly class) and the poor. A tree is considered to be one year older on Tu B'Shevat. New buds, which began to appear at this season in Israel, belong to the coming year's harvest, an important distinction when the Temple still stood in Jerusalem.

After the destruction of the Second Temple, the agricultural origins of Tu B'Shevat faded from relevance. In an effort to revive the holiday, a group of 16th century Jewish kabbalists, or mystics from the city of Safed in Northern Israel, developed a Tu B'Shevat seder meal in honor of the Etz Chaim. The meal incorporated the seven species of Israel mentioned in Deuteronomy 8:8. Figs, dates, pomegranates, olives, grapes, wheat and barley were consumed and accompanied by four cups of progressively darkening wine, which symbolized the march of the seasons from winter (white wine) to autumn (red wine).

Tu B'Shevat observance has taken on new meaning in modern times. Beginning in the 20th century with the rise of Zionism, and continuing with the founding of the modern State of Israel, the Jewish National Fund has helped to make the desert bloom by planting millions of trees throughout Israel. Tu B'Shevat has become a popular day to donate to the JNF to plant a tree in Israel, typically in the name of a loved one.

Since the first Earth Day in 1970, Tu B'Shevat has become a sort of Jewish Arbor Day with people celebrating by becoming more eco-conscious. With its bounty of fruit orchards and vast tracts of forest, not to mention its Earth-friendly ethos, Oregon is the perfect place to celebrate "The Birthday of the Trees."

Tu B'Shevat is also a day that really speaks to children. What better day to teach kids about the importance of trees than on their birthday? A good place to start is one of Portland's two excellent arboretums. The Columbia Children's Arboretum features a meandering meadow surrounded by tall trees, wetlands and a variety of wildlife, including ducks, geese, turtles, beavers and northern river otters. The Hoyt Arboretum is home to nearly 10,000 trees comprising more than 1,400 species, and an extensive network of trails. This urban forest is one of Oregon's crown jewels. Or visit Portland's Forest Park. With more than 5,000 acres of trees, including old growth forest, it is home to nearly 200 species of birds and mammals!

Tu B'Shevat is also an opportunity to teach kids to reduce, reuse and recycle. Go green and start composting if you don't already. Volunteer with your children to work in a community garden or plant a tree in your backyard. Encourage your kids use their tzedakah money to make a donation to the Jewish National Fund. Why not host a Tu B'Shevat seder? It can be as elaborate or as simple as you see fit. Hazon.org and pjlibrary.org both offer rich and deeply meaningful haggadot, available for free download. Kveller.com has a delicious Tu B'Shevat recipe for fig and goat cheese sandwiches stuffed with dates and pomegranate syrup!

Our kids love to make art for every holiday. Ask young children to draw pictures of what Tu B'Shevat means to them, and you'll be amazed by the results! *Crafting Jewish* by Rivky Koenig features nine classic Tu B'Shevat crafts that are fun and easy for kids and parents alike. Be sure to check with local synagogues and Jewish groups for Tu B'Shevat events. Wrap up the day with some appropriate bedtime tales. *The Giving Tree* by Shel Silverstein and *The Lorax* by Doctor Suess are both classics, and simply and elegantly convey the value of trees. *A Tree is Nice* by Janice May Udry and *Happy Birthday, Tree!* by Madelyn Rosenberg are just two books that can be found on the PJ Library's Tu B'Shevat reading list.

Over the course of Jewish history, Tu B'Shevat, or the "New Year of the Trees" has been many things to many people. While Tu B'Shevat observance has evolved over the generations, the day remains one of renewal and revival. It is written in the Torah that "A man is like a tree in the field." Like the seeds we plant and nurture on Tu B'Shevat, our children will become what we help them to become. Teach them well and Chag Sameach!

Jeremy Ben-Ami speaks on the two-state solution

By Carine Nadel

First and foremost, J Street founder and President Jeremy Ben-Ami wants everyone to know “We believe in the right of the Jewish people to a national homeland in Israel, in the Jewish and democratic values on which Israel was founded, and in the necessity of a two-state solution.”

Ben-Ami and Carmi Gillon, the former director of Israel’s Shin Bet Security Agency featured in the Oscar-nominated film, “The Gatekeepers,” spoke to Jewish Life magazine following a screening of the film.

Ben-Ami sat down and talked about J Street being the political home for pro-Israel, pro-peace Americans fighting for the future of Israel as the democratic homeland of the Jewish people. His replies have been edited for brevity and clarity.

CN: J Street has been experiencing a growing acceptance among America’s mainstream Jewish organizations. To what do you attribute this rise?

JBA: It’s natural for it to take awhile to get comfortable to new voices in the community. There are some pretty deep emotional feelings out there, and we are finally able to see that everyone is learning that we are clearly a pro-Israel organization. We may disagree on some matters of policy, but I’m sure what we all want is the same long-term goal, which is a safe and secure democracy. Once people saw that was truly our aim, the acceptance began to follow.

CN: What are you doing to overcome continuing reluctance of some to engage with J Street?

