

JANUARY 2013

# JEWISH LIFE

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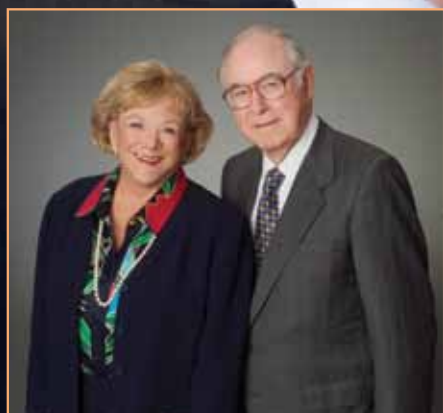
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Jordan and Arlene Schnitzer's donation of the Park Tower in memory of Harold Schnitzer will benefit an array of organizations and people, including low-income seniors. Photo by Dal Perry

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**SAFETY PRECAUTIONS** – Mark Diamond, returning from an avalanche control run on Mount Hood, removes explosives sometimes used for avalanche control from his pack. Photo courtesy of Mark Diamond



**ARTS AND CULTURE, TOO:** Portland's B'nai B'rith Center, the forerunner of today's Mittleman Jewish Community Center, offered an array of cultural, arts, social and educational programs in addition to a top-flight athletic facility. The center's B'nai B'rith Orchestra is shown here in a 1927 photo. Today, the Jewish Community Orchestra holds regular concerts at the MJCC – the next one a "Young Artists' Showcase" scheduled for Feb. 17. Photo courtesy of Oregon Jewish Museum

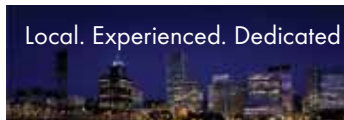
## CORRECTION

An October article about breast cancer and genetics contained an error regarding risks associated with an oophorectomy. Removal of ovaries does not increase a woman's risk of breast cancer. OHSU's Knight Cancer Center recommends the prophylactic surgery for women who are positive for a BRCA mutation because ovarian cancer is difficult to detect, but recommends waiting until nearly age 40 because it balances the risk for ovarian cancer with the risks associated with premature menopause. The oophorectomy has the added benefit of reducing the lifetime risk for breast cancer by 50%.





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## Editor's Letter



The obligation for Jewish parents to teach their children to swim seems to surprise many.

Though education is widely recognized as a Jewish value, and hence the focus of our Education special section this month, many are unaware of the need to teach more than Jewish and secular knowledge.

Rabbinic commentaries refer to the swimming obligation as the importance of teaching children life skills and survival skills.

The second part of that definition fits right in with a quote in this issue from longtime JCC swim instructor "Mickey" Hirschberg, who says she "waterproofed" generations of Portlanders.

I also like to think of the obligation as the need to teach our children to participate in and enjoy physical activity. Numerous studies show that exercise is a key component of a healthy life – both physically and emotionally. Naturopath Dr. Christie Winkelman talks about some of these benefits in our Health/Fitness special section this month.

The same tractate of the Talmud that tells parents to teach their children to swim (Kiddushin 29a) also tells them to teach their children Torah and a trade so they can make a living.

When you think about it, that's a remarkably holistic approach to parenting. Children are nurtured spiritually, intellectually and physically.

It's much more holistic than American primary school's three "Rs" – reading, 'riting and 'rithmetic. Of course that purely academic approach to education assumes a child's spiritual and physical needs are being met at home and in the community. With many schools cutting gym classes from their schedules, the need for exercise falls even more to the community.

As our two special sections show, Oregon's Jewish community does an admirable job of providing options to meet those physical and spiritual needs. Teenagers can even take a Jewish driver's education class that incorporates Jewish values into that American high school ritual.

And Oregon's outdoor wonderland is rich in opportunities for getting fit in the fresh air. Oregon's mountains offer fun for all ages on the ski slopes. Just to be sure it's safe fun, several Jews participate in ski patrols to keep slopes safe and rescue injured skiers.

Learning options continue after high school with gap year programs, college and Hillels. Adults can learn new skills and expand their horizons in a variety of venues.

From preschoolers to adults, learning enriches lives.

So if your parents didn't teach you Torah, a trade and how to swim, it's not too late. Your community has resources for learning all those things and more.

*Deborah*

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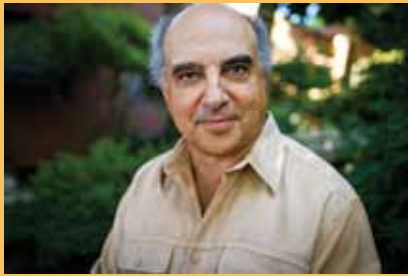
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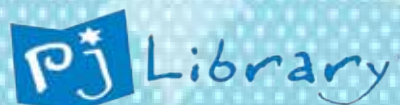
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JewishPDX



(From left) Megan Bateman, Vanessa Dominguez, Hani Abdirahman, Hannah Forman and LaQuisha Minnieweather attend the Momentum Alliance youth-led workshop at Oregon State University for the Oregon Students of Color Coalition Annual Conference in November 2012.

# Why do they hate us?

## *Student's question launched Rebecca Shine's mission*

By Liz Rabiner Lippoff

"We have a special obligation from our history and our perspective as Americans and as Jews that should align us with the interests of immigrants and make us struggle against anti-immigrant sentiment."

Strong words, but if you want wishy-washy talk about this controversial subject, don't ask Portland resident Rebecca Shine what she thinks or those are the words you'll hear.

"We have created this whole morality about migrating. People migrate, animals migrate. They go where the resources are, where safety is. We can't say 'it shouldn't happen.' We should figure out how to make it sustainable for the people here and for the people moving here."

Her commitment is total, and the values that shape that commitment extend to all who are underrepresented and marginalized. And she believes now is the perfect time to empower these communities.

"You can be elected president of the U.S. with only 39% of the white vote," she points out. "Look what can happen when disparate groups work together."

Rebecca grew up in Los Angeles, the child of successful parents who taught their children social responsibility and encouraged them to push themselves to achieve their goals. Rebecca graduated from Lewis and Clark and then got a master's degree in public administration, focused on nonprofit management and community development. With Portland as her new – and, she says, "forever" – home, Rebecca hung up her shingle consulting for nonprofits and government agencies on economic development, social services and youth programs.

In 2005 she and her partner, Anne Galisky, a building contractor, took a documentary film course. They were both

passionate about social justice and wanted to learn how to tell stories that could inspire conversation and motivate change.

The result was "Conversation Is Interruption," a 10-minute video about how culture shapes conversation. It featured nine Portland-area Jewish women, including Rabbi Ariel Stone of Congregation Shir Tikvah. Rebecca and Anne loved filmmaking, and they formed Graham Street Productions in 2006, but they had to return to their day jobs.

\*\*\*

"Why do they hate us?"

The question came from Cesar Pineda, a young, undocumented student riding in the passenger seat of Rebecca's car. Rebecca was tutoring in the Step Up Program at Roosevelt High School. Designed to retain and educate the kids most at risk for dropping out, it connected each youth with an adult who would be tutor, mentor and advocate. Rebecca met Cesar and many others while volunteering with this program.

"The Jew in me was moved," she remembers. "I had no answer. Do I get why people would rather dehumanize others rather than work with them and solve the problems at hand? They were grief struck. I was grief struck."

And she was galvanized into action.

Rebecca and Anne fired up their film company and began work on what was to become the "Papers" documentary and then much, much more. To do it, they obtained some grants and raised money with 1,400 small donations from 22 states. Rabbi Daniel Isaak of Congregation Neveh Shalom was an early supporter. "People have to know these kids the way you know them in order to help them," he advised. He wrote in the congregation's newsletter, "This is a truly Jewish film."

"Papers," like "Conversation," used interviews and discussions, this time with five youth who were brought to the U.S. as small children and, although raised as Americans, are not entitled to many basic rights and privileges because they are without papers. The project had two primary, equally important goals: to educate, engage and empower the youth who worked on the film crew and to stimulate meaningful dialogue.

The documentary was incredibly successful. Today it is shown on college campuses and in art houses all over the country. "Youth see kids telling the truth about their lives and they say, 'This is our story,'" Rebecca says. "They stand up themselves, see allies standing around them and get bolder about making their case."

The momentum of "Papers" spawned The Student Alliance Project (SAP), whose mission is to cultivate a youth-led community of diverse young leaders who build self-confidence and trust, achieve their goals and become advocates and allies for social justice. They build on the support of diversity that came out of "Papers." According to their website, SAP is made up of "undocumented, immigrant, LGBTQ, indigenous and low-income, students of color, students with disabilities, youth in foster care, teen parents and their allies."

SAP itself led to the formation in July 2012 of the Momentum Alliance, a 501(c)(3) to house SAP and other new programs. Its bylaws require that 51% of its board be youth 25 and younger. The six adult board members are themselves a diverse group: John Duke, clinic director of Outside In and a



member of Havurah Shalom; Karen Belsey, associate director of Open Meadow and a member of P'nai Or; Christina Thacker, an employment lawyer at Barran Liebman LLP; Gabriele Ross from the Evergreen School District, who works with incarcerated, homeless and undocumented youth; Tony Domingue, football coach at Roosevelt; and Joaquin Lopez, a musician and co-owner of La Bonita restaurant.



On a rainy Portland day, Rebecca Shine coaches youth leaders from Student Alliance Project and Somali Youth of Oregon.

"We are a community resource," Rebecca says. "Lewis and Clark will ask for a young person to speak to psychology students about working with youth. Oregon Students of Color Coalition asked for our workshop on how to build alliances among Muslim, undocumented, and gang-affected youth as well as youth with disabilities. We did training for the National Association of Social Workers. We are making progress."


Funding is always a potential roadblock, and, while it is still a huge challenge, SAP has had support from key local foundations as well as from individual donors. Among them is the Oregon Jewish Community Youth Foundation.

Oscar Tzintzun, 17; Natalie Lerner, 16; and Vanessa Dominguez, 17, all active in Momentum Alliance, sat proudly at a table while their program was given a grant at the OJCYP annual dinner last spring. When it was time for the Mitzvah Moment, all three raised their own paddles to support OJCYP programs.

"Youth groups need to have other youths' backs, even if it's just with \$18," Vanessa says. "Giving is better than getting," says Oscar. "I want to return the favor and help other organizations that are working to make the world a little better," adds Natalie.

"I love tzedakah," says Rebecca, using the Hebrew word often translated as charity but which literally means justice. "But we are not either givers or receivers. We all have something to learn and something to teach. Then the power becomes more equal."

"There is a role for Jewish people in this changing country," says Rebecca. "Who do you want to be? Be the people who dig in their heels and resist this change? Or do you want to be in the future of America, be an ally? Have their backs and they have yours."

"I want to see Jews help contribute to this future because these are fundamental Jewish values." 

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

#### Conversation Is Interruption:

[www.youtube.com/watch?v=\\_2tclliV-hM](http://www.youtube.com/watch?v=_2tclliV-hM)

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"Before the elderly rise, and show honor before the aged." —Leviticus 19:32



# Jewish patrollers ski to the rescue

By Sura Rubenstein

They love the outdoors. They like to give back. They thrive on challenges.

And they find a direct connection between their Judaism and their work with the Mount Hood Ski Patrol.

"I've always felt closer to Hashem in the peace and serenity of the mountains than I have other places," says Jeffrey Weitz, who has volunteered with the Ski Patrol for 18 years. "There's a feeling of doing Hashem's work up here – of healing the world, and saving the people we can."

Steve Sirkin, a longtime volunteer, says he often finds himself reciting the Shema, Judaism's affirmation of the oneness of God, as he "senses a greater power and presence" while looking out over the mountains and valleys surrounding Mount Hood.

"I like to give back to community," says Jodi Berris, another Ski Patrol member, who adds that it's been a plus to work with other Jewish volunteers. "We have a special bond."

Weitz, Sirkin and Berris, along with Mark Diamond, Eric Einspruch and Katrina "Kat" Price Moore, are a small fraction of the nearly 300 members of Mount Hood Ski Patrol – but, like other volunteers, they say it's among their most rewarding experiences.

"This is a way for me to make a difference by impacting lives," Weitz says. "And a much more direct way for me to 'save a life' than other mitzvot, like clothing the naked. This is very much in line with the value of tikkun olam, repairing the world."

\*\*\*

The Mount Hood Ski Patrol, one of the oldest and largest single patrols in the West, was launched in 1937, just as Timberline Lodge was nearing completion and as skiing and snow sports were exploding in popularity.

There clearly was a critical need.

As a December 1938 story in *The Oregonian* noted: "The broad bosom of Mount Hood developed into a famous winter sports arena, and thousands of fans – 141,000 during 1937-38 – began making weekly pilgrimages to indulge, some expertly but the majority amateurishly, in this fast-growing winter pastime."

With no official rescue organization – pre-Ski Patrol – hurt skiers often had to wait up to three hours for aid and because of the wait sometimes required treatment for frostbite in addition to ski injuries.

In 1937 the U.S. Forest Service hired Hank Lewis for \$10 a week-end to help hurt skiers and organize a formal patrol. The Ski Patrol was incorporated March 2, 1938, with Lewis as patrol chief and about 50 members.

This February the Patrol will celebrate its 75<sup>th</sup> anniversary with two events – a reunion and history event on Feb. 21 (in Portland) and a Feb. 23 get-together up on Mount Hood. For details, visit [mthoodskipatrol.org](http://mthoodskipatrol.org).

Today, the Ski Patrol serves alpine skiers and snowboarders at Timberline, Mt. Hood Skibowl Summit Ski Area and Mt. Hood Meadows Ski Resort. It also includes a Nordic Patrol, which assists cross-country skiers and search-and-rescue operations on the mountain.

Volunteers commit to at least 15 volunteer days on the mountain during the year and seven to 10 additional training days. "We are all trained first responders," notes Weitz, who says Ski Patrol members can and do help in emergencies on and off the slopes.

"If someone collapses in front of us," he says, "we're ready to go. We step up."

\*\*\*

Weitz, a commercial property developer who moved to Portland with his family in 1991, grew up in California, where he fell in love with backpacking, climbing and other outdoor sports. His hero was John Muir, the pioneering naturalist who, among other achievements, founded the Sierra Club.

"I spent the first part of my life climbing mountains in the Sierra Nevada," Weitz says. When his wife, Mahri, was almost nine months pregnant with their first child, Weitz, still an avid climber, was caught in a violent storm at the 11,000-foot level of Mount Shasta.

"I realized that I might not make it out," he said. The storm broke, he saw a rainbow, and he decided it was a sign that he should "continue my love for mountains, but in a different way."

After an initial "training year" – part of the regular volunteer training – Weitz has been active in the Ski Patrol both within the Mount Hood group, where he's held a number of posts, and with the Pacific Northwest Division of the National Ski Patrol. In the latter, he serves as the transportation advisor for some 35 ski areas in Oregon, Washington and Idaho.

"My job is to make sure that the training (for toboggan and other emergency transport) is up to national standards," he says.

He started a Young Adult Patrol program for youths 15 to 18 to help them learn proper wilderness behavior and to encourage future volunteers. His son, Gabe, a senior at West Linn High School, has been part of the program and is, according to his father, seriously considering a college major in environmental sciences or studies.



**FAMILY TIME** – Sivan Weitz and her father, Jeffrey, head out to help on a rescue after a "family time" break during Ski Patrol on Mount Hood. "We do get to have family time on patrol, which is why it is so gratifying," Jeffrey Weitz said. Photo courtesy of Jeffrey Weitz





**HEADING UP** – Mark Diamond at the 9,600-foot level of Mount Hood, with Mount St. Helens in the background. Photo courtesy of Mark Diamond

The YAP program enrolls about six to eight youths a season, and trains them in skiing and mountain rescue, wilderness survival techniques, and avalanche control. They assist with patrols at ski resorts, but aren't permitted by resort rules to be full-fledged patrollers.

Weitz estimates he spends between 30 and 40 days a year on the mountain. "I do ski and patrol on Shabbos," he explains, "because I do feel that's part of Hashem's will – I am helping to save lives."

In addition to his commitment to Ski Patrol, Weitz is involved in a host of other community organizations. He serves on the boards of Congregation Neveh Shalom, Portland Jewish Academy, the Mittleman Jewish Community Center, the Oregon Community Warehouse and the West Linn Arts Commission.

"I would rather ski than do anything," he admits, and says that there is a special camaraderie among Ski Patrollers.

"What keeps me on the Patrol is the people," he says. "There is a quality, a sincerity, a commitment like no other organization. It's an honor for me to be able to serve in that way."

\*\*\*

Sirkin, a retired teacher who now lives in Clackamas, says he first thought of volunteering for a ski patrol when he was dating a young woman who was trying out for a patrol in Maryland.

"I was a non-skier," he says. "After three months of our relationship, we went out together to a ski shop, and I bought a complete set of equipment."

The young woman, Dana, became his wife three months later. Within a year, a Maryland ski patrol leader suggested Sirkin take an American Red Cross Advanced First Aid course and become an auxiliary patroller, since he was hanging around a lot anyway.

"I did," Sirkin says, "and the rest is, so to speak, history."

They spent weekends volunteering at the Wisp Resort in Western Maryland and then at ski areas in Utah after they moved there. When they moved to the Portland area in 2005, Sirkin signed up to assist at Timberline and Skibowl, even though his wife had "retired" after two decades of patrolling.

Though he was a full patroller in Utah, Sirkin decided to return to auxiliary status, which the Mount Hood Patrol calls "associate." It means that he often works in the First Aid room and makes the connection with ambulances or Life Flight.

At the end of the day, he and others often help "sweep" the slopes – ski down trails that are being closed to make sure that no one is left behind.

"You certainly get a workout doing the job," he says. "Going to the scene of an injury and participating in the teamwork that each patient requires often is very labor intensive, especially on difficult terrain."

\*\*\*

Berris, a consummate volunteer, decided to go out for Ski Patrol because it gave her an opportunity to volunteer beyond the Jewish community.

"I've done a lot with the Jewish community for the past eight years," says Berris, a Michigan native who moved to Portland to take a job at Nike, where she currently is a footwear developer. "This gives me another way to give back."

In the Jewish community, Berris organized – and continues to

organize – an array of initiatives that expand opportunities for young adults. To name a few, she's put together 1-800-Shabbat dinners, Israeli Club Nights, dodgeball tournaments and a nearly weeklong Modern Orthodox Shabbaton that draws upwards of 75 young adults from around the world. She also was a founder of Moishe House in Portland, which focuses on young adult programs, and has led several Birthright trips to Israel.



**RESCUE ME** – Jodi Berris practices the Ski Patrol's "chairlift evacuation processes" during a rescue training session on Mount Hood. Photo courtesy of Jodi Berris



**ENJOYING THE VIEW** – Steve Sirkin takes a break from his duties on Mount Hood, with the Magic Mile lift and Mount Jefferson in the background. Photo courtesy of Steve Sirkin

She loves skiing – it's her favorite sport, though she plays many. "It's marrying my two interests – volunteering and skiing," she says of Ski Patrol.

Berris first thought of joining a patrol at 19, when she tore her ACL, one of the four major knee ligaments, ski jumping in Utah.


"The ski patrol rescued me, and I thought I would want to give back in that way."

But more torn ligaments and five knee surgeries followed. She was about 26 when her knees finally permitted her to sign up for the Mount Hood Ski Patrol.

Now, eight years later, she's a "hill patroller," qualified to transport people off the mountain with a toboggan. She doesn't ski or patrol on Shabbat, but says that has not posed a problem in meeting her commitments. She just schedules her training and patrol days on Sundays.

Like the other volunteers, Berris enjoys the camaraderie.

"It's nice to know that other Jewish people do this," she said of the Ski Patrol. And, of course, she loves the skiing.

"I love the rush, I love the challenge," she says. "You feel free to soar." 

Sura Rubenstein is a freelance writer in Portland.

For information about the Mount Hood Ski Patrol, call 866-828-9205, email [mhsp@onebox.com](mailto:mhsp@onebox.com) or visit the website, [www.mthoodskipatrol.org](http://www.mthoodskipatrol.org). Spring tryouts for the Patrol are being scheduled.

