

JEWISH LIFE

OREGON

SERVING OREGON AND SW WASHINGTON



Phillip Margolin

After 16 New York Times best sellers, what's next for Oregon's master of legal thrillers?

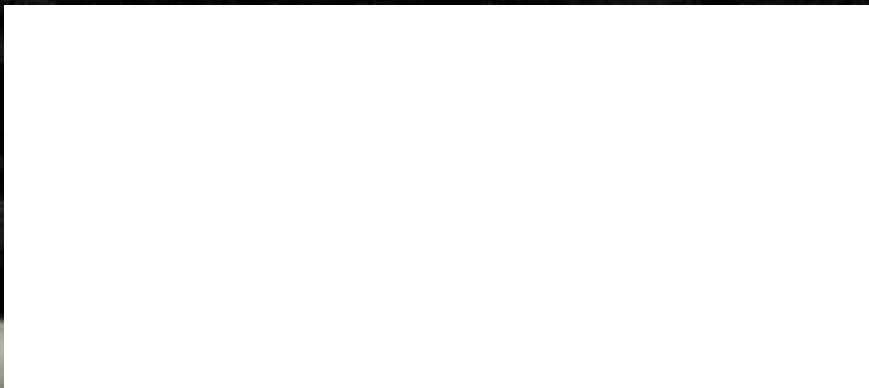
Inside

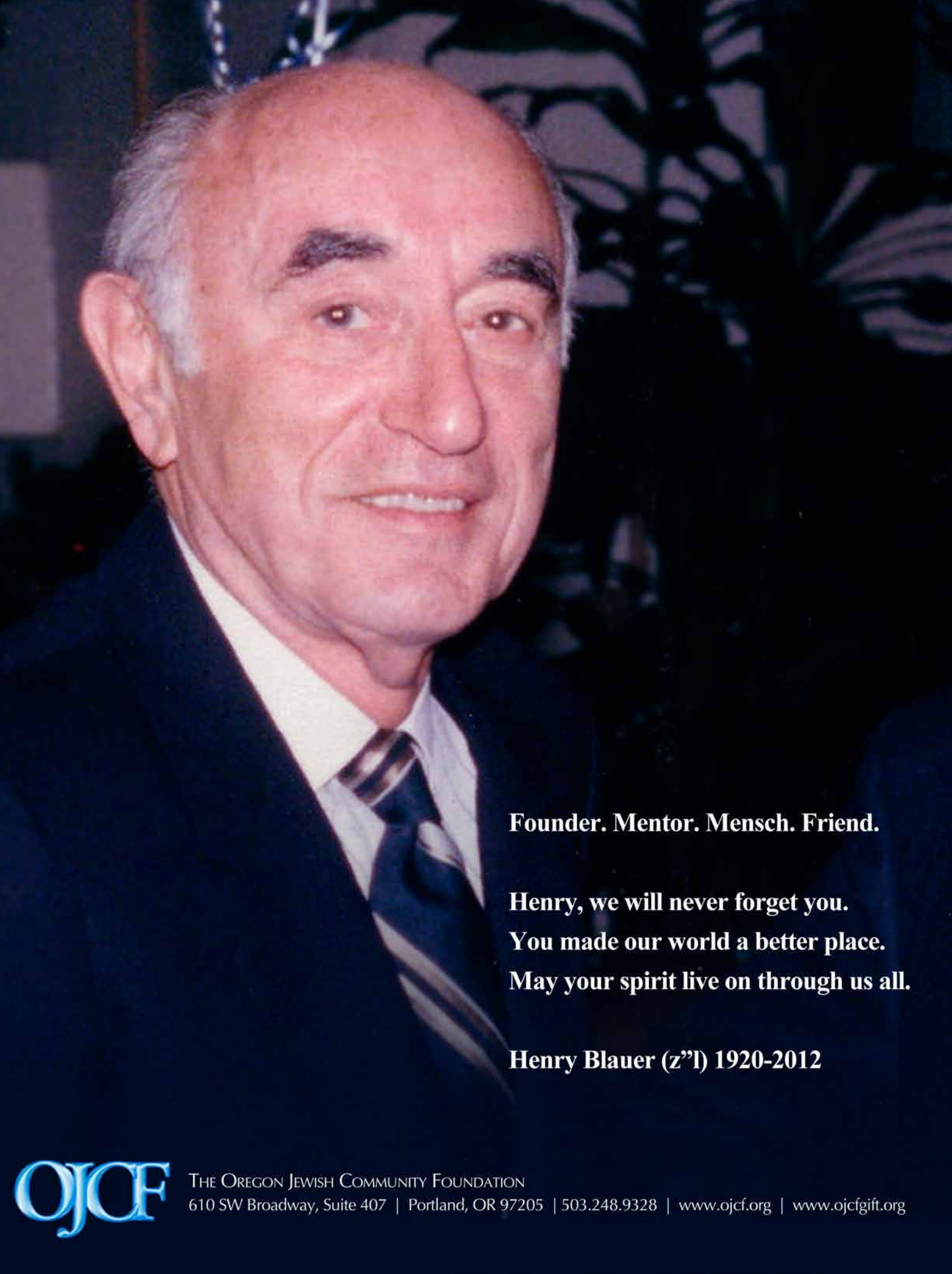
Jewish Food Excursions

From food carts to vineyards and wineries

A View of the Portland Art World

Israeli-style Family Museums





Founder. Mentor. Mensch. Friend.

**Henry, we will never forget you.
You made our world a better place.
May your spirit live on through us all.**

Henry Blauer (z"l) 1920-2012



THE OREGON JEWISH COMMUNITY FOUNDATION
610 SW Broadway, Suite 407 | Portland, OR 97205 | 503.248.9328 | www.ojcf.org | www.ojcfgift.org



The luxury experience without the luxury price. **Everyday.**

Dick Hannah

Dick Hannah's
Acura of Portland
12030 SE Stark
Portland, OR 97216

866-716-8163

Please mention this ad. Thank you.



Exceptional lease and finance offers at
dickhannahacuraofportland.com



**THE
COMMERCE
BANK
OF OREGON**

**WE BELIEVE IN
COMMUNITY**



“I consider myself fortunate in many ways and believe in making meaningful contributions to the social and economic well-being of our community.”

Richard Glassman - Relationship Manager

Richard Glassman serves on the investment committee of the Oregon Jewish Community Foundation (OJCF). He also serves on the board for Kinship House, an organization that provides mental health services to children in foster care and adoptive placement.

ABOUT THE COMMERCE BANK OF OREGON

The Commerce Bank of Oregon is dedicated to serving the financial needs of local businesses, professional firms, nonprofit organizations and the people who make them successful, by providing highly personalized business banking services by experienced banking professionals.

Connect with Richard: 503.548.1102 | richard.glassman@tcboregon.com

לְמִנְצַחַת שִׁיר מְזֻמָּר
הָרִיעוּ לֵאלֹהֵי כָּל־הָאָרֶץ:

For the Leader: A Song!

Shout Joyfully Unto G-d, All the Earth.

PS. 66:1

It is with great pride and happiness that we welcome
Cantor Ida Rae Cahana as CBI's new Senior Cantor.

CONGREGATION
BETH ISRAEL



Which Jewish memories do you most cherish?

The story of your family's journey from the Old Country

Create a Jewish Legacy

What will you pass down to future generations?



Sustain our vibrant Jewish community through a legacy gift to the Jewish Federation of Greater Portland.

Contact **Laurie Rogoway** at **503.245.6473**



or laurie@jewishportland.org or

visit www.jewishportland.org/jewishlegacy to find out how to begin.



Jewish Federation
OF GREATER PORTLAND

Building a vibrant Jewish community.
503.245.6219 | www.jewishportland.org
6680 SW Capitol Highway | Portland, OR 97219

  JewishPDX

GROWING CONFIDENCE AND DEMAND

CONFIDENTIALITY • PROFESSIONALISM • EXPERIENCE • DEDICATION • TECHNOLOGY



PANORAMIC VIEWS



ML#11512342

HESSLER HEIGHTS



ML#12204802

CASCADE HEAD SANCTUARY



ML#12401151

ZEN RETREAT ON OSWEGO LAKE



ML#12313180

URBAN RETREAT



ML#12613125

MJ STEEN

Principal Broker
www.mjsteen.com
503-497-5199

Windermere
Cronin & Caplan Realty Group, Inc.

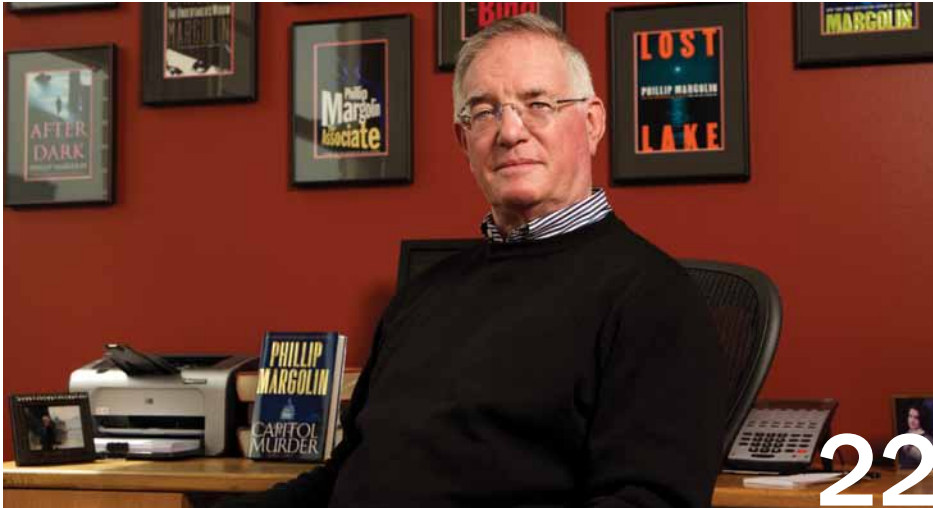
For 30 years we've helped bring peace of mind to over 20,000 clients during one of life's toughest times.

Respected

GEVURTZ Attorneys at Law
♦ MENASHE

The firm you want on your side
family law

OREGON ♦ S.W. WASHINGTON
503.227.1515 360.823.0410 GevurtzMenashe.com
Divorce ■ Children ■ Support



[Cover Story]

- 22 Page Turner: A new surprise from mystery writer Phillip Margolin
- 27 New releases from local authors
- 26 Eric Kimmel wins National Jewish Book Award

[Features]

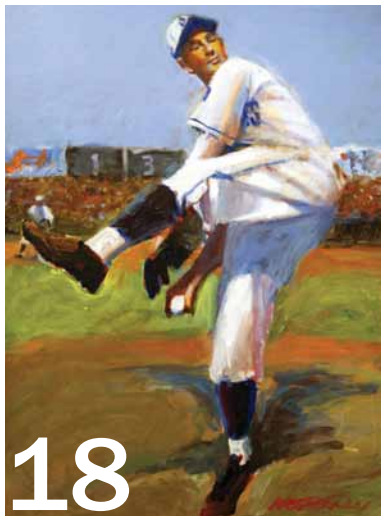
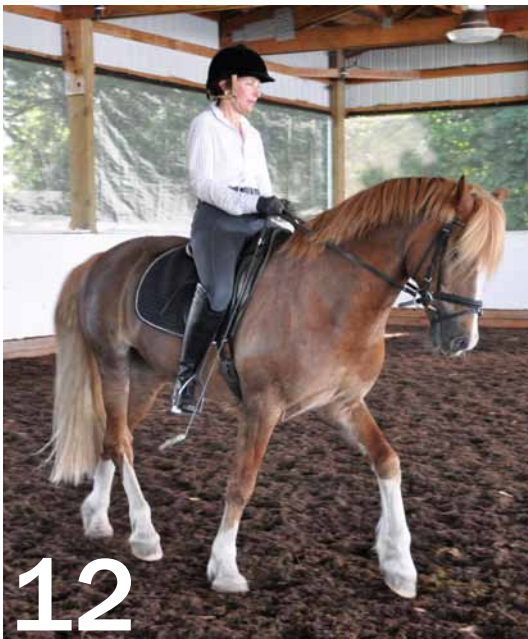
- 12 Horse Crazy: Where passion and fashion meet
- 49 BedMart, where sleep is the goal and dreams come true
- 52 Seniors exercise in water
- 62 Help your landscape beat the heat

[Arts]

- 14 All in the Family: Profile of David Shifrin
- 16 Portrait of Two Artists: Sidonie Caron and Arne Westerman
- 20 Art walks around the state
- 21 Artist Update: Aithan Shapira

[Food]

- 28 Growing kosher
- 32 A bountiful harvest
- 34 Chef's Corner by Lisa Glickman
- 36 Perfect pairings
- 37 New Seasons' wine bar builds community
- 38 Eat local
- 40 Street food for every taste
- 42 Appetizing legacy
- 46 Ingestigating San Francisco



Top: Phillip Margolin, Oregon's world-famous author of legal thrillers.

Second row (from left): Equestrian designs comfortable riding apparel.

Portland artist Arne Westerman's painting of his childhood hero, Harold Saltzman.

Lower right: Local wines and produce enhance Pacific Northwest cuisine.

In Every Issue:

[Connect]

- 48 Traditions
- 50 Northwest Fashionista by Catherine Garvin
- 51 Volunteers
- 66 Advice: Ask Helen
- 67 Happenings

[Israel]

- 58 An Oregonian in Israel by Mylan Tanzer
- 60 An Israeli in Oregon by Amos Meron
- 61 Life on the Other Side by Anne Kleinberg

[Through the Ages]

- 63 Families: Family museums, Israeli style
- 64 Young Adult: Beth Israel adds assistant rabbi
- 65 Seniors: "Yes I can" is not enough

Thank you for being part of the Jewish Federation of Greater Portland's 92nd Annual Meeting



We are so grateful for the generosity of our community and the opportunity to share a modern-day Jewish hero's reflections on the past and vision for our future.



Building a vibrant Jewish community



Jewish Federation
OF GREATER PORTLAND

503.245.6219 | www.jewishportland.org
6680 SW Capitol Highway | Portland, OR 97219





*"We are building on a legacy."
— Robin Runstein*

A NEW GENERATION OF INSPIRED LEGAL SERVICE.

With a roster of smart, young, energetic attorneys, Kell, Alterman & Runstein continues the proud tradition begun in 1929 by Portland civic leader and founder Gus J. Solomon. Our high quality services build on long experience in legal matters ranging from business law to litigation concerns to family issues. We also have strong expertise in other practice areas:

- Estate Planning
- Energy Law
- Franchise Law
- Environmental & Natural Resources Law

Visit www.kelrun.com to learn more about the firm and meet our attorneys. Practical, progressive and technologically savvy, they retain a personal touch and are more focused than ever on providing effective, helpful legal assistance to individuals, families and business.

KELL, ALTERMAN & RUNSTEIN, L.L.P.
Attorneys

Eight decades of progressive thinking.

Portland, OR & Vancouver, WA 503.222.3531 www.kelrun.com

JEWISH LIFE

OREGON
SERVING OREGON AND SW WASHINGTON

Publishers

Robert Philip and Cindy Saltzman

Advertising and Editorial Director

Cindy Saltzman

Editor-In-Chief

Deborah Moon

Advertising Sales

Cynthia Klutznick

Debbie Taylor

Art Director

Susan Garfield

Copy Editor

Amy R. Kaufman

Cover Photography

Tatiana Willis

Columnists

Catherine Garvin

Lisa Glickman

Anne Kleinberg

Amos Meron

Helen Rosenau

Mylan Tanzer

Contributing Writers

Abra Cohen, Michael Fox, Amy R. Kaufman, Joseph Lieberman, Liz Rabiner Lippoff, Polina Olsen, Kerry Politzer, Sura Rubenstein, Elizabeth Schwartz and Vanessa Van Petten

How to reach us:

Advertise@ojlife.com

503-892-7401

Art@ojlife.com

Distribution@ojlife.com

Editor@ojlife.com

503-892-7402

Publisher@ojlife.com

503-892-7401

Subscriptions@ojlife.com



Oregon Jewish Life

6680 SW Capitol Hwy.
Portland, Oregon 97219

www.ojlife.com



A Prince Hal Production
(TGMR18)

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



SUMMER
FREE
FOR ALL
2012

MOVIES
CONCERTS
PLAYGROUNDS
PERFORMANCES
SWIMMING
CLIMBING WALL

*All summer long
in Portland's parks!*

Get a complete list of
FREE summer activities at
PortlandParks.org



"Summer Free
For All - Portland"



"summerfree4all"



PORTLAND
PARKS & RECREATION

Healthy Parks, Healthy Portland

The Best Park System in the Nation



Thanks to our Sponsors:

make it better
@PORTLAND TRAIL BLEZERS

DAIMLER



**LIVE
95.5**
TODAY'S MODERN CLASSIC



**Mobile
Marketing**

K103fm

**National Recreation
and Park Association**

KeyBank

Find a complete list of sponsors at www.PortlandParks.org

LORRAINE ROSE

Principal Broker

www.LorraineRoseCity.com



Moving our Jewish Community
for over 25 years!

Experience, Honesty & Confidentiality
whether you are buying or selling

Portland Heights in the Grid



**A rare opportunity to own this
home in mint condition
6 bedrooms, 4.2 bath, 6000+ SF
\$4,900,000**

"When you are Moving In, Moving up or
Moving out"

Call Lorraine or her assistant Kelsey.

503-703-8666 / 971-226-5110

lorrainerosepdx@gmail.com

Windermere
Cronin & Caplan Realty Group, Inc.



Remember to Savor Life

A wave of nostalgia swept over me this past month as I met with people for various articles in this issue.

It started when I walked into a stable in Canby to do a story about a woman who has revolutionized equestrian apparel. The smell of horses that mingled with the scent of fresh hay and wood chips took me back to my decades of raising and showing horses. I

really only needed a couple of photographs, but I spent the afternoon hanging out and absorbing "all things horse."

I'd recognized Sheryl Rudolph's name when I set up the appointment to meet her, but it wasn't till I saw her at the stable that I remembered the time we'd spent together on the board of the Jewish Federation of Greater Portland's Young Women's Division. We had a lot of fun in those days.

Thinking about the Young Women's Division reminded me of the program I helped organize to provide low-cost genetic screening for women so they would be aware if they were carriers of any of the genetic diseases common in the Jewish population.

When I photographed the arthritis exercise class at Mittleman Jewish Community Center, I recalled how the community rallied to keep the therapy pool open when the center was restructured during its economic woes in the past decade. Talking to the people who are able to keep moving in large part because of that pool reminded me of what a valuable resource it is.

Then I was off to visit a wine bar. Chatting with the bartender and a wine distributor, I was transported back to wine tastings I'd experienced in Oregon, Washington, France and Spain.

The beautiful horses, Jewish community activities and fine wines are all things I can return to and experience again and again.

But one thing I'll never do again is speak to one of the wisest, kindest men I've ever met. Henry Blauer, z"l, whom I saw often at meetings and interviewed frequently for stories over the past two decades, died June 6 at the age of 91. Henry had been a constant in this community for decades before I moved here in 1992. He was the federation president more than 50 years ago and was on the board at the time of his death. He was always unfailingly kind and pleasant. He was thoughtful and insightful on any issue I had occasion to ask him about.

Like so many others in the community, I was shocked to hear of his passing. He had appeared so vital when I saw him just a week earlier.

Our May issue included a story featuring his wonderful wife, Gerel. I was pleased it ran while Henry was still able to enjoy it.

All these things remind me how important it is to savor life and enjoy the people and experiences who make the world a special place.

Deborah

Editor-in-Chief



Shoe Mill has been a local, family run retailer since 1978. Since then, we've been committed to providing quality footwear from around the world.

-Portland-

Lloyd Center 916 Lloyd Center Portland, OR 97232 Phone: (503) 284-3420	Streets of Tanasbourne 2125 NW Allie Ave., Suite 520 Hillsboro, OR 97124 Phone: (503) 531-6009	Gresham Station 659 NW 12th Street Gresham, OR 97030 Phone: (503) 491-4455
----------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------

Washington Square 9693 SW Washington Sq. Rd. Tigard, OR 97223 Phone: (503) 684-1244	Clackamas Promenade 8616 SE Sunnyside Road Clackamas, OR 97015 Phone: (503) 652-8944
-----------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------

-Salem-

Salem Center 401 Center Street NE Salem, OR 97301 Phone: (503) 362-9684	Lancaster Mall 831 Lancaster Dr N Salem, OR 97301 Phone: (503) 391-6288
-----------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------



Naot offers a complete footwear product line featuring incredible spring sandals with anatomically correct cork/latex footbeds.

Imported from Israel, Naot is superbly crafted in order to be healthful, comfortable and fashionable.



The Naot "Sandy"
Available in 4 great colors

Letters from our Readers

Dear Editor,

I was so excited to see the new issue. I think it is great. You used the best of the pics for my article "Best Dad-Kid Noshes in Portland."

I also loved the Wild West brawl article. Years ago, I had a Jewish page-a-day calendar and each day had a bit of trivia. One day the trivia was about the shootout between the Beth Israel rabbi and president. I asked Rabbi Rose if it was true, and he said, yes it really happened.

I also loved the Jews and brews last issue. Keep up the great writing!

Rich Geller, Portland

Dear Chef Glickman,

As a retired Pennsylvania State Certified Executive Chef/Culinary Arts Teacher (of almost 40 years), and recently relocated resident to this beautiful state of Oregon, I wanted to take a moment to tell you how much we enjoy your articles in *Jewish Life*.

I always felt the necessity for positive reinforcement with the teaching of my students, and find it even more important at this stage in my life to give that "pat on the back" for a job well done.

Your articles are entertaining, informative and obviously well prepared by someone who loves what they do as much as I.

At 70 years of age, I find I am still learning and always keep an open mind with regard to what I may have learned to this point. I would often caution my students to do the same. For no matter what I may have taught them, someone somewhere may know a better, more expedient, or just plain different way to do it.

Thank you for your articles, and may I wish you continued success in the industry, and with your lovely family as well.

Steven D. Levin, aka Cheflev, Tigard

Hi Deborah,

I'm writing you to tell you how even more impressed I am by this newest issue of *Oregon Jewish Life* – and of course to thank you for its excellent coverage of the Havurah of the Gorge.

In the previous issue, the coverage of resources for older persons and the feature on the young musician were the obvious, superb standouts. This issue, I can't say quite what struck me, but I kept thinking, "Well, this is sensational," "This is world-quality," "This is far better than much larger Jewish communities are publishing," and so on. You, and the community, are doing an incredible job.

And so of course I feel particularly honored that you are going to include something on my novel *The Rescuer's Path* in your summer reading coverage.

My very best to you, and congratulations on an increasingly fine magazine.

Paula Friedman, Parkdale

Dear Jewish Life,

This is an awesome magazine that has removed my disappointment over the ending of the years-long newspaper. Moreover, you have covered happenings in our non-Portland areas in a depth that I greatly appreciate.

I hope you will always be able to send me your wonderful magazine.

Mazel Tov on an excellent publication.

Francis Sommer, Bend

Erev Shabbat in the Park

SW Friday, July 13: PJA lawn/play structure, 6:00pm

NW Friday, August 10: Chapman Park, 6:00pm

Let's welcome Shabbat together with Rabbi Zuckerman, Cantor Vitells and Dorice Horenstein in a lively Friday night service.

Bring your own blanket, picnic dinner and a bottle of wine and watch the stars appear in the sky.

Shaarietorah.org

MJCC
AT THE SCHMIDTZ FAMILY CAMPUS



PJA
PJA Proud

NO HASSLE CAR BUYING!

Robert and I have spent more than 50 years combined at Lithia Motors. Throughout that time, nothing has brought us more pride than the trust that has been placed in us by Jewish communities across the west. We consider it a mitzvah to help people find the vehicle that best meets their needs and without any hassles. We appreciate your years of loyalty to us, and we look forward to serving you in the years to come.