JBA: We continue to reiterate our basic principles and mission for one and try to reassure them. The other part we are doing is to share our personal stories and let the public get to know us as people. I want everyone to know that I come from a family that has been in Israel for over 130 years. My grandparents helped to found Tel Aviv. My parents fought for independence. My great-grandparents were among the first settlers in Petah Tikva and the first aliyah. My father was an activist and leader in the Irgun, working for Israel’s independence and on the rescue of European Jews before and during World War II.

Letting people in on our backgrounds helps to break down the remaining oppositions.

CN: What was the message of J Street’s 2013 conference theme “Our Time to Lead”?

JBA: It had several layers. The first is that as Americans, we want to be strong and have strong American leadership in the effort to reach the two-state solution. It’s wonderful that the two sides are talking, but (it is) without a strong mediator in the room working with both sides. It’s our time to lead in the peace process.

Layer two is that in the American Jewish community, J Street feels that this is a very important moment for those of us who do believe in the two-state solution, that it’s our time to step forward and make our case.

As the president and secretary of state pursue peace, they’ll need political and communal support, and we need to step forward and provide that. President Obama was in Israel in March

and spoke to groups of young people to let them know that sometimes they need to be on the cutting edge and get out there and let their leaders know what they want and start the groundswell of letting everyone know what it is they want and take risks.

CN: You just mentioned the president. What are your thoughts on his views toward Israel?

JBA: The president has been a tremendous advocate of Americans’ interest in a peaceful solution in the Palestinian/Israeli conflict. His vision is persuasive that it’s necessary to make these changes and the path we’re on is not advantageous to anyone. He has three more years, and we’re all going to be working to get to the finish line together.

CN: Is it acceptable for us to criticize Israeli politics, as the Israelis do?

JBA: Absolutely, this is one of the fundamental arguments of J Street. It is healthy for us to open up and have a vibrant debate on what is essential in Jewish life. Argument is an essential and important way of life for the American Jews and the community in Israel. Some of our greatest learnings come from the debates of the scholars.

Obviously the final choices have to be made in Israel, but we should definitely be talking about what’s going on and how to make the changes. It’s terrible for us to remain silent.

CN: When you see the media describing you as a “dovish” group, how do you feel about it?

JBA: I personally disagree vehemently with the label, because the positions that J Street takes are the same as the security chiefs and prime ministers of Israel take – as well as the members of Knesset – all right-of-center parties.

Ending the conflict and creating two states for two peoples is the only way for Israel to remain a Jewish state and democratic in the long run. That is simply a statement of our analysis and where the future is headed.

CN: Do you think the two-state solution will come to fruition?

JBA: Well, there are only two choices: ongoing conflict or the two-state solution. I truly do believe that one day we will see two lands for two people. It will take a lot of compromise and sacrifice.

This is actually a moment of opportunity. The Arab world is deeply distracted with their own problems. There is a confluence of force that gives (us) another go at making this happen.

Carmi Gillon (as shown in “The Gatekeepers”) supports J Street’s position on the peace process. A two-state solution is the only pragmatic resolution to the Israeli/Palestinian conflict and the only solution that will ensure Israel’s long-term security and interests in the region. The U.S. needs to push both sides to achieve a negotiated agreement. J Street is the only American advocacy organization solely focused on achieving this goal.



Jeremy Ben-Ami

Israel must now focus on U.N.'s final agreement with Iran

By Mylan Tanzer

My mother-in-law, Tamar, was born in Shiraz, Iran. Along with her parents and siblings, she made the long and dangerous journey to Israel in 1951, arriving at the age of 12. Although she rarely has the opportunity to speak her native Farsi, she is still fluent and follows Iranian events closely, both in the mainstream Israeli media and on the local radio stations that broadcast in Farsi for the sizable community of Israelis of Persian origin.

Last summer when Hassan Rouhani was elected prime minister of Iran, replacing Mahmoud Ahmenijad, the person she loved to hate, I asked her opinion. She said she would miss “Little Haman” as she called him. Surprised, I asked her why. She said that Rouhani was just as extreme in his hatred of Israel, but was much more sophisticated and cunning than Ahmenijad and the world would be deceived by him. She always said that Little Haman was a crass simpleton and thankfully wasn’t blessed with the characteristic Persian cleverness needed to hide the Supreme Leader Khamenei’s bigotry and anti-Semitism. Rouhani would be a different story she said. Now that is Persian cleverness! My own mother advised me that I should always agree with my mother-in-law. Tamar foresaw the charm offensive before it happened.

Nov. 23 brought the expected and inevitable interim agreement between Iran and the five permanent members of the UN Security Council and Germany (P5+1), and the reaction here was dramatic. Headlines the next morning included: “How Rouhani succeeded in fooling Obama & Kerry” (Ha’aretz), “Agreement, No Matter What” (Yisrael Hayom) and Yediot’s “Historical Agreement? Historical Mistake!”

The overwhelming official and unofficial reaction was that the agreement was bad and dangerous for many reasons, the main one being that Iran did not retreat one millimeter from its nuclear program. At best, they are running in place; yet the world sanctioned Iran’s illegal enrichment

program and tore down part of the wall of sanctions. The danger is clear. While Iran retains the ability to break out to produce a nuclear weapon, the tired P5+1 nations will find it difficult if not impossible to resume the aggressive sanctions regime and put all options back on the table.