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# SAFE SKIERS HAVE MORE FUN

By Deborah Moon

Many families head to the slopes for winter fun. Learning the rules of the mountain and how to ski or snowboard properly can enhance both fun and safety. One Portland family has found a long-term partner in that quest for family fun. Joyce Bernheim, John Ashworth and their children, Alexandra and Paul, have all taken lessons at Powder Hounds Ski School, owned by Victor Perry and his father, Lee.

"Skiing is a wonderful activity for the whole family, despite our different ability levels, and has completely transformed the long, dreary winters into an opportunity to play outside," says Joyce.

The family's ski adventures began in 1999.

"I started skiing when I was around 6, and it was a special thing that I would do with my dad," says Alexandra. "We would take the ski bus up to Timberline, getting up at ungodly hours on Saturday (Sundays I had Sunday school at Temple Beth Israel, of course!), and he would get me M&Ms before I started my lessons. It was a tradition. Pretty soon my brother and mom started coming up with us."

John says his appreciation for the ski school grew when Joyce and their son, Paul, started taking lessons too. John notes the staff was able to offer "accommodations for our son with autism through private and group lessons. He is now a very good skier."


Joyce adds, "Lee Perry has had a long-time commitment to making skiing available to people of all abilities. He helped pioneer skiing for people with physical disabilities, including the blind." She, too, appreciates the school's instruction for Paul, who is an active participant in Tikvah, the Jewish Family & Child Service social program for adults with disabilities. For herself, Joyce says, "It's never too late to learn. I didn't really start to learn to ski until I was 50, when I started taking lessons from Lee (Perry), who was then 70. I figured if he could teach at 70 I could learn at 50."

John adds, "Skiing with Victor's dad, Lee (the best skier on the mountain), is always a kick."

Now in college, Alexandra says, "They (the instructors) watched me grow up, they taught me skiing etiquette and they taught me life etiquette. Powder Hounds doesn't just teach skiing, it teaches etiquette. Plus I trusted them, which made me feel safe, and in turn taught me to teach others about safety." Before she started college, Alexandra became a Powder Hounds assistant instructor. "I grew up with them."



Alexandra Ashworth started learning to ski at Powder Hounds when she was 6. Before she started college, she had become an assistant instructor.

"Powder Hounds is kind of my family, in a way," says Alexandra. "And I guess what's funny about you writing an article about that and being Jewish is because Judaism and skiing were always my two kind of extracurricular activities (I was on the youth group board at my temple) while I was growing up, so both communities I think of as extensions of my home and family." 

Check out Powder Hounds at [powderhound.com](http://powderhound.com).





**POLLY'S KIDS:** Harry "Polly" Policar, the center's longtime physical education director, helps one of his students with sit-ups at the B'nai B'rith Building, circa 1950. Photo courtesy of Oregon Jewish Museum

# Championing Community

By Sura Rubenstein

When the MJCC "celebrates champions and honors everyday athletes" at its annual dinner next month, it will be celebrating both its history and its important role in Jewish community life.

Founded in 1914 as the B'nai B'rith Building and now known as the Mittleman Jewish Community Center, the "J" – its shortest moniker – has been at the heart of the community for nearly a century.

## 2013 FRIENDS OF THE CENTER DINNER

"Celebrating Champions/Honoring Athletic Achievement"

With a Tribute to Steve "Rosy" Rosenberg

And announcing 2013 inductees into the Oregon Jewish Sports Hall of Fame

**When:** Thursday, Feb. 21, 5:30 pm

**Where:** 6651 SW Capitol Hwy., Portland

**Cost:** \$90 per person (\$40 tax deductible), RSVP by Jan. 31  
Nominations for the Harry Glickman Scholar Athletes of the Year due by Jan. 15

For details or reservations – or to submit information about your own sports experiences at the J: Contact Jennifer Baldwin, 503-535-3594 or [jbaldwin@oregonjcc.org](mailto:jbaldwin@oregonjcc.org)

In addition to providing a home for community educational, cultural and social groups, athletics and sports have always been essential parts of its mission.

"Generations of Jewish children and adults have come to the 'J' for sports and athletic endeavors of all sorts," says Lisa Horowitz, MJCC executive director. "This is just one way in which we've long served as a welcoming 'center' for our Jewish community."

The center's first building, on Southwest 13<sup>th</sup> Avenue between Market and Mill streets, boasted "one of the finest gymnasiums in the West, furnished complete," according to a story in *The Oregonian*. It also had a running track, a 20-by-60-foot swimming pool with springboards "and other paraphernalia," locker rooms and a billiard and smoking room in addition to various meeting rooms, a library and offices.

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

"Basketball teams to meet outsiders are to be organized under the YMCA," *The Oregonian* reported, noting that the Y's Harry T. Smith was helping the B'nai B'rith center run swimming classes and contests for women and girls, various athletics classes for



“junior, senior, business and professional men,” and boxing contests with outside groups.

In addition to exploring sports and “all-around physical development,” generations of young Jews formed lifelong friendships through activities at the center.

“Those bonds,” observes Judith Margles, director of the Oregon Jewish Museum, “extended into every aspect of home and business life – and to this day sustain and strengthen Jewish communal life in Portland.”

She noted that the first JCC also was a response to prejudice. “Portland’s Jewish community created its own networks to replicate those in the non-Jewish world that excluded them,” she said. “Creating the JCC as a place to make friends and learn and play sports was of paramount importance.”

The late Abraham “English” Rosenberg, a former JCC board chair, had his own theory about the center’s success: “[The JCC] became a beehive of activity, because in addition to social activities, it catered to the athletic whims of the younger element,” he said in an oral history in the OJM archives.

Thanks in part to the unstinting efforts of Millicent “Mickey” Hirschberg and Harry “Polly” Policar, who both spent nearly their entire professional careers at the “J,” it developed one of the finest athletic programs in the city, nurturing champions as well as “everyday athletes” in a wide range of sports.

Hirschberg was the center’s swim teacher, and so much more. Born in London in 1901, she joined the center’s staff in the 1920s and initially taught swimming classes. By 1924 she also began running the hydrotherapy program for the Portland Polio Swim Club, and in 1932 she became the athletic director for the B’nai B’rith girls’ camp.

She continued working at the “J” through the 1960s, teaching three generations of Portlanders how to swim, and receiving awards and honors both within and beyond the Jewish community.

Policar, who attended B’nai B’rith programs as a youngster, became the center’s athletic director in 1933, building the sports program there and directing the B’nai B’rith summer camp. He taught everything from gymnastics to basketball, serving at the center for nearly a half-century, and as camp director for 40 years.

“You know, we were all Polly’s kids,” Milt Carl told the OJM in an interview for an exhibit this past summer on Oregon Jews and sports.

That exhibit, “In the Game,” highlighted local “everyday” and outstanding athletes, many of whom credited their achievements to early inspiration – and training – at the center.

Both Policar and Hirschberg were among the inaugural inductees in the new Oregon Jewish Sports Hall of Fame, launched in conjunction with the exhibit. The 2013 “class” of Oregon Sports Hall of Fame honorees will be announced at the MJCC dinner Feb. 21.

“When we first discussed an exhibit about Oregon Jews and sports,” OJM’s Margles recalls, “we worried whether we would have enough material. But as we studied the history and heard story after story, we realized our understanding of the Americanization of young Jews could be seen in a new way. And that the JCC – as a place for friendship, individual athletic achievement and team building – stands at the center of this story.”



**SWIM TIME:** Millicent “Mickey” Hirschberg, who liked to say that she “waterproofed” generations of Portlanders at swimming classes at the J, demonstrates proper technique, circa 1955. Hirschberg, who often asked students to teach each other swim strokes to help them learn, acknowledged that her ploy led some students to believe she couldn’t swim. Photo courtesy of Oregon Jewish Museum

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Over the years, of course, the center has grown and changed in some significant ways. It moved to its current location on Southwest Capitol Highway in 1971. Five years later, it was renamed the Mittleman Jewish Community Center in honor of Helen Mittleman – in appreciation of a generous donation from her husband, Harry, that paid off the building's mortgage.

In 1987 the center added a new wing to provide a permanent home for Portland Jewish Academy, a community day school that now offers a strong preschool through eighth grade education. (Use of the center's sports facilities has always been a plus for PJA – which now boasts basketball and cross-country teams.) The Early Childhood Learning Center, now also under the PJA umbrella, opened in 1996.

From 2005-2007, the center underwent a major renovation, updating PJA's facilities, adding a new lobby, a kosher café (the only one in the state), a new ballroom, new locker rooms, spa facilities, a cardio-weight room, exercise rooms and a renovated gymnasium.

"We've long been the 'living room' for our community," says Horowitz, who became MJCC executive director in 2007.



**SPORTS ACTION:** PJA Dragon Owen Richmond (white jersey) protects the ball during a 2011-2012 season game at the MJCC. Richmond, who graduated last year, now attends Grant High School. Photo courtesy of the MJCC




**TAKING THE SHOT:** Simon Newman, No. 65, aims for the basket during a game at the Jewish Community Center, circa 1950. Photo courtesy of Oregon Jewish Museum

"Hundreds of people come through our doors every day for classes, athletic activities, meetings, special events and programs – more than 9,000 unique visitors annually."

Horowitz says she especially enjoys the variety of activities at the J. "In the course of one week we might have Torah study, a solidarity rally for Israel, a PJA Dragons basketball game and spontaneous mah-jongg games in the café," she said. "This is a vibrant place that truly reflects our community's energy and vitality."

To highlight the center's celebration of "everyday athletes," MJCC members, guests and donors are invited to submit their stories to the "J" in advance of the dinner – via the center's website, [oregonjcc.org](http://oregonjcc.org), its Facebook page or in person at the center.

The "J" is also seeking nominations for the Harry Glickman Scholar Athletes of the Year, who will be announced at the Friends of the Center Dinner. The awards, presented in cooperation with The Oregon Jewish Sports Hall of Fame, will honor a high school boy and a high school girl for academic and athletic achievement, as well as commitment to community service. Nominations may be submitted through the MJCC and must be received by Jan. 15. 

## HONORING STEVE "ROSY" ROSENBERG

Steve "Rosy" Rosenberg, being honored by the MJCC at its February dinner, is a lifelong athlete who has been a champion of the Portland and Oregon Jewish communities he has adopted as his own.

Originally from Chicago, Rosenberg moved to Portland more than 35 years ago with his wife, Ellen Lippman. He has been a leader in both the business and Jewish communities, and has served as an officer or on the boards of Portland Jewish Academy, the MJCC, Jewish Federation of Greater Portland, Congregation Shaar

Torah, AIPAC Oregon, the Oregon Jewish Community Foundation, and the Oregon Israel Business Alliance, as well as a host of community groups.

He also was a Wexner Heritage Foundation participant, an experience that deepened his understanding of Jewish leadership.

He now spends part of the year in Israel, and has joined the boards of Israel's Ilan Sports Center for the Disabled and Machol Shalem (The Jerusalem Modern Dance Festival), while also helping Alyn Children's Hospital in Jerusalem.

A former competitive collegiate swimmer and later a triathlete, Rosenberg now is an

avid road biker, swimmer (at the MJCC, of course) and cross-country skier.

Professionally, Rosenberg has been the principal of Aspen Investment Group for the last 25 years, involved in the acquisition, development and financing of real estate. He and his wife, Ellen Lippman, another Wexner Heritage graduate who also has served on the boards of many Jewish agencies, have two daughters, Mara and Ilyana, who grew up as active MJCC members and part of the center's gymnastics team. Ilyana and Mara graduated from PJA and Brandeis University, and currently work in Boston.



# The Hidden Benefits of Exercise

By Christie Winkelman, N.D., M.A.

With the shorter days and rainy weather, it can be tough to motivate yourself to exercise. Many aren't aware, there are, however, more benefits of exercise. What "hidden" benefits of exercise have been proven?

## IMPROVES MOOD AND SLEEP

Exercise has been shown to have very positive effects on mood, stress and the health of your entire nervous system. Regular exercise has a profound influence on stress, and your lightened mood is likely a side effect of reduced stress. Regular daily exercise also improves quality of sleep while decreasing those energy lulls during the day. It has been shown to improve concentration, likely due to increased blood flow and resultant oxygenation to brain cells.

## REDUCES PAIN

Multiple studies have shown an appropriate exercise plan is just as beneficial as pain medication in controlling chronic pain such as fibromyalgia and other chronic body pains.

## REDUCES RISK OF DIABETES, HIGH BLOOD PRESSURE AND HEART DISEASE


Exercise actually makes your cells more sensitive to insulin. With Type 2 diabetes and related conditions such as high blood pressure, abdominal obesity and heart disease (the number one cause of mortality for women) increasing exponentially, being able to reduce your risk of mortality significantly with just two hours of jogging a week is, well, significant.

## CURBS CRAVINGS AND ADDICTIVE BEHAVIORS

Exercise currently is being studied as a means to positively impact smoking cessation. Since it is well known exercise improves anxiety symptoms, it is likely the right exercise plan can help diminish the anxiety-related effects of quitting smoking (or other harmful habits) as well as improve the possibility of quitting in general. Since anxiety and depression are reasons many people chose the wrong foods, we find that exercise helps to break the cycle of emotional eating as well.

## IMPROVES HEALTH DURING PREGNANCY

Moderate exercise during pregnancy has been proven to promote positive health benefits for the mother during pregnancy as well as healthier infants after birth. Your doctor can help design an exercise regimen for all stages of pregnancy that virtually diminishes all risks, leaving you and your child with only the benefits.

Just remember: Too much of a good thing isn't a good thing. There can be negative effects on mood or energy from too much exercise; these side effects can present as depression, morning or afternoon fatigue, or anxiety. Talk to your doctor about an individualized approach to exercise that will integrate with other natural treatments and allow you to reach your comprehensive goals for increased health and vitality. 

Dr. Christie Winkelman is the owner and director of Insights to Health Clinic in Multnomah Village (InsightsND.com), a four-doctor family naturopathic and neurofeedback clinic. She and her husband, Gil, are members of Congregation Neveh Shalom, and their children attend Portland Jewish Academy.

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Thursday, February 21, 2013



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# Ageless advice

*Don't abuse your largest organ  
in quest for younger-looking skin*

By Dr. Elizabeth VanderVeer

January is the time of the year when most of us make at least one New Year's resolution. Often, these resolutions regard our health in some way. As such, it is fitting to focus this month's column on our outer health – or, more specifically, our skin.

Our skin is the largest organ in our body. Most of us know this fact from our high school health class. But, what many of us don't appreciate is how much our skin can reveal about our inner – and even overall – health. What may seem an innocuous bump may be a harbinger of a much deeper and more serious problem; and what seems to be a whole-body illness may be little more than a brief allergic reaction. This wide variety of problems and their presentations is what makes taking care of the skin and patients' outer health fascinating and problematic.


As with any organ in our body, inflammation is a root cause of multiple illnesses. If you stop to think about it, any kind of inflammation of a body organ – hepatitis (liver), cystitis (bladder), encephalitis (brain), vasculitis (blood vessels), gastritis (stomach) and more – are basically “code words” in medical jargon to indicate a problem with that organ. Medicine and medical care attempt to mitigate the damage from this inflammation. Therefore, to a physician like me, the inflammation of the skin – dermatitis – is a sign of poor health of the skin.

What makes inflammation of the skin so problematic is that most of the anti-aging dogma regarding skin care, including medical treatments and spa-grade treatments, are directed at increasing inflammation of the skin. Patients are advised to put irritants on their skin; suffer through redness, pain and swelling; and use products that make skin actually hurt, all for the sake of “anti-aging.” To me, this is antithetical to the health of the largest organ. How can it

be possible that inflammation of every other organ in our body is considered a state of disease, yet we intentionally increase the disease of our body's outer protective layer? How can breaking down this physical barrier increase our overall skin's health? This is a topic and question I have pondered for the last 30 years. I have “gone to battle” every day with my own skin, as I have tried the latest potion, treatment or regimen for purportedly increasing my skin's health while decreasing its apparent age.

We are learning more about how chronic inflammation of any organ or body part can be detrimental to our health. Heart disease has been linked to bacteria from the mouth that causes inflammation of the cardiac vessels. Chronic inflammation also is linked to innumerable illnesses, even cancer. Therefore, with few exceptions, I believe it is essential to decrease the inflammation of our skin. I will warn you up front, this opinion is emerging in the medical community, and many physicians will not agree with me – yet. The traditional treatment of the skin and general recommendations from the medical community involve increasing the skin's irritation and decreasing the barrier function of the skin. They do little to nothing to improve the healing time of any injury to the skin.

In my own medical practice, we focus on decreasing inflammation of the skin and improving the skin's own natural barrier function. Skin health optimization – like cardiovascular conditioning or optimal cognitive brain function – should be a part of anyone's anti-aging goal. So whether your New Year's resolution is to lose weight, increase your aerobic capacity, strengthen your muscles or improve your memory, please keep the health of your skin in mind. Protect your skin from sun damage with a zinc-based sunscreen; cleanse off the grime of the day (even if only with a splash of water); and moisturize your skin with a calming lotion or cream.

Most important, do not intentionally irritate your skin. If your skin feels irritated, think of it as a cranky 2-year-old having a meltdown: give it a hug and calm it down with a soothing hug, rather than a spanking while screaming “shape up!” Partner with a trusted medical professional to put together the best regimen for your skin's particular health or state of dis-ease. Believe me, your skin will reward you with a healthy glow and proper barrier function; and you will know that you are not intentionally causing an “-itis” of your largest organ. This is true “anti-aging” advice and a New Year's resolution most of us can keep. 

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



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# A Many Splendored Thing

*Schnitzer family gift benefits many people, organizations* | By Deborah Moon



**DONATION CELEBRATION** – (From left) Jordan Schnitzer, Sharon Morell, OJCF President Eric Rosenfeld, OJCF Executive Director Julie Diamond, David Lotking and Arlene Schnitzer (front) gather to commemorate the gift of the Park Tower Apartments from the Harold Schnitzer family to the Oregon Jewish Community Foundation. Morell is the incoming president of OJCF and Lotking is an attorney who provided counsel on OJCF's behalf for this gift.

When the Harold Schnitzer family gifted the Park Tower Apartments to the Oregon Jewish Community Foundation, it was a winning proposition for all involved.

The Schnitzer family was able to fulfill the wishes expressed by Harold Schnitzer in the weeks leading up to his death in April 2011. The OJCF won with a boost to both its assets and its prestige. OJCF's policy to liquidate non-cash gifts opened the door for Cedar Sinai Park to purchase the building. CSP can now complete its plans for a four-building, low-income housing complex downtown that will offer a range of services for seniors. Proceeds from the sale, which was set to close in late

December, will create the Harold and Arlene Schnitzer Family Fund at OJCF. In addition, the sale to CSP means the building's current low-income residents are assured the apartments will remain as affordable housing for seniors and those with disabilities.

The historic building, which has 162 low-income residential units and ground-floor retail space, is valued at \$16.6 million, making this the single largest donation ever made to Portland's Jewish community. The transformational gift will increase OJCF's total assets under management by 33% to \$67 million, bringing the foundation closer to its strategic goal of \$75 million by 2015.



OJCF Executive Director Julie Diamond said the sizeable gift validates OJCF by demonstrating the Schnitzers' confidence in the OJCF's staff, board and financial manager, First Republic Bank. Diamond sees three benefits of the gift: charitable dollars will flow to the community (from the family fund at OJCF); the larger asset base strengthens the foundation; and it will encourage others to use the foundation for sophisticated giving.



"This is an exceedingly generous gift from an exceedingly generous family," said OJCF President Eric Rosenfeld. "If the strength of a community is measured by how it cares for its most vulnerable members, this wonderful gift – and the others we hope it inspires – will ensure the enduring strength of our community."

Arlene Schnitzer said her husband indicated shortly before his death that he had not yet supported OJCF in the large way he had in mind.

Jordan Schnitzer, president of Harsch Investments, a company his father founded more than 60 years ago, said, "My father felt a great sense of responsibility to take care of the charitable institutions that serve our community. This gift reinforces his mission of creating greater sustainability for these organizations and to inspire others to join in the effort at whatever level is right for them."

