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BEACH OUTING - Young gentlemen enjoy a dip in the ocean in this undated photo from B'nai B'rith Camp.



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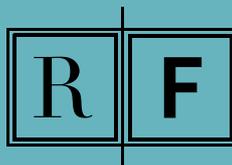
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A Prince Hal Production
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Editor's Letter



I was out of state when I learned of the unexpected death of beloved community member Emily Georges Gottfried, 57. I've written stories about Emily's many projects stretching back to her days as cultural director at the Mittleman Jewish Community Center in the 1990s. For the past 14 years, I've followed and reported on her many projects leading the American Jewish Committee-Oregon

Chapter and then the Oregon Area Jewish Committee. I say "her projects" deliberately. Emily was a whirlwind of activity and always eager to have me write about her many interfaith, community service projects, but she never sought to take center stage herself. She was too busy making sure things happened. Since I wasn't in town, I couldn't attend her memorial service. But I did collect the words of many of her Jewish and interfaith friends. Some of those reflections are shared on the final page inside this issue.

Reflections are also a prominent component of this month's special section on camps. The Camps section reminds us how generations of campers have discovered their strengths, best friends and heritage at Jewish summer camp. And it shares information on many camps to help this generation do the same.

And speaking of search for identity, check out our profile on Ken Klein, whose search for Jewish identity in Portland has evolved into a film project.

In addition to holiday recipes, our Passover section has some interesting reading on making the seder fun for kids and the money-making potential of Pesach cleaning. See, all that cleaning work does pay off – in more ways than one!

Following on the heels of last month's wedding section, this month we introduce you to our new columnist, Ellen Gerst, who shares ideas for finding yourself before finding a relationship.

Speaking of discoveries, I was very pleasantly surprised when I sat down with Col. Jeff Silver to talk about his upcoming tour of duty in Afghanistan. I'd told him to plan on a half-hour interview and thought I'd write a short piece. Nearly two hours later, I was determined to share his wonderful journey and wit with all of you in a much bigger way. He became our cover story for this month, and I hope you enjoy meeting him as much as I did.

I can't tell you how much fun I have getting to know the members of our community who are enriching Oregon's Jewish and general communities. There are so many wonderful stories to share, that the only challenge is deciding which people to profile first.

Enjoy!

Deborah

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Wandering through the Woods of Jewish Portland



Ken Klein with his son, Jackson, and wife, Christine.



Filmmaker Ken Klein, at left, talks to Irwin and Renee Holzman about the video he is making, "Wandering in the Woods: A Portland's Search for Jewish Identity," during an evening program hosted by Gloria Hammer that included an excerpt of the film. Photo by Deborah Moon

By Polina Olsen

If you asked 100 Jewish Portlanders what it means to be a Jewish Portlander, how many different answers would you get? The optimist might say 100, the cynic, 150. Videographer Ken Klein made no assumptions when he started his quest.

Motivated at first by anger, then by curiosity, he roamed the community speaking to Jews of every stripe. His upcoming documentary, "Wandering in the Woods: A Portland's Search for Jewish Identity," previewed in December.

The project started when Klein's son, Jackson, came home from school upset and astonished that fellow classmates had said he was not Jewish. Since Klein's wife, Christine, was not born Jewish and has not converted, her children are not Jews according to Jewish law, the children said. While this was old news for Christine who attends Portland's Mothers Circle, a support program for non-Jewish mothers raising Jewish children, Ken was incredulous.

"How could you not know that?" Christine asked.

"What are you talking about?" Ken answered. "He must be Jewish, I'm the dad. He's as Jewish as I am."

Klein grabbed his camera and sought answers to two questions: What does it mean to be Jewish in Portland, and Who gets to tell you you're a Jew?

HOW COULD YOU NOT KNOW THAT?

Born and raised in Brooklyn, NY, Klein identified with his Jewish background. Though he had no previous religious education and came from a secular family, peer pressure led him to an Orthodox rabbi for bar mitzvah tutoring.

"He had a classroom in the basement of his home," Klein said. "I showed up after football practice with my ball. I'll never forget how angry he was for bringing a pigskin into his home. At my bar mitzvah, I was up there wailing the Haftarah for 45 solid minutes. My parents didn't come."

Ken married and moved to Southern California; he came to Oregon eight years ago. When their son was born, Christine insisted on a bris. "My wife was interested in Judaism even where I wasn't," Ken said. When it was time for Jackson to start school, they chose Portland Jewish Academy for location, quality and price. Christine joined the Mothers Circle, led by Lois Shenker. All went smoothly, until one day, Jackson came home from school ...

WHAT HE LEARNED

No one will be surprised to hear that Ken's research did not produce consistent, definitive answers. Still, watching the



Ken Klein, left, interviews Jewish Federation of Greater Portland President and CEO Marc Blattner for his video, "Wandering in the Woods: A Portlander's Search for Jewish Identity."

videotaped interviews is interesting, and Ken did become clear on one point. "Being a Jew in Portland is different from being a Jew in New York," he said. In Portland, you choose to be Jewish or not, whether the ties are cultural, religious or genealogical, and how to participate. "In New York and Los Angeles, you aren't making these choices. You are surrounded by other Jews. Oregon is like the land of self-invention."

Ken says he still wrestles with who gets to tell you that you are Jewish? "I asked six rabbis and got six answers," he said. "If I want to join an Orthodox congregation with my son then he is not Jewish. But, he has a stronger Jewish identity than I do. If you're my son, nobody gets to tell you."

More than 60 people attended the documentary's preview, and all look forward to the final film. "This has been a labor of love," Ken said. "The journey could have led me anywhere, including away from Judaism."

"All of the people I interviewed were fantastic – personable, inclusive and honest. When I started this project, I didn't feel part of Jewish Portland. Now, I do. And, culturally it was eye-opening. Do you know how insanely diverse the community is? It's good everyone can find something that speaks to them."

See the preview of "Wandering in the Woods: A Portlander's Search for Jewish Identity" at kleinfilms.com. 

CELEBRATING OUR CARING COMMUNITY

Ken Klein is producing a video about Jewish Family and Child Service that will be shown at the agency's luncheon, "Celebrating Our Caring Community." The lunch will also feature keynote speaker Howard Behar, author of *It's Not About The Coffee*. Behar, the former president of Starbucks Coffee Company North America and Starbucks Coffee International, is a frequent speaker on organizational and personal leadership.

WHEN: 11:30 am-1:30 pm, May 9

WHERE: Mittleman Jewish Community Center

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HOME HOLIDAY

Observed at home, Passover is a great time to give kids a starring role



Rich Geller, right, at his family seder in 2010.

By Rich Geller

The crack of that first piece of matzah, destined to become the afikomen. Homemade matzah ball soup simmering on the stove, its magical aroma evocative of days of Pesach past. The warmth of family gathered together. Is it any wonder that Passover is the most widely observed Jewish holiday in America?

Why is this night different from all other nights? Unlike most Jewish holidays, observance of Passover (or Pesach) takes place in the home rather than in the synagogue. For parents with young children, this home-field advantage can be both boon and burden. No need to worry about getting your kids to services on time. However, as leader of the seder, now it is up to you to conduct the service in a way that captures the imagination of your little kinderlach.

As a Jewish parent during Passover, you are tasked with teaching your children the epic story of the ancient Hebrews and their journey from slavery to freedom. Growing up in New Jersey, I recall that our seders were warm family affairs with delicious food, but the Haggadah readings were a little stiff. Pesach and the ritual of the seder meal really lend themselves to Oregon's thriving do it yourself culture. With a bit of planning, you can create Passover memories that will last a lifetime.

As Pesach approaches, have your kids assist you in rounding up all the chametz (leavened products) in your home. With

their help, box it up and dispose of it or sell it to a neighbor. To make the bedikat chametz ceremony (the search for chametz on the night before Passover) more fun this year, assemble your kids into The Chametz Squad! Parents, be sure to scatter small pieces of bread throughout the house before you deploy your team. Your mission: to seek and destroy all offending breadstuff throughout the house. Assign each team member a flashlight (candles for older kids) plus a feather and spoon (when crumbs are found, sweep them into the "dustpan" with the "broom"). After the search is completed, place the chametz in a paper bag and burn it in the fireplace (or outdoors). Be sure to recite the blessing before burning the chametz. Mission complete!

Visit Chabad.org and Kveller.com for coloring pages with Passover themes that are simple to print; then let their imagination run wild. Last year my kids raided their closet and costume bins and reenacted a battle of Egyptians versus Slaves. Shop local and support Portland stores such as Everything Jewish and New Seasons for all kinds of fun items to liven up your seder table. KidKraft makes a Passover playset that includes everything you need for the perfect pretend seder, including the afikomen, matzah cover, seder plate and even a bottle of Passover wine. For an inexpensive alternative, make a seder plate out of construction paper, paper plates, glue and glitter.



Kids love to get crafty: Ask them to create art for the walls and decorations for the seder table.

As the Haggadah is the central text of the seder, what better way to make Passover more meaningful for your family than to make your own Haggadot? In our home we use a wonderful patchwork Haggadah that my wife, Leslie, forged from multiple sources, including the official CCAR Haggadah published for the Reform movement, numerous children's Haggadot, and material culled from various seders we have attended in other people's homes. You can visit your synagogue's library or sisterhood gift shops to find kid-friendly Haggadot. *Sammy Spider's First Haggadah* by Sylvia A. Rouss and *The Animated Haggadah* (with charming illustrations lovingly rendered in clay by Rony Oren) are both excellent children's versions.

The 10 biblical plagues sent by G-d to punish Pharaoh are the perfect point in the seder for some silly fun. Each child at our seder receives a groovy little goody-bag of plagues. For the rivers of blood, we give the kids a kosher chocolate-covered cherry. For the plague of frogs, we give a small plastic frog. For the plague of lice, we give the kids small bags of confetti to

“The 10 biblical plagues sent by G-d to punish Pharaoh are the perfect point in the seder for some silly fun. Each child at our seder receives a groovy little goody-bag of plagues. ... For the plague of lice, we give the kids small bags of confetti to toss in the air (beware: you'll be picking it up for years!).”

Happy Pesach

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toss in the air (beware: you'll be picking it up for years!). For the wild beasts and diseased livestock we give small plastic lions, tigers and cows. Mini-bubbles represent the plague of boils, and a small bag of mini-marshmallows stands in for hail (Albertsons on Beaverton-Hillsdale Highway carries kosher for Passover marshmallows as well as other Pesach essentials). We give chocolate "bugs" for the locusts. Dollar-store sunglasses create the illusion of darkness. To represent the final plague, death of the firstborn Egyptian sons, we give skull and crossbones stickers.

For the visit from Elijah, you can do everything from the ol' disappearing wine trick to making/renting your own Elijah costume and really getting into character!

After the seder why not snuggle up with your little ones for some Passover entertainment? Here are my top five picks for greatest kids' Passover TV moments:

- 1 "A Rugrats Passover": If you have small children, this holiday classic is one they won't want to miss. When Grandpa Boris and the babies accidentally get locked in the attic, it's time for a retelling of the Passover story, Rugrats style. With Angelica as the Pharaoh and Tommy Pickles as Moses, you'll be shouting, "Let my babies go!"
- 2 "The Prince of Egypt": Sweeping visuals, a masterful score and a stellar cast will leave your kids mesmerized by this epic retelling of the Book of Exodus.
- 3 "Shalom Sesame: Jerusalem Jones and the Lost Afikoman": In this Passover themed episode of the Israeli version of Sesame Street, the afikoman goes missing! It's up to Kippi Ben Kippod and Jerusalem Jones, ably played by a young Sarah Jessica Parker, to save Passover.
- 4 "The Ten Commandments": Best Passover movie ever! With Yul Brynner as Pharaoh and Charlton Heston as Moses, dazzling special effects and a cast of thousands, you'll be swept away like baby Moses down the Nile.
- 5 "The Animated Haggadah": Companion to the aforementioned book. Classic stop-motion claymation really brings the story to life!

Be sure to include an orange on your seder plate in solidarity with the girls and women at your seder, and place a Miriam's cup filled with spring water beside Elijah's cup of wine. These contemporary customs honor women's contributions to the survival and prosperity of the Jewish people and demonstrate that Judaism is a living faith. To that end, build on the themes of freedom and slavery that define the holiday. Remind your children that African-Americans were slaves less than 150 years ago and that around the world people are still held in captivity and slavery today. The point of the holiday is making history and tradition come alive for your kids. If you make being Jewish fun, you might never even hear the age-old plea, "When do we eat?" 

Rich Geller is a freelance writer and father of three children.

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Life on the Other Side

by Anne Kleinberg

Ah, the joys of Passover preparation. For anyone celebrating this holiday with some semblance of observance, the arrangements required to ready the house often seem like an additional plague. As I scan my brain for early recollections, I can feel the backaches coming on. Not to speak of the aching feet and steel-wooled hands. Ladies, this is not the time to consider a manicure!

The preparations always start with shopping. Huge quantities of stuff invade the house – and they stay in their bags, away from the chametz products of everyday life. In my home it started with cleaning products, shelving paper, aluminum foil and potatoes – don't ask me what the potatoes were for.

If you want to do it right, counters have to be scrubbed, re-scrubbed and then totally covered with aluminum foil. Range burners have to be disinfected to the point of nearly burning down the house. Then you have to cover them with tinfoil too. Ovens have to be stripped bare, down to the primary coat of enamel. Refrigerators have to be totally emptied. (Ah, so that's where I left the sun-dried tomatoes!) And they too have to be

scrubbed down – best if you just throw it out and buy a new fridge.

Every crumb that has ever entered your home must be searched out and zapped. Nuke 'em if you can – just get them out of there. Because then, on the eve of the first night of Pesach when you conduct the Bedikat Chametz ceremony, there must not be even microscopic evidence of the nasty leavened products. Except, of course, for the big chunks that you hide and then have to find with a feather and a candle. (I love that hide-and-seek adventure).

Every shelf you intend to use during the holiday has to be covered. Wax paper was the covering of choice in my youth. And every shelf that you don't intend to use must be covered, wrapped, hermetically sealed – whatever – just so long as you don't see what's sitting on it.

And then, after you've schlepped up hundreds of heavy cartons from the basement – all illegibly marked – and unwrapped all the dishes, cutlery, pots, pans, utensils, etcetera that you will

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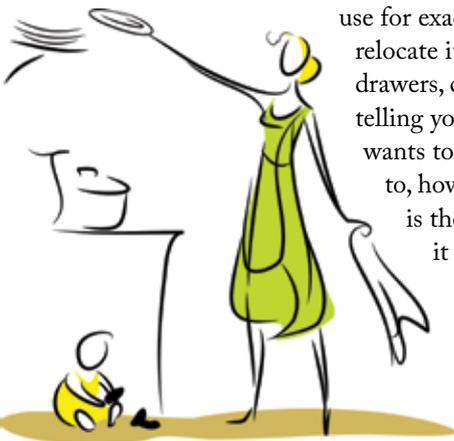


May your matzos be crisp, your conversation
sweet, and your Seder table surrounded with joy!