Respected veteran journalist Eitan Haber wrote: “Don’t be misled; today Israel finds itself at one of the most decisive and fateful junctions in its history. The agreement leaves Iran with the ability to build a nuclear weapon in a short time. ... this is frightening but it is the truth. No declaration or condemnation are of any use when almost the entire world, and mainly the U.S., close their eyes and deny the truth. We have a major problem.” Yediot’s Alex Fishman wrote “one of the sides is either naïve or stupid or both, and it isn’t the Iranians.”

Netanyahu has been outspoken in his unprecedented condemnation of the interim agreement, his declaration that Israel does not recognize it and his thinly veiled personal criticism of Barack Obama and John Kerry. Much of the world wondered if his fierce criticism has been useful or damaging to Israel’s cause. Although this is only the interim agreement, the ability to develop the most dangerous weapon on the planet has been granted de facto to the most dangerous regime on the planet. We and our children will be in the terrifying shadow of this existential threat, paying the price even if Iran never deploys a nuclear weapon.

It is easy to forget that Israel and the United States have the same aim of preventing Iran from military nuclear capability. But the noisy divergence in this common goal is where Bibi going ballistic has its roots. Netanyahu, like most of us, is convinced that an interim agreement was a mistake and increases the chance a final agreement will sweep the problem under the carpet. Netanyahu’s feeling of betrayal is profound because this issue has been his personal crusade since he became prime minister, and the robust sanctions

that brought Iran to Geneva are in large part the result of his rhetoric, threats and warnings. He warned that even “moderate sanction relief,” as Kerry defined it, will be like a small puncture in a tire, which is all that is needed for all of the air to disappear. To prove this, scores of international companies eagerly waiting for this moment already have delegations in Teheran discussing terms with Iranian officials. Only an idiot would say this process can be reversed.

Netanyahu’s bellicosity reflects our extreme apprehension about a future in Israel in the shadow of a nuclear Iran, which would create unavoidable nuclear proliferation in an already anarchic Middle East. The only reason the Iranians are at the table is because of the economic sanctions. Relieving sanctions with no clear demand that the Iranians dismantle the components of their nuclear weapons program is giving away the West’s leverage. It is a recipe for disaster. No one here wants military action. But the dangers in this agreement make the possibility of eventual war more likely. An interim agreement that makes no mention of removing a single centrifuge or stopping construction of the Arak plutonium reactor is a bluff. If, as Iran states, their intentions are peaceful, then why a plutonium reactor in the first place? Why not demand that it be dismantled? And why build peaceful nuclear installations buried deep under mountains?

Iran has deceived and played the international community for the last decade. Now Iran is one turn of the screw away from having a nuclear bomb as well as intercontinental ballistic missile delivery ability – all because the West just doesn’t get it.

Amos Harel of Ha’aretz writes: “The American announcement (of the interim agreement) shouldn’t surprise Israelis. ... The cultural cliché is correct. These are the classic Iranian tactics. They possess extreme expertise at conducting long

and tiring negotiations. Then the final conclusions agreed in previous rounds are in turn used by them as opening positions in the next round and the international community goes along with this.”

This seeming willingness to be deceived is the reason that the vast majority of the Israeli public, including Netanyahu’s fiercest critics in the Knesset and the media, are in agreement with his message. There has been strong criticism about his style, but in the days following the agreement, a Channel 2 news survey analyzed the public’s reaction to the agreement and to Netanyahu’s actions. To the question if the agreement endangered Israel, 60% answered yes, 25% not yet and 15% were undecided. To the question if Netanyahu had exaggerated in his criticism, 58% percent responded no, 28% yes and 14% were undecided.

There are other reasons for Netanyahu’s behavior. The lack of any clear American reaction to the supreme leader’s labeling of Netanyahu as a “rabid dog” and Israelis as “creatures that are not human” a few days after the agreement added fuel to the fire. But the straw that caused Netanyahu to toss diplomatic protocol to the wind happened in his last meeting with Kerry, when the latter informed him of the softening of the American position. At the end of this meeting, the joint press conference was canceled, and instead Netanyahu fired the opening salvo in his offensive against what he and most of us perceive to be capitulation to Iran.

It was astounding to see the administration seeming to be more eager than Iran to sign the agreement. Ben Caspit writes: “Obama is sprinting faster and stronger to an agreement than Rouhani. The Americans are eager. The agreement cleans the books. The Syrian chemical weapons problem is closed, as is the Iranian nuclear problem, all without bloodshed. Obama retroactively justifies his Nobel Prize, and after his presidency, comes the flood. In 2016 the Iranian bomb will appear? So what? It didn’t happen during his term just as he promised.”

The Iranian issue is actually a symptom, albeit a potentially fateful one, of the real problem. Netanyahu and most of our leaders do not understand what appears to be a paradigm shift in American policy.

