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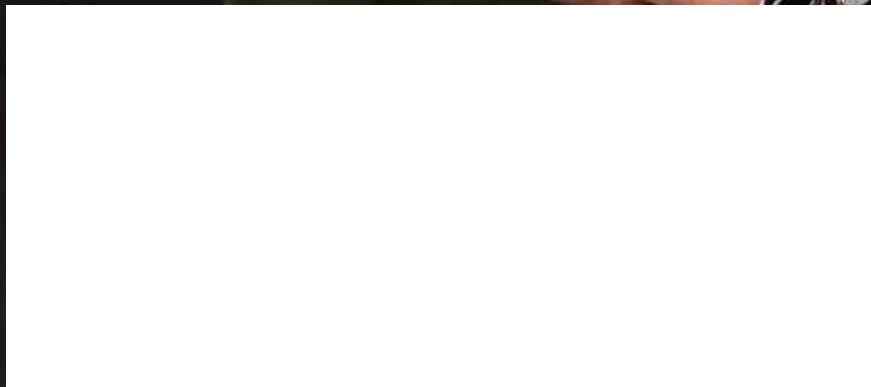
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with renowned author **Yossi Klein Halevi**



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Yossi Klein Halevi is a senior fellow at the Shalom Hartman Institute in Jerusalem, contributing editor of the *New Republic*, and internationally respected commentator on Israeli and Middle Eastern affairs. He is author of *Like Dreamers* and *At the Entrance to the Garden of Eden: A Jew's Search for God with Christians and Muslims in the Holy Land*.

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Editor's Letter



Memory is an integral part of Jewish life – perhaps most viscerally so at Passover when each generation is commanded to remember slavery and liberation as if they were personal experiences.

This month both JKids & Teens and our Passover sections reflect how that “memory” inspires the quest for social justice and what the Jewish community is doing about it. Parents can find ideas to help their kids truly understand the needs of others, while teens can look at the ex-

amples of their peers who are actively involved in changing the world.

Our Passover section also reflects the reality that food is a powerful memory aid. Check out the seder desserts and creative uses for matzah. Familiar foods can be a comfortable prompt that sends our minds swirling back to happy childhood seders with extended families. Since so many Oregon residents live far from where they grew up, we've compiled a list of community seders where you can celebrate with your extended community family.

Community also is central to this month's Arts & Entertainment section. The word “kehillah” means community, so it's fitting that a new apartment building for adults with special needs is named Kehillah Housing. New artwork there is designed to draw the residents into community conversations. As visual art can draw people together, so too can music. Our cover artist, Sony Feldberg, has combined his visual and musical talents to craft easy-to-play cigar box guitars.

Music, food, family and friends – we hope they all come together around your seder table.

Deborah

LETTERS TO THE EDITOR

To the Editor:

Thanks to Oregon Jewish Life and its readers, the Oregon Jewish Museum is now able to continue adding to our stores of Oregon Jewish history.

Readers graciously responded to OJL's recent story (February 2014) on the “mystery photos” in our archives, and we are delighted to share the new information with OJL readers.

If any readers have additional information about the photo with John F. Kennedy, please contact me at curator@ojm.org.

Anne LeVant Prah, Curator
Oregon Jewish Museum



OJM 01260: The couple flanking President John F. Kennedy is Harold and Adele Aisley of Los Angeles. We still don't know the names of the other couple or where the 1963 photo was taken.



OJM 06410: The 1963 Purim Ball Committee meeting at the Jewish Community Center included from left, back row: Ruth Cohen (Roth), Julie Levin (who was chosen as queen that year by the young people who attended the dance), Betty Jean “BG” Olshen, Brenda Usher (Slifman), Susan

Berman and Sally Spring (Lonn); front row: Francine Siegal, Glenda Stillman, Judy Philan, Joyce Swerdlick and Ellen Gold (Koplan).



OJM 05460: Nathan Singer with his granddaughter Brenda about 1975.



OJM 06515: Marian Cohen Margulies, grandmother of Portlander Joyce Loeb, is shown here in about 1910 with son Nathan Calmin (“Cal” Margulies, a pharmacist who owned Cal's Drugs in southeast Portland for many years) and daughter Sylvia “Amy” (Lichtgarn Freedman). Marian Margulies' father, Nathan Cohen, and his wife settled in Oregon in the 1850s; Cohen had fought in the territorial Indian wars.

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LETTERS TO THE EDITOR--CONTINUED

Dear Editor,

This month my daughter Miko (see story page 52) became a Climate Ambassador through the Plant for the Planet academy sponsored by the UN Environmental Program. In early March, she spoke at Pioneer Square at the gathering for preventing the export of coal – about the need to prevent climate change, and about the state of emergency in the Marshall Islands where she was born – due to a high tide.

Yes, a very high tide. Storm swells led to flooding in multiple atolls with likely well over 1,000 people displaced and 100 homes damaged. The news has been silent; we heard from a friend whose daughter's kemem (first birthday) we just celebrated.

We have to take climate change seriously. No matter how you look at it, there is no more important tzedakah you can do than act to stop it. Join us in looking hard at your priorities and reorder them – we have to weigh everything against the priority of a healthy, peaceful planet. Donate to nonprofits working to prevent climate change and protect and help those already most affected. Make serious home energy improvements. And, get into good trouble, as Congressman John Lewis would say. A good place to start is 350.org or Miko's Mitzvah website: shalvahalizah.wordpress.com.

We welcome you to join us in celebrating Miko's bat mitzvah April 4 and 5 where there will be an opportunity to learn more about and contribute to Miko's tzedakah project.

If you aren't scared, you aren't paying attention.

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Pam Vergun

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Rabbi Rami Shapiro:
Chief Holy Rascal.



Cathy Zheutlin, left, and Wendy Russell: Producers of Holy Rascal films, radio shows and live events.

Growth of Rascality

Holy Rascals expand from film to radio, webinars and live events

By Deborah Moon

Holy Rascals, a nonprofit media company for spiritual education launched by two Portland women in 2004, now produces an on-line radio show and webinars, and this month launches a series of live events beginning with the first Holy Rascal Revival.

Inspired by the pioneer-era tent revivals, the April 26 Holy Rascal Revival is envisioned as a joy-filled day of InterPlay led by Cassandra Sagan and spiritual culture jamming led by Rabbi Rami Shapiro. “These events make it safe to explore joy and have fun while being spiritual and connected to life,” according to Holy Rascal co-founder Cathy Zheutlin.

Holy Rascals began when Cathy and Marcia Danab met Rabbi Rami at a kabbalah workshop in Portland. They were impressed by the man Cathy describes as “wise, irreverent, inter-spiritual (as opposed to interfaith), witty and authentic.” Marcia has since left the project, but Cathy has been joined by fellow P’nai Or member Wendy Russell.

“Rabbi Rami had an idea for a film featuring wisdom-keepers from different faith traditions,” says Cathy. “We had a list of elders/teachers” and planned to ask them to “share your wisdom.”

What they didn’t have was a “story” to carry the film. So began the Holy Rascals tradition of “failing forward,” says Cathy. “We let it evolve. The inspiration is still the transmission of wisdom.”

With the advent of YouTube, they realized “what we do works better on YouTube – short dialogues, not long movies.” Beginning with the 45-minute “Kiss of God” featuring a dialogue between Jewish Renewal founder Rabbi Zalman Schachter-Shalomi and Father Thomas Keating, a Catholic monk who founded Contemplative Outreach, they have posted about 25 films to YouTube – a great way to spread the rascals’

message but not a source of revenue to be able to produce more videos. “The issue for us as filmmakers was finding the time and money to edit,” notes Cathy, who makes her living as a massage therapist.

Cathy and Wendy did win second place in a Canadian film contest for their three-minute video on spirituality and work called “No Separation.” The filmmakers are also working on a full-length documentary on facing death inspired by Wendy’s husband’s work as a music thanatologist who plays his harp for dying patients.

Holy Rascals memberships (starting at \$25/year), webinars and live events are designed to address the funding challenge.

While Cathy is a filmmaker and enjoys being behind the camera, Wendy formerly did webinars for an online advertising company. The first Holy Rascals webinar was “How to be a Holy Rascal,” with Rabbi Rami. The second webinar, which began in March and continues through April, features Ashland Rabbi David Zaslow elaborating on the interfaith reconciliation featured in his book *Jesus: First-Century Rabbi*.

Cathy and Wendy also produce a weekly online radio show hosted by Rabbi Rami. “How to be a Holy Rascal” airs on Unity Online Radio at 9 am (Pacific time) every Wednesday. Podcasts of previous shows are available on the Holy Rascals website.

“I hesitated hosting the show; I just wasn’t sure I had it in me,” says Rabbi Rami. “But Wendy and Cathy, who produce the show, said they would do the hard work of booking guests and building a community of listeners, so all I had to do was talk; and talking is the one thing I’m good at. So I love doing the show.”

Plans are also under way for more live events in the fall. All the Holy Rascals events will have a social action component.

“Our bigger vision is to take Holy Rascals Revival on the road,” says Wendy. “We want to go to smaller communities and help support whatever the social justice issue is in their town ... help them bring politeness and play to their issue.”

Holy Rascals are firmly rooted in Jewish tradition says Rami.

Who are Holy Rascals?

Cathy Zheutlin: They are “spiritual subversives who seek to return religion to the best it can be. Our tools are humor, play and the cultivation of a liberating joy revealing the unity of woman, man, nature and God, and the courage to speak truth to power.”

Wendy Russell: “People who use lightheartedness to appreciate other religious and spiritual traditions. ... People can take themselves and religion too seriously.”

Rabbi Rami Shapiro: “A Holy Rascal is someone who loves religion, myth and spirituality too much to ignore the anti-intellectualism, irrationalism and sheer hucksterism that infects spiritual discourse today. It is the Holy Rascal’s task to help us discriminate between wisdom and the snake oil.

“Our mascot is Dorothy’s dog Toto in the Wizard of Oz movie who pulls back the curtain on the great and terrible Wizard of Oz to reveal a small man with a large megaphone.”


Who are the people who lead the Holy Rascals?

Cathy Zheutlin: Grew up at the Reform Leo Beck Temple in Los Angeles. Believed “Judaism was a peace movement.” Discovered spirituality when she met Rabbi Aryeh Hirschfield in Ashland. Member and past president of P’nai Or. Married to Edis Jurcys, mother of Teresa Yurchis (Americanized spelling of Jurcys).

Wendy Russell: Grew up feeling she had a Jewish soul and asked a rabbi in college to convert her; he told her to embrace her own religion. Twelve years ago living in Montana told Rabbi Gershon Winkler she’d learned if she asked three times, he had to convert her. Member of P’nai Or for 10 years. Married to Michael Sasnow; mother of Nathan Sasnow.

Rabbi Rami Shapiro: An award-winning author, poet, storyteller and educator. He received rabbinical ordination from the Hebrew Union College-Jewish Institute of Religion and holds a Ph.D. from Union Graduate School. A congregational rabbi for 20 years, Rabbi Rami currently co-directs One River Wisdom School in Colorado.

“Eve was the first Holy Rascal, stealing wisdom from God and bringing it to humankind (Genesis 3). Abraham was another, insisting that God, the Judge of all the world, do justly, and then going on to define justice for that God (Genesis 18:25). The Prophet Micah’s insistence that what God wants from humanity is justice, compassion, and humility (Micah 6:8), and Hillel’s reinventing Torah by claiming that ‘what is hateful to you do not do to another’ is the whole of the Torah (Talmud, Shabbat 31a), when in fact that teaching never actually appears in the Torah, are two more examples of Jewish holy rascality.

“I hope that the Holy Rascals project can reacquaint Jews with our ancient rascality.” 

HOLY RASCAL REVIVAL

WHAT: A daylong exploration of rascality in the context of spiritual liberation. Rabbi Rami Shapiro will lead spiritual cultural jamming, and Portlander Cassandra Sagan will lead InterPlay, which teaches the language and ethic of play in a deep and powerful way. If you would like to become a “recovering serious person,” then InterPlay might be for you.

WHEN: 9 am-5 pm, April 26

WHERE: First Christian Church, 1314 SW Park

COST: \$115 by April 1; \$150 thereafter

REGISTER: holyrascals.com

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BIZ INS & OUTS

PHOTO BY MERYL ALCABES



Rabbi Joshua Rose joins Congregation Shaarie Torah

Congregation Shaarie Torah, a synagogue in Northwest Portland affiliated with the United Synagogue of Conservative Judaism, has hired Portland native Rabbi Joshua Rose as an additional senior rabbi for the congregation. He will join Rabbi Arthur

Zuckerman July 15, and they will work together to continue the services and outreach programs the synagogue now provides. They also will develop new programs to help the congregation continue to grow and better serve the community.

Rabbi Joshua Rose is the son of Rabbi Emanuel Rose, rabbi emeritus of Congregation Beth Israel, and Lorraine Rose. He attended Occidental College, where he obtained his B.A., and the Harvard Divinity School, where he received a master's in theological studies. He returned to Portland to teach at the Oregon Episcopal School for three years before attending the rabbinical program at the Hebrew Union College in New York, following in the footsteps of his father, grandfather and many family members. Currently, Rabbi Rose is the spiritual leader of a 500-family congregation in Boulder, CO, Har HaShem.

Richard Cohen, who serves as co-president of Shaarie Torah with Jordan D. Schnitzer, says, "I am personally delighted that Rabbi Rose and his family will be joining our Shaarie Torah family. I look forward to the ideas and energy he will bring that will spur growth for our congregation. Exciting, wonderful times!" • shaarietorah.org

Jewish storyteller Brian Rohr moves to Oregon



Jewish storyteller Brian Rohr recently moved to Portland with the goal of sharing the ancient art of storytelling with the community.

Rohr offers programs that help bring meaning and richness to our lives, by using the stories that have come to help define Jewish tradition. Using cultural folktales as well as stories from the

Torah and other sacred texts, he lifts familiar stories out of their usual written context and brings them to life in the realm of the oral tradition.

Rohr was honored by JT News (Seattle's Jewish newspaper) as a 2013 recipient of the publication's "10 Under 40," which recognized the inspirational work of 10 Jewish residents of Washington state younger than 40.

Rohr performs and teaches nationally for congregations, festivals and organizations, which include the Jewish Renewal Aleph Kallah, P'nai Or and Havurah Shalom, Camp Solomon Schechter in Olympia, Chicagoland's Temple Chai and Temple B'nai Torah in Bellevue, WA. He was a keynote performer for the recent "Tapestry of Jewish Learning" in Austin, TX.

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Marian Fenimore departs JFCS

Jewish Family and Child Service announced that after 17 years of dedicated service, the last six as executive director, Marian Fenimore tendered her resignation effective March 3. The board is grateful for her leadership and many contributions during her tenure at JFCS, says Board President Les Soltesz. "We

anticipate no impact to our services during this time of transition," adds Soltesz. "Bev Backa, our finance director, will assume the role of acting executive director while we search for a permanent director."

Fenimore has been hired to continue to serve as the administrator of Sinai Family Home Services, a licensed in-home care agency created by JFCS and Cedar Sinai Park. She served on the SFHS board for six years and three as board president. "I will miss JFCS but am delighted to be working for SFHS and with their new executive director, Paige Coleman, and her staff. The JFCS and CSP partnership is unique, and I feel proud to have been a part of SFHS' development and our other major accomplishments, Kehillah Housing and the Housing with Services project. You don't find this level of collaboration in many communities, and I credit our success to the interagency relationship that CSP CEO David Fuks and I have nurtured over the years."

JFCS underwent a strategic planning process during the last fiscal year. "I am proud to have been part of this effort and leave knowing that those in need are in the best of hands," says Fenimore. In addition to her role as administrator at SFHS, she will be looking forward to future opportunities.

Scott Snyder launches arbitration and mediation practice



Scott Snyder, a Portland business and personal injury litigator, has opened Scott Snyder Arbitration & Mediation. Snyder has practiced law for 24 years in Oregon, formerly serving as in-house litigation counsel for Safeco Insurance, KinderCare Learning Centers and Rentrak Corporation. Since 2000 he has been in solo law practice. Snyder has served for

many years as a court-appointed arbitrator for most major Oregon counties as well as serving as the municipal judge for the city of North Plains.