Best wishes for a happy Passover from



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use for exactly one week, you get to relocate it all in the newly covered drawers, cabinets and shelves. I am telling you right now – anyone who wants to disagree with me is welcome to, however wrong she may be – this is the hardest holiday of all, and it always falls on a woman’s shoulders. Do you think that God decided he would test every modern-day woman to see how devoted she is – by making her shlep, scrub, shop, cover, wrap and unpack?

But there’s good news. You get to buy new lipstick. That was the treat in my home, new lipstick (I was always considered too young to wear it, but Pesach brought an opportunity to enjoy Yardley Happy Pink). You also get new toothpaste (kosher of course), new toothbrushes and, best of all, new clothes. That meant a trip to New York’s Lower East Side to Berent & Smith – every Jewish girl’s favorite clothing store, where you were nobody if you didn’t get to pick up a few designer numbers for a great discounted (of course) price. And new patent leather shoes. Ooh, I loved these parts of the holiday preparations!

There were lots of fun food products that I adored (even though we were supposed to be making do with less during these times). There were Horowitz-Margareten chocolate chip cookies, for instance. I think the main ingredient was some sort of talc, but I loved them. And there was chocolate-covered matzah and Barton’s chocolates and ice cream (that was a really special treat). And almond kisses, and macaroons and chocolate-covered jellies and chocolate-covered orange rinds (still don’t get why people like those). Now that I think of it, Pesach is a chocoholic’s dream of a holiday.

On the one hand I can’t stand the thought of so many women/people having to go through the difficult preparations this holiday requires. Isn’t the fact that one has to eat matzah for an entire week enough? If you’re Sephardic, at least you get to eat rice and legumes (and I have it on good authority from a converted Ashkenazi woman that in general Sephardic food, especially on Pesach, is better). But perhaps all the fuss and hellish preparations make the holiday feel like a more special time. And maybe all this food one is “forced” to eat is really an enjoyable part of the ritual. And maybe that refrigerator really did need cleaning out.

Good luck – I’m thinking of you. 

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



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Clean Up, Cash In

Use Passover cleaning to declutter your life, aid others and get a bit of cash

By Masada Siegel

Clearing clutter and cleaning house is a Passover ritual. The Jewish version of spring cleaning started a long time ago, when the Jews had to leave Egypt on the run and without lots of stuff.

Today, however, life is messy, and it's so easy to keep collecting more and more clutter. But does more stuff make us happier?

On the contrary, clutter usually makes people tense and stressed out.

So while you're scouring your home of chametz, it's a great time to do a little spring cleaning – make that Passover cleaning.

A way to create new opportunities in your world is to clear your mind, and one of the best ways to start is by clearing your house.

First, look around the house and see what you haven't used or worn in a few years. Ask yourself, am I really ever going to wear this or use this more than once a year? If I've lived this long without it, do I really need it? If the answer is no, take the item and put it in a "toss" pile.

When you have a pile of things to toss, you can determine what should be thrown away, and what could be used again by someone else.

At this point, make sure to congratulate yourself. You are on a path to a place where your life will be easier to navigate, and now you have an opportunity to improve your world as well as improve the lives of others.

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Donating your goods will also earn you a tax break.

collecting dust and never seem to see the sunlight? There are many options.

First, and perhaps easiest, is to ask those around you – friends, neighbors, co-workers and people who work for you, like a house cleaner, gardener or au pair – if they would like any of the items.

Second, pick up the phone and call charities such as Jewish Family and Child Service, or log onto websites such as communitywarehouse.org to find out how to turn your junk into other people's treasures.

Many charities have drop boxes, while others have scheduled pickups in your neighborhood at set times during the month. Donating your goods will also earn you a tax break.

Third, let technology do the work. Use a digital camera to take photos of the items and post them on eBay. You can sell pretty much anything on eBay, from clothes to housewares. Be aware that eBay involves a little more effort than simply giving things away, and there are fees involved (including a listing fee and a percentage fee if the item sells) – but if you have something people want, you can make a few bucks off your throwaways.

In order to turn your clutter into cash on eBay, do the research. Search the site to find out what sells and to see the going rate for similar items. It is important to describe the item precisely and be honest about its condition.

Most important, when setting a price, make sure you are being

realistic. Bidding can start as low as a penny, but you might end up selling a \$150 item for a dollar, in which case, is it really worth the effort? Conversely, if you start the bidding too high, you could discourage bidders.

If the ins and outs of eBay make your head spin, a consignment shop might be a fun alternative. Different from thrift stores like Goodwill, consignment and secondhand shops usually sell more upscale and designer items. They will often give you store credit in exchange for your clothes or will pay you a percentage after an item sells. However, some stores are picky about what they accept, so you may have clothes left over when you're done.

Whether it's cold hard cash, more peace and harmony in your home or simply saving the planet by recycling, clearing clutter is a win-win situation. And once you clear your clutter and can finally relax before the first seder, you will revel in the good vibes, knowing you're doing a mitzvah and giving to others. An added bonus: You'll have plenty of room in your closet for a little something new. 

Masada Siegel is the author of the new novel *Window Dressings* available at masadasiegelauthor.com.

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Join community effort to ensure all have Passover food

“Let all who are hungry come and eat” is not just a part of the Passover Haggadah – it’s a community imperative.

Every Jewish community is obligated to ensure that everyone has the food they need to celebrate a joyous Passover, and this year – as in years past – Portland’s Jewish community is stepping up.

The Maot Chittim Project – literally “Money for Wheat” – again will be collecting donations to ensure that area families can truly celebrate Passover.

“We really want this to be a community event,” says Michael Rosenberg of Congregation Kesser Israel, who has organized the food drive in cooperation with Jewish Family and Child Service for nearly two decades. In

recent years, other congregations, Portland Jewish Academy and other groups have pitched in to expand the project’s reach.

Begun as a project of the now-disbanded Jewish Boy Scout troop, the Maot Chittim Project last year provided kosher-for-Passover food boxes for some 115 families in the greater Portland area. Marian Fenimore, JFCS executive director, estimates this year’s need to be about the same.

“This community effort has special meaning to many Jews who do not have the means to have a Seder,” Fenimore said. “Several clients have called in past years to say how much the Passover box meant to them.”

The boxes usually include at least 10 pounds of potatoes, three dozen eggs, five pounds of matzah, a frozen kosher chicken, soup mix, wine – and haggadahs.

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Marian Fenimore

Donations are needed to help cover the costs of the project – and drivers and volunteers are needed to help assemble and deliver the boxes. Assembly and delivery will be on Sunday, March 17, beginning about 9:30 a.m. at the Portland Kollel, 6688 SW Capitol Hwy. The first seder begins at sundown on Monday, March 25.

PASSOVER FOOD BOXES

Tax-deductible donations may be sent to: Passover Food Boxes/Maot Chittim c/o 10220 SW Nimbus Ave., Suite K-2 Tigard, OR 97223

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Check the JFCS website for additional details: jfcs-portland.org



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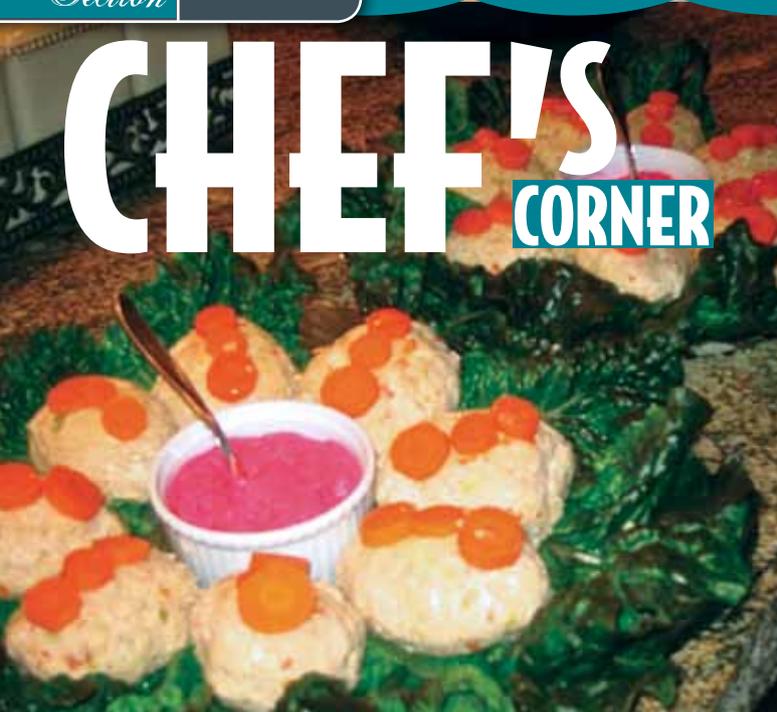
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CHEF'S CORNER



Spice up your Passover with homemade Gefilte Fish and Persian Haroset

By Lisa Glickman

Every year when it's time to shop for supplies for my Passover seder, I see the grocery store's annual holiday display made up of boxes of matzah, potato starch, macaroons and potato kugel mix. Invariably included in the arrangement of foodstuffs is the jarred gefilte fish floating in murky liquid. Who actually eats this stuff? In the words of my 12-year-old, it looks "a bit sketchy!" Our good friend Dan, who is originally from New York, told us the fish is in fact a delicacy and that he once heard a funny story about where these gefilte fish come from. He relayed this story by Lawrence Sherry to us:

Many times I have been upset by people who seem to think that gefilte fish is some kind of mixture you make in the kitchen rather than one of the Lord's creatures. This has led me to explain exactly what a gefilte fish is.

Each year, as soon as the frost on the Great Gefilte Lakes (located somewhere in the Catskill Mountains) is thin enough to break the surface, frum (observant) fishermen set out to "catch" gefilte fish. Now, unlike your normal fish, gefilte fish cannot be caught with a rod and a reel. The art of catching gefilte fish was handed down for hundreds, maybe thousands of years. You go up to the edge of lake with some matzah and whistle and say "Here boy. Here boy." The fish just can't resist the smell of the matzah. They come en masse to the edge of the lake, where they jump into the jars and are bottled on the spot.

Funny story, but since we have no gefilte fishermen in our family and live nowhere near the Catskills, I prefer to make my own! Typically, because it's more economical, gefilte fish is made with two or three different types of freshwater fish such as pike, haddock and carp. I opt for fish that are indigenous to the West Coast, like Alaskan halibut, lingcod and salmon. I utilize salmon for its beautiful color, fat content and richness,

halibut for its creamy texture and cod for its mild flavor. In my recipe melted leeks – which, when slightly caramelized, have a pleasant sweetness – stand in for the onions. For the poaching liquid, you can make your own fish stock or buy a good quality packaged one. The trick to making moist, tender gefilte fish is to poach the pieces at a low temperature and not to let the stock boil too vigorously. It should just be bubbling gently at a simmer on the stove. Cooked too quickly, the fish balls may not remain moist throughout. Serve chilled or at room temperature with red horseradish and garnished with cooked carrot coins.

On the Passover seder plate, haroset symbolizes the mortar used by slaves in Egypt. The classic Eastern European haroset features apples, honey, sweet wine and cinnamon. Although most American Jews are familiar with these ingredients, this is by no means the only combination possible. Walnuts, pine nuts, peanuts, pistachios or chestnuts can be mixed with apricots, coconut, raisins, dates, figs and even bananas. Also intriguing are recipes with spices like ginger, cloves, cayenne and cardamom. Haroset is a tasty snack that can be enjoyed with matzah all week during Passover. Most families have a recipe they have been making for years. This year, try adding just one new ingredient to the family's traditional recipe. I borrowed my favorite ingredients from this Joan Nathan recipe for Persian Haroset. I love the subtle sweet flavor from the banana and the little touch of heat from the black and cayenne pepper. 

Lisa Glickman is a private chef and teacher, and she recently made a TV appearance on the Cooking Channel's "The Perfect Three." She can be reached via email at lisa@lisaglickman.com.





GEFILTE FISH

Makes about 20 "egg size" fish balls

- 1 pound salmon fillet, fresh if possible
- 1½ pounds halibut fillet
- 1½ pounds Alaskan lingcod fillet
- 3 tablespoons extra-virgin olive oil
- 3 carrots, separated
- 3 leeks, white and light green parts, rinsed and finely chopped
- 1 tablespoon sugar
- 1 egg
- 2 tablespoons matzah meal
- ½ cup water
- 2-3 teaspoons kosher salt
- 2 teaspoons Old Bay Seasoning
- 12 cups fish stock

Remove any skin and bones from fish and cut into 2-inch cubes. Using food processor fitted with a steel blade, pulse each type of fish *separately* until ground and place in a large bowl. Heat fish stock to medium high in a large skillet or Dutch oven with high sides and a lid. (You will probably need two.) Heat olive oil in a large skillet on medium high. Grate two of the carrots on the fine side of a box grater. Place leeks in olive oil and soften slightly. Add carrots and continue to sauté until carrots are tender and leeks begin to caramelize, about 8-10 minutes. When cooled slightly, add vegetables to fish along with beaten egg, matzah, sugar, water and spices. Mix gently but thoroughly. Mixture will seem a bit loose. When stock is hot, take a small teaspoon of the fish and drop into stock. Let cook for 2-3 minutes, remove, taste and adjust seasonings. Peel and slice remaining carrot into coins and drop into stock. Using wet hands, scoop about ½ cup of fish mixture and shape into egg-shaped balls.

Gently drop into hot stock in a single layer, trying not to let them touch. Bring stock up to a gentle boil, cover, reduce to a simmer, and cook for one hour. Check occasionally to make sure stock is not boiling too rapidly. When cooked, carefully remove gefilte fish to glass baking dish. Extricate carrots and save. Pour stock over fish and allow it to cool uncovered. Fish can be served chilled or at room temperature.

PERSIAN HAROSET

- 25 dates, pitted and diced
- ½ cup salted pistachio nuts, coarsely chopped
- ½ cup almonds, chopped
- ½ cup yellow raisins
- 1½ apples, peeled, cored and diced
- 1 banana, sliced
- ½ to 1 cup sweet red wine
- ¼ cup apple cider vinegar
- ¼ teaspoon cayenne pepper
- ½ teaspoon ground cloves
- 1 teaspoon cinnamon
- ¼ teaspoon ground black pepper

Mix spices together in a small bowl. Combine the fruits and nuts in another larger bowl. Add the wine and vinegar until a paste is formed. Add spices a bit at a time until desired spiciness is reached.