Alon Pinkus, a former Israeli diplomat and expert in American affairs, says that the U.S. is on the verge of a significant strategic shift regarding its place and role in the region. “The attention is on the Israeli confrontation with Washington. ... In fact, at this time a deep and fundamental change in American Middle-East policy is occurring. ... This stems from economic factors, the U.S. is on the verge of energy self-reliance, and will no longer be dependent on Middle-East oil ... and also stems from fatigue and intellectual laziness. ... The U.S. is scarred, bleeding, tired and has no more patience to continue to deal with the abundant conflicts, uncertainty and instability that the Middle-East offers in abundance.”

Pinkus adds the United States has basically seen the Arab world as hopeless and will rely on the three non-Arab regional powers – Turkey, Iran, Israel – but with no involvement. If Netanyahu recognized this, his efforts to strengthen the final agreement would be more effective. Pinkus continues: “The existential threat posed by Iran perceived by Netanyahu is justified. He is reading the Iranian map correctly. The problem is that he is not reading the American map correctly.”


It might be nice to know that Israel is in America’s future plans, but if, or more likely when, Iran has a bomb, this strategy will go up in a mushroom cloud. I am not even taking into account that Saudi Arabia, who gave us 15 of the 19 Sept. 11 terrorists, will acquire nuclear weapons by receiving the 30 or so existing nuclear bombs from Pakistan.

Many in the media here have drawn similarities to Munich 1938. Dan Margalit in *Yisrael Hayom* wrote: “The more apt parallel is to the silence of the West when Hitler invaded the Sudetenland in 1936. Then the enlightened world could have stopped the Nazi regime and perhaps even caused its collapse but the Obamas and the Kerrys of the ’30s wanted quiet and their eyes clouded over.”

Unlike Israel, Iran was required to offer nothing concrete, not even lip service, like “we are sorry for the American embassy siege, or blowing up hundreds of Marines in Beirut,” or “No, we do not want to annihilate Israel.” The West, not

only Obama, simply does not know how to handle Islamic dictators like Khamenei, who abide by no rules. They continue to brutally oppress their own citizens, slaughter Syrian civilians, launch rockets against Israeli civilians and attempt to kill Israelis abroad – which occasionally succeeds as it did in Bulgaria last year. To give them the benefit of the doubt, as the interim agreement has done, is unfathomable to us.

Where does this leave us? The initial fight has been lost. The battleground moves to the final agreement. Former Chief of Military Intelligence Amos Yadlin reminded us that this is the first stage and, as bad as it might be, Israel must move on and concentrate on the challenge ahead. He said the first priority must be for the two sides to stop the blame game and thrash out their differences. He asserts Netanyahu will comply if Washington can assure the following conditions: Iran will not use the interim agreement to solidify gains to their nuclear program; if the talks fail, new sanctions will be imposed; clarify the interim agreement is valid for six months only; and for the U.S. to rehabilitate its military option by reasserting “all options are on the table.” He writes “The art of war is the attainment of strategic goals with a minimum of resources and time and minimizing losses.”

The U.S. and international community do not need to do this for Bibi or Israel. It is necessary for the world’s future. Will the P5+1 make these demands and will it be enough to prevent Israel from taking matters into its own hands? I hope so, but I remember Elie Wiesel once said, “Always believe the threats of your enemies more than the promises of your friends.” 

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



Life on the Other Side

Farewell to a Beloved Icon

by Anne Kleinberg

Israel is in mourning. On Nov. 26 Arik Einstein died at the age of 74. And I honestly think Israel has died a little too.

Arik Einstein was part of my reason for coming here and making Aliyah. He was a nuanced symbol of the Israel I so loved in the early '70s. I didn't follow him as a groupie, or even attend his concerts, but I loved his songs. Everyone did. You sort of couldn't help but love them.

Israel was a very different place back then – when Arik and his pals populated the scene – innocent, sweet, naive and full of hope. People didn't worry about terrorism, nuclear arms, global warming and such.

Einstein was more than a singer, he was an actor and a comedian and he made people happy. He sang of simple and basic things – like love and living life. The writer Chemi Shalev in his tribute to Einstein in Ha'aretz's newspaper said it best: "He resuscitated, almost singlehandedly, the songs of the first Zionists, the hymns of 'Good Old Israel,' the days of early innocence and boundless optimism, when hopes were high and possibilities seemed endless."

How one man and his songs can touch generation after generation is truly remarkable. Those who were older than he and those born decades after his star burst through the atmosphere loved him

the same – they recognized and appreciated this man of talent.

On Nov. 27 the whole country was in mourning. Einstein's death was announced from the Tel Aviv hospital the evening of Nov. 26. Immediately candles were lit, young people sat together in groups outside, guitars were strummed and by that afternoon, Rabin Square (formerly Kikar Malchei Yisrael, where I first heard and fell in love with his songs during Yom Ha'atzmaut celebrations) started filling up. Streets were closed off, parking lots were jammed and thousands of mourners filled the square and waited. The prime minister, the mayor and stars from all parts of the media world paid tribute – with songs, with speeches and with tears. Everyone was choked up, everyone felt the pain.

We've lost a great man. A simple, modest guy whose music touched many souls. I pray that his loss does not foretell the loss of more of Israel's innocence. We have no more to give.