"After 24 years in the trenches of litigation, I am convinced that alternative dispute resolution is an effective tool for the parties to obtain resolution and closure on their disputes," says Snyder. "Arbitration and mediation are economically feasible, efficient alternatives to trial for everyone involved in the process."

Snyder grew up in New York and Los Angeles but has lived in Portland since 1987. He is a member of two local chapters of the Hevra Kadisha and performs regularly on mandolin for services at Havurah Shalom. Snyder's daughter, Emma, 18, attended Portland Jewish Academy K-8 and will attend college in the fall. Snyder holds his bachelor of arts cum laude from the University of California, Berkeley, a master's in political science from the State University of New York, Albany, and received his law degree from Lewis and Clark Northwestern School of Law.

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Northwest Nosh

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By Kerry Politzer

While it might be a few months until barbecue season, a trip to Toji Korean Grill House satisfies the urge for grilled meat. The restaurant features tabletop gas grills where you may cook short ribs, brisket, rib-eye, skirt steak and chicken to your satisfaction. If you're unsure of how to achieve the best grilling results, Toji's servers are happy to guide you through the delicious process. All barbecue dishes come with rice, lettuce wraps and three flavorful sauces: ginger, sweet soy and sesame salt. You can request that your meat be pre-marinated in one of these sauces.

If you're not in the mood to cook your own food, there are plenty of other options on the menu. Dolsot bibimbop, or rice with various toppings cooked in a sizzling stone bowl, is a popular dish. The rice at the bottom of the bowl becomes toasted – you'll want to scrape up every crunchy bit. Galbi tang, a hearty short rib soup, arrives with a large pair of scissors so that you can get all the tasty meat off the bone. If you're vegetarian, try the japchae: sweet potato noodles with vegetables. Kimchi fried rice is another tasty choice.

In the mood for something spicy? Start your meal with ddokbokgi, a heap of stir-fried rice cakes in hot red pepper paste, and then enjoy a bowl of soondoobu jige, or spicy soft tofu soup. You'll want to have a glass of ice water handy.

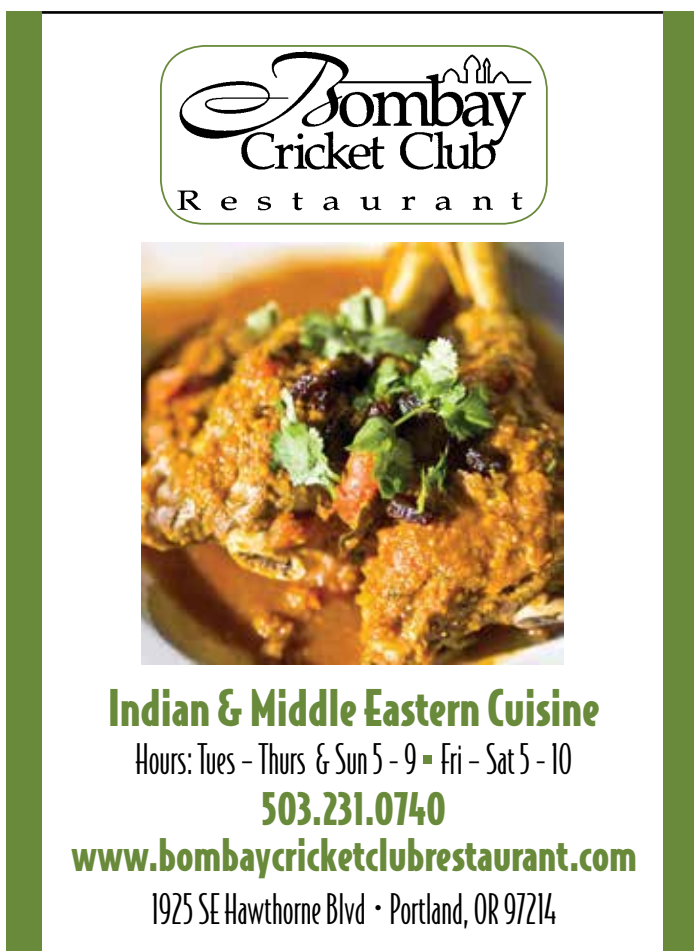
A bento box is a good choice for the kids. Sweet soy-marinated beef, grilled chicken, pan-fried mackerel or tofu squares are served with green salad, rice and pot stickers (make sure to ask for the vegetable dumplings, as the meat ones contain pork). All dishes come with complimentary banchan: plates upon plates of marinated cold vegetable salads. Bean sprouts in sesame oil, black soybeans, sweet soy-marinated potatoes and spicy cucumber slices are a tasty accompaniment to any meal.

No meal at Toji is complete without a steaming cup of tea. In addition to serving the more common green and black varieties, the restaurant offers traditional Korean corn and barley teas, which are caffeine free. If you're craving something sweet, try the jujube tea, which is made with dried Korean dates. At the end of your meal, cleanse your palate with syrupy iced cinnamon-ginger dessert tea. 

Kerry Politzer lives in Portland with her husband and son. She has written for IN New York, WHERE Traveler, and Dessert Professional.



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Arts & Entertainment



Sony's Cigar Box Guitars

Pretty piece of art that's easy to play

By Deborah Moon

A lifetime of skills and interests converged with circumstances last year to launch Sony Felberg's ChickiBoom Cigar Box Guitar business.

Sony sold his first cigar box guitar last summer. By year-end he had sold 100 of his handcrafted creations. Three models of his solid, arty, easy to play guitars now are available in five retail outlets in two states, and he is gearing up to greatly expand production this year with a dream of "capturing the West Coast market."

A first-generation American (his mother, whose "cloudy" heritage will be explained later, emigrated from Hungary after World War II), Sony says the idea of running a cottage industry type of business has long appealed to him. But he began his working life as a sound engineer. He worked as a music engineer in a recording studio before going on tour with Pearl Jam and Red Hot Chili Peppers as part of their sound crew, and he did the sound effects for Bill Nye the Science Guy. He still has his own recording studio in his Multnomah Village home, where he and his wife, Jennifer Felberg, typically work with one band a year to record an album.

For 10 years he detoured into the digital world, working as director of video services for Realnetworks. But he continued his home studio work and kept his artistic juices flowing through painting.

About a year and a half ago, he saw a guitar, bass and amplifier for \$180 at a pawn shop that was going out of business. He decided to try, for the third time in his life, to learn to play guitar. The complex fingering of a traditional six-string guitar proved elusive (though he says he continues to improve). So when he stumbled on an online video of how to play a three-stringed cigar box guitar, he was intrigued.

"I'm a music engineer, so I can't do anything without knowing how it works," he says.

So when Jennifer balked at him buying more guitars, he decided to make his own. Since cigar box guitars don't have the curved bottom of standard guitars, his first model slipped off his lap when he tried to play. On his second try, he extended the solid stick through the cigar box to create a butt that grips comfortably under the arm or rests on the lap securely.

"It's fun acoustically, but guitar players like to be loud," he says, so he added electronics so his guitars can be plugged into an amplifier. His new 2014 design has full pickup and volume and tone knobs – "ready to go on stage."

Laid off from his digital job, he kept crafting and refining his instruments. Soon he had a basement full of guitars. He posted one on Craigslist, but discovered it took more work to sell it online than to make. So he decided to explore the retail market.

Sony took a few of his guitars to Trade Up Music. The manager was impressed by the solid construction, beauty of the guitars and the sound quality, so he agreed to stock them on commission.

"I got halfway home and I got a call from Trade Up," says Sony. "The manager said the owner had come in and seen the guitars. I was sure he was going to tell me to come and pick them up, but instead my first sale was to the owner of Trade Up."

Not wanting to be wasteful, Sony soon added another model to his repertoire. In addition to the three-string cigar box guitar, Sony now makes a mini cigar box guitar (acoustic only) that sells for just \$59 or \$69.

"You use the top three strings of the standard six-string package for cigar box guitars," says Sony. "The bottom

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three strings of each package you throw away. So I shortened the neck of the guitar to use the other set of three strings. ... The mini guitar is my own invention."

Leading up to the holiday season, Sony says he was barely able to keep up with the pace of sales. He was selling around six a week.

"They are an impulse buy," says Sony. People pick up the pretty, unusual instrument and are impressed with the solid construction and fact that anyone can sound good just strumming the strings.

He recently signed an agreement to have a partner with a CNC machine create the "blanks." With the CNC his partner can computerize and rout the neck cuts and drill holes for a basic stick blank, which Sony says is a mind-numbing process to create by hand. Sony will still hand carve the blanks into the finished stick for each guitar. Having blanks will enable him to at least double production, and he says the quality-controlled neck introduces the possibility of another craftsman making guitars.

Sony doesn't sell any guitar he can't have fun playing himself. If it doesn't sound good, he won't sell it. He did however give two of the visually beautiful, but not so beautiful sounding, cigar box guitars to Paul's Cigar Shop to hang on the

Happy Passover!



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walls. Because, yes, cigar box guitars *are* made with real cigar boxes, and Sony gets his from Paul's.

Sony says the smell of cigars takes him back to his childhood and some unexplained parts of his heritage. As a boy his parents, Sandor and Berta Felho, often took him to Hungary to visit uncles, who all smoked cigars.

Raised with no religion, Sony says looking back he now realizes his mother's "cloudy" family story likely concealed Jewish roots. Berta died when Sony was just 22, but he remembers stories of papers doctored in Austria, an aunt needing to use Berta's papers to escape to Switzerland, Berta and her sister volunteering to go to the Russian front as nurses, and his grandmother buried in a mass grave "with everyone else who died that day." When he was 13, Sony says his mom inexplicably took him to get a suit since he was "a man." She also told him that all of her business partners were Jewish, because you could trust them not to cheat you.



Jennifer, Sony, Moses and Ginger Felberg

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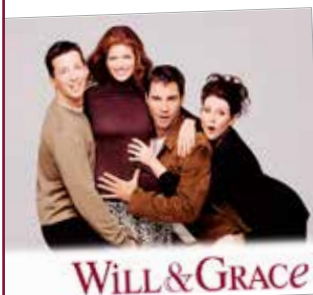
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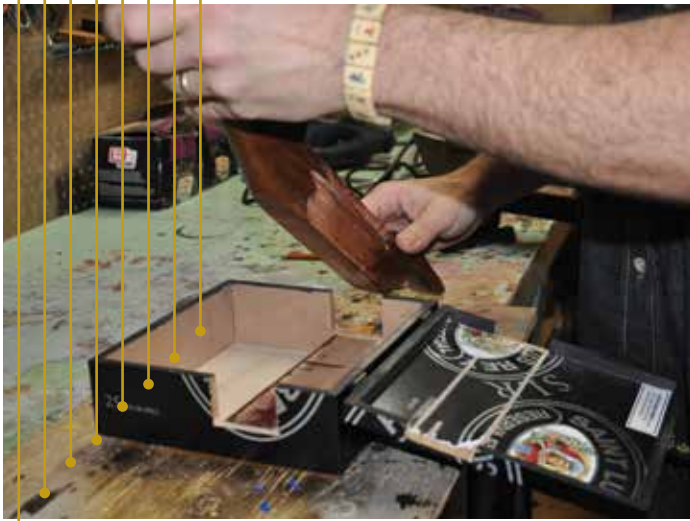
Sony extended that advice to include his choice of a life partner. He says when he met Jennifer Ginsberg, daughter of Portlanders Bob and Carol Ginsberg, she told him he “knew way too much about being Jewish to not be Jewish.” Since he wasn’t sure of his heritage, he went through a full conversion at Herzl-Ner Tamid, a Conservative synagogue in Seattle. When he and Jennifer married, they combined not only their lives, but also their last names to create Felberg.

Jennifer, formerly an opera and rock vocalist who serves as vocal producer when they record bands in their studio, is the activities director for Cedar Sinai Park. The couple has two children, Moses, 14, who celebrated his bar mitzvah in Seaside last year, and Ginger, 12, a ballet dancer who is currently studying with Eddy Shuldman for her bat mitzvah. The two attended Portland Jewish Academy until moving to Robert Gray Middle School.

“They had a wonderful experience at PJA,” says Sony. But he says in public school they are now “getting some mileage” out of their parents’ history with rock bands.

And Sony is getting some mileage out of all his diverse experiences and skills as he grows toward his goal of cornering the cigar box market on this coast. ♫





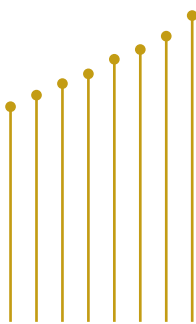
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Gabe Young named to National Youth Orchestra – *again!*

Ashland teen finds playing klezmer enhances his classical performance

Linda, Abby, Gabe and David Young



By Elizabeth Schwartz

Sometimes growing up Jewish in a small town can be an isolating experience, but not for Gabe Young. The 18-year-old senior from Ashland, who begins his second year as a member of the prestigious National Youth Orchestra this summer, credits his small, vibrant Jewish community for giving him a strong, self-confident Jewish identity. “I don’t feel different for being Jewish,” Gabe declares. “Our Jewish community is small in Ashland, but it’s very active.”

Gabe’s fundamental connection to his Jewishness is rooted in his passion for music. As the current state champion on oboe, a title he’s held for the past three years, and as a working alto saxophonist at various venues around Ashland, Gabe’s world revolves around music-making, as it has since he was 2 years old. “I got a toy sax for my second birthday, which ignited my passion,” he says. “From then on I considered myself a sax player.” Gabe probably would have stayed exclusively with the saxophone but for his desire to play in the Youth Symphony of Southern Oregon, which didn’t need sax players. Undeterred, he took up the oboe at age 10, and today the oboe is his primary focus of study.

Making music is a central activity in the Young family. “My dad has a dance band, and I play with them for bar mitzvahs and weddings,” he explains. “We also formed the Young Family trio with my dad on guitar and my sister, Abby, on violin.” Gabe has also played in several jazz and blues bands with friends. “My dad says I channel Paul Desmond – his tone, his relaxed nature – but I’m also inspired by John Coltrane, Cannonball Adderley, Miles Davis and all the musicians who developed and furthered the genre, culture and tradition.” On the second Friday night of every month, you’ll also find Gabe and his father, David, ushering in the Sabbath at Temple Emek Shalom’s Shabbat Shirah service.




Young's Jewish education focused on the religious and spiritual practices of Judaism, but not surprisingly he feels most at home with Jewish music. "I connect most to the cultural side of Judaism," he says. "It's not just a religion; it's a way of life for most Jews. Within that way of life there are certain traditions: food, holidays and, for me, music. The biggest part


of being Jewish is connecting to those elements that make up the Jewish people and preserving them for the next generation. My parents have given me that example by raising me in an all-vegetarian kosher home, for example."

Because he was raised with music as the central focus of his life, Gabe also intuitively understands the essential part music played in Eastern European Jewish communities. "Music was held in such high importance. It's more than entertainment; it tells stories, connects with emotions," he says. "Klezmer music is such an emotionally powerful style: weeping, sobbing, crying. It's really helped me to bring out the emotions in other music I play and connect to it as more than notes on a page. I've been playing klezmer for so long it's in my blood."

Gabe hopes to make a career in music, but unlike many other young classical musicians, he's not narrowing his options to oboe-only opportunities. "There are too many great musicians who don't have jobs because there aren't enough spots for all the talented players," he explains. "It's unwise to limit myself. I love music so much that I would be overjoyed if I could turn it into making a living: solo work, orchestral work, studio work, teaching." His teachers encourage him to bridge the gap between classical and klezmer music – "they want me to be a complete musician." He hopes to continue that cross-cultural focus in college. He's auditioned at five schools, and has already been accepted to Indiana University, U of O and the University of Southern California.