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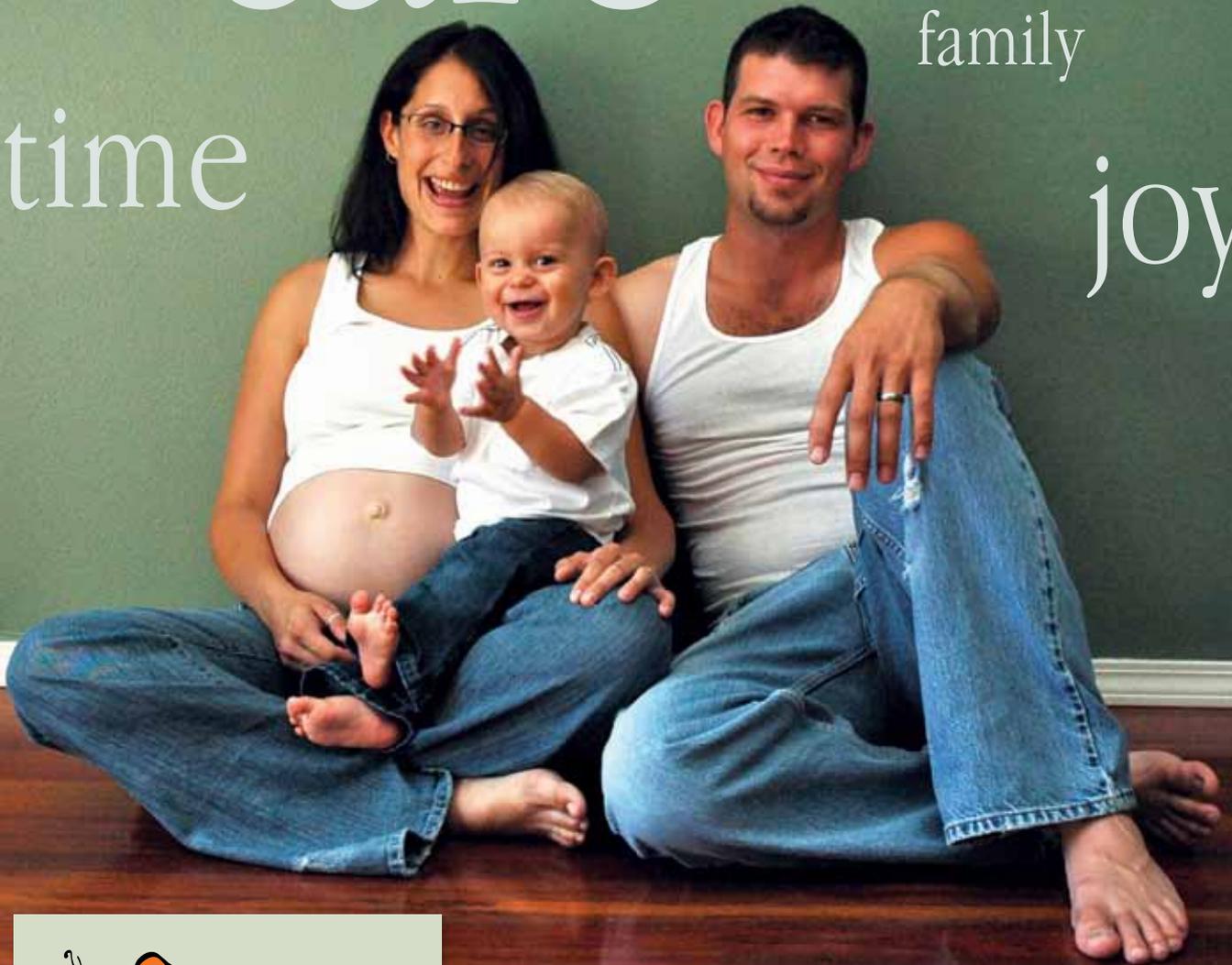
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Hi-Ho Silver, Away

PHOTO COURTESY OF THE 173RD FIGHTER WING PUBLIC AFFAIRS

Air National Guard colonel heads to Afghanistan on path to becoming a brigadier general

By Deborah Moon

By the time an Israeli military pilot saluted Jeff Silver on the kibbutz where he spent his 17th summer in 1978, Jeff was already pre-disposed toward a career in aviation and the military. But Jeff couldn't know that now, 34 years later, he would be poised to ascend to heights few others reach in that career.

In February the 51-year-old Air National Guard Colonel left his post as commander of the 173rd Fighter Wing and base commander of Kingsley Field in Klamath Falls for a six-month

deployment to Afghanistan. Jeff says he volunteered for the assignment after “my superiors in the Air Guard asked me if I was interested in moving up in the organization.”

After this combat tour, he is in line to become a brigadier general.

Jeff says he learned a lot about Israel in 1978, when he and about 10 other Portland teens participated in a summer program there. “The idea of people forging a nation against great adversity was great to see.” He saw fighter jets fly

by nearly every day, but the day that sticks in his memory was the early morning he climbed to the top of a high mound of dirt on the kibbutz and saw a fighter jet approach, cruising very low. The pilot's salute as he flew past and rapidly disappeared has remained vivid in Jeff's mind.

“Israeli fighter jet pilots were my heroes,” he says. “Everyone in that country does their part. In the U.S. less than 1% of the people have served (in the military).”

“Being a fighter pilot is a track that is full of adventure.” – Col. Jeff Silver

Oregon Air National Guard Colonel Jeffrey “Hi-Ho” Silver stands in front of an F-15 fighter jet, which he pilots. “To be in charge of something that powerful in a three-dimensional element is incredible,” says Silver, who in February departed for Afghanistan for an active-duty non-flying assignment.



He says he was inspired by the Israelis who were not militant but who “had to become adept at warfare to survive. ... I identified with that sense of self-reliance.”

“It was one of the things that made me feel it is not inconsistent to be Jewish and serve in the military,” he says. “Having been in Israel, it seemed like the right thing to do.”

Even before that summer, Jeff says he found the prospect of being a military pilot alluring. His father, Norm Silver, was a navigator in the U.S. Air Force.

Norm Silver lived in Portland before he joined the Air Force and became rated as a navigator-bombardier, who served on the B-57-B light jet attack bomber in the Far East. Norm met Norma in Sacramento while in advanced training there before going overseas. The couple married in 1958 with a Jewish Air Force chaplain officiating.

“I crashed four months later on July 25, 1958, spent two years in military hospitals and was retired from the USAF in September 1960,” says Norm. “Must

have been saved for a reason ‘cuz we have three kids and six grandchildren.”

His father’s crash didn’t deter Jeff from wanting to fly. He grew up loving fire trucks, race cars and airplanes. When his parents offered him a television for his bar mitzvah, he asked for a motorcycle instead. As an ER nurse, his mother objected. They settled on a pair of skis.

Throughout his life, Jeff has been an avid outdoorsman. He enjoys water sports such as surfing and windsurfing, mountain biking and cycling on the road, tennis, skiing and, more recently, golf. He did eventually get that motorcycle, but hasn’t ridden one in about 10 years.

In 1984 he was commissioned through the Air National Guard Academy of Military Science and was assigned to the 142nd Fighter Wing at the Portland Air National Guard Base.

“I’ve been flying since 1985,” says Jeff, noting that his assignment in Afghanistan is “a non-flying assignment, and that pains me deeply.”

He will serve in the Air Force chain of command as “an upper-level staff guy ... to ensure the U.S. Air Force personnel and aircraft support ground forces with close air support, surveillance and reconnaissance.”

He says his wife, Theresa Silver, is “supportive with trepidation” of his Afghan deployment. Since her brother has already served two tours in Afghanistan as a pararescue jumper, her husband’s assignment doesn’t make her quite as nervous.

Hired by United Airlines in 1998, Jeff flew for United full-time for 13 years while serving as a part-time fighter pilot with the Air National Guard. On his military assignments he flies F-15 fighter jets and his call name is Hi-Ho Silver. For United he was a first officer and co-pilot on the 737 before beginning a three-year military leave of absence. He became vice commander of Kingsley Field and the 173rd Fighter Wing in June 2011 and was promoted to commander of both in September 2011.

“Seeing Earth from 30 to 40,000 feet is really beautiful.” – Col. Jeff Silver

“Being a fighter pilot is a track that is full of adventure,” says Jeff, who has more than 3,000 military flying hours including combat sorties over Iraq to enforce no-fly zones. “Fighter pilots are engaging, smart, dynamic people, so they are fun to hang out with. ... We do it because we like high stress environments.”

He says his “highlight reel” includes “getting commissioned as an officer, soloing a jet for the first time, becoming an F-15 pilot, becoming a squadron commander ... and getting to take over the fighter wing at Klamath Falls.” Yet not all of his favorite memories involve action and adventure. While flying a military jet at high altitude, he has seen “the Northern Lights and stars where there’s no light pollution ... and the occasional comet from outside much of the atmosphere. Seeing Earth from 30 to 40,000 feet is really beautiful.”

Jeff says, “In the military in general, 99% of the people want to do good work. ... it’s not a profit motive; there’s a credibility motive – they work hard because they don’t want to let their buds down.”

“It’s also very egalitarian,” he says, noting people advance through hard work, proving how capable they are and furthering their education. “I’ve never seen any discrimination because I’m Jewish, and I don’t hide it.”

He describes Judaism as important to him because “I was raised that way.” He attended religious school and Wednesday night school at Congregation Beth Israel, where he became a bar mitzvah.



PHOTO COURTESY OF NORM SILVER

A shirtless Jeff Silver and another Portland teen enjoy the summer of 1978 in Israel.

“I buy into the idea we are the original religion, the wellspring, and I believe in going to the source,” he says. “Also Judaism emphasizes learning, scholarship, understanding and tolerance. It has the ‘rules of the road.’ The Ten Commandments and Torah teach us how to be good humans.”

He clings to tradition most closely at Yom Kippur and Passover. The Silver family seder in Beaverton with his parents, two sisters, and six nieces and nephews “are really fun to go to.”

He describes those seders in aviation terms as a chance to “recage everyone’s gyros,” explaining that if a gyro gets out of whack in an airplane it needs to be “recaged,” or reoriented to the horizon for stability.

Jeff says when he returns from Afghanistan in the fall, he will resume flying for United as a co-pilot on the Airbus 320 series and return to part-time Guard status, since full-time jobs for brigadier generals in the Air National Guard are scarce. Other than an active-duty tour, the only full-time positions for National Guard brigadier generals, he says, are for those called to serve in the governor’s office or nationally at the Pentagon.

“My intent is to become a part-time guardsman and go back to the airline, unless my country says it can’t do without my sparkling wit and great command capabilities,” he says with a grin. ☺

“I’ve never seen any discrimination because I’m Jewish, and I don’t hide it.”

– Col. Jeff Silver



PHOTO COURTESY OF NORM SILVER

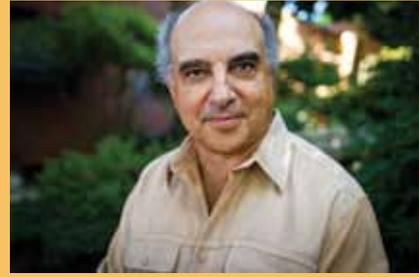
From left, Major General Raymond Reese, Theresa Silver and Colonel Jeff Silver.



Norm and Norma Silver join their son Jeff in 1990 at his graduation ceremony from pilot training, where he was first in his class.



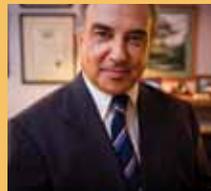
As outgoing commander of the 173rd Fighter Wing of the Oregon Air National Guard, Colonel Jeffrey "Hi-Ho" Silver (right) presents the Wing guidon, a flag that represents the command, to incoming commander Colonel Jeremy "Weed" Baenen on Jan. 13 at Kingsley Field in Klamath Falls. According to Air Force protocol, this ceremony dates to the 18th century, when organizational flags were developed representing the individual units. When a change of command took place, the outgoing commander would pass the flag to the individual assuming command. This took place in front of the entire unit so that all could witness the new commander assuming his position. During the change of command ceremony, Silver received the Legion of Merit and the Oregon Distinguished Service Medal. Photo by Oregon Air National Guard 173rd Fighter Wing Public Affairs.



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Congregation Shaarie Torah. Photo by Amy R. Kaufman

Congregation Shaarie Torah joins Conservative movement

One of Portland's oldest synagogues, the shul will retain its unique identity

By Amy R. Kaufman

Honoring their 108-year heritage as they step into the 21st century, members of Congregation Shaarie Torah looked to their founding families in deciding to affiliate with the Conservative movement in January 2013.

The change will have little effect on the practices of the past 10 years but is expected to have great impact on the visibility of the synagogue, according to co-presidents Richard Cohen and Jordan D. Schnitzer, sons of two of Shaarie Torah's oldest families.

Rabbi Arthur Zuckerman, who has led the congregation since 2007, captured Shaarie Torah's blending of the old world and the new when he said, "You can't have the same focus in a modern society that you had 200 years ago in Europe, and on the other hand you can't just say, we're going to give up all of our traditions to live in a modern society. There's a happy medium – to keep the traditions we have but at the same time to establish new traditions and be able to

be a contemporary synagogue in the 21st century."

"We were losing a lot of identity because people who came into the community didn't understand what a 'traditional' synagogue meant," said Cohen, referring to the synagogue's designation since 1975. "And when people called the Jewish Federation or the MJCC for placement for a synagogue, we weren't on top of the list. They were asking for Orthodox, Conservative, Reform, egalitarian, and we weren't falling into the categories."

"Until now we were an island unto ourselves," said Schnitzer. He said he asked Cohen if he could serve as co-president because "there was a lot to do in a short period of time. ... I furthermore thought that with the experience I've had on the 33 boards I've been on, including long stints at the Robison Jewish Health Center at Cedar Sinai Park, MJCC, PJA, Temple Beth Israel, OJCF and Jewish Federation of Greater Portland... I had some strong experience in getting a

handle on financial issues and restructuring and repositioning organizations."

Change came slowly to Shaarie Torah, formed as an Orthodox synagogue in 1905. Cohen dates the first dramatic change to 1946 or '47, when his mother, Frieda, descended from the balcony of the original synagogue with several other women. They wanted to sit with their husbands, who had recently returned from World War II. Frieda still serves on the board, at age 92.

The most dramatic development in the past few years, he said, was "allowing women to have aliyot (reciting a blessing from the bima before a Torah reading). Those would never have happened even in my mother's day. ... There was pressure from within to make some changes. The girls were being bat mitzvah and the parents wanted to be there and participating. ... We are becoming more adaptable to the society around us."

Shabbat morning services are "very traditional," said Zuckerman. "It's not a

YOUTHFUL INSIGHTS

Aedan Mills, 7th grade:

“Shaarie Torah being an unofficial conservative synagogue for the last few years has helped me in many ways to become a proud Jewish teen. Shaarie Torah officially becoming a Conservative synagogue will undoubtedly provide me with more tools to become a Conservative rabbi. The support that I will receive from a national organization will be crucial to my success.”

Emilia Wolf, 9th grade:

“Both my sisters and I have had our bat mitzvahs at Shaarie Torah. However, my oldest sister, Lyuba, had hers about 16 years ago, when girls were not allowed to have a public ceremony. Though she could lead all the services and chant Torah, she was only allowed to have a private ceremony in the small chapel on the first floor of the synagogue. When my bat mitzvah came along in 2010, I was one of the first girls at Shaarie Torah who was allowed a public ceremony in the upper sanctuary. ... Now I chant Torah and Haftarah in the main sanctuary often. By the time it was my younger sister, Julia’s, time, women were counted as part of a minyan as well. Both my sister and I ... are honored and thankful for this opportunity and privilege.”

watered down service. The Hebrew prayers are still recited; there are some pieces in English.” At some point, he said, “We will have our own siddur with Hebrew, transliteration and English.”