**PORTLAND ■ SEATTLE ■ EUGENE ■ MEDFORD
BEND ■ KLAMATH FALLS ■ ROSEBURG**

**BMW ■ MINI ■ MERCEDES-BENZ ■ TOYOTA ■ NISSAN
CHRYSLER ■ JEEP ■ DODGE ■ HONDA ■ CHEVY ■ CADILLAC
VOLKSWAGEN ■ SUBARU ■ FORD ■ LINCOLN**



DICK HEIMANN

Vice Chairman

DIRECT [541] 944-3483
DICK@LITHIA.COM



ROBERT SACKS

Multi-Store Manager

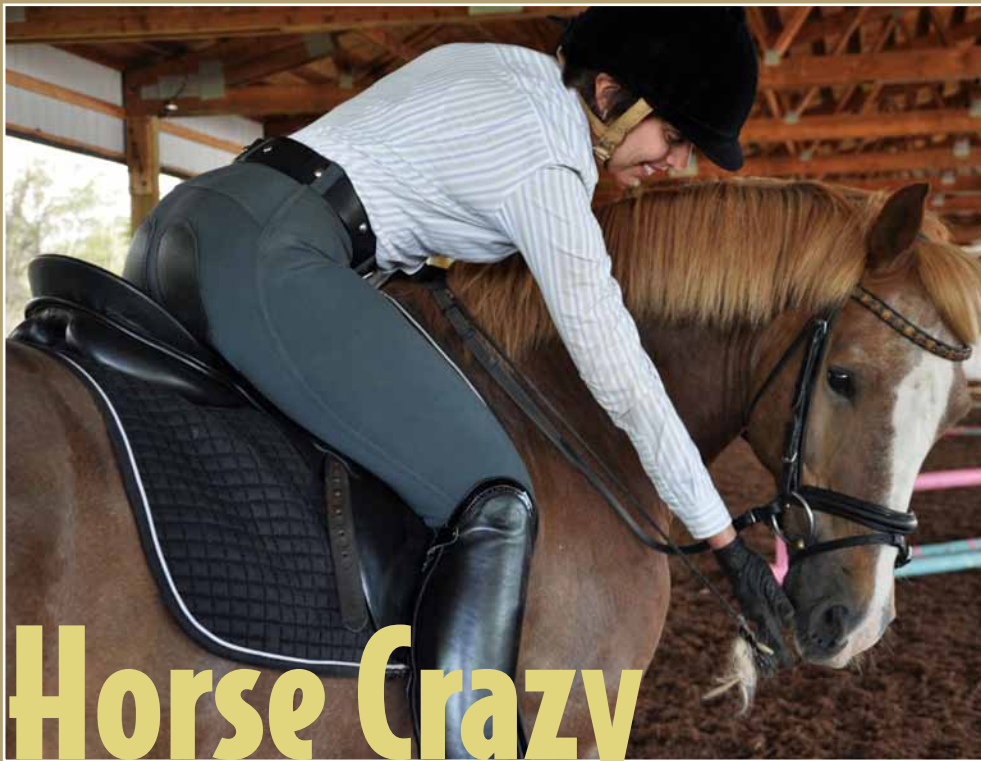
DIRECT [541] 770-7195
RSACKS@LITHIA.COM

TOLL FREE: [800] 866-9213

**CALL TODAY FOR A
VIP PRICE QUOTE!**

LITHIA AUTO STORES
Serving Our Communities Since 1946

Shop Online Today:
LITHIA.COM



Horse Crazy

Sheryl Sachter Rudolph, with her 14-year-old Welsh Cobb gelding Monty, shows off the FITS Full Seat Breeches and Silk Touch Show Shirt.

Reluctant entrepreneur combines her skills and passion to create comfortable, functional, stylish riding apparel Story and photos by Deborah Moon

Sheryl Sachter Rudolph has been comfortable on a horse since age 4. That's when her father, Dave Sachter, started taking her to ride Shetland ponies each week after Sunday school at Congregation Shaarie Torah.

Comfortable, that is, except for the clothes she wore: archaic full-seat breeches that featured inflexible leather panels.

She finally decided to combine her decades in technical apparel product development and her equestrian experience to develop comfortable breeches that enhance the riding experience. Her basic premise: "Riders are athletes and they need apparel that really functions for them."

"It seemed like I was uniquely qualified to make a breech that really performs for the rider," she says.

But she didn't want to be an entrepreneur.

"My parents had a business (Sachter's Southwest Furniture) so I knew how much work it is to have a family business. I never wanted my own business," she says.

For years she kept notes on why traditional breeches did not perform well and why they were uncomfortable. She talked to other riders and filed their concerns. And she talked to her father about her ideas that breeches should have a lot of stretch, be very durable, wick and have long-lasting good looks.

"When my dad was diagnosed with lung cancer, I spent a lot of time with him. Dad got me started in horses," she explains, noting as a child she had loved to listen to her father's stories. "Some of my earliest memories are of Dad telling stories. He loved horses and would talk about being a little kid at the Meade Street Shul on Shabbat and looking out the window.

The garbage men kept horses in the field next to the shul and he (Dad) would watch the horses. When he got older, after cheder (afternoon Hebrew school) he would go out and ride the garbage men's horses with strings (for reins)."

"When I was 4, he started to take us (Sheryl and her sister Elaine) to ride Mr. Coyle's Shetland ponies in Tigard," she reminisces with a smile. "We (about 15 to 20 little girls) were the Alpenrose Cavalry. We would ride in the Rose Festival Parade, Fourth of July events... and drill team stuff at Alpenrose."

Though there have been times in her life when she didn't ride, she says her love for horses has "been a constant in my life." From about fifth to eighth grade, she competed on a hunter-jumper her parents half-leased for her. When she was 25, her husband, Steve Rudolph, presented her with a key, then blindfolded her and drove her to a stable where she found a palomino and a tack room that the key opened. In her early 30s, her friend Mandi Chestler asked if she wanted to take a lesson a week on her horse, which introduced Sheryl to eventing (where horse and rider compete in show jumping, dressage and cross-country events). At 40, she switched to dressage and has done that ever since.

And during all those years, she collected thoughts about how riding breeches could work better.

While she spent as much time as possible with her father in his final months of life in 2004, the subject came up repeatedly.

"He said, 'Sheryl you need to do it.' So that started me down this road," Sheryl explains. "It's been a lot of work, but I'm really glad."

To help support her expensive habit – horseback riding – she had opened Fun In The Saddle (FITS) in 2003, selling items embroidered with horse themes. So in mid-2004, her father’s push prompted her to develop a prototype of FITS breeches. In November 2005, she shipped her first order of FITS breeches.

Initially she worked 80 hours a week alone. But now FITS has three full-time office staff and a couple part-timers. FITS apparel is now sold in a couple hundred retail stores across the U.S. and Canada and through four of the five largest equestrian catalogues in the country. About 80% of the clothing is made in the U.S.

“Day to day, I do product development and marketing and have fun with everybody I work with,” she says.

FITS’s initial product, Full Seat Breeches, is so innovative that it is covered by two utility patents. Utility patents, which protect based on how something functions, are much rarer than design patents.

“We made the (leather) full seat articulated where the body is articulated; we took the seam out of the crotch. It’s the only full-seat breech with freedom of motion – that’s how we got utility patents.”


Other popular features include: perforated deerskin used for the leather, which enables the leather panels to breathe; the body-core support panel that provides additional support to the rider’s core so muscles don’t fatigue as quickly (though many people call it “a tummy control panel”); microfiber and Lycra-blend fabric that stretches and breathes; and mesh fabric on the inner calf for less heat and less bulk in the riding boot.

Additional products Sheryl has developed include knee-patch breeches for people riding hunter-jumpers and a variety of riding shirts and accessories, all of which fulfill Sheryl’s original vision to optimize rider comfort and performance through functional design.

Now when she’s not in the office, she gets to spend time with her horse or home with her family. Her 19-year-old son Max just returned from Israel, where he spent the last 10 months on Young Judaea’s Year Course. Sam, 22, plans to finish college next fall in Sweden, after which he plans to tour in Europe and visit his cousin in Israel.

Both boys attended Portland Jewish Academy for a time and spent summers at B’nai B’rith Camp, where Steve is on the men’s camp board. They are long-time members of Congregation Neveh Shalom. Years ago Sheryl helped start the Young Women’s Division at the Jewish Federation of Greater Portland.

“I’ve been so occupied with work, I do look forward to getting involved again,” she says, pointing to the example of her mother, Ruby Sachter, a past president of the board of Cedar Sinai Park, who “got more involved (in the Jewish community) after she retired.”

Sheryl also looks forward to this year’s Olympics – a point of pride because some members of both the Canadian and U.S. equestrian teams will be wearing her breeches and shirts. 

Supporting the Jewish Community and the Pets of Hillsdale



New clients visit: www.HillsdaleVet.com
for a FREE EXAM

VIC ALFONSO 
Oregon's #1 Volume Dealer for Cadillac

Phone: 1 (800) 875-CADY
Local: 503-233-6451



Call Ed Kriegal
General Sales Manager
503-720-9573

▶ THE ALL-NEW

Cadillac SRX



▶ THE ALL-NEW

Cadillac CTS



633 NE 12th Ave.
Portland, OR

www.vicalfonso.com

503-233-6451

633 NE 12TH AVE.
PORTLAND, OR
503-233-3451

All in the Family

Chamber Music Northwest's artistic director passes love of music to new generations

by Elizabeth Schwartz

David Shifrin could say he owes everything to his *mishpocha* (extended family). The world-renowned clarinetist is also a professor at the Yale School of Music and artistic director of Chamber Music Northwest, Portland's summer chamber music festival. His official bio is studded with more notable accomplishments than we have room to print, but suffice it to say Shifrin has worked with some of the world's finest musicians, including Emanuel Ax, Wynton Marsalis, and the Guarneri and Emerson String Quartets.

It was Shifrin's distant relative, Argentinean-American film and television composer Lalo Schifrin, best known for writing the *Mission Impossible* TV show theme, who first encouraged Shifrin's musical interests (the two families spell their surnames differently). Shifrin explains, "Lalo Schifrin's family emigrated to Buenos Aires, and mine moved to New York. When Lalo first came to New York in the late 1950s, he opened the phone book and found my grandfather, who had the same name as his grandfather. So Lalo called us and we invited him over for Shabbat."

Schifrin encouraged Shifrin's parents to get their son his first clarinet, an instrument he describes as "the chameleon" for its versatility and adaptability. Shifrin spent weekends with Lalo's family as a teenager after Lalo moved to Beverly Hills, CA. In the 1980s, when Shifrin moved to Los Angeles himself, he maintained ties to Schifrin and his family. In 2005, Shifrin commissioned *Dances Concertantes for Clarinet and Orchestra* and another work for clarinet and strings from Schifrin. The two works were released on the Aleph label in 2006 as *Shifrin plays Schifrin*.

As Shifrin approaches his 32nd summer as artistic director of Chamber Music Northwest, he takes a moment to reflect on his tenure with one of Oregon's most established summer festivals. "In 1981, when I became artistic director of CMNW, I was 31 years old," says Shifrin. "At that time, CMNW seemed to have enormous promise and potential. The musicians who played there recognized what a great fit Portland was for chamber music ... We had the resources to produce concerts at the very highest level, which attracted both musicians and audiences to Portland in the month of July, the best weather anywhere, and friendly welcoming audiences who were very happy to have us."

As an artistic director, Shifrin focuses on CMNW's administrative, artistic and financial concerns. But Shifrin does more than oversee CMNW; he is also one of its regular performing artists. This summer he'll play at least six different works over the festival's five weeks, including Stravinsky's *A Soldier's Tale*,

Schubert's *Shepherd on the Rock*, clarinet sonatas by Poulenc and Brahms, and a newly commissioned work from Portland composer David Schiff. In any given season, Shifrin performs in roughly a third of the concerts at CMNW, and freely admits to the occasional difficulties inherent in juggling his performance and administrative duties.

"You have to allow a certain time to prepare for both, and it's always a challenge. The switch has to be turned on for public speaking or performing or sitting at a desk."

"It's important to bring music to the next generation, especially when music isn't prevalent in public schools." David Shifrin




All classical music ensembles and their artistic directors face the existential challenge of growing and broadening their audience. For Shifrin, nurturing younger audiences is a fundamental goal.

“It’s important to bring music to the next generation, especially when music isn’t prevalent in public schools,” he acknowledges. “It’s difficult to attract audiences who haven’t been exposed to classical music at a young age.”

Through CMNW’s Protégé Project, which launched in 2010, the festival also grows the talent pool of rising professional musicians. According to CMNW’s website, “The Protégé Project has brought to Portland some of the country’s most accomplished young classical musicians. The Protégé Project has rapidly become an integral part of CMNW, attracting listeners to alternative venues all across Portland with adventurous programming and groundbreaking artistic collaborations.”

With their Young Artist Fellowships, CMNW also cultivates the talents of local school-age musicians between the ages of 12 and 22 “who demonstrate an exceptionally high level of playing ability and musicality.” These Young Artist Fellows “receive placement in a chamber music ensemble with other young artists, master classes and/or coachings with CMNW artists and other esteemed professional musicians, passes to select CMNW rehearsals and concerts, performance opportunities and opportunities to interact informally with CMNW artists.”

Shifrin’s ongoing efforts to attract younger chamber music audiences and mentor younger musicians are one expression of his own family’s lifelong support for his musical career. He will continue to communicate his love of music, through the prism of Lalo Schifrin’s and his parents’ encouragement, to future generations of CMNW musicians and audiences alike. 

Elizabeth Schwartz is co-host of the Yiddish Hour on 90.7 FM KBOO Community Radio and a freelance writer living in Portland.

Shifrin’s picks for Chamber Music Northwest’s 2012 Season:

André Watts and Friends

– Saturday, June 30, and Sunday, July 1

BodyVox/Stravinsky’s *L’Histoire du Soldat*

– Friday, July 20; Saturday, July 21; and Sunday, July 22

Heights of Romanticism with pianist Gilbert Kalish

– Monday, July 9, and Tuesday, July 10

Time For Three

– Thursday, July 19

Bassist Edgar Meyer

– Wednesday, July 25, and Thursday, July 26

The Virtuoso Recorder: Michala Petri and Friends

– Saturday, July 28

For a complete list of concerts for Chamber Music Northwest’s 2012 season, which began June 25 and continues through July 29, go to www.cmnw.org.

Bonhams

1793



Sold for \$792,400

A Tiffany Studios Favrite glass and bronze Wisteria table lamp, circa 1910

Auction Appraisal Event for 20th Century Decorative Arts July 11, Portland

Bonhams decorative arts specialist, Jason Stein, will be visiting Portland to offer complimentary auction estimates with a view to selling at upcoming auctions in Los Angeles and New York.

Inquiries and appointments

+1 503 312 6023

sheryl.acheson@bonhams.com

International Auctioneers and Appraisers
bonhams.com/oregon

©2012 Bonhams & Butterfields Auctioneers Corp. All rights reserved. Bond No. 57bsbes3248

A Portrait of Two Artists

by Amy R. Kaufman



“Kibbutz Ga’ash” by Sidonie Caron, purchased by the Kaiser Westside Medical Center to open in 2013.



Sidonie Caron

Sidonie Caron’s paintings adorn interiors from the Empire State Building to Oregon Health and Science University.

When the new Kaiser Permanente Westside Medical Center opens in Hillsboro in 2013, two of Caron’s paintings will grace the walls: the massive “Magic Mountain” and “Kibbutz Ga’ash.”

“My older son, who has lived in Israel for many years, spent 12 years on Kibbutz Ga’ash,” she says. “Israel was importing trees from China and doing experiments to see if they could produce some kind of wood from this particular tree. That pink was the blossom on the tree. They died, but they looked beautiful at the time.”

Caron’s work encompasses disparate themes, from landscapes, seascapes and cityscapes to abstract, Asian and Judaica.

“Because I do different subject matter all the time, people may be a little confused,” she says, “but people who know my work can always recognize me. I think the sign of a good artist is someone who grows and evolves ... otherwise, they just

produce the same thing all the time, and that doesn't show any growth or depth to the work. I'm eternally curious, I'm always seeking other things."

The Berlin-born artist was just a year old in 1933, when her father found the words *Juden raus!* (Jews, out!) scrawled on his door. The family emigrated to Holland and then to England.

Caron was educated in London at St. Martins School of Art and the Central School of Arts and Crafts.

"I was surrounded by very good artists, and it can be intimidating," she says. "Toward the end of my art school, my father said, 'You're never going to make a living at this. I'm going to send you to secretarial school.' So I had to go secretarial school, which I was dismal at."

Caron and her husband, Gordon, came to the United States in 1965.

"I started showing around and started actually selling work," she says. "It was great for me to come here because I was suddenly recognized as an artist. That wouldn't have happened for many, many years in England because after the war, people didn't have disposable income."

Caron's work is in collections including Bertelsman, New York; Bantam Doubleday Dell headquarters, New York; Microsoft Corp., Redmond, WA; Salishan Lodge, OR; Skamania Lodge, Stevenson, WA; and the Alexis Hotel, Seattle.

She has had solo shows at dozens of Pacific Northwest museums and has participated in invitational and juried shows, including the Seattle Art Museum; the Attic Gallery and the Mark Woolley Gallery in Portland; the Lawrence Gallery in Gleneden Beach; the McMullan Museum of Art at Boston College; and the U.S. Embassy in Mauritania.

Caron is represented by the Heidi McBride Gallery, Portland; Riversea Gallery, Astoria; and Portland Art Museum Rental Sales Gallery.

Oregon's Percent for Art legislation requires that a percentage of the cost of public buildings be devoted to art, and, according to Caron, the selection process is "very competitive." Her paintings have been selected for the Court of Appeals, Oregon State Mental Hospital, Oregon Institute for Technology and OHSU.

To make a living as an artist, one must be able to promote her own work, says Caron.

"The ones who succeed are the ones who have talent, no question, but they also have a business sense, and they have to sell themselves," she says.

Caron's work continues to make its way to public places where it can be viewed by multitudes.

"The new Randall Children's Hospital at Legacy Emanuel – a state-of-the-art, wonderful facility – bought a piece of mine," she said. "And I just sold one to a business (Baum Ellis) in the Empire State Building in New York."

An exhibit of Caron's Judaic art will open at Oregon Jewish Museum in March 2013. To view her paintings, visit www.sidoniecaron.com.



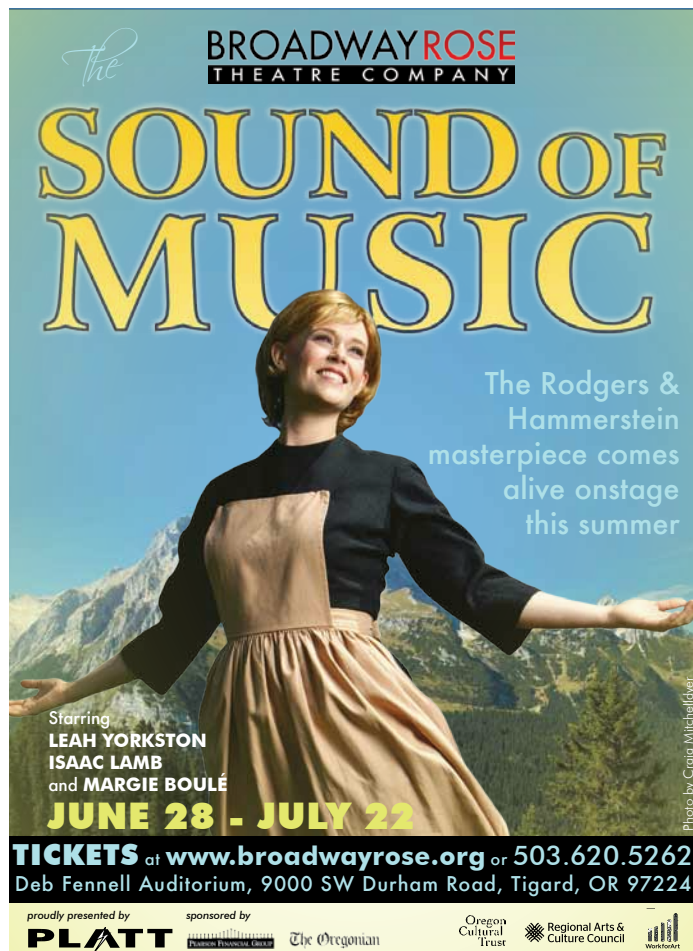

Focus on Nature

Wildcats of the World

CONTEMPORARY PAINTINGS OF EXTRAORDINARY CATS

NOW through JULY 22

Discovery Museum – World Forestry Center
 Washington Park, Portland
worldforestry.org • 503-228-1367

The **BROADWAY ROSE**
 THEATRE COMPANY

SOUND OF MUSIC

The Rodgers & Hammerstein masterpiece comes alive onstage this summer

Starring
LEAH YORKSTON
ISAAC LAMB
 and **MARGIE BOULÉ**

JUNE 28 - JULY 22

TICKETS at www.broadwayrose.org or 503.620.5262
 Deb Fennell Auditorium, 9000 SW Durham Road, Tigard, OR 97224

Photo by Craig Mitchell/Myer

proudly presented by **PLATT** sponsored by **Platinum Financial Group** **The Oregonian** Oregon Cultural Trust **Regional Arts & Culture Council** **WORKART**



Arne Westerman's painting "Point of the Law" depicts a discussion with a rebbe.

Arne Westerman



Arne Westerman's canvas reflects the human face and form, and through his paintings every fleeting expression is held for eternity.

Eternity was not far from the Portland artist's mind when he started painting at 50. "I felt life sort of ebbing, and I figured if I could paint, then my paintings would be on the wall long after I had stopped painting," he says.

Westerman's works belong to permanent collections across the nation, and private collectors around the world have brought him the rare success that allows him to be wholly devoted to his art.

"I always loved to draw as a kid," says Westerman, who grew up in Old South Portland. "But I graduated from the University of Oregon in journalism, and ... I eventually wound up with an advertising agency. I didn't do art until I decided I didn't want to be in the advertising business any more."

Westerman then took a class in watercolors with Portland artist George Hamilton.

"His stuff was just so beautiful," said Westerman. "He did landscapes. And so I started doing landscapes, and I realized that I really loved people, I love being around them, so I started doing paintings of people. I paint people from all walks of life, from street people to dancers to people doing whatever they do."

Westerman credits Robert Kaller of the Galerie DeTours in Carmel, CA, for being the first to actively promote his paintings. "He got me into museums and that sort of thing," says Westerman.

Westerman's work is in the permanent collections of the Portland Art Museum, the Arnot Art Museum in New York, the Neville Public Museum in Wisconsin, the De Saisset Museum in Santa Clara, CA, the Huntsville Museum of Art in Huntsville, AL, and many others.

He is affiliated with the Attic Gallery in Portland, the New Masters Gallery in Carmel, CA, and the Austin Street Gallery in Rockport, TX, and has annual solo shows in all three. He has won grand prizes in juried shows throughout the country.

Portraits of Eastern European Jews of the '20s, '30s and '40s, drawn from memories of Old South Portland, are among Westerman's Jewish subjects, though he says, "I treat everything with Jewish eyes. ... I think I'm sensitive to people, to pain or unhappiness or joy; I think that's very Jewish."

Raised in an Orthodox family, Westerman attended Portland Hebrew School. "I had to," he explains. "Jerry Stern and I got out of Shattuck School one day and Harold and Leonard


Schnitzer were right there, waiting for us. The two of them grabbed us and said, 'You have to go to Hebrew school,' because they were apparently giving out an award for the number of people you could bring in."

For many years Westerman has donated paintings to the Portland Jewish Academy and Oregon Jewish Museum auctions. He recently painted a portrait of Harold Saltzman, a baseball hero of his youth in Old South Portland, and donated it to OJM, where it is on display in the museum's summer exhibit, "In the Game."

Westerman's work appears in many books, including *The Best of Watercolor Figures*, *Best of Watercolor*, *Basic People Painting Techniques in Watercolor* and *The Best of Portraits*. He is the author of two books, *How To Become a Famous Artist Through Pain and Suffering* and *Paint Watercolors Filled with Life and Energy*.

Westerman says his 2012 exhibit at The Attic, which opens on First Thursday, Sept. 6, will feature "a number of paintings about people loving each other."

"The joy of being an artist is there's always something else that's exciting," he said. "I have a million ideas I'll never get to, and the wonderful thing about doing what I do is I'll never die because I'll bring a lot of smiles, a lot of thoughts to people by the work I do."

To view Westerman's work, visit www.arnewesterman.com. 



"Blazing the Brass" by Joachim McMillan
Original Oil on Canvas ~ 30" x 40"

View & Meet Joachim
at the Waterfront Blues Festival July 4th-8th

FOREVER ART

828 NW Hoyt St.
Portland, Oregon 97209
503.227.2010
www.ForeverArtNW.com



"...a kind of West Coast Lincoln Center salon..." —*New York Times*



CHAMBER MUSIC
NORTHWEST
DAVID SHIFRIN - ARTISTIC DIRECTOR

The Oregonian
POWERING OregonLive.com

PHOTO (L-R): Steven Copes, Shai Vosner and David Shifrin

Discover the spirit of Chamber Music Northwest! Twenty-six concerts with 50 renowned artists, including the Emerson Quartet, Jeremy Denk, Shai Vosner, Jennifer Frautschi, Sasha Cooke and Edgar Meyer.

At Reed College, Catlin Gabel School, and PSU's Lincoln Hall.

SUMMER FESTIVAL
June 25 - July 29, 2012

TICKETS: \$25-\$50 · STUDENT/SENIOR DISCOUNTS
503-294-6400 · WWW.CMNW.ORG

ART WALKS

Twenty-five years ago, founding Portland Art Dealers Association members initiated First Thursday, a monthly art reception in which galleries open new exhibitions of works by painters, print makers, sculptors, photographers and glass artists, with extended gallery hours and that month's artists in attendance. It has since become the Rose City's most vibrant and active visual arts event, now coupled with the increasingly popular First Friday art walk.

First Thursday/Portland

Downtown, the Pearl District, Northwest Portland, Old Town/Chinatown. First Thursday of every month, generally 6 to 9 pm.

For more information, current exhibitions and a First Thursday map, visit the Portland Art Dealers Association website padaoregon.org

First Friday/Portland

Throughout Portland's central eastside. First Fridays, 6 to 9 pm, some spaces open much later.

Last Thursday/Portland

Alberta Arts District, on Northeast Alberta Street from NE 10th to NE 30th avenues. Last Thursday of every month, year-round, from 5 or 6 to 9 or 10 pm; street closures from 7 to 10 pm. The nonprofit Art on Alberta produces a walking guide to each month's openings.

First Friday/Bend

View sensational local and national art at dozens of downtown Bend businesses on the first Friday of every month. Shops are matched with artists and stay open late. Many businesses will serve food and wine as they welcome you in to enjoy their space and this wonderful evening.