After he graduates high school this spring, Gabe will head off to New York to begin rehearsals with the National Youth Orchestra, whose members are drawn from all 50 states. The 120 musicians, ages 16-19 and led by conductor David Roberston, will perform at Carnegie Hall, Tanglewood, the Jackson Hole Music Festival in Wyoming and Grant Park in Chicago, and end their season at Disney Hall in Los Angeles. They'll be performing Leonard Bernstein's "Symphonic Dances" from "West Side Story," Benjamin Britten's "Violin Concerto" with acclaimed soloist Gil Shaham and a newly commissioned work; they'll finish with Modest Mussorgsky's virtuosic "Pictures at an Exhibition." 

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PHOTO BY ANN WILSON

Sheila Lynn Lawton

By Deborah Moon

Artist Sheila Lynn Lawton spent three weeks interacting with, and creating art personifying the hopes and interests of, residents of Kehillah Housing, a new Portland affordable housing project for adults with special needs.

Kehillah, which means community, welcomed 14 residents with developmental disabilities last September to the new apartment building on the southwest Portland campus of Cedar Sinai Park; until the addition of Kehillah, the Jewish community campus had served only seniors. One of the Kehillah residents is Cole Takahashi, Sheila's nephew. Cole's adoptive father, Mark Lawton, taught at Portland Jewish Academy High School during its short existence and then at Catlin Gable for several years before moving to California. He commissioned his sister, who lives in San Diego, to create a piece of art representative of each resident.

Known for her use of continuous flow drawing in her abstract realist art, Sheila says she created the basic pen and ink drawings as she got to know the residents during the first of two sessions she had with each of them. Thirteen of the residents participated in the project, with one saying he preferred to "leave no trace."

With the extra blank canvas, Sheila drew a circle for each of the residents and asked them to paint their own vision of their favorite things to create a community canvas.

During one session with each resident, Sheila had each draw three cards from a deck of picture cards that contained an image and a pair of words/concepts, such as denial and divine helper or suffering and divine teacher. As each resident reflected on how the words and images made him or her feel, Sheila drew.

"I don't plan what I draw, an image just comes out of me," says Sheila. "I'm just feeling as I learn about them. It's very clairvoyant."

Wishing you a happy Passover



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She says the basic, continuous line drawings that form the basis of the finished artwork are her signature style. Her pieces hang in galleries on four continents. The continuous line “pulls the eye around the canvas.”

Sheila also asked residents to talk about their favorite things and colors, and hopes and dreams, which Sheila then incorporated into her finished watercolor.

“I draw things they will relate to,” says Sheila, noting she thinks the residents opened up and connected well with her because, “I’ve had a lot of help myself. I was diagnosed with paranoid schizophrenia over 20 years ago. But the limitations I’ve had, none exist anymore. ... I often find people are hopeful and encouraged from talking to me.”

“I included hopes in the paintings to encourage dreams,” she says.

Her brother also paid to have each piece of art framed to hang in the common areas of Kehillah. Sheila says the building is well designed to draw the residents into the community room and hallways, and she hopes the paintings will provide more interactions between residents.

A former tax lawyer, Sheila has found art a more satisfying profession. The fifth child of seven, whose parents were born in Austria and Belgium, she says her grandparents were art collectors, and “I stared at beautiful art my whole childhood.”

The latest project at Kehillah fit into her own future dreams on many levels.




PHOTO BY RYAN PARKER

Sheila Lynn Lawton's art representing one Kehillah resident's life and dreams.

She hopes to expand the process she used at Kehillah for future workshops she is developing with her sister-in-law, Ann Wilson, who has launched Out and About PDX to help improve the lives of people with disabilities through culture, art and health. Being on a Jewish campus fit into her goal “to focus on Jewish art the rest of my career.” Additionally, the process of recording lives and dreams fits into her goal to focus on being a scribe. “I want to be a scribe for Judaism. I want to continue this heritage by being a scribe of what exists with my art.”

A member of the Reform congregation Temple Emanuel in San Diego, she says she realized she wanted to use her art in the manner of a scribe when she started to study Kabbalah last year.

At Kehillah she hopes her drawings create the same sense of community and happiness for the residents that the project has given her.

“I’ve had a void filled in me of total joy working with these kids,” says Sheila. 



Erika Menashe and Cole Takahashi point to their circles on the community canvas.

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PASSOVER



Yaakov Kirschen, left, is congratulated by Rabbi Yehoshua Fass of Nefesh B'Nefesh on the Kirschen's receipt of a 2014 Bonei Zion (Builders of Zion) Prize for his contributions to Israeli culture and the arts. A release from Nefesh B'Nefesh, a private organization that runs Israel's immigration operations in North America and conferred the \$10,000 prize, notes Kirschen's work "has provided a quintessentially Zionist, satirical and unique view of Israel to the world."

Dry Bones Haggadah targets future generations

By Leni Reiss

Yaakov Kirschen followed the haggadah pledge of "Next Year in Jerusalem" when, in 1971, he "schlepped a wife and three kids" with him from New York to Israel. To mark the 40th year of "Dry Bones," his internationally syndicated editorial cartoon peopled (and "dogged") by Mr. Shuldig and Doobie, his irrepressible pet, Kirschen has crafted the traditional yet unique *Dry Bones Passover Haggadah*. The colorful and clever Dry Bones commentaries framing the haggadah text speak to all Jews: the wise, the wicked, the simple and the others, Kirschen says, "who are just waiting for the festive meal and are not even curious."

Kirschen is the 2014 recipient of the \$10,000 Bonei Zion (Builders of Zion) Prize for his contributions to Israel and the arts. He is being recognized for "providing a quintessentially Zionist, satirical and unique view of Israel to the world."

The following is a conversation with Kirschen, with some replies edited for brevity.

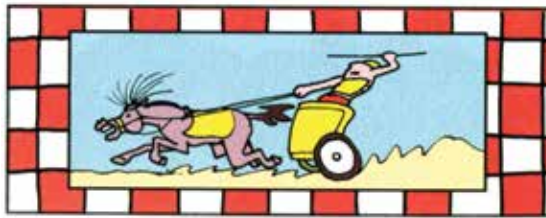
What, if anything, do you miss about America?

The America that I miss is the America I once lived in. But that America is the America of 1971 ... an America that no longer exists. To be fair, I also miss the Israel that I came to. The Israel of 1971 ... an Israel that no longer exists.

Explain the derivation of "Dry Bones" as the name of the cartoon strip.

In New York in the late '60s I was researching a book on Jewish art and came upon the imagery of the biblical book of Ezekiel. Written some 2,600





years ago, it told the story in a dream/metaphor prophecy called "The Vision of the Dry Bones." It seemed to me to be an incredibly accurate story of our day. The prophet had it right, but he left out rude bus drivers, "protectzia" (connection to people in power) and a myriad of other details. When I got to Israel and started to create my cartoon to comment on those "details," I named it "Dry Bones," sort of as an inside joke to myself.

What is the meaning of "Shuldig?" Who is he based on and what about Doobie, his dog?

Dry Bones is peopled by many characters: King Solomon and his advisor, newscasters and just plain folks talking to each other, but Mr. Shuldig is special. He is my alter ego. When he talks, it is me talking. Doobie represents the more objective, non-

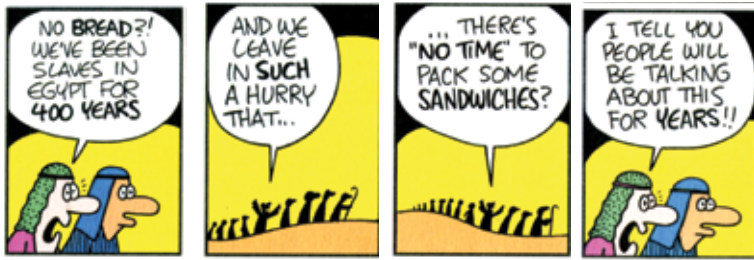


emotional me. As a new immigrant many years ago, I noticed that Israelis were really skillful at avoiding blame. So I decided to have a character in the strip who would admit blame, who would say he was guilty. The Yiddish word for guilt is "shuldig." But in true Israeli style it turned out that Mr. Shuldig has never accepted the blame for anything. Not ever. Not once. Doobie is named for my real dog, and represents the more objective, non-emotional me. We got Doobie as a puppy, and he lived to a ripe old age, seeing all three kids grow into young women. He is missed by all of us.

How has Dry Bones changed though the years?

In the beginning, Dry Bones was printed in the Jerusalem Post and was read by Israelis. Today it speaks to a worldwide audience and has become a part of an international debate about Israel. We've got fans in the Mideast, Europe, South America and the English-speaking countries. We are syndicated by politicalcartoons.com. But sometimes I miss the good old days when Dry Bones could talk to people who were sharing a local experience. Maybe that is why I so enjoyed doing the haggadah. It's Dry Bones talking to a group of people sharing the experience of being at a seder.





Who is your target audience?

Our target audience is the traditional target audience of the haggadah: the generations that follow us, the Jews to whom we will be the people who lived in the past. The haggadah is clear on the makeup of the audience seated at our seder tables: the wise, the wicked, the simple and those who are not even curious. The commentaries framing the Dry Bones Haggadah speak to all four archetypes.

What were your seders like growing up?

There were lots of noisy grownups who relished being together, eating good food and not paying a lot of attention to the kids. And I don't remember being bribed by the "money for the Afikomen" deal.

What are your seders like now?

One obvious difference is that I'm the old guy and not the kid, but more to the point, I think that many families look at the seder as a chore, and for the kids it's a chore to sit through them, with the promise of an Afikomen "payoff." Haggadot are being rewritten, the traditional text chopped, shortened and trivialized.

The haggadah is arguably the most published of all Jewish texts. Why another?

We live in a post-literate world of images and icons. For the seder experience to be engaging, entertaining and meaningful, the traditional text should be enhanced and illuminated with the iconography and imagery of our era: the language of cartoons.

What is your "take-away" message for readers of the Passover story?

I have two answers for Passover's take-away message. The long answer is that many have searched for the "Secret Book of the Jews." South Koreans study the Talmud. Hollywood stars investigate Kabbalah, anti-Semites have made "The Protocols of Zion" a huge bestseller in spite of its being a proven and obvious forgery. The truth is that we do have a secret book. It is the one we read when we are together, as families, in our homes, at Passover. The secret of the Jews is that we are a family. And our guidebook to passing on who we are, who we were and who we will be is the haggadah. The short answer is that a seder can be fun, meaningful and enjoyed by all. 📖

Dry Bones Passover Haggadah is available for purchase at drybones.com or contact Sali Ariel at saliariel@yahoo.com.





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Reviving Jewish Life in Poland



Kraków hosts a large Jewish festival each year. Photo courtesy JDC

By Polina Olsen

Among Polish Jews looking forward to Passover, Karina Sokolowska stands out. As manager of the American Jewish Joint Distribution Committee in Poland, she knows holidays offer the perfect opportunity to reach out to her often hidden community and invite them back to their religion and roots. This year JDC caravans will spread out to small towns where remnants of Polish Jewry survive. People from neighboring

towns meet each other for the first time at JDC seders and Shabbat dinners. They learn that their 1,000-year-old Polish/Jewish culture is still alive.


“I’m part of the historical life in Poland on a personal level,” said Karina, who spoke at a Jewish Genealogical Society of Oregon (rootsweb.ancestry.com/~orjgs) event last December. “My parents were born to two sets of survivors after the war. I’ve always known we were Jews, but there was nothing to symbolize that in practical terms. I grew up in a Communist time and expressing Judaism was not possible.”

Everything changed when Karina met other Jews at Warsaw University and helped found the Jewish Union of Students. “In this new atmosphere of freedom and democracy, young people came out of the woodwork,” she said. “Children saved by non-Jews during war started a grassroots initiative. They were brought up Catholic and never knew they were Jewish until a deathbed confession. They have families, children and grandchildren. This explains the numbers looking back and embracing their heritage. There is a Jewish community in Poland. It’s not just a graveyard.”

The number of Jews in Poland today is estimated at about 25,000, although Karina suspects there are many more. “It’s a matter of how you count them and how you can reach out,” she said. “Being a Jew is a decision. You have to struggle to revive something; you cannot take it for granted like in America. If you want to keep kosher, there is no kosher food, and that is true of any other aspect.”

Karina described the numerous programs sponsored by the JDC and other groups, including camps for adults and children, Jewish and Israeli festivals – the largest of which is in Kraków each year – and efforts to teach Polish schoolchildren about the forgotten Jewish history of their own towns. The Museum of the History of Polish Jews (jewishmuseum.org.pl/en) opened in April 2013 in Warsaw through the efforts of the Association of the Jewish Historical Institute of Poland, the city of Warsaw, and the Polish Ministry of Culture and National Heritage. The core exhibit presenting the 1,000-year history of Polish Jews opens autumn 2014.

“Poland has a history of multicultural life, and people are welcoming it back,” Karina said. “We haven’t had anything negative in terms of reaction, and (we) have support from individuals and the government. We have lots of Philo-Semites. Many young people want to study Yiddish. On the other side, anti-Semitism is the same as everywhere. Still, if anyone asked me 20 years ago, I would never in my wildest dreams think that we could achieve so much. What I can offer my children is 1,000 percent more than what I had growing up under Communism.”

For more information about the JDC’s work in Poland visit jdc.org/where-we-work/europe/poland.html. 

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SOUNDBITES

What is the most creative thing you've ever done with matzah?



Lynda Baker
 Congregation Beth Israel
 Beaverton

Matzah Pizza: Lightly sprinkle one sheet of matzah with a bit of olive oil. Top with tomato sauce, but not too much or you will have soggy matzah pizza. Sprinkle with grated or shredded mozzarella cheese. Add toppings such as feta cheese, olives, artichokes, green pepper, onion, etc. Bake at 400° for about 5 minutes or until the cheese melts. It's a "delish dish."



Howard Liebreich
 At the MJCC Centennial gala
 Beaverton

I never throw anything away, but after five years I threw away a box of matzah ... to save my marriage.



Barry and Karla Benson
 MJCC co-president Barry with Karla at the gala
 Portland

We hot glue four pieces of matzah together to make a square and use it for a centerpiece around flowers or some of the "plagues."



Avi Ben-Zaken
 At the MJCC Centennial gala
 Portland

I take matzah and wet it in water then wrap it in a kitchen towel and let it sit for 10 or 15 minutes. Then I put chocolate Nutella and butter on it and have lunch for the kids.

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MALKA
 DIAMONDS & JEWELRY

Mark Meyer
At the MJCC Centennial gala
Portland



I once made a matzah house, like a gingerbread house. I decorated it with jellied fruit. But nobody ate it.

Thelma Newson
At the MJCC Centennial gala
Beaverton



I make candy with layers of matzah, nuts and chocolate.

Linda Nemer Singer
At the MJCC Centennial gala
Portland



I have matzah year-round at my house. During the big snowstorm we made matzah roca with butter, brown sugar, matzah and Dolci chocolate disks. It worked beautifully and my 6-year-old twin granddaughters were so happy. They love matzah.



Emily, left, and Ellery show off the matzah roca they made with their grandmother, Linda Singer, during February's snowstorm.

Next Month: *If you could get paid for doing something you love, what would it be?*

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

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Passover Events and Seders

(Many seders offer scholarships for those unable to pay full amount; contact organizers for details.)



GESHER SEDERS – At Geshner seders are interactive theater. “We offer our guests slave outfits,” explain Geshner Rabbis Laurie Rutenberg and Gary Schoenberg. “We flee to an encampment, a tent, decorated as the Red Sea, where we partake in the experience of remembering and living this most essential story. We use green onions to whip slaves. We build a pyramid (out of painted cardboard boxes) as we tell the story and we break it down. It’s chaotic fun. It’s a feast, because we are living this wonderful memory.” See seder listings for opportunities to “live” this memory at Geshner, 10701 SW 25th Ave., Portland; ourjewishhome.net

April 5-6

Oregon Area Jewish Committee Presents Third Annual “Crossing Over: A Musical Haggadah” featuring music by Michael Allen Harrison and book and lyrics by Michael Allen Harrison and Alan Berg. 7:30 pm, April 5; 2 pm, April 6 at Portland State University, College of the Arts, Lincoln Hall, 1620 SW Park Ave., Portland. \$15-\$180. Portlandstate.universitytickets.com

April 6

Making a Kitchen Kosher for Passover – Workshop and work party for all ages. 10 am in Geshner’s kitchen. Free but RSVP appreciated: 503-246-5070

April 8

15th Annual Community InterGroup Passover Seder of the Oregon Area Jewish Committee. 6-9 pm at MJCC. Dinner and ceremonial foods served. \$22 Adult. RSVP by April 1: 503-295-6761 or info@oajconline.org

April 10 & 13

Kashering Day: Come kosher your pots/pans/utensils for Passover with Oregon Kosher. Thursday the 10th and Sunday the 13th of April, from 5 to 7pm at the Portland Kollel. 503-245-5420

April 13

Passover Cooking Extravaganza: Hands-on Learning for All Ages. 10 am-3 pm at Geshner. Free; RSVP appreciated: 503-246-5070

Bedikat Chametz: A Pre-Passover Treasure Hunt and Bonfire. 7-8 pm at Geshner. Free but RSVP appreciated: 503-246-5070.