The synagogue has always kept kosher, and he said, “The level of kashrut has not changed one iota.”

The education department’s “focus on Israel has not changed and will not change,” he continued. “We promote trips to Israel for juniors and seniors. If you attend our religious school, you have an opportunity to receive funding for an educational trip to Israel. We have a number of students in the upcoming year who will take their gap year in Israel.”

“Our young people are now affiliated with (Conservative) summer camps; they can participate in larger youth group organizations and have Shabbatons with three or four synagogues in Seattle,” said Schnitzer. “Our education director, Dorice Horenstein, went to a weekend seminar [in Seattle] with other education directors and came back all excited – not that she is ever lacking in enthusiasm, but she was really excited.”

With affiliation, the synagogue will also be able to “participate in strategic planning and leadership programs, have greater connections to Israel, connections to more camps – all things our congregants had to seek out in other places,” according to Cohen.

Schnitzer said the synagogue is reaching out to the thousands of unaffiliated families in the region. “We had a program for people who didn’t want to affiliate but wanted their kids in the Sunday School,” he said. “I said we shouldn’t turn any child away from Sunday school; let’s give them free Sunday school for two years. ... We raised some money, and we added 20 to 25 kids.”

Schnitzer and Cohen characterized the elders of the congregation as “forward-thinking” people who wanted to make the synagogue attractive for their children.

Speaking of his father, Harold Schnitzer (of blessed memory), Jordan said, “Because he trained to be a rabbi until he was 16 ... he was very knowledgeable about Jewish history and religion. ... He felt that Judaism was organic, it was alive, it changes, it bends. ... So he always was a role model for me of not just flexibility but almost a mandate to keep the services and the synagogue fresh with new ideas and new approaches that would respond to the needs of the current congregation ... and therefore I, being a student of his, have always taken that same view about institutions. You must maintain the core values, but the institutions are there to serve their public, meaning the public of their time. You don’t change for the sake of change, but you don’t hold back change because in previous generations something was done a certain way.”

Schnitzer, whose two daughters recently celebrated their b’not mitzvah at Shaarie Torah, said his father “pushed very hard ... to have women play an equal role in the services at Shaarie Torah. Before my children were bat mitzvah, he would say, ‘I want my children to be on that bimah to be able to do their bat mitzvah, just as if I had grandsons.’”

Schnitzer said he believes synagogues and churches are personality-driven, and the most successful are led by charismatic people. “Rabbi Zuckerman has a big personality, as big

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as his heart, and that's contained in a man who has been a student of Torah and Jewish history and is extremely knowledgeable and has in-depth, thorough answers to any question I have seen posed to him," he said. "One of the things I like about him is he leads from the heart.

He has taught by personal stories; tears come to his eyes, and they're real."

As a boy, Schnitzer said, he belonged to two synagogues. "My mother's family, Simon and Helen Director, and my mother, Arlene ... grew up going to Temple Beth Israel. My father's family grew up going to Congregation Shaarie Torah; my grandparents Rose and Sam Schnitzer were the first couple married at Shaarie Torah in 1908. I would go to night services at Temple Beth Israel and day services at Shaarie Torah. ... I never saw it as a conflict, I only saw it as being something extra special. And I loved the difference between the two services. ... At Shaarie Torah I always loved its music – songs which came not from instruments but from the voices of the members. ... And I loved the contained chaos of Shaarie Torah, of people putting their



Rabbi Arthur Zuckerman.

Photo by Melissa Mills-Koffel

Shaarie Torah co-presidents Rick Cohen and Jordan D. Schnitzer, right.

tallises on and off, kids running in, running out – it was more family-like.

"Probably, looking back, it helped me view religion in a very ecumenical way,

that there wasn't just one path, one book, one pulpit. There are a lot of ways to experience Judaism."

"I can't separate myself from Shaarie Torah because the dust of the place is in my lungs," said Cohen. "I was a kid running the hallways, I knew every nook and cranny. I used to throw stuff off the balcony when Cantor (Yonah) Glantz was the cantor way back in the old synagogue. Everything about the place is sweet to me. ... It's not hard to be a family here."

Zuckerman said, "I appreciate the Schnitzer family's dedication to Shaarie Torah, because – I've got to give credit where credit is due – Jordan has learned this from his parents. Rick learned this from his parents. Both these 'boys' grew up in the synagogue, and they are continuing what their parents had been doing." 

Israel In Motion

An Evening of Contemporary Dance and Discussion
with Israeli Choreographer
Idan Cohen

Join Idan Cohen, acclaimed Israeli modern dance choreographer, for a celebration of his work. The evening will include a live performance of Cohen's choreography, film clips featuring his repertoire, and behind-the-scenes discussion with Idan Cohen in conversation with historian Nina Spiegel, Rabbi Joshua Stampfer Assistant Professor of Israel Studies at PSU.

When
Wednesday, April 17th
7:00pm

Where
Bodyvox Dance Center
N.W. 17th Ave. and Northrup
(503) 229-0627

RSVP: The event is free, but seating is limited so RSVPs are required. Stay tuned for a web link for ticket reservations. In the interim, contact Jenn Director Knudsen, (503) 725-2305; knud@pdx.edu.





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Second Seder Tuesday March 26 6:00 PM

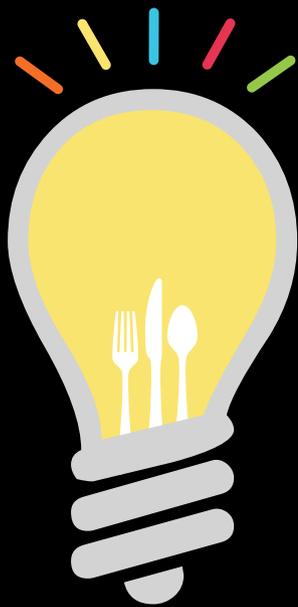
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Non Members: adults \$50, children \$20

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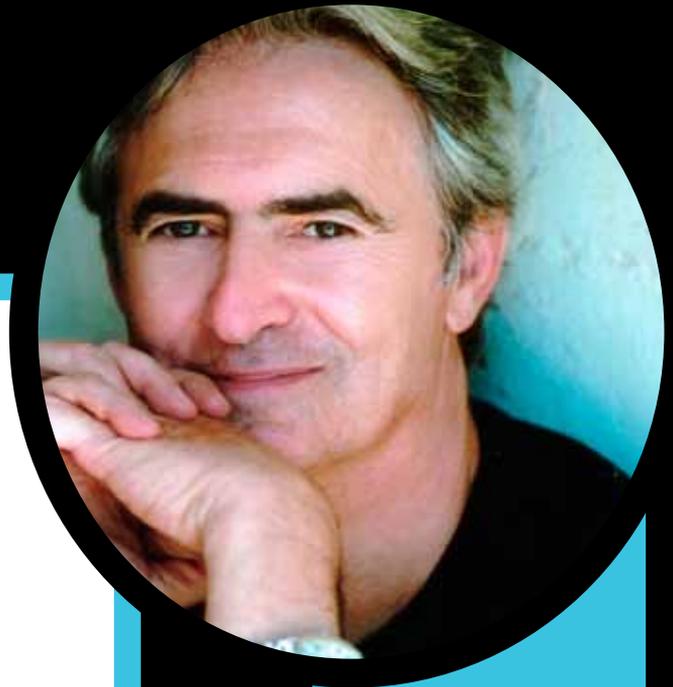



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7:30p-9p Portland Art Museum - Kridell Grand Ballroom \$35

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5:30p-7:30p Portland Art Museum - Fred and Suzanne Fields Ballroom \$110

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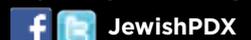
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FESTIVAL SCHEDULE

THURSDAY, APRIL 18

Opening Night Celebration The Wisdom of Davids

Wit and Conversation about Funny...Seriously featuring legendary comedian David Steinberg with David Javerbaum and David Sarasohn
Time: 7:30p-9p

FRIDAY, APRIL 19

Good Food for Good Health

A conversation and continental breakfast with leading researcher Dr. Kent Thornburg
Time: 10a-11:30a

Cook. Eat. Love.

A cooking demonstration and tasting with Giuliano Hazan
Time: 10a-Noon

Meet the Author: David Javerbaum

Talk and book signing of The Last Testament, A Memoir by God
Time: Noon-1:30p

Meet the Author: Giuliano Hazan

Talk and book signing of Hazan Family Favorites: Beloved Italian Recipes
Time: 2p-3:30p

Friday Evening Synagogue Services

Explore a new synagogue, participate in services and enjoy special programming for the Food for Thought Festival.

SATURDAY, APRIL 20

Saturday Morning Synagogue Services

Explore a new synagogue, participate in services and enjoy special programming for the Food for Thought Festival.

Food for Art at Portland Art Museum

Time: 10a-5p

Food Cart Tour

Led by Steve Kantor and Owen Blank
Time: 11:30a-1p

Meet the Author: Laurel Snyder

Reading and book signing of Good Night, Laila Tov picture book
Time: Noon-1:30p

Tour of Oregon Food Bank

With Jewish Family and Child Service
Time: 1p-2p

Meet the Author: Amy Ephron

Talk and book signing of Loose Diamonds...and other things I've lost (and found) along the way
Time: 1p-2:30p

Israeli Folk Dance Festival

40th Anniversary Celebration
Time: 1:30p-Midnight

Alphabet District Walking Tour

Time: 2p-3:30p

Meet the Author: David Michael Slater

Talk and book signing of Sacred Books 01: The Book of Nonsense, for teens
Time: 2p-3:30p

Meet the Author: Yael Kohan

Talk and book signing of We Killed: The Rise of Women in American Comedy
Time: 3p-4:30p

The Great Latke-Hamantaschen Debate

Happy hour featuring celebrity debaters
Time: 5p-7p

Live Wire! Goes to the Movies

at Northwest Film Center
Time: 8p-10p

Stand Up Comedy at Helium Comedy Club

Time: 10p

SUNDAY, APRIL 21

Limud* PDX: An Extraordinary Learning Experience

A morning of learning featuring keynote Stephen Trachtenberg and a selection of Portland's most thought-provoking speakers. Box lunch included.
Time: 9:30a-1:30p

Time: 9:30a-1:30p

Get Your Yiddish On

A day celebrating Yiddish authors presented by Jewish Theater Collaborative

High School Students Engage Oregon State Policy Makers on Climate Change, Sustainability and Their Shared Future

Sponsored by Congregation Shir Tikvah, presented by Jason Eisdorfer
Time: 2p-3p

Israeli Independence Day Celebration

Time: 5p-9p

ONGOING

"Heaven's Flowers" at the Lan Su Chinese Garden

Thursday, April 18 thru Sunday, April 21
Time: 10a-6p

"Annual Bonsai Exhibition" at the Portland Japanese Garden

Saturday, April 20 thru Sunday, April 21
Time: 10a-6p



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EVENT HIGHLIGHT

Sunday, April 21



Limmud* PDX: An Extraordinary Learning Experience

A morning of learning

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and a selection of Portland's most thought-provoking speakers

Limmud* PDX believes that everyone is a student and everyone can be a teacher. Join thought leaders and activists for a provocative series of presentations and discussions designed to examine and enhance our values, inspire us to community service, and to better understand and appreciate our community and world. Stephen Trachtenberg, President Emeritus of The George Washington University will open the program with a stimulating keynote and close with a call to action to benefit our community.

* Limmud is the Hebrew word for learning.

9:30a-1:30p Mittleman Jewish Community Center \$5, Advance registration required

9a-9:30a: Registration

9:45a-10:30a: Keynote Address - A Jewish President or a Presidential Jew

President Emeritus Stephen Trachtenberg, University Professor George Washington University

Break-Out Sessions

10:45a-11:30a: SESSION ONE - Choose one presentation

The Psychology of Modern Racism, Friderike Heuer, Cognitive Psychologist

The U. S. Supreme Court Confirmation Process, Robert Klonoff, Dean of Lewis & Clark Law School

Do "Spreaders of Malicious Gossip Have Larger Obligations to their Communities?", Richard Meeker, Publisher, Willamette Week

Take Care to Be Well, Della Rae, Author of Little Book of Self Care

Where Being Tough Meets Doing Good: Growing and Leading a Socially Responsible Business, Alysa Rose, Business Leader and CEO Rejuvenation Inc., 2001-2013

Origins of Israeli Culture, Nina Spiegel, Rabbi Joshua Stampfer Assistant Professor of Israel Studies at Portland State University

The Power of Storytelling: From Torah to Business, Devorah Spilman, Professional Storyteller for 30 years

Art, Politics, and Talmud: A Clash of Egos, Francine Zorn Trachtenberg, Art Historian

11:45-12:30: SESSION TWO - Choose one presentation

Jewish Icons: New Trends in Jewish Aesthetics, Merridawn Duckler, writer with MAJS from Hebrew College

Gee, You Don't Look Jewish! Challenges and Gifts of an Increasingly Diverse Jewish Community, Deborah Eisenbach-Budner, Education Director of Congregation Havurah Shalom

The Ethics of the Mothers: A look at women and women's roles as they developed from women in the Tanach and ancient cultures, Rabbi Tzvi Fisher, Rabbi for Portland Kollel

Making Culture Change, Not War: Why the fight for rights needs the fight for culture, Eric Friedenwald-Fishman, Creative Director/President, Metropolitan Group

A Look at Oregon's Death with Dignity Law: One Jewish Physician's Perspective, Jeff Menashe, Practicing Oncologist and former Board Member of Compassion and Choices of Oregon

Historic Leadership, Kerry Tymchuk, Executive Director of The Oregon Historical Society

Leaving Footprints: Your Legacy in Words, Joella Werlin, Member of the Association of Personal Historians

Assimilation: My Experiences as a Jewish Indian, Daniel White-Chief, hereditary head of state for the Old Cherokee Nation

Closing Remarks: A Call to Action

President Emeritus Stephen Trachtenberg, University Professor George Washington University

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Portlander takes reins of Camp Miriam

By Deborah Moon

Portlander Morriah Kaplan will head the summer program this year at Camp Miriam, one of seven Habonim Dror youth movement camps in North America. Camp Miriam is located on 20 waterfront acres on Gabriola Island, a 20-minute ferry ride from Vancouver Island, BC.

With its focus on developing Jewish leadership, the camp selects a new rosh (head) every one to two years from among the young counselors and staff who have come through the program. About 95% of the counselors have been campers at Miriam.

“Camp is a special place,” says Kaplan. “My closest friends are people I met at camp.”

After attending Camp Solomon Schechter for many years, Kaplan transitioned to Miriam the summer before 10th grade. Her sister, Esther, and parents, Hank Kaplan and Marni Glick, had all attended Habonim camps and encouraged her to try Camp Miriam.