Arik Einstein. Photo provided by Government Press Office

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





503
245
3676

IMAGES BY FLOOM





CREATING MEMORIES



JTC RETURNS TO FERTILE GROUND

As part of Fertile Ground 2014, the Jewish Theater collaborative will present "Memory's Landscape" at three locations.

Fertile Ground 2014 is a 11-day arts festival that will be held Jan. 23 through Feb. 2 in Portland. This city-wide festival is focused on new work in the Arts.

Memory's Landscape was conceived and adapted by Jamie M. Rea and Sacha Reich and is directed by Wendy Wilcox. It will be presented 7 pm, Jan 26 at Milagro Theatre, 525 SE Stark St., Portland; 7 pm, Jan 27 at Mittleman Jewish Community Center, 6651 SW Capitol Hwy., Portland; and 7 pm, Jan 28 at Lincoln Hall, Studio Theatre at PSU, 1620 SW Park Ave., Portland.

Your itinerary includes bustling cosmopolitan streets, mosquito-infested swamps, a utopian society in action and a pit stop on the playground of a war memorial. Neither history lesson nor fact finding expedition, this theatrical excursion through Israel walks the path of memory. As with previous JTC Fertile Ground offerings, "Café Baghdad" and "Taster's Choice," "Memory's Landscape" treats audience to the thrilling convergence of literature and performing arts. JTC's Page2Stage Season which climaxes with a world premiere adaptation of Meir Shalev's novel, *A Pigeon and a Boy*, March 22-April 12.

Tickets: \$15 (Discounted to Fertile Ground Pass Holders)

Purchase tickets online at jewishtheatrecolaborative.org/footnotes

Manage your pass at boxofficetickets.com or email fertileground@boxofficetickets.com

A TASTE OF JUDAISM IN BEND

Rabbi Johanna Hershenson of Temple Beth Tikvah in Bend is presenting three series of lectures with discussion entitled "A Taste of Judaism". The first series begins on Monday, Jan. 13 at 7p.m. at the St Charles Hospital event center on Neff Street in Bend.

Each of the series consists of three consecutive Monday evening classes. The first series "Rhythms of Jewish Living," begins on Monday, Jan. 13. The second series "Mechanics of Jewish Sacred Literature" starts on Monday, Feb. 24, and the third and final series beginning Monday, April 21 is entitled "The 'G' Word."

The classes are open to the public at a cost of \$18 for each of the three series. The courses can be taken independent of each other. For more information, visit bethtikvahbend.org.

SOLOMON MEMORIAL LECTURE FEATURES EXPERT ON JEWISH-AMERICAN AND YIDDISH FILM

The Harold Schnitzer Family Program in Judaic Studies at Portland State University presents the ninth annual Gus & Libby Solomon Memorial Lecture. Eric A. Goldman, professor, author and Jewish film expert, will speak on "The American-Jewish Story through Cinema." His book of the same title will be available for purchase at the end of his remarks.

The event takes place at 7 pm, Jan. 23, in PSU's Smith Memorial Student Union's Browsing Lounge, Room 238, (1825 SW Broadway). Event cosponsors are the Jewish Federation of Greater Portland and the Oregon Jewish Community Foundation. The lecture is free.

Goldman has written extensively on the Jewish experience in film. Actor, writer and director Liev Schrieber says, "Eric Goldman's thorough and thoughtful book lends a compelling perspective on the ever-evolving relationship between cinema and the American-Jewish experience."

pdx.edu/judaic or 503-725-2305

STAND-UP COMEDY NIGHT JAN. 9

There has been a lot of debate in recent months about whether women are as funny as men. We'll let the Portland Jewish community decide once and for all when two female comics face off against two male comics with the audience deciding who really is funnier. The night's emcee is Ken Klein. Comics are Edie Rogoway Van Ness, Tricia Leishman, Roy Kauffman and Timothy Blackton.

Stand-up Comedy Night will be Thursday, Jan. 9 at the Mittleman Jewish Community Center.

No Host bar begins at 6 pm (ages 21+), and the show starts at 7 pm. Cover charge is \$5.



ART EXHIBIT LOOKS AT COAL TRANSPORT

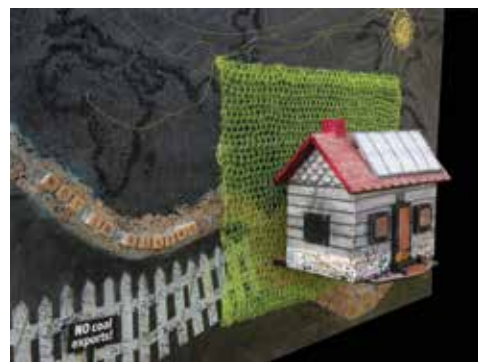
Bonnie Meltzer presents the exhibit Coal - Not in Any Backyard, Jan. 13-Feb. 6 at the University of Portland, Buckley Center Gallery. A 2-4 pm, Jan. 18 reception will feature a short gallery talk at 3 pm.

The threat of hazardous coal trains rumbling through Bonnie Meltzer's North Portland neighborhood sparked her environmental activism and prodded her to produce a series of artworks about the proposed coal export terminals. In this exhibition Meltzer offers a compelling and even humorous look at the local and the global implications of destructive coal by turning crocheted wire, beads, found objects, and painted wood into sculptural commentary.