First Friday/Eugene

Lane Arts Council presents First Friday ArtWalk each month from 5:30-8 pm. 541-485-2278, artwalk@lanearts.org, www.lanearts.org

First Friday/Ashland

The Ashland Gallery Association hosts an art walk on the "First Friday" of each month. Patrons have an opportunity to meet the artists, view demonstrations and enjoy browsing in a gallery atmosphere that often includes music and refreshments. 541-488-8430 or AshlandGalleries.com



ReSaleArt.com
an Art Consignment Gallery

All your favorite Oregon artists in one place



Arne Westerman



Hank Pender



Sidonie Caron



Sally Cohen

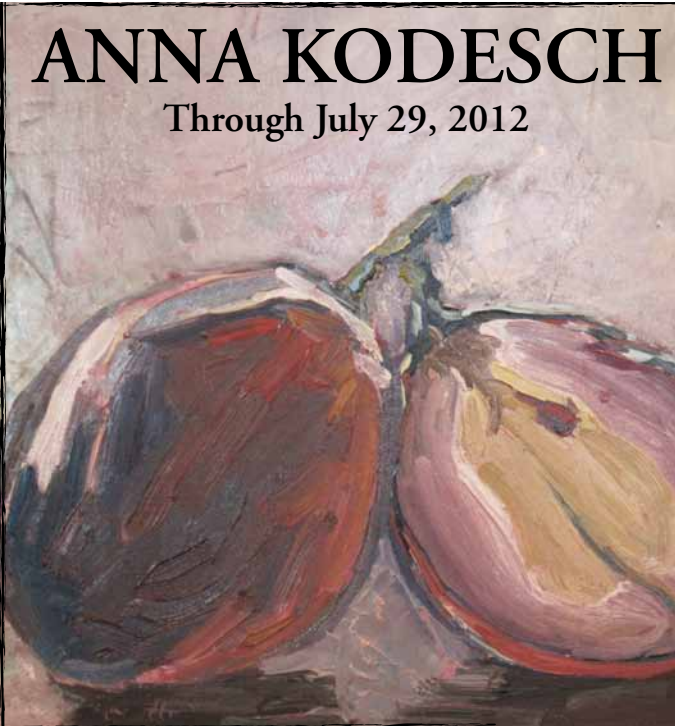
Bev Hecht-Levy
bev@resaleart.com
www.ReSaleArt.com

Over 300 artists work in stock

7227 SE Milwaukie Ave., Portland | 503.310.9507
wed-fri 11-5 | sat 10-3

ANNA KODESCH

Through July 29, 2012



BC GALLERY

2328 NW WESTOVER RD., PORTLAND, OR
503-348-0411
THUR - SAT 12:00-5:30 | SUN 12:00-5:00

ARTIST UPDATE



Since appearing on the cover of the inaugural issue of *Oregon Jewish Life*, Aithan Shapira, Ph.D., and Debra Rosenthal have been busy preparing for their July wedding and Aithan has kept busy with exhibits in the United States and Europe.

During May, Aithan exhibited “Migration with Pomegranate”, as one of 40 artists whose work was on the short list for “International Jewish Artist of the Year” at the London Jewish Museum of Art. “I made the paint using earth from Israel and olive tree ash mullied with oils like the work I exhibited at Froelick Gallery. This piece is currently being negotiated for collection by the Museum,” says Aithan.

He is represented locally by The Froelick Gallery in the Pearl, where he had a show in March.

“While the Froelick Gallery was on, I had a simultaneous solo print exhibit at Marist Art Gallery in New York, nine-foot etchings and colographs, that was very successful. Two large-scale prints were bequested to the Rollins College collection by top private collectors.”

The Seattle Art Museum Gallery exhibited his work in June, and he is exhibiting at the Royal Academy of Art, London, through August. “I was honored with an invitation to the 244th Varnishing Day at the Academy,” he says.

Regarding the response to the article in *OJL*, Aithan says, “I got terrific reactions from everyone, friends and new friends. Many are impressed with my international accolades and beyond the welcome, I got overwhelming appreciation for making my art in Portland. I have ambitions for larger projects and public works in Portland and am looking for key players in the community who would be interested in collaborating with me. There has been much warmth from the Jewish community, and the (Jewish) Federation (of Greater Portland) has been especially terrific; I’m currently speaking with board members about some wonderful projects for the Portland community.”

“I was since asked to give a TEDx Talk; using art as a metaphor, I challenged contemporaries to celebrate today’s Cubist problem — the urgent need to know all we are not seeing, be simultaneously inside and outside, in history and the present.”

For more information on these exhibits and Aithan’s work, visit www.aithanshapira.com.



Pasha Stinson

Gallery 903 features established and emerging artists from the Northwest and across the country who produce original art in a variety of media and genre. Originals and works on paper by 20th Century Masters are also available.

OPEN

Monday–Saturday
10:00 am - 5:30 pm
Sunday
12:00 - 5:00 pm

LOCATION

903 NW Davis Street
(In the Pearl District)
Portland, Oregon 97209

CONTACT

503.248.0903
gallery903@gallery903.com
www.gallery903.com

Page turner

*Portland's best-selling
mystery writer turns his
pen to serious literature*

by Deborah Moon

After hitting the *New York Times* best seller list with all 16 of his novels, Portland author and attorney Phillip Margolin is eager to publish the historical novel he has worked on for 30 years.

"It's the best thing I've ever written," says Margolin of the yet-to-be named novel due to be published by HarperCollins in 2014.

"Someone who likes my legal thrillers will like this," he says as he leans back in his office chair with his feet on the desk and the covers of his novels displayed on the wall behind him. "It has a murder trial and courtroom scenes, action and a surprise ending. But there is another layer of quality writing and serious themes."

Reviewers have praised all of Margolin's novels for their page-turning plots and surprise endings.

During the launch of his latest novel, *Capitol Murder*, at Annie Bloom's Bookstore in Multnomah Village, he said the goal of his legal thrillers is entertainment.

"I'm fabulous at plotting, but no one picks up a Phillip Margolin for literary quality," he said during a later interview at his office. He added that reviewers often have criticized his lack of character development.

But he has spent 30 years, off and on, living with the characters and researching the culture and real Oregon slavery case at the center of his upcoming historical novel. He says early readers all agree the writing is strong and the characters well developed. In addition, the novel has two very serious themes – grief and the impact of slavery on an individual.



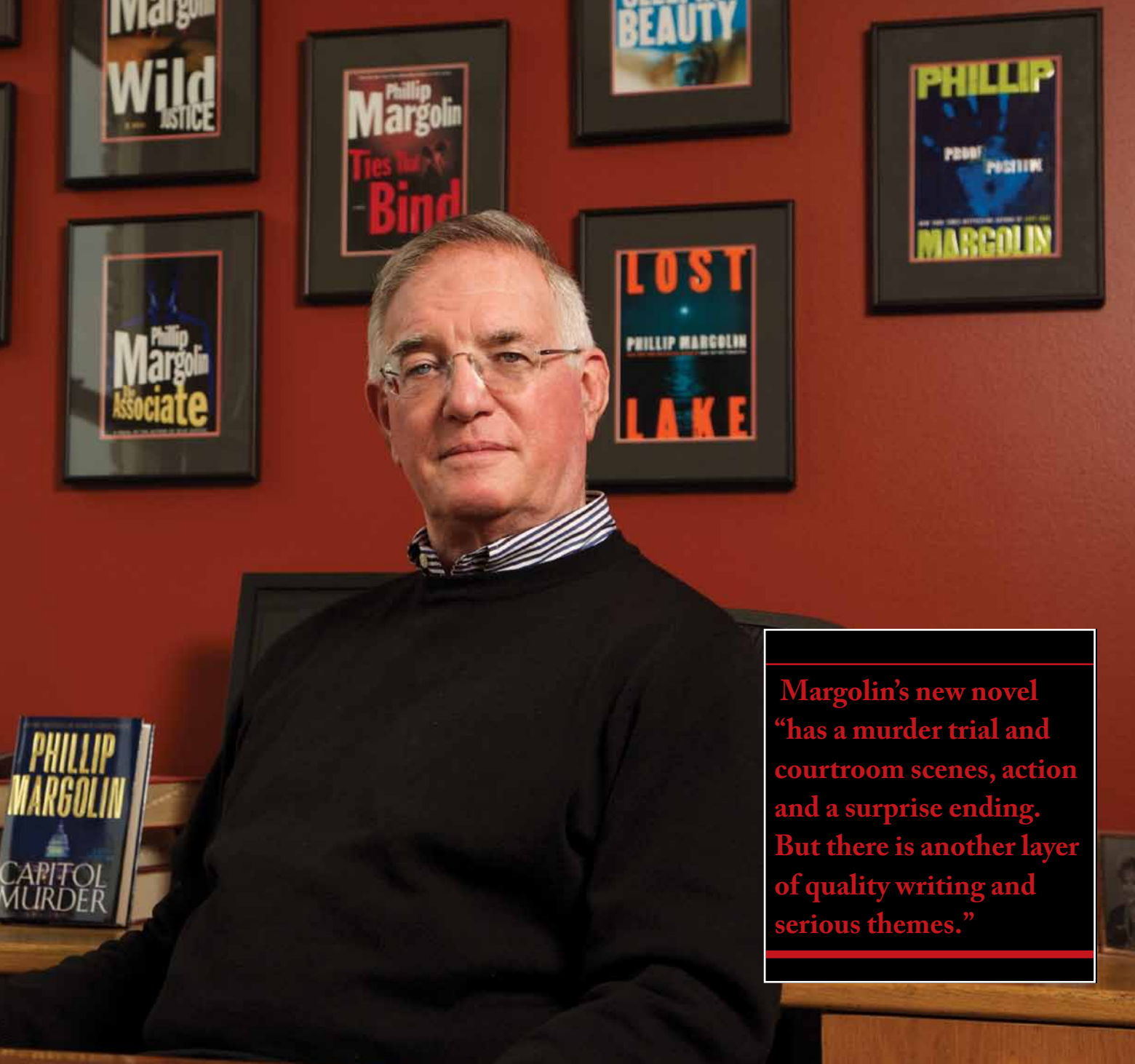
Phillip Margolin in his office.

He says this novel is as similar to, and as different from, his previous novels as *To Kill a Mockingbird* is from the Perry Mason mysteries he loved to read as a child.

"Usually I have no emotional involvement in anything I write, but I'm not objective about this book," he says. "I just finished *The Ottoman Scepter* (another legal thriller) and after that (the publisher) will get to this. ... I'm very excited."

He notes this is "a side project" for HarperCollins, which has published his last 10 best sellers and has slated *The Ottoman Scepter* for publication in 2013. "It's different from what I usually do."

But what he usually does has certainly attracted a wide readership base.



Margolin's new novel "has a murder trial and courtroom scenes, action and a surprise ending. But there is another layer of quality writing and serious themes."

Photo by Tatiana Wills

Ever since *Gone But Not Forgotten* hit the NYT best seller list in 1993, Margolin has been turning out about one thriller a year. In hardcover, *Gone* hit number 12, but in paperback it rose to number 3 on the list behind *Forrest Gump* and a Tom Clancy novel. *Gone* sold more than a million copies and was picked up by more than 25 foreign publishers. It stayed on the best seller list for nine weeks. In 2004 *Gone* was made into a mini-series starring Brooke Shields.

Two novels he wrote a dozen years earlier (*Heartstone*, 1978, and *The Last Innocent Man*, 1981) became NYT best sellers when they were reissued after *Gone's* success. During their first release, *Heartstone* was nominated for an Edgar for best original paperback mystery of 1978 by the Mystery Writers of America,

and *Innocent Man* was made into an HBO movie. Margolin also won the Spotted Owl Award for the Best Northwest Mystery for *Executive Privilege* and has been nominated for two Oregon Book Awards. Several books have been Book of the Month Club selections.

From 1972 to 1996, Margolin was in private practice specializing in criminal defense. He argued at the U.S. Supreme Court, represented about 30 people charged with homicide, including several who faced the death penalty, and was the first Oregon attorney to use the Battered Women's Syndrome to defend a woman accused of murdering her husband.

One might wonder if some of his characters' views reflect his own. He cautions people not to confuse his characters with



The author at work in Portland.

Photo by Tatiana Wills

“Governments can be oppressive, so they should have the burden of proving to 12 people that a person did what they are accused of.”

himself. But he says that views expressed by at least two characters on the importance of providing the best defense possible to those accused of truly heinous crimes *do* reflect his own views.

He explains that he gained an appreciation for the American legal system when he was a Peace Corps volunteer in a west African dictatorship.

“It’s very important to give the worst person a fair trial, because if that type of person can get a fair trial, then when average citizens are arrested they feel they can get a fair shake,” he says. “When citizens lose faith in the system, that’s when you have revolution. So you work your butt off for bad people. Maybe you’d pull the switch yourself, but you make sure if they are convicted, it is by the system following the rules. It’s worse for the government to break laws to get a conviction than for an individual to do a heinous act.”

“Governments can be oppressive, so they should have the burden of proving to 12 people that a person did what they are accused of,” he says. “It’s better that nine guilty people go free than one innocent person goes to prison.”

After the five consecutive books became best sellers, Margolin stopped practicing law in 1996 to write full time. But he still uses his law office.

“I loved being a lawyer,” he says. “Writing is fun. Law is fun too, but law is serious. I did 12 death penalty cases. If I messed up, someone died (none of his clients were sentenced to death). ... There’s a medicinal value to a good book, but it’s not like saving a human being from life in prison. It puts writing in perspective.”

Of the Jewish adage that saving a life is like saving the world entire, he says, “If that’s true, I’ve saved the world a number of times.”

His only Jewish characters are attorneys Amanda Jaffe and her dad, who are featured in four of his novels, and their Jewish identities are not integral parts of any of the stories.


Margolin says Judaism does not play a major role in his own life. He says he considers himself a “gastronomical Jew” who misses the chopped liver and pastrami that were so readily available where he grew up in New York.

Though the family always celebrates Passover with a seder, they race through it “at the speed of light.” But he says they always include The Four Questions and the hunt for the afikomen for his two grandchildren. He says he used to join his wife, Doreen, for High Holiday services at Congregation Beth Israel, but has not gone since her sudden death from an aggressive cancer in January 2007.

“When Doreen died, I did find the rituals comforting,” he notes. “Rabbi Rose and Cantor Schiff were very helpful.”


Even more helpful was the support of his two adult children

Hope Fertility and Gynecology



Celebrating over 20 years
of Successful Practice...
treating women through
all stages of life.

- Infertility
- Reproductive Endocrinology
- Gynecology
- Hormone Replacement Therapy
- In-office Ultrasound & Sonohysterogram



Laura Hope Greenberg, MD *Physician and Surgeon*

503.292.4453

9155 S.W. Barnes Road, Suite 320, Portland, Oregon 97225

www.HopeFertilityandGynecology.com

Daniel and Ami. Daniel is a lawyer specializing in family law in Portland. Ami is now the executive director of the North Clackamas Education Foundation.

"I would have had a hard time after Doreen died without the kids' support," he says. "Doreen was the single most amazing human being I ever met ... beautiful, brilliant and a nice person. In the 38 years we were married, she never did anything bad."

When she died, the Oregon Legislature passed a resolution honoring her commitment to the state's community colleges and her work as chair of the Portland Community College Board. In addition, a section of the library at Lewis & Clark School of Law, where she graduated near the top of her class, is dedicated to her.

"I couldn't write while she was sick. I canceled all my speaking engagements," he says. "When Doreen died, Ami stayed with me (even though she had just married Andy) instead of being a newlywed."


When he started to write again, he says it was like therapy.

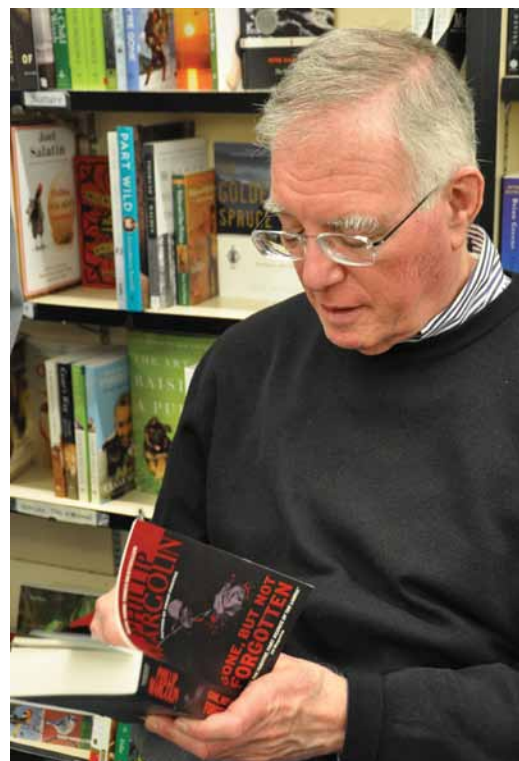
The book he began to write was *Executive Privilege*, the first of what became a trilogy with one book for each branch of government – executive, judicial and legislative. Book two was *Supreme Justice* and finally came *Capitol Murder*, which was released in April of this year.

"The ending is the most important part of a book; it's what the reader takes away," he says. "I won't write a word unless I know who the bad guy is and how he's going to get caught." So even though he considered making the president of the United States a suspect in a serial murder case in 1995, he didn't use the plot because he didn't know the ending.

So 10 years later, when the ending "hit me like lightning," he was ready to start writing. His wife's illness and death intervened, but when he resumed writing he poured himself into it.

"*Executive Privilege* was probably my second-best book after *Gone*," says Margolin.

And now he's eagerly awaiting the publication of the book he expects to surpass both. 



Phillip Margolin autographs a copy of his first *New York Times* best seller, *Gone But Not Forgotten*, during a book launch at Annie Bloom's Bookstore for his latest thriller, *Capitol Murder*. Photo by Deborah Moon

LIFETIME FITNESS

Personal Training - Individual or Group

- Fitness assessment testing
- Resting metabolic rate testing
- Body composition testing
- Postural analysis
- Nutrition consultation
- Wellness coaching

**Free One Hour
Personal Training
Session**

expires 8/15/12

Linda Brumder, Personal Trainer, ACSM Certified

1211 NW Glisan, Suite 206

503-550-5596

linda@lifetimefitnesspdx.com

www.lifetimefitnesspdx.com



JOE MENASHE

Managing principal broker

**Let me put my 21 years of
experience to work for you**

The best advice when you need it most

503-784-1855

Email: joemenashe@realtytrust.com

Website: JoeMenashe.com

REALTY TRUST
GROUP



Pearl District . Hollywood . Hawthorne . Lake Oswego

Congregation Shir Tikvah
announces our 2nd annual ...

Erev Shabbat in Overlook Park Friday, July 20

One Friday evening last summer, over a hundred Portland families welcomed the Jewish Sabbath in an idyllic setting on the Willamette with live music, a sing along to familiar melodies and traditional blessings over challah and wine (or a non-alcoholic equivalent).

Some were observant congregants usually in shul on erev Shabbat, others reconnecting with their Jewish roots. Most brought picnic suppers. Everyone seemed to have one thing in common: a very good time. "We must do this again," many declared to old friends and new. And so we shall.

Join us Friday, July 20 from 5:30 p.m. at Overlook Park, North Fremont & Interstate. Entertainment begins at 6:00 with a brief kid-friendly service at 6:45. There is ample parking and the park is just steps from the MAX Yellow Line.

For more information about Erev Shabbat in Overlook Park and other activities and events on Portland's Eastside, log onto www.shir-tikvah.net, email shirtikvahoffice@shir-tikvah.net or call 503-473-8227.

The Golem's Latkes by Portland's Eric Kimmel wins a National Jewish Book Award



Eric Kimmel and his "mini me."

by Deborah Moon

With decades of writing children's books to his credit, Portland author Eric A. Kimmel has added a National Jewish Book Award to his roster of honors, which previously included a Caldecott Honor Book and a Newbery Honor Book. This spring, *The Golem's Latkes* received the Louis Posner Memorial Award for the 2011 Illustrated Children's Book. Aaron Jasinski illustrated the book.

"I've been writing Jewish children's books for decades," says Kimmel, noting he wrote his first such book while working for *Cricket* magazine. He had been writing for *Cricket* since the 1970s, when the editor asked him for a Hanukkah story. He wrote *Hershel and the Hanukkah Goblins*, which was published in the December 1985 issue of *Cricket*. Later published in book form, it was named a Caldecott Honor Book in 1989.

Kimmel isn't sure how many books he has written since.

"I don't keep count. The only important one is the one you are working on now," he says. (A search on Amazon.com lists 133 paperback and 123 hardcover titles.)

A former teacher, librarian and professor of education at Portland State University, Kimmel says he draws on material he has known and loved his entire life.

"When I was growing up, I had an old country grandmother who lived with us," he says, fondly recalling asking her to tell him stories. He also draws on his Hebrew


school education and the biblical stories he enjoyed as a boy. He says he likes the old stories best.

"Just tell a good story, don't try to teach. If there's a message, they'll get it," he says of his approach to writing for children. "With more than 3,000 years of history, we have a lot of stories."

The Golem's Latkes tells the story of Rabbi Loew, who goes on a trip to visit the emperor, leaving his housemaid in charge. While he is away, a golem, a creature made from clay, comes to life and creates more latkes than the city can contain.

Eleven of Kimmel's books are selections of PJ Library, a national program that distributes free Jewish books to families with young children. PJ Library families with children ages 5 to 6 in 2011 received *The Golem's Latkes* last November in preparation for Hanukkah.

Kimmel said PJ Library has really "primed the pump" in terms of getting publishers to print Jewish children's books. "PJ Library can go to a publisher and say they are willing to buy 20,000 copies of a book. That gets their attention. Publishers go where ... there are guaranteed sales."

"PJ Library's purpose is to increase Jewish knowledge and they believe in doing it through literature. It's what I believe 100 percent," says Kimmel. 

PJ LIBRARY

Nearly three million free Jewish books have been mailed to families in 176 communities since PJ Library began in 2005. In Portland, the program has reached 1,300 families during its first five years. Oregon now has programs in four additional Oregon communities: Bend/Central Oregon, Eugene, Salem/Corvallis and Southern Oregon/Rogue Valley.

To register for PJ Library, visit the national website, www.pjlibrary.org. Click on your local affiliate to see eligibility requirements and to enroll.

Check out these Oregon Jewish authors for summer reading

Aftermath, by Scott Nadelson, Hawthorne Books, \$15.95

The characters in *Aftermath* are living in the wake of momentous events – the rupture of relationships, the loss of loved ones, the dissolution of dreams – and yet they find new ways of forging on with their lives, making accommodations that are sometimes delusional, sometimes destructive, sometimes even healthy.

Nadelson has won the Oregon Book Award for short fiction, the Reform Judaism Fiction Prize, the Samuel Goldberg & Sons Fiction Prize for Emerging Jewish Writers and the Great Lakes Colleges New Writers Award. He teaches creative writing at Willamette University and Pacific Lutheran University. He lives in Salem.

The Rescuer's Path, by Paula Friedman, Plain View Press, \$15.95

The Rescuer's Path tells of Malca, a Holocaust survivor's daughter who, in 1971 at the age of 16, finds the wounded fugitive Gavin Hareen, a peace activist and Arab-American who is the prime suspect in a lethal bombing. Raised on her family's stories of Holocaust rescue, Malca aids the stranger, and, bit by bit, the two come to trust, befriend and eventually love each other.

Friedman is a freelance book editor and author in Mount Hood Parkdale. She was formerly public relations director for the Judah L. Magnes Museum and for 15 years directed the international Rosenberg Award for Poems on the Jewish Experience.

1,000 Mitzvahs: How Small Acts of Kindness Can Heal, Inspire and Change Your Life, by Linda Cohen, Seal Press, \$16

1,000 Mitzvahs shares Cohen's journey from sorrow to healing after the death of her father, a journey beautified by daily acts of kindness. Each mitzvah shares a short vignette and the myriad forms these actions take. This small book conveys a big message about how to live a meaningful life.

Cohen speaks and consults around the country and on television about volunteerism, parenting and mitzvot. She is a member of Congregation Neveh Shalom. www.1000mitzvahs.com

Stories from Jewish Portland, by Polina Olsen, The History Press, \$19.99

These are the stories of Jewish Portland, whose roots stretch back to the gold rush, whose heart is "the old neighborhood" of South Portland and whose identity is alive and well. Olsen recounts the history of this richly layered community through letters, interviews and stories .

Olsen is a freelance writer for *Oregon Jewish Life* and other local and national publications. She has written three previous books. Her upcoming book on Portland's 1960s counterculture will be published by the History Press in Fall 2012.

The Book of All Things (Sacred Books, Vol. IV), by David Michael Slater, CBAY books, \$16.95

The latest installment in a six-part teen series looks at the original vampire. After a miraculous escape from the beast, Dex and Daphna find a deadly disease spreading across the country. The Sacred Books series is being developed for film.

Slater is also the author of 16 picture books, one adult novel and one short story collection for adults. A member of Congregation Beth Israel, he lives in Hillsdale with his wife and son. www.davidmichaelslater.com

Kvetch: One Bitch of a Life, by Greta Beigel, e-book, \$8.99

In *Kvetch*, journalist Greta Beigel looks back at (dysfunctional) Jewish family life lived under the umbrella of apartheid in South Africa. As a child piano prodigy and teen concert performer, she lives at the mercy of a super-ambitious matriarch, desperate for entrée into Jewish society.

Beigel worked as staff writer and arts editor at the *Los Angeles Times*. Now a Portland resident, she has authored three e-books.



Local. Experienced. Dedicated





Jim Lowenstein NMLS # 57654
Branch Manager/Sr. Loan Officer

Neighborhood lending is back with Impac.

Residential Financing Programs Include:

- Conventional
- Jumbo
- FHA/VA
- USDA

Impac is a direct agency seller which means you can expect great programs, extremely competitive pricing and fast service.