Jordan said he assured his father that, as always, he would continue to be steward in all the civic endeavors he wished to carry out.

In the weeks before Harold died, Arlene said he also wanted assurance that Cedar Sinai would get Park Apartments to become part of the housing program he thought was so important.

"He had an interest in suitable housing for low-income (seniors); the entire community, not just the Jewish, concerned him," said his wife of more than 60 years. She said he recognized that it is difficult for those on fixed incomes to find suitable places to age in place.

That is a key ingredient of the project CSP plans for its four apartment buildings (all formerly Harsch properties) located within a few blocks of each other in downtown Portland (see following story).

"We are so excited and thrilled we are being given this opportunity to continue this legacy of Harold, Arlene and Jordan ensuring housing for those with low incomes," said CSP CEO David Fuks.

The CSP campus includes Robison Jewish Health Center and independent- and assisted-living apartments at May Apartments and Rose Schnitzer Manor. The agency expanded its mission to include low-income housing downtown in 2007 with the purchase of the Clay Tower, later renamed Rose Schnitzer Tower, from the Schnitzers' Harsch Investments. When Jordan led Harsch Investments' development of Clay Tower at Southwest Clay Street and 12th Avenue in 1980, it was the first facility of its kind developed in Portland under the Department of Housing and Urban Development Section 8 contract program. The original HUD contract providing subsidized housing was due to expire, but as CSP has purchased each building, new 20-year HUD contracts have been signed, guaranteeing current residents continued affordable housing.

"For them (the Schnitzers) to feel confident CSP can continue that work is very special," said Fuks. "We are determined to live up to the very high standards they set. We are delighted OJCF was used by the Schnitzer family as a conduit to do other charitable good."

Founded in 1989, OJCF's mission is to create, promote and facilitate a culture of giving and to serve as a guardian of permanent funds for Jewish communal life in Oregon and Southwest Washington.

"It is so wonderful that we have generous people like Harold and his family who find so many ways to help and improve our Jewish and general community. We thank them for showing

confidence in OJCF as their partner in philanthropy,” said OJCF Founder Jim Meyer.

Harold Pollin, another of the OJCF founders, added, “The extreme generosity of Harold, Arlene and Jordan has been so enormously helpful and important to our community. May they be blessed for all they do and have done for others over the years.”

The Schnitzers have long supported the community that they say has given them so much.


Born in 1923, Harold Schnitzer was the fifth of seven children of Russian immigrants Sam and Rose Schnitzer. His father’s one-man scrap business grew into what is now Schnitzer Steel Industries. Though he graduated with a metallurgy degree from the Massachusetts Institute of Technology, Harold decided to leave the family business to create his own real estate investment company. His younger brother Leonard introduced him to Arlene in 1949. She proposed on their first date, and the couple married five weeks later.

“He was a darling man,” said Arlene, who knew the family due to the friendship her parents, Simon and Helen Director, had with Rose and Sam. She said she knew immediately Harold was the right man for her “because of everything he talked about” on that first date. “He was kind and smart and had enough intensity for me. And he was philanthropically tuned in to human need. He was a good son to his parents.”

At the time of Harold’s death, the family had donated more than \$80 million to art, cultural, educational, health and Jewish venues and projects.

Among the Jewish programs and institutions the family has funded are: the Harold Schnitzer Family Programs in Judaic Studies at the University of Oregon and Portland State University; Portland Jewish Academy; Hillel in Eugene and Portland; Congregation Beth Israel; and Congregation Shaarie Torah. In 2009 the campus that houses PJA and the Mittleman Jewish Community Center was renamed the Schnitzer Family Campus in recognition of the entire Schnitzer family’s commitment to preserving the center and the school in difficult times. Jordan stepped in as board president in 2004 to help guide the center through a financial crisis. He remained the president though 2010 and served as board chair in 2011-12. Under his leadership, the MJCC was reinvigorated with substantial renovations from 2005 to 2007. The campus was dedicated to recognize Harold and his family, as well as the families of his brothers Manuel, Morris, Gilbert and Leonard.

“Harold very much wanted to see understanding between all people,” Arlene said. “Education is very important to us. If people of all religions understood each other, he felt that is where peace would come from.”

She said that belief gave rise to many of the education programs he funded, as well as the Harold Schnitzer Spirit of Unity Award, which annually recognizes individuals and organizations for developing student peace, human rights, conflict resolution, mediation and civil rights programs. She said his “concern for all peoples” was also the motivation for his development of HUD properties including Park Tower. 

## Cedar Sinai Park wants all seniors to have the option to age in place

By Deborah Moon

As the owner of 540 affordable housing apartments in four downtown buildings, Cedar Sinai Park is prepared to create a housing-with-services program to enable low-income seniors to age in place.

In late December, CSP was slated to purchase Park Tower from the Oregon Jewish Community Foundation and Lexington Apartments from the Schnitzer family, which recently donated Park Tower to the OJCF. The two HUD Section 8 housing projects join CSP’s Rose Schnitzer Tower and the 1200 Building, purchased earlier.

Portland State University conducted an assessment of resident needs at Rose Schnitzer Tower. The results of that study were the impetus to develop housing with services. PSU will soon conduct similar assessments at CSP’s other properties.

“The idea is to develop services with specific needs in mind,” said CSP CEO David Fuks. “I think each population may have some nuances (in terms of needs).”

“We’ve been working toward creating a housing-with-services model for a few years,” said Fuks. “The service project is coming to life. The idea is to develop a consortium of providers to allow residents to age in place, to not use hospitals for routine health care, and to receive treatment and support for substance abuse and mental health issues.”

Since all four affordable housing buildings are within a five-minute walk of each other, Fuks said CSP is seeking funding through the Department of Human Services to renovate the commercial space in the 1200 Building to create a health and social services center for the four buildings. That center would include space for various service providers including caseworkers, home care staff, health care providers and mental health workers.

He said 2013 will be a planning year with implementation set for 2014.

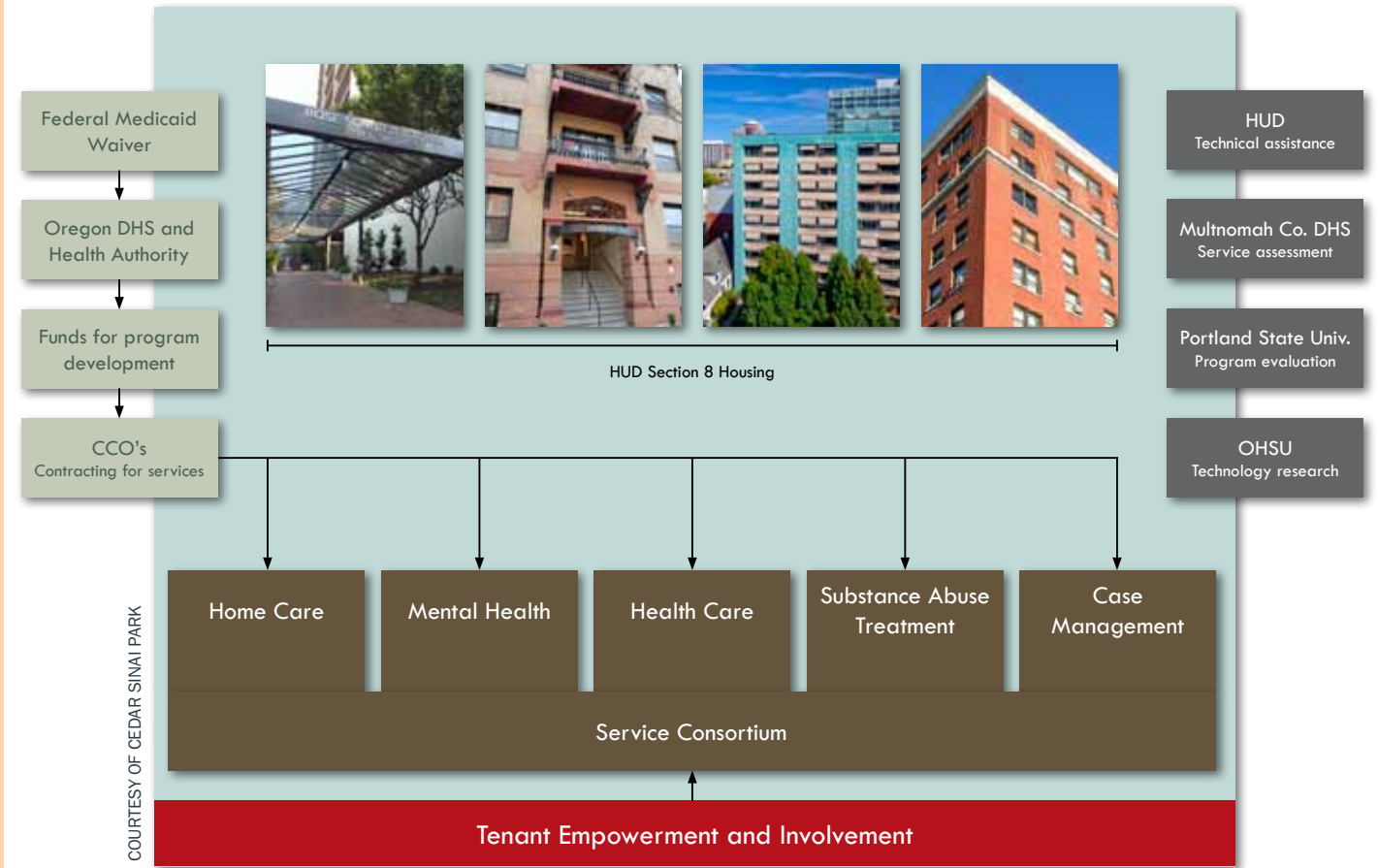
CSP is one of 11 groups working to develop models for housing with services. LeadingAge, a national association of 6,000 not-for-profit senior care organizations, is coordinating the collaboration. Fuks said the groups plan to learn from each other during the development process.

Since CSP hopes to be able to adapt the model to provide services to Jewish seniors aging at home, Fuks said Jewish Family & Child Service and Sinai Family Home Service are participating in the model. In addition, because those agencies will be involved with the health center for the downtown buildings, Fuks urges any Jewish seniors who need or anticipate needing affordable housing to get on the waiting list for the four CSP downtown buildings.

Fuks said CSP decided to get into the affordable housing business for several reasons: to meet the Jewish demand for low-income housing, to practice tikkun olam by addressing



## HOUSING WITH SERVICES MODEL




that same need in the general community, and to provide a revenue stream to support the low-income seniors living at Robison Jewish Health Center on CSP's campus in Southwest Portland. Fuks said that 52% of the nursing home residents are on Medicaid, 37% are private pay and 13% are short-term rehabilitation care recipients funded by Medicare or through HMOs.

The revenue from the apartments will also be used to help pay off the bond debt CSP expects to have when it builds a new nursing home and renovates the existing nursing facility at RJHC.

"The revenue from running this real estate successfully will make a tremendous difference to Cedar Sinai Park," said Fuks.

That was the intent when Jordan Schnitzer suggested CSP acquire Clay Tower (later renamed Rose Schnitzer Tower) in 2007. Having sat on the CSP board for 16 years, Jordan said he was well aware of the deficit between Medicaid payments and the cost of caring for those residents at Robison Home. He said he felt the revenue would be a good supplement to the income generated from the for-profit assisted-living center, Rose Schnitzer Manor, which CSP had built on its campus under his leadership.

Fuks praised real estate developer Jim Winkler as the genius behind the acquisition of the four downtown buildings.

Will Cedar Sinai stop at four buildings of Section 8 housing downtown? "Yes," said Fuks. "Dayenu (enough)." 



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# It's About Time

*Oregon finally plans memorial to “Greatest Generation” and sacrifices they made during World War II* | By Deborah Moon



Lou Jaffe, left, and Jack Heims show an artist's rendition of Oregon's World War II memorial. The two are helping raise funds for the memorial with hopes of dedicating it on either Veterans Day or Pearl Harbor Day this year. Photo by Deborah Moon

About three years ago, Congregation Beth Israel member Jack Heims was serving on the governor's task force on veterans when then Gov. Ted Kulongoski told him that Oregon was one of just six states without a World War II memorial. Kulongoski got the legislature to support the idea and design, but he asked Heims to help recruit a board to bring the vision to life.

Heims, who is named after his maternal uncle Jack Zugman (who was killed in World War II), called his friend Lou Jaffe. A member of Havurah Shalom and a Vietnam veteran, Jaffe is the son of World War II veteran Harry Jaffe, whose photograph appears on the history wall in the Mittleman Jewish Community Center.

Jaffe, 65, agreed to serve as the president and treasurer of the Oregon World War II Memorial Foundation board, which includes Heims, 62.

"I have been treasurer of many boards and I had recently retired," says Jaffe. "I have become very passionate about this (memorial)."

Noting that Oregon has memorials to every other U.S. war – including Iraq and Afghanistan – Heims says he believes it is time to honor what has become known as our "Greatest Generation." He says that when he was growing up, those who fought to protect our freedom in that war seldom shared their stories.

This is one reason that, in addition to listing the names of the 3,757 Oregonians who died fighting that war, the Oregon memorial will feature a significant educational component. The monument's 75' x 75' granite footprint will feature a world map showing the various theaters of war and sites of major battles. Visitors with smartphones or tablets may scan the QR codes embedded in the map to view online information about those battles. The QR codes also will link to personal stories of veterans and their families on the home front.

"This is about honoring our fathers and mothers," says Heims. "What kid today knows about ration cards?"





This photo of Corporal Harry Jaffe on patrol during World War II appears on the history wall at the Mittleman Jewish Community Center. His son, Lou Jaffe, is now leading the effort to build a memorial to Oregon's World War II veterans. Photo courtesy of Lou Jaffe



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More than 150,000 Oregonians served in World War II, but with only about 32,000 still living, time is running short to collect their stories. Reflecting on the recent obituary of Gilbert Schnitzer, Heims says it's hard to imagine such stories as Schnitzer "having lived 74 days in a foxhole during the Battle of the Bulge."

Jaffe said the memorial committee hopes to incorporate existing oral and written histories into the website's database, but they have also created a place on the site for veterans and family members to record their stories. On the home page of the website, [oregonwwiimemorial.com](http://oregonwwiimemorial.com), click on "Your Story" to submit a written or audio recording about your experience during the war years.

Jaffe says the stories will feature "heroism and courage and sacrifice by Oregonians ... to give future generations a sense of our shared history."

"We believe shared sacrifice, honor and duty to country are not commonly shared values today," says Jaffe. "We can bring these stories to life so it becomes an educational moment."

"This is not about glorifying war and military might," adds Jaffe. "It is to raise awareness about what a nation and its citizens did when they felt it was their duty to be there. It's about people willing to put themselves in harm's way for a cause."


The website already features a moving video about the memorial project.

The memorial will be built in Wilson Park at the corner of Court and Cottage streets on the Capitol grounds in Salem.



Jack Zugman, shown here with his mother, Rose, about one month before he was killed in France. Photo courtesy of Jack Heims

The memorial will feature a five-sided granite obelisk with storyboards on Oregon's history in World War II. Oregonians killed in action will be honored on a solid black granite wall; two benches will offer places for quiet reflection.

Jaffe said the board hopes to be able to dedicate the monument on either Veterans Day (Nov. 11) or Pearl Harbor Day (Dec. 7) this year. To meet that goal, the board needs to raise \$1.1 million. Tax-deductible donations can be made online at [oregonwwiimemorial.com](http://oregonwwiimemorial.com) or checks can be mailed to Oregon World War II Memorial Foundation, 805 Skyline Crest Road, Portland, OR 97229. 

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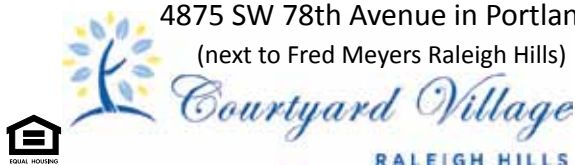


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# Helping others shows Portland teen how much Judaism means to him

By Kerry Politzer



**HURRICANE SANDY DEBRIS** – (From left) Josh Kaplan, Jimmy Lawler and boss Mark Ackerman stand on a pile of Hurricane Sandy debris they had cleared. “This past Saturday, we went to the Rockaways and helped clean debris from people’s houses. (Here) we are standing on the debris that we removed from a gentleman’s driveway. That was about five hours of work,” says Kaplan.

Nineteen-year-old Josh Kaplan was a typical Portland teenager. He spent most of his time studying, watching television or playing video games with his friends. A graduate of Portland Jewish Academy and Riverdale High School, he says during his senior year he realized he wanted to do something different with his life.

“I hadn’t done anything to help my community,” he explains.

So, while most high-schoolers were applying to universities, Kaplan searched for international community service opportunities. His mother, Roberta, worried that some of these programs might pose a risk to his safety. She began to do her own research, and she soon discovered FEMA Corps, a 10-month residential service program for 18- to 24-year-olds. This new initiative, a product of a partnership among the Federal Emergency Management Agency, the Corporation for National and Community Service and the AmeriCorps National Civilian Community Corps, gives young people hands-on experience in disaster preparedness and recovery. Members provide valuable support, logistics and information to disaster survivors and the public.

Initially, Kaplan balked at the idea of joining FEMA Corps, but he continued to think it over. “I realized that it would be a good opportunity to experience something new, so I said I’d do it.” Now, the teenager has embarked upon the adventure of a lifetime. He is currently helping victims of Hurricane Sandy and living aboard the Training Ship *Empire State VI*, which is docked in The Bronx, NY.

When the teen originally signed up for the FEMA Corps program, he had no idea he would be on this particular mission. “I was assigned to the Vicksburg, Mississippi, campus. We did training but really didn’t know where they would send us. They don’t tell us too much until a couple days before we’re about to leave.”


Upon arrival in New York, he was assigned to live in a 156-person hold at the bottom of the training ship. “We lived there a week or two, and then FEMA Corps sent half of us to another ship. The half that was left went to eight-person rooms – an upgrade. So now, we have our own personal bathroom and shower, as well as free lodging and free food.”

Initially assigned to community relations, Kaplan now serves on FEMA Corps’ logistics team. He prepares and takes inventories of trailers at the federal staging area in East Farmingdale. The trailers, which are transported to disaster victims, are stocked with commodities like ready-to-eat meals, water and cots. Kaplan is gradually seeing progress in the mission. “At the very beginning, we had a lot filled with trailers. Now, there are spaces missing – trailers have gone to places where survivors need these items. We have a set of numbers on a wall that represents the amount of commodities that have left the area. Our number is much bigger.”

Kaplan is finding the work, and the response from the public, very rewarding. “I was at lunch in my FEMA jacket, and someone came up to us and said, ‘Thank you very much. It is great seeing you guys just helping people out there.’ That was just a great feeling – it made the whole day fantastic.”

The teenager’s newfound passion for the marine life is leading him toward an exciting future. “When I get back to Portland, I want to find a job in the business district moving commodities at a loading dock. After that,” he says with pride, “I want to join the Marine Corps.”

In addition to steering Kaplan in a new direction, his FEMA Corps experience has deepened his connection with Judaism. While aboard his ship, he heard a woman remark that she was a Jewish mother. “I went over, apologizing that I couldn’t help but overhear her conversation, and said, ‘I’m a Jewish son.’”

Kaplan notes that sparked a plan to find a menorah and light it on the dock. “I realize how much being Jewish means to me.” 

Former New Yorker Kerry Politzer is now a Portland freelance writer.

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# Jewish Preschool

*Get early education benefits with an extra helping of culture*

By Kerry Politzer

About a year ago, I moved to Portland from New York with my husband, George, and son, Liam. George and I quickly became overwhelmed researching childcare facilities and preschools for our son. Some schools maintain waiting lists that rival those of New York, while others were prohibitively expensive. I knew that we wanted our very active, energetic son to be both physically and mentally engaged. Also, as a Jewish woman in an interfaith marriage, I wanted to find a way to introduce my son to his Jewish roots. We found that Portland's Jewish preschools offer an impressive array of creative programs.