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April 14

Clark County Chabad Seder. 8 pm at Chabad Jewish Center, 9604 NE 126th, Suite 2320, Vancouver, WA. \$25 Adult, \$18 Child. RSVP by April 9: info@jewishclarkcounty.com, 360-993-5222

Chabad of Central Oregon Seder. 7:30 pm at Chabad of Central Oregon, 61023 Snowberry Place, Bend. \$30 Adult, \$15 Child, \$180 sponsor. RSVP by April 7: mimi@jewishbend.com

Chabad of Ashland Seder. 7:30 pm at The Bellview Grange, 1050 Tolman Creek Road, Ashland. \$30 Adult, \$15 Child. RSVP: 541-482-2778 or Rsvp@Chabadofashland.org or Chabadofashland.org

Hillsboro Community Passover Seder Experience. 7:45 pm at 111 NE Porto Way, Hillsboro. Adult \$36, Child \$25 (ages 3-13), RSVP by April 9: 503-747-5363, chabadhillsboro@gmail.com or ChabadH.com

Gesher Community Passover Seder. 6 pm at Gesher. Suggested Donation: \$36 Adult, \$15 Child (5 and over). RSVP: 503-246-5070

Bend Passover Community Seder Sponsored by Temple Beth Tikvah. 5:15 pm doors open; 6 pm seder at St. Charles Hospital Event Room, 2500 NE Neff Road, Bend. RSVP by April 7: Jeanne Freeman, pr@bethtikvahbend.org, 541-504-5368 or bethtikvahbend.org/worship/jewish-holidays-passover

Student Seder - Open to all college students. 7:45 pm at Chabad Jewish Student Center 3355 SE Steele St. Free. RSVP by April 11: PortlandJewishStudents.com

Salem Chabad Public Seder. 7:30 pm at Scottish Rite Center, 4090 Commercial St. SE, Salem. \$23 per person. RSVP: JewishSalem.com or 503-383-9569



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6:00 PM

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Gefilte Fish with Chrain DF/WF	\$5 each
Chrain with Beets VE/DF/WF	\$8 / pound
Chopped Chicken Livers DF/WF	\$8.95 / pound
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MAIN COURSE

Beef Brisket with Tsimmes DF/WF	\$17.95 / pound
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Chocolate Dipped Macaroons VE/DF/WF	\$7 / quartet
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April 15

Chabad of Ashland Seder. 7:30 pm at Chabad, 804 Hillview Dr., Ashland. \$30 Adult, \$15 Child. RSVP: 541-482-2778 or Rsvp@Chabadofashland.org or Chabadofashland.org

April 15 (continued)

Havurah Shalom Seder. 6 pm at 825 NW 18th Ave., Portland. \$30 Adult, \$20 Child (ages 6-12), Free for children 5 and under. RSVP by April 7: HavurahShalom.org

Kol Ami, Vancouver, WA, Seder. 6 pm. Location: Congregation Kol Ami, 7800 NE 119th Ave., Vancouver, WA. \$30 Adult, \$12 Child (ages 4-12) for members; \$37.50 Adult, \$16 Child for nonmembers. RSVP by April 8: 360-896-8088, admin@jewishvancouverusa.org or jewishvancouverusa.org

Gesher Passover Seder for Families with Young Children. 5 pm at Gesher. Suggested Donation: Adult \$36, Child \$15 (ages 5 and over). RSVP: 503-246-5070 or ourjewishhome.net

Beit Haverim Community Passover Seder. Doors open 5:30 pm, seder begins at 6 pm at Lake Oswego Adult Community Center, 505 Ave. G, Lake Oswego. Adult \$35, Child \$15 (ages 6-12) for members; Adult \$45, Child \$20 (ages 6-12) for nonmembers; 5 and under free. *Please bring a nonperishable food item for the Sunshine Pantry!* RSVP: beithav.org/worship/holidays/passover, office@beithav.org or 503-568-1241

Temple Beth Israel, Eugene, Seder. 5:30 pm at Temple Beth Israel, 1175 E. 29th Ave., Eugene. Adult \$32, Child \$8 for members; Adult \$40, Child \$10 for nonmembers. RSVP by April 9: info@tbieugene.org

Shaarie Torah Seder. 6 pm at Congregation Shaarie Torah, 920 NW 25th Ave., Portland. Adult \$40, Child \$15 for members; Adult \$50, Child \$20 for nonmembers. RSVP by April 9: Valerie at cst@shaarietorah.org

Temple Emek Shalom Community Passover Seder, Ashland. 5:30 pm (doors open at 5 pm), at Temple Emek Shalom, 1800 E. Main St. (between Walker Avenue and Tolman Creek Road), Ashland. Adult \$36, Child \$15 (ages 5-11) for members; Adult \$46, Child \$20 for nonmembers. Prices increase after April 1. RSVP by April 1: 541-488-2909, office@emekshalom.org or emekshalom.org

Southeast Portland/Chabad Jewish Student Center Seder. 7:15 pm at SE Portland Chabad, 3355 SE Steele St. \$25 adult, \$10 kids. RSVP by April 8: SEPortlandChabad.com

April 18

Passover Seder/Shabbat Dinner for Singles and Couples without Children. 6 pm at Gesher. Suggested donation: \$36. RSVP Required: 503-246-5070 or ourjewishhome.net

April 19

Bend Community Seder. 4:30 pm (doors open 4 pm) at Shalom Bayit, 21555 Modoc Lane, Bend. Adult \$27.50, Child \$12 (ages 12 and younger), \$70 for families of 4-6. RSVP by April 14: Alice Huskey, ahuskey46@gmail.com

Community Seder at Temple Beth Shalom. 5 pm at Temple Beth Shalom, 1274 Cunningham Lane S, Salem. \$18 per person, \$9 ages 11 and under, \$50 maximum per family. RSVP: office@tbsholom.org or 503-362-5004

April 22

Maimuna – An End-of-Passover Fried Matzah, Dessert and Mitzvah Party. 6 pm at Gesher. No cost, but please bring dessert and RSVP: 503-246-5070 or ourjewishhome.net

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ea.

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selected varieties



5⁷⁹
ea.

Yehuda Gefilte Fish
24 oz.



4⁹⁹
ea.

Streit's Matzo Ball Mixes
4.5 oz.,
selected varieties



2\$4
for 4

Manischewitz Passover Egg Matzos
12 oz.,
selected varieties



4⁴⁹
ea.

Kedem Sparkling Juice
25.4 oz.



3⁴⁹
ea.

Manischewitz Macaroons
10 oz.,
selected varieties



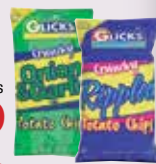
3⁹⁹
ea.

Manischewitz Passover Matzo Meal
16 oz.



3⁷⁹
ea.

Glicks Potato Chips
6 oz.,
selected varieties



1⁶⁹
ea.

Mrs. Alder's Gefilte Fish Bits
24 oz.



4³⁹
ea.

Glicks Potato Starch
16 oz.



2\$6
for

Manischewitz Cake Mixes
8.9 - 14 oz.,
selected varieties



5⁹⁹
ea.

Streit's Matzo Ball Mix
4.5 oz.,
selected varieties



1⁹⁹
ea.

Yehuda Yahrzeit Memorial Candle
72 ct.



6⁹⁹
ea.

Dr. Brown's Passover Soda
33.8 oz.



2\$5
for



19⁹⁹
ea. Manischewitz Passover Matzo 5 lb.

Manischewitz Matzo Farfel
14 oz.



2⁹⁹
ea.

Savion Marshmallows
5 oz.,
selected varieties



2\$3
for

Boston Passover Fruit Slices
6 oz.



2⁹⁹
ea.

Glicks Ketchup
24 oz.



3⁷⁹
ea.

Osem Soup Mix
14.1 oz.,
selected varieties



4⁶⁹
ea.

Lipton Matzo Ball and Soup Mix
4.5 oz.



2\$5
for

Lipton Consomme (Parve)
14.4 oz.



6⁶⁹
ea.

Ungor's Gefilte Fish
22 oz.,
selected varieties



6⁸⁹
ea.

Tabatchnick Passover Soups
15 oz.,
selected varieties



2\$5
for

Manischewitz Matzo Ball Mix
4.5 - 5 oz.,
selected varieties



2⁹⁹
ea.

Ratners Blintzes
13 oz.,
selected varieties



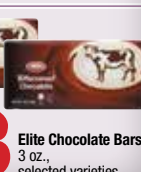
5⁹⁹
ea.

Morton Kosher Salt
3 lb.



2\$5
for

Elite Chocolate Bars
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selected varieties



2\$3
for

meat & produce



Kosher Boneless Skinless Chicken Breasts
6⁹⁹
lb.



Kosher Beef Brisket
8⁹⁹
lb.



Kosher Beef Chuck Shoulder Roast
8⁹⁹
lb.



Medjool Dates
12 oz.
4⁹⁹
ea.



Fresh Horseradish Root
4⁹⁹
lb.

wine

Herzog Wine
750 ml., selected varieties

12⁹⁹
ea.



Manischewitz Concord Grape
150 ml.

5⁹⁹
ea.



Bartenura Moscato
750 ml.

11⁹⁹
ea.



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Emily Gottfried Fund continues her mission



The first program funded by the Emily Georges Gottfried Fund is a black/Jewish dialogue, which began on Feb. 6 with the first in a series of four planned sessions. The dialogue was a fitting first recipient to be selected by the fund named in memory of Emily Gottfried, z”l, who created and led numerous programs to enhance cross-cultural understanding during her tenure as executive director of the Oregon Area Jewish Committee.

“Emily was a major link between the Jewish community and other communities,” says Jeff Gottfried, Emily’s husband. “We are seeking proposals for interfaith and intergroup projects that promote mutual understanding.”

The first session of the dialogue brought together eight representatives from each community: the Jewish participants are all members of the Community Relations Committee of the Jewish Federation of Greater Portland; the African-Americans occupy various leadership positions in their community. CRC Director Bob Horenstein says, “The purpose of the dialogue is to get to



Through the years, the late Emily Georges Gottfried, z”l, led many interfaith and intercultural programs, including an annual seder. The fund in her memory continues that tradition by helping enable programs such as a black/Jewish dialogue and an Intergroup seder.


know one another, dispel stereotypes or misconceptions we hold about one another and build or even rebuild bridges between our two communities that have a history of collaboration.”

The second program to receive a grant is also very appropriate. The 15th Annual Community Intergroup Passover Seder, which Emily led for many years, is being funded in part by her fund.

“In addition, we are funding tickets for non-Jewish guests who might not be able to come otherwise,” says Emily’s sister Andra Georges, who administers the fund with other family members.

This year’s seder will be led by Rabbi Rachel Joseph and Cantor Ida Rae Cahana from 6 to 9 pm, April 8, at the Mittleman Jewish Community Center. Dinner and ceremonial foods will be served. Cost is \$22; for reservations, call 503-295-6761 or email info@ojconline.org by April 1.

The Emily Georges Gottfried Fund was founded to remember Emily’s work and to honor the relationships she developed over a lifetime of interaction with people of many beliefs and backgrounds. The fund provides support to organizations that seek to reach out to and dialogue with other communities with religions, beliefs, customs and traditions different from their own for the purpose of mutual understanding and respect. The fund stands for justice, equality and the importance of open dialogue – the guiding principles of Emily’s life’s work.

Emily’s Fund encourages organizations to think creatively about ways to talk, work, learn and play with other communities. To apply for a grant, send name and contact information for the organization, a short description of the program to be funded and a rough budget to andra@emilysfund.org. For more information, visit emilysfund.org. 



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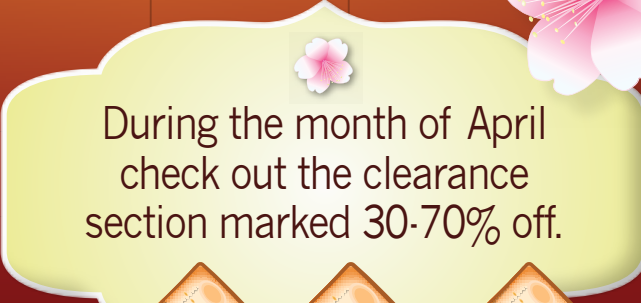
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Chefs corner

Treat family,
friends
and strangers
to delicious
Pesach desserts



By Lisa Glickman

During Passover Jews gather to tell the story of the Exodus. “Remember this day on which you went free from Egypt, the house of bondage, how God freed you from it with a mighty hand.” Exodus 13:3


Some people wonder if it is OK to invite strangers or non-Jews to their seder table. While most guests are family or close friends, this is the perfect time to extend an invitation to someone new. A newly transplanted Jewish family or single Jewish friends living a long way from home may have nowhere else to go and likely would be grateful for an invitation. An unaffiliated Jew may recall and rekindle a link to his or her past. Nearly all non-Jewish guests find the experience fascinating. (You might, however, want to give your non-Jewish friends a heads-up on the dietary restrictions, so they don't bring challah as a hostess gift!) A heartfelt invitation to include a stranger at your seder might just spark a lifelong friendship.

Recently, while in Portland, Marshall and I had dinner with two couples, both very old and dear friends. We have watched our children grow, made the effort to visit even when we lived thousands of miles apart and celebrated each other's milestones. Whenever we see each other, we easily pick up just where we left off. It's effortless to enjoy the comfort and familiarity that comes with these treasured lifelong friendships.

We have moved several times, and everywhere we go we have

developed new friendships. While we know these friendships may not be permanent, we are lucky to have friends to share the moments in our lives. While living in Boston, we had the chance to be the strangers at a family seder. We had a wonderful time and were appreciative for the invitation.

Since living here in Central Oregon, our annual Passover seder has included the same group of our newest close friends. Dan and Laurel host Nancy and Steven, Marshall and me, and our collective three boys – Ronan, Laz and Jesse. Shortly after moving to Bend, we met Dan and Laurel at shul, and Nancy and Steven were friends of friends who found themselves relocated to Bend. Our “Jewishness” brought us together. Now we have become very close friends and look forward to celebrating Passover together every year. Laurel makes the matzah ball soup and prepares the table, I make the gefilte fish and Nancy makes charoset, a roasted chicken or a side dish. Together we take turns reading from the Haggadah and retelling the story of Passover. Once strangers, we are now friends for life.

Along with her delicious soup, Laurel also prepares the desserts for our seder table. Some people just have the knack for making desserts, and Laurel is a bona fide expert. She will plan, create and recreate desserts until they are just right. If you find yourself as a guest at this year's seder, either of Laurel's Passover friendly desserts would make a perfect addition. 



Chocolate Ganache Torte

Crust

2 cups walnuts, pecans or hazelnuts
4 tablespoons unsalted butter, softened
3 tablespoons sugar
¼ teaspoon salt

Ganache

1¼ cups heavy cream
15 ounces good-quality semisweet chocolate, finely chopped

Filling

1 cup heavy cream
1 tablespoon liqueur

Directions

For the crust: Preheat oven to 375°F. Lightly butter a 10" tart pan with removable bottom or a 10-inch springform pan. In a food processor, combine nuts, butter, sugar and salt. Pulse until nuts are finely chopped. Using fingertips or the flat bottom of a drinking glass, press the mixture evenly into the bottom and up the sides of the tart pan. Bake until nicely browned, about 10-25 minutes. Cool.