When Meltzer saw Thom Caccamo's ceramic fish skeleton series and Kelly Neidig's traffic and cloud paintings she invited them to exhibit with her.

More Information about Bonnie Meltzer: bonniemeltzer.com

Coal Export: facebook.com/northportlandcoalcommittee



Not In Any Backyard (crocheted wire, found objects on painted wood 19" x 29")

MEDIEVAL SPAIN TOPIC OF FEB. 9 TALK

The third annual Rabbi Marcus Simmons Lecture will present Professor David Wacks speaking on "Jews, Muslims, and Christians in Medieval Spain: The Literary Evidence."

The lecture will be at 4 pm, Sunday, Feb. 9 at Temple Beth Israel, 1175 East 29th Ave., Eugene.

Spain during the Middle Ages was a cultural, linguistic and religious crossroads where Judaism, Islam and Christianity were in constant contact. This lecture explores what this world looked like through its literature and its languages, drawing examples in Arabic, Hebrew, Spanish and Ladino.

David Wacks is associate professor of Spanish at the University of Oregon. He received his PhD in Hispanic languages and literatures from UC Berkeley in 2003. In 2006 he was a Harry Starr Fellow in Judaica at the Harvard Center for Jewish Studies. His research interests include Medieval Iberian literature and Sephardic Jewish culture. His latest book, *Double Diaspora: Sephardic Literature 1200-1550* is currently under review at Indiana University Press. David and his wife Katharine Gallagher have lived in Eugene and been members of TBI since 2003. Their two sons Eitan and Zev are graduates of TBI Preschool and currently attend Talmud Torah at TBI.

Reservations are not required, but donations are accepted. For more information, call 541-485-7218 or visit tbieugene.org.





HILLSBORO CENTER DEDICATED ON HANUKKAH – The first and only Jewish center in Hillsboro was dedicated on the first night of Hanukkah. Many Hillsboro officials and Jews from Hillsboro and surrounding areas attended the monumental event. The Chabad Jewish Center of Hillsboro was founded by Rabbi Menachem and Chaya Rivkin in January 2007. With the dedication of the expanded and renovated building at 965 SW Brookwood Ave., Hillsboro now has a permanent Jewish center. Rabbi Rivkin lit the menorah and led the crowd in singing. Chaya Rivkin, with the help of Hillsboro Chabad Hebrew School students, led the ribbon cutting, after which a mezuzah was affixed at the main entrance door. A Hanukkah buffet, wine bar, live music and kid activities were enjoyed by all.

WOMEN'S IMPACT – Impact co-chairs (inset below) Naomi Leavitt, right, and Joyce Mendelsohn welcome women to the Jewish Federation of Greater Portland's annual Women's Philanthropy event. Journalist and author Iris Krasnow said when her first book, *Surrendering to Motherhood*, was published she was accused of abandoning feminism; but she explained, "Surrendering, to me, means... yielding to something that is going to last." In her latest book she interviews long-married women about how to make marriage last, and says the common thread is "never to expect someone else to make you happy." Speaking to the ballroom full of women at the Mittleman Jewish Community Center Nov. 21, Krasnow said, "You know strong faith, strong family and a strong mission makes for a fulfilling life." Following the program, Krasnow signs copies of her latest book *The Secret Lives of Wives*.



SUPER SUNDAY – On Super Sunday 300 pledges brought in more than \$85,000 for the Jewish Federation of Greater Portland's annual campaign that supports Jewish agencies and programs in the Greater Portland metro area. The annual phone-a-thon drew 76 volunteers including (above) Gersham Goldstein talking to Alan Bacharach as Sharon Weil and Linda Georges join rows of others calling community members. This year's event was held Dec. 8 at the Mittleman Jewish Community Center.

LEARNING TZEDAKAH – Children at The Gan participated in a Thanksgiving Mitzvah Project to enable others to celebrate Thanksgiving and to learn the value of tzedakah. The children set up a store with boxes of turkey stuffing. The children created signs, decorated the boxes, and ran the store. Parents came shopping with their children, purchased a box of turkey stuffing and put in a big box that was delivered to Jewish Family and Child Service. It was an amazing learning experience.



LIFE & LEGACY TRAINING – At OJCF's Life and Legacy training workshop Nov. 19, participants conduct a role playing exercise about talking to donors about legacy giving. At right (from left), Fred Rothstein representing Neveh Shalom, talks to Eva Aigner and Sonia Marie Leikam representing the Oregon Holocaust Memorial and Education Fund. Above (from left), Elizabeth Menashe representing Jewish Federation of Greater Portland, talks with Wendy Kahn representing Neveh Shalom and Nancy Duhnkrack representing Congregation Beth Israel. Oregon Jewish Community Foundation hosted 35 community leaders engaged in the legacy development program. OJCF, in partnership with the Harold Grinspoon Foundation, is providing training, marketing and incentive grant funding for 10 organizations that were selected to participate through a competitive application process.