I was pleasantly surprised to come across Beth Israel Preschool. We had driven past the lovely synagogue but had no idea of the hidden jewel it held inside. When we met with the early childhood education director, Deborah Kaplan, she led us on a tour that included an art studio, a chapel for Shabbat services and a huge auditorium

where children could run around and play – a necessity in rainy Portland. Colorful pictures decorated the classroom walls, and the sound of happy children filled the air. I felt that our discovery of the school was beshert (destined).

Kaplan spoke to us about how preschool socially and emotionally prepares young children for elementary school. After our conversation, I found numerous studies that point to the value of a high-quality preschool education. According to *Developmental Psychology*, a journal published by the American Psychological Association, research indicates that pre-kindergarten programs enhance cognitive, language and social development. These positive effects may continue over the long term. One well-known study, the Carolina Abecedarian Project, found cognitive benefits up to 30 years after preschool.

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\*Many congregations around the state also offer preschool programs during their religious school sessions on Sundays. Contact your local congregation for information

religion and culture. Kaplan says of her program: "Children here find discovery, creativity, imagination and an introduction to Judaism within a development-appropriate curriculum." One of the classroom resources she uses is "What's Jewish about Butterflies? 36 Dynamic, Engaging Lessons for the Early Childhood Classroom." This lesson plan, written by Maxine Segal Handelman of the United Synagogue of Conservative Judaism, brings the teachings of Judaism into everyday life. Kaplan feels this book helps to instill a love for Jewish learning in preschoolers. "We are all about tikkun olam, taking care of our earth, making sure that we help others. We ask, How do we connect Judaism to the everyday world and incorporate that into our day with learning?"

Kaplan provides several examples of how Jewish values and culture fit into the Beth Israel Preschool educational model. "In Judaism," she says, "our main discussions are involved around food. That's a big piece here. We do tons of cooking – we love to cook together, and the children love to be a big part of that." Introductory math and science are introduced via the concepts of measurement.

Children at the preschool learn how to collaborate and cooperate. "They are taught to pour the juice and pass it to the next person. We might take some of this for granted, but we are setting a foundation for these basic skills," says Kaplan.

Jewish music is an integral part of life at Beth Israel Preschool. "It gets the kids' attention," explains Kaplan. Classes open with an enthusiastic rendition of "Boker Tov" (good morning) and end with "Shalom Haverim" (peace, children). At the Shir Shabbat services, held every Friday morning in the Shemanski Chapel, children can listen to the sweet sounds of local vocalist and guitarist Beth Hamon. The musical aspect was very important to my husband and me, as we are both musicians. As a young girl, I grew up with all of the beautiful Hebrew songs.

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## “Jewish preschool is the first steppingstone of young children’s exploration into Jewish life.”

— Erika Saiers, PJA director of early childhood education

Music is also an important focus at Portland Jewish Academy’s preschool in Southwest Portland. Erika Saiers, director of early childhood education, says: “Music ties the Judaic piece into our curriculum. Our music specialists, Mora (teacher) Leeza and Kim Palumbis, teach Torah stories to children as young as 1. They reinforce what the teachers are talking about in the classroom, both the general curriculum and the Judaic curriculum.”


Saiers feels that the process of creating music supports children’s self-confidence. “We put the children in situations where they get up in front of 100 people to sing and dance. That avenue of music and movement really helps support them with the leadership and self-esteem piece.”

She cites the strengthening of Jewish community as another important benefit of Jewish preschool. “One of the things we really enjoy here at the school is seeing young families coming back and really retracing their own Jewish culture.” The school encourages

family participation by means of a monthly Kabbalat Shabbat, take-home bags with family Shabbat journals and ongoing community-based learning projects. One of these projects, which ties into a Kabbalat Shabbat performance of “The Mitten,” requires the children to gather mittens and hats. These items are then donated to the Jewish Family & Child Service of Portland and the Sunshine Pantry, a local food bank. Explains Saiers, “We believe that it is never too early to teach children about tzedakah.”


Both Saiers and Kaplan subscribe to the view that Jewish preschool lays the foundation for a strong Jewish identity. Saiers maintains, “Jewish preschool is the first stepping-stone of young children’s exploration into Jewish life.”

Kaplan adds that Jewish preschool introduces children to an exciting lifetime journey of learning. She states, “One of the taglines we use is ‘Lifelong Learning Begins Here.’”

I look forward to watching my son learn more about his Jewish heritage and explore the world around him. Beth Israel Preschool is encouraging his artistic development, and he has begun to participate in imagination play. Best of all, he is slowly but surely learning how to collaborate with the wonderful children in his class. 

Food and travel writer and jazz pianist Kerry Politzer is a recent transplant from New York. She has written for WhereTraveler, In New York and Dessert Professional.


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## Jewish teens get a little extra with SAT prep, driver's ed

By Deborah Moon

Since the majority of teenagers take driver's ed and many college-bound students take SAT prep courses, Portland's NCSY now offers both courses specifically for Jewish teens.

"Jewish Driver's Ed and Jewish SAT Prep were designed for Jewish teens to meet each other without additional scheduling conflicts," says Meira Spivak, NCSY's Oregon teen programming director. "Most after-school Jewish activities conflict with sports, but these classes occur only on Sundays. Teens are able to take driver's ed and SAT prep as they normally would, but now, with the benefit of gaining a Jewish education and social interaction, at a fraction of the price."

Sessions of both classes begin this term at the Portland Kollel (6688 SW Capitol Hwy.). The SAT prep course begins Jan. 6 and will meet 11:45 am-3:30 pm Sundays through Feb. 24. The driver's ed class begins March 10 and will meet 11:45 am-3:30 pm Sundays through June 9.


NCSY is partnering with the Oregon Driver Training Institution and the Princeton Review to offer these discounted courses for Jewish teens.

Students in the SAT prep course will receive 24 hours of in-class instruction from the Princeton instructors, three formal practice tests and individualized test score review. The class will also include the Jewish approach to test management.

"NCSY offers this incredibly subsidized course in order to get Jewish teens together to learn about Judaism," says Spivak. "Since the SAT course is designed to help students succeed on their tests, the Jewish part of the program will run along the same lines. Students will learn test management skills through a Jewish lens, including healthy study habits, the importance of time management and how to prevent test anxiety."

A group SAT test will be offered on Sunday, March 10. Spivak said the Sunday test time allows Jewish teens to avoid taking the SAT on Shabbat.

The driver's ed course also offers a Jewish component. In addition to required lectures and required driving hours, the course includes weekly discussions about the Torah's approach to the value of life, cremation vs. burial, tattoos and piercings, breaking the law (jaywalking, texting while driving), exercising and eating disorders, self-image, standing up for injustice, being a role model, and smoking, drugs and alcohol.

"I am so grateful to be a part of Jewish Driver's Ed, an opportunity that NCSY and JSU have provided for Jewish teenagers in Portland," says Matan Horenstein, former class participant. "Unlike boring driver's ed classes, this class is full of fun, educational classes, interactive learning and, of course, Jewish friends. In addition to learning the rules of the road, I got to learn important Jewish values about health and morals that I will take with me into adulthood." 

For more information or to register, visit [portlandncsy.com](http://portlandncsy.com) or contact Meira Spivak at 503-757-3037 or [Meira@ncsy.org](mailto:Meira@ncsy.org).

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Gan means 'garden' in Hebrew.

The Gan Preschool is a division of Maimonides Jewish Day School.

# Where do we go from here?

*College and gap year programs beckon high school grads*

By Vanessa Van Edwards

One of the biggest challenges facing families with teenagers is how to prepare for life after high school.

Both parents and students feel the pressure to prepare and make smart decisions for post-high-school life. Dr. Deborah Barany, a Portland-based teacher and college counselor, has worked with students for more than 20 years – helping them be successful in both their academic studies and the college admissions process.

Barany stresses, “College is one of the first adult decisions high school students will make in their lives. The decision regarding where to apply and ultimately attend is complicated.”

Luckily, Barany has recommendations to make the process a little bit easier. First, she advises students to do lots of research – read school websites, meet with admissions representatives and visit campuses.

Next, she counsels families to search beyond rankings: “Look for colleges that match your students’ needs, interests and learning style. Don’t rely on brand names.” Last, she recommends parents allow their student to take the lead. “Parents can gently guide from the side, but this is your student’s process of discovery,” said Barany.

Families with younger teenagers can still get a head start on college



Gap year participants jump for joy on an overlook above Jerusalem.


planning. Barany says it is never too early to begin planning for the financial aspect of college and encourages parents to talk to their student about what the family can realistically afford. “It can be devastating for a student to apply to their dream school only to find out that they cannot afford to attend,” she said.

College is not the only option for graduates today. Barany also urges families to consider taking a gap year, in which students either take a year off before applying to college or defer their university admissions until the following fall. Students often use the gap year to travel, do service programs or pick up a new skill. According to a Dec. 29, 2010, Wall Street Journal article, more American students are considering gap years. In fact, researchers from Middlebury College found that college students who took a gap year returned with greater focus, earned higher grades and had a higher likelihood of graduating.

During a gap year, students are able to expand their world beyond classroom life. “I’m a great advocate for gap years, especially the opportunity to live abroad, learning to live in a new culture, develop fluency in another language and self-reliance,” said Barany.

Oregon’s shlichah from Israel, Natalie Nahome, also stressed the benefits of alternative programs. “I think that kids who have the opportunity to go on a gap year receive so much from it. You learn, travel, meet new people and make friends for life,” said Nahome.

She recommended Israel gap year programs as a way to tap into Jewish heritage and learn Hebrew. Masa, Aardvark and Young Judaea provide a variety of gap year programs for students. In Young Judaea, for example, students spend nine months practicing Hebrew, interacting with Israeli peers and developing an appreciation for their Jewish identity.

Whether students choose to take a gap year or jump right into college, it is important for families to keep communication open while preparing for this significant life change. 

Vanessa Van Edwards is a freelance writer and speaker in Portland. She specializes in human relationships, with a focus on youth and family. Her book for parents *Do I Get My Allowance Before or After I’m Grounded?* won the 2012 Mom’s Choice Award.

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**Israeli Shlichah Natalie Nahome:**

503-608-8134 [Natalie@jewishportland.org](mailto:Natalie@jewishportland.org)

**Masa Israel:** [www.masaisrael.org/gapyear](http://www.masaisrael.org/gapyear)

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PDX Hillel students enjoy a Passover seder.

# Safe Harbor

*Students find Shabbat meals, good friends and meaningful activities at Hillel* | By Rich Geller

For young adults, going off to college can be a thrilling journey into the unknown. As exciting and liberating as that journey can be, it can also be a disorienting shift, and having a home away from home can be a big help.

For many Jewish students, Hillel is that home. The largest Jewish campus organization in the world, Hillel International serves as a vital link between Jewish students and the Jewish community. Hillel's mission is "to enrich the lives of Jewish undergraduate and graduate students so

that they may enrich the Jewish people and the world." For nearly a century Hillel, also known as The Foundation for Jewish Campus Life, has helped Jewish students learn, connect and be at the forefront of the pursuit of social justice.

Staff and students alike echo the feeling of home that Hillel provides.

University of Oregon Hillel student president Rebecca Constantine put it like this: "After high school, I spent a year abroad studying and volunteering in Israel. My Jewish identity has always been important to me, and Israel just made it even stronger. I came to the University of Oregon seeking a Jewish community, a home away from home. I was immediately welcomed into Hillel. ... At Oregon Hillel we create a warm, homey feel. We offer home-cooked Shabbat meals and a Matzo Ball Soup program, in which we deliver soup directly to students who are sick."

Greater Portland Hillel welcomes incoming students with fun events such as New Student Shabbat and the New Student Bagel Brunch. In today's age of social media, students are also welcomed through Facebook and Twitter.

Portland State University student Amy Albertson says: "Hillel says it is your 'home away from home' because it is. Shabbat dinners are always a fun time to get to eat home-cooked food and be surrounded by people. The board members and donors are always opening their homes up to students for different things, whether it is another Shabbat dinner, the High Holidays or Thanksgiving. ... Last Thanksgiving was my first holiday where I was not able to return to Sacramento to be with my family. Luckily a friend of mine from Hillel invited me to join her with her family who lived locally. It was great and made the whole holiday feel a lot better."

Lewis & Clark student Jordan Anderson adds: "It definitely reminded me of the things I missed about home. Without expecting it, I felt a cool connection to my upbringing and childhood and all the stuff I learned as a kid. ... I've felt a sense of belonging that I needed."

Besides being a place for Jews to connect, Hillel is a place for Jewish students to practice tikkun olam, or repair of the world. When it comes to engaging on issues of social justice, there is perhaps no more fertile time in one's life than in college.

PSU's Amy Albertson explains, "At Greater Portland Hillel we often discuss different social issues in our community and communities around the world. Last spring I had the opportunity to go on Alternative Spring Break with Hillel to New York City, where we served a number of different communities in need."

U of O student Anna Kovach explains: "Hillel helps me practice tikkun olam by reminding me that there is a world outside of the University and Eugene. ... Sometimes as a college student, it is easy to get wrapped up in the trivial day-to-day issues, but Hillel reminds me that there is more to my time at U of O than just hitting the books. We have the opportunity through various community service events to help others and remind ourselves that giving back is a vital part of our lives."

U of O Hillel Executive Director Andy Gitelson wants kids to know that "by visiting the sick or helping out at a homeless shelter, they are leading a very observant Jewish life by practicing tikkun olam. Judaism is a way of life, not just a religion."



More than 40 students and 15 community members attended a pro-Israel rally pulled together in less than 16 hours at the University of Oregon. The rally was organized by Oregon Hillel, U of O Jewish Student Union and Oregon AEPi Fraternity in response to a pro-Palestinian rally held earlier on campus.





He also emphasizes there is no membership – “Every Jewish student is a member.”

I recently discussed an experience I had with Hillel when I was in college in the 1980s with PDX Hillel Executive Director Rachel Hall. When I was 19 and in my sophomore year at the University of Hartford, my father was paralyzed in a skiing accident. Eighteen months later he died from his injuries. By then, I was 21 and struggling with both my grades and my identity as a Jew. I had attended a few Hillel events and knew some of the students. The Hillel rabbi contacted me and asked if I would attend a Shabbat service and hold the Torah. I remember standing stiffly in the chapel holding the Torah. I felt very moved that my community had reached out to me in my darkest hour.

Rachel pointed out that positive experiences such as the one I had with Hillel could serve as anchors in a person's life, pulling him or her back into the fold of the Jewish community. She says, “I think all those positive mini-moments a student can have with a Jewish campus community can add up to a positive overall view of the overall Jewish community.”

In pursuit of reaching a critical mass of such mini-moments, she devotes her energy to facilitating the numerous popular events Hillel sponsors each year.

PDX Hillel has sponsored events such as “Stand Up For Peace: The Two-Comedian Solution,” featuring both a Jewish and an Arab standup comic, which was co-sponsored by the Arab American Cultural Center of Oregon and others. The success of “Stand Up For Peace” led to a similar event, “United by Music,” co-sponsored by the Arab Persian Student Organization, PDX Hillel and the Jewish Student Union. These events are especially remarkable on a campus where there is an active anti-Israel Boycott, Divestment and Sanctions movement. While always a strong supporter of Israel, Hillel remains committed to promoting dialogue and unity wherever and whenever possible. PDX Hillel also sponsored the groovy event “Tie-Dye for Peace,” where students made tie-dyes and sold them as a fundraiser for Hand in Hand for Peace.


In response to the recent conflict in Gaza, Oregon Hillel students co-sponsored a pro-Israel gathering, and Portland students attended the “We Stand with Israel” rally at the Mittleman Jewish Community Center.

It's easy to see that Hillel is living its mission of enriching the lives of Jewish undergraduate and graduate students so that they may enrich the Jewish people and the world.



Makaela O'Rourke, a freshman from La Grande, decorates challah during a baking session at the U of O Hillel.

As Andy Gitelson told me, “Our job is to be a conduit and connector in the Jewish community.”

For the Jewish community, Hillel is the crucible from which tomorrow's Jewish leaders are forged. For the Jewish youth that form its heart and soul, Hillel is simply home. 

Portland freelance writer Rich Geller and his wife are raising three children to be proud Jews.

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Rabbi Dara Frimmer

## Re-encounter Esther at Women's Day of Learning | By Deborah Moon

For more than a decade, the Women's Day of Jewish Learning has annually brought together a diverse group of women to study and explore Jewish texts with a nosh. This year Rabbi Dara Frimmer, of Temple Isaiah in Los Angeles, will help women "re-encounter the classic story of Esther retold through a contemporary lens."

"Rosh Hodesh, Adar and Esther" will be this year's topic when women convene at the Mittleman Jewish Community Center from 12:30 to 5 pm, Feb. 10.


"The story of Esther, which includes her provocative predecessor Vashti, allows us to explore themes of beauty and bravery through women's words and actions," says Frimmer, who graduated from Stanford University with a bachelor's degree in feminist studies and religious studies. "These women are not our traditional matriarchs/mothers/wives, partnered to the men who are named as the inheritors of God's blessing."

Frimmer spent a year in Israel volunteering with Project Oztma before returning to earn a master's in theological studies at Harvard Divinity School. She then attended the Hebrew Union College-Jewish Institute of Religion, was ordained in 2006 and joined Temple Isaiah in 2007.


"Like Joseph, Esther is an unexpected, chosen-figure who rises to power and acts determinatively in a time of need saving her people," says Frimmer. "Like Cinderella, she

moves from anonymity to royalty."

Frimmer says the story of Esther has several themes that resonate with women today: "This is a story about the blessings and the anxieties of living as a minority in a largely non-Jewish society. How does she act? How does she pass? When does she reveal herself? What can we learn about dual loyalty or dual roles that we might play in our lives today?"

In addition to Frimmer's keynote talk, a variety of workshops will include: "Stepping Off the Treadmill: Taking ownership of our time and making every minute count," by Rachel Hall; "Purim from the Insight Out," by Devorah Spilman; "Discovering our Strength through Esther: Developing a strong voice, positive self-identity and identification with something larger than oneself," by Rabbi Rachel Joseph; "A Rosh Hodesh Panel," led by Jamie Harper; and "Purim: The Jewish Mardi Gras: Why every religion has its day of reversals," by Mel Berwin. 

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# Overcoming Your Inner Pharaoh



Shmuel Shalom Cohen

By Joseph A. Lieberman

One of the greatest gifts of Jewish learning is how, in the hands of a gifted teacher, texts that were formulated centuries ago can be made relevant to modern lives. Case in point: “Overcoming Your Inner Pharaoh,” an interactive workshop series taught by Eugene’s Shmuel Shalom Cohen.

The premise is simple but elegant. Shmuel posits that if we think of our hopes and dreams as a kind of personalized Promised Land, then whatever is blocking us from attaining them is our inner Pharaoh. His solution is to use the story of the Exodus from Egypt as a process for overcoming those internal roadblocks. The 13-week workshop turns the 10 plagues into the 10 steps needed to reach fulfillment.

The workshop is timed to use the power of Passover (and the seder night in particular) to transform the enslaving energy of Egypt into a powerful force that should propel you in a straight trajectory toward your aspirations. If all goes well, at the end of the workshop, you’ll have assimilated a set of learning tools that can be used anytime you feel you’re hindered from moving forward in your life.

“The idea for ‘Inner Pharaoh’ evolved through my frustration with how, during the Passover seder, we study the Exodus from Egypt as a history lesson, yet only superficially experience that inwardly,” Shmuel says. “Of course, nobody likes the idea of experiencing 10 plagues, but there’s a way this can become a positive thing.”


When I asked Shmuel for an example, he replied, “Consider the first plague of water turned to blood. In Hebrew, water is spelled *mem-yod-mem*; the letters are big-small-big, like a picture of breathing. The Torah says our soul, which connects to the infinite, is in our blood. By breathing deeply and being aware of the blood circulating in your body, fears become smaller as they are compared to the infinite. Water/breathing becomes blood/soul connecting to the infinite; a first step, moving us toward our Promised Land.”

Shmuel has personally made such journeys in life before. He was born into a mostly secular Jewish family, and attended a Conservative Hebrew school in Palo Alto, CA. After his bar mitzvah, however, he walked away from Judaism, considering it to be empty ritual in a language he didn’t understand. He explored various religious traditions while attending UC Berkeley, where he earned a bachelor’s degree in computer science, and while working in Silicon Valley. This path eventually led him back to his Jewish roots, coinciding with a shift to Eugene in 1995. After a 10-day retreat in

Israel in 2001, Shmuel moved to Jerusalem and lived in the hippie Orthodox neighborhood of Nachlaot while attending yeshiva.