For the ganache: While the crust is baking, bring 1¼ cups cream just to a boil in a medium saucepan. Remove from heat, add chocolate and stir until melted. Cool slightly and pour 1 cup of ganache over cooled crust. Chill.

For the filling: While the crust and ganache layer are chilling, pour the remaining 1 cup of cream and liqueur into a chilled mixing bowl and whip until soft peaks form. Gently fold into remaining ganache until thoroughly combined. Spread over cooled crust and ganache. Chill until ready to serve.



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.

Key Lime Curd Tart with Coconut Crust

Crust

¼ cup blanched almonds
2½ cups shredded sweetened coconut
2 egg whites

Filling

6 egg yolks
1 cup sugar
½ cup fresh lime juice (about 5 limes)
 Grated zest from 4 limes
½ cup unsalted butter, cut into 1" cubes, at room temperature

Topping

1 cup heavy cream, chilled
2 tablespoons confectioners' sugar
2 tablespoons coconut rum (optional)
½ key lime, sliced thinly and dipped in sugar (optional)

Directions

For the crust: Preheat oven to 350°F and butter a 9" tart pan with removable bottom. In a food processor fitted with a metal blade, grind almonds until coarse. Add coconut and egg whites and pulse until well ground. Using fingertips or the back of a spoon, press mixture into buttered tart pan. Bake until golden, about 15 to 20 minutes. If the crust swells or shrinks during baking, gently press back into place with the back of a spoon and continue baking until done. Cool about 30 minutes.

For the filling: Meanwhile, in the top of a double boiler or heatproof medium bowl, whisk egg yolks and sugar until thoroughly combined. Whisk in the lime juice and lime zest. Set over simmering water, making sure the bottom of the top pan does not touch the water. Cook, whisking occasionally, for about 20 minutes, until the mixture is thick enough to coat the back of a spoon and the temperature reaches 180°F on a thermometer. Strain the curd through a fine mesh sieve set over a clean medium bowl. Add the butter a few pieces at a time, stirring with a rubber spatula. Press plastic wrap onto the surface and refrigerate until cooled, about 1 hour.

When crust and curd are cool, pour lime curd into crust. Chill until set, about 2 more hours. (Can be covered with lightly oiled plastic wrap pressed onto filling surface and refrigerated up to one day.) Topping and assembly: Up to two hours before serving, pour cream into a chilled bowl, add confectioners' sugar and rum (if using), and whip until firm peaks form. Spread whipped cream over lime curd and decorate with key lime slices.

Alternatively, for a lime chiffon filling: Cool lime curd only to room temperature (about 1 hour), then whip the cream as above. Spoon 1 cup of the whipped cream into a small zip lock bag and refrigerate. Gently fold the remaining whipped cream into the lime curd, folding very gently until curd and cream are combined. Spoon into cooled tart shell. Refrigerate until completely chilled, at least 2 more hours. Using reserved whipped cream, snip off one corner of the bag and pipe "rosettes" around the edge; garnish with lime slices.

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Mikvah Director and Ritual Coordinator at Adas Israel Community Mikvah



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Wisdom of the Mikvah

Women's day of learning explores richness of ancient ritual

By Deborah Moon

Growing up in Seattle Naomi Malka attended Hebrew School and Hebrew High, but she doesn't recall anyone mentioning the mikvah.

"I knew Judaism said something about marital sex and how the mikvah connected with that - I thought it sounded like a cool secret ritual," says Naomi of her reaction to hearing about the mikvah at a Chabad camp in the Catskills during college.

She's learned a lot since then, and she wants to ensure other Jewish girls and women know about "the wisdom of the mikvah."

As part of that quest, she will be in Portland May 4 as the keynote speaker at the annual Women's Day of Jewish Learning. Held at the Mittleman Jewish Community Center from 1 to 4:30 pm, the program will also include text study and a panel discussion of personal mikvah experiences, followed by an optional tour of Mikvah Shoshana.

"The wisdom of the mikvah is our bodies are holy no matter how they look," says Naomi.


"We live in a culture that puts a lot of emphasis on the way we look," she says. "All women and girls need to hear Judaism has something to say about our bodies' inherent holiness. The mikvah gives us the opportunity to experience that. ... Our body in and of itself is holy and is our agent to do good in the world."

She has shared her thoughts on the mikvah in many ways. She is a frequent lecturer and writer on the subject of mikvah. In spring 2010 Naomi served as the ritual consultant for DCJCC Theater J's production of the Israeli play "Mikveh." She is the founder of Tevila b'Teva: immersion in nature, a program that introduces outdoor immersion to Jewish summer camps.

Since 2006 Naomi has been the director of the Adas Israel Community Mikvah in Washington, D.C. She trained as a mikvah guide at Mayyim Hayyim in Newton, MA. As the mikvah director Naomi created "Bodies of Water," a program for Jewish women and girls ages 10 and up to learn about mikvah as a tool for positive body image and healthy decision making from a Jewish perspective.

Following Naomi's introduction to the mikvah, all attendees will hear a panel discussion featuring a diverse group of five Portland women discussing their personal mikvah experiences and traditions.

After a short break, attendees will chose from one of three workshops:

- **Mikvah Basics:** Making Ancient Wisdom Yours: Rabbi Ariel Stone of Congregation Shir Tikvah.
- **To Whom Do Our Bodies Belong?** Rabbi Abby Cohen, director of spiritual life at Cedar Sinai Park.
- **A Quick History of Mikva'ot from Antiquity to the Present:** Laura Arnold Leibman, Ph.D., Reed College professor of English and humanities. 



OREGON MIKVA'OT

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WOMEN'S DAY OF JEWISH LEARNING

WHEN: Registration 1 pm, program 1:30-4:30 pm, May 4

WHERE: Mittleman Jewish Community Center
6651 SW Capitol Hwy., Portland

TICKETS: \$18/advance; register online at oregonjcc.org/womensday

Free April 9 program explains Jewish cancer risks and options

By Deborah Moon

“Your Jewish Genes,” a free program presenting information on the BRCA1 and BRCA2 gene mutations, will be presented on April 9 from 5:30 to 8:30 pm at the Mittleman Jewish Community Center.

Women of Ashkenazi (central or eastern European Jewish) descent have higher risks of developing many cancers due to a higher incidence of inherited genetic mutations. Ashkenazi women have a one in 40 chance of having a BRCA1/2 (Breast CAncer) genetic mutation, compared to a one in 800 chance in the general population. Women with a mutation on either gene have a 36 to 85% lifetime risk for breast cancer and a 15 to 40% lifetime risk for ovarian cancer. By comparison, in the general population a woman has a 12% risk of developing breast cancer by the age of 90 and less than a 2% chance of developing ovarian cancer in her lifetime.

Increased risk for other cancer types, such as pancreatic, laryngeal, stomach cancer and melanoma, may also be associated with a mutation on those genes.

Men with BRCA1/2 mutations also have

increased risks of cancer – colon, prostate, pancreatic and, yes, breast cancer.

Today, genetic testing exists to determine if someone carries one of these gene mutations. “Understanding your genetic risk empowers you to take charge of your health,” says Charlene Zidell, chair of Your Jewish Genes and Cancer Planning Committee. “Please join me April 9, from 5:30 to 8:30 pm, at the MJCC to learn more about ‘Your Jewish Genes and Cancer.’ The program will include genetic and testing information, positive test result options as well as personal stories from members of the community. You owe it to yourself, your family and your children to learn about BRCA gene mutations and genetic testing options.”

This program will present information about the genetic predisposition, the testing process and options if one tests positive; it will also include the stories of four community members who have the BRCA gene mutation.

Among those presenting information at the program are Tanja Pejovic, MD, division chief of gynecologic oncology at Oregon


Health and Science University Knight Cancer Institute, and her senior research assistant, Yukie Bean, who oversees the Oregon Ovarian Cancer Registry.

Another presenter, Senior Nurse Practitioner Lisa Clark, says, “My role as a nurse practitioner with Compass Oncology has expanded to include providing genetic risk assessment for patients. I continue to be amazed at the impact this can have for patients and their families.”

Jeff Robinson, PhD in communications at Portland State University, will discuss “How to talk to your physician about your breast cancer diagnosis.”

Please bring a non-perishable food donation for the Oregon Food Bank.

Komen of Oregon & SW Washington, Jewish Federation of Greater Portland, MJCC and Sherie Hildreth Ovarian Cancer Foundation will co-sponsor the program, which is part of the Food for Thought series of symposia planned as a follow-up to last year’s four-day Food for Thought festival.

RSVP at jewishportland.org/genet. 



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Building a Jewish community from the ground up

By Liz Rabiner Lippoff



OK, it's 2014, you've just moved to the Portland metropolitan area and you're looking for Jewish community. A congregation? Hebrew school? Community service? Heck, even a book club?

You have your choice of 18 congregations and cultural affiliations, according to the 2013-14 Oregon Jewish Life Resource Guide. That is for a metro Jewish population estimated at 47,500 by a 2008-10 demographic survey.

Now imagine instead that it's 1988 and you've moved to Roseburg. That's when Los Angeles residents Rhoda Mozorosky and her husband, Allen, retired and decided they wanted to live in the country. They discovered Roseburg while on a road trip and fell in love with the beautiful, relatively rural area, bought a house with a lot and a view, and settled in. The snag? Zero congregations.

"There were only a few Jewish people here," Rhoda, now 83, remembers. "Rose and Sandy Maple and Jo Anne and Mark Berenbach occasionally invited their Jewish friends over for a potluck, but that was it."

When there was a meeting in Eugene for people who wanted to foster Jewish communities in small towns, Rhoda and a friend

went. The rest is history – history suitable for the Roseburg Jewish Museum ... if there were one.

First, they put up flyers inviting people to help form a Jewish community, and they got some responses, including, Rhoda remembers, Frances and Charlie Sachs, Isabelle and Ron Lewis, and Lee and Vicky Carrol. They named themselves the Umpqua Valley Havurah, which means extended family. They named a board of directors with a president and officers. They wrote bylaws. They had real board meetings.

All this with only about half a dozen couples.

What they had in mind was more of a social group or book club, but it evolved quickly to include monthly Shabbat services. When some couples with young children moved in, the board decided to create a religious school, which pattered along for a short time. The second school attempt, though, was more successful. It had 12 children at one point and, Rhoda says, most of them became b'nai mitzvah thanks to Margo Traines, who had several years of rabbinical training and conducted services, taught school and tutored the Hebrew students.

"More and more families came," says Rhoda. "They wanted to meet Jewish people, and now there actually was a Jewish group to connect with." Havurah hired Alixe Dancer to teach, and Alixe brought in additional instructors.

Eventually, in the late 1990s, most of the students graduated and, with only a handful of small children left, Havurah closed its religious school. The structure the founding couples established, the adventurous trial-and-error evolution of the organization, and the constant influx of new people and new ideas, though, has resulted in a vibrant umbrella under which a variety of social, cultural and religious activity thrives.


Havurah today meets in members' homes for the most part, although High Holiday services and some events open to the public are held in the library or in churches. They celebrate all the major holidays, but they have potlucks just for the fun of it as well. When a service is called for and no visiting rabbi is available, a member steps up to the plate. They hold auctions and other fundraisers, some to support Havurah and some for community causes. Rhoda, Susan Weston and Susan Haacke are now busy orchestrating a fundraiser for Casa de Belam, a local shelter for teen runaways. The formation of a Sisterhood is a new development. They have even raised money to have a Jewish cemetery nearby. Some people have joined for that members-only benefit alone.

People come and go, Rhoda acknowledges, active some years and absent others. Annual dues are \$75 for a family, \$50 for an individual, and they currently have about 30 families. Rhoda estimates there may be another 50 Jewish people in town who are not currently members. They have a website and a monthly newsletter. Other than that, they don't actively seek members.

"People find us if they want us," Rhoda says.

And they find each other. There is a lot of diversity. People's politics range from the far left to the far right, but guess what: they're not allowed to talk politics!

"It's in the bylaws," Rhoda proudly says.

Copies of the bylaws are available. Contact Umpqua Havurah through their website: umpquavalleyhavurah.org. 

Liz Rabiner Lippoff is a Portland freelance writer. Her company, Liz, ink, specializes in medical marketing. LizRL@rabiner.com LizInk.biz



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National foundation honors **Chella Kryszek, z"l**



In recognition of its 25th anniversary, the Annenberg Foundation has honored its top 25 Visionary Leaders. The list includes local Holocaust survivor Rachella Meekcoms Kryszek, z"l.


Chella, as she is known to thousands of Oregon students and teachers, was one of the Oregon Holocaust Resource Center's most prolific public speakers. Over the past three decades, Chella told her personal story of survival to tens of thousands of middle- and high-school students in Oregon and Southwest Washington.

"My family was incredibly touched by the honor bestowed upon our wonderful mother by the Annenberg Foundation," says Chella's daughter Yvonne Meekcoms Gionet. "It is a fitting tribute to her memory, her commitment and personal mission to ensure that the lessons of the Holocaust be used to help fight against intolerance and hatred. She would be proud. We certainly are."

The Annenberg Foundation is a family foundation that provides funding to nonprofit organizations, both in the United States and globally. The Visionary Leaders are recognized for their innovation in seeing old problems in new ways to craft true long-term change.

Chella was born in Holland in 1928. Her mother died when she was 5. On her 12th birthday, the Nazis invaded Holland. Chella's father was arrested and taken to a labor camp, and she and her sister, Flora, were forced into hiding. After some months her father escaped the labor camp, and the family was reunited for a few brief days in a secret safe house before being captured by the SS. Chella and her sister were again separated from their father, whom they would not see again. The sisters were sent to Auschwitz, and together endured two years of brutality, forced labor, starvation and disease. Chella and Flora were liberated at the end of World War II, having survived in large part because of their fierce devotion to each other. Following their liberation they learned that almost all the other 50-plus members of their family – father, aunts, uncles, cousins – had been killed; only their stepmother, an aunt and two cousins survived.

Eventually, after moving to the United States and settling in Portland, Chella decided to speak out, giving her personal account of the Holocaust to classrooms of schoolchildren and other groups. Recounting what happens when prejudice and discrimination are allowed to grow unchecked — and arguing forcefully that none of us can afford to be bystanders when hatred begins to take root — she sought to create a world where the rights and liberties of all people are protected. Chella passed away in May of 2013, but her story of survival is preserved on video and can be viewed online on the OHRC YouTube channel.

More information about the award and the other honorees can be found at annenbergfoundation.org/visionary-leaders. 



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Holocaust survivor Serge D'Rovencourt epitomizes purposeful aging



By Polina Olsen

Serge D'Rovencourt's yellow Nazi star has the word "Juif" written in black. Forced to wear this as a child in France, he's kept it along with meticulous records of how his life evolved. We met him at his "office away from home," the Starbucks in the Pearl at NW 11th Avenue and Lovejoy. He'd brought stacks of photo albums and documents in the carryall bag attached to the walker he's used since recovering from a devastating stroke in 2006.

From the ashes of his early life, Serge moved on to become a successful Portland executive and philanthropist. He received the Ordre National Du Merite from the French government for his work in the resistance during World War II, and he is Portland's honorary Consul of France. An active Rotarian, he managed the downtown Hilton Hotel for 38 years and still organizes the annual Global Business Lunch to honor outstanding leaders and benefit the Special Olympics. On April 28, the Jessie F. Richardson Foundation will honor him at its annual Ageless Award Luncheon for his contributions to the city and his devotion to children.

"I don't know where to start," says Serge, opening an early photo album. "My parents, Leah and Kalman Rosenberg, were Polish and immigrated to France." Sam Rosenberg (his original name) was born in 1928 in Metz, a French city near Germany. The family settled in Lyon before the war.

"When I was 12 or 13 years old, they started to arrest Jews," he says. "One day, in 1942, the gestapo walked to our apartment. We saw them through the window. They arrested my father at the gate. I kissed my mother and never saw her again.

"A fellow was living in the attic," he continues. "I said, 'The Gestapo is after me, hide me.' I hid under the bed, and he left for work but came back and said, 'Sam, I can't hide you; they are looking for you.' I took a chair and jumped out the window to the back of the house."