The "Impac" name may be "New" but our lending expertise is rich with deep roots throughout the local community.

Call today to find out how something "New" can be just like calling an old friend.

829 NW 19th Ave. • Portland, Oregon 97209
Phone (503) 243-2674 • Toll free 1-800-595-7280

©2011 Excel Mortgage Servicing Inc., DBA Impac Mortgage. NMLS # 128231.(CLS# 128231)www.nmlsconsumeraccess.org. Registered trade/service marks are the property of Excel Mortgage Servicing Inc. All illustrations and designs are the property of Excel Mortgage Servicing Inc., and/or its affiliates. Rates, fees and programs are subject to change without notice. Other restrictions may apply. Licensed by the Department of Corporations under the California Residential Mortgage Lending Act (License #4131083).



JONES & JONES

Jewelers

jonesandjonesjewelers.com

7858 S.W. Capitol Highway ~ Portland Oregon
503-223-6020 ~ 800.316.4314

Growing



Vintner Phil Kramer samples a grape from his AlexEli Vineyard in Molalla. This spring, the winery bottled the first 182 cases of kosher wine produced in Oregon.

AlexEli Vineyard brings kosher pinot noir to Oregon

by Abra Cohen

Wandering through the back roads off the I-5 corridor, Oregon's Willamette Valley offers a jewel that has been gaining international recognition – its wine country.

Vintner Phil Kramer of AlexEli Vineyard in Molalla has produced Oregon's first kosher pinot noir. Phil and his mother, Anita, purchased the 18-acre estate four years ago. He has been producing wine ever since.



Standing next to a large building with large solar panels on the roof, the 28-year-old vintner explains that he decided to produce a kosher variety in part because of extended family members who keep kosher. Originally from Wisconsin, Phil says he began thinking about producing a kosher variety a couple of years ago, but wanted to get a good bearing on wine production first.

Drawn to the idea of sustainable farming, Phil says he believes strongly in minimalist input and practices what he calls a “beyond organic” approach at his vineyard. While AlexEli is not certified organic, he makes sure that he uses the most natural products on his vineyard.

Because differences in weather change the characteristics of wine, each vintage has a different flavor. Phil explains that because 2010 had a limited number of hot days and a prolonged rainy season, AlexEli did not harvest until October. He expects the 182 cases of kosher pinot they bottled early this year to be more on the floral side.

Known for its internationally recognized pinot noir, pinot gris and riesling varieties, Oregon's wine country is sometimes called the up-and-coming Napa Valley. Phil says he hopes to expand his selection of kosher varieties in the near future.

AlexEli started production of its first kosher wine in October 2010 in cooperation with the Orthodox Union. Rabbi Reuven

Kosher



Nathanson of the Orthodox Union in Los Angeles is the supervising rabbi for kosher wine production on the West Coast and the overseeing rabbi for AlexEli. He is in charge of nine locations in the western United States.

Rabbi Avrohom Perlstein in Salem is the local rabbi who works directly with the AlexEli vineyard. While Perlstein has overseen kosher food production in the past, he was surprised to learn about the level of involvement required to produce kosher wine. All work must be done by workers who are shomer Shabbat (Sabbath observant) from the grape crush until bottling.

“There’s no stomping, but you get your hands dirty,” he said while bottling the first batch of kosher pinot noir in early October 2011 at the winery in Molalla.


He says he quickly learned to dress in appropriate work attire at the vineyard. Instead of supervising the winemaking process, the rabbi says, “You show up to the winery and realize you need to do all the work.”

Phil explains that during production of the kosher wine, he was limited to directing the work since he is not shomer Shabbat.

With the satisfaction of a nouveau winemaker, Perlstein says learning the process has been a rewarding experience. “When I open a bottle now, it brings me back to making wine.”

Aside from rabbinic supervision and Shabbat observant labor, to be labeled a certified kosher wine, the barrels and storage tanks must be kashered, and everything that goes into the vintage must be kosher.

Because of the special labor involved in producing a kosher wine, it can be price prohibitive to some smaller vineyards. Phil says his kosher pinot noir will sell for about \$32 a bottle. He also makes a popular \$15-a-bottle, non-kosher blend called “Bubelah’s Blend.”

He says many people have a romanticized view of producing wine. The reality is that it is an immense amount of work for small vineyards and entails a lot of time being “cold, wet and sticky.” Despite the hard work, he says, “The passion is there because the people who choose to do this put everything into it.” 

Raised in the Pacific Northwest, Abra Cohen recently moved to Israel and is based in the port city of Haifa. Writing for publications both in the states and abroad, she is in ulpan when she’s not trying to find the city’s best hummus.



Sheryl Jones of Evan’s Vineyard visits with the goats that graze the acreage not yet planted with grapes.

Evan’s Vineyard, the Pacific Northwest’s first fully kosher winery, comes of age

by Deborah Moon

Philip and Sheryl Jones have been producing wine in New Zealand for more than 20 years. Originally from San Francisco and Minnesota, respectively, they wanted to spend time in the Pacific Northwest and decided to buy 95 acres in the Columbia Gorge in 2006. They planted grapes on 25 acres of what is now Evan’s Vineyard (named for their youngest son) on Underwood Mountain in Washington, just across the Columbia from Hood River.

Though their Spencer Hill Estate in New Zealand includes the kosher Goose Bay label, the non-Jewish couple didn’t intend to bring kosher winemaking to the Northwest.

“Goose Bay kosher is just an extension of non-kosher wines we make in New Zealand. I am always looking for new ventures and kosher was a good one,” says Phil. “We were not going to make the Northwest wines kosher...but the downturn in the economy changed our mind. Why compete with the non-kosher wineries?”

In New Zealand, the couple partnered with the Herzog family’s Royal Wines Corp. for their kosher label. So when they decided to make the Northwest wines kosher, they again turned to Royal Wines, the largest domestic kosher winemaker and distributor.

“Making kosher wine is not different than making non-kosher, other than we need to have observant Jews do the

Continued on next page

ALL IN ONE MOBILITY

Sales - Installations - Service - Rentals
'ONE STOP SHOP MOBILITY SHOP'

503-255-5005



ADA Barrier Free Showers



Walk-in Bath Tubs



Garaventa Inclined Lifts



Platform Lifts



Bruno Stair Lifts



- Wheelchair vans new and used
- Stair lifts and Platform lifts
- Scooters - Lift chairs - Wheelchairs
- Walk-in tubs - Barrier free showers
- Scooter & wheelchair lifts & carriers
- Home elevators, Inclined lifts & more



Track Lifts



Vacuum Tube Elevators



Honda Odyssey with VMI Northstar Conversion

Honda, Dodge, Chrysler & Toyota wheelchair vans.

Conversions, Lifts & Adaptive Equipment by VMI, EIDorado, MPS, Bruno, Harmar, B&D, EZ Lock & others.

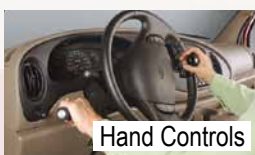


Scooter & Wheelchair Lifts

OR: 165310 DA0843
 WA: ALLONM920KA



Bruno Turney Seat



Hand Controls

Call or visit our showroom today

We have two Locations:

Portland: 12833 NE Airport Way
Eugene: 1640 W 7th Avenue

Portland: M-F: 8 to 5; Sat: 10 to 4. Eugene: M-F: 9 to 5.

www.AllinOneMobility.com



work,” says Phil. “You just have to follow the rules set by the supervising rabbi and not try and question why. Trying to rationalize why things are done, in any religion, is irrelevant. The less one questions the reasons, and focuses on how to do it, the easier it becomes.”

Evan’s Vineyard produced the first batch of kosher wine in 2010 from grapes purchased from top-tier vineyards in Washington and Oregon. They produced 6,000 cases of two varietals – Pacifica Oregon Pinot Noir and Pacifica Washington Meritage.

The Northwest wines are supervised by Rabbi Tzvi Fischer of Oregon Kosher.

“We, the Oregon Kosher supervisors, were the laborers,” says Fischer. The crew of observant workers spent a couple days at the vineyard for the first “crush” and then returned after the grapes had fermented a few days for the next stage of production.

The wines are aged at Evan’s Vineyard to the point of bottling and then shipped to Herzog in California for bottling at Royal Wines’ large bottling facility in Oxnard.

Evan’s Vineyard is now producing grapes for white varieties, “but I have no plans at this time to make white wines. We sell those grapes to other wineries. Our pinot noir plantings will come on in about two years,” says Phil, adding they will continue to buy grapes from other vineyards to supplement their own red varieties.


The two Northwest wines and two of the couple’s New Zealand wines were introduced to locals at a February event at the Oregon Jewish Museum that paired each wine with food prepared by Allen Levin’s Century Catering.

“Allen talked to the winemaker to pair the wine and food, and the food was fabulous,” says Rabbi Fischer. “The winemakers explained each wine and what flavors it has and why it was paired with specific food. They taught people how to ‘taste’ wine.”

The menu featured coriander braised lentils with croutons and saffron aiolo paired with Goose Bay Sauvignon Blanc; salmon with a mushroom and leek confit paired with Goose Bay Pinot Noir; chicken hazelnut paté with blackcurrant compote paired with Pacifica Oregon Pinot Noir; and individual beef bourguignon pot pies paired with Pacifica Washington Meritage.

The rabbi and Phil agree the event was well received.

“Not being Jewish and being so involved with the Jewish community is very interesting,” says Phil. “I enjoy working with a smaller community of people in the wine world. In the bigger world of wine any one winemaker or winery gets lost in the crowd ... not true in the kosher world.”

“Rabbi Fischer and his crew are wonderful to work with and always willing to bend over to help,” he adds. “There are so many people to thank for their support but if I had to choose one person that has been so supportive to all of the efforts in New Zealand and the Northwest, it would be Nathan Herzog at Royal Wines. We don’t see each other very often but he is always there to help when needed. Without his early support and efforts none of these wines would have been made.” 

וְהָיוּ עֵינֶיךָ רְאוֹת אֶת־מוֹרֶיךָ:
וְאָזְנֶיךָ תִּשְׁמַעְנָה דְבַר מֵאַחֲרֶיךָ
לְאמֹר זֶה הַדֶּרֶךְ לְכוּ בּוֹ

But your eyes shall see your teacher:
And your ears shall hear a word behind you, saying,
This is the way, walk in it

Isaiah 30:20-21



It is with great joy and enthusiasm that we
welcome Rabbi Rachel L. Joseph
as CBI's new Assistant Rabbi

CONGREGATION
BETH ISRAEL

A Bountiful Harvest



Jim and Holly Witte's wedding picture. Photo courtesy Holly Witte



Photo courtesy of Jim and Holly Witte

by Polina Olsen

Holly Witte says she was clever enough to marry a winery. Jim and Holly Witte, the husband-wife team that runs A Blooming Hill Vineyard outside Cornelius, deliver prize-winning pinot noir, pinot gris, chardonnay, riesling and other blushes and blends. Like the 1960s CBS sitcom *Green Acres*, where Eddie Albert and Eva Gabor traded New York City for a country farm, the Wittes' (pronounced Wittey) urban broadcasting careers evolved to rural life and viticulture.

"We came together late in life," Holly Witte said. "We've blended a lot of things, not just our furniture. I took on the life of a farmer's wife in the vineyard. And, we've blended our religions and our respect for each other's religion."

Originally a New Yorker, Holly grew up on Eastern Parkway across from the Brooklyn Museum. "Union Temple," she said, "was my home." A native Chicagoan, Jim attended Jesuit Loyola University as a business major. They first met at his New York City television production company in the late 1960s.

"About 10,000 years ago I was Jim's very bad secretary," Holly said, explaining that she and her first husband worked for Witte, who was also married at the time. "The company brought mobile unit capability to events. The first remote broadcasts from Central Park – Barbara Streisand concerts, Lincoln Center productions – came on TV because of this facility. The company also built the studios for Sesame Street and the Electric Company, putting them on the map."

Anchored in the city, Jim Witte learned farming from his grandfather and always dreamed of having his own place.

"His grandfather was a fruit farmer and made wines in the basement," Holly said. "He gave the kids a little nip. When the retirement mark hit in 2000, Jim was living in Los Angeles. A friend said, 'come to Oregon, this will be pinot noir world.'"

Their parallel lives continued. Holly's husband died in 1980; Jim's wife in 2004. By that time, Holly lived in Seattle. "A mutual friend called and suggested we get

together," she said. "We had a lovely reunion, a picnic by the pond. Jim showed me the early stages of the vineyard. He started to call, and I told him he was geographically undesirable. Obviously, he was persistent. We married in 2006."

Running a winery


Of course, winemaking doesn't happen by itself. Jim attended the viticulture program at Chemeketa Community College in Salem, worked at local wineries during crush time and started planting in 2000. "It takes about four years to get the first crop of grapes," Holly said. "We had our first commercial vintage in 2008, and opened the tasting room two years ago on Memorial Day Weekend."

"It's been a lot of work," she continued. "The hardest part is that you are completely dependent on the weather. When the conditions are terrible, you worry if you're even going to have a harvest. But, every harvest is different, and it's exciting to see what the bounty of the earth will be each year."

“Every harvest is different, and it’s exciting to see what the bounty of the earth will be each year.” Holly Witte

Meanwhile, they have Jim Witte’s other passion. Thirteen horses live at the winery, including three who have raced at Portland Meadows. Two dogs, four cats and 14 pigeons round out the team.

“Jim built an aviary for this injured pigeon he found,” Holly said. “Wilbur could only take short hops, but eight months later, he was cured. It broke our hearts, but we had to let him go. He came back a day later, and brought other pigeons with him. We discovered Wilbur was female when they had eggs and babies. Now, they live in the barn and wait for Jim, who throws them a handful of food each morning.”

A Blooming Hill Vineyard (5195 SW Hergert Road, Cornelius, 503-992-1196) is open each Friday, Saturday and Sunday between noon and 5 pm. Sample their wines at Hot Lips Pizza, the One Horse Tavern in Gaston, the Beaverton Farmer’s Market and various small restaurants. Upcoming events at the winery include Girls’ Night Out, July 20, 6-9:30 pm, with a chocolate fountain, scented candles, lotions and bakeware; the August Wine Dinner; and their new wine club program. For more information, visit abloomingshillvineyard.com or email bloomingshillvineyards@yahoo.com. 

Polina Olsen is a freelance writer in Portland.

SALTZMAN & PAUL

WEAR VELVET GLOVES
WHEN **NEGOTIATING**
REAL ESTATE **DEALS.**

(To hide their iron fists.)



SALTZMAN & PAUL REAL ESTATE BROKERS

BECKI SALTZMAN & JEANNE PAUL
PRINCIPAL REAL ESTATE BROKERS

WINDERMERE CRONIN & CAPLAN REALTY GROUP, INC.

SALTZMANANDPAULTEAM.COM | 503.220.1144

W
CAROLYN
and ROBIN
WEINSTEIN



דור לדור

Realtors® for Every Generation

*Working for you and our
community since 1978*

TO LEARN MORE VISIT

cweinsteinpdxhomes.com

OR CONTACT US PERSONALLY

CAROLYN 503.802.6415 **ROBIN** 503.802.6405

carolynandrobin@hasson.com



shiraz
Fine Mediterranean
Bar & Grill

HAPPY HOUR DAILY 3:00PM - 6:30PM
Open for Lunch & Dinner · Monday - Saturday 11AM - 9PM

Enjoy a **Complimentary Appetizer**
up to \$10.00 with purchase of two entrées.

503.821.7500
1140 NW Everett Street · Portland, OR 97209
Around the corner from the Gerding Theater

CHEF'S CORNER

by Lisa Glickman

Oregon has gained quite a reputation for producing great wine. I remember being on my honeymoon in Hawaii almost 20 years ago and seeing an Oregon pinot noir on the wine list. What I thought was a novelty in 1994 is a common sight on wine lists in fine restaurants across the country. The production of wine in Oregon dates back to the 1840s, but wine making became a significant industry in the 1960s. Pinot noir and pinot gris are the most notable varietals, followed by chardonnay, merlot and riesling. Wine tourism is now growing as well, with bed-and-breakfast inns and fine restaurants popping up near many of the wineries, which causes many people to refer to the wine region in the Willamette Valley as a “Little Napa Valley.” Although much smaller than Napa’s, the beautiful wineries around Dundee are certainly worth exploring.


A friend once gave me a plaque that reads: “I cook with wine, sometimes I even add it to the food.” For me, this is quite appropriate. I do enjoy great food along with great wine, and I cook with wine often. Classic dishes like coq au vin and boeuf bourguignon rely on the flavor of the pinot noir they are cooked with, and chardonnay or pinot gris add the perfect flavor and acidity to a rich beurre blanc sauce for fish, chicken or vegetables. Always use the best wine you can afford; after all, after using some in the recipe, you’ll probably end up drinking the rest!

In this dish, I wanted to use a wine that I don’t normally drink: riesling. Although German riesling can be overly sweet, most of Oregon’s riesling is more medium dry. The wines have a special balance, thanks to the higher acid levels in the grapes. Although the wines do have noticeable residual sugar, the crisp acidity makes the state’s rieslings a good choice for lighter-weight foods like fish and chicken.

This Willamette Valley Riesling, green grapes and braised artichokes add a tart



Spice up your cooking with wine

sweetness to this dish. I used fines herbes (a blend of parsley, chives, chervil and tarragon) to season the fish. This blend of sweet herbs pairs beautifully with the fish and can be found easily at most grocery stores. Verjus is made from unripened vinifera grapes and is a delicately tart replacement for acids like lemon or vinegar. It can be found in stores with a good wine selection or in specialty food shops. 



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.

In January, Lisa Glickman won a recipe contest on the Cooking Channel. “They sent me to NYC to tape a short segment for a show called *The Perfect Three* with Kelsey Nixon. It was a blast!” says Glickman. The recipe was for “Smokey turkey and spinach meatballs.”

The segment aired in May, but Glickman plans to post the show on her website (lisa@lisaglickman.com) as soon as she receives the DVD.



Oregon Jewish Life food writer Lisa Glickman has posted a video on YouTube (www.youtube.com/watch?v=dYeXlxDqjKY) that shows how to trim a whole artichoke to get to the tender heart for this recipe.

Sauteed Alaskan Ling Cod with Oregon Riesling-Braised Artichokes, Green Grapes and Fines Herbes

Serves 4

- 1½ to 2 lbs fresh Alaskan ling cod
(can substitute any mild white fish such as halibut)
- ¼ cup all-purpose flour
- 1 teaspoon fines herbes
Kosher salt and freshly ground black pepper
- 3 tablespoons olive oil
- 2 whole artichokes
- 2 cups Oregon riesling wine
- 1 bunch green seedless grapes (about 30 to 40 grapes)
- 2 tablespoons white Verjus (see story) or juice of ½ lemon
- 1 small shallot finely chopped
- 2 tablespoons unsalted butter, room temperature

To prepare the artichokes, place the wine in a saucepan large enough to hold wine and artichokes comfortably and heat to medium heat. Remove artichoke. Working quickly, pull leaves off of artichoke until you reach the light green inner leaves. Use a serrated knife to cut top off one artichoke just above light green portion. Use a paring knife to peel stem and trim remaining dark green portions around the heart. Cut artichoke in half lengthwise and use the tip of the paring knife or a spoon to remove hairy choke. Slice lengthwise into eight pieces and return to wine. Repeat with remaining artichoke and bring wine to a gentle boil. Reduce heat to a simmer and cook until artichokes are tender, about 10 to 15 minutes more. Remove from heat and add Verjus or lemon. Take about 20 grapes and squeeze each between your fingers until they burst. Add to the artichokes and wine and set aside. Preheat oven to 325 degrees. Season fish with salt and pepper and sprinkle with fines herbes. Dredge fish in flour, shake off excess. Heat a large sauté pan to medium high and add olive oil. Gently brown fish in olive oil on both sides and place on baking sheet. Place fish in oven to finish cooking while you make the sauce. Add chopped shallots to sauté pan and sauté until translucent. Remove artichokes from wine and set them aside. Strain remaining wine into sauté pan with shallots and reduce by one-third scraping up brown bits in pan. Discard grapes. Whisk butter into sauce. Taste and adjust seasoning. Strain sauce back into small saucepan and add artichokes and remaining whole grapes. Set aside. Use a slotted spoon to plate artichokes and grapes in center of each plate. Place fish on top of artichokes and drizzle with remaining sauce. Serve immediately.

*Dine outdoors with
Elephants
all Summer long.*

www.elephantsdeli.com 503.224.3955
Great Local Foods From Scratch since 1979

Jerusalem Cafe

*Authentic
Mediterranean
Cuisine*

*Warm
Atmosphere
Great Service*

*Freshest
Ingredients*

Visit one of our three locations

106 E Evergreen Blvd. Vancouver, WA 98660 (360) 906-0306	3801 SE Belmont Portland, OR 97214 New Location! (503) 206-7799	516 SE Chkalov Dr. Suite 45 Vancouver, WA 98683 (360) 891-1490
----------------------------------------------------------------	----------------------------------------------------------------------------------------	-------------------------------------------------------------------------

www.thejerusalemcafe.com

Perfect Pairings

Serve the right cheese with your local wines



by Kerry Politzer

The region's exquisite wines call for cheeses with complementary flavors and fragrances.

You don't have to be a connoisseur to choose a good cheese, but an awareness of local offerings can help you create an unforgettable plate.

Take the advice of Lindsey Walton, artisan du fromage at Urban Farmer, a restaurant with a farm-to-table theme, located at The Nines hotel in downtown Portland.

She maintains that the wine should be the sweetest thing on the table.

"Pick your wine first, and go from there," she counsels.

You'll soon acquire a new vocabulary to express your appreciation of cheese.

"A local, bloomy-rind soft sheep's milk cheese from Ancient Heritage Dairy is buttery and herbaceous," says Walton. "It goes nicely with a 2010 Adelsheim from Willamette Valley; the hints of papaya, apples and pears blanket the mouth."

For hard cheeses, she recommends Beechers Flagship Cheddar. "It releases earthy sheep notes and lemony flavors. I really like local pinot gris with cheddar; it also goes well with soft-ripened sheep's milk cheeses."


One of Walton's favorite cheeses is the chevre from Rivers Edge in Logsden. "I always have one on the cart."

She pairs a Chenin Blanc 2010 Champalou Vouvray with the truffled, flower-studded Spring Summer Crottin. "The wine's streak of minerality cuts through the soft chèvre," she notes.

Among the blue cheeses, Walton favors the Roquefort Gabriel Coulet "La Petit Cave," which is sometimes known as the "king of cheeses." "This French blue is somewhat sweet with a touch of saltiness. With a Columbia Valley Dunham Cellars 2009 Late Harvest Riesling, it's unforgettable."

Walton often uses freshly prepared condiments to put the finishing touch on cheese plates. "Strawberries are in season right now, so I'm featuring a strawberry rhubarb puree that really complements the chevre."

She also roasts Marcona almonds with thyme, olive oil and salt and sprinkles some fresh herbs on the plate.

According to Walton, one of the best ways to complement a cheese plate is to simply include a flask of lavender honey. "You can't go wrong with it," she says. "It goes so well with blue, cheddar, chevre, harder cheeses – it's just a perfect pairing." 



New Seasons' wine bar builds community

by Deborah Moon

While many grocery stores regularly offer wine tastings, the New Seasons Progress Ridge Market takes that up several notches. Its customers can relax over a glass of wine or beer at the cozy wine bar in the heart of the store.

"The wine bar is an innovative concept in the grocery world," says bartender Kandie Anders. "No other New Seasons has one. It was conceived as part of this store, which is located at the 'front door' of Oregon's premier wine/grape-growing region. It was a logical fit."

Kandie says the wine/beer bar is much more than a tasting station.

"It has become quite the hangout and destination of choice for many in the Progress, Murray Hill, Bull Mountain and west Beaverton areas," she says. "It is a neighborhood community builder, and many new relationships have been forged while enjoying a glass of beautiful local wine or beer on tap at our bar. It is a comfortable and inviting space, placed strategically in view of many of the products from local producers, where our customers can't help but get a sense that bringing

local products to the neighborhood is key to what New Seasons is about."

Though Kandie says her bartending expertise is limited to being passionate about wine and being a good listener, she says sales are "in my blood." Her grandfather started a shoe store in Salem, which her parents turned into "The Shoe Box." Her father, Jerry Blum, later founded J. Blum Importing Co. Though he died young, Kandie says many older members of the Jewish community remember him well. She grew up at Temple Beth Shalom.


The sense of community Kandie experienced growing up is one she is pleased to help recreate at New Seasons. She says many women who would not want to go into a bar alone feel comfortable stopping by the wine bar in the middle of a grocery store. The casual atmosphere regularly sparks conversations between people who find out they are neighbors with similar interests.

The four wines and two beers on tap daily vary. Some of the wine on tap is available bottled in the adjoining wine aisles. But sometimes the bar offers a wine that winemakers didn't have in enough quantity to bottle, so it's only available in kegs.

"It then becomes something special that we can serve, and you can enjoy until it's gone and we're on to the next special thing," says Kandie. "There are a couple of things our customers can usually bank on, however. Blessed to be within one of the planet's greatest growing regions for pinot noir, you will always find one of these local beauties on tap."

Every Friday, Saturday and Sunday, the bar also features wine or beer tastings. Often the winemaker or brewer is on hand to share information regarding the many varietals and blends they make in the wine bar atmosphere.

The bar also offers a cheese and charcuterie menu. And the store has a substantial deli menu and made-to-order salads just steps away. Customers are welcome to enjoy a snack or meal with their drink at tables in the bar area while they relax with friends and family.