In Israel Shmuel began developing Conscious Torah, a system of teaching Judaism as a path of personal growth and consciousness-raising based on Torah. The circle closed in 2010 when he returned to Eugene to begin teaching classes and workshops. He also founded and is the executive director for Jewish Events Willamette-valley (JEW), a nonprofit organization whose mission is to build Jewish community, Jewish pride and Jewish learning.

Phillip Stillman, who took Cohen’s workshop in Israel, says that the experience was practical and beneficial. “I now understand the exodus I must take on a daily/weekly basis from the Pharaoh in me as I search for freedom from personal slavery,” Stillman wrote. “Even better, I now have practical tools to do so.”

Classes will begin in the first part of January. Contact Shmuel Shalom [Geoffrey] Cohen at [ShmuelShalom@ConsciousTorah.com](mailto:ShmuelShalom@ConsciousTorah.com) or 541-514-2571. Also check out [ConsciousTorah.com](http://ConsciousTorah.com) and [JewishEventsWillamette-valley.org](http://JewishEventsWillamette-valley.org). 

Joseph Lieberman is a freelance writer and photographer in Eugene.



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## What challenges do you face to make religious school engaging for today's youth?

Mel Berwin, Director of Congregational Learning | Congregation Neveh Shalom




*Neveh Shalom's ALIYAH Jewish Learning program meets the needs of children from kindergarten through 12<sup>th</sup> grade.*

My favorite challenge is hitting the right balance of strong Jewish content and good fun. From many years of experience in

Jewish education, I have seen that a strong, positive Jewish identity is built on skills and knowledge. Kids who can say "I celebrate Hanukkah — this is how, and this is why" are much happier to be Jewish than kids who say "I celebrate Hanukkah, but I don't really know what it's about."

At Neveh Shalom this balance of strong content and good fun influences every educational decision we make. For example, in addition to our Judaic and Mitzvot curriculum on Sunday mornings, our kids choose electives called Chugim. In Chugim, kids get to work with specialists in the

fields of art, music, outdoor education, drama, history and even yoga for fun and active classes that enhance the kids' own interests and connect them to Judaism. They can create artworks based on themes or techniques used by famous Jewish artists, practice Hebrew alphabet yoga, act out Torah stories in our Drama Chug, or join our History Chug, in which kids play an imagination-based role play game similar to "Dungeons and Dragons" but based on a real Jewish historical period. 

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today's society, characterized by rapid changes in culture and beliefs, we face the challenge of making the old relevant to our students' lives, and even to our own lives. I believe we bring ourselves to everything we do. I grew up on a kibbutz in Israel, with secular socialist parents who yearned in the depth of their souls for Judaism and Yiddishkeit. My father was a renowned sculptor and artist, so art was an important part of my life. Kibbutz cultural life was infused with music and dance; Jewish communal holidays and rituals were celebrated with vigor and joy. Over the years I have evolved and grown in my Jewishness, completing a Jewish education degree from the Jewish Theological Seminary in NYC. I strive to bring to Beit Haverim Religious School the Jewish spirit as it is manifested in study of our religion, in the joy of making Jewish art, dance and music.

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# Learn Jewish meditation for lower stress and inner peace

By John Darling

With a dozen members seated in a circle each Wednesday morning at Ashland's Temple Emek Shalom, Rabbi Joshua Boettiger leads "Jewish Meditation." Though in its silence, peace and community, it resembles Buddhism, it's decidedly Hebraic in the brief introductory lesson.

The silence of the meditators is already rich as they cross their legs and begin their long exhales, letting the peace of the large, darkened room spread about them. They're already used to the inner happiness shepherded by Boettiger, who brought a host of alternative approaches to knowing the spirit when he came to lead the congregation a few months ago.

Delivered in soft tones, Boettiger's recent five-minute lesson speaks of the traditional vertical orientation between heaven and earth, but he asks meditators to notice that most of our planet is water, and the earth seems to sit on this.

"We're given just enough Earth to live a meaningful life on. Everything under this is changing. Water can be a disconcerting image, but also deeply comforting," says Boettiger, whose passion is envisioning and building sacred spaces.

He calls on meditators to recognize that Isaac is a "nondescript patriarch ... with a lot of suffering in his life" and he's digging these three wells going down into the Earth as he works on his "inner story." Beat poet Gary Snyder wrote, "You find your place on this planet and you dig in."

That's what meditation is, Boettiger says.

"The metaphor of digging wells is useful. Even if we each have a specific place we begin to dig from – akin to a particular tradition, or our particular story – each of us ends up in the same universal place where we find water, nourishment, sustenance."

The earth underneath us, he says, supports us when we sit, we can feel it holding us up – and we return to the breath as the baseline, as a way of focusing.

And then, except for three taps on the brass meditation bowl, comes sweet silence – and it is undeniably light and good, "an airing out of the heart," as Boettiger says afterward.

"It's a very ancient practice," says Boettiger, who first encountered Jewish meditation 20 years ago at a retreat. "It was a turning point for me. I reconnected to my Judaism. It felt so alive and germane."

The great-grandson of President Franklin D. Roosevelt, Boettiger notes a large number of Jews made pilgrimages to India in the 1960s and 1970s and brought back Eastern spiritual practices.

"You can't just shoehorn it into Judaism, willy-nilly. The external form that we practice is very self-consciously borrowed from a Vipassana Buddhist framework, but the inner form, the mindfulness work that meditation invites – I deeply recognize it as Jewish," he says.

Boettiger speaks of meditation's inner silence as something akin to prayer.

"At a minimum, meditation lowers stress, and if as a result of meditation, we are able to move through our days more mindfully and with more clarity, we are also moving more safely," Boettiger says.

Filing out of meditation, congregants note their sense of inner peace.

"It's really a great way to start the day and be present for my work," says Robin Heald. "I tend to be speedy and fragmented at the beginning of the day, and this really helps me."

"I love it," says Steve Saturen, "and am amazed I can do it. My mind goes everywhere, usually."

"To me, it helps integrate the weekly chantings that we sing in Torah with my own life in a very meaningful way," says Sasha Borenstein.

Dan Murphy, a Catholic, called the meditation circle "splendid in its beauty and simplicity, guiding on a parable or teaching and ending in a blessing. It connects with my most sacred truth, even though I'm not a Jew, as I believe we share this reality as made in God's image."

Says Boettiger, "My Judaism has been so enriched by meditation practice; in a way, it has helped re-reveal Judaism to me." 

John Darling is an Ashland freelance writer.

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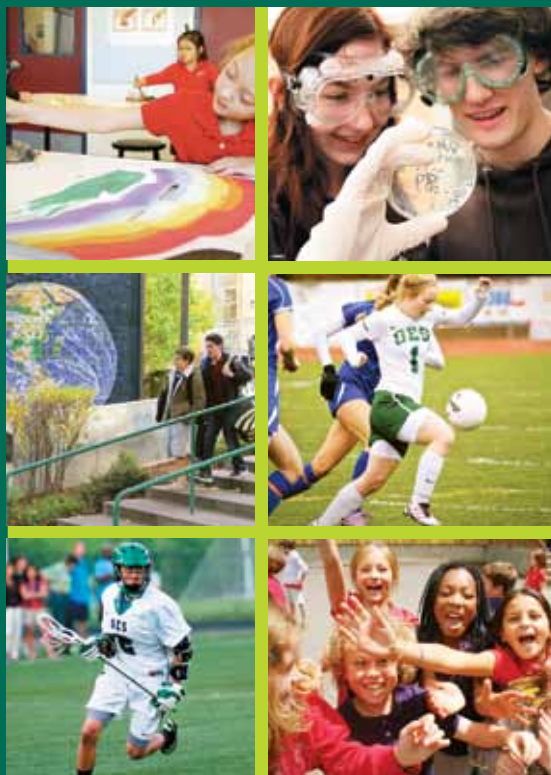
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# CHEF'S CORNER

*After the season of indulgence, try a healthy pasta* | Story and photos by Lisa Glickman




Thanksgiving, Hanukkah and New Year's Eve ... the trifecta of over-indulging!

Now that the excesses of the holidays are behind us, it's time to get back to a more reasonable routine of healthier eating, regular exercise and a bit more sleep. In our house, January means ski season. Since our son is a ski racer who trains three days a week, he needs to eat extra protein to keep his muscles strong. Protein helps the body repair cells and make new ones. It is also important for growth and development during childhood, adolescence and pregnancy. Proteins are found in animal sources such as meats, milk, fish and eggs, as well as in plant sources such as soy, beans, legumes, nut butters and some grains.

A great source of protein is found in quinoa (pronounced "keen-wah"). Quinoa has been popping up on stylish restaurant menus and salad bars everywhere. Quinoa is a so-called "complete protein" grain, although it's not really a grain at all. It is actually a seed from a flowering plant that has been cultivated for thousands of years. Quinoa grains contain essential amino acids like lysine and good quantities of calcium, phosphorus and iron. More important, you ask, does it taste good? The answer is yes! The taste and texture of quinoa is a bit like brown rice crossed with oatmeal. It's fluffy, creamy, crunchy and somewhat nutty, all rolled into one. It can be served plain as a side dish or mixed with chopped vegetables, dried fruit and nuts for a great cold quinoa salad.

Another tasty way to eat quinoa is processed into pasta. A good friend of mine who is trying to maintain a gluten-free diet suggested that I try quinoa linguini. I was happily surprised to find that when cooked correctly, the taste and texture was very similar to regular wheat pasta – and it's completely gluten free! It can be found in many shapes and sizes, from spaghetti and linguini to elbow and fusilli, allowing you to substitute it for regular wheat pasta in many of your favorite recipes. You can find it in most good grocery stores near the regular pasta or in the gluten-free section.

I let quinoa pasta "stand in" in this recipe for linguini with zucchini, toasted walnuts and pecorino romano cheese. Pecorino romano is a tangy sheep's milk cheese that has about the same texture as Parmesan. The quinoa pasta works beautifully with the tender-crisp zucchini, and the addition of chopped fresh mint and basil really make this dish bright and super flavorful. Served warm or just at room temperature, this is a quick, easy and delicious protein-rich meal. 



## Quinoa Linguini with Walnuts, Zucchini and Pecorino Romano

- 3 zucchini
- 2 teaspoons kosher salt
- 2 garlic cloves, chopped
- 2-3 anchovy fillets, minced (optional)
- ½ teaspoon red pepper flakes
- 1 pound quinoa linguini
- ⅓ cup extra-virgin olive oil
- ¾ cup walnuts, toasted and coarsely chopped
- 1 cup pecorino romano cheese, grated
- ½ cup thinly sliced fresh basil
- ¼ cup chopped fresh mint
- Additional olive oil and grated cheese for serving
- Additional pasta water

Using a mandoline or a vegetable peeler, slice zucchini into long thin strips. Discard scraps. Place in colander over a large bowl. (My large salad spinner works great for this.) Sprinkle with salt and toss with your hands to evenly coat. Let stand for 20-30 minutes. Rinse zucchini under cold water and spin dry. Spread on paper towels and roll up to drain. Set aside. Combine chopped garlic, red pepper and minced anchovy (if using) in a warm pasta bowl. Cook pasta in a large pot of boiling, salted water until al dente. Be careful not to overcook! Drain pasta and transfer to pasta bowl with garlic mixture. Add ⅓ cup of the olive oil and toss to coat. Add zucchini, walnuts, half of the cheese and the basil and mint. Add additional pasta water if pasta seems too dry. Season with freshly ground black pepper and salt to taste. Garnish with additional olive oil and cheese.

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



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# Yale Strom: Taking Jewish culture by storm



PHOTOS COURTESY OF YALE STROM

Yale Strom

By Elizabeth Schwartz

He's a klezmer violin virtuoso, a composer, an arranger, a filmmaker, the author of 13 books, a playwright and a photographer, and he has conducted original ethnographic and musical research in Eastern Europe. In short, Yale Strom is a one-man walking Jewish cultural storehouse.

Strom started his multifaceted love affair with Jewish culture in the early 1980s as part of the klezmer revival. He has since branched out to almost every aspect of Jewish culture. There's nothing

that fails to interest Strom about Jewish cultural life, and he leaps from project to project.

"I could never choose one focus," says Strom. "To me, all these art forms naturally work together. I think that's how and why I've become known throughout the world in Yiddish culture."

This month, Strom makes a rare trip to the Pacific Northwest with his trio (Strom on violin; his wife, Elizabeth Schwartz, on vocals; and Lou Fanucchi on accordion). They'll be in Portland for a concert at Neveh Shalom on Saturday, Jan. 5. Strom will also show one of his films at the Oregon Jewish Museum on Sunday, Jan. 6. "A Man from Munkacs: Gypsy Klezmer" is a documentary about a Roma (Gypsy) musician who lives in the Carpathian Mountains of Ukraine and plays klezmer music.

"The film is about a member of one persecuted minority who saves another persecuted minority's culture," says Strom.

In practical terms, it's always a good idea for a musician to cultivate alternative job possibilities, just to keep body and soul together. Strom's multifaceted forays into the rich treasure house of Jewish culture have

fed his ever-expanding interest. Strom's ethnographic and ethnomusicological fieldwork in Eastern Europe is a good example. When he set out to form his own klezmer band in 1981, he wanted to play melodies that hadn't been covered by other groups.

"We needed to stand out from the other klezmer bands," he remembers. "I thought what would make my band unique was to play melodies that hadn't been brought to America. That's why I went to Eastern Europe with a tape recorder to find these unknown melodies."

Strom concentrated on musical research in Poland, Belarus and the Ukraine, particularly during the 1980s and '90s. To date, he's made more than 75 research expeditions to Central and Eastern Europe. "Every time I go back to Europe, I continue to do ethnographic research," he adds. "My focus was initially only on music and musicians; now I'm interested in Jewish life in the former east bloc." Strom was moved by the remarkable stories of the Jewish and Roma Holocaust survivors he met. "It's so important to record their oral histories," he explains. "Each of our histories is so important in the continuum of Jewish culture, and to us individually."

While researching Europe, Strom lived with several Jewish and Roma families. This gave him a chance to fine-tune his Yiddish, the only common language among the Jewish and Roma people he met. "If you're talking to a Polish Jew and a Ukrainian Roma, the only way everyone is going to understand each other is through Yiddish," says Strom, who grew up with a rudimentary understanding of Yiddish in his family's home in Detroit, MI. Strom's own roots

Yale Strom will be performing with his trio at Neveh Shalom on Saturday, Jan. 5 at 7 pm, and will be discussing and showing his film, "A Man from Munkacs: Gypsy Klezmer," at the Oregon Jewish Museum on Sunday, Jan. 6 at 2 pm. For more information, visit [nevehshalom.org](http://nevehshalom.org) or [ojm.org](http://ojm.org).






Lou Fanucchi (left), Elizabeth Schwartz and Yale Strom will perform in Portland Jan. 5.

come from several places he visits, including Poland, Byelorussia and Ukraine. “My family brought me up between the two H: Hassidism and HaShomer HaTzair (European Socialist/Zionist youth movement, which advocated making aliyah and living on kibbutzim),” Strom recalls. His family appreciated music – “My father played the radio really well, he liked to say” – and sang Yiddish labor and folk songs. Strom began playing violin in third grade. “My teacher, Mrs. Baker, suggested to my parents that I take violin lessons for free at school; all they had to do was pay for the instrument rental,” Strom remembers. “I’m very grateful the Detroit Public School was progressive enough to offer free music lessons; I’m a product of that system.”

As Strom describes it, his various projects appear to have evolved seamlessly, one inspired by the next. “I formed a band, and we played lots of klezmer music, which I arranged and composed. That led to my interest in original Jewish melodies, so I went to Eastern Europe to document them. In 1986, I wrote a coffee table book, with photographer Brian Blue, called *The Last Jews of Eastern Europe*, which led to a photographic exhibit in Chicago that was reviewed by the New York Times. The photos gave me the idea of making a documentary, ‘At the Crossroads, Jews in Eastern Europe,’ which was eventually bought by The Discovery Channel. Film was a natural next step, because it incorporates photography and music and storytelling.” Strom has directed six documentaries and is working on his latest, a film about socialist Eugene Debs. From filmmaking Strom branched out into theater, writing two original plays and co-writing, with his wife and Ellen Kushner, a radio drama called “The Witches of Lublin,” which starred Tovah Feldshuh.

Portlander Yankl Falk, himself a noted klezmer musician and longtime friend, sums up Strom’s love affair with Jewish culture this way: “Yale has so much to say about the cultural legacy of Eastern Europe, about his travels there and elsewhere, about musical gems that he’s uncovered along the way – and he fills your ears so quickly that it can take your brain a moment to catch up. But the narrative is so fascinating that you can’t wait for the next burst.” 

Portland freelance writer Elizabeth Schwartz is co-host of the Yiddish Hour on 90.7 FM KBOO Community Radio. Despite also being a klezmer singer, she is no relation to Strom’s wife, Elizabeth Schwartz.

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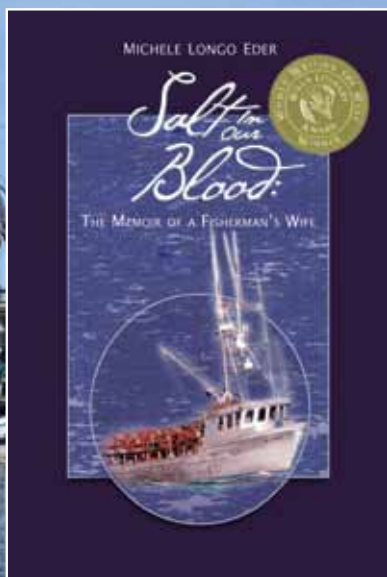


PHOTO BY PAUL HAIST

## AUTHOR RECOUNTS GRIPPING NARRATIVE OF FISHING FAMILY

by Paul Haist

Above inset: *Salt in Our Blood, The Memoir of a Fisherman's Wife*, by Michele Longo Eder, 2008, Dancing Moon Press, Newport, OR, paperback, \$16.95

The death of four commercial fishermen on Dec. 11, 2001, when their 40-foot aluminum fishing vessel *Nesika* capsized a half-mile west of Yaquina Head, marked a turning point for each of the men's families.

It was the first day that the Dungeness crab fleet put to sea that year – a cold, dirty day on the ocean, typical for the start of the crab season in Oregon.

The four men were Rob Thompson, 40, the boat's captain, and crewmen Stephen Langlot, 34, Jared Hamrick, 20, and Benjamin Eder, 21.

Eder was the elder son of the vessel's owners, Bob and Michele Longo Eder of Newport. At the time of the incident, Bob Eder also was at sea, not very far away, in charge of the couple's other larger fishing vessel, *Michele Ann*. He would take part in the unsuccessful search for his son and his crewmates.

For Michele Longo Eder, it was a tense and dread-filled time ashore living through the reality of the unspoken fear of all who wait for those in peril on the sea.

The day before *Nesika* rolled over, Michele Eder had emailed her younger son Dylan, who was away at college, "Light your candles, pretend you are Judah Maccabee and you will get through this week of exams. ... Looks like the price for crab settled today... but weather is keeping them in port."

Dylan replied, "Happy Hanukkah, and thanks for the rugelach and CDs."

For this distinguished Oregon fishing family, Dec. 11 was a moment of crisis from which everything thereafter would be measured.

In her 2008 book *Salt in Our Blood, The Memoir of a Fisherman's Wife*, Michele Eder recounts with eloquence and

poignancy two momentous years of her family's history – the year before and the year after the loss of her son Ben and his crewmates.

Composed over a number of years and set down in the form of a journal, Eder presents the right detail at the right moment and then moves on, making this a gripping drama.

The story begins long before the tragedy. The couple came together by an improbable route.