Twenty years ago, Serge and his wife, Magaly, went back to that house in Lyon. They took photos of the roof, three stories up, where Serge had clung to the ledge and fell. Luckily, he landed in a ditch, unhurt, and spent the night outside. Then he sent a message to his sister, who fortunately had been staying with a neighbor.

"My father was a tailor and specialized in officer's uniforms," Serge says. "He was connected with the French underground, and we went to them. My sister and I spent two years in the mountains in the French underground, which were cells, groups of 50 or 100. We were close to French farmers, who helped us. That's how we survived." When the French Army marched north from Algeria, Serge joined them. A photo shows him among a group of soldiers on top of a truck liberating a French town. His parents perished in concentration camps.

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After the war, Serge took advantage of an American training program and learned hotel management. Work took him to the Plaza Athenee, a major Parisian hotel. Still, the war in Indochina loomed, and Serge emigrated from France to Venezuela to avoid the draft. He had had enough of war. After unsuccessfully panning for diamonds, he took a job at a Caracas hotel. Later he started his own successful credit card company before immigrating to the United States as part of the sales team at the Hilton in San Juan, Puerto Rico.



Serge's parents: Leah and Kalman Rosenberg

Serge went on to manage the Hilton Hotel chain in Hawaii before moving to Portland to be closer to his three children, then in college. Arriving in January 1986 to his post as manager of the Portland Hilton, he stayed for 38 years. He met, and had his photo taken with, every U.S. president since Gerald Ford. "D'Rovencourt, almost literally, eats, drinks and sleeps Hilton, taking meals in the restaurants, nightcaps in the bar, and sleep in the apartment-like suite on the 21st floor that he shares with his wife, Magaly," the Oregonian wrote in a 1988 article titled "At the Helm of the Hilton."

While working at the Hilton, Serge started his annual Global Business Lunch to honor outstanding business and civic leaders. At first, proceeds went to the Consular Corp scholarship fund. After his stroke, he decided the lunch should benefit children and soon settled on the Special Olympics.

Since the mid-1970s, the Oregon-based Jesse F. Richardson Foundation (jfrfoundation.org) has helped indigent older adults in the developing world with food, housing and medicine. Founder and president Dr. Keren Brown Wilson helped choose Serge D'Rovencourt as one of this year's honorees. "The Ageless Award is given to older individuals, typically 75+, who well past retirement engage and contribute to their communities," she says. "It's important to point out that while many people need help when they are older, many older people contribute. Serge continues in the Rotary Club, consular offices and Special Olympics. He practically single-handedly organizes this dinner every year; he basically works from Starbucks. He doesn't have a staff, he just has a passion. He epitomizes purposeful aging." 

COMING EVENTS

Honoring Serge D'Rovencourt:

Ageless Award Luncheon of the Jessie F. Richardson Foundation
11:30 am, April 28 at the Multnomah Athletic Club
For information or tickets (\$100 by April 7):
Beth Mitchell at bmitchell@jfrfoundation.org or 503-408-4759

Organized by Serge D'Rovencourt:

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Yom HaShoah program grows to four-day learning experience

Rabbi Yitz Greenberg and Blu Greenberg headline community event

Renowned Jewish-Christian and Holocaust scholar Rabbi Irving (Yitz) Greenberg and noted Jewish feminist Blu Greenberg are coming to Portland for a four-day community experience. “Reshaping the World after the Holocaust: a Weekend of Learning,” April 24-28, is presented by the Oregon Holocaust Resource Center. The Greenbergs, who are husband and wife, will serve as keynote speakers and will lead the weekend of activities, including lectures, presentations, classes and commemorative community events. “What began as an idea to gather support for the Oregon Holocaust Memorial and Education Endowment Fund has grown into a four-day learning experience for our community,” says OHRC Executive Director Sonia Marie Leikam. The weekend, chaired by community leader Mark Rosenbaum and organized by the OHRC with the help of legions of volunteers, will present a series of events and programs to remember those who suffered in the Holocaust and to learn from the lessons of that horrific chapter in human history. Events are open to the entire community and built on community-wide program partnerships.

“As the generation that lived through the Holocaust gets smaller and smaller, our need to study and understand its implications gets larger and more important,” says Rosenbaum. “Rabbi Yitz Greenberg and Blu Greenberg are seminal thinkers in the area of post-Holocaust studies. Their lectures and study-group sessions present a unique opportunity for the citizens of Portland to listen to and ask questions of the best of the best.” Spread across venues including the Oregon Jewish Museum on opening night, Congregations Beth Israel and Shaarie Torah, Portland State University, the Multnomah Athletic Club and the Mittleman Jewish Community Center, the event will raise funds to preserve and sustain the physical and educational components of the Oregon Holocaust

Memorial. Partnerships with the Jewish Federation of Greater Portland, Portland-area synagogues, the Archdiocese of Portland, Ecumenical Ministries of Oregon and educational, arts and cultural institutions are expected to draw a broad audience. A host of individual and corporate underwriting sponsors are supporting the four-day event.

“In honor of the Oregon Holocaust Memorial’s 10th anniversary, the Oregon Holocaust Resource Center has embarked on an effort to raise \$1 million in support of the Oregon Holocaust Memorial and Education Endowment,” says Rosenbaum. “This community-wide effort will secure the funds necessary to preserve and sustain the physical and educational components of the Oregon Holocaust Memorial for future generations, as well as to continue to tell the stories of our local survivors and to convey the significant contributions they have made to our community.”

“Our goal is twofold – to raise funds for the Oregon Holocaust Memorial and Education Endowment and to nourish community with programming to engage, inform and inspire audiences,” says Leikam.

For more than 30 years the OHRC has touched thousands of lives – from school-children hearing from a survivor about the events of the Holocaust, to educators receiving resources and training on how to talk to their students about genocide and human-rights violations, to casual visitors to Washington Park who come upon the Oregon Holocaust Memorial unexpectedly, to survivors and their families who find at the memorial the opportunity for peaceful contemplation.

Rabbi Greenberg is a leading Jewish thinker who has written extensively on post-Shoah theology, on the relationship of Judaism and Christianity, and on the ethics of power and religious/cultural issues of pluralism after the Holocaust. He served as executive director of the President’s Commission on the

Holocaust, chaired by Elie Wiesel, which recommended the creation of the United States Holocaust Memorial Museum on the National Mall. He also chaired the United States Holocaust Memorial Council from 2000-2002. He is currently writing a book on the development of the covenant in the course of Jewish history.

Blu Greenberg is an American writer specializing in modern Judaism and women’s issues. She is the author of *On Women and Judaism: A View from Tradition* (1981) and *Black Bread: Poems, After the Holocaust* (1994). She is active in the movement to bridge Judaism and feminism. In 1997 and 1998, she chaired the first and second International Conference on Feminism and is co-founder and first president of the Jewish Orthodox Feminist Alliance. She also has tried to build bridges between women of different faiths by helping to set up “Women of Faith” and by her involvement in the “Dialogue Project,” which seeks to unite Jewish and Palestinian women. ♻️

A WEEKEND OF LEARNING

(See full schedule at ReshapingtheWorldPostHolocaust.org)

Thursday, April 24:

Lecture on lost art, 7 pm at OJM

Friday, April 25:

Community Shabbat Service with Rabbi Yitz Greenberg, 7:30 pm Congregation Beth Israel

Saturday, April 26:

Day of study with the Greenbergs, 8:30 am-2:30 pm at Congregation Shaarie Torah
Commemorative Dinner with Rabbi Greenberg, 7 pm, Multnomah Athletic Club

Sunday, April 27:

Study sessions with Greenbergs 9:30 am-2:30 pm at PSU

Docent-Led Tours of the Oregon Holocaust Memorial, noon-2 pm, Washington Park

Yom HaShoah Commemorative Program 3 pm at MJCC

Monday, April 28:

Holocaust Remembrance Day: Reading of the Names, 10 am-5 pm, Pioneer Courthouse Square
ReshapingtheWorldPostHolocaust.org | 503-245-2733



KIDS & TEENS | EVENTS AND ACTIVITIES

Tot Shabbats:

First Saturdays: 9:30 am at Beth Israel, 1972 NW Flanders. 503-222-1069 or bethisrael-pdx.org.

First and third Saturdays: 10:15 am at Neveh Shalom, 2900 SW Peaceful Lane, 503-246-8831 or nevehshalom.org.

Second Fridays: 6:30 pm at Temple Beth Israel, 1175 E 29th Ave., Eugene. info@bieugene.org.

Second Saturdays: 10:15-11:45 am at Kesser Israel, 6698 SW Capitol Hwy. Ages 2-9 in two groups. ysfgold@gmail.com or kesserisrael.org.

First, second and third Saturdays: 10:30 am at Havurah Shalom, 825 NW 25th Ave. 503-248-4662 or havurahshalom.org.

First, second and third Saturdays: 10:30 am at Shaarie Torah, 920 NW 25th Ave. 503-226-6131 or shaarietorah.org.

Every Friday: 9-10:30 am Shabbat experience at Neveh Shalom, 2900 SW Peaceful Lane. Free. Contact Leah Conley at 503-293-7307 or lconley@nevehshalom.org.

Youth Services

First Saturdays: Community Minyan/Family Service. 10:30 am at Shaarie Torah, 920 NW 25th Ave. 503-226-6131 or shaarietorah.org.

Last Saturdays: Youth Minyannahs. Youth-led middle school service. 10:30 am at Shaarie Torah, 920 NW 25th Ave. 503-226-6131 or shaarietorah.org.

Last Saturdays: Torah Yoga for Preschoolers and Parents. 10:30 am at Shaarie Torah, 920 NW 25th Ave. 503-226-6131 or shaarietorah.org.

Weekly/Monthly Teen Events

BBYO. Meetings for 8th- to 12th-graders held each Tuesday, 7-8 pm, at the MJCC. sswire@bbyo.org or 503-345-9451.

NCSY Latte and Learn. Thursday nights from 7-8 pm at Multnomah Starbucks, 7737 SW Capitol Hwy. Brings Judaism to local coffee shops and serves up Torah in a relaxed and fun setting. doovie@ncsy.org or 503-504-1301.

NCSY Monthly Middle School Program. 2:30-3:15 pm at the Cafe at the MJCC. Upcoming date is April 4. doovie@ncsy.org or 503-504-1301.

April 1

PJA/MJCC Book Sale. Thousands of books of all genres are available. Cost: \$2 per book and \$1 for children's books. 7:30 am-7 pm at the Stern Family Ballroom in the MJCC at 6651 SW Capitol Hwy. 971-270-8775 or email pjabooksale@gmail.com or find us on Facebook at facebook.com/pjabubs.

April 6

J-Serve - Jewish Teens Serving The World. 1-4:30 pm at the MJCC. Free. More information: jewishportland.org/jservice.aspx or sswire@bbyo.org

April 20

P'nai Or Bubbe and Me Story Time! Jewish stories, songs and movement for mamas, papas, grandparents, caregivers with infant to age 5. Light refreshments. Free and open to the public. 2 pm at P'nai Or, 9750 SW Terwilliger. p'naiorpx.com

April 30

Preschool Spring Open House. 10 am at Congregation Shaarie Torah, 920 NW 25th Ave. This is a great chance to come to our classrooms and see what we do at the Carl Preschool! Members of the shul and Jewish families have priority enrollment and a discount in monthly tuition. 503-226-6131.

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JewishPDX

Do you remember the days of slavery? |||||

By Rich Geller

Like most Jewish holidays, Passover demands a certain degree of introspection. As Jews we are required not just to recall the slavery visited upon the ancient Israelites, we are commanded to imagine we have been personally delivered from slavery, and Dayenu, if that were not enough, we must also teach it to our children!

In 1975 Jamaican reggae sensation Burning Spear effectively distilled the festival of Passover to its essence when he posed the musical question, “Do you remember the days of slavery?” In the Torah, Moses instructs the Israelites to “Remember this day, on which you went free from Egypt, the house of bondage, how the Lord freed you from it with a mighty hand.” Exodus 13:3

For parents, the most important part of Passover can be found in Exodus 13:8. “And you shall tell it to your children, saying it is because of what the Lord did for me when I went free from Egypt.” By fulfilling this mitzvah of generational transmission, we become part of the unbroken chain of Jewish collective memory.

As we reflect upon the “peculiar institution” of slavery with our children, we must also ponder its persistence into modern times. We must acknowledge that even today, slavery exists. Slavery, whether an enslavement of the body or of the mind, is an affront to God. Talking with your kids about slavery is not an easy topic, and some younger children may find it upsetting. However, by suggesting ways in which even small children can work toward a more just world, we can demonstrate the awesome power of freedom.

There are many ways that we as Jews can work to combat the scourge of modern-day slavery. One way is with the power of our purchases. Many of us enjoy eating kosher for Passover chocolate during our seder or throughout the holiday. In a week with so many foods off the menu, chocolate treats help keep the little ones (and the not so little ones!) happy. Yet the CNN Freedom Project reports that nearly 40% of the world’s chocolate is derived from cocoa beans harvested in Ivory Coast, a nation where child labor, human trafficking and even child slavery is endemic. (The CNN Freedom Project is a humanitarian news media campaign dedicated to ending slavery.) In Ivory Coast and nations such as Ghana, Cameroon, Guinea and Nigeria, children as young as 5 years old toil in hazardous conditions we can barely begin to imagine, harvesting the cocoa beans that we consume in the form of chocolate. Separated from their parents, forced to use dangerous tools such as machetes and more often than not deprived of an education, these children sacrifice their childhood for our children’s treats. To add insult to injury, it is safe to say these children have never tasted chocolate!

By purchasing fair trade chocolate and other products, we can avoid contributing toward child exploitation and slavery. Fair trade products ensure higher pay, better benefits and decent working conditions for workers involved in their production, and they are slavery free. Additionally, the principles of fair trade happen to dovetail neatly with the values found in the Torah:

“You shall not abuse a needy or destitute laborer, whether a fellow countryman or a stranger in one of the communities of your land. You must pay him his wages on the same day, before the sun sets, for he is needy and his life depends on it; else he will cry to the Lord against you and you will incur guilt.” Deuteronomy 24:14-15

While kosher fair trade chocolates are widely available, kosher for Pesach chocolate is much harder to come by. However, just before Passover last year, a company called Equal Exchange introduced chocolates that are not only kosher for Passover, but are also organic and gluten free! Equal Exchange is a fair trade, worker-owned co-op that sells fair trade products such as chocolates, cocoas and coffees. The co-op’s kosher for Passover chocolates are available in all Oregon New Seasons, Whole Foods and Food Front locations. They can also be found at Food Fight! and Portland’s Red and Black Café. If you order your chocolate directly from the Equal Exchange website: shop.equalexchange.com/pesach, a portion of the proceeds will go to Fair Trade Judaica and T’ruah. Fair Trade Judaica works to promote fair trade as a Jewish value. T’ruah is a Jewish group that supports human rights throughout the world. When you order chocolate, enter “American Jewish World Service” in the name for denomination.

The symbolic foods and rituals of the seder help us to remember oppression in our own past. Promoting food justice at your seder teaches kids by example that oppression and exploitation anywhere can be challenged.

Numerous social justice-themed haggadot available for free download can help you further explore the concept with your children. The Uri L’Tzedekh (Orthodox Social Justice) Food and Justice Haggadah Supplement is an excellent resource for conducting a seder with an emphasis on social justice. It is available at utzedeck.org. The Equal Exchange website also offers a free Haggadah supplement along with other information on the intersection of Jewish values and fair trade. The Jewish Council on Urban Affairs, a group that has worked for 50 years to fight racism, poverty and anti-Semitism, has assembled a social justice haggadot focusing on food justice and how it ties in to Jewish values. It is available at jcua.org. Or put together your own Haggadah by culling the best pages from multiple sources. Our family uses a “patchwork” Haggadah to great effect as we have made ours very child friendly.