Open Saturday and Sunday, noon to 10 pm, and Monday, through Friday, 3 to 10 pm, New Seasons' wine/beer bar is located at Progress Ridge, 14805 SW Barrows Road, Suite 103, Beaverton. 

The Children's Heart Foundation

Wine Rides



Sunday, Sept 23rd
Vista Hills Winery

Join us this summer for our popular September wine ride. The tour is fully supported and includes a gourmet lunch, wine-tasting and is capped at 100 riders. Rides are approximately 30-40 miles of rolling terrain.

Beautiful wine country
Quiet, rural roads
Acclaimed winery
Bike poker

100% of the profits will be donated to the Oregon Chapter of the Children's Heart Foundation

www.bikegallery.com/wine-rides



Your local family-owned store
since 1974



New Seasons Progress Ridge bartender Kandie Anders serves a glass of a local wine to Margaux Lemma, a customer, friend and wine distributor.



Eat Local

Story and photos by Elizabeth Schwartz

It's high summer, and even if you're not making an active effort to eat local, it's just about impossible to go a day without ingesting something that has been locally grown or raised within 50 miles of Portland.

All of the Portland metro area's 50+ farmers markets are open and in full swing, and savvy shoppers know to arrive before the opening bell to ensure the best selections. And farmers markets aren't just a Portland phenomenon; according to the U.S. Department of Agriculture, 7,175 farmers markets operated throughout the United States in 2011, a 17 percent increase from 2010. Most farmers markets in Portland are open from mid-May through September or October, but, thanks to consumer demand, more are transitioning to year-round service, like the Hillsdale, Hollywood and Portland farmers markets. Many farmers markets also offer electronic benefits transfer (EBT) for people enrolled in SNAP (the Supplemental Nutrition Assistance Program, formerly known as food stamps).

A growing number of markets are offering two-for-one SNAP benefits, which allows SNAP participants to stretch the value of their food dollars when they buy high-quality, locally produced foods at their neighborhood farmers market.

The Pacific Northwest is also blessed with an abundance of CSAs, Community Supported Agriculture programs. Farmers sell subscriptions, or shares, in their annual crop yield to community members/subscribers. A weekly share usually consists of locally grown, freshly picked seasonal vegetables and fruits. Some CSAs also offer eggs, meat and poultry. According to the website Local Harvest, 99 of the 215 statewide CSAs serve the Portland area.

There's no accurate way to estimate the number of Portlanders who grow or raise some percentage of their own food, but one indication of the popularity of gardening here is the three-year waiting list for a plot in Portland's community gardens. Another indicator is the increasing number of classes that teach people




how to raise backyard chickens or bees. It's a point of pride among home gardeners to serve homegrown food to friends and family, whether for a Shabbat dinner or a daily meal.

If you like to eat out, you've also probably noticed a growing number of restaurants that source their vegetables, fruits, meats and cheeses from local producers. It's not uncommon to see "salad greens from Sauvie Island Organics" or "We proudly serve pasture-raised lamb" on the menu, underneath mouth-watering descriptions of entrees and salads.

Tuv Ha'Aretz, which means "good for the land" or "best of the land," connects Jewish teachings and traditions with sustainable food and agricultural practices.

The growth of the local food movement is directly connected to consumers' rising interest in healthy eating, supporting sustainable agriculture, strengthening local economies by spending their food dollars locally, and ethical concerns about the fair treatment of workers and animals. Not coincidentally, these issues are also core values of Portland Tuv Ha'Aretz, a local Jewish food organization.

Portland Tuv Ha'Aretz, Portland's Jewish connection to sustainable, ethical food for all, was formed in January 2009 as an affiliate of the Hazon CSA network. Hazon ("vision"), a New York-based not-for-profit Jewish environmental organization, creates healthier and more sustainable communities in the Jewish world and beyond. As of 2012, Portland Tuv Ha'Aretz is one of 57 Hazon affiliates throughout North America and Israel.

Tuv Ha'Aretz, which means "good for the land" or "best of the land," connects Jewish teachings and traditions with sustainable food and agricultural practices, and is designed to engage all strands of the Jewish community in Portland around food, agriculture and food justice issues. Tuv's partner farm, Sauvie Island Organics, offers CSA memberships to interested participants. Tuv Ha'Aretz also presents a range of programs that explore the intersection of agriculture, ecology, food and Jewish tradition. Recent events include a presentation on Fair Trade chocolate; Shabbat Step-by-Step, a series of classes teaching Shabbat menu preparation and Sabbath traditions; a Jewish herbal home health-care workshop, and a screening of the documentary *Food Stamped*, preceded by remarks from Congressman Earl Blumenauer. Tuv Ha'Aretz has also hosted book groups, Jewish garden bike tours, latke parties, text study sessions, gleaning parties and yearly farm visits to Sauvie Island Organics. On Sept. 9, Portland Tuv Ha'Aretz will host the first annual Portland Jewish Food Conference. 

Elizabeth Schwartz is a freelance writer, food activist, co-host of the Yiddish Hour on KBOO 90.7 FM and a founding member of Portland Tuv Ha'Aretz.

For more information about Portland Tuv Ha'Aretz, go to portlandtuv.org. For more information about Hazon, go to hazon.org. To find a CSA or farmers market near you, visit www.localharvest.org.

The OILERIE®

LAKE OSWEGO

Portland's Olive Oil Bar® Store!

- Sample Extra Virgin Olive Oils, Aged Balsamic Vinegars, and Nut Oils, all hand-bottled to order.
- A unique selection of gourmet foods: balsamic sauces, pastas, stuffed olives, and more!

438 1st Street Downtown Lake Oswego
503.675.6457 • www.oilerie.com

Find us on Facebook



Let's Celebrate

Lunch - Brunch - Dinner - Sightseeing



Portland Spirit Cruises
503-224-3900
www.portlandspirit.com



Bombay Cricket Club Restaurant



Indian & Middle Eastern Cuisine

Hours: Sun - Thurs 5 - 9 Fri - Sat 5 - 10

503.231.0740

www.bombaycricketclubrestaurant.com

1925 SE Hawthorne Blvd · Portland, OR 97214

Street food

for every taste



DC Vegetarian at SW Third and Stark is a favorite of Portland Jewish Academy students.

Photo by Deborah Moon

by Kerry Politzer

Voted the top street-food city in the world by CNN, Portland maintains a glorious diversity of food carts. Hand-painted trucks with quirky decorations announce a profusion of delicacies from all culinary corners of the globe. With such a variety of carts, it's not surprising that among the offerings are Jewish, Israeli and deli favorites. Some food carts serve up traditional dishes with a local twist, while other vendors add surprising, exotic flavors to commonplace ingredients.

Keena Tallman, co-owner of PBJ's, uses challah to make her delectable grilled nut butter and fruit spread sandwiches. "Challah is a neutral bread with a great texture," she explains. "It becomes crispy when grilled. We use Gabriel's challah because it's not too sweet; it's great for sweet, spicy and savory sandwiches." One of the most unusual toasties at PBJ's is the "Spicy Thai," which consists of two slices of challah with marmalade, sriracha, basil, curry and peanut butter. All of PBJ's nut butters are produced locally, and fruit spreads come from Oregon Growers. (PBJ's: 919 NW 23rd, www.pbjsgrilled.com)

At Wolf & Bear's, Israeli-born Jeremy Bear and his partner, Tanna TenHoopen Dolinsky, serve up organic Middle Eastern specialties with local ingredients. The cart is vegetarian, and both

vegan and gluten-free options are available. An often-ordered item is the Sabich, a traditional Iraqi Jewish breakfast. A giant pita is stuffed full of free-range hard-boiled eggs, hummus, grilled eggplant, onions, cucumber pickles, parsley, lettuce, mango pickles and tahini sauce. The Sabich comes with a small side of olives and pickles. Other pitas contain Middle Eastern ingredients like labneh, a creamy yogurt cheese. (Wolf & Bear's: 3925 N Mississippi Ave., www.eatwolfandbears.com)

Diners at Chef Julie Hasson's vegan, gluten-free Native Bowl cart don't have to worry about mixing milk and meat. Hasson has published six popular cookbooks, the most recent of which is *Vegan Diner*. The chef began her career in pastry; it's no wonder that her chocolate-chip coconut macaroons have a following all their own. The primary offerings at Hasson's food cart are fusion rice bowls, which take their flavors from Thailand, Korea and the Middle East. These unique, layered bowls of jasmine rice and veggies are full of bold tastes. To make the popular "Broadway" bowl, Hasson griddles local Ota tofu with garlic and pepper, caramelizes it with tamari, and combines it with shredded red cabbage, carrots, peanut-ginger sauce and rice. (Native Bowl: 4233 N Mississippi Ave., www.thenativebowl.com)


Located in the bustling pod at SW Third and Stark, DC Vegetarian specializes in sandwiches made with housemade seitan, a wheat-based meat substitute. “Philly cheesesteak,” “BLT” and “chicken salad” subs and panini come with dairy or vegan cheese, while “bacon cheeseburgers” are topped with vegetarian or vegan tempeh bacon. DC Vegetarian, which also offers vegan chocolate peanut butter cups, is becoming a favorite of many Portland Jewish Academy students. (DC Vegetarian: SW Third and Stark, www.dcvegetarian.com)

Latke lovers are sure to enjoy the Polish soul food at Mira’s Ladle. In addition to offering a variety of homemade soups and stews, this cart serves both potato and zucchini latkes, accompanying them with the traditional sour cream and applesauce. (Mira’s Ladle: 4031 SE Hawthorne Blvd., www.mirasladle.com)

The brainchild of a New York couple, The Fried Onion’s motto is “Whaddya Want?” The cart serves deli specialties like pushcart pastrami and classic New York hot dogs. There’s a \$1.25 surcharge for fans of the Boston Red Sox. (The Fried Onion: SW Third and Alder, www.thefriedonion.com)

For those who are craving succulent, mouthwateringly tender, slow-cooked brisket, the place to be is Briskets in Slabtown. Large portions of Angus beef pot roast with port-caramelized red onions or wood-smoked brisket are placed atop homemade ciabatta. All the meat is smoked right in the cart, and the brisket is made to the specifications of an old Jewish family recipe. Vegetarians can order the breadcrumb-topped macaroni and cheese. Make sure not to skimp on the Wet-Naps. (Briskets in Slabtown: NW 19th and Quimby)

No discussion of Portland’s food carts is complete without mentioning Tábor, which elevates fried chicken to gourmet heights. This repository of gut-busting Czech cuisine has been featured everywhere from *Bon Appetit* to *Time* magazine. The cart’s most popular offering is the Schnitzelwich, which is almost impossible to finish. One half of a crusty ciabatta roll is spread with Ajvar red bell pepper paste, while the other half is slathered with piquant horseradish sauce. The main attraction is a perfectly spiced, crispy fried chicken breast, which lies between a hunk of the freshest romaine and a layer of tender caramelized onions. (Tábor: SW Fifth and Stark, www.schnitzelwich.com)

Portland’s food carts truly have something for everyone. 

Food and travel writer and jazz pianist Kerry Politzer is a recent transplant from New York. She greatly enjoys the Portland food scene. She has written for *WHERE Traveler*, *IN New York* and *Dessert Professional*. She publishes a log on the Portland-NYC culinary scene, *The Rose and the Apple*.



Photo by Kerry Politzer

The Sabich from Wolf & Bear’s.

BH

KOSHER MEAT FOR YOUR SUMMER BBQ!



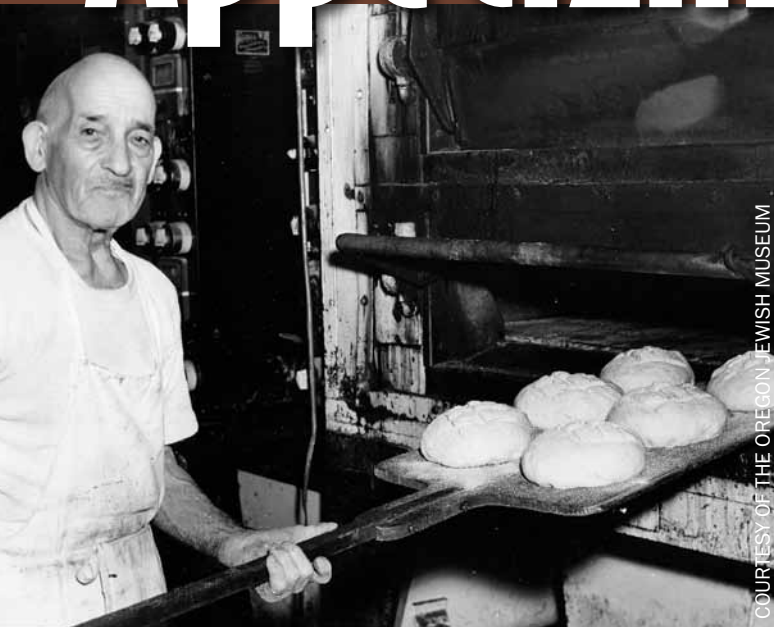
SUNDAY 11-3
MONDAY - THURSDAY 10-6
FRIDAY 10-1

6684 SW CAPITOL HWY,
PORTLAND, OR
(ACROSS THE STREET FROM THE MJCC)

■ 503.246.5437 ■

INFO@EVERYTHINGJEWISH.BIZ

Appetizing Legacy



COURTESY OF THE OREGON JEWISH MUSEUM

MASTER BAKER – Harry Mosler’s famous rye breads and bagels were a part of Portland’s culinary scene for nearly a half-century. Here, he bakes bread at his bakery on Southwest First Avenue near Caruthers Street, in the heart of Old South Portland.



COURTESY OF THE OREGON JEWISH MUSEUM

DOWNTOWN ICON – The Bohemian Restaurant, founded in 1915 by Isaac and Ruth Neuberger, the parents of Oregon Sen. Richard Neuberger, was a prime locale for club meetings, business lunches and nice family dinners. It also boasted a terrific bakery. Located for many years on Southwest Washington and Street and 10th Avenue, the family eventually sold the business, which is now closed. Photo circa 1950.

by Sura Rubenstein

Ask any longtime Portlander about Jewish history and you’ll soon be talking about food.

Harry Mosler’s bagels and rye bread. Mrs. Neusihin’s pickles. Dora Levine’s fish market. Delicatessens, fruit stands, restaurants and more.

Some were kosher, some weren’t. But all made their mark on the community, and have become part of the rich tapestry that is Oregon Jewish life.

Food – and the community that it builds – is not just a part of the past. It’s very much a part of the present, as groups like Tuv Ha’Aretz look to foster sustainable agriculture, people gather at the Café at the J for coffee, pizza or the weekly kosher meat meal, or stop by Albertson’s kosher deli for takeout.

Today Jewish chefs make their mark in a range of establishments, from Paley’s Place to Mother’s Bistro and Kenny & Zuke’s. And dozens of Jewish teens converge weekly on Portland-area Starbucks for “Latte and Learning” through NCSY, while some 200 gather around lunch tables in seven area high schools for a nosh and schmoozing at Jewish Student Union clubs.

But let’s go back, at least to Old South Portland, where there are great stories and treasured memories.

Bakeries? There were three “major” ones – Mosler’s, Gordon’s and the Star Bakery, run by the Rosumny and Rotenberg families. They tried a merger at one time, but soon split up. And eventually Harry Mosler’s bakery became preeminent.

Each week, Mr. Mosler and a couple of assistants would bake about 500 loaves of rye bread – both Bohemian and Russian rye, 150 dozen bagels, 125 dozen rolls, and other rolls and breads. Customers sent cards and letters of appreciation from around the world – Japan, Holland, South America.

He mixed all his own dough, and never had a written formula. “It’s all in my head,” he said, explaining that he couldn’t pass on his recipes.

Born in Austria, Mr. Mosler began working in the baking trade at the age of 9. He was a small man, standing just over 5 feet and weighing 115 pounds, and a hard worker. When he was 85, he was still putting in 12- to 14-hour days, beginning at 1:30 am.

He had come to the United States at the age of 15, living in Seattle before moving to Portland in 1925. His first Portland bakery was in the old Yamhill Street Market downtown, but

“There can be no joy without food and drink.”

– Talmud, Mo’ed Katan



Photo courtesy of Bobbie and Phil Cohen

DELI WITH AN ATTITUDE – Dave’s Deli, a local favorite, kept a loyal following despite two relocations forced by downtown redevelopment – thanks to co-owners Shirley and Abe Saltman, who provided good *haimische* (homey) food, a warm welcome and a lot of good-natured schmoozing.

he soon moved to Southwest First Avenue, in the heart of Old South Portland. When he was displaced by urban renewal in the early 1960s, he reopened his bakery a few blocks away, on Southwest Fourth Avenue.

He worked at the store until a year before he died in 1969 at the age of 88. One customer spoke for many when she told a reporter, “So say already that he’s the best baker that ever lived. Say that, and you’ve said it all. He is the best.”

Sarah Neusihin, the sister of longtime Shaarie Torah Rabbi Joseph Fain, went into the pickle business to supplement the family income. She operated out of her home, first up near Southwest 10th Avenue, and then in her longtime home – still standing – at 420 SW College St.

“Mrs. Neusihin’s Pickles” did not use vinegar in the brine. Just salt water, spices and lots of garlic.

“I took some to the fancy grocery store and said they should taste,” she told a reporter for *The Oregonian* in 1966. “They took all I had, showed me how to do billing, and I’m making pickles from that day.”

In the 1960s and ’70s, the pickle operation was just around the corner from where Mosler’s Bakery relocated after urban renewal. Walking on those streets was culinary bliss.

“The fragrance,” *the Oregonian* reporter noted, “has been known to make grown men swoon.”

Mrs. Neushin died in 1970, and the business is no longer in family hands. The label still exists, though the recipe and the sourcing of supplies has changed.

Runi (Roze) Hyman, another South Portlander, began catering after her husband died in 1936. For decades, she cooked and baked in her home at 1950 SW Third Ave., sometimes catering for up to a thousand guests. Although she did most of the cooking for congregations Neveh Zedek and Ahavai Sholom (now combined as Neveh Shalom), Beth Israel and the Jewish Community Center, she called herself a “part-time” caterer.

Celebrating 40 Years

Your Neighborhood Grocery Store since 1972

Owner Discount Weekend

JULY 13, 14 & 15TH

Berry Tasting

JULY 21-22ND, 11am-4pm

Both Stores

Coupon: \$5 off any purchase

of \$25 or more

Exp: 8/31/12 One coupon per customer per visit.

PLU 8209 JR

Food Front
COOPERATIVE GROCERY

Northwest Neighborhood
2375 NW Thurman St, 8am-10pm

Hillsdale Shopping Center
6344 SW Capitol Hwy, 8am-9pm

Local, Fresh, Organic & Natural Groceries

FoodFront.coop



SINFULLY DELICIOUS – Rose Naftalin began commercial baking during the Depression when she and her husband opened a deli in Toledo, Ohio. She later moved to Portland, where her Rose’s Restaurant became famous for the quality and size of her baked goods. She is shown here on the jacket of her second cookbook.

She got her start when a woman called to ask if she could make food for a citywide “brotherhood” dinner. Her next catered dinner was for more than 600 – at an event featuring a daughter of President Franklin D. Roosevelt.

“Since then,” she told an interviewer, “I was not afraid.”

In 1961, she cooked a dinner for 400 at the Jewish Community Center – only to find out that she was the guest of honor – “in recognition for her service to humanity.”

That year, she also was the sole remaining resident on her block – and eventually moved to the East Side, as many others did, because of urban renewal. “Just give me a kitchen,” she said at the time, “and I’ll have a home.”

Mrs. Hyman died in 1972, within a day of the passing of Dora Levine, the fish market owner. Along with Mrs. Neusihin, *The Oregonian* noted, “these women made a noble contribution.”

Rose Naftalin, born in what is now the Ukraine, came to Portland in 1955 by way of Chicago and Toledo, Ohio, where she and her late husband operated a small deli. Her son and daughter had moved here, and she wanted to be near them.

Within a year, she opened Rose’s Restaurant on Northwest 23rd Avenue, offering “towering chocolate layer cakes,



MAKING DELIVERIES – Ben Medofsky, at left, and William Rosumny deliver baked goods from Star Bakery, one of three major bakeries in Old South Portland, circa 1920.

plate-sized cinnamon rolls ... decadent rum balls and gargantuan Reuben sandwiches.” Quickly, Rose’s Restaurant became a Portland institution.

“Whatever we served, it had to be the best – the best!” she said.

Mrs. Naftalin sold the restaurant in 1966 – she was, after all, 68 years old then, and explained, “I worked 20 hours a day to keep up, doing all the baking and most of the cooking.” But then she wrote two cookbooks, both very well received, to share some of her famous recipes and her baking tips.

“Anybody can learn to do anything if you are really in earnest and make an honest effort,” she said in the introduction to *Grandma Rose’s Book of Sinfully Delicious Cakes, Cookies, Pies, Cheese Cakes, Cake Rolls and Pastries*. “There is no satisfaction,” she said, “like trying something new and having it work out wonderfully well.”

Once described as “Portland’s most famous food personality since James Beard,” Mrs. Naftalin died in 1998 at age 100. In a tribute, *The Oregonian’s* food writer, Barbara Durbin, called her “The Rose City’s most famous Rose.”

Shortly after Rose’s opened, another deli, more of a workaday place, opened in the heart of downtown: Dave’s Delicatessen, operated by Shirley and Abe Saltman and named for Shirley’s father.

For nearly 30 years, Dave’s was a downtown institution. Judges, lawyers,

politicians, movers and shakers made it a regular lunchtime stop, and found the banter with Shirley Saltman and crew at least as much of a draw as the kosher-style soups, sandwiches and other menu items.


Originally at Southwest Third and Morrison, the deli was twice displaced by downtown development, finally finding a home in the downtown Justice Center.

Abe was a lifelong Portlander; Shirley came to Portland to visit a friend, met Abe when she was 17, and married him.

Shirley, described as “Mrs. Personality with the customers,” had a phenomenal memory, both for complicated orders and for people. “She usually knows what a customer is going to order as soon as he steps inside the door,” her husband once said.

After the deli’s third move, the Saltmans sold it and retired in 1988. Abe Saltman died in 2003 at age 82, and Shirley died in 2005 at age 80.

“I like the action, I like the work,” Abe Saltman told a reporter. “The only problem is there aren’t enough hours in the day sometimes.”

But the Saltmans, Mrs. Neusihin, Mr. Mosler and countless others who gave us foods to savor and celebrate, made the most of the hours and days they had. And in doing so, they left a precious – and appetizing – legacy. 

Sura Rubenstein is a freelance writer in Portland.

Outdoor Kabbalat Shabbat

Presented by Mizrach, Neveh Shalom's Eastside Community



Friday July 13

Mt. Tabor Picnic Site B

5:45pm BYO Picnic

6:30pm Lay led, musical service

Followed by Kiddush & Hamotzi

RSVP, directions or more info: tamarwyte@yahoo.com

Meet fellow Eastsiders or join us from the West – all are welcome!



Coming this fall:

Tashlich Bike Ride – Sun 9/23

East Side Shabbat with
Cantor Bletstein – Fri 11/2

Mizrach is an outreach group within Neveh Shalom committed to uniting and energizing the Eastside Jewish community.

www.NevShalom.org



“Proud to be part of the community for over 20 years”

Steven E. Stone



BEDMART



Be Bed Smart

www.BedMartNW.com



THE SMART CHOICE FOR EFFECTIVE AND MEANINGFUL JEWISH GIVING

With each gift, we address so many of the causes and issues that are important to our community. Even during these difficult economic times, Jewish Federation continues to ensure that the programs and organizations that enrich Jewish life, here at home, in Israel and around the world, remain vibrant and strong. Learn more about how you, together with Federation can continue to strengthen our community.

Contact Josh Stein, Campaign Director at 503.245.5641 or make your pledge online at www.jewishportland.org.

Investigating San Francisco

by Joseph Lieberman

Imagine we could take a look at Jewish cuisine in a modern-day location but from a 1930s Philip Marlowe/Sam Spade classic detective perspective. Maybe it would look something like this:

The name's Boyle – Hy Boyle, private investigator. My beat's San Francisco.

They call me lots of things – kosher cop, deli detective, food fuzz – I don't mind, it comes with the unorthodox territory, an urban *treifscape* littered with demitasse dreams, half-baked haman-taschen and battered latkes. The steaks are high [especially the Kobe kind], but you take the calories with the sour cream.

One morning, I got a call from a close acquaintance named Sheila Rubinson Ash, a Brooklyn-born society hostess, fashion consultant and bed-and-breakfast entrepreneur whose flamboyant lifestyle could conservatively be called over-the-top outrageous.

I answered, as usual, “Hymie Boyle, P.I.E.”

“Hi, Hy. It's Sheila. Say, what's the ‘E’ stand for?”