“Camp Miriam puts a lot of focus on personal responsibility and sets high standards for how campers should treat each other,” she says. “It’s exciting to be in a position of leadership. We give counselors a lot of responsibility to plan programming. Each counselor puts together a two-hour block every day, which creates a lot of responsibility for making it happen.”

Kaplan also spent one summer and her gap year before college in Israel on Habonim programs. During her gap year program she lived on a kibbutz for three months then spent five months team-teaching English in Jewish and Arab schools in northern Israel.

“Being there made it a much more real place,” she says of her two visits to Israel. “Seeing the country and the people made me feel more personally responsible for the place.”

“Camp Miriam is an access point into the Jewish community for a lot of kids,” says Kaplan.

Having attended Portland Jewish Academy through eighth grade, Kaplan says she was much more immersed in the Jewish community than many of the campers. Now a junior at Washington University in St. Louis, Kaplan is also involved in J Street U. She had the privilege of introducing keynote speaker Amos Oz at the 2012 J Street Conference.

Though the camp has a kosher kitchen, most of the campers are not religious and for many the camp is their primary Jewish experience.

“Habonim is a progressive Zionist movement so the camps have a lot of Jewish education, but we are on an island so we have lots of stuff on the water like kayaks and 15-person canoes and visits to tidepools and beaches,” says Kaplan.



Morriah Kaplan to lead Camp Miriam

As rosh, Kaplan will be responsible for hiring other staff and will coordinate with the camp committee. About 50 counselors and 300 campers (two sessions of 150) will be at the camp this summer.

“We want to make sure we continue to provide good programs and to raise leaders onsite who can become leaders one day,” she says.

The camp’s vision of “youth leading youth” means that top staff, all between the ages of 18 and 23, create an atmosphere in which every camper has a part in running camp. Participation in camp on this level gives individual campers confidence, feelings of belonging and ownership, and leadership skills, all fostered by a staff of experienced, dedicated young people.

For more information about Camp Miriam, visit camp-miriam.org or call 604-266-2825. 



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CAMPING Communities



AQUATIC ADVENTURES – Boating and canoeing – and other aquatic activities – have been a highlight of BB Camp since its inception. These intrepid boaters seem to be enjoying their outing on Devil’s Lake. Photo courtesy of Oregon Jewish Museum

Generations of campers grow in so many ways during summers away from home

By Sura Rubenstein

For generations of Jewish youngsters, summer camp has opened new worlds, broadened vistas and created opportunities for lifelong friendships.

That was the goal – when the B’nai B’rith Camp started in 1921 in Oregon, when Sephardic Adventure Camp and Camp Solomon Schechter began in Washington a generation later, or as recently as 2007, when URJ Camp Kalsman began, again in Washington state.

“Camp is invaluable,” says Sue Friedman of Portland, now 84, who has

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“When we see that our children are a bit finer, a bit brighter, a bit more cultured, as well as a bit healthier, then and only then do we realize that our task has been well done.” —From the *B'nai B'rith Summer Camp Brochure*, seventh season, 1929

been a camper, counselor and program director at the B'nai B'rith Camp, which her father helped launch. “Every kid ought to go.”

The B'nai B'rith Camp – affectionately known as “BB Camp” – is one of the oldest and most successful camps on the West Coast. Leaders of Portland’s Jewish community made Jewish camping a priority soon after the B'nai B'rith Center – now the Mittleman Jewish Community Center – opened its doors nearly a century ago.

Initially, according to Michelle Koplan, the camp’s executive director, the aim was to help immigrant youngsters from old South Portland – to combine a summer vacation with opportunities for sports, socialization and the kind of learning that best takes place when young people can learn from and with each other in a supportive environment.

Jewish camping, in Oregon and elsewhere, was part of a new national interest in the outdoors. “The child is a creature of habit,” an early BB Camp brochure proclaimed. “[Our]

RUSTIC RESPITE – Some campers scamper to one of the rustic cabins while others enjoy a sunny stroll during Girls’ Camp in the 1940s. Courtesy of B'nai B'rith Camp



particular task is to help cultivate the worth-while habits of thought and action.”

In its first years, BB Camp rented sites in Southwest Washington and Neskowin. In 1925 Julius Meier, who later was to serve as Oregon’s governor, and other family members donated property on the east side of Devils Lake, near present-day Lincoln City, in memory of their mother, Jeannette Meier. They also donated about \$5,000 to help equip the property, aided by additional donations from some 85 families.

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According to another early camp bulletin, BB Camp drew only 15 campers in its first year. In 1924, however, the camp had to set up six pup tents to accommodate the 65 boys who signed up – “The camp this year is said to be the most successful ever,” The Oregonian noted.

By its fourth season, 125 boys and girls – in separate sessions – came to the camp, then at Neskowin. The camp drew youngsters from throughout the Northwest – including five from the Centralia-Chehalis area in Washington, and one boy from Colfax, WA, 424 miles away.

The program, even in the camp’s infancy, was ambitious: early to rise, “setting up exercises,” a big breakfast, fishing, hiking, swimming, boating, games and sports – and of course, an evening campfire, songs and storytelling. There were one-act plays and pageants, “circles” in Jewish history, nature study and health education, among other activities. As for food: “Nothing but the best is served.”

Campers remember “rustic” experiences – the lack of real windows in the cabin and taking “baths” in the cold lake.

But most especially, they remember the joys – despite the challenges – of being outdoors, of learning to get along with new acquaintances, of spreading their wings.

“Camp opens you up to new experiences and to new people,” says Friedman, whose children and grandchildren are also BB campers. “It’s wonderful all around.”

Koplan, BB Camp director since 1999, is also a former camper, counselor and current camp parent.

She notes that camp has changed – there are, among many other amenities, very comfortable cabins, indoor showers and a swimming pool – but the mission remains essentially the same: “To provide safe, nurturing and fun experiences in a welcoming environment that inspires individual growth and enduring Jewish identity.”



MESS HALL – Generations of campers ate hearty meals in the dining hall. From its earliest days, the camp emphasized that “nothing but the best [food] is served” – and in “liberal portions” for hungry campers. Photo courtesy of Oregon Jewish Museum



FRIENDLY COMPETITION – Sports, including boxing, have been a constant at BB Camp. This looks like a friendly match between Forrest Weill and Irv Rotenberg in 1938. Courtesy of B’nai B’rith Camp

The camp went coed in the early 1970s, added new options for first-time campers and special needs youngsters, and started a day camp for children, many non-Jewish, in the Lincoln City area. It’s also added an annual women’s retreat and family camp, among many other offerings. BB Camp converted to a kosher kitchen several years ago – for the first time in the camp’s history.

Today more than 500 campers attend BB’s summer residential camps, coming from throughout the United States and even from France. The day camp draws another 200, and

“Camp opens you up to new experiences and to new people.”
— Former camper Sue Friedman

programs renting the camp reach nearly 3,000 more.

The camp had a long affiliation with the MJCC but became independent in 2009, when the B’nai B’rith Men’s Camp Association purchased the camp property and operations, establishing it as an independent, community-based Jewish camp. It is currently affiliated with the Foundation for Jewish Camp and the national Jewish camping movement.

Is camp still relevant?

Now more than ever, Koplan says. She points to recent studies showing that seven of 10 Jewish leaders in their 20s and 30s attended Jewish summer camp; that one of three Jewish professionals (rabbis, cantors or teachers) started out as counselors at summer camps; and that adults who have been to Jewish camp are more likely to identify as Jews, marry other Jews, be religiously active and otherwise have stronger Jewish affiliation.

And, she notes, camping and camping choices are growing. According to the Foundation for Jewish Camp, more than 70,000 kids attended a Jewish overnight camp in 2010, and there are more than 150 nonprofit Jewish camps operating in North America – in 27 U.S. states and in six Canadian provinces.

But as Koplan looks to another summer of BB Camp, she remains focused on her camp’s history and mission.

“We want to build Jewish identity,” she says. “And we’ve always opened our doors to everyone.”

Sura Rubenstein is a Portland freelance writer.

Camp Solomon Schechter created to give region a kosher option in 1950s

Though it's just outside of the Washington state capital, Camp Solomon Schechter is Oregon's other "native" Jewish residential camp.

Rabbi Joshua Stampfer, recently arrived in Portland, organized the camp in 1954 in cooperation with Rabbi Joseph Wagner, of Congregation Herzl Ner Tamid in Seattle.

Stampfer, rabbi of Congregation Ahavai Sholom (later Congregation Neveh Shalom), wanted to have a kosher camp for his children – and was surprised to learn that Portland's B'nai B'rith Camp then was not (it became kosher just several years ago).

Stampfer and his wife, Goldie, decided they would have to create their own camp.

Together with Rabbi Wagner and his wife, Betty, the Stampfers rented a motel on Echo Lake, near Seattle, and gathered 25 campers for a

weeklong camp in the summer of 1954. The campers swam in the lake, played baseball in a nearby pasture, and prayed and studied with the rabbis and their wives.

Rabbi Stampfer says they knew they were off to a great start.

"We knew we had laid the foundation for the camp of the future," he told David Michael Smith, author of *Where Judaism and Joy Are One*, a history of the camp's first 50 years.

"We couldn't have asked for better architects to design the beginnings of Camp Solomon Schechter," Sandey Fields, a counselor during that first session, notes in Smith's history. "[The Stampfers] became my role models for how I raised my children, and how I live my Jewish life. And my camp counselor role led me to my first career choice as a high school teacher."

The first "official" session of Camp Solomon Schechter,

named for the Conservative Jewish leader, was held in 1956, again at Echo Lake. Subsequent camps were held on Whidbey Island, near Seattle, until the camp purchased its current site, near Olympia, in 1968.

Today, the camp serves more than 500 campers and hosts about 2,200 others through its rental program. It continues to be a kosher, Shabbat-observant camp, and draws youngsters from throughout the West.



Rabbi Joshua and Goldie Stampfer visit the Colonel's House, which is the central building at Camp Solomon Schechter's early home on Whidbey Island, WA.

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What's New at Camp?

CARL CAMP EXPANDS TO INCLUDE 7- AND 8-YEAR-OLDS

The Carl Summer Camp is expanding the age range for their summer camp program. The camp has traditionally offered sessions for children ages 3 to 6. This summer new programs are being designed for 7- to 8-year-olds. Weekly camp sessions begin in June and run Monday- Friday from 9 am -1 pm, with options for before and after care.

Picture happy children: on the playground blowing bubbles that they made in the classroom; finding insects in the bushes; digging in the flower beds to plant parsley and other herbs; laughing as they chase each other up and down the slides; using a blender to make yummy fruit smoothies; making cities out of blocks and Legos; experimenting with water color paints; mixing baking soda with vinegar and squealing with delight as a frothy brew rises and then overflows in the cups.

Each Summer Camp session has a different theme, such as art, nature, cooking or soccer; and all include outside time in the playground and garden, time to develop friendships, healthy snacks, hands on learning and exploration in a relaxed atmosphere and fun.

The Carl Summer Camp is housed in Congregation Shaarie Torah, 920 NW 25th Ave., Portland. For more information call 503-226-6131 or visit online at thecarlschool.com or shaarietorah.org.

GAN ISRAEL EXPANDS TRAVEL PROGRAM, ADDS TRANSPORTATION

As a leader of innovative programming, there's always something new at Gan Israel Day Camp, known for its warm outreach to Jewish children from diverse Jewish backgrounds and affiliations.

A big addition this year is a three-day traveling camp on the Oregon coast for 9- to 11-year-old campers the week of July 29. Campers can sign up for just that one week. Activities during this special outing will include hikes and a sampling of many of the coast's famous and exciting landmarks and activities - including visiting the Oregon Coast Aquarium and exploring sand dunes. The children will camp in tents under Oregon's beautiful summer skies.

Also new this year, limited transportation will be provided to and from day camp for children in Portland's Eastside and in Hillsboro. The recently-expanded grounds of the Maimonides Day School campus will host campers as they enjoy an array of indoor and outdoor activities. Instructional sports, swimming at a nearby water park-style pool and skill-building activities are combined with Jewish-themed activities like challah baking, "Trip to Israel Day" and shofar making. Older campers enjoy weekly trips to Portland's most popular children's venues.

Gan Israel has four divisions to cater to campers ages 2.5-3, 4-5, 6-8 and 9-11. The weekly sessions run from June 24-Aug. 16. For more information, a brochure and calendar, contact Simi Mishulovin Simi@CGIportland.com, 503-246-KIDS (5437). For easy online registration and for special deals including a pre-March 15 early bird discount, go to CGIportland.com.

MJCC DAY CAMP REVAMPS MIDDLE SCHOOL PROGRAM

The MJCC Day Camp has revamped its Camp Chai program for middle schoolers. Camp Chai will focus more on leadership opportunities, with each week having a special focus on a different topic. One week campers will be Junior Counselors, for example, and the next week will have an opportunity to be Junior Lifeguards. Other topics include public speaking and exploring future careers. Of course they'll also have kayaking and sailing, both of which are popular. No matter what the week's focus, however, Camp Camp Chai kids will work with our current MJCC Day Camp counselors and learn how to be Junior Counselors.

MJCC Day Camp, one of the oldest day camp traditions in Portland, continues to provide the best in all day camps with fun for all ages, including archery, swimming, soccer, arts, movie making and more. Designed with the needs of our parents and the desires of their children in mind, the MJCC Day Camp keeps campers coming back for more fun year after year.

For more information call 503-244-0111 or visit oregonjcc.org/daycamp.

THINGS ARE GROWING AT CAMP KALSMAN

Entering its seventh season URJ Camp Kalsman in Washington state continues to grow and develop rapidly. The early success of Kalsman has led to an amazing 75% growth since its inaugural summer in 2007.

This summer will see a number of additions and changes to the camps programs and physical appearance. Through a grant from the Samis Foundation (Seattle, WA) the camp instituted a new gardening program. Kalsman will double the size of its garden to 5,000 square feet, which will produce enough fruits and vegetables to supplement the camp kitchen and provide an estimated 2,000 pounds of fresh produce to local food banks.

This wonderful addition nicely compliments other recent innovations including an animal farm and teva (nature) program.

The camp has also redesigned the Jewish educational component. Gone are the days of a formal educational hour at camp; now there will be fully integrated Jewish education at Kalsman. Campers will experience living Judaism at its best.

This summer also marks the opening of a modern health center at camp. Construction began this winter on a 4,800-square-foot facility. The health and safety of participants is our highest priority.

The staff at URJ Camp Kalsman are busy preparing for your child to join them this summer on the Jewish journey of a lifetime. Exciting activities include the 50' Alpine tower, a giant swing, two giant gaga pits, biking, guitar, arts and crafts, hiking, music, Maccabiah, lake and pool activities, and sports. For information on programs for children entering second grade through high school, visit kalsman.urjcamp.org.

SCHECHTER TO OPEN THE TEVA LEARNING CENTER

Camp Solomon Schechter, located near Tumwater, WA, is opening the Teva Learning Center for this summer's camp season, expanding the 60-year-old camp's focus on learning about teva (nature) and tikkun olam (repairing the world).