Bob Eder grew up in a Jewish family in Los Angeles. The plans for his East Coast education were scrubbed after his father was diagnosed with brain cancer when the boy was 14. Bob helped care for his dying father and immersed himself in poetry, the guitar and surfing before he graduated from UC Santa Cruz with a degree in aesthetic studies and a minor in art history. After college, he wound up in Port Orford on the Oregon coast, where – ignorant of mechanics or anything to do with commercial fishing – he apprenticed on a salmon troller. He found his home at sea.

He was married and then divorced and was awarded custody of his two sons, Ben, then 3½, and Dylan, just 9 months old. The two boys would become the beloved sons of Michele.

Michele Eder, née Longo, grew up in upstate New York and earned her undergraduate degree at Johns Hopkins. Ken Kesey's *Sometimes a Great Notion* motivated her to move to Oregon, where she earned a law degree at what is now Lewis & Clark Law School. She opened a practice in Lincoln City, which brought her into proximity with her future husband, who had moved from Port Orford to Newport. By this time, he owned his own boat, *Nesika*, and was doing well.

The couple married May 7, 1988, under the chuppah at



Congregation Beth Israel in Portland. Given her status as a non-Jew, Rabbi Emanuel Rose was “the only rabbi in the state of Oregon who would perform the ceremony,” said Michele Eder. Rose had guided Michele Eder’s early Jewish education prior to the marriage.

It was more than just the marriage of a man and a woman. Bob’s young boys, who already had captured Michele’s heart, were there as ring bearers.

“We were married as a family, not as a couple,” writes Eder in a brief passage of the book that succinctly presents the heart of this story – a story of family.

The book also affords rare and well-informed insight into the hectic and not infrequently perilous life of a fisher family, the very hard-nosed business of fishing and the cohesiveness and mutual support of the community of fisher families and their allies in the Coast Guard who stand side by side in trying times.

Eder notes that in describing herself as a fisherman’s wife she ties her life to that of her partner in a way that might seem contrary to her feminist instincts. “It is hard for me to believe that I define myself as an appendage to another person, particularly a man,” she writes early in her story. But the rest of the story makes it clear that she played and continues to play a key and indispensable leadership role in the life of the family, which is larger than the life of the individual.

Besides attending to the myriad shore-side details of a commercial fishing business – which ranges from preparing in advance and freezing all the meals for the boat’s crew to finding a buyer for a boat full of fish, Eder maintains a flourishing law practice and serves extensively in the public interest on fishery issues, much of the latter related to the loss of her son Ben. She is an activist on behalf of marine safety.

A Democrat appointed in 2004 by President George W. Bush to a four-year term on the U.S. Arctic Research Commission, she was reappointed to a second term in 2008. During that tenure she also served on the North Pacific Research Board, which annually funds millions of dollars of ocean research.

She served four years on the Department of Homeland Security’s Commercial Fishing Advisory Committee (DHS oversees the Coast Guard) and this year was named to a three-year term on the Commerce Department’s Marine Fisheries Advisory Committee.

In her law practice, she represents commercial fishermen and their family businesses and a seafood marketing group. She works outside the fishing industry also, including, since 2004, serving as co-counsel with nationally acclaimed attorney Gerry Spence and Portland civil rights attorney Elden Rosenthal representing Brandon Mayfield, the Portland Muslim wrongly accused and held by the FBI in the 2004 Madrid train bombing.

Even in the Mayfield case, Michele Eder’s focus stays on family.

“While we can never restore to Mr. Mayfield and his family their dignity and privacy, we obtained a measure of damages for them,” she writes.

For Michele Eder it is always all about family. Her story is a memorial to her son Ben, an affirmation of love for son Dylan and husband Bob – who is also active in marine and fishery




Nesika. Photo by Jim Haron

issues. And, finally, her story is a consecration of family and all our ties that bind.

The Eder family continues to fish aboard their new boat *Timmy Boy*, with Dylan set to become the boat’s main captain.


The boat is undergoing overhaul now, but, in keeping with the constancy of a sailor’s love for the sea, no matter the prospect of peril, *Timmy Boy* is scheduled to be back in the water in time for this year’s fishing season.

Winner of the Willa Literary Award presented annually by Women Writing the West, *Salt in Our Blood* is available in print in bookstores and online at [saltinourblood.com](http://saltinourblood.com), and as an e-book from Google and Amazon. 

Paul Haist lives and works on the Oregon coast.

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# Multicultural adoption adds diversity to Jewish life

by Polina Olsen



Aliza Kaplan and Ezra. Photo courtesy of Aliza Kaplan

As education director of Havurah Shalom, Deborah Eisenbach-Budner knows about developing strong Jewish identity. When it comes to internationally adopted children, she also knows “what’s in a name.” Parents’ hopes for their child’s faith and sense of belonging, she says, are often revealed by the names they choose. RozaBess Aizhan, 4, the daughter she adopted from Kazakhstan, has Kazakh, family and Hebrew names.

While a host of factors influence many Jews’ sense of self, adopting children can bring identity issues to a conscious level. With adoptees rarely born to Jewish mothers, parents must decide how or if they will balance the child’s birth heritage with a Jewish upbringing and community. The child’s preference, community acceptance and opportunities for cross-cultural experiences come into play. The Portlanders we interviewed explained each family is different.

“Steven and I are committed to honoring and including our child’s birth culture,” said Eisenbach-Budner. Her

family, including the two older children, spent three months in Kazakhstan during the adoption. “We wanted our kids to be part of the process and have a sense of the country. We bought clothes, toys, a rug and wall hangings. We have every book about Kazakhstan written in English for youth and some for grown-ups. The more you can let a child know about their past the better. You have to figure out what you can provide.”

Providing regular exposure to their child’s birth culture is easier for some parents than others. Few ready-made Kazakh activities exist in Portland. Those who adopt from China, like Susan and David Greenberg, will find 600 similar local families plus a thriving Chinese community with festivals, traditional dance and other cultural opportunities.

“We had Seth and wanted a second child,” Susan Greenberg said, referring to her 15-year-old son. “We talked about adoption, and China had the best reputation at that time. This was 2002. There was less trauma for us because birth parents domestically sometimes change their mind, and we heard horror stories. We went through a great agency, Journeys of the Heart ([journeysoftheheart.net](http://journeysoftheheart.net)) in Hillsboro. They arranged a guide when we got to China. It was a wonderful experience.”

Their daughter, Zoe, whose complete name is Zoe Dong Aiya Menachma, hopes to follow in her brother’s footsteps and learn Mandarin in middle school. Right now, she is busy with Hebrew at Congregation Neveh Shalom. Going into fourth grade, she enjoys lacrosse, soccer and piano, and looks forward to a family trip to China.

“We always read Zoe books about her culture,” Greenberg said. “And, we host Chinese students every summer. We’ve given Zoe Jewish and Chinese roots.”

While international adoptions may require proactive ways to include the child’s birth heritage, today’s domestic open adoption policy often removes the choice. With open adoption, birth parents forfeit parental rights but choose the adoptive parents and arrange future visitations. Dori Rosenblum and Aliza Kaplan (pronounced Aleeza) adopted children domestically.

“We’ve had a steady relationship,” said Rosenblum about her daughter Anna’s gentle birth mother. Anna is now 13 and about to become bat mitzvah. “Her birth mother was young, 15, so her whole family came to our house. When Anna was younger she would say, ‘I’m Christian and Jewish.’”

“Right when we got Anna, the birth great-grandmother wanted to make a baby dress for the christening,” Rosenblum continued. “I told her that’s so sweet, but we’re not going to have that. We are going to have a naming ceremony, and we’d love to have a dress for that. She made these beautiful dresses, and the whole birth family came to the ceremony. It was an advertisement for open adoption.”



Kaplan's mixed-race African American son, Ezra, turns 3 in September. The family relocated from New York City about one year ago and joined Havurah Shalom.

"Some families did not select us in the adoption process because they wanted the child brought up Christian," she said. "Ezra's birth mother is a religious person and wanted Ezra raised with faith, strong values and diversity."

"Ezra will have information about his birth family and our family," Kaplan said, "We have a lot of diversity in our relationships, and it's important that he does, too. Families come in all shapes, forms and sizes. Love rules, and that's the world I want to live in."

Judaic artist and single parent Karrie Perl Fox adopted Sam, 15, from Russia and Mimi, 8, from Bulgaria. "I always wanted to adopt children," she said, adding she has a 23-year-old biological son. "International adoption interested me because the disconnect that happened to Jewish families comes full circle when you adopt children who have lost their family of origin. Adoption is a way to respond to the historic tragedies in Eastern Europe. Each thing you do to connect your children to their native heritage connects you with your own heritage, so it's a double blessing."

Like many worthwhile things in life, the adoptions involved a long, difficult process. Adopting Sam took more than four years. "I was heartbroken," Fox said. "After every door closed I gave up and had a conversation with G-d. I said, 'You let me know when the right time comes.' Within a week, I was dabbling on an international adoption site and up popped this cherubic picture of Sam. He had multiple hands and feet deformities and congenital heart disease, but he looked so healthy it didn't make sense. I was the first to contact them, but I found out that within two days 15 families had called."

Three weeks later, Fox arrived at the orphanage in Smolensk, Russia. "They brought me upstairs, and Sam was so gorgeous, I almost fainted," she said. Since arriving in America, Sam has had six surgeries on his hands and feet. The boy they feared might never walk now excels at soccer.

Fox adopted daughter Mimi from a Bulgarian orphanage 10 days before her fifth birthday. The little girl weighed 29 pounds, which, according to weight charts, is normal for a 2-year-old.



Dori and Anna Rosenblum. Photo courtesy Dori Rosenblum



Deborah Eisenbach-Budner with daughter RozaBess. Photo courtesy Deborah Eisenbach-Budner



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The Greenberg Family: David, Shorty, Seth, Zoe and Susan.  
Photo by Polina Olsen



Karrie Perl Fox with Sam, Mimi and Lilly, the dog. Photo by Polina Olsen

"I learned Bulgarian before I adopted Mimi, and she didn't want anything to do with it," Fox said. "She wanted to speak English and belong to this culture." The family attends Congregation Neveh Shalom, where Sam became bar mitzvah in 2010. In addition, Fox is determined to keep Mimi and Sam's birth heritage alive.

"This is our second year going to Heritage Camp," Fox said, referring to a summer program operated by Families for Russian and Ukrainian Adoption ([www.frua.org](http://www.frua.org)). "It includes the whole family. They have Eastern European food, folk dancing and a parade with costumes. The kids have arts and crafts related to the countries."

Sam and Fox have visited Russia together, and the whole family plans a future "heritage tour." They belong to a local Bulgarian group and enjoy holidays like Baba Marta, which Sam calls "Mother's Day for grandmas." Each year Sam attends Holt International Camp in Corbett. "You get to see friends, and everyone's adopted," he said. "That's important. We have something in common; our parents aren't our blood parents. We talk about issues like racism."

Rabbi Daniel Isaak of Congregation Neveh Shalom sees many families with mixed identities. "Judaism is racially blind, and that is what's important," he said. "Have you been to the Diaspora Museum in Tel Aviv? They have flashing photos of Jewish faces; there is no such thing as a Jewish look. When I speak with Christian groups, I point to Ethiopian and Asian Jews and also explain that because Judaism accepts converts, one cannot define a Jewish race. I love looking at religious school and seeing the diversity. It's the future of what Judaism is and what Judaism looks like."

For more information on Jewish diversity, visit [jewishmultiracialnetwork.org](http://jewishmultiracialnetwork.org), [kulanu.org](http://kulanu.org) and [bechollashon.org](http://bechollashon.org). 

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





Cindy Kaplan with her children Jadyne, standing, and Neveya, both of whom she adopted from Kazakhstan. Photo courtesy of the Kaplan family

## Cindy Kaplan creates SPOON

### Adoption spurs new mom to change feeding culture in “baby homes”

by Polina Olsen

Cindy Kaplan and Mishelle Rudzinski met at an important time. Both were adopting children from Kazakhstan, although circumstances weren't the same. Rudzinski, a speech therapist who specializes in cerebral palsy, had fallen in love with what looked like a severely handicapped 5-year-old girl. Kaplan and her husband expected to adopt a healthy 6-month-old boy.

“When we got home, we met each other's children,” said Kaplan. “Fate changed for everyone. All Mishelle's daughter had was rickets and anemia. Bakha had gone from hunchback and bowlegged to running. My son, Jadyne, was underweight and failed to thrive. I was dealing with a child who had been fed an institutional diet and had been traumatized by early feeding experiences.”

With Rudzinski's support, Kaplan vowed to start an organization that would improve nutrition for orphaned, fostered and adopted children. At the time both lived in Portland; Rudzinski has since moved to Fountain Hills, AZ. The SPOON Foundation would target an unmet and unrecognized

need. Dr. Dana Johnson, the world's first specialist to study internationally adopted children's health, immediately became involved. His research showed children left institutions with serious nutritional deficiencies.

“As they got good nutrition and love, their problems escalated because their growth outpaced their nutritional stores,” Kaplan said, explaining a reality most adoptive parents didn't expect. “Their blood tests normally when they get home, but six months later they have anemia. That happened with our second child who was adopted from Kazakhstan. When we brought Neveya home, she adapted quickly and ate well. But, when we had her retested maybe nine months ago, the doctor said she had one of the most profound cases of anemia he'd seen. I know now the impact iron deficiency can have on brain development.”

While the SPOON Foundation recognizes this is a global problem, the foundation began work in Kazakhstan, a Central Asian country that was formerly part of the Soviet Union. The country's stable government and well-run baby homes made it an attractive place to start. Understanding the futility of working independently, SPOON coordinated with the Kazakh Academy of Nutrition.

“You can't just send stuff over and assume you always will,” Kaplan said. “The organization needs to be constantly funded, and items could get stolen or expire. Whoever is responsible for kids' health must help define the problem and solution.” The SPOON Foundation began by assessing the nutritional status of children in Kazakhstan baby homes, the first study of its kind in the world.


The results startled everyone. “More than 35% of the children had iron deficiency anemia,” Kaplan said. “A large number had protein deficiency, and 38% had a vitamin D deficiency, the cause of rickets.” Stunting levels, the ratio of height for weight, were typical of famine situations.

Kaplan and others from the SPOON Foundation recently went to Kazakhstan to attend the world's first international conference on orphan nutrition. They and the Kazakh Academy of Nutrition reported their findings to representatives throughout Central Asia. The new nutrition norms and diet have been approved by the Kazakh Ministry of Health, and implemented in the country's baby houses. In addition, SPOON plans to expand to six countries by the end of this year, and to be working in a dozen or more in 2013.

“Our next step is to work with a local non-governmental organization to train baby home staff on best feeding practices,” Kaplan said. Routines such as feeding from behind, force feeding and lack of variety can cause developmental delays. “Kids can be traumatized by that. Sometimes they will stop eating when they are adopted because they finally have control or they hoard food.” A website sponsored by SPOON, [adoptionnutrition.org](http://adoptionnutrition.org), provides education and training for parents and professionals.

Meanwhile, Kaplan's children continue their rapid improvement. Neveya, now 3, started preschool this year. While Jadyne struggles with the developmental issues from trauma in his early life, he's making fine progress. Kaplan understands the importance of their birth heritage but wants them to know they also belong here.

“As a family, we practice Shabbat most Friday nights,” she said. “They light the candles, and Jadyne loves the sound of Hebrew and prayer. By the nature of what I'm doing they'll stay connected with Kazakhstan. When I was leaving for the conference, Neveya said I should go to Kazakhstan because the babies were crying for me and I should hold two kids and give them vitamins.”

For more information on the SPOON Foundation, visit [spoonfoundation.org](http://spoonfoundation.org). 



# PEACE HAPPENING

## *Israelis turn to Palestinians to grow sandal business*

*Editor's note: Shlomy, Lindy and the Palestinian factory owners agreed not to use full names or company names in the project.*

By David Shlachter

The seaside town of Jaffa, south of Tel Aviv, was once a regional hub of shoe manufacturing. In the past several decades, however, Jaffa's footwear sector has become another casualty of China's industrial machine. While the local shoemaking supply chain has all but disappeared, a young couple who are artisan shoe and sandal designers have had to get creative with scaling production to meet the growing demand for their artisan products.

Shlomy, a 32-year-old Israeli, and Lindy, his 28-year-old girlfriend and business partner, tried working with suppliers elsewhere in Israel, but found them to be "too Israeli." Instead of following detailed design specs and mass-producing exactly what was ordered, the manufacturers would make innumerable suggestions for improvements, exhausting the couple and slowing down production.

I first got to know Shlomy at a mutual friend's wedding in Israel, and our conversation quickly focused on his business after I inquired about the unique, handcrafted shoes he was wearing. Shlomy and his girlfriend regaled me with stories about building the business, how they take orders from individual customers in the U.S., handcraft as many shoes as they can and tote huge, string-bound bundles of shoeboxes to the post office once a week on the back of their motor scooter.

The sister-and-brother team who run the family's factory (pictured with the brother's children) in a tea room above the factory. Inset: A factory worker sands the edges of a sandal's sole.

Shlomy started telling me about bigger orders they were getting from American brands in addition to the one-off orders from individuals. It turned out they were white-labeling premium sandals for a Los Angeles-based brand owned by a friend of mine. I asked how their tiny staff could possibly fill larger orders placed by this company in L.A. Shlomy smiled gently and responded, "Outsourcing!"

Outsourcing, from where? I rattled off the usual suspects: China, Thailand, Bangladesh, but he shook his head at each guess. "We work with a small factory in Hebron that is run by a family there."

"Hebron?" And they had been working together for years. At first, I was embarrassed by my own palpable surprise. Was this type of collaboration normal? I surveyed opinions from a dozen or so Israelis throughout that night, and the general response was fairly consistent:

1. This is not very common;
2. Hebron is generally perceived as a place to avoid; and
3. They wanted to know more about how this actually worked.

There is a big red sign at the entrance to the central core of Hebron, known as Area A, communicating very clearly that it is illegal for Israeli citizens to enter. It so happens the family-run Palestinian shoe factory is right in the middle of Area A.



“So you must travel there a lot?” I asked Shlomy, naively, trying to reconcile how an Israeli could travel to Hebron for this type of collaboration.

“Of course not – it’s illegal for me to go there,” he replied.

Like most Israelis, Shlomy had never been to Hebron, a bustling city of 300,000 that is 30 minutes from Jerusalem. Though it is patrolled by the Israel Defense Forces, most of Hebron has its own indigenous police force, judicial system and other institutions of governance that operate wholly outside the purview of Israel. To discourage Israelis from entering (and thus from getting into any kind of trouble), the IDF has a strict policy to incarcerate Israeli citizens caught inside Hebron without approval.

Shlomy and Lindy only started working with the family in Hebron after stumbling upon them by accident. After the frustration of working with the Israeli shoe manufacturers, they turned to an enterprising middleman who promised lower rates and better quality from a secret supplier they were not allowed to interact with directly. They worked through this middleman for several years, and ultimately resolved to track down the family-run factory so they could work with them directly. The family turned out to be based in Hebron.

Once Shlomy and Lindy made direct contact, they were able to rapidly communicate about design revisions, improve accuracy and lower costs. They have been communicating with the family through Skype on an almost daily basis, usually in an amalgamation of English, Hebrew and Arabic. Sometimes, when they have to discuss a nuanced detail about the placement of a rivet or the finish of a particular type of leather, Shlomy and Lindy will pull someone off the Jaffa streets to hop on their Skype and translate into perfect Arabic.

Despite seeing each other over the Internet all the time, they had never met in person. When I asked if they would like to go to Hebron to meet the family and see the factory in person, they said they’d be thrilled to if we could somehow arrange it.

We went through some back channels to request IDF permission to cross into Hebron, waited several weeks for processing and ultimately received a document granting us one pass through a particular military checkpoint. We got the group together, and after a few hours of driving down bumpy roads, including a scare with a pop-up military checkpoint in the middle of a thoroughfare, we found ourselves cruising through the gorgeous countryside full of lush vineyards around Hebron.

When we arrived at the factory, the whole family greeted us for a joyful first encounter with Lindy and Shlomy, and proceeded to ply us with tea and snacks. They proudly took us on a complete tour and showed us how they manufacture a pair of sandals from beginning to end, involving about a dozen individual steps each carried out by a different family member. The old American machinery was well worn but well maintained, and Shlomy salivated at the sight of them. These were the means necessary to scale up production of his unique designs.