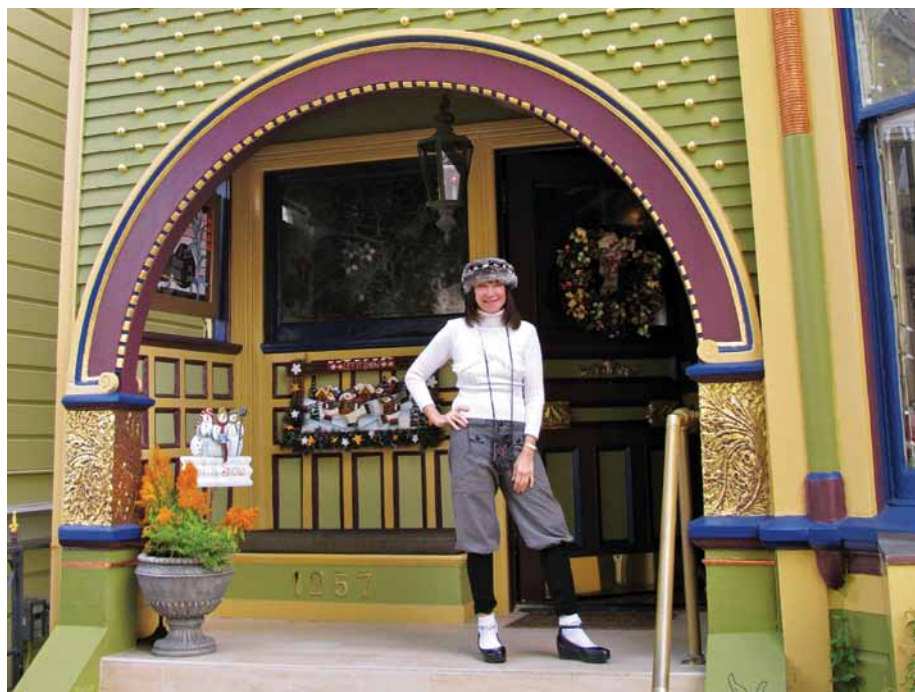
“Extraordinaire, kugelcake. What's eating you?” Her consistency was smooth, but I knew something was simmering below the surface.

“I'm in a stew, Hy. Got important guests coming into town, and I'm as nervous as a *mohel* before his first circumcision. Dinner's gotta be perfect.”

“Yeah, I get'cha. You want it kosher, start to finish. OK, I'm onto it.”

Hanging up, I thought about Sheila's shamelessly Victorian “Noe's Nest B&B” on Guerrero Street – the only Chabad-associated hostelry in San Francisco/Oakland, with a mezuzah on every doorframe and a bagel-lox breakfast for every hungry mouth.

What she wanted wasn't easy to find, even in a city with its own Contemporary



Sheila Ash at her bed & breakfast

Jewish Museum. Downtown San Francisco's kashrut scene is nearly nonexistent. A few semi-kosher cafes may have been deli-ightful in their day, but now their reviews on yelp.com read like Hamas critiques on vacationing in Haifa.

The Concordia-Argonaut Club might work. It was founded by jeans-maker Levi Strauss and his pals back in 1865 as a private Jewish-German social club, but they only hold dinners on certain nights. Then there's *Beach Blanket Babylon*, America's longest-running stage show, created by the late Steve Silver, a nice Jewish boy with a beautiful meshugana mind. It's got singing celebrity impersonators with spectacular costumes and huge headgear – including a hat 12 feet wide displaying the entire San Francisco skyline – but unfortunately, drinks only, no food.

I had to think outside the matzah box. OK, there's 800 Mexican restaurants in town, but only one is both meatless and non-dairy. Gracias Madre is completely organic, serving dishes like handmade tortillas and tamales from produce grown at their biodynamic Be Love Farm. All their cheeses, milks and ice creams are made using nuts. Not certified, but kosher after a fashion, no?

Then I remembered state Sen. Mark Leno, a grad from the American College of Jerusalem who also spent two years in rabbinical studies in New York's Hebrew Union College. Heard he was a frequent customer of Historic John's Grill, so I checked it out. Holy hummus! Turns out this is *the* mecca for Private Eyes – the restaurant that mystery author Dashiell Hammett described in *The Maltese Falcon* as the place Sam Spade ordered his “lamb chops, baked potato and sliced tomato,” still on the menu. Owner John Konstin keeps a replica of the movie statuette above the bar. Atmosphere galore, original furnishings, live jazz nightly, great steaks and the best sole amandine anywhere. But not kosher.

I was pulling a blank on real kashrut dining al 'Frisco, so I turned to Chef Tanya Nunes, who does kosher catering for the entire peninsula. “Hey, Hymie,” she said, “you remember our last caper together?”

“Sure do, doll. We foiled those mugs and sent them to the cooler. So I hear your business is heating up?”

“Like a stove on fire. In fact, I had to call in Captain Robert and Marilyn Katzman from San Francisco Fire Engine Tours to transport eight Hasidim on a catered journey in their 1955 Mack fire truck. Jewish couple, operate from behind The Cannery at Fisherman's Wharf. Both of them come down in their antique fireman's uniforms, and...”



Golden Gate Bridge

Eventually, Tanya informed me of something new, opened in 2010, a bit further south: The Kitchen Table on Castro Street in Mountain View, the stomach of Silicon Valley.

After getting misdirected by the only GPS in central Cal that didn't know the way to San Jose, I stumbled into The Kitchen Table like a Bedouin barkeep discovering the last watering hole in the Sahara. Executive Chef and General Manager Chad Newton walked up and said, "Welcome. Glatt to meet you." I felt like I was home at last!

From the chicken and matzah ball soup to the sweet potato fries, non-dairy Caesar salad, home-cured corned beef and home-smoked pastrami, every dish was beyond perfect. In fact, I've never eaten anything comparable, not even in New York! The side orders – cole slaw, potato salad, etc. – are all made in-house.

But this classic lunch menu was just the beginning. Their innovative California cuisine at dinnertime goes way beyond traditional. Just imagine: Salmon roulade with sweet corn *coulis* and sautéed spinach, or thick, succulent Colorado lamb chops on couscous. Plus roasted halibut or chicken, short ribs with polenta, and yes, even Kobe steak. I called Sheila to tell her the good news.

"Are these really delicatessen dishes?" she asked.

"Well, this ain't India," I answered, "but let's just call it New Deli." 



Joseph Lieberman is a freelance writer based in Eugene who travels extensively.

SAN FRANCISCO INNS

Sheila Ash's Noe's Nest Bed & Breakfast, noesnest.com

The Kitchen Table, Mountain View
www.thekitchentablerestaurant.com/tkt/

Beach Blanket Babylon
www.beachblanketbabylon.com

Gracias Madre, www.gracias-madre.com

Historic John's Grill, www.johnsgrill.com

San Francisco Fire Engine Tours, www.fireengineturns.com

Chef Tanya Nunes, www.cheftanya.com

WHATEVER YOUR OUTDOOR ADVENTURE...

WE HAVE YOU COVERED.

WITH THIS COUPON TAKE AN ADDITIONAL

20% OFF
 ANY SINGLE REG PRICE ITEM

OR

10% OFF
 ANY SINGLE SALE PRICE ITEM

MUST BE USED IN STORE - VALID THROUGH AUGUST 1

HUGE SELECTION - GREAT PRICES - LOCALLY OWNED

U.S. OUTDOOR
 219 SW BROADWAY - USOUTDOOR.COM

TRADITIONS



Rabbi Tzvi Fischer, Portland Kollel

“Why is kashrut relevant today?”

To eat kosher is to eat more spiritual.

The Torah repeatedly reminds us that its precepts are timeless and eternal. That makes kashrut as relevant as it ever was. The ideas of kashrut – referred to in the Torah

as issues of Kedushah (holiness) and Taharah (spiritual connectedness) (see Leviticus 20:25-26) – are not about ancient health concerns but rather are there to help us be conscious of a higher state at times of physical indulgence. Even today, as we consume the food that our body needs for its survival, kashrut reminds us that our Creator has a plan for how we can best keep our spiritual being alive together with our body.

To be kosher is to be more communal.

As a community, I see the need for kosher foods and events. Over the last generation we have increasingly become a big tent community. Providing kosher certification, having the Mittleman Jewish Community Center certified kosher and communal kosher events means that all members of the community can participate. If we are going to welcome all to our events and to the communal organizations, we must also make sure that Jews living by our traditions can participate.

To eat kosher is to eat more safely.

Additionally, with the realities of modern food production and the global marketplace, kashrut is even more relevant today. We eat more processed foods than ever before. These foods are processed with ingredients that are sourced from all over the world, including underdeveloped countries. Governmental agencies either do not have the resources or are too beset by conflicts of interest to effectively enforce food safety. Kosher-certified products have the benefit of an independent, nongovernmental, third-party audit that ensures the purity of the food we eat. This additional pair of eyes keeps the companies aware of their own need to provide a healthier, safe product. This may be why the kosher food market is the fastest-growing market in the U.S. It mostly caters to non-Jews and is larger than the organics, gluten-free, vegan and whole grain markets combined.



Rabbi Laurie Rutenberg, Geshet
www.ourjewishhome.net

“Is eco-kashrut changing the way we eat?”

It is perhaps even truer in Judaism that “you are what you eat.” Who doesn’t love their grandmother’s kugel, knishes or matzah ball soup? You want to be Jewish? One profound way is to eat Jewish.

Does that apply to morality? Can you be moral by eating moral? The

answer is: yes, kind of. The first Jewish diet was a failure. In the Garden of Eden, Adam is told, be a tiller and a tender. You can eat any fruits of the trees. The implication: eat fruits and nuts – there’s no killing involved. But it didn’t work. Just ask Cain and Abel. For Noah, God proposed a compromise: OK, eat meat, but don’t eat the blood. Implication: maybe you won’t become bloodthirsty. Jews received additional restrictions. Eat only domesticated animals. Implication: maybe you’ll be more civilized.

But how does this apply to our lives today? Are Jewish eating and morality equivalent? Eco-kashrut says yes.

Reb Zalman Schachter-Shalomi first coined the term. It returns us to humanity’s original purpose: to be tillers and tenders, stewards of the Earth. Can a Jew in this overpopulated world eat without thinking about treatment of workers, treatment of animals, and treatment of our own bodies? Eco-kashrut says no, because Jewish laws about all these issues apply directly to how we eat.

If you eat meat, you have to consider not just the act of killing, but the implications of raising animals with antibiotics and pesticides on massive, pollution-producing, factory farms. We may choose not to eat animals at all, or we may choose to eat only cage-free chickens and pasture-fed cows. If you eat conventional produce, consider both the quality of your food and whether workers earn a fair wage. If you indulge in chocolate or coffee, consider whether children are being enslaved for your benefit. If you buy non-local foods, consider the ecological and health implications of the packaging and transportation.

Keeping kosher just got a lot more complicated. Still, I hope you enjoy challenging yourself and eating!

BedMart: Where sleep is the goal and dreams come true



The Stone family, from left: Adam, Elana, Sherry, Steven and Leah. Photo by Brian McLernon

by Deborah Moon

As a child, Elana Stone spent her free time playing among the mattresses at BedMart and watching her father, Steve Stone, quietly perform mitzvot as he built his dream – a business of his own. She couldn't understand why her classmates at Portland Jewish Academy didn't know about her father's store or all the people and organizations he helped in the community.

She decided the only thing missing at BedMart was an effective marketing plan. So she started dreaming herself. She decided to major in marketing at Oregon State University. Then she worked for two marketing agencies before returning to the family business.

Steve said he opened BedMart because “being in business, doing what I do, is my dream. You have to do something that makes you happy. I told my kids they shouldn't have to follow in my footsteps.”

All three of Steve and Sherry Stone's children attended PJA, and all have worked at BedMart during school breaks. Adam is a pre-law student at OSU, and Leah just graduated from Lincoln High School. Elana is now director of marketing for Sleep Smart NW, fulfilling her dream to “fill the biggest need at BedMart” – more effective outreach.

Now 20 years old, BedMart opens its 20th location this month in Salem. Sleep Smart NW is the parent company of BedMart and also operates nine America's Mattress locations in the Portland area. Elana is the on-air spokesperson for the America's Mattress stores, which sell Tempur-pedic and Serta mattresses. On July 1, they will open The Outlet to sell discontinued and closeout items from both store lines, as well as some upholstered furniture.

Elana, 25, sits at the management table with many of the same people who watched her run around the original BedMart store at 56th and Foster. She likes the family feel of the company, something she credits her mother with cultivating.

Steve is proud of the fact that 50% of his employees have been with the company five years or longer.


He attributes the growth of BedMart, now the second-largest mattress chain in Oregon, to the fact that “we surrounded ourselves with great people” and “we sell one mattress at a time, and it adds up.”


Steve started BedMart with \$10,000 and an agreement with Sherry that if he lost that, he would “go get a real job.” The name BedMart arose out of that limited budget. “I was literally paying the sign guy by the letter. I wanted people to be able to say the name and know what we did with very few letters.”

While some people might think mattresses are boring white rectangles, Elana says, “I think of it as selling sleep. You really can impact people's lives.”

For many years, BedMart donated mattresses to various women's shelters. For the past year, the company has supported the Sunshine Division of the Portland Police, which has provided emergency food and clothing relief to those in need for 90 years.

Elana says her father's charitable acts are always discreetly performed “behind the scenes.” “I'm happy to talk about it for him,” she says. “He does it because it's the right thing to do, because it's a mitzvah.”

The Stones are longtime members of Congregation Neveh Shalom. 




AMERICAN MARKETING EXCHANGE®
Your success is our greatest concern.

“Consummate professional services for discerning business entities”

Portland's Premier Recipe for Business Success...

- Business Development
- Product Development
- National Sales Channels
- Business Branding
- Capital Funding
- Process Consulting

AME builds companies, brands, and market opportunities.
“Satisfying inventors, entrepreneurs, and established enterprises for 25 years”



503.381.1965
www.americanmarketingexchange.com

Northwest Fashionista

Fashions for a Fine Summer Romance



Photos: Andreas Sjodin

by Catherine Garvin

Do you want to know how to build a romantic campfire inside your sweetheart's heart? It all begins with what you wear.

Let's at least pretend dressing up for a summer date can increase the odds that love will blossom.

When we combine the thought of a hot summer date with how we look, we stir up a whole lot of feelings – both positive and negative.

Let's prepare for positive, fun-filled intimacy while on a date by designing our look of love with the appropriate color and print choices, fabrics and silhouettes.

To set the tone for a simmering summer date night, heat up in a pink satin dress for women and tropical floral aloha shirt for men.

Why the color pink? Pink is the universal color of love. When a woman wears pink, she sends a magnetic message she is ready to be a couple. Pink is alluring and soft, which can be very appealing to your partner. I always have lots of fun when I wear pink.


Why a floral print for men? Like Elvis, a man in a floral aloha shirt wearing khaki chinos conveys he is both masculine and romantic.

The floral print conveys an evocative, tender heart prepared for adventure and possibility while out on a date. Fabric choices to complement the floral print would be a soft rayon, cotton or linen. The khaki pants provide enough structure and comfort to go with the flow.

So, whether you set your date night scene high on a mountaintop close to the light of the stars, dancing at sunset on the waterfront piazza or snuggled in a warm blanket watching the rooftop movie at the Deluxe hotel, fashion and a convivial summer date night do go together.

The Northwest Fashionista knows that artful attention to dressing up enhances the possibility for an enchanting summer full of love and romance.

Let me know how your fashion date nights go by connecting with me at www.catherinegarvin.com.

I am interested and curious, so don't be timid or shy, let me know how it all turns out. 



For more about national fashion and Portland style, contact Catherine on Facebook or www.examiner.com/style-in-portland/catherine-garvin, or follow her on twitter: @CatherineGarvin.



**Atelier
Exclusively Yours**

New in the Pearl!

custom made purses,
scarves, accessories,
jewelry & entire wardrobes

*original and elegant
hand-crafted designs*



Tuesday - Sunday 10am - 6pm
711 NW 11th Avenue
Portland, OR 97209
503.222.0050

www.exclusivelyyours.biz



Song of Miriam honorees for 2012 are, from left (seated): Teri Giangreco, Enid Beck, Miryam Brewer, Debra Rycus Brown, Barbara Enkelis, Lynn Taylor, Carol Glauber, Rachel Pollak and Dena Gutterman, and (standing) emcee Barbara Barde, Melissa Cohen, Connie Cambreleng, Sheila Weiner, Lauren Fortgang, Miriam Greenstein, Roberta Hellman, Dale Oller and emcee Kim Rosenberg; and not pictured: Barbara Cohen and Miriam Levitt.

Photo by Deborah Moon

Song of Miriam sings praises of women who keep community humming along

More than 300 people turned out June 3 to honor 18 women at the Jewish Women's Round Table's annual Song of Miriam Award Brunch to celebrate the contributions volunteers make to Jewish organizations.

JWRT President Ellen Beck thanked the record crowd for honoring "those who do so much for our community."

"Without their continuing commitment many of these organizations would not exist or have the strength and depth they do," she added.

JWRT is a group of women representing organizations and congregations in Oregon and Southwest Washington. Its mission is to strengthen the Jewish community by honoring the excellent work of women volunteers and bringing the community together to celebrate Jewish life.

The 20th annual brunch was held at the Mittleman Jewish Community Center.

This year 19 organizations (two organizations named the same woman) from across the region named honorees and provided rich vignettes on the contributions the women have made to Jewish life.

For more information on JWRT and a list of all past honorees, visit www.jwrt.org.

Volunteer and celebrate

Help Oregon Food Bank to celebrate 25 years of world-class blues and fighting hunger. Volunteer at the 2012 Safeway Waterfront Blues Festival, presented by First Tech Federal Credit Union, July 4-8.

Owned and operated by Oregon Food Bank, the festival is not only the biggest blues festival west of the Mississippi, it's also Oregon Food Bank's largest fundraiser. Oregon Food Bank depends on more than 2,000 volunteers to help this year's five-day festival run smoothly. The festival still has more than 100 volunteer slots to fill. To sign up to volunteer, visit www.waterfrontbluesfest.com and click on the volunteer button.

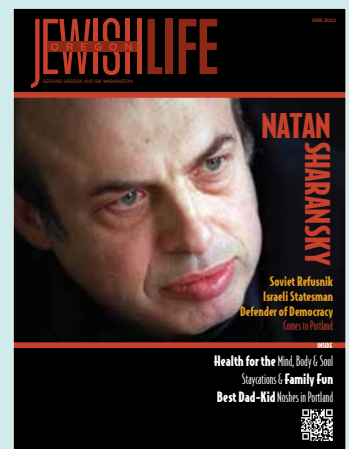
If you can't volunteer, you can still help reduce hunger by bringing two cans of food and a \$10 donation to enjoy some of the 150 acts slated for this year's festival on Portland's Waterfront along Naito Parkway. 100 percent of all donations benefit Oregon Food Bank's mission: To eliminate hunger and its root causes ... because no one should be hungry.

Other opportunities to help end hunger:

Oregon Food Bank also seeks volunteers for its Cooking Matters program. Volunteer chefs, nutritionists and home cooks are needed to share hands-on cooking, food safety, food budgeting and nutrition information with people who are at risk of hunger. Training begins in July. To sign up, contact Liz Long, 971-223-3372, llong@oregonfoodbank.org.

Other ways to help: Oregon Food Bank offers a myriad of volunteer opportunities from food repacking to helping in the office. Visit www.oregonfoodbank.org for more information and to sign up.

Interested in advertising in Oregon Jewish Life?



JEWISH LIFE

For all inquiries, please call us at:
(503)892-7403 or
email advertise@ojlife.com



Participants in the arthritis exercise class enjoy the warm water of the therapy pool.

Anyone can exercise in water (even dogs!)



Story and photos by Deborah Moon



Dorothy Packouz, 91, lifts her leg out of the water during an aquarobics class.



Seniors, arthritis sufferers, people with chronic conditions and those recovering from orthopedic surgery or injuries often consider water exercise a blessing.

With the reduced weight on joints and the reduced risk of falls, virtually everybody can exercise in the water to increase their strength and flexibility, says Holly Howard, who teaches aquarobics and arthritis exercise classes in the Mittleman Jewish Community Center's two pools.

Using water for therapy and rehabilitation predates recorded history and has been practiced by almost every known civilization, according to Doug Kinnaird, LMT, a therapist who works with clients at the center's therapy pool. Kinnaird started providing aquatic therapy at the MJCC in 1997. He was away from Portland from 2007-2010, but is now back helping clients at the center.

"The essential properties of water – density, buoyancy, viscosity and specific heat – act on essentially every homeostatic system of the body, reducing edema, enhancing circulation, measurably reducing weight-bearing stress and relieving pain," according to Kinnaird, who has written chapters on aquatic therapy for three textbooks.

Howard says participants in her aquarobics classes in the main pool range from a young pregnant woman to 91-year-old Dorothy Packouz.

Packouz said she did aerobics "on land" until three or four years ago, but when she started getting a sore back she found exercising in the water was "easier."

"I've always been active," she says, adding with a smile, "I'm trying to keep me old."

Students in the arthritis exercise class, which is certified by the Arthritis Foundation, range from a 40-year-old with rheumatoid arthritis to seniors suffering from arthritis or recovering

"Make us your first call"
NW SENIOR RESOURCES, INC.
 Adult Placement and Referral Services



Retirement/Assisted Living
 Alzheimer's Care ✳ Adult Foster Care

We help people get the information they need to make the best decisions about important matters in their lives.

...At no cost to you!

"As an attorney, it is important to be able to refer my clients to competent, compassionate, and caring professionals in the senior health care arena. Nancy is the consummate professional. When it came time for my father I turned to Nancy. She is sensitive, compassionate and understanding at a very difficult time. She is simply the best and I feel fortunate to know her."

Virginia G. Mitchell
 Attorney at Law



Nancy Raske
 Consultant

503.680.9407 | www.nwseniorresources.com



Retirement Living Northwest Style.

Nestled in one of Portland's most vibrant neighborhoods, you'll find all the comforts of home in a retirement community that truly caters to those seeking a rich, fully engaged lifestyle.

NorthWest
 PLACE

Independent Living Residences

2420 NW Marshall Street, Portland, OR 97210

Call today! (503) 200-2505

AN SRG SENIOR
 LIVING COMMUNITY



SRGseniorliving.com





Sharon Phillips, 76, is at the front of a long row of aquarobics participants who follow the lead of instructor Holly Howard, who is standing on the edge of the main pool at the Mittleman Jewish Community Center.

from joint replacements. Howard said the warm water in the therapy pool eases pain and enhances flexibility.

Doug Walters, 72, says he not only lost 60 pounds in the year and a half he's been coming to the arthritis class, but also, "my flexibility and balance have really improved. ... You can do a lot of exercise for your muscles without gravity."

The JCC's hydrotherapy program began in the center's former location in downtown Portland in 1924 and continues in the MJCC's Therapy Pool, where the water temperature is maintained at 94 degrees.

The warm water and hydrostatic pressure reduce pain, Kinnaird notes, adding, "For the heart, just standing in water is aerobic exercise ... and it takes 60 percent more effort to breathe one liter of air than on land, so it improves respiratory capacity."

"Turbulence, caused by moving water around the body, or by moving the body through water, provides further therapeutic benefits: thermal conductivity is enhanced; drag forces challenge movement and balance to strengthen muscles and improve proprioception; viscosity helps prevent the risk of falling; resistance to movement can be balanced between agonists and antagonists; painful movements can be stopped instantly to prevent damage; and combined with hydrostatic pressure, turbulence acts to further reduce pain."

Cedar Sinai Park brings a busload of Rose Schnitzer Manor residents to participate in aquatics classes several times a week.

"Water or aquatic therapy has long been known to have positive results. It can increase metabolism, improve cardiovascular health, increase strength, and slow down age-related loss of muscle mass," says Kathy Tipsord, CSP community program director. "From a social standpoint, it keeps people engaged and more independent, thus feeling better about themselves."

Tipsord notes that many residents in their 90s regularly attend the program at the MJCC.


"While originally aquatic therapy focused on cardio benefits, it now also is known for increasing strength, agility, and flexibility," she notes. "How does that translate for anyone as they age? It can mean the difference between getting dressed with or without assistance, walking to and from your apartment, or even carrying your purchases from the local grocery store."

Tipsord said the warm water therapy pool class is a nice complement to the exercise program, lectures and art programs at the Manor.

Tipsord says one resident told her, "I know it's good for me, but it also feels good to see my friends and just feel the warmth of the water around me."

Sydney Herbert, 84, says water exercise is the only workout she can manage. She not only enjoys the workout, but she also enjoys the social aspects of the program.

And after two years of feeling the benefits herself, Herbert didn't hesitate to seek out hydrotherapy for her dog when she was diagnosed with arthritis.

"She's a loyal, loving dog and it helps keep her alive," says Herbert, noting she knows of three pools in the Portland area that cater to dogs. However, she says, her dog prefers running on an underwater treadmill to swimming. 



Audiology Services include:
HEARING TESTS • HEARING AID ADJUSTMENTS • HEARING AID REPAIRS
HEARING AID CLEANINGS • OTOSCOPIC EXAMINATIONS • WAX REMOVAL
**Hearing aids may be tax deductible.*



FREE Hearing Screening
with this coupon
(\$119 VALUE)
Please call us today
for your appointment
expires: 7/31/12

DOCTORS OF AUDIOLOGY
Alisa B. Weinzimer
Allison E. Bradley

www.pacoregon.com

Two Convenient Locations
5010 NE 33rd Ave. 503.284.1906
5331 SW Macadam #395 (In the Water Tower Bldg.) 503.719.4208

Does this remind you of your pace when it comes to planning your estate?



Dunn Carney's Wills and Estates team can help you with:

- Wills and Trusts
- Probate and Trust Administration
- Business Succession Planning
- Tax Minimization
- Planning for Incapacity
- Medical Directives

Our Team of Professionals:

David Buono
Melissa Busley
Ken Davis
Heather Guthrie

Carolyn Larson
Marsha Murray-Lusby
Jeana McGlasson
Bob Winger

Congratulations to Marsha Murray-Lusby and Heather Guthrie for their inclusion in the Portland 2012 Five Star Wealth Managers List in Estate Planning.