The main facility of the Teva Learning Center is a 2,000-square-foot organic, sustainable garden that contains the traditional Seven Species of Israel mentioned in the Torah. An environmental educator will work on programming and activities, as well as working with the camp's head chef to use the garden's produce in camp meals.

The project is funded in part by the Special Initiatives Fund of the Jewish Federation of Greater Seattle, and will reach approximately 550 campers each year. Schechter is seeking additional support to fully fund the program.

"The Teva Learning Center is an incredible opportunity for our campers to, literally, get their hands dirty and discover where our food comes from and how our actions directly affect the balance of nature," says Sam Perlin, Schechter's executive director. "They will also learn concrete ways to preserve that balance - tikkun olam (repairing the world)."

For more information, call 206-447-1967 or visit campschechter.org.

WILLOWBROOK ARTS CAMP ADDS GARDEN FOR ALL CAMPERS

Willowbrook is a summer arts camp for children ages 3-18, where creativity flourishes in a rich environment of integrated arts and nature. Offerings include theater, music, dance, arts, crafts, ceramics, photography, nature and more. No previous experience is necessary.

All campers may participate in and enjoy our latest addition, the Willowbrook Garden. Surrounded by activity in a small corner of camp is a peaceful oasis of flowers and vegetables donated by nurseries in the community and tended by campers. Large troughs and pots are planted by all age groups, with a willow tree in a place of honor at the center. The Garden provides an opportunity to examine plants and the effects of sunlight, water and soil on their growth. Children find a place to write, work on projects, draw, create films, sing, practice their play lines or simply visit with friends during their busy camp day.

Willowbrook experienced record attendance in the summer of 2012. For more information and for new and returning camper specials, visit the camp website Willowbrookartscamp.org or call 503-691-6132.

CRAYONS FOR CHANGE

Teen collects art supplies to help campers with special needs



Jennifer Caplan carries the Torah during rehearsal for her bat mitzvah. Right: Jennifer Caplan poses with Kali Levy and McKenna Olson and the artwork they created at an arts and crafts day at the BB Camp office. Photo by Debbie Levy

By Vanessa Van Edwards

Can beads, glitter and markers make a difference? Fourteen-year-old Jennifer Caplan believes that the art at B'nai B'rith's Kehila program is one wonderful way children with special needs can express themselves.

When Jennifer sat down with her parents to decide on a community service project for her bat mitzvah on Dec. 29 at Congregation Neveh Shalom, she was not sure where to start. "After throwing around many different ideas, I always came back to BB Camp," said Jennifer.

Since she was 8 years old, Jennifer's favorite summer activity has been going to BB Camp on the Oregon coast. When Jennifer began to research what she had heard about the Kehila program at BB Camp and the impact of art therapy on special needs children, she knew it was the perfect project for her. Jennifer's mom, Michelle Caplan, explained that nothing had really excited Jennifer until the Kehila program idea came up.

"Community service projects are incredibly important, as it gives the kids who are about to become a young Jewish adult an opportunity to make an impact on their community in a very special way," says Caplan.

BB Camp Executive Director Michelle Koplan has known Jennifer since she was a day old and was thrilled to hear what she chose as her mitzvah project. "Our goal for Kehila is to give children with special needs the opportunity to experience Jewish camping, find meaning in Jewish life and make connections with other children," says Koplan.

Currently, Kehila is the only Jewish camp in the Pacific Northwest that offers a program geared specifically for children with special needs.

Koplan explains that Jennifer's project to collect arts and crafts supplies for Kehila campers is incredibly impactful. "Many children with special needs utilize art as a way to express their feelings that they otherwise can't express through language or writing. Art becomes an outlet in so many different ways and allows children with special needs to release energy in a creative context and express themselves," says Koplan.

Once Jennifer decided to help gather supplies for Kehila campers, she wrote an open letter to the community in the

Centerpieces at Jennifer Caplan's bat mitzvah featured the art supplies she collected. Photo by Andie Petkus



summer, asking for art supplies. She wrote, "The bat mitzvah is a big milestone that represents me becoming a young Jewish adult. As part of these responsibilities, I want to begin to make a difference in my community and have a positive impact on others."

Jennifer was able to collect more than \$1,500 worth of art supplies. She displayed the donated glue, finger paint, friendship bracelet string, markers, beads, construction paper and brushes in colorful centerpieces at her bat mitzvah luncheon. She is happy that the supplies will be put to good use this summer. "BB Camp means a lot to me and I'm so glad I was able to do something for the camp that has given me so much already," says Jennifer.

Koplan says Jennifer's commitment is inspiring: "I'm so proud of her. As an agency, we work hard to assist our campers in learning leadership skills, passion for their Jewish identity and tikkun olam (repairing the world). We can't hope for better citizens than the model Jennifer has portrayed in her mitzvah project." 

Vanessa Van Edwards is a freelance writer and speaker based in Portland.

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*– Edie Rogoway Van Ness
Portland Attorney and Comedian*



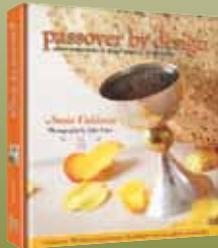
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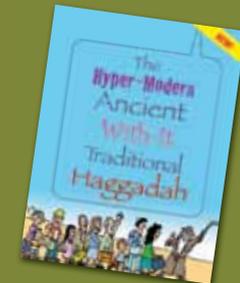
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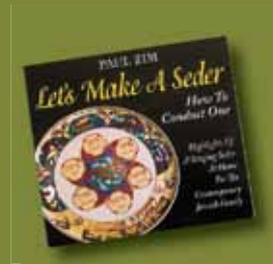
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FASHIONISTA

On Trend for Spring 2013

Shoshanna black and white shift dress



By Kira Brown

Spring's hottest colors and styles are bold and beautiful. Look for spring greens, hot pinks, bright colors, feminine lace and sophisticated black-and-white patterns for this seasons' dresses, maxis and more.

Dresses are the one-piece wonder, when it comes to fashion, pulling together a look in just one piece. If you're pressed for time, having a few go-to dresses in your wardrobe simplifies your morning rush to get dressed while keeping you looking fresh and up-to-date each day.

The trick to shopping efficiently for a dress is to shop by color first, then style. Know what colors work best with your skin tone, scan aisles or online for color, then get specific with cuts and what's most flattering for your figure. Using this simple two-step shopping system helps save time and money on dresses or clothing that you just might not reach for.

Here are a few of my favorite budget-friendly spring dresses for this season:



Old Navy: green lace



Style Tip: Cardigans are a wardrobe staple for spring and year round. Layering a bright spring cardigan over your lighter black and grey winter separates can stretch the use of your winter wardrobe and your budget, while keeping your wardrobe in season.

Yellow Cardigan: Women's button-front stretch cardis
Neutral Cardigan: Women's softest boyfriend cardis



Dress Barn: purple draped cap-sleeve dress



Dress Barn: green-belted swirl lace dress



Shoshanna maxi



Kira Brown is a certified personal stylist and fashion writer. Kira has interviewed many fashion icons including Tim Gunn, Jeweler Neil Lane, International Makeup Artist Jemma Kidd, Ken Downing of Neiman Marcus and more. In addition to writing, Kira offers virtual style consultations for women and men. Contact her at kira@fashionphoenix.com

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SARA Z. ROBERTS/SZPHOTOS

Lynn Wolfstone

By Liz Rabiner Lippoff

“We don’t live in Southern California,” points out landscape designer Lynn Wolfstone. Portland summers are beautiful, but let’s be realistic. “Chances are we are going to look at our garden more than we will be in our garden.”

Lynn was born and raised in Portland, so she knows whereof she speaks. “I always ask a client, ‘Where will you be when you see your garden?’ Unless you love standing in the rain, it is often from a vantage point inside your house. In my case, I’m in my kitchen or my dining room, looking out. I want that view to be wonderful.”

In her own garden, Lynn found a creative way to cope with our Pacific Northwest climate and integrate our regional interest in recycling and sustainability. She has only one spot with southern exposure, so she transformed it into a beautiful “wall of plants.” She attached a product called Root Pouches – bags woven from recycled plastic bottles – to the wall. She then connected them with an irrigation tube system and planted a variety of herbs and other plants. They thrive there, eventually cascading down over the pouches to create a unique feature in her garden (RootPouches.com).

Gardening has always been part of Lynn’s life. Her parents

were avid gardeners on their property, which included lawn, gardens, an orchard and woods. She was out there a lot, learning by doing. At the University of Oregon, she majored in art history and then went to work at the Augen Gallery, later for Laura Russo Gallery. It was fun and satisfying, but she still took the occasional gardening class in what had become her hobby.

When her second child was born, Lynn did art consulting and a whole lot of volunteering but stopped full-time work to focus on her children, Mark and Annie. When the kids were older, she decided to return to her roots and get a degree in landscape design.

The technical side of the work is to create what she calls “effective and zone-appropriate designs.” Still, she believes her art background plays a part in all her landscape projects. “I think of a garden as a scene,” Lynn says. As a landscape specialist, she knows what will work, and as an artist she sees shapes and colors and how they can work together. But, she points out, it is not about what she would do if it were her yard.

“My greatest challenge is to help a new client figure out what they really want,” she says. “Of course I need to know what they will do in their yard, but I also want to know what they love.”

They know they want an outdoor kitchen or a place for the kids to play. But what “scene” do they see in their heads? Maybe they remember a beautiful lawn on a trip to England, or they long for a rock garden like their mother had or an apple tree like the one they climbed at their grandfather’s. “It can take long conversations for someone to realize what kind of a garden would make them happy.”

Lynn and her husband Jeff’s garden makes them very happy. Lynn characterizes her style as “clean and contemporary, with Asian influences and regional plants.”

Lynn shared some tips to help others get the garden of their dreams, whatever they may be.

SOME TIPS FROM LYNN

- 1 → THE IMPORTANT FIRST STEP: TALK ABOUT WHAT SPEAKS TO YOU WHEN YOU LOOK AT OR WALK THROUGH A LANDSCAPED SPACE.
- 2 → THINK ABOUT COLORS AND SCENTS. THIS IS PARTICULARLY TRUE IN THE AREA LEADING TO YOUR FRONT DOOR. “YOUR YARD IS AN EXTENSION OF YOUR HOME,” LYNN ADVISES. “YOUR FRONT PORCH WELCOMES YOU HOME AND TELLS OTHERS WHAT TO EXPECT WHEN THEY GET INSIDE.”
- 3 → ENJOY YOUR YARD DURING THE DARK HOURS, TOO. “UPLIGHTING THE TREES YOU SEE FROM YOUR DINING ROOM TABLE CAN EXTEND THE HOURS YOU HAVE TO EXPERIENCE THE BEAUTY OF THE GARDEN YOU CREATED.”
- 4 → HOW WILL YOU KEEP IT UP ONCE IT IS FINISHED? NOT EVERYBODY LOVES YARD WORK. “I DON’T WANT IT TO BE ANOTHER JOB FOR YOU,” LYNN SAYS, “UNLESS THAT’S WHAT YOU WANT. YOUR YARD SHOULD BE FUN.” CHOOSE LANDSCAPE ELEMENTS YOU CAN MAINTAIN.
- 5 → WHETHER YOU WILL BE DOING THE WORK YOURSELF OR HIRING A PROFESSIONAL, DO SOME RESEARCH. LYNN HERSELF GETS INFORMATION AND INSPIRATION FROM OTHER PROFESSIONALS ALL THE TIME. PARTICULARLY USEFUL IS THE ASSOCIATION OF PROFESSIONAL LANDSCAPE DESIGNERS, WHOSE OREGON CHAPTER WEBSITE (APLDOREGON.ORG) HAS IDEAS AND RESOURCES.

LYNN WOLFSTONE CAN BE REACHED AT WOLFSTONELANDSCAPEDESIGN.COM. 

Liz Rabiner Lippoff is a Portland freelance writer and a medical marketing specialist at Liz, ink: LizInk.biz. Now, though, she’s going right out to get some exterior lighting!

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March Music Moderne

Jewish composers and musicians play key role in multimedia celebration

Bob Priest, creator of March Music Moderne, is a heavy lifter when it comes to creating musical events. Photo by Chris Leck

By Elizabeth Schwartz

One doesn't often get the chance to meet a genuine impresario. Merriam-Webster's dictionary defines impresario as 1) the promoter, manager or conductor of an opera or concert company and 2) a person who puts on or sponsors an entertainment. The word comes from the Italian word *impresa*, "undertaking." Both the definitions and the word origin are apt descriptions of Bob Priest, the creator of March Music Moderne, a multimedia celebration of music, visual art, film and literature. Now in its third year, March Music Moderne opens on March 7 with a concert titled "Ears Wide Open," and ends on March 23 with a salute to Finnish composer/conductor Esa-Pekka Salonen.

Sprinkled throughout MMM's 16-day run are several works by Jewish composers, including locals David Schiff, Art Resnick and Bonnie Miksch. The Arnica String Quartet will perform "Tenebrae," a 2002 composition written by Argentinean-Jewish composer Osvaldo Golijov as a response to the Second Intifada, on Friday, March 15. Yasmina Reza's short story "Lucette Moses" will be part of a concert featuring Priest's own string quartet on March 8. Works of Polish-Jewish writer Bruno Schulz will be featured in the "Ears Wide Open" concert. In addition, the Jerusalem String Quartet will be in Portland for a unique series of concerts; they will perform all 15 of Dmitri Shostakovich's string quartets over four different nights. In total, March Music Moderne will present 32 events over 16 days, at 19 different venues scattered all over Portland.

"Our theme this year is Global Village PDX," says Priest. "We're also celebrating the 100th anniversary of the premiere of Igor Stravinsky's 'The Rite of Spring,' by commissioning 10 composers to write a one-minute march for string trio using some aspect of 'The Rite' that particularly appeals to them: rhythm, instrumental colors, a particular melody. We're calling it 'The Rite to March.'" For people who may be less than enthusiastic when they hear the words "new music," Priest has this advice: "'New music' is just a very loose, inappropriate and inaccurate term for an incredibly wide swath of musics ... don't let an umbrella moniker lead you to believe you'll hear any one kind of sound. Keep that in mind. Dip a toe in and sample different bits; I'm sure some of it will appeal to you."

March Music Moderne isn't Priest's first venture into impresario-dom. A composer himself, Priest has been immersed in 20th- and 21st-century music for most of his life, first as a rock guitarist and later as a composer, lover and champion of new music. "My Jewish grandmother was an opera singer in Vienna, and even though she took me to some of her vocal



coaching sessions, I didn't get interested in classical music until I was 16," Priest recalls. "A friend loaned me recordings of Debussy's 'Prelude to the Afternoon of a Faun' and Liszt's 'Les Préludes.' We listened to them when we were high, and I discovered a totally saturated sound world, very similar in essence, if not style, to what I experienced when I listened to The Beatles' 'Sgt. Pepper's Lonely Hearts Club Band.' From then on, I was hooked."