We were later summoned to the fourth floor of the building to an empty apartment under construction. It was the latest addition to an expanding high-rise of nine or ten apartments, all housing the descendants of the factory’s patriarch. It is almost a




Lindy with one of the factory owners in the vineyard behind the shoe factory in Hebron.

monument to the family’s prosperity. When the next generation starts families of their own, more floors are added. Instead of roofs, the tops of buildings all around are concrete pillars and open rebar pointing toward the sky, awaiting the next layer.

There, our hosts served us a massive traditional meal on a makeshift table surrounded by small plastic chairs. Not unlike the archetypal Jewish grandmother, our Palestinian hosts forcefully piled lamb and rice onto our plates before we could even begin to answer her question, “Would you care for any more?”

In a beautifully gaudy, golden sitting room in the apartment across the hall, we drank more coffee and ate fresh fruit as we informally interviewed our hosts. Our half-Arab, half-Jewish Israeli friend conducted the discussion in Arabic, producing some insights that otherwise would not have come to light. When asked if he thought business could be a foundation for peace, one of our hosts thought for a while and responded: “Any kind of commercial transaction opens a window between the parties through which they can catch a glimpse of the other’s intentions. The more they transact, the wider the window opens. So yes, through business, you develop trust and understanding, which provide that pathway to peace.”

We were honored to be able to explore the social value created when two parties interact directly together, repeatedly, over time, over a wall and against convention. It’s something beautiful, something difficult to describe. Simply put, it’s peace happening. 

The son of Rob and Mara Schlachter of Portland, David Schlachter and his wife, Orlee Rabin, reside in Mill Valley, CA. They lived in Israel from 2010 to 2012 while David worked on an electric car infrastructure project. David grew up in Portland, had his bar mitzvah at Havurah Shalom, participated on the Portland delegation of the Maccabi Games, and is a graduate of The Catlin Gabel School, Claremont McKenna College and Harvard University.

# Economics of Change

*Birthright needs money to change lives*

By Deborah Moon

Last year 357 young adults from Oregon had what many describe as a life-changing Birthright trip to Israel, but 382 others were put on a waitlist.

Birthright Israel Foundation Portland cochairs Dana Hunt and Alan Bacharach organized a gathering to help raise enough money for a half bus from Oregon, which costs \$60,000. About half of that has been raised. Donations can be made online at [birthrightisrael.org](http://birthrightisrael.org) or by sending a check to the Birthright Israel Foundation, 33 East 33rd St., NY, NY 10016.

The Dec. 6 event at Bacharach's home featured Birthright participant-turned-staffer Daniel Stoller speaking about his experiences (see an excerpt of his speech below) and an update on Israel's economy and upcoming election by Guy Rolnick, the founder and editor-in-chief of Marker, a leading financial publication in Israel, as well as deputy publisher of Haaretz Group.

In an interview before the program, Rolnick said the tent city protests in Tel Aviv in the summer of 2011 seem to have had a lasting impact, especially on public and politicians' conversations heading into the Jan. 22 Knesset elections. Even with the recent Gaza operation, people have remained focused on the economy instead of security, as they have during past campaigns, he said.

"You have much of the discourse about the economy and not about security issues and the never-ending peace process – that is quite a novelty for Israel," said Rolnick.

He added that during the primaries many newcomers emerged, "and most of the new faces are journalists and young people who participated in the social uprisings last year."

"The Israel middle class feels squeezed because of the cost of living and (economic) inequality," Rolnick said. "A lot of people feel they are alienated by the government and decision makers, and many people in the middle class feel they are left out and have no real influence."

Moriah Stern, New Orleans; Daniel Stoller, Detroit; and Elena Bhamidipati, Chicago; join other young adults on their free 10-day Taglit-Birthright trip to experience Israel.

While the social protests erupted during a period of economic growth enabling the government to increase expenditures to meet some of the protesters' demands, next year's projected shortfall in tax revenues means "the next government is going to face challenges of meeting demands of the public and avoid losing control of the budget."

Still, Rolnick said he is hopeful because: the issues are on the table, the new breed of politicians want to deal with it, and other politicians who wanted to sweep the problems under the rug failed to do so.

## Taglit-Birthright participants experience Israel as safe, amazing country

*(Excerpted from a Dec. 6 speech by Daniel Stoller, now of Oregon)*

I was a Taglit-Birthright participant in 2007, staffed a trip this past June and leave on my next Taglit staffing adventure this Sunday (Dec. 9).

Oftentimes you read or hear quotes from Taglit alumni that describe their trips as "life-changing experiences," and I'm here to show you why this is true.

I'm 25 years old, which means I grew up during the second Intifada. From age 13 to 18, my peers and I heard the media describe Israel as a war zone. Looking back on this, it's amazing that I'm here tonight.

Taglit helped instill confidence in teenagers such as myself that I had a right to visit Israel and that it was, in fact, a safe place.

Upon landing in Eretz Yisrael I didn't even have to wait for our group Shehekianu (blessing for new experience or first of something) to realize how special this opportunity was going to be. It was 2007, two years after the phased ending of the second Intifada. Leaving the airport, I kept looking for tanks, soldiers and high flying jets. I didn't see any. As the trip went on, it became clear to me that the picture I had drawn of Israel in my head wasn't even on the right kind of paper.



## SUPPORTING ISRAEL

PHOTO BY DEBORAH MOON

PHOTO BY COOLITE PHOTOGRAPHY



More than 225 people turned out, left, for a Community Gathering in Solidarity with the Israeli People hosted by the Jewish Federation of Greater Portland at the Mittleman Jewish Community Center Nov. 26. Israel Consul General to the Pacific Northwest Dr. Andy David spoke at both the rally and an earlier gathering with community rabbis at the Portland Kollel, above. David spoke about the success of the Iron Dome, which the U.S. helped Israel develop to intercept mid-range rockets. "The Iron Dome made the difference. It gave Israel breathing room," David told the rabbis. Portland Kollel Rabbi Chanan Spivak added that David discussed "some of the upcoming immediate challenges Israel is up against ... and the limited perspective of various national community leadership that do not emphasize the amount and diversity of Israel's successes on so many social, economic, scientific and technological fronts, but rather focus on the limited sensational issue that is hot in the news at the time."

Israelis live normal lives, but it isn't until you visit that you know this. There's no classroom or movie that can give you the understanding of Israel that a 10-day trip with Taglit gives you. I couldn't believe how close the "West Bank" was. At the Golan all of the Eli Cohen stories I had heard came to life. Being there made it absolutely clear why his work in Syria and specifically the Golan is such an important part of Israeli history.


Yad Vashem is a Holocaust museum unlike any other. Somehow the Israelis have found a way to create a museum about one the worst eras for the Jewish people that leaves you feeling liberated when you exit.

I enjoyed participating in Taglit so much, I jumped at an opportunity to lead a trip this past June.

As a North American staff member, the experience was just as rewarding. An engaged, enthusiastic crowd pushed me for discussion sessions every single night. One participant told me his experience in Israel was going to change his dating habits. He said he had never dated another Jew, but his experience had shown him the importance of continuing the Jewish religion. Though this isn't a formal objective of Taglit, I thought it was a good side effect.

Since the Pillar of Defense operation started, I have found myself glued to the Jerusalem Post, FOX News and CNN, and the difference in coverage is astonishing. If I had not been to Israel, I might have formed a sympathetic view of the terrorist organization in Gaza.

I find myself taking my knowledge to social media and other forums, trying to educate anyone willing to listen. Had I never been to Israel, my emotional ties to the country wouldn't exist, and while I'd have shown support for Israel, I might not have clearly understood the conflict.

So, I embark on my next staffing adventure knowing Taglit will continue their incredible security and allow the next generation of young Jewish adults to experience Israel just as I did. Taglit-Birthright has never stopped and with your support, never will. 

## J Street Portland

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# Life on the Other Side

*But they started it!*

by Anne Kleinberg

I usually take a pretty lighthearted view of things. I mean really, if you live in Israel, you have to have a sense of humor. At least that's what gets me through most days. Lately, though, the situation here called for some serious re-evaluation.

Not a minor issue, those missiles landing on us over a period of two weeks. Constant stress, people running in and out of shelters, sirens going off constantly – even Tel Aviv and Jerusalem were exposed. (Not to make light of the fact that the south of the country is constantly exposed to this madness.) And a bus explosion, too! Fortunately not many casualties, but even the few were too many.

My Facebook page was constantly being updated with the comments of friends. With each new siren sounding, another person had something to share on her Facebook page. That's when I noticed the difference between us "foreigners," who chose to live here by making aliyah, and native Israelis. It was all there to see on the social media sites.

We, the newcomers to Israel, were shocked/appalled/insulted/incredulous at the reaction of the world to what was happening here. At first, everyone seemed to be on our side. Of course Israel is entitled to protect herself from missiles raining down on her citizens! But as soon as we got tough in our response, we got the usual barrage of complaints. And that's when the newbies got busy with their incensed reactions, and I realized that I've become Israeli.

Because I was one of those not reacting to what was happening. I didn't remark on the unfairness of it all. I didn't respond to photos of injured "Palestinians" that were actually taken in Syria, or quote the countries that were beginning to say nasty things about Israel overreacting. I wasn't stunned by it all, nor surprised at what was not being written in the world's media. I expected it.

The only comments made by some Sabra (Israeli-born) friends were of a black-humor nature. They were posting jokes. It reminded me of when I lived in New York. Every time there was a disaster of some sort, the wisecracks started coming out of Wall Street within a few hours. The space shuttle Challenger catastrophe of 1986 was a perfect example. No sooner had we heard about the horrific explosion occurring seconds after takeoff than we also started to hear really raunchy reactions. Some were indeed funny – sadistically so.

I thought about the differences among us. I suppose my friends who were posting their indignation were also expressing their fear or their outrage. They could not comprehend the insanity of it all, the unfairness that no one else seemed to


recognize. Israel no longer had a right to defend herself; she was now definitely the bad guy. Once again.

But isn't that how it always is?

I got tired of their rants, and I posted my opinion on my website and on Facebook. Stop it, I said. It won't help. You're just making the terrorists happy and giving them ammunition. You're letting them win the psychological war. Big mistake. Many took offense. One friend said it might be a generational thing but that younger people depend on Facebook for their news updates, much more than traditional types of media. She felt an important service was being done by the constant commentary on Facebook. Another said she felt uninformed because her Hebrew is not good enough to understand the news and she relied on Facebook to tell her what was happening. One just got really mad and wrote that anyone who didn't like the comments could just delete them or unfriend her. I got the message.

What occurred to me is that my reaction seemed like the reaction of those born here. They started it, but so what? Who cares? The hammer is going to come down on our heads anyway, why waste energy being outraged. Don't you get it? We won't win this media war. We're the bad guys – at least that's how the majority of the world sees us. You don't; I don't; but the rest? They are not on our side! And whether its anti-Semitism or anti-Zionism or just siding with the "little guy" rather than the "big, bad wolf," I suppose I'll never know.

I do know what would help, though – if everyone would stop canceling their trips here because they're nervous; if those who have never been to Israel would get their act together and make those reservations. That's the war we could win – send out the message that Israel is a fabulous place to visit – with people who are friendly, English-speaking and curious. That we're a country with fabulous sights, terrific weather, amazing food, and both beach and snow (well, one mountain anyway, usually covered in snow if it's winter, and we've had some cold weather).

So, what are you waiting for? 

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







Boutique breweries serve up their brews at their own pubs.

# Israelis don't drink a lot of beer, but boutique breweries may change that



Beer festivals draw huge crowds in Israel.

By Natalie Nahome

It's hard to believe that Israel had no microbreweries just a few years ago. Now the country is practically awash in ales. Israel has more than 20 licensed "boutique" breweries and a rapidly evolving drinking culture.

Since the 1950s, the Israeli beer industry typically has been dominated by two breweries at a time. Since the 1990s Israel Beer Breweries and Tempo Beer Industries have controlled about 70% of Israel's beer market. Tempo produces the Goldstar and Maccabee labels, while Israel Beer produces Carlsberg and Tuborg.

But over the past decade, American immigrants have brought their love of beer to Israel. The first microbrewery in Israel, Dancing Camel, opened in Tel Aviv's Yad Harutzim industrial area in 2006. New Jersey native David Cohen left a business career to follow his dream to make this quality beer in Israel.

I think that boutique breweries are the next big thing in Israel. Every brewery has its own pub and sells their beer there. Young adults in Israel today like going out and trying new beers, so those pubs are usually packed with young people.

When I asked my friends in Israel what they think about the phenomenon of new beers in the Israeli market, they all replied that they love it and hope to see more microbreweries open up.


Beer festivals are the best time to try new beers because all the breweries come together to the same place. I like to try new beers every time I go to a festival in Israel.

The Jerusalem Beer Festival is one of the largest beer festivals in Israel, held annually in the summer since 2004. Other festivals are held in Tel Aviv, Haifa and the Mateh Yehuda region. A wine and beer festival is held annually in Be'er Sheva. The city of Ashdod held its first beer festival in 2011.

In 2011 I went to the Jerusalem beer festival. Every beer company has a small bar. The festival is outside and bands play all night long. About 20,000 to 30,000 people attend to try the more than 150 kinds of beer showcased at the festival.

As is common at nearly every Israeli event, people just start talking to each other randomly. At the beer festivals, they all have their own opinions about which beers are best.

Israelis reportedly drink only 14 liters of beer per person each year. Not much compared to Czechs with 160 liters of yearly beer consumption per inhabitant. But even if Israel can't compete with some countries in quantity of beer consumption, it now holds its own on sophisticated craft beer production, thanks to emerging boutique breweries. Some of the more established craft breweries are Dancing Camel, Jem's Beer Factory, Alexander, Malka and Shapiro.

Be sure to say L'Chaim, which means "to life" in Hebrew, whenever you have a drink with friends in Israel or at Jewish gatherings here in Portland. There are so many beers and pubs to choose from in Portland that I really enjoy the beer scene here too. 

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



# Maybe the government should follow advice it created for safe driving campaign

By Mylan Tanzer

The somewhat calm demeanor I acquired growing up in Portland has been constantly challenged by living in Israel for more than 31 years. Nowhere is this more evident than in driving. While I try to maintain the basic courtesy and caution imbued in me in the green tranquility of the Northwest, it is sometimes impossible in an environment where everyone drives too fast or too slow and stops wherever and whenever they want. In Israel, one must use a nerve-racking driving style to make it safely to one's destination. Running with the bulls in Pamplona might be an apt analogy. When I drive during visits to Portland, I have to make a conscious effort to shed my acquired road behavior so as not to be the proverbial bull in the china shop.

But this column is not about the very real and dangerous hazards of Israeli roads, which, sadly, cause an average 400 deaths annually. The most successful of the many national campaigns created to grapple with this grave situation was built around the slogan: "Don't be right, be smart." In pressure-packed Israel, this saying has caused people to think a bit more when they drive.

Late November and early December was one of the most eventful periods I remember in Israel. The increased mortar and missile attacks in the south led to the IDF's Pillar of Defense operation against Hamas in Gaza. Then the UN General Assembly voted in favor of the Palestinian Authority's statehood resolution, and the Israeli government decided to begin development in the E1 area of Jerusalem. Of course, all of the election-related, internal political upheavals were sandwiched between these two mega-events.

What does all of this have to do with Israeli driving? Well, the Gaza operation and the UN vote offered an amazing contrast illustrating how the same government in quick succession could so successfully adopt the "Don't be right, be smart" philosophy and then immediately afterward so totally ignore it.

Looking at the issues in-depth, it is clear that in both cases Israel is right. The question is, was Israel also smart? In the case of Gaza, yes. Had Israel been only "right," we would have used much more force to eliminate the Hamas armed threat. As long as Hamas rules Gaza, the threat of missiles being fired on our cities and towns will remain a threat.

Israel has an obligation to its citizens to be as forceful as necessary in Gaza. It is a threat no other civilized nation would tolerate. Yet, despite withdrawing from Gaza, Israel is perceived as the bad guy. As Wall Street Journal Foreign Affairs Correspondent Bret Stephens wrote, Israel's withdrawal from Gaza yielded less security, greater diplomatic isolation and a Palestinian regime even more radical and emboldened than

before. During the last full year prior to the 2005 withdrawal, 281 rockets were fired at Israel compared to 1,777 in 2006. At the time of the withdrawal, then-Prime Minister Ariel Sharon promised Israel would strike with full force if any further rockets were fired. But Israel didn't retaliate in full force, and rockets fired at Israel became the new norm.

When Israel's patience finally ran out in December 2008 with the launch of Operation Cast Lead, Israel was viewed as the aggressor for having broken the status quo.

The son of a senior Hamas leader, Masab Youseff became disillusioned with the futile destructiveness of Hamas and for many years worked secretly for Israeli intelligence, preventing the violent deaths of scores of Israeli civilians. When his cover was blown, he went into hiding. Watching a recent television interview with him from a secret location in California, I was struck by his optimism and his conviction that, despite his personal pain, he has taken the only possible path.

He says, "Hamas was born to destroy; they do not know how to build. I doubt that they will be able to build a modern state and I hope that this will become apparent to the Palestinians. Taking the Hamas regime down is a necessity. Sadly, it cannot be done without killing many innocent Palestinian civilians because they (Hamas personnel and rockets) are totally embedded in the population." He adds that "removing Hamas is a necessity not only for Israel, but for humanity."

This Hamas terrorist enclave makes Israeli responses inevitable. The international sensitivity to civilian casualties – or at least those inflicted by Israel – provides the terrorists with an incentive to provoke Israeli attack and to maximize civilian casualties.

Daniel Greenfield puts the matter well: "The more precisely we try to kill terrorists, the more ingeniously the terrorists blend into the civilian population and employ human shields. The more we try not to kill civilians, the more civilians we are forced to kill. That is the equal and opposite reaction of the humanitarian formula."

With these severe limitations in mind, the government set out on an operation, limited in scale and modest in its goals, to achieve an extended period of quiet through deterrence, and by mobilizing the relevant parties to help prevent continued smuggling of Iranian missiles into Gaza.

The precise and surgical air operation was designed to take out long-range missile sites and Hamas targets. In more than 1,500 sorties, there were 151 deaths, and by Hamas accounts, 110 of these were Hamas operatives. These statistics are a tribute to superior technology, superior skill, a strict moral code and restraint.




The vast majority of Israelis wanted the operation to continue so Hamas would be unable to continue to terrorize Israeli civilians. Netanyahu and the government were strongly criticized internally for agreeing to the cease-fire, which Israel did to maintain the grudging international support that will be necessary for the next, inevitable, campaign against Hamas.

For all of these reasons, Israel was both right and smart.

Where did the Israeli government go wrong on the UN vote on Palestinian statehood? While this symbolic vote does little to change anything on the ground, it puts up further obstacles to renewing negotiations. And it illustrates the result of the absence of any peace initiative by the government since assuming power in 2009. True, PA President Mahmoud Abbas has refused to negotiate unless the starting point is pre-1967 borders, full right of return for refugees and Jerusalem as the Palestinian capital – issues to which no Israeli government can agree as a starting point. But if the world wants Israel to hold talks with the Palestinians, then Israel should sit down with the Palestinians. This would prove that the Palestinians are simply not willing or able to reach an end-of-conflict agreement with Israel.

The UN vote was the Palestinian attempt to get statehood without paying the price – a commitment to end the conflict once and for all. Had Israel entered negotiations with the Palestinians, then the relevant international community would have seen which side is the real obstacle to peace. Support for the Palestinian statehood motion among Western nations would have been minimal. Israel was right, but not smart.

Following this mistake, the government reacted with a decision to begin the planning stage for development on an area on the eastern outskirts of Jerusalem. The final status of the Oslo accords did envision this area as having Jewish neighborhoods, but, given the lack of a peace process, the decision was not smart.

We are often justifiably defiant at the international community's hypocrisy and the Muslim world's hostility. Israelis are tired of apologizing and justifying our actions. The government cannot afford this luxury. It needs to clearly state Israeli policy. But, to be both right and smart, it also needs to do some things not entirely consistent with its stated rhetoric. Israel needs international support to survive and thrive. But, I guess being smart probably goes out the door in an election campaign. Hopefully, brains will start working again on Jan. 23. 