PSU PRESIDENT TALKS ISRAEL – Arden Shenker takes notes as Portland State University President Wim Wiewel speaks about his summer trip to Israel with an American Jewish Committee tour for university leaders. About 30 people from the Jewish Federation of Greater Portland's Community Relations Committee and the Greater Portland Hillel turned out to see Wiewel's slides and hear his impressions of Israel. While he said he won't be surprised if the issue of divestment is raised at PSU, he said he sees that as an opportunity to share what he learned during his trip and does not believe it would be successful as it has been on some campuses. Photos by Deborah Moon



Through Jan. 5

OJM Exhibit: Meditations on Equilibrium: Works in Glass and Paper by Alex Hirsch.

Through Jan. 26

OJM Exhibit: Bat Mitzvah Comes of Age.

Jan. 3

A Cappella performance by Magevet – a Jewish, Hebrew and Israeli a cappella group of Yale University. 6:30 pm at Congregation Shaarie Torah, 920 NW 25th Ave. (during Shabbat dinner). Members: \$10, nonmembers: \$12. 503-226-6131

Jan. 4

A Cappella performance by Magevet. 6:30 pm at Congregation Beth Israel, 1972 NW Flanders St. \$5. 503-222-1069

Jan. 5

Fitness Palooza. 1-3 pm at the MJCC. Sample fitness classes, sports and recreation programming for kids, and open swim. Free.

Jan. 8

Bistro Night featuring smooth jazz music by **Kerry Politzer**. 6:30-7:30 pm at the MJCC. Free.

Aryeh Green: “Human Rights and Freedom in the Middle East.” 7:30 pm at Temple Beth Israel, 1175 E 29th Ave., Eugene. 541-485-7218 or tbieugene.org

Jan. 9

Stand-up Comedy Night: Battle of the Sexes at the MJCC featuring comics Edie Rogoway Van Ness, Tricia Leishman, Roy Kauffman and Timothy Blackton. (ages 21+). No host bar 6-7 pm, show starts 7 pm. \$5.

Aryeh Green: The New Anti-Semitism: A “3D” approach to anti-Israel attitudes. 7 pm in the Fir Room at the EMU (Student Union), University of Oregon, Eugene. UO Hillel: 541-343-8920

AIPAC Community briefing on March 2-4 Policy Conference. 7:30-8:30 pm at the MJCC. seattle_office@aipac.org

Jan. 10

PDX Live! 7:30 pm at Congregation Neveh Shalom, 2900 SW Peaceful Lane. Join Cantor Bletstein, Ed Kraus, Klezmocracy and special guest Beth Hamon with new melodies. 503-246-8831

Jan. 11

Emanuel Ax Plays Bach and Strauss. 7:30 pm at the Arlene Schnitzer Concert Hall, 1037 SW Broadway. Repeats Jan. 12 at 2 pm and Jan. 13 at 8 pm. (see page 52) 503-228-1353 or orsymphony.org

Prayer Pose – Israel and Palestine. 10 am at Havurah Shalom, 825 NW 18th Ave. Ned Rosch leads yoga geared to political expression. 503-248-4662

Jan. 12

Jewish Residential Camp Fair. 2-4 pm at the MJCC.

Tu B'Shevat Seder. 11 am at Shaarie Torah, 920 NW 25th Ave. 503-226-6131

Maayan Torah Day School Open House. 11 am-1 pm at Maayan Torah, 2900 SW Peaceful Lane. 503-245-5568 or abrodkin@maayanpdx.org

J Street Northwest Regional Director Gordon Gladstone will speak on Supporting Secretary Kerry And Other Good Deeds in a free program hosted by Congregation Beth Israel. 10:30 am in CBI's Polin Chapel, 1972 NW Flanders St. 503-222-1069. Related story page 55.

Kol Shalom Sunday Forum. 2 pm at 1509 SW Sunset Blvd., Ste. 1E. Gordon Gladstone, western regional director of J-Street and Oregon chairman Eric Flamm will discuss the current Israeli-Palestinian negotiations. 503-459-4210 or Info@kolshalom.org

Jan. 13

History of Ha! Featuring LA author, teacher and stand-up comic David Misch. 7 pm at the MJCC. Free.

It Takes a Village: Supporting Families Caring for Elders. 7-8:30 pm at Rose Schnitzer Manor, 6140 SW Boundary St. Presented by Cedar Sinai Park, Jewish Family & Child Service and Sinai Family Home Services. RSVP: 503-535-4004 or deborah.elliott@cedarsinaipark.org

Rhythms of Jewish Living. Presented by Rabbi Johanna Hershenson of Temple Beth Tikvah as part of the Taste of Judaism Series. Jan. 13, 20 and 27 at 7 pm at the St Charles Hospital event center, 2500 NE Neff Road, Bend. \$18 for series. Info: Jeanne Freeman, 541-504-5368

Jan. 14

Quest for Lost Tribes. 7 pm at Ahavath Achim, 3225 SW Barbur Blvd. Part of the Sephardic Film Festival. Free. 503-227-0010

Jan. 15

Fitness Storytelling Circle: Bat Mitzvah Tales of Grace and Discovery. Moderated by Cassandra Sagan. 7 pm at OJM. General, \$10; OJM Members, \$8; Students, \$5.