Priest's first experience with contemporary music festivals came while he was a Fulbright scholar in Warsaw in the early 1980s, studying composition with renowned Polish composer Witold Lutoslawski. While in Warsaw, Priest attended Warsaw Autumn, a contemporary music festival. After Priest returned from Poland, in 1985, he settled in Seattle. "I saw the vitality of the music scene in Seattle and decided to establish my own music festival, inspired by Warsaw Autumn. I wanted to present what I felt were the important new works of our time, with an international outlook and international scope." In 1988, Priest launched Seattle Spring, a festival of new music and world arts, which ran from 1988 to 1992. From the outset, Priest's vision for his festivals has always embraced the widest possible scope. "I'm interested in all forms of culture. My concerts combine music with theater, film and lighting; I've even used perfume in some productions. I like to create multi-sensory experiences."

For more information, or to see a complete schedule of March Music Moderne events, go to marchmusicmoderne.org. 

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

“My Jewish grandmother was an opera singer in Vienna, and even though she took me to some of her vocal coaching sessions, I didn’t get interested in classical music until I was 16.” – Bob Priest

Jewish Cultural Focus: March Music Moderne

Composers David Schiff, Art Resnick, Bonnie Miksch and others

“The Rite to March”

10 one-minute marches commissioned to fête the 100th anniversary of the premiere of “The Rite of Spring.”

Yasmina Reza’s “Lucette Moses” from her short story collection *Hammerklavier*

Author/playwright Yasmina Reza is best known for her Tony award-winning play, “Art.” “Lucette Moses” recounts the story of a nerdy redheaded Jewish girl who blossoms into a swan later in life and winds up singing in Handel’s “Messiah.”

Friday, March 8, at the Community Music Center. 3350 SE Francis St. Free

JERUSALEM STRING QUARTET

(see related story)

The Complete String Quartets of Dmitri Shostakovich Presented by Friends of Chamber Music

Sunday, March 10, Monday, March 11, Wednesday, March 13 and Thursday, March 14 at Lincoln Hall at Portland State University. \$5-\$45

OSVALDO GOLIJOV

“Tenebrae”

Friday, March 15 at The Old Church. SW 11th at Clay. \$10

The music of Argentinean composer Osvaldo Golijov is inhabited by unquenchable energy, passion and drive. His musical influences are a blend of Jewish klezmer, classical chamber music and the work of fellow Argentinean composer Astor Piazzolla. Golijov has written for chamber ensembles, including the St. Lawrence and Kronos String Quartets, as well as orchestral and vocal works. His 2002 work, ‘Tenebrae,’ was originally written for string quartet, soprano and clarinet; Golijov later made a version for string quartet alone. “I wrote ‘Tenebrae’ as a consequence of witnessing two contrasting realities in a short period of time in September 2000,” says Golijov. “I was in Israel at the start of the new wave of violence that is still continuing today, and a week later I took my son to the new planetarium in New York, where we could see the Earth as a beautiful blue dot in space. I wanted to write a piece that could be listened to from different perspectives. That is, if one chooses to listen to it ‘from afar,’ the music would probably offer a ‘beautiful’ surface but, from a metaphorically closer distance, one could hear that, beneath that surface, the music is full of pain.”

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FILM **Defiance**, with introduction by Steve Gradow, Tuesday, March 5, 7pm, FREE
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MUSIC **Jewish Soldiers in Blue & Gray**
 Thursday, March 14, noon and 7pm
 Gen. Public: \$10, Members: \$8

FUNDRAISER **Sunday Music Concert with Beth Hamon**
 Sunday, March 10, 2pm
 Gen. Public: \$10, Members: \$5

EXHIBITS **The Whipping Man** at Portland Center Stage, Wednesday, March 20, 7:30pm
 Patron (preferred seating): \$80, Supporter: \$60
 A portion of the ticket price is tax-deductible

Pictures of Resistance:
 The Wartime Photographs of Jewish Partisan Faye Schulman
Sidonie Caron: We Are Our Brothers' Keeper
 Both exhibits on view through April 24

Photo: Captain Jacob Jacobs of the 83rd New York Infantry was wounded in action at the Battle of Gettysburg. In 1896 he became a founding member of the Hebrew Union Veterans Association. Courtesy National Center for Jewish Film

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Portland welcomes Israel's great Jerusalem String Quartet

By Steven Bilow



The Jerusalem Quartet, among the best-known of Israel's chamber music ensembles, is one of the world's most highly regarded string quartets. The *Strad* magazine calls it "one of the young, yet great quartets of our time."

Several years ago, violinists Alexander Pavlovsky and Sergei Bresler, violist Ori Kam and cellist Kyril Zlotnikov embarked on a courageous mission to play every one of Dmitri Shostakovich's 15 string quartets in a single week-long event. The quartet found a friend in the Chamber Music Society of Lincoln Center and scheduled its mammoth performance week for the month of May in New York City.

Not long after the Lincoln Center performances were scheduled, the Quartet decided it could benefit from another U.S. "run-through" of the entire cycle. With nearly 75 years of experience in bringing world-class chamber music to Portland, the city's Friends of Chamber Music jumped at the chance to play host. Thanks to that organization's commitment and dedication to live, intimate performances, the Portland deal was finalized.

Now, for the first time, the Jerusalem Quartet will come to Portland for four concerts that demonstrate the sheer vibrancy of Israel's classical music scene. The ensemble rarely plays in the U.S.; rarer still in the Pacific Northwest. March 10-14 will be their first visit to Portland.

Friends of Chamber Music, the concert series presenter, is a nonprofit organization dedicated to presenting the highest-quality chamber ensembles in concert. FOCM is the longest noninterrupted chamber music series in Oregon and the sixth longest running in the U.S. It began in 1938, when Reed College Classics Professor Reginald Arragon and his wife, Gertrude,

thought it important to bring quality chamber music to the Portland area. Since then, FOCM has grown, year after year, to the point where it now consistently brings the world's best ensembles, highly regarded vocalists and vocal ensembles, and modern "not so classic" ensembles to Portland every year.

Israel's great Jerusalem Quartet has won audiences across the globe, in concert and on their Harmonia Mundi recordings. The ensemble's recording of the Shostakovich quartets was BBC Music Magazine's top chamber music pick at its 2007 Award Ceremony. They have played in the U.S., but with their upcoming performance, Portland audiences will have the chance to see them live for the first time. 

THE PROGRAMS

Sunday, March 10 • 3 pm • Lincoln Performance Hall
 Monday, March 11 • 7:30 pm • Lincoln Performance Hall
 Wednesday, March 13 • 7:30 pm • Lincoln Recital Hall
 Thursday, March 14 • 7:30 pm • Lincoln Recital Hall
 Tickets are available at focm.org.

FREE LECTURES AND ANCILLARY EVENTS

March 9, 1:30-2:30 pm

Multnomah County Central Library

Shostakovich and Soviet Culture: Evgenii V. Bershtein, associate professor of Russian at Reed College, discusses Soviet culture during Shostakovich's time.

March 9, 3-4 pm

Multnomah County Central Library

Will the Real Dmitri Please Stand Up? Peter Kupfer, assistant professor of music history at Meadows School of the Arts at Southern Methodist University, talks about the search for meaning in the music of Shostakovich.

March 10, 1:30-2:30 pm

Lincoln Recital Hall (Room 75), PSU

Tradition & Intimacy in The Quartets of Shostakovich: Peter Kupfer, Assistant Professor of Music History at Meadows School of the Arts at Southern Methodist University, addresses how Shostakovich's quartets represent more "private" utterances, and how they can be understood within the tradition of the string quartet.

March 12, 11am-noon

Lincoln Recital Hall (Room 75), PSU

PSU Roundtable Discussion: Jerusalem Quartet Tells All. A conversation with the Jerusalem Quartet about the demands and rewards of performing a Shostakovich cycle; moderated by All Classical radio's Robert McBride.

March 12, 12:30-1:30 pm

Lincoln Recital Hall (Room 75), PSU

Open Rehearsal: String Quartet + String Quartet. The Jerusalem Quartet joins four PSU students to rehearse Shostakovich's Prelude & Scherzo: Two Pieces for String Octet, Op. 11.

KIDS & CHORES

Yes, it is worth the nagging

By Vanessa Van Edwards

For parents it can sometimes feel like it takes more effort to get kids to complete their household chores than to simply do the chores themselves. This often leaves parents wondering, are chores really worth the effort?

Research by Marty Rossmann, emeritus associate professor of family education at the University of Minnesota, says yes, implementing chores in the home at an early age can have beneficial impacts later in life. Specifically, chores help children develop self-reliance, responsibility and maturity.

Rossmann conducted an in-depth study of 84 young adults and their families. She examined a number of factors such as parenting styles, gender and enforcement of chores during ages 3 to 4, 9 to 10, and 15 to 16. She also checked in with the participants in their mid-20s.

Amazingly, Rossmann determined that a children's involvement with household chores during ages 3 to 4 best determines the success they will have in their mid-20s. Chore participation was a better predictor than completion of education, IQ, closeness with family and even drug use.

The importance of chores cannot be understated. Not only are household responsibilities important, but the age at which parents begin to implement chores is crucial. If children started doing chores as teenagers in the 15 to 16 age range, their chance of success was even lower than that of peers who had no chores. The take-home: chores must be started young.

Jewish philosophy also highlights the importance of chores and responsibility for children. Judaism teaches us that raising children is not easy through the principle of *tzar giddul banim* (the necessary pain of raising children). Implementing and enforcing chores is not easy, but knowing there is a payoff later in life makes it worth the effort.

Jewish psychologist Wendy Mogel says that parenting with *rachmanut* (compassion) and *tsimtsum* (contraction of divine energy) is the most effective way of parenting children despite the difficulty. In her book, *Blessings of a B Minus*, Mogul advises parents, "Chores form a foundation for the rest of life. ... To be effective, it's time for you to practice detachment, to do less instead of more." With chores, parents can set up the rules and the consequences and then step back.

Rossmann echoes Mogul's philosophy of loving detachment. She encourages parents not to choose tasks or punishments that are too overwhelming. Rossmann also advises that children should be involved in determining the chores they would like to do.

Teaching children how to complete household tasks like laundry, yard work and maintaining a clean bedroom are also lessons for a lifetime. This falls in line with one of the oldest Jewish perspectives from Maimonides: "Give a man a fish and

TIPS FOR PARENTS:

- ☞ Start children on small chores as young as age 3.
- ☞ Set up a chore system with specific tasks and consequences and then step back.
- ☞ Talk to children about which chores they would like to do so they take an active role in the household task assignments.
- ☞ Chores provide an opportunity to teach children how to run their own household later in life.

you feed him for a day; teach a man to fish and you feed him for a lifetime." Chores teach children how to run balanced, healthy homes for their future family. 

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

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Senior Paradigm Shift

New leaders help Cedar Sinai Park expand options for senior living

By Liz Rabiner Lippoff

Cedar Sinai Park Chief Executive Officer David Fuks recently announced several promotions and additions to the CSP management team. This growth at the executive level reflects the growth in scope and services that began almost 10 years ago and today is moving forward at a significant pace.

To long-time Portland residents, the Robison Jewish Health Center was always simply “The Home.” While some people went there for temporary rehabilitation, many of our parents and grandparents ended up at The Home when they grew old and fragile. The care was top-notch, the food was kosher and

sometimes good, and the people were really nice, but the perception remained: Life as you knew it was over when you went to The Home. And one day we would end up there, too.

The addition of the Rose Schnitzer Manor in 1998 expanded the residential options to people who were, by Robison standards, pretty healthy. For many, it serves as an apartment with benefits: meal and maid service, activities and friends, all optional ... and all with the security of knowing Robison is just across the street. It also grew the number of residents served from 130 to 250 a year, an increase of more than 90%.

Today Cedar Sinai Park is building a new facility and renovating the aging Robison to better implement an innovative model of nursing care. Called the Social Household Model, it builds on the patient-centered care that is already in place at CSP. Rather than the traditional hospital design, these will be more like individual residences. Single bedrooms will surround a living and dining area with its own kitchen. Studies show residents in homes like these are happier and healthier. Whether for



KIMBERLY FUSON, CHIEF PROGRAM OFFICER

With Lesley's leadership as Robison's Administrator, it is now my privilege as Chief Program Officer to engage in work focused solely on creating, enhancing and sustaining holistic quality of life for those who work, live with and are served by the Cedar Sinai Park family. Serving my friends' grandparents and my grandparents' friends, giving back to the community that raised and taught me the values of love and healing the world are the highest honors.

NEW POSITIONS

Kimberly Fuson: Chief Program Officer
formerly Robison Jewish Health Center Administrator

Bill Stinnett: Assistant CEO
formerly Chief Financial Officer and part-time Assistant CEO

PROMOTIONS

Lesley Sacks
Robison Jewish Health Center
Administrator

Richard Horsford
Chief Financial Officer

Jane Duck
Director of Nursing

Ali Reis
Admissions/
Social Services Coordinator

short-term rehabilitation or longer-term care, it will feel more like a real home than a hospital or nursing home.

The sea change, though, is that Cedar Sinai Park is rapidly accelerating the rate at which it provides or facilitates care to those who do not live on the Raleigh Hills campus. It began in earnest in 2000 when CSP added Adult Day Services, an activity program for adults who need supervision because of physical or mental challenges. While some participants live at Cedar Sinai Park, this was the first major foray into providing services for people whose home is not at CSP. This program, paired with the opening of the Shlim Wing of Rose Schnitzer Manor, brought the number of people served to almost 300 a year.

The growth continued in 2007, when CSP collaborated with Jewish Family and Child Service to create Sinai Family Home Services. This new agency was an important next step to providing care for those who choose to stay in their own homes as long as possible. It is a separate entity, but both founding

LESLEY SACKS, ROBISON JEWISH HEALTH CENTER ADMINISTRATOR



I've been at Robison for eight years as the admissions coordinator and social services director, and it's an honor and privilege to continue to serve our residents and community in this new capacity. With all of

the exciting changes going on at Cedar Sinai Park, and the hugely anticipated new nursing facility in the coming years, it was a perfect time for me to step into a leadership role where I can continue to move the nursing facility into the philosophy of person centered care and household model.

Being a native Portlander, I have strong ties to the Jewish community and have had many relatives throughout the years at Robison. It creates special meaning for me to continue the reputation of excellence that Cedar Sinai Park represents, and serve the elder community of today and the future.



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Cedar Sinai Park: Approximate number of people served per year	
YEAR	PEOPLE SERVED
1995	130
2000	300
2007	550
2013	1,000

organizations still play an active role, bringing another 40 people a day under the CSP umbrella.

In 2007 CSP also purchased the Clay Apartments downtown, now

renamed Rose Schnitzer Tower, adding 233 apartments for approximately 250 low-income seniors and adults with disabilities. This dramatic expansion of CSP's scope and reach was only possible, says David Fuks, through "the huge generosity of the Schnitzer family and the extraordinary time and expertise of Jim Winkler." Harsch Investments continues to provide management services and advice, but CSP has primary responsibility for the operation.