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



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# Out the Window in Winter

By Jan Behrs

If you've ever planted a cute little fir, pine or spruce in your yard only to pay hundreds of dollars a decade later to have a 40-foot monster cut down and removed, you may be leery of being fooled again. But, believe me, with the exciting array of dwarf and miniature conifers now available, pumping up the beauty of your winter garden with some gorgeous evergreens is a cinch.

When I started to segue from planting mainly vegetables, fruit and a few annual flowers into a full-blown obsession with perennials and deciduous flowering shrubs, my garden looked fantastic in spring, summer and fall. What I neglected, and what many gardeners discover they've forgotten in this bleak season, is something interesting to look at through the rain-streaked windows in winter – the season that always seems the longest. I looked at a cheerless garden of dead sticks and stems.



PHOTO COURTESY OF PORTLAND NURSERY


Conifers, to me, were those Douglas firs edging the garden and blocking the light. But the lovely small trees bred by Oregon nurseries such as Iseli Brothers are nothing like them. Dwarf conifers tuck easily into existing beds and borders, playing an innocuous role in the high season but shining like diamonds in the wet. In colors from silvery gray and blue-green to golden yellow and copper, and with foliage that twists, curls and feathers, they offer welcome eye candy during January's gloom.

Some are narrow, such as Wissel's saguaro (*Chamaecyparis*), a blue-green beauty shaped like a saguaro cactus that grows 10 feet tall and 2 feet wide. Wilma Goldcrest (*Cupressus macrocarpa*), a cultivar of Monterey cypress that grows 9 by 2 feet, gives off a lemony scent when brushed. Other narrow lovelies include the blue-gray Ellwood's Pygmy (*C. lawsonia*, 3 feet tall) and Ellwood's Pillar (*C. lawsonia*, 4 feet tall). *Chamaecyparis thyoides* "Red Star" grows into a dense cone to 3 feet but is only 1 foot wide. Its tips turn red in winter.

Dwarf conifers also come in traditional cone shapes, such as *Cryptomeria japonica* "Elegans Compacta," which has soft, feathery foliage that turns purple in winter; it grows to 6 feet. "Tiny Tower" Alberta spruce (*Picea glauca*) and *C. lawsonia* "Barry's Silver," a silvery green with white tips, also reach 6 feet.

Some of the most fun shapes are the whipcord conifers, with tight ropes of drooping foliage growing in a circle. One of the finest is *Thuja plicata* "Whipcord," a dwarf Western red cedar, which grows 2 feet tall by 3 feet wide. These look wonderful in pots.

Conifers also work well in the rock garden or as groundcovers. Globe-shaped mounds or spreading carpets, they add sparkle all year long. For a dense, round green ball, try Little Gem Norway spruce (*Picea abies*), 18 inches in diameter, with red tips in winter. Pimoko Serbian spruce (*Picea omorika*) is a dense, broad bun 18 inches tall and 30 inches wide. Fire Chief globe arborvitae (*Thuja occidentalis* "Congabe") has golden foliage tipped with red and grows 4 feet tall and wide. It's a sport (variant) of the popular Rheingold. And Treasure Island (*C. lawsonia*), a miniature cone-shaped tree with yellow-green foliage, tops out at 2 feet.

Most conifers need full sun, although yew (*taxus*), hemlock (*tsuga*), and conifers with pale green or white-tipped foliage do well in part shade. *Tsuga canadensis* "Gentsch White" looks as though it has been frosted with snow and grows 4 feet tall and wide. 

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



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# Ask Helen

## 10 commandments for a richer life in 2013

Dear Helen:

*My life is stuck. I need 2013 advice that's more than just join a gym and change your job. I need those but I also need a deeper makeover!*

Ready

Dear Ready:

Virtually no big change is linear, consistent or fast. Most folks start with some simple prayers: Make it easy. Make it not hurt. Make me successful. Am I done yet? It's my "wake up thin" fantasy, and it just isn't that easy. Your outer and inner worlds both have to work in sync. But the right mix of intention and action can focus your energy and get you going. Start here:

### Commandment 1: Update your resume.

This will give you perspective on your past. It's also the two-dimensional window folks look through to see you. Update your accomplishments, skills and references. This'll boost your confidence as well as highlight areas where you need additional experience or training.

### Commandment 2: Do a reality check.

See what's fulfilling and what's lacking in your life. Be honest and realistic. Make two lists: what you like and what you want different by next Dec. 31. See where motivation and commitment intersect. Identify what you'd sacrifice to make change happen. Naming the trade-offs will help make them real. Open your mind first; your body will follow.

### Commandment 3: Set specific goals.

Name them and plant them in the center of your psychic bulls-eye. Visualize yourself in the new situation, whether job or relationship. Imagine yourself vibrant and strong. Start every day with the mantra: I deserve (your personal goals here). Action follows intention. Decide where you want to go and you'll start taking steps to get there.

### Commandment 4: Take better care of your body.

Feeling sick, tired or just plain uncomfortable is lousy. Get a checkup. Start a food and exercise program that is appropriate for your health/age. Keep a food journal. Find an exercise buddy. Pat yourself on the back when you make progress. Kick yourself in the butt when you slack off.

### Commandment 5: Enlist your allies.

Your family and friends are probably sick of hearing you kvetch. The good news: They'll be motivated to support your efforts. The bad news: They'll keep you accountable to your goals. Ask for help in various ways, from (gently) being food police to networking job leads. Thank them often and tell them when things go well.

### Commandment 6: Do for others.

Take every chance to help someone, from a neighbor to a co-worker. Acts of kindness and usefulness will make you feel good. Don't be concerned with getting credit or about the time it takes from your own life. Do it because it feels good and is the right thing, not because you hope for a future reward. Network with a smile – it will enhance your reputation and the way you're perceived and valued.

### Commandment 7: Let others do for you.

You don't always have to be the hero. When you're offered helping hands, take them – assuming they're competent and care about your welfare. If it's a choice between trying to do it all on your own or graciously saying yes, don't waste time wondering what's OK. Ask for help when you need it, and take it when it's offered. Say thank you often, graciously and with chocolate.

## Say thank you often, graciously and with chocolate.

### Commandment 8: Balance work and life.

Think about what makes you happy and what you want more of and less of in your 24/7. If you're at work, work. If you're off-duty, enjoy the ones you're with. Without people who care about you, money and success can feel emptier than you would expect. Nourish your heart as well as your wallet.


### Commandment 9: Have daily and weekly practices.

Body: Join a gym or a team, and dance or walk around the block each day. Use your body as more than transport from Point A to Point B. Heart: Whether it's Facebook or a goodnight kiss, communicate your caring to those you love and those who love you. Soul: Make time for meditation, prayer or whatever feeds your knowledge the world is bigger than you.

### Commandment 10: Choose happiness.

For 30 minutes a day, do whatever you most want in that moment, without any guilt. Pick up your book or pet the cat. The more often you choose to be happy, the more likely you will be. Lighten up. Play more often. Whatever makes you feel like you're having fun, give yourself more of it each week. The glow will show, and people will be more drawn to you. People include potential new bosses, as well as friends and family.

If you're really ready, this can be a great time to change.

A holiday card said: Hope. Faith. Inspiration. Use them all. 

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





**EXHIBIT PREVIEW** – Artist Sara Harwin, right, gives members of the Women's Philanthropy Committee of the Jewish Federation of Greater Portland a sneak peek of her newest project, Illuminated Letters. WPC groups toured Harwin's studio Dec. 4 and 5. Harwin says she conceived of the project in 2007 "as a way to further my own exploration of Jewish text and language through art." The project will feature six imagery panels that present 18 core concepts of Judaism visually. Each image also will be placed in the center of a Talmud-like page, framed by four to six commentaries from renowned teachers, scholars, authors and rabbis. The exhibit will premiere as a featured exhibit at the Oregon Jewish Museum Feb. 15 - May 4, 2014. Photo by Deborah Moon



**AUCTION FUN** – Portland Jewish Academy board member Jay Zidell and past PJA board member Sue Perkel pose in front of one of the many "food carts" at the 51st Annual PJA Auction held Dec. 2 at the MJCC. The auction, which grossed just under \$500,000, drew about 325 attendees plus 40 or so volunteer parents and staff members. The event was chaired by Sandy Nemer and Barb Anderman (at right). Photo by Ron Appelbaum



**INTERGENERATIONAL HANUKKAH** – About 50 families with young children celebrated Hanukkah at a Neveh Shalom-sponsored Shoreshim-Dorot event with more than 20 residents of Robison Jewish Health Center on Dec. 9. The morning included sharing favorite aspects of Hanukkah, singing traditional zemirot, doing arts and crafts, giving cuddles, sharing stories and enjoying snacks together. Lanette Ambers holds her son Isaac as he high fives Robison resident Beverly James. Photos by Naomi D. Leavitt



**GOLDEN PHONE WINNERS** – NCSY Oregon Teen Programming Director Meira Spivak, flanked by JUMP (Jewish Unity Mentoring Program) members (from left) Raizel O'Brien, Nofar Movshkovich and Allya Yourish, accepts the Super Sunday Golden Phone Award for bringing the most volunteers to the annual Jewish Federation of Greater Portland phonathon. Super Sunday raised more than \$102,000 from 400 community members with an average increase of 9% to support JFGP's Annual Campaign. Only 13 volunteers separated the first four groups – Maimonides Jewish Day School, MJCC/PJA and Jewish Family & Child Service.





Aaron Kintu Moses, center, tells an interfaith gathering about the Jews of Abayudaya. Moses came from Uganda to share his people's story.

## Jews of Uganda inspire Portlanders of all faiths

Story and photo by Polina Olsen

The speaker looked regal as guests of all faiths gathered to meet and greet at the Northeast Portland home of Joanie Levine and Yehudah Winter. Representing the Abayudaya community of Ugandan Jews, Aaron Kintu Moses' fundraising tour included stops on both coasts. Moses landed in Portland on Nov. 16 compliments of P'nai Or and other local Jewish, Christian and Muslim organizations. They hoped his visit would raise funds for Abayudaya education and nutrition programs and inspire continued interfaith friendship and cooperation.

Kulanu, an organization that supports isolated and emerging Jewish communities around the globe, sponsored the national tour. The Abayudaya, a group of about 1,000 people who are mainly subsistence farmers, live in eastern Ugandan villages, each with its own small synagogue. Their main synagogue and two schools are in Mbale, a town of 92,000.


The Abayudaya, which means "People of Judah" in their native Luganda, began with warrior and statesman Semei Kakungulu, who once worked for British colonialists. He studied the Old Testament, declared himself Jewish in 1919 and compiled rules and prayers by 1922. He met a Jewish trader named Joseph in 1926 and convinced him to spend six months teaching Judaism to the new and growing community.

"My grandfather was a student of the founder," said Moses, who is the Abayudaya director of education and principal of the primary school. "I'm in Portland for the first time and want to make new friends. And, I want to make Portlanders aware of Uganda and the Abayudaya."

P'nai Or's interest began with Joanie Levine's suggestion for a tzedakah project. Part of the congregation's Tikkun Olam committee, Levine learned about the Ugandan group from her friend Lorne Mallin, who became fascinated by the haunting music that combines African melodies with Jewish prayer. He lived among the Abayudaya for two years. P'nai Or raised funds to help orphans and provided reusable sanitary pads, without which many girls would miss school each month. The congregation's micro loan jump-started a business where women make colorful beaded jewelry. After realizing that the bicycles they initially proposed wore out on rough Ugandan roads, the congregation paid for motorcycle taxis that bring children to school.

P'nai Or Rabbi Debra Kolodny was among those at the meet-and-greet. She looked forward to the evening's joint Shabbat service and the slide show/lecture at Congregation Neveh Shalom the following night.

"I find the story of the Abayudaya so inspiring," she said. "Here is a community in Uganda that against all odds came to the realization that they were Jewish and got what resources they could to learn, study and pray. It shines a light on what is so beautiful about our prayers, ethics and traditions. The smaller we can make the world, the more we bridge what we think are differences and realize our commonalities, the more hope there is for peace and a world where we can live together with our brothers and sisters."

For more information or to make a contribution to the Abayudaya, visit [www.kulanu.org](http://www.kulanu.org). 

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# JANUARY CALENDAR

## Jan. 5

**Yale Strom Concert at 7 pm at Congregation Neveh Shalom.** (See story page 48.) Tickets: \$15/person or \$36/family. [nevehshalom.org](http://nevehshalom.org)

## Jan. 6

**OJM Cinema film screening: "A Man From Munkacs: Gypsy Klezmer,"** 2-4 pm. Director Yale Strom will be in attendance at the film for a Question and Answer session afterwards. (See story page 48.) Tickets: Public: \$10; OJM Members: \$8. Reservations while 50 seats last at [www.ojm.org](http://www.ojm.org) or 503-226-3600

## Jan. 8

**Sephardic Film Festival with free film and refreshments features "Every Time We Say Goodbye"** at 7 pm at Congregation Ahavath Achim, 3225 SW Barbur Blvd., Portland. This 1986 film stars Tom Hanks as an American flyer, who joined the RAF before his country was in the war. Recovering from an injury in Jerusalem, he meets a quiet Jewish girl whose close-knit family originally came from Spain. Though they keep running into each other in the small community, they find themselves just as frequently parting again. David: 503-892-6634

**Kashrut and Beyond: Jews and the Ethics of Food,** a Melton five-week spotlight course, meets 8:30-9:45 pm Tuesdays Jan. 8-Feb. 5. Explore the subject of food and ethics from a variety of Jewish perspectives using texts from Torah, Talmud and contemporary writings. Registration deadline is Jan. 5. Tuition: \$90/Melton graduates, \$115/others. Register online [meltonportland.org](http://meltonportland.org) or email [learn@meltonportland.org](mailto:learn@meltonportland.org)

## Jan. 9

**Monthly Bistro Nights at the J.** 6:30-8 pm in the MJCC lobby and Cafe at the J. Enjoy dinner or small plates at the Cafe at the J while you listen to guest musicians. 503-244-0111

## Jan. 12

**Maayan Torah Day School Melava Malka Celebration, "Building our Children's Future."** Honors Jodi Berris with the Pioneer Builder Award and Jacob and Devorah Spilman with the Torah and Derech Eretz Award. 7:30 pm at MJCC. Keynote speaker Gary Torgow, chairman of Talmer Bancorp, will offer reflections of an entrepreneur on spiritual growth and giving. \$45 includes open bar. RSVP 503-245-5568 or [info@mhtdayschool.org](mailto:info@mhtdayschool.org)

## Jan. 13

**Charles Schiffman and Pastor Dave McGarrah, who co-host "The Teacher and The Preacher" radio show every Sunday at 6:30 pm on KPDQ 93.9 FM, will appear for a live version of the show, "Teacher and Preacher Evening,"** at 5 pm at Congregation Shaarie Torah, 920 NW 25th Ave., Portland. The show discusses current events as well as Biblical episodes, from the point(s) of view of the hosts' faiths. 503-226-6131

## Jan. 18

**Freedom Riding Rabbi Israel "Si" Dresner will speak at 6 pm at Congregation Beth Israel, 1972 NW Flanders St., for this special Shabbat service honoring the memory of Dr. Martin Luther King, Jr., his life and achievements.** Dresner – who is sometimes referred to as "the most arrested rabbi in America" for his protests during the Civil Rights era – participated in the 1961 Interfaith Freedom Ride from Washington, DC, to Tallahassee, FL. The Tallahassee Ten, as they became known, were ultimately arrested for sitting in a segregated restaurant at the airport before flying home. Dresner was featured in the book *Freedom Rides: 1961 and the Struggle for Racial Justice* and the documentary "Freedom Rider," which originally aired on PBS in May 2011. Contact Jemi Kostiner Mansfield at 503-222-1069

## Jan. 18-20

**ChocolateFest at the Oregon Convention Center, 777 NE MLK Jr. Blvd., Portland.** [www.chocolatefest.org](http://www.chocolatefest.org) or 503-228-1367

## Jan. 23

**Adult Creative Writing Workshop led by Jeffrey Winters, 7-9 pm, at MJCC.** [oregonjcc.org](http://oregonjcc.org)

## Jan. 26

**Tu B'Shvat-A-Thon Mitzvah Day, 8:45 am-1 pm. Assist Friends of Trees in restoring the tree canopy at McGregor Heights in honor of Tu B'shevat, New Year for trees.** Help plant seedlings. Everything you need is provided, including breakfast treats and sack lunches. Meet at the MJCC at 8:30 am to carpool. RSVP required at [www.oregonjcc.org/rsvp](http://www.oregonjcc.org/rsvp)

## Jan. 27

**Winter Family Fun Fest, 3-4:30 pm at MJCC for families with kids 6 and under.** Free. Enjoy round robin activities and entertainment. Learn about Jewish preschools, playgroups, camp options and more. For more info: 503-245-6449 or [jewishportland.org/funfest](http://jewishportland.org/funfest)

## Jan. 31

**PBS premiere "Space Shuttle Columbia: Mission of Hope," in conjunction with the 10th anniversary of the shuttle disaster.** Inspirational story of Colonel Ilan Ramon, a fighter pilot and son of Holocaust survivors, who became the first and only astronaut from Israel, embarking on a mission with the most diverse shuttle crew ever to explore space. Although the seven astronauts of the Columbia perished Feb. 1, 2003, a remarkable story of hope, friendship across cultures, and an enduring faith emerged. 9 pm ET (check local listings).

## Feb. 2

**The Q, Jewish Portland's favorite multimedia trivia game, will take place at 8 pm at the MJCC.** This adult night out, filled with fabulous desserts

and a no host bar, is a fundraiser for NCSY's teen programs including JSU clubs, Latte and Learns, Shabbatons, Jewish Driver's Ed and Jewish SAT Prep. Register at [portlandncsy.com](http://portlandncsy.com). For information or sponsorship, contact Meira Spivak at [meira@ncsy.org](mailto:meira@ncsy.org)

## PERFORMANCES

The Jewish Theatre Collaborative will participate in the fifth year of Portland's Fertile Ground City-Wide Festival of New Work. With many returning companies as well as new producers, Fertile Ground brings dozens upon dozens of new artistic works from Portland's teeming jungle of artists to thrive on stages, nooks and crannies all over Portland for 10 days from Jan. 24 through Feb. 3.

Single tickets for all festival events are purchased directly through the producing companies. All access Festival Passes are only \$50 and are available on the Fertile Ground website, [fertilegroundpdx.org](http://fertilegroundpdx.org), along with a complete list of events.

For its entry in the festival, the JTC presents a Staged Reading of "Taster's Choice," adapted and directed by Sacha Reich. Sample a taste of three remarkable books via staged readings that invite you to new worlds and adventures, introduce you to exciting authors and leave you hungry for more. Sculpted by the imaginative hands of JTC, stories leap from the page to the stage.

JTC will present the show at 7:30 pm for three evenings at a different venue each night. Venues: Jan. 28, MJCC; Jan. 29, Arena Stage of Theatre! Theater! 3430 SE Belmont; and Jan. 30, Someday Lounge, 125 NW Fifth Ave. Tickets: \$10 from [www.jewishtheatrecolaborative.org](http://www.jewishtheatrecolaborative.org) or 503-512-0582

## ONGOING EXHIBITS:

### Through Jan. 21

**Chagall for Children at the Portland Children's Museum, 4015 SW Canyon Road.** Marc Chagall's vivid artwork combined with unique, playful, hands-on activities. 503-223-6500

### Through Feb. 3

**L'Dor V'Dor: Three Generations Through the Lens at OJM.** Works of three generations of photographers beginning with Maurice Creamer, who used photography to bring to light life-in-progress as a child of Jewish immigrants, and continuing with works of his son Neale and granddaughter Alissa. 503-226-3600

### Through Feb. 17

**Graphic Details: Confessional Comics by Jewish Women at OJM.** 503-226-3600

**MJCC is the Mittleman Jewish Community Center, 6651 SW Capitol Hwy., Portland.**

**OJM is the Oregon Jewish Museum, 1953 NW Kearney, Portland.**





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