Kids and parents can also fund-raise and volunteer their time for organizations dedicated to helping the victims of human trafficking, slavery and other forms of exploitation. Portland-based Mercy Corps is a global aid agency that provides assistance in regions experiencing natural disasters or other emergencies and in areas besieged by war. The group also works to rehabilitate children who have been swept up into local conflicts and forced to fight. Kendra Manton, the senior education and operations manager for the Mercy Corps Action Center, explains, “Mercy Corps works with youth who have been child soldiers. We have long-term programs in Colombia focused on getting youth

back into society after their experiences in war as child soldiers.” Mercy Corps also works to fight Colombia’s child labor, which is a direct byproduct of years of conflict. These programs can be found at mercycorps.org/colombia. Kids can also participate in fundraising activities for Mercy Corps. Information on community fundraising and a “fundraising toolkit” can be found at mercycorps.org/fundraising. Children may wish to set aside a portion of their tzedakah each week toward helping children for whom freedom and security are scarce commodities.

The season of Pesach perhaps more than any other time of the Hebrew calendar calls us to pursue social justice (tzedakah) and to engage in tikkun olam or repair of the world. It is also the perfect time to show children that they have the power to change the world. In the Haggadah we acknowledge that not all people are free. We pray that next year there will be no slavery, only freedom for all of humanity. When we put our prayers into action, we are one step closer to that vision of the future. So as we enjoy our bountiful seder, secure in our homes and surrounded by loved ones, let us be sure to teach our children by words and deeds the prophetic words found in our Torah, “Justice, justice shall you pursue. Let justice well up as waters, and righteousness as a mighty stream.” Deuteronomy 16:20

Richard Geller is a freelance writer living in Portland with his wife and three children.



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Your Child: Solutions to thrive

By Dr. Christie Winkelman


We are seeing a dramatic rise in the occurrence of childhood lifestyle-related conditions, such as allergies, eczema and asthma. These conditions almost always have a connection to diet and nutrition when they present at a young age. After birth, a child's immune system is rapidly developing. It must take in information from the environment and learn how to protect the child in the face of bacterial and viral infections of all kinds. The bulk of the immune system is located in the gastrointestinal system, which is why diet plays such a large role in asthma, eczema and allergies. Dietary interventions are important, but they are not "one size fits all," so it is best to get treatment that focuses on a specific approach for your child.

Eating a diet that is high in a variety of fresh fruits and vegetables and low in heavily processed foods like breads and packaged foods ensures that the child is getting a good mix of proper vitamins, minerals and antioxidants. There may be the need to remove some offending foods from the diet such as gluten or dairy, as these foods have been known for some time to be immune-disrupting foods, especially in children.

Sometimes supplementation is helpful for children to make sure they are getting the right amount of nutrients at the right time; a visit with a naturopathic physician can help to create a specific and individualized treatment plan for your child.

Another important nutritional element to consider with children is the development of the nervous system. Common conditions affecting the nervous system in children include ADD/ADHD and autism spectrum disorders. While we have seen the diagnosis of these conditions increase in the past couple of decades, the treatment still remains to strengthen both the nervous system and the adrenal glands. The nervous system relies primarily on quality fats to operate at a high level. This could include supplementation with something like fish oil, but will also include adding things like coconut, avocado, olive oil and nuts/seeds to the diet in liberal amounts. As you might guess, food intolerances play a key role in conditions affecting the nervous system as well, and once again gluten (and sometimes grains in general) and dairy can cause major complications with these conditions. Sugar is another food that tends to be an issue with children, especially when referring to the health of the adrenal glands. Cane sugar (and more importantly the ubiquitous high-fructose corn syrup) is toxic to the both the nervous system and adrenal glands. A food sensitivity test can often uncover more subtle food reactions.

Another important element to the treatment of the nervous system is neurofeedback, a specific type of biofeedback for the brain. This treatment allows for a rewiring and healing of the brain in order to improve many conditions, including ADD/ADHD, autism, insomnia, headaches and anxiety/depression.

At Insights to Health, we bring our respectful and thoughtful approach to treating both the child and, if desired, their caregivers as well. This looks different in each family. Often we are called upon for parenting tips, nutrition advice for the family, ideas on how to support everyone in getting more sleep or exercise, or stress management tips for the parents. 

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Dr. Christie Winkelman, N.D., M.A., is owner and director of Insights to Health Clinic in Multnomah Village, a full-service family naturopathic clinic. She and her husband, Dr. Gil Winkelman, are members of Neveh Shalom, and their children attend Portland Jewish Academy.

OJCYF adapts to growth


By Chelsey Policar

Over the years Oregon Jewish Community Youth Foundation has gone through a lot of changes. With more members than ever (53 Jewish high school students), we focused on group work and made other changes to accommodate all the budding philanthropists. For example, we created three groups based on experience in OJCYF: Lomdim (apprentices), Bonim (builders) and Manhigim (leaders).

Our Manhigim have been involved in leading a group. The eight Manhigim are high school seniors and juniors who have participated in OJCYF for at least three years. To live up to their name as leaders, each month the Manhigim create the agenda for the next group-wide monthly meetings. Additionally, each of the Manhigim selected a topic – such as Jewish education, emerging nonprofits and interfaith families – and were joined by other OJCYF members to create teams of five to six members.

The Manhigim organized site visits with various nonprofits and helped their peers develop thoughtful questions for the organizations. After the site visits, teams shared their findings with all OJCYF members. Sharing responsibilities and making team site visits added a new dimension to OJCYF. It allowed younger members to get a good feel for the interview and allocations processes. Working in small groups allowed everyone to have a hands-on approach, and judging from the conversations at the allocations meeting, everyone learned from it.

Our annual benefit dinner (see box) will focus on the different paths we took in learning about and allocating money in support of Jewish and general community needs. Our dinner will showcase our hard work throughout the year and give attendees an idea about where we are headed in the future. We will allocate the funds raised at the benefit dinner a few weeks later to our OJCYF grant applicants (the deadline to apply for a grant is April 18, application form is online at ojcf.org/youth-foundation).

The money we allocate goes to both Jewish and secular nonprofit organizations. Our meetings can be challenging as we decide where to give our money, but everyone learns a lot. When Jewish high school students come together and allocate real money to organizations that greatly need and appreciate it, we learn skills such as researching, interviewing and getting the details about how a business runs. We learn how to deal with charitable giving and how much it impacts people's lives – both as donors and as recipients of services from nonprofits. The skills we learn through OJCYF will help us for years to come. I know I really appreciate what OJCYF has done for me over the four years I have been part of the group. I know my fellow Youth Foundation members feel the same way. I personally can't wait to show off what this experience means to me at the benefit dinner on May 1. Please join us there! 

Chelsey Policar is a Lincoln High School senior. She has been a member of the Oregon Jewish Community Youth Foundation since 2010. This year she was part of OJCYF's Manhigim group.



Peer presentation: OJCYF teens (left to right) Daniel Brock, Ilana Waite, Jana Stiss and Albert Kalenscher present what they learned from a site visit about B'nai B'rith Camp's Kehila program for special needs residential campers.

OJCYF ANNUAL BENEFIT DINNER

Imagine: Journeys of Generosity

On Thursday, May 1, at 5:30 pm, the Oregon Jewish Community Youth Foundation will host its annual benefit fundraising dinner at the Mittleman Jewish Community Center. Now in its 11th year, the teen philanthropy group raises funds through this exceptional event for their teen-led allocations held later that month.

This year's dinner is co-chaired by high school seniors Michael Brock, Oregon Episcopal School; Chelsey Policar, Lincoln High; and Will Rosenfeld, Catlin Gabel. The event will feature presentations by OJCYF members, teen musicians and guest speaker Steven Eisenbach-Budner, founder of a new national nonprofit, Tivnu: Building Justice (tivnu.org).

OJCYF has allocated more than \$300,000 to Jewish and general nonprofits since its inception in 2003. More than 145 teens have participated, many returning for multiple years. OJCYF began as a bat mitzvah project of Julia Weiss and was one of the early teen philanthropy groups in the country. Now there are more than 100 Jewish youth foundations nationally.

Eighth-graders and high school students are encouraged to attend. Youth tickets are \$36 and adults \$72. Register online at ojcf.org.

Representatives of community nonprofits who want to apply for an OJCYF grant can download applications at ojcf.org/youth-foundation; deadline is April 18.

Support OJCYF's collection for *Outside In* by bringing a donation to the benefit dinner of travel-sized shampoo, conditioner, deodorant or new socks to help people on their path to self-sufficiency. *Outside In* helps homeless youth and medically needy people.



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Bat mitzvah project has Marshall Island focus

By Polina Olsen

Though Miko Vergun becomes a bat mitzvah this month, she introduced her project to her congregation last fall. Her Nov. 9 talk at Congregation P'nai Or began simply: "My bat mitzvah project involves helping the Republic of the Marshall Islands, the country where I was born." Miko hopes to increase awareness of the devastating effects climate change has had on her first homeland and help raise money for a much-needed island community center. By combining her birth heritage and Jewish spirituality in a bat mitzvah project, she's helping Islanders while providing many Portlanders with their first glimpse of a fascinating Pacific culture.

With a combined land mass the size of Washington, D.C., but spread over 750,000 square miles of ocean (Washington, Oregon and California total 333,375 square miles), the Marshall Islands are about halfway between Hawaii and Australia. Most Marshallese live on Ebeye, one of the most densely populated islands in the world. Some islands are uninhabitable due to post-World War II nuclear testing. A 1986 compact gave the United States continued military access and Islanders the right to live and work in the United States. About a third of the Marshallese population of 60,000 lives in the United States with the largest group in Arkansas.

Portland, too, has an active Marshallese community. When Pam and Rob Vergun decided to adopt through Journeys of the Heart, a Hillsboro-based adoption agency, they heard about a little girl in the Marshall Islands within a few days.

"People talk about IVF as producing miracle babies," Pam says. "Well, this is our miracle baby." Since adopting Miko in 2001, the family has learned much about Marshallese culture. They enjoy the annual Constitution Day, which is like the Fourth of July, and Kemems, the lavish party for 1-year-old babies that includes gifts for all attendees and marvelous food, which some describe as a cross between Japanese and Hawaiian. Miko celebrates the festivities in her traditional, brightly colored skirt with embroidered appliqué flowers.

Meanwhile, Pam's efforts to interest nonprofit organizations like Habitat for Humanity in the Marshall Islands were frustrated due to the island's remoteness and small population. Then she learned about Living Islands (livingislands.org). "Their approach is the most promising effort I have seen in 12 years to make a positive impact," she says.

While various nations around the world suffer from




global warming to some degree, the Marshall Islands may not exist 50 years from now due to its effects. With the highest point 15 feet above sea level and the average seven feet, the rising ocean has already topped seawalls and flooded neighborhoods in the capital, which happened during a recent storm. Coral destroyed by higher ocean temperatures kills the fish Islanders depend on for food, while drought worsens the already scarce drinking water supply.

Pam and Miko work with Living Islands to supply Islanders with lightweight solar water purification systems. Each \$75 bag processes water for a family of four for one year. The new community center Miko's bat mitzvah project is supporting will include a library, music center, museum about the world, computer center and place for Islanders to shelter during typhoons.

The Verguns look forward to celebrating Miko's bat mitzvah April 4 and 5. Her younger brother, Isaac, is next in line. Also adopted, Isaac's African-American birth heritage has benefited the family, as has Pam's Methodist upbringing.

"Immersing our family in Judaism and the birth cultures has enriched our lives and communities," Pam says. Like many, she believes social action is paramount to Jewish ideals. "It's so easy to feel helpless. But there are a lot of things you can do. It's one of the lessons I get from Judaism; you can have theological debates, but taking action has an effect."

For more information about Miko's bat mitzvah project, visit shalvahalizah.wordpress.com. 



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From Fixing to Connecting: Transforming the life of the child with special needs through brain change



By Anat Baniel

A child is born. It is perfection, a miracle. Often long before the birth, we have begun creating a vision for our child's future. She will grow up to have a full and satisfying life, independent and whole. Then comes the shock. Something is wrong with my child!

As the realization that *something is wrong* sinks in, there is a powerful desire to do anything and everything we can to help our child grow up beyond her present limitations, to be "normal" and to have a rewarding life. The question we must ask ourselves is, how do we get there?

It is natural to focus on the limitation, on what the child can't do, or on what she is doing wrong, and then try to conquer, stop or otherwise overcome it. We want to solve the problem, and fix the child so she will sit up, talk, read, write, relate to others and reason the way she would if it weren't for her special needs.

What we often don't realize is that we have adopted this approach from our experiences with mechanical objects, such as a car or a home appliance. When it breaks down, if we can't fix it ourselves, we hire an expert who knows how to do it. In other words, most of us have an understanding of fixing as repairing what is broken, or restoring the way something is supposed to look and function.

However, unlike the child, a machine that needs fixing is already formed and can take no active part in the repair process. It has no mind of its own, no self-healing ability, and it doesn't possess the capacity to learn, grow and evolve. Yet, how natural it is to want to use this same fixing paradigm for a child with special needs! We want to replace any missing part or parts that aren't working well and adjust this or that so that everything will be working just right.

However, your child is not a finished product. Actually he's quite the opposite. Children are living, feeling and experiencing

beings: *works in progress* – growing, evolving and in the process of figuring out and continuously forming the abilities to move, think, understand themselves and relate to the world around them. At the center of all this unfolding potential is that most remarkable of all organs, the brain. Regardless of his special needs, your child possesses a brain that must be involved actively in creating new connections and patterns for overcoming the limitations and difficulties he may have. This is what every brain is designed to do. And this is where our hope lies.

What I propose here is a significant departure from traditional systems of teaching and therapy. I propose to back off from trying to make the child do what he can't do – the fixing paradigm – and instead look to connect with the child and his brain. To shift our focus from the end result we want the child to achieve, such as walking, talking, relating socially or writing, to finding ways to provide the brain with the rich flow of information it needs to be able to organize itself, the body and the mind in order to perform successfully.

Often overlooked is that *the child learns his or her experience*, not what we think he should be learning. When we ask a child, repeatedly, to try and do something he can't, his brain acquires the patterns of his failure! Added to this are the possible feelings of fear, inadequacy, being bad and wrong, and even anger and resentment – all separating the child and the adult and interfering with the connection between the two. This leaves the child's brain depleted of the rich flow of new information the brain needs to learn and grow successfully despite his special needs.

You can connect with your child's brain and help it get the information it needs through the Nine Essentials – scientifically validated tools that turn the brain into a brilliant learning machine.

The first step for connecting with your child is to remember that she is a living, feeling, sensing, thinking, experiencing and actively learning participant in any and every ability she will ever develop in her life. She is your partner, and she needs you to be there with her. You do that by beginning where she is right now in terms of what she can already do, not trying to make her do what she's supposed to do according to developmental stages or any other criteria. Only then can she connect with what she is doing, as well as to her own self, thus being able to make sense of the experience and progress beyond her present limitations. Any time we try to take the child away from where she is in terms of her present abilities, both parent and child will experience the loss of connection with the other. Little will be accomplished until we reestablish that connection.

Anat Baniel Method: anatbanielmethod.com | youtube.com/abmethod

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WORKSHOP FOR PARENTS/CAREGIVERS OF KIDS WITH SPECIAL NEEDS

Children with Special Needs: Kids Beyond Limits will be the subject of an Anat Baniel Method Workshop, April 12-13 in Portland.

Anat Baniel, who was born and raised in Israel, has established a worldwide reputation for her work with special needs children. A dancer and clinical psychologist, with a degree in statistics, she became interested in the functioning of the human brain, which led, in her early 20s, to her close association with Dr. Moshe Feldenkrais. This opened a path for her to discover breakthrough ways to communicate with the child's brain, helping him or her to change for the better. She has never been stopped by limiting beliefs about what is possible for the child. Her work, which is endorsed by medical professionals and scientists throughout the world, improves functioning with a wide range of conditions such as cerebral palsy, genetic disorders, ADD/ADHD, feeding challenges, brachial plexus injury, torticollis, undiagnosed developmental delays and children on the autism spectrum.

The workshop will be at Hoffman Hall, Portland State University Campus, 1833 SW 11th, Portland.