851 SW Sixth Avenue Suite 1500
Portland, Oregon 97204-1357
503.224.6440 | www.dunncarney.com



LIVING IT UP

Terwilliger Plaza is as unique as the people who call it home. But living in Oregon is all about doing things your own way. Take part in an expedition on one of our weekly tours, discover a new talent with our in-house cultural groups, be more you every single day.



**TERWILLIGER
PLAZA**

Living Forward.

A Continuing Care Retirement Community • www.terwilligerplaza.com • 503.299.4716



IT'S SUMMERTIME AT THE MANOR...



CEDAR SINAI PARK
rose schnitzer manor

...AND THE LIVIN' IS EASY.

Be our guest at our family barbecue:

Wednesday, July 25, 11:30–1:30
6140 SW Boundary St., Portland

Please RSVP to 503.535.4004.

A TRUE PILLAR AND GENUINE ROLE MODEL

HENRY S. BLAUER z"l
1920 - 2012



THANK YOU

for a lifetime of dedicated service
to our community.



Jewish Federation
OF GREATER PORTLAND

Building a vibrant Jewish community.
503.245.6219 | www.jewishportland.org
6680 SW Capitol Highway | Portland, OR 97219

Sharansky inspires SOLIDARITY

by Polina Olsen

When the Jewish hero Natan Sharansky spoke in Portland for the first time on June 5, a crowd of 500 filled the hall at Congregation Neveh Shalom for the historic 92nd annual meeting of the Jewish Federation of Greater Portland. Sharansky, a leader in the struggle for Soviet Jewish emigration, spoke about his life as a Russian dissident, finding his identity as a Jew and his goals as chairman of the Jewish Agency for Israel.

“Whether the young generation of Jews will be ashamed of Israel or proud of Israel,” he warned, “defines whether they will be part of the Jewish community or not.”

The audience included local heroes like the Stern family, who chartered a planeload of Soviet refugees and flew with them to Israel, and the many who helped JFGP raise more than \$2.2 million for that effort, Operation Exodus. Arden Shenker who with his wife, Lois, recently received the Rabbi Joshua Stampfer community enrichment award, introduced the speaker.

“Our daughter Diana and I went to the Soviet Union in 1984 while Anatoly Sharansky was still in prison,” he said. “We visited with 32 refusenik families. He was the hero for all of those families then, as he was and is our hero.”

During a moving speech, Sharansky called American universities the most important battlefield for today’s Jews. “I wrote an article, ‘Traveling to Occupied Territories,’ where occupied territories meant American universities,” he said. “I understood how dangerous and successful our enemies are, and the power of their propaganda. Many young Jews are distancing themselves. Every young Jew is challenged with this question: ‘Do you believe in universal human rights or are you only concerned about your tribe?’ If a young Jew has to decide, he will choose universal. That’s the basis of Judaism. But this choice is false. If you want to make the world better, you must be strong. And there is nothing stronger than your Jewish identity.”

Benjamin Shmulevsky, a senior at Catlin Gabel High School, spoke of his parents’ emigration from the former Soviet Union. “Like many of the immigrants who flooded the United States in the late 20th century, [my parents] came not for their own American dream, but for their children,” he said. “They wanted to live in a society where their children could practice Judaism without oppression, where they wouldn’t be victimized on the playground, denied entry to certain colleges and even refused employment because of their Jewish heritage. What my parents didn’t expect was the strength of the Jewish community here in Portland. Our emigration may have been made possible through your tireless activism – an inspiring show of solidarity for worldwide Jewry that men like Mr. Sharansky exemplify.”

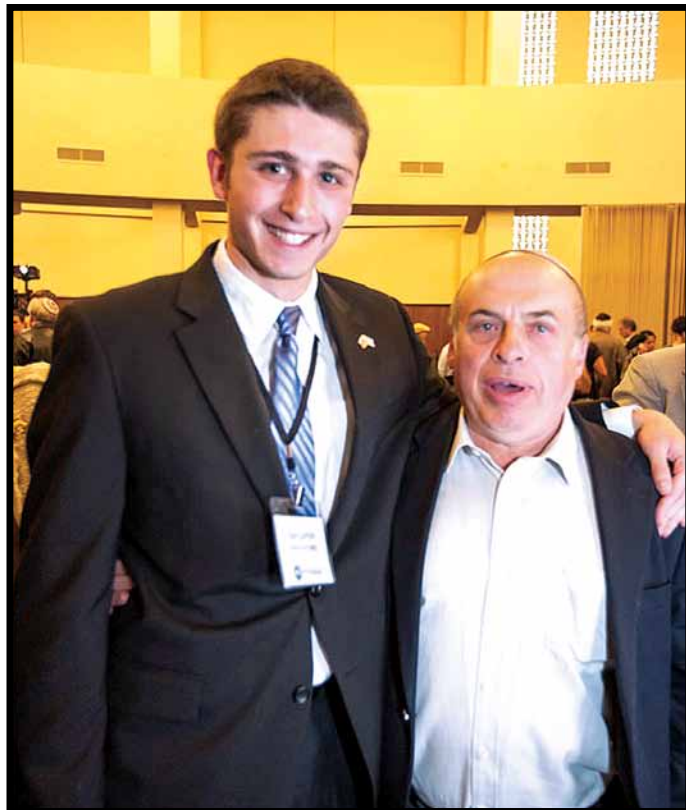



Photo: Oolite Photography

Natan Sharansky, whose struggle opened the doors of the Soviet Union to emigration for future generations, meets Ben Shmulevsky, whose parents took advantage of that opportunity.



Jewish Family & Child Service

JFCS & YOU
Saving Lives, Restoring Hope

Disabilities Services (TASK, Partners for Independence)

Counseling


Senior and Holocaust Survivor Services

Homemaker Assistance

Emergency Aid

Job Search Assistance

Mensches in the Trenches Volunteer Corps



1221 SW Yamhill Street, Suite 301
Portland, Oregon 97205
P | 503.226.7079 W | www.JfCS-Portland.org

The war that Israel isn't winning (part 1)

by Mylan Tanzer

European “pro-Palestinian activists” recently attempted to descend en masse on Ben-Gurion Airport for a “spontaneous” protest to disrupt service. Protesters then planned to join West Bank activities designed to embarrass Israel by provoking reactions while cameras and cellphones were poised to record and instantly upload images to the Internet.

Israeli security and diplomatic efforts thwarted the airport protest. Many of the would-be gate-crashers were not permitted to board flights into Israel; of those who arrived in Israel, most were picked up at the gate and immediately sent back to their points of origin. Those who succeeded in getting through quietly headed for West Bank areas controlled by the Palestinian Authority. There the Europeans participated in orchestrated activities designed to appear spontaneous.

These tactics have become a potent weapon in the newest war – the war to delegitimize Israel.

A Danish citizen received his 15 minutes of fame when he joined about 200 Europeans and Palestinians in a bike-riding protest. Israeli soldiers blocked the riders when they attempted to enter an area in the Jordan Valley that is well demarcated as being off-limits. To provoke a reaction, the riders ignored soldiers’ requests to halt and tried to bypass the roadblock with Palestinian Broadcasting Authority cameras rolling. They received a prize beyond their imagination when the Israeli platoon commander struck the Danish protester in the mouth with the magazine of his rifle.

The officer’s behavior caused immediate outrage in Israel. All the news services opened with the video, and, it was the main story for several days. The officer was suspended from active duty and is no longer eligible for a prestigious promotion he was in line to receive. Further disciplinary measures are possible. The prime minister and president immediately condemned the act.

Most Israelis believe such behavior contradicts the moral code of the Army and is unacceptable for any IDF soldier, especially officers. At the same time, most of us understand these protesters are not really pro-Palestinian but anti-Israel. Most reject the concept of a sovereign people who define themselves by a common religion. The Palestinian cause is more palatable to world opinion than demanding the elimination of the Jewish state.

This hypocrisy was best summed up in a letter prepared by the prime minister’s office in advance of the “fly-in” and distributed to the activists before they were put on return flights:

Dear activist,

We appreciate your choosing to make Israel the object of your humanitarian concerns. We know there were many other worthy choices.

You could have chosen to protest the Syrian regime’s daily savagery against its own people, which has claimed thousands of lives, or the



Iranian regime’s brutal crackdown on dissent and support of terrorism throughout the world.

You could have chosen to protest Hamas rule in Gaza, where terror organizations commit a double war crime by firing rockets at civilians and hiding behind civilians.

But instead you chose to protest against Israel, the Middle East’s sole democracy, where women are equal, the press criticizes the government, human rights organizations can operate freely, religious freedom is protected for all and minorities do not live in fear.

We therefore suggest that you first solve the real problems of the region, and then come back and share with us your experience. Have a nice flight.

This welcome initiative came from the most media-savvy prime minister in the history of Israel. But his deep understanding of the media is precisely the reason we should be critical of Prime Minister Netanyahu. Israel is woefully unprepared and ill-equipped to deal with the new war being waged against it.

Following this recent incident, former chief IDF spokesman Avi Benayahu said: “The camera has become the new obstacle which is preventing Israel from being able to defend itself.”

What the Palestinians and the Muslim world have failed to achieve in war and terrorism, they are beginning to achieve through a well-orchestrated campaign to delegitimize and demonize Israel. The simplistic and deceptive message resonates strongly in liberal Western nations because it diverts the focus from the conflict’s core problems to “occupation” and settlements, which are symptoms, not causes, of the problem. These issues are served up internationally on TV and the Internet in easily digested portions to a public who does not understand the Middle East.

The official anti-Semitic incitement of the PA continues unabated. As the Israeli mother of a suicide bomber's victim said a few years ago: "Until Palestinian mothers love their children more than they hate us, there can never be peace."


As an Israeli, I feel the government must allow the military and security forces to defend the country with every available resource. The priority placed on the defense of our citizens is the reason Israel has survived and prospered despite seven decades of war and terror.

But Israel's lack of preparation to fight this new war is incomprehensible. This war poses an existential threat no less lethal than the Iranian nuclear threat. Israel has no international platform to combat this threat. Israel is portrayed as a relic of the colonial past. Supposedly objective news sources such as CNN, BBC and Reuters have joined Arab-owned outlets such as Al-Jazeera in using monikers like "war-mongering," "trigger-happy" and "racist." Lost in this landslide of Israel bashing is the fact that Israel is based on the rule of law, democracy and freedom and serves all of its citizens. Yes, more could be done for certain groups, but Israel is fundamentally a state of equality, which is perhaps what makes us so unwelcome in this region.

Rockets fired on Israeli civilians from Gaza to provoke Israeli retaliation, the organization of flotillas to Gaza or incidents like the one in the Jordan Valley are all part of this new effort to damage Israel's image. Unfettered access to global

media is eroding the crucial pillars of support on which Israel depends.

Last year, British Prime Minister David Cameron's comparison of Gaza to a prison camp prompted Jerusalem Post columnist Jeff Barak to write: "The greatest threat to Israel right now comes not on the battlefield, but from the diplomatic assault on Israel's legitimacy and the country's sovereign right to act in self-defense. The understanding for Israel's position that world leaders displayed immediately after the end of the Gaza operation has evaporated over time ... but even so, the description of Gaza as a 'prison camp' is not the rhetoric Israel is accustomed to hearing from the leader of one of the European countries more friendly to Israel."

Like most Israelis, I certainly know how to complain about a problem. The key is to propose a solution. In my next column, I will outline what I believe needs to be done by Israel to meet this challenge to our survival. 

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.



Oregon's Original Sephardic Synagogue



- Services conducted in the Sephardic and Israeli Custom
- Welcoming Jews of all background
- Friday evening services every week at sunset
- Shabbat morning services at 9 am, followed by Kiddush and a festive lunch

Join us for the following Shabbat discussions:

June 30 - Independence Shabbat: Just how influential was Judaism in our nation's founding?

July 7 - Mourning for Jerusalem: Is this still relevant 2,000 years later?

July 14 - Rabbinic Judaism: How the aftermath of the Temple's destruction forever changed how Judaism is practiced.

July 21 - Remember thee Zion: Who was responsible for the Temple's destruction? (Hint: He's a rabbi of the Talmud)

July 28 - Rebuilding from the Ashes: Can we still reach God without a Temple?

Tuesday Classes

Join us for these classes:

6:00pm—Hebrew Reading Crash Course

7:00pm—Sephardic Traditions and Customs

Congregation Ahavath Achim
3225 SW Barbur Blvd
Portland, OR 97239
www.AhavathAchim.com

Rabbi Michael Kaplan
Office: (503) 227-0010
Cell: (503) 610-3850
rabbi@ahavathachim.com

Leathermania!

by Amos Meron



Oregonian Tim Leatherman attracted attention wherever he went in Israel during a February visit.




When I first came to Portland, I quickly learned that Portland (or actually, Beaverton) is the hometown of Nike. With all the Ducks merchandise going around, you just can't miss it.

But, as time went by, I was surprised to find out more companies I really liked are based here, including Columbia Sportswear, Gerber Gear and Laika Studio (creators of the stop-motion animation movie *Coraline*). For me, the top discovery was to learn Oregon is home to Leatherman, the manufacturer of the famous multi-tool.

I did not think that the mania around Leatherman multi-tools was unique to Israel until I met so many people in Oregon who hadn't even heard about this brand. Growing up in Israel, a Leatherman always seemed to be the coolest gadget to have on hand in the outdoors. In my youth movement, camp people did not consider you a professional scout if you did not have one; in the army it was the most popular thing soldiers would buy at home to add to their army vests.

The Leatherman – or, as people in Israel pronounce it, ledderman (Hebrew and the “th” sound just do not go together) – became so popular among men in the army that the nickname for the kippah clips religious soldiers use became “ledder-dos” (“Dos” being a nickname in Israel for religious Jews). The nickname arose because the religious soldiers have found so many everyday uses for those clips other than simply keeping the Kippah on their head, that it is just like the multi-tool. There is even a long list circulating in online discussion groups about all the different uses of the almighty clip.

Last February Tim Leatherman, the native Oregonian who came up with the idea of this multi-tool while traveling with his wife in the 1970s, came to visit Israel. He gave a long interview to *Blazer*, the popular men's magazine in Israel (our version of *Maxim*). His visit at a mall in Tel Aviv created a line of people waiting for him to engrave an inscription on their tool.

So why is Leatherman so popular in Israel? Maybe it's a trend, maybe it's the army service, but Tim thinks it's in the culture. During an interview he gave to a national television channel, he said, “Israelis are quite self-reliant. You have the kind of culture and spirit that makes it a good place for Leatherman.” Be that as it may, I am definitely planning on bringing some very useful souvenirs when I return home after my year in Portland. 



Amos Meron is the Israeli *shaliach* (emissary) to the Jewish community of Portland, and can be reached at amos@jewishportland.org or on Facebook (Amos Meron Shaliach).

Life on the Other Side

by Anne Kleinberg

Putz on the green



I've just opened a boutique bed and breakfast on the golf course in Caesarea, Israel. Me and golf so don't go!

My idea of a great sport is racing across town to make it to Bloomingdales just as they open the doors. Then, power-walking through each department to get to the sale items before every other yenta in New York elbows me out of the way. Now there's a physical activity that includes stamina, speed and endurance – a triathlon if ever there was one.

But golf? You call that a sport?

Let's see, it starts with membership in THE CLUB. (Words are emphasized because it's very important to use the right lingo.) If I'm not mistaken, it costs something like \$450,000 just to join. And then you have the additional honor of paying yearly dues. And if you're even thinking of playing the GAME, it costs you another \$20,000 a pop. So let's assume that you've mortgaged the house and bequeathed them your first-born son, you're in. Now you get to play.

No wait. First you need the right wardrobe. I remember the days when all you saw on the golf course was oceans of plaid. Plaid belongs only on a Scotsman in kilts or an afghan thrown over a sofa in a Ralph Lauren ad. But I see the clothing has improved. You can wear chinos and a polo shirt (but it must be perfectly ironed – creases are definitely frowned upon). If you're a woman (or a male cross-dresser) you can wear a mini-skirt or skort – but if you have 75-year-old legs, you might want to re-think that. Show up looking like a *sblump* in a stained tee-shirt and cut-off jeans, and you'll be kicked all the way back to where you came from.

Here's how your golfing day begins: You wake up at an hour when the rest of the continent is still asleep. Because if you don't get to THE COURSE really early, you won't be able to TEE OFF on time. You meet your buds, sorry – golfing partners – and

head over to THE GREEN. (Like what, is there another name for the color of grass?)


First there's the perfunctory chatter about the business, the wife, the kids, the stock market – whatever you guys talk about – or if it's women, more yakety-yak about whatever. OK, let's get down to the game. You have to pull out the right club. Here we have our first serious dilemma.

Shall it be the wood or the iron? Which number? Come on guys – it's basically a *schmichik* on a stick. You gotta give them numbers? So pick it out already and let's get on with this. No, now you have to measure.

You look at the ball, then you look at the green, or is it the fairway? And you better not have laid down your bag on the green – that's a big no-no. You need to lay it on THE FRINGE – so it doesn't bend the little grass blades. Then you think – which club will get the little ball closest to the little hole? Never mind that your eyesight is so bad you can't even see the little hole. They put a gigantic flag in there so you can't miss it. Ah, you've finally decided – let's go for the nine-iron (and I thought deciding on a master's thesis was tough work). Now hit the damn ball and let's move on.

Uh-uh, first you have to practice a couple of SWINGS. You know, get warmed up. Then suddenly, HALT! Not the right club – go back to bag, which is at THE FRINGE, and change clubs. The wood is needed for this shot. Yes, definitely the wood. This goes on and on for hours until you get to all nine or 18 holes and finish THE GAME.

When it's all over and you've worked up an impressive sweat, you slap your buddy on the back, say something like, "Good game, Yossel, how about a beer?" and you head to the PRIVATE MEMBERS ROOM at THE CLUB. You talk about what a tough round it was. How totally exhausting today's game was, how the sun was too hot and the putts were too long and the chips were too chippy and the divots too deep. And then you make a date to do it all over again the following week.

And that, ladies and gentlemen, is the GAME OF GOLF. Go figure. 

P.S. I may not be a golf maven – but I do love hosting people. So if you're in the neighborhood, for a golf game or not, come stay at Casa Caesarea! For details, visit www.annekleinberg.com and www.casacaesarea.com.





Help your landscape beat the heat this summer

by Melinda Myers

Summer has arrived and for many gardeners that means heat, drought and watering bans. This can be hard on gardeners as well as their landscapes.

The good news is that there are ways to help plants thrive despite these seasonal challenges.

Adjusting landscape care accordingly during the summer months can provide relief not only for lawns and gardens but also for the gardener.

Here are some low-maintenance, eco-friendly ways gardeners can keep their landscapes looking their best throughout the summer months, while beating the heat:

Water plants thoroughly to promote deep drought- and pest-resistant roots. Wait until the top few inches of soil are crumbly and moist or footprints remain in the lawn before watering again.

Avoid light, frequent watering that encourages shallow

roots. Shallow roots are less able to tolerate drought and more susceptible to disease and insect problems.

Spread a 2- to 3-inch layer of shredded leaves, evergreen needles or shredded bark mulch over the soil in garden beds and around trees and shrubs. Mulching conserves moisture, keeps roots cool and moist, and suppresses weeds.

Mow lawns high. Taller grass produces deeper roots that are more drought-tolerant. A deeply rooted lawn is also more resistant to insects, disease and other environmental stresses.


When the gardening tasks are done for the day, grab a glass of lemonade, take a seat in the shade and enjoy the beauty of your handiwork.

Always mow lawns often enough that you remove less than one-third the total leaf surface. Leave the grass clippings on the lawn. They add nitrogen, organic matter and moisture to the soil.

Use a low-nitrogen, slow-release fertilizer to give gardens and lawns a nutrient boost.

Remove weeds from garden beds and borders as soon as they appear. These “plants out of place” steal water and nutrients from your desirable garden plants. Plus, they can harbor insects and diseases that are harmful to your garden plants.

And don't forget to take care of yourself while caring for your landscape during the heat of summer. Drink lots of liquid, use sunscreen, and work during the cooler morning and evening hours.

Then, when the gardening tasks are done for the day, grab a glass of lemonade, take a seat in the shade and enjoy the beauty of your handiwork. 

CAMP SOLOMON SCHECHTER
EST. 1954

Open House 2012
July 15, 12-4pm

REGISTER NOW!
206-447-1967

www.campschechter.org
info@campschechter.org

WHERE JUDAISM AND JOY ARE ONE!

Find us on  **Facebook!**



Nationally known gardening expert, TV/radio host, author and columnist Melinda Myers has more than 30 years of horticulture experience and has written more than 20 gardening books. She has written articles for *Better Homes and Gardens* and *Fine Gardening*. Her website is www.melindamyers.com.

Family Museums, Israeli Style

Interactive Hebrew exhibit offers lessons for next generation of children's museums

by Deborah Moon

Hot on the heels of their success with the interactive A-B-See-Do exhibit at Israel's Diaspora Museum, Tamar Hadar and Efrat Adiv came to Portland to share their vision of the future of children's museums at the 2012 Association of Children's Museum Conference held in Portland this year.

The two women presented a lunch program at the Portland Hilton in May during one of the three days of InterActivity 2012: The Wonder of Learning, which drew 750 participants from around the world.

At the Diaspora Museum, Tamar and Efrat created a 5,700-square-foot interactive exhibit about the Hebrew language that drew more than 50,000 visitors in six months. In English the exhibit is called A-B-See-Do and in Hebrew it is *A-ba-ga-da* (*ga* means touch and *da* is to know). The exhibit enables families with children between the ages of 1 and 12 to experience learning through self-exploration and play within the framework of a family outing.

"We emphasize the visit as a family experience," says Efrat. "The next generation (of children's museums) will be family museums. That's why we were asked to lecture."

"People want to see how we've actually done it," adds Tamar, noting the exhibit at the Diaspora Museum attracted people from 1 to 89.

"We wanted to share with people the way they can achieve more in their museums," says Efrat of their presentation at the museum conference. "And we want them to share with us ... we came to learn about fundraising."

The duo's Children's Museum of Tomorrow Association is developing a national center in Israel for creativity and innovation, making it experiential education for children.

"We have the concept, we have the land, we need funding," says Efrat.




Tamar Hadar and Efrat Adiv, right, at InterActivity 2012 in Portland.

"The museum will be about life skills," she explains. "The world changes so fast, we need to teach kids how to learn by themselves. ... Israelis know high tech is a tool. It has to enable. We teach children to use the tools that surround them."

As a nonprofit startup company, the women say they have no problem sharing their knowledge and experience. They say they hope the national center in Israel will have an impact on the world.

They also are developing traveling exhibitions similar to the Hebrew language exhibit at the Diaspora Museum.

"The CEO of the Diaspora Museum told us we were change-makers for the museum," says Tamar. "We brought in 50,000 visitors in six months, who then moved on to other exhibits."

In an email, Irina Nevzlin Kogan, president of the NADAV Foundation, which supports Beit Hatfutsot (the Diaspora Museum), said: "As a foundation that is dedicated to strengthening the sense of Jewish peoplehood, we were extremely enthusiastic about the idea of a multi-sensory free-play journey of learning Hebrew that is fun, and at the same time promotes educational goals. The exhibition is a wonderful means to create a special connection between children and culture, and when Tamar and Efrat first presented us with this idea, we saw its great potential and decided to get involved in the development and construction process from the initial concept until the final completion of this incredible project." 

For more information on the project, visit www.cmota.com.



Children enjoy an interactive display at the A-B-See-Do exhibit at Israel's Diaspora Museum.

Looking forward

Beth Israel hires passionate assistant rabbi to keep congregation moving toward bright future



Rabbi Rachel Joseph with her husband, Gabe, and their year-old son, Max Abram.

by Vanessa Van Petten

Newly ordained Rabbi Rachel Joseph aims to “connect young Jews to something greater” when she assumes the position of assistant rabbi at Congregation Beth Israel on July 1.

CBI leaders had identified the need for an assistant rabbi when the congregation exceeded 825 families. Senior Rabbi Michael Cahana explains, “We wanted every family to have access to clergy and as we grew, we knew we needed more help.”

Fortunately, as the board identified the need, Betty Rosenfeld and her family stepped forward to make a significant contribution with maximum impact. “Betty Rosenfeld’s extremely generous gift is supporting a major portion of the cost of the new assistant rabbi for the next several years,” he said.

CBI leaders began a vigorous search process beginning with in-person interviews at Hebrew Union College. Three hopefuls were flown to Portland to meet with congregants, teach classes, give sermons and participate in meetings. “It was a tough decision, but we thought Rachel Joseph would make a perfect addition to our community,” said Rabbi Cahana.

Rabbi Joseph has a long history of rabbinical inspiration. She grew up in Ohio watching her father, Rabbi Sam Joseph, lead congregations both nationally and internationally. At Ohio University, Athens, she majored in interpersonal communications with minors in political studies and women’s studies.

After graduation, she went to Washington, DC, to “pursue social justice in the halls of Congress.” She began as a legislative assistant at the Religious Action Center for Reform Judaism and then worked for Americans United for Separation of Church and State for seven years.

However, she found her time in the nation’s capital unfulfilling both spiritually and professionally. “As an uninspired, overworked and underpaid 20-something, I didn’t have time or interest in organized Judaism, but that changed when I met an amazing young rabbi who mentored me,” she said.

After almost a decade in Washington, she found her true calling. “The more time I spent at synagogue the more I was fulfilled personally, spiritually and intellectually in a way that my day job could not support. I realized I wanted to serve the Jewish people as a teacher, preacher and mentor. I was ready to help others discover their path to each other and to God,” she recalled.