Jan. 17

Friday Night Lights. A family Shabbat party at the MJCC. 5:30-8 pm. Adults: \$15, ages 3-12: \$9, maximum \$50 per family. RSVP by Jan. 13 at oregonjcc.org/FNL.

Gospel Shabbat Service Honoring the Life and Legacy of Dr. Martin Luther King Jr. 6 pm at Congregation Beth Israel. (see page 25)

Jan. 18

Women's Shabbat. 10 am at Shaarie Torah, 920 NW 25th Ave. 503-226-6131

Jan. 19

Itzhak Perlman in Recital. 7:30 pm at the Arlene Schnitzer Concert Hall, 1037 SW Broadway. 503-228-1353 or orsymphony.org

Jan. 20

MJCC Artworks Series presents local jeweler Roberta Cohen. 3-7 pm at the MJCC.

Jan. 21

OJM Film: The Zigzag Kid. Noon and 7 pm at the OJM. General, \$10; OJM Members, \$8; Students, \$5.

Jan. 25

CD Launch Celebration – Crossing Over: A Musical Hagaddah. Concert and discussion with Portland composer and musician Michael Allen Harrison and Rabbi Alan Berg of Beit Haverim. Includes catered reception. 6 pm at OJM. \$60 or \$100 for two.

The Q. Trivia contest proceeds support NCSY programming in Oregon. 8 pm at the MJCC. \$54. RSVP: portland.ncsy.org, 503-757-3037 or meira@ncsy.org

Jan. 26

Winter Family Funfest: Preschool and Day Camp Fair (see page 23). 3-4:30 pm at the MJCC. jewishportland.org/funfest

Sephardic Mini-Festival. 10 am-2 pm at Congregation Beth Israel, 1972 NW Flanders St. 503-222-1069 or bethisrael-pdx.org

A Lens on Israel: A Society Through Its Cinema. Lecture by Jewish film historian Eric A. Goldman. 11 am at the OJM. Public, \$10; OJM Members, \$8; Students, \$5.

Memory's Landscape, A Guided Tour. Presented by Jewish Theatre Collaborative in partnership with the MJCC and Hadassah as part of the 2014 Fertile Ground Festival of New Work. 7 pm at Milagro Theatre, 525 SE Stark St. \$15. jewishtheatrecollaborative.org or fertileground@boxofficetickets.com

“What You Need to Know About Today's Real Estate Market.” 1-2:30 pm at Rose Schnitzer Manor. Free. RSVP: 503-535-4004 or deborah.elliott@cedarsinaipark.org

Jan. 27

Memory's Landscape, A Guided Tour (see Jan. 26). 7 pm at the MJCC. \$10 members, \$15 guests. jewishtheatrecollaborative.org

Jan. 28

Memory's Landscape, A Guided Tour (see Jan. 26). 7 pm at Lincoln Hall, Studio Theatre at PSU, 1620 SW Park Ave. \$15. jewishtheatrecollaborative.org

Jan. 30

Jewish Dad's Night Out with Rabbi Michael Cahana. Meet in a local pub discuss topics pertinent to Jewish dads and dads raising Jewish kids. Beverages and food included. Free. For location: jgreenberg@nevehshalom.org or 503-293-7313

Feb. 9

Congregation Beth Israel Presents Taste of Temple. Samples from chefs, restaurants, breweries and vintners. 5 pm at Castaway, 1900 NW 18th St. \$54 prior to Jan. 20, \$72 thereafter. bethisrael-pdx.org or 503-222-1069

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

OJM is the Oregon Jewish Museum, 1953 NW Kearney St., Portland. 503-226-3600 or ojm.org
MJCC is the Mittleman Jewish Community Center, 6651 SW Capitol Hwy., Portland. 503-244-0111, oregonjcc.org



winter family funfest:

Preschool & Day Camp Fair

Sunday, January 26, 2014

At the MJCC: 3:00 - 4:30 pm
6651 SW Capitol Highway, Portland

For families with kids 6 and under.
FREE & OPEN TO ALL

Enjoy learning about Jewish preschool, day school & camp options. Fun activities, concluding with a performance by Kim Palumbis & the PJA Choir.

For more info, call 503.245.6219 or
www.jewishportland.org/funfest



HOSTED BY:



MEDIA SPONSORS:



Jewish Federation®
OF GREATER PORTLAND

THE STRENGTH OF A PEOPLE.
THE POWER OF COMMUNITY.

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



2ND ANNUAL JEWISH FAMILY & CHILD SERVICE

CELEBRATING
Our
CARING COMMUNITY
LUNCHEON

THURSDAY, MAY 15, 2014

11:30 AM - 1:30 PM
OREGON CONVENTION CENTER

\$25 PER PERSON

KEYNOTE SPEAKER:
HOWARD "H" WHITE

VICE PRESIDENT, JORDAN BRAND, NIKE

CO-CHAIRS: DAVID & LIZ LIPPOFF

JFCS



Jewish Family & Child Service

1221 SW Yamhill Street, Suite 301
Portland, Oregon 97205

P| 503.226.7079 E| info@JFCS-Portland.org

W| www.JFCS-Portland.org

Sponsored by
Jewish Federation
OF GREATER PORTLAND