The 2012 purchase of three additional downtown apartment buildings for low-income seniors and disabled adults was a real turning point for Cedar Sinai Park for several reasons. CSP could now service 570 residents in 540 downtown apartments. With the elderly population swelling and the economy still such a challenge, offering affordable housing is the right thing to do, according to David Fuks. Quality Section 8 affordable apartment buildings like Rose Schnitzer Tower, Park Tower, 1200 Building and Lexington Apartments have long waiting lists, and he hopes those in our community who may want to

live there eventually will put their names on the list now.

Another key element is the development and expansion of services for those in CSP buildings as well as for people who stay in their original homes. "We have excellent residential and nursing facilities for those who need it," says Fuks. "It is our hope, though, that people will be able to stay home, wherever that is, for as long as they want to." For that to happen, agencies like CSP, JFCS and others will need to collaborate to be sure high-quality, affordable services are available. That cooperation is already starting to happen.

Four sites with eight entities, an ever-growing number of programs to serve them, the construction and management of Kehillah housing at CSP for adults with disabilities, collaborative efforts with community partners to help seniors age in place, the complex paperwork and protocols involved with government subsidized housing, the capital campaign's community launch this spring ... and the subsequent construction of the new nursing facility. It is no wonder the CSP board approved some expansion in the executive offices.

"We are so delighted that we are creating a wider range of services and a new, innovative level of care," says Fuks. "We have put together a strong, cohesive management team and the best support staff in the business to make it happen." 

Liz Rabiner Lippoff is a Portland freelance writer and medical marketing specialist at Liz, ink: LizInk.biz. She also serves on the board of directors of Cedar Sinai Park.



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MONEY MATTERS

*With each passing year, baby boomers increasingly are called upon to aid their aging parents with everything from home repairs to health care. One of the touchier topics tends to be finances. As the author of the upcoming book *The Boomers' Guide to Talking to Your Parents About Their Money*, Kim Rosenberg has a few tips.*

Dear Kim,

Last week I was grocery shopping with my 80-year-old mother and I noticed she was having trouble filling out the check to pay the bill. When we got home, she told me she couldn't get her checkbook to balance this month. For someone who was meticulously organized with her doctor's appointments, her medication and even my appointments, her behavior caught me totally off guard. Do you think I should help Mom with her money? How do I even begin to discuss the issue with her?

Signed,

Devoted daughter

Dear Devoted Daughter,

I guarantee you are not alone in trying to find the best way to support your aging mom with her financial issues. For a host of reasons, getting aging parents to talk openly and realistically about their finances is one of the biggest hurdles Boomers everywhere face. It may take a great deal of courage to begin, but once the ice is broken, you'll likely find that each subsequent conversation gets easier. To help you get started, here are some things to consider:

1. TALK TO YOUR MOTHER ABOUT MONEY BEFORE IT'S TOO LATE. Ideally, start having the "money conversation" while she is still healthy and self-sufficient. Be direct and say you've got some concerns and want to know what kind of thinking she has already done on "what ifs." Respect the fact that she is capable of making her own decisions, but help bring up the tough questions.

2. INSTEAD OF TELLING HER WHAT TO DO, SHARE YOUR OWN FINANCIAL ISSUES OR ISSUES OF A FRIEND. An example might sound something like this: "When my friend Jen's dad died, he left such a mess that she can't even mourn him properly because she is overwhelmed by paperwork!" Showing the consequences of not having the money discussion will help your mom realize that withholding information could exacerbate an already difficult time.

3. ENLIST THE HELP OF A THIRD PARTY. Your mom might be more willing to discuss her finances with you – and let you help her – if this is suggested by a third party she trusts. Your mom might be more receptive if the advice comes from a trusted professional.

4. OFFER TO HELP LIGHTEN HER LOAD. Offer to do her tax return. This will give you insight into her sources of income, how much mortgage debt she may have, and whether she's giving away a lot of her money to charity.

But, what do you do if none of these strategies work? If, after all your efforts, your mother still refuses to talk about anything related to her financial status? Though you may not like it, the answer is simple: Let it go and try again later. If she can see you truly want to help her plan well for her own future as well as yours, and you don't want to make decisions that are rightfully hers, she will be much more likely to talk openly and often. ☺

Kim Rosenberg is a registered investment advisor at Rosenbaum Financial, specializing in family financial planning.

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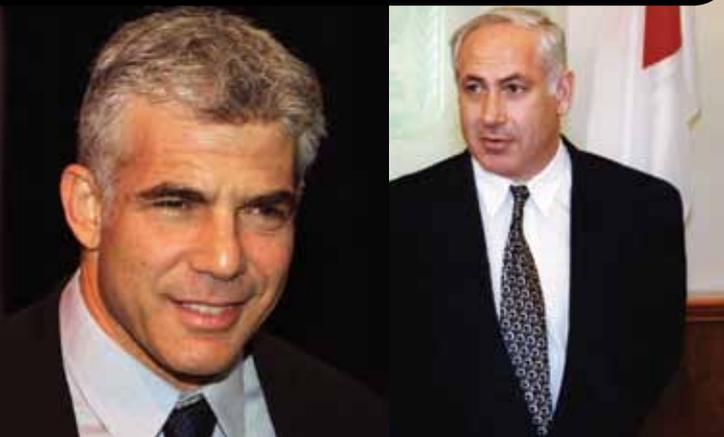
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Sea Change

Israelis bet new party's vision offers brighter future By Mylan Tanzer



Binyamin Netanyahu, right, retained leadership of Israel's Knesset, but Yair Lapid's new party, Yesh Atid, was the big winner.

In the run-up to the elections, the vast majority of media commentators and so-called experts relentlessly classified these elections as the least interesting and lackluster in recent memory. This is the ninth time I have witnessed an Israeli election campaign in all of its sometimes wondrous and often questionable glory. While I am far from an expert, I scratched my head at the media's dismissal of the interest in these elections due to their potentially game-changing ramifications for Israeli society.

It was a foregone conclusion that the recent Likud-Yisrael Beiteinu alliance would gain the largest amount of seats and that Binyamin Netanyahu would form the next government. This created an illusion of apathy and set a trap that the hyper-alert Israeli media generally avoids. They should have thought of basketball: When a team leads by 20 points at halftime, the false sense of security can lead to an upset by the time the final buzzer sounds. From the moment Bibi Netanyahu called for early elections, every move he and his party made smacked of the arrogance of the overwhelming halftime lead, followed by the panic of not knowing what to do when the opposing team gains momentum.

Yes, the Likud-YB coalition won the most seats, but the number plummeted to 31 from the combined 42 seats in the outgoing Knesset. The Likud itself will have only 20 seats, just one more than Yair Lapid's Yesh Atid (There Is a Future) party, unanimously regarded as the election winner due to the extraordinary success of a first-time party whose 19 newly elected legislators have never served in the Knesset.

The morning after the election veteran columnist Dan Margalit wrote in the pro-Bibi paper *Israel Today*, "The Likud

suffered a decisive political blow. They ran a flawed campaign from the moment they joined forces with Yisrael Beiteinu all the way to the ridiculous recruitment of Kahlon." (Two days before the elections, Bibi attempted to appoint Moshe Kahlon, the popular Likud minister who had announced he would not continue in the next government, to chair the Israel Lands Authority to oversee reduction of outrageously high housing prices.)

The Likud-YB made many errors, four of them disastrous:

- **The alliance** with Yisrael Beiteinu alienated many Likud voters who do not identify with YB leader Avigdor Lieberman's Russian immigrant agenda.
- **Likud's** intensely negative campaign against Naftali Bennet, the young and energizing new leader of the right-wing nationalist religious Bayit Yehudi (Jewish Home) party, turned off potential Likud voters who in turn voted for other parties – mostly for Lapid, ironically.
- **Likud's** flawed primary system created a list of right-wing extremist candidates, who ousted almost all the well-respected party veterans, including Menachem Begin's son, Benny.
- **Likud** completely missed the boat by not focusing on the issues that concern the public. Security issues, the Palestinian problem and even Iran were not at the top of the public's list. Netanyahu chose to focus on security to the exclusion of internal problems. Though these issues are pressing, most Israelis realize that we must deal with our internal problems to be strong enough to cope with external existential challenges. All the Likud campaign could muster was the slogan, "Netanyahu, a strong leader." Aluf Benn of *Haaretz* summed it up when he said, "The Likud ran a very poor campaign. They kept showing shots of Bibi at the borders, with the bomb drawing at the U.N., at the Western Wall with a kippah, but this time the voters were concerned first and foremost with issues other than a united Jerusalem, Nasrallah or Ahmadinejad."

While the tent cities and 500,000-strong protests of disgruntled Israelis are no more, the high cost of living and the inequitable burden on the middle class remains, as does the political system that allows a government to arrogantly maintain 34 ministers (half of the coalition members are ministers). Those ministers not only fail to solve the problems of the majority, but they cater to sectors who do not serve in the military, and they turn a blind eye to extremists.

More astonishing than the result itself was the failure of the experienced pundits to recognize this resentment was still brewing and would come out on election day.

Given this state of affairs, it is surprising that Likud-YB did not lose even more seats. Netanyahu and the Likud-YB were the clear losers in these elections, and centrist Yesh Atid – and to a lesser extent the right-wing Bayit Yehudi and left-wing Meretz party – were the winners. These elections transcended and maybe shattered the traditional right-wing, left-wing paradigm, because the issues of these elections obliterated party lines. The record number of 46 new Knesset members attests to the desire for change.

Nahum Barnea wrote in *Yediot Ahronot*: “It started in the 2011 summer protests. Come fall, the tents were removed; the general feeling was that the protest was dead and buried. That was wrong. The seeds were sown and waiting for the rain to sprout. The rain arrived. The protest demands were not met and the token steps that were taken helped the ultra-orthodox more than the young middle-class majority. The feelings of disgust from the rules of the political game did not die, they got stronger. They transcended Facebook and influenced not only the urban younger generation but impacted other age groups and layers. The votes of disgust went to Lapid and the other parties who represent something different.”

Ben Caspit of *Ma’ariv* commented, “There is no King Bibi (referring to the *Time* magazine cover last year). We are not a banana republic, not a monarchy. Lapid might be a new driver, but Bibi is a drunk driver. Let them drive together. The public said that you (Bibi) won’t be alone at the wheel any longer.”

Channel 2’s political correspondent, Udi Segal, was no less blunt: “The voters said you are Prime Minister, not King, and it’s not forever, and as we cannot rely on you and we don’t think that you’re a strong leader, we are going to tell you who your coalition partners will be and what the agenda will be.”

On election night, when the first returns bore out the exit polls, Netanyahu and Lapid ended up addressing the faithful at their respective headquarters at the same time, which the networks covered with a split screen.

Sima Kadmon, writing in *Yediot*, described the moment: “On the left side of the screen, Lapid. On the right, Netanyahu. On the left, the future. On the right, the past. There is no other way to put it. The public performed a no-confidence vote in Netanyahu and not only in him. The public showed their disgust in the entire political system and proved that they want new faces without connection to their political affiliation.”

This is the true revelation of the 2013 elections. They were possibly as dramatic as the 1977 elections, which saw the historical victory of Menachem Begin and the Likud.

Lapid has ridden the wave of the Israeli public’s desire for resolution of social issues to overwhelming success. If he joins the government and cannot deliver, he, his party and this rare opportunity to change the system could be vanquished for a long time to come, perhaps until it is too late.

Nahum Barnea writes, “The success at the ballot box creates huge expectation amongst the voters. If in a matter of weeks or months these expectations are not fulfilled, they will not want to hear about him (Lapid); 19 seats will evaporate. Until election day, Lapid was a national darling. The darling status ended with the counting of the votes.”

Or, as Channel 2 pundit Amnon Abramovitch put it by playing on the name *Yesh Atid*, “The difference between there is a future and there was a future is about one day.”

As I write, the coalition negotiations are just beginning and the structure of the next government is not set. Lapid’s ability to translate his electoral success and fulfill *Yesh Atid*’s agenda will determine whether these elections will truly be a watershed

event or yet another disillusioning failure of a centrist party. Netanyahu will be the prime minister, but Lapid has the power to call the shots in forming the government and become its moving force. Netanyahu needs Lapid almost more than Lapid needs Netanyahu.

Lapid’s success was based on his tenacious repetition of the four main tenets of the *Yesh Atid* platform: No more religious exemptions from military or national service, electoral reform, lowering the price of housing and a reduced government. He must immediately succeed on the first issue and at least one of the other three. The religious parties completely reject compulsory service for yeshiva students. For *Yesh Atid*, it is the do-or-die issue. The brutal coalition negotiations must deliver a written agreement with Netanyahu that a meaningful compulsory service law for all 18-year-olds will be put forth when the government is sworn in. Without this, Netanyahu will do to Lapid what he has done often in the past.

Sima Kadmon quotes an anonymous source: “When Netanyahu needs someone, there are three stages: He woos and charms them with promises, telling them everything they want to hear, then exploits them and in the end betrays them.” She adds, Netanyahu will probably find in Lapid “a much tougher and less naïve figure than he appears to be.”

I hope Lapid has the foresight to film coalition negotiations. In the world of Israeli politics, where truth is sometimes in short demand and spin doctors are everywhere, it could be valuable evidence if *Yesh Atid* does not join the government and instead ends up leading the opposition.

Likud, the ultra-orthodox parties and all of the old order will attempt to cause the failure of the 19 *Yesh Atid* Knesset newcomers, who will aggressively practice their campaign slogan, “We have come to change.” Add this to the pressure of coalition negotiations and one gets a feeling for the uphill battle that Lapid and his party will have to fight to impact Israel’s future. Whether or not they join the government, they can create a more civilized model for Israeli politics, one that will not be based on the old, bitterly partisan lines. The fact that none of the 19 have served in the Knesset before offers hope that this might be possible.

The curtain has come down on the first two acts of the Israeli democratic process. The campaign was a worthy warm up to a very good election. Now the third and final act of the show – the coalition horse-trading – begins. Like most Israelis, I wish for the sake of my children and for all of Israel that the hope of the 2013 elections is at least partially fulfilled. 

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.



The Israel National Trail



Left: Nadine Nahome enjoys the view from a mountaintop on the northern stretch of Israel National Trail.

Right: Hikers, such as Sharon and Nadine Nahome, are smart to pack swimsuits to take advantage of the many water features along the trail.

By Natalie Nahome

The Israel National Trail, listed in National Geographic's 20 most "epic trails," is a hiking trail that crosses Israel from south to north. Beginning at the Gulf of Aqaba in Eilat, it runs north to Dan, near the Lebanese border crossing approximately 1,000 km (620 miles). The Israel National Trail has been described as a trail that "delves into the grand scale of biblical landscapes as well as the everyday lives of the modern Israeli."

Unfortunately, I have not yet had a chance to enjoy the trail, but my sisters Nadine and Sharon went on a three-day trip along the northern section of the trail. They enjoyed