She is thrilled to be coming to Portland. “Congregation Beth Israel is the center of Reform Judaism in the Pacific Northwest and I want to be a part of it,” she said, adding she is drawn to the congregation’s roots in history and strong outlook toward the future.

Rabbi Cahana hopes that Rabbi Joseph will help create connections within the congregation as well as reach out to young adults. Among many other projects, she will spearhead CBI’s young adult group, Jews Next Dor.

“Jews Next Dor is a vibrant and active group, but we haven’t had the capacity to devote as much clergy attention to them as we would like. Creating connections to young adults in the Jewish community is essential,” said Rabbi Cahana.

Rabbi Joseph strongly encourages the power of young people. “Portland is an exciting community and a place where people come to find meaning. I want to be a part of that process and help connect young Jews to something greater,” said Rabbi Joseph. She will also work with young families in the community, as she is moving with her husband, Gabe, and their year-old son, Max Abram.

CBI’s cantor Ida Rae Cahana is ecstatic about Rabbi Joseph’s entry into the community. “Rabbi Rachel has the unique capacity to be fully present and really listen to whomever she is engaged with. We are lucky to have her,” said Cantor Cahana.

Rabbi Joseph’s formal installation will take place during services Oct. 5. 

Why 'Yes I Can' just isn't enough for Evy

Story and photo by Liz Rabiner Lippoff



My interview with Evelyn Hirsch (“Call me Evy!”) took a while to arrange because her new play was opening, and she was kind of busy. It was a huge success, to nobody’s surprise.

So were the previous plays. As are the art classes she helps teach and the writing workshop she’s a part of. She’s on the Rose Schnitzer Manor Resident Council and the Director’s

Advisory Board. Oh, and she is Cedar Sinai Park’s Volunteer of the Year.

Still, when she welcomed me into her beautiful apartment at the Rose Schnitzer Manor, you’d think I was the only thing on her mind. Dressed, coiffed and made up like a fashion model, she gave me a tour, gliding in her wheelchair from travel mementos and treasured family photos to paintings with her own signature. Jackie Kennedy’s televised White House tour had nothing on my visit with Evy.

Evy always wanted to be an artist, but she became a bookkeeper and married Jack Hirsch. They had three children and went into business together. She was active in the synagogue, Hebrew school and gift shop. Her art, however, wasn’t on hold. She would pull out the easel when everyone was asleep and paint in the kitchen. When she and Jack divorced in the late 1970s, Evy moved to Florida and started over, this time as a real estate agent and broker.

Evy has the arts – and maybe a higher power – to thank for her second husband and lifelong partner, Michael Mogell. Evy was studying opera and gothic architecture at the community college when she bumped into her ex-husband’s cousin. Shortly after, the cousin’s ex-husband asked Evy to dinner.

“I always thought if God wants me to have someone,” says Evy, “He’ll send him over with red roses, a bottle of wine and a big smile.” When she answered the door on that first date, there was Michael, complete with roses, wine and a smile. They went on to enjoy 34 years together, sharing their love of art, writing and teaching.


When it was time to move out of their house, Evy and Mike wanted a residence home based on Jewish values where they could continue the active lifestyle they had always enjoyed. With

her daughter Deborah Burchiel and her husband, Dr. Kim Burchiel, in Portland and the Rose Schnitzer Manor offering all they had hoped for and more, they relocated in 2009 and jumped right into life at The Manor.

Mike’s heart condition became a serious problem, though, and number one on his short bucket list was to finally become a bar mitzvah. He “became a man” last summer in front of 150 friends and family in a lovely ceremony at Rose Schnitzer Manor and passed away a month later. At that ceremony, again at RSM, her daughter Susan read aloud a comedy Evy had written about a time when Mike attended a party in drag. “It was beautiful,” Evy says with a smile.

Today Evy reads the paper online every day, writes plays and stories and, most important, shares her gifts with her fellow residents. She is friendly and invites everyone to join in the classes and activities that make her days so fulfilling. Her personal mantra is “Yes I Can,” but she doesn’t stop there.

“I try to turn my ‘Yes I Can’ into ‘Yes You Can’ for my friends and neighbors.”

“Evy is a wonderful member of our community,” says RSM director David Kohnstamm. “She brings a great energy to RSM and models for all of us how to add to what is offered and not merely sit back and be passive. RSM is a better place because of Evy Hirsch.” 

Liz Rabiner Lippoff is a medical marketing consultant and a freelance writer. She’s wondering if maybe now isn’t finally a good time to take an art class. www.LizInk.biz.

**Sometimes, all you need is a helping hand.
Let us help you to stay at home.**



“The service was tremendously helpful in our time of need.”
-Rabbi Joshua Stampfer

Sinai Family Home Services
503-542-0088
www.SinaiFamily.org



Ask Helen

When playing the dating game, listen to your gut



PHOTO SOL NEELMAN

Dear Helen:

I'm once divorced, then single six years after another long-term relationship in which I repeated all the mistakes of my first. Now that I've taken the time to do my emotional homework, I'm ready for something healthier and happier. I've made "The List" for what I want in my next (and hopefully last) mate. But I don't know how closely I should cling to it. Is "settling" just a setup for another failure?

One Toe Near the Water

Dear One Toe:

Everyone should have a List. For readers who haven't made one, consider important variables to be clear about before serious commitment: communication styles (both when things are good and after a fight); emotional accessibility; lifestyle compatibility; social values; intellect; financial equity, values and style; humor; spirituality; and sensuality. Also important – deeply liking one another. One very good indicator of a potential relationship's good long-run potential is visceral: Do you feel natural and at ease when you're together? At a gut level, are you comfortable being you? Or do you feel either like you're trying to impress or you're reflexively critical of the person across the table? If you're more often squelching your response than speaking easily, or don't feel heard when you speak from the heart, recognize the bad danger signals.

Here are my three simplest dating rules. One: *Don't be with anyone who*

doesn't want to be with you. That eliminates folks still in love with their exes or lusting for someone else and those who aren't present and attentive when you're together. Two: *Don't be with someone just because s/he wants to be with you.* There's nothing as unattractive as desperation, on either side of the dating equation. You've waited a long time, so do this right. Three: *You get to decide.* Grant yourself the luxury of choice, rather than being charmed or overwhelmed by someone else's needs or the illusory pressure of time. See where your list and their list intersect. There are lots of eligible singles, but many to be sifted through. Network with friends; tell them what's on your list. People love to help others find a good connection. Don't judge too quickly, but don't be afraid to bail if it doesn't feel right.

Dear Helen:


I need job hunting and interviewing tips. I'm a few years out of college and need a full-time job, hopefully one that will lead to a real career. I've been busy with part-time gigs, mostly working with at-risk youth and disabled kids, plus volunteering at a crisis line. I have lots of research and writing experience from my college days. Anyone who reads my case studies and reports comments on how insightful and articulate I am. People of all ages like me and seem to trust me. I'm a good schmoozer and have considered sales. But I don't know how to get my foot in the door. Tips? Ideas? A job you can hand me?

Ready For Prime Time

Dear Ready:

After good connections, nothing substitutes for a good resume and cover letter. Without a piece of paper that highlights your experience and skills, you're unlikely to get interviewed. In your case, organizing it by skill set rather than as a list of jobs will serve you best. Think about categories of work you have

done: case management, crisis intervention, interviewing and report writing, etc. Summarize your know-how in each category. Include all your computer and office skills and your volunteer work. List your actual jobs chronologically in a separate grouping. If you have summer jobs like yard helper or nanny, include them. Employers like people who're broken into working and have learned how to interact well with others. Focus readers on what you can do for them, especially in your cover letter. Collect reference letters from every professional who'll say excellent things about you; attach them when you apply.

Track all posted openings and apply for everything that's even a remote possibility. Don't be discouraged if you do not get acknowledgments or interviews. You're playing a numbers game in a bad economy. In addition, try for informational interviews at places you'd really like to work. If you can get any foot in any door, be ready to sound like a veteran, yet enthusiastic and un-jaded. Schmoozing's great. Come with good stories about what you've already done. Practice telling them so they are pithy and engaging and show off both your skills and personality. People get hired for their potential as well as their experience. Your job is to sell yourself as someone who will do a great job for whoever gives you the break. Make interviewers think and laugh, and make them like you. Then they'll be ready to hire you. 

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). Please email your questions to helen@yourjewishfairygodmother.com.

The Klezmatics raise the roof in intimate documentary

by Michael Fox



Photo courtesy of Lloyd Wolf

When a band has been together for nearly a quarter of a century, a celebration is warranted. If it's a Jewish band, you can assume that a certain amount of tsuris has accompanied the success.

That's the case with the Klezmatics, the world-renowned klezmer band founded in the mid-1980s in New York's East Village. Beloved for their rousing, soulful performances, the group's onstage camaraderie masks a surprising amount of offstage tension.

Music documentaries, such as Erik Greenberg Anjou's excellent *The Klezmatics: On Holy Ground*, acknowledge fans' demands that their spirits not just be raised but untethered.

The music is a highlight, with a slew of toe-tapping numbers and poignant Yiddish ballads recorded in a variety of venues. But the heart of the documentary is the sometimes heated dynamic among longtime members: Frank London (the high-energy trumpet player and keyboardist), violinist Lisa Gutkin (the lone woman), saxophone and clarinet maestro Matt Darriau, Paul Morrisett (bass and tsimbal) and charismatic accordionist, guitarist and pianist Lorin Sklamberg.

The Klezmatics: On Holy Ground is not a rags-to-riches chronicle of a successful group undone by drugs, egos or nefarious record-company executives. Nor is it a saga of serious artists forced to compromise to attain mainstream popularity, or refusing to bend and therefore suffering commercial ignominy.

At its core, the documentary is about the challenge a middle-aged artist faces to earn a consistent income (and perhaps support a family). It's almost incidental that the art form is an eclectic ethnic music with avant-garde elements that has a niche audience.

Anjou filmed the band on and off over more than four years, and the musicians graciously (albeit reluctantly, at first) allowed the film crew to record some of their meetings. While it is fascinating to observe mature, mutually respectful adults fighting fairly – talking straight without


manipulation, name-calling or sugar coating – the tension eventually darkens the mood.

Although creative disagreements are inevitable when strong-willed musicians play together, the real angst on display in *The Klezmatics* involves clashing priorities. London's numerous side projects and session dates complicate scheduling a Klezmatics tour. And for some of the other members, live performance is their main source of income.

What we glean is that all the acclaim – and the inspiration of collaborating over the years with the likes of Allen Ginsberg, Tony

Kushner, Itzhak Perlman and Chava Alberstein, and even a Grammy Award for best contemporary world music album for “Wonder Wheel” (2006) – are tempered by the real-world realities of making a living.

This valuable documentary amply honors the band's steadfast contribution to Jewish music and culture. Indeed, all the *mishegas* melts away when the ensemble takes the stage and connects, as it always does, with both Jewish tradition and diverse audiences.

And it is the songs, with their echoes of loss, love and friendship, as much as the musicians' candid relationship, that make *The Klezmatics: On Holy Ground* such a bittersweet and rewarding experience. 

Michael Fox is a San Francisco film critic and journalist.

OJM Cinema

The Klezmatics: On Holy Ground screens at 7 pm, July 19, at the Oregon Jewish Museum, 1953 NW Kearney, Portland. Members: \$8 General Public: \$10
503-226-3600.



Photo by Emily Gottfried

LEARNED HAND AWARDS – The Oregon Area Jewish Committee presented its Learned Hand awards at a luncheon on June 13 at the Governor Hotel. Julia E. Markley of Perkins Coie LLP (left) received the Emerging Leadership Award, and Henry H. Hewitt of Stoel Rives LLP received the Lifetime Achievement Award. Oregon

Supreme Court Justice Rives Kistler was the keynote speaker. The OAJC Judge Learned Hand Award honors the memory of Judge Learned Hand, who was recognized as the heir to Justice Oliver Wendell Holmes’s legacy as jurist, philosopher and poet of liberty. The Learned Hand Award honors leaders in the legal field for professional excellence and contributions to the legal community. Award recipients are people who embody much of what Judge Hand represented: the rights of the individual and the importance of democratic values in an orderly society. Event co-chairs included Ruth Beyer, Jerry Sadis, Rick Wills and Merritt Yoelin.



OLYMPICS BOUND? Israeli Itay Magidi has spent much of the past year training in Oregon at the Nike campus. A mid/long-distance runner, his specialty is the 3,000 meter steeplechase, in which he is the Israeli champion and the national record holder, and he was a finalist at European championship (2006), national team member of World Championship (2007) and Olympian at Beijing 2008. He is at the European Championships, June 27-July 1, where he hopes to qualify for this year’s Olympics in London. “As Nike Israel-sponsored athlete, I got an opportunity to be part of the Nike Oregon Project based in Portland, and (be) coached by Alberto Salazar,” says Magidi. “I really enjoyed being around the Jewish community in Portland.”



OJCF LEGACY SOCIETY HONOREE – The Oregon Jewish Community Foundation honored Gloria Bacharach as this year’s Legacy Society honoree at a celebration at Rose Schnitzer Manor on June 12. About 100 people came to celebrate with Gloria, including, from left, daughter Elaine Bacharach Coughlin, grandson Craig Coughlin, son Alan Bacharach, (behind Gloria Bacharach), daughter Corinne Bacharach Spiegel, granddaughter Aimee (Coughlin) Johnson, and great-grandson Amari.



Photo by Ron Sidis

RABBI INSTALLATION – Ahavath Achim Past President Richard Matza introduces Rabbi Michael Kaplan and his wife, Mira, June 3 at the formal installation of the couple as leaders of Portland’s original Sephardic congregation. The evening included a Moroccan dinner and entertainment.



EUGENE FUNDRAISER – Bella Italia! was the theme of Temple Beth Israel’s 16th annual Dream Auction June 3 at the Eugene synagogue. (From left) Board member Aura Solomon, Talmud Torah administrator Gretchen Lieberman and TBI auction volunteer Esther Streisfeld were among the more than 160 people who enjoyed a delicious dinner, entertainment, and silent and live auction. Highlights of the event included a dessert dash of cakes and pies baked by TBI members and friends and a video of TBI children talking about why they love Talmud Torah. The event raised more than \$40,000 for TBI’s programming with \$11,000 of that going to fund school programs.



Photo by Jennifer Silberberg

WOMEN’S KICKBOXING – Ten women turned out for a June 10 kickboxing event for women organized by the Portland Kollel at Fierce Fitness in Multnomah Village. After Aviel Brodtkin and Meira Spivak spoke about tapping into your inner strength, Jennifer Silberberg led the kickboxing class. “The response was amazing,” says Silberberg. “One of the participants said that she had taken many fitness classes and this was by far the best. There is a request for a regular weekly women’s only class.” For information, email jennifer.silberberg@gmail.com.



Community explores legacy giving at OJCF dinner

About 70 Jewish communal professional and lay leaders explored how legacy giving can ensure the community's future at a May 24 program hosted by the Oregon Jewish Community Foundation Professional Advisors Group.

"This is not about fund-raising. ... This is about giving someone the opportunity to be remembered after they are gone," said Gail Littman, director of the Create a Jewish Legacy program.

Littman told community leaders they don't need to reinvent the wheel to create a legacy program. She shared some of the tools and experiences of the San Diego Jewish Community Foundation. She said one of the most important things she learned is the need to thank donors properly. Annual, capital and legacy donors should be thanked regularly and told what their contributions make possible.

She shared a short clip from San Diego's Book of Life video project that showed one legacy donor explaining why she had made a legacy gift: "We as seniors owe the young people the opportunity to make successes of their lives. ... The reward you give yourself (by leaving a legacy) is probably one of the greatest rewards."

For more information, contact OJCF at 503-248-9328 or visit www.ojcf.org.

Gail Littman, vice president of endowments and communications of the San Diego Jewish Community Foundation, tells Oregon Jewish leaders how 20 organizations in her community have gained an estimated \$211 million in legacy gifts from about 900 families since creating a community-wide legacy program in 2004.

Dedicated June 23, new BB Camp dining hall honors past



After 85 years of memories and four generations of campers, the B'nai B'rith Camp dining hall has been rebuilt for the future while maintaining a sense of its rich heritage. The new dining hall and conference center has increased its capacity by 50 percent while offering state-of-the-art features to benefit campers for generations to come.

The dining hall was dedicated June 23, during the Dining Hall Dedication and Friends and Family Day event at the camp on the Oregon coast near Lincoln City.

Designed by Portland Architect Stewart Gordon Straus, the new hall accommodates 310 people. The design preserved the hall's history by incorporating the original, salvaged wood floor surrounding the new indoor/outdoor fireplace, which is flanked by windows overlooking Devil's Lake.

"BB Camp owes a debt of gratitude to our many generous donors," said BB Executive Director Camp Michelle Koplan.

The BB Men's Camp Association spearheaded the project and raised more than \$850,000. This construction project is the first phase in BB Camp's 10-year master plan to replace every building.



Visitors explore OJM's 'In the Game'

About 200 people explore Oregon Jewish Museum's summer exhibit "In the Game," at the opening reception June 6. The multimedia exhibit, which examines the intersection between sports and community life, continues through Sept. 30 at the Museum, 1953 NW Kearney St., Portland. For more information, call 503-226-3600.

JULY CALENDAR

July 10

Joshua Henkin will read from his new novel, *The World Without You*, 7:30 pm at Powell's City of Books, 1005 W. Burnside St. www.powells.com

Melton sample class: Messianic Visions and Jewish Thought. How Jewish sages envisioned the Messianic Era. 7 pm, at Cedar Sinai Park, at 6125 SW Boundary St. RSVP to learn@meltonportland.org or 503-384-2476

July 11

Oregon Area Jewish Committee presents a lecture by author, teacher and rabbi Maurice D. Harris of Eugene, "Between the Extremes: A Progressive Zionist Approach" 12:00 at Oregon Jewish Museum. \$15 with lunch, \$5 (drinks only). 503-295-6761

July 12

Melton sample class: Environmental Ethics. 7:15 pm, at the MJCC, Portland. RSVP to learn@meltonportland.org or 503-384-2476

July 13

Nevah Shalom's Eastside community Mizrach plans **Shabbat in the Park at Mt. Tabor Park** (picnic site B, SE 60th and Salmon), 6:30 pm Shabbat Service (picnic 5:45 pm). Mizrach invites you to an outdoor Kabbalat Shabbat service and Kiddush. Bring your own picnic, blankets, chairs for a lay-led, spiritually uplifting, musical service with view of Mt. Hood. Post-service Kiddush and Hamotzi provided. 503-246-8831

July 15

Beit Haverim and PJ Library invite families to a Day at **Baggenstos Family Farm** (15801 SW Roy Rogers Road, Sherwood, www.baggenstosfarms.com). 11 am PJ Library Story Time while you enjoy your picnic lunch. Afterwards enjoy the farm: hay ride, pygmy goats, play structure, U-pick blueberries. RSVP appreciated: office@beithav.org or 503-344-4839

July 18

Melton sample class: Jewish Business Ethics. Examine presentation of goods, employer-employee relations and the nature of responsibility at noon at the Oregon Jewish Museum, 1953 NW Kearney St. RSVP to learn@meltonportland.org or 503-384-2476

July 22

Walking Tour of Historic Jewish Portland, 9:30-11:30 am. In the early 1900s, Eastern European and Sephardic Jews settled in South Portland.

Mittleman Jewish Community Center, abbreviated in calendar items as MJCC, is located at 6651 SW Capitol Hwy., Portland. Jewish Federation of Greater Portland is abbreviated as JFGP.

Join Polina Olsen, author of *Stories from Jewish Portland*, for a guided walk around the old neighborhood. This tour is a benefit for the Jewish Federation of Greater Portland. \$10 per person. For start location, RSVP to ojfas@comcast.net

July 25

Melton sample class: Jewish Identity in Modern America. Students will discuss the many fragmented and fluid identities Jews have today using texts that touch on gender, language, intermarriage, spirituality, individualism and humor at 7:30 pm. For location, RSVP to learn@meltonportland.org or 503-384-2476

July 27

North Coast Shabbat Services are held monthly during the summer/fall at the Bob Chisholm Center at 1225 Avenue A, in Seaside. Services begin at 8 pm, and all are welcome. Avri Nudelman will lead the July service. For further information, call Bev Eastern at 503-244-7060

Sunday July 29th

Congregation Kesser Israel Presents: **Hitler's Jewish Grandfather.** A thought provoking presentation, exploring the implications of Hitler's suspicion that his grandfather was a Jew. Tisha B'Av - Sunday July 29th, 2012, 10:30 am, 6698 SW Capitol HWY

August 4

SHOC's 8th Annual Empowerment Day Walk, Run and Race hosted at Latus Motors Harley-Davidson in Gladstone. Empowerment Day includes a complimentary pancake breakfast for all participants, an exclusive Survivor Breakfast for Gynecologic Cancer survivors and entertainment. The SHOC Foundation is a 501(c)3 nonprofit organization that supports the research of Ovarian and other Gynecologic Cancers at OHSU's Knight Cancer Institute. Registration/information: www.shocfoundation.org, 503-869-9033 or info@shocfoundation.org

Planning Ahead

Portland Jewish Food Conference

July 15 is the deadline to submit proposals to lead a session at the Portland Jewish Food Conference slated for 9:30 am-4 pm on Sept. 9 on Sauvie Island. Proposals to present a workshop should include title of workshop, description, short biography of presenter and, if applicable, maximum number of participants. Portland's Jewish Food Conference builds on the momentum of a growing national movement that explores the intersections of Jewish tradition and contemporary food issues, with the goal of supporting the creation of healthier and more sustainable communities in the Pacific Northwest and beyond. Send proposals to csa@portlandtuv.org; for conference info, visit www.portlandtuv.org

Youth Rock Orchestra auditions

The **Portland Youth Rock Orchestra** is now scheduling auditions for the 2012-2013 season for electric guitarists, drummers, bassists, strings and all traditional orchestral musicians ages 7 to 23. Founded by Portland-based guitar master and educator Brent Gunter, PYRO provides students in Oregon and Southwest Washington with focused musical training and exposure to the greatest of rock and roll orchestra literature. For auditions call 503-567-9950 or visit www.portlandyouthrock.org

Mission to Cuba

The **Jewish Federation of Greater Portland offers a Mission to Cuba** Jan. 29-Feb. 6, 2013. This eight-day experience will explore the highlights of Jewish Cuba, both in Havana and across the island in Santiago de Cuba (near Guantanamo Bay). See the sites of (Jewish) Cuba. Contact Federation CEO Marc Blattner at marc@jewishportland.org or 503-245-6482

Call for Abstracts

The **Jewish Communal Service Association** invites the submission of abstracts on "Big Ideas and Bold Solutions" - The forces and responses moving organizations today to be responsible in meeting the needs of tomorrow. Abstracts must be submitted with a working title via email by Noon (EDT), July 20, to info@jcsana.org. Submissions must be sent as double-spaced Word Docs of no more than 350 words. Authors will be notified by Aug. 6 whether they will be invited to submit full length articles.

SUBMISSIONS

Oregon Jewish Life accepts brief submissions about past and future events.

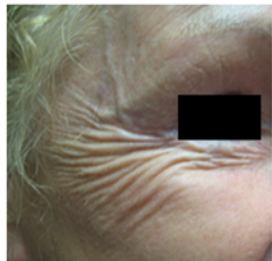
Photographs for the Review page of Happenings should be at least 4 inches wide at 300 dpi. Captions should include a description of the event, when and where the activity occurred and names of people in the photograph unless it is a large group.

To submit an upcoming event for the Previews section, send date, time, location, event name with short description and contact information.

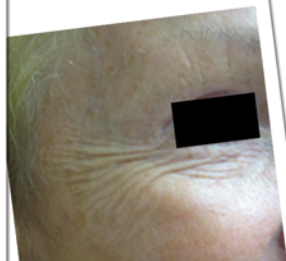
All submissions should be sent to Deborah.moon@ojlife.com.

NOTE: Calendar items can now be entered on our online calendar at www.ojlife.com. On the right side of the home page, under community calendar click on "add an event." Fill out the form and submit. Items will appear in the online calendar after approval by OJL staff and will automatically be put in the appropriate issue of the magazine.

Look Thinner & Younger... ...Without Surgery!



Wrinkle Reduction
Before



Wrinkle Reduction
After



Body Contouring
Before



Body Contouring
After



Neck & Jowl
Sculpting... Before



Neck & Jowl
Sculpting.... After



Elizabeth VanderVeer M.D.
Board Certified Medical Doctor
Medical Director
VanderVeer Center

Treatments Available at VanderVeer Center

- Metagenics®
- BOTOX® and Dysport®
- Juvederm®, Restylane®, Perlane®, and RADIESSE®
- Skin Tightening
- Body Sculpting and Fat Reduction
- Fractional Resurfacing
- Cellulite treatments
- IPL Skin Rejuvenation
- Laser Hair Removal
- Rosacea and Acne treatments
- Brown spot and age spot removal
- Detox Diet for Doers®
- Non-surgical Face Lift
- Chin, Neck, and Jowl sculpting



503.443.2250

VanderVeerCenter.com



/VanderVeerCenter



/DrEVanderVeer

Transforming Lives From The Outside In®

CINETOPIA



AN AWARD WINNING EXPERIENCE.



AFFORDABLE LUXURY



www.cinetopia.com

CINETOPIA PROGRESS RIDGE 14
12345 SW HORIZON BLVD.
BEAVERTON, OR

CINETOPIA MILL PLAIN 8
11700 SE 7TH ST.
VANCOUVER, WA 98683

CINETOPIA VANCOUVER MALL 23
8700 NE VANCOUVER MALL DRIVE
VANCOUVER, WA 98662