Cost of the workshop is \$378 for Oregon Jewish Life readers; regular price is \$498. Additional family member/caregiver cost is OJL price of \$299; regular \$398. For information or OJL price, contact Joanna Cutler: cutlerjoanna@gmail.com or 503-956-5842.

You may ask yourself: "But if I don't try and make him do what he can't, how will he ever get there?" That is where the Nine Essentials come in. Most of what children learn in the early years, they learn on their own. Each of the essentials powerfully facilitates for the brain to do its job of acquiring new patterns and skills, despite the special challenges. Following is a list of the essentials that will ensure that you connect with your child and turn him into a brilliant learner.

Movement with attention: For movement to wake up the brain to its full potency for learning, the child needs to pay attention to herself, to what she feels as she moves, or as you move her.

Slow: When the speed is fast the child can only do what she

There is no surprise more magical than the surprise of being loved. It is God's finger on man's shoulder.

~Charles Morgan



already knows. For powerful learning and change – *slow yourself and your child down.*

Variation: This is one of the best sources of new experiences and information for the brain. Have your child do things "wrong" on purpose – play and explore.


Subtlety: Reduce the physical, emotional and cognitive force with which you interact with your child. That will allow the brain to notice and perceive much more, i.e., get lots of new information.

Enthusiasm: Internally feel delighted with the smallest changes in your child. That will let her brain know: "This change is important" and groove it in, accelerating the process of learning.

Flexible goals: Be in the here and now of your child and connect with her there. She can only progress from where she is.

The learning switch: Your child's brain is either "on" or "off." When your child is tired, hungry, scared, in pain or has been in an active process of learning for 30 to 40 minutes, her brain is not available for learning. Make sure you engage your child in a learning situation when her "switch" is on.

Imagination and dreams: Imagination upgrades the brain to function at higher levels, where it can find solutions to difficulties.

Awareness: This is the most elevated way for the human brain to function. Know that your child can be and needs to be aware, from the very start, long before language is there. 

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Say What?

by Anne Kleinberg

I was criticized by a friend's husband recently because I asked a question in English. Huh?

It was during a meeting in their home, with a candidate running for the local municipality. After she spoke about all the bad things the local council had done, I wanted to know what she was proposing. How was she going to right the wrongs, represent our needs and take care of business? I spoke at first in Hebrew, apologizing that I would ask my question in English, because it was too important and too lengthy for me to get out in Hebrew. I asked it in English, she answered me in Hebrew and that was that.

While we were taking a coffee break, this guy approached me and came right out with it: "You've been here so many years. Why can't you speak in Hebrew yet?" I was not happy with that question. I answered in a very snippy way that when the country stops emphasizing everything with English words and expressions, I'll think about perfecting my Hebrew.

Here's why I was so disturbed. It's somehow expected that if we choose to live in this country, we have to speak the language. OK, that's fair, I can go along with it. But then why is there so

much emphasis on English in Israel? Many restaurants have Anglicized names, yet their menus are only in Hebrew. TV shows use subtitles, not dubbing – so that everyone hears the original English for the 98% of the imported TV shows from America. Companies use English expressions for their PR slogans. English is EVERYWHERE!

If you must turn around on a road, you have to make a "U-tur" (that's right – no "n", just U-tur). If you're elegant, they say you're "classah" or you look like "a million doe-lahr" or "Eize style!" ("What style!"). If you have a stylist working on your hair, then you're being treated by a "stylisteet" If someone wants to stress a point, she might use the expression "First ahball ..." (First of all?). You get the point.

So while it is true that the national language is Hebrew (as well as Arabic), there is also a lot of Russian, Romanian, French, Spanish, Serbian, Croatian, Czech, Thai, Hindi and English spoken here. And while this melting pot sure hasn't melted yet, the mix of languages and traditions are what makes Israel so special.

So if you hear me speaking Hebrew in an American accent, and you immediately switch to English to make it easier on me – thank you! I appreciate it! 

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.



YOM HA'ATZMAUT Celebrating Israel's 66th Birthday! 5 Iyar 5774 - May 5, 2014

With performance by Israel's very own
THE SONS OF SHIMON
5:00 - 9:00 pm at the MJCC

Fun for all ages - crafts, food, Israeli market, dancing

- 5-6:30 pm *For kids of all ages:* Craft stations and bounce house in gym
For everyone: Israeli Market with some of the best products Israel has to offer!
 - 5:30-6:30 pm *For adults:* **History of Israeli Dance and Culture** with PSU professor **Nina Speigel**
 - 6:30 pm *Main event:* Performance by **The Sons of Shimon** with Israeli Dance Party until 9 pm!
- Israeli dinner plate available for \$5 from **Cafe at the J** from 5-7 pm, kosher!



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RABBI YITZ GREENBERG

Saturday, April 26, 7:00 pm

Multnomah Athletic Club

1849 SW Salmon Street

Tickets for the dinner are \$118 per person.

All proceeds go to the Oregon Holocaust Memorial and Education Endowment Fund.

For more information and to RSVP for the dinner or any of the other events, please visit

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1 **SCHOOL TIES** – Robert Klonoff, dean of the Lewis & Clark Law School, and his wife Heidi Klonoff take U.S. Supreme Court Justice Sonia Sotomayor (center) on a tour of Portland-area highlights during the justice’s visit to Portland as part of Multnomah County Library’s “Everybody Reads” program March 11, held in conjunction with Literary Arts and the Library Foundation. Klonoff and Sotomayor were classmates at Yale Law School. Another local member of the Yale Law School Class of 1979, Rick Haselton, chief judge of the Oregon Court of Appeals, later joined Sotomayor for the mini-reunion. Photos courtesy of Heidi Klonoff



1



2 **GOOD DEEDS DAY** – More than 800 volunteers participated in 21 different projects and three drives with 28 participating organizations during Portland’s second annual participation in the International Good Deeds Day March 9. Habitat volunteers from Neveh Shalom and the broader community brave the elements and work on framing a home for a family in need in the Portland area with Habitat for Humanity/Portland Metro East. Jared Runstein, dancing with Sharon Rubenstein, was one of the teens from Congregation Shaarie Torah who enjoyed a special afternoon at their second “Senior Prom” with residents of Rose Schnitzer Manor. Photos by Oolite Photography



2



3 **SALEM BAKERS** – Temple Beth Shalom hamantaschen bakers – including from left Billie Gates, Emily and Diane Jaffee, Stacey Brown and Talia Ruehr – baked and sold 432 dozen hamantaschen. “We have volunteers that have been coming year after year and some brand new participants from all over the Salem community,” says Stacy.”



3

4 **COGAN LECTURE** – Prof. Emeritus Nathan Cogan reads over the shoulder of author and attorney Joshua Safran, the guest speaker at the Sara Glasgow Cogan Memorial Lecture, as he signed his book, *FREE SPIRIT: Growing Up On the Road and Off the Grid*. The March 5 event, made possible by Cogan and his family, drew about 80 community members and students of the Harold Schnitzer Family Program in Judaic Studies at Portland State University. The Cogan lecture is an annual event of Judaic Studies. Photo by Jenn Director Knudsen



4

5 **PEW JEW** – The 110+ people who turned out for the Pew Jew event hosted by the Oregon Jewish Museum, Mittleman Jewish Community Center and other community partners heard panelists Professor Steve Wasserstrom (Reed College), Marc Blattner (Jewish Federation of Greater Portland), Professors Bob Liebman (Portland State University) and panel moderated by Neil Simon. The



5

thought-provoking discussion looked at the findings of the Pew Research Center report, *A Portrait of Jewish Americans*, and how it may relate to Portland. Alicia Jo Rabins performed at the beginning of the event. Photo by Palma Corral

6 **DC VISIT** – Beth Israel clergy took 12 members of Beth Israel’s 10th grade Confirmation class and the clergy traveled to Washington, DC, in late February to participate in the L’Taken Social Justice Seminar at the Religious Action Center.

6



7 SCOUT BANQUET -
 ■ Portland's Jewish Cub Scout group, Pack 739, celebrates at a Blue and Gold Banquet on Sunday, March 2, at the Portland Kollel. For information about Pack 739, contact dov.chastain@gmail.com.

8 FRIENDS OF THE CENTER -The Mittleman Jewish Community Center's 100th birthday celebration raised more than \$170,000

for center operations. Friends of the Center Dinner honoree Gayle Romain (center) is joined by some of the women of her family (from left) mother, Lois Schnitzer; sisters Jill Edelson and Dina Meier; Gayle; daughter,

Laura Rosencrantz; and sisters Sandra Schnitzer and Mardi Spitzer. Josh Frankel presents the Harry Glickman Scholar Athlete Award to the winners: Shea Northfield and Brendan Edelson. Additionally, Ruben Menashe, Jeanne and Phyllis Newmark, Roberta Weinstein and Sandy Weinstein were inducted into the Oregon Jewish Sports Hall of Fame. Photos by Oolite Photography

9 NEW ISRAEL - Ben Murane, ■ New Israel Fund's director of outreach, Western United States, spoke at Congregation Beth Israel March 2. His presentation, "Say Yes to a Better Israel" explored issues of democracy and Jewish values in Israel.

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Through April 12

A Boy and a Pigeon at Jewish Theater Collaborative. JewishTheaterCollaborative.org

Through April 26

OJM Exhibit: Sara Harwin-Illuminated Letters: Threads of Connection.

April 1

Used Book Sale by PJA and the MJCC. 7:30 am-7 pm. 971-270-8775 or pjabooksale@gmail.com or facebook.com/pjaubs

Chit Chat and Chocolate in the "Southern Burbs." 7-9 pm at the Clubhouse in Summerfield, King City. priscilla@jewishportland.org or 503-892-3015

Israeli Folk Dancing with Allison Victor at Cafe Shalom. 7045 SW Taylors Ferry Road. 7 pm each Tuesday. 503-314-1567 or allisuev@gmail.com

April 2-May 4

OJM Exhibit: The Seder: Meanings, Rituals & Spirituality by Samuel Eisen-Meyers. Free reception 5:30 pm April 3.

April 2

Chai Fantasy! A Panel Discussion about Fantasy Literature and Judaism. 7:30 pm at the MJCC. ojm.org/experience/talk-2014-04-02-chai-fantasy

April 5

Women's Tefillah. 9:30 am at Portland Jewish Academy. ericahg@comcast.net or 503-246-3185

Table and Chair Affair. Fundraiser for Community Warehouse. 6 pm at Leftbank Annex. \$100. na@communitywarehouse.org or 503-235-8786

B'nai Brith Camp: The Real Deal Goes to Coney Island. 6 pm at Sheraton Portland Airport Hotel. bbcamp.org/events or 503-345-9464

Let's Talk Estate Planning with attorney Michelle-Shari Kruss. 2:30 pm at Kol Shalom Center, 1509 Sunset Blvd., Suite 1E. 503-459-4210

April 6

OM Shalom – A Jewish Kirtan! 3 pm at OJM. General \$10; OJM members, \$8; students, \$5.

A Place at the Table. Documentary and speaker from Partners for Hunger-Free Oregon. 2 pm at Temple Beth Shalom, 1274 Cunningham Lane S, Salem. 503-362-5004 or tbsholom.org

The Many Faces of Dementia. WRJ/Beth Israel Sisterhood forum. 10:15 am at CBI. 503-222-1069

Neveh Shalom Rocks! Celebrate Jewish rockers of all decades. Food, auction, Jewish rock trivia and a contest for best rocker duds. 5 pm at Neveh Shalom. nevehshalom.org/auction

P'nai Or presents "Angel at the Chelm." Dinner, auction and play. 5:30 pm at Mt. Park Recreation Center, Lake Oswego. marsha.a.green@gmail.com

April 7

Israeli Soldiers Tour. Evening visit at Portland State University. The StandWithUs Israeli Soldiers' Stories tour is an innovative program featuring reserve duty Israeli college students who talk about their lives as ordinary Israeli citizens, as well as the Arab-Israeli conflict. northwest@standwithus.com

It Takes a Village: Supporting Families Caring for Elders. 7-8:30 pm at Rose Schnitzer Manor. RSVP: 503-535-4212

April 8

Israeli Soldiers Tour. Evening visit at University of Oregon. northwest@standwithus.com (See April 7.)

April 9

Your Jewish Genes and Cancer. (See page 41)

April 10

I Am Troy Davis: Two Years Later. Author Jen Marlowe and Troy's sister Kim Davis speak about an end to the death penalty. 7:30-9 pm at First United Methodist Church. Co-sponsored by Kol Shalom. 503-459-4210 or info@kolshalom.org

April 12-13

Anat Baniel Children with Special Needs Workshop for Parents and Professionals. (See story page 54)

April 13

Life in a Jar – The Irena Sendler Project. Play about Irena Sendler, a Catholic social worker in the Warsaw Ghetto who smuggled out nearly 2,500 Jewish children. 11 am at Temple Beth Shalom, Salem. 503-362-5004 or tbsholom.org

CBI Brotherhood/Social Action Speaker: Wendy Rosen from AIPAC. 10:30 am at Blumauer Auditorium, 1972 NW Flanders St. 503-222-1069

Jewish Community Orchestra Concert. 3 pm at the MJCC. Tickets available at the door. Join us for a season of three concerts.

April 15-22

Passover. For listings of seders, see page 32. (First seder evening of April 14).

April 16

Can China Rise Peacefully? Reed College Public Policy Lecture featuring John J. Mearsheimer. 7 pm at Vollum Lecture Hall. Free. Reed.edu/ppls

April 21

Biblical and Rabbinic God Concepts. Temple Beth Tikvah in Bend presents the next in the series "A Taste of Judaism." 7 pm at St Charles Hospital event center, 2500 NE Neff Road, Bend. 541-388-8826

April 23

2014 Legal Citizen Dinner honoring Judge Jacob Tanzer. Classroom Law Project. 5 pm at the Governor Hotel. Tickets \$175 at classroomlaw.org. Info: 503-224-4424 or mdoyle@classroomlaw.org

Jewish Dad's Night Out with Rabbi Daniel Isaak. Free. Lucky Lab Tap Room, 1700 N Killingsworth St. jgreenberg@nevehshalom.org

April 24

OJM Talk by Elizabeth Rynecki. Chasing Portraits: a Great-Granddaughter's Search for her Lost Art Legacy. 7 pm at OJM. Free.

The Boy Mayor, a 1914 silent film made by Universal and starring Eugene J. Rich, the real "Boy Mayor" of Portland. Featured with other films from the Oregon Historical Society's Moving Images Archive, 7 pm at the Hollywood Theatre, 4122 NE Sandy Blvd., Portland. Free. ohs.org

April 24-28

Reshaping the World after the Holocaust: a Weekend of Learning. (See story page 46)

North Coast Shabbat Group. 8 pm services at the Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Led by Leonard and Elayne Shapiro. Bev Eastern, 503-244-7060

April 25

Kabbalat Shabbat Service featuring guest speaker Rabbi Rami Shapiro. 7:30 pm at P'nai Or, 9750 SW Terwilliger Blvd. pnaiorpd.org

April 26

Holy Rascals Revival. (See story page 8)

April 27

Israel and the Holocaust. 2013-14 Singer Family Lecture by Tom Segev. 7:30 pm at the University of Oregon, Eugene. Free. 541-346-4971

Treasures in Bloom Plant Sale/Bake Sale. 9 am-1 pm at CBI. 503-222-1069, bethisrael-pdx.org

Sunday Forum: 2013 Society of Humanist Judaism Humanist of the Year: Richard Feynman, a Nobel Prize winning physicist and teacher. 9:45 am at Kol Shalom Center. info@kolshalom.org, 503-459-4210

Yom Hashoah Commemoration. 3 pm at the MJCC. Free. (See story page 46)

Zionism Program. Continuing nine-part interactive study/conversation group presented by MJCC and Hadassah. Fourth Sunday of each month. 10 am-noon at the MJCC. Tamar Boussi tboussi@gmail.com or 971-282-2551

April 28

Ageless Award Luncheon honors Serge D'Rovencourt. (See page 44)

Medieval God Concepts. "A Taste of Judaism" series in Bend (See April 21 listing for details)

May 1

OJCYF Annual Dinner. (see page 51)

Add events to our calendar at ojlfe.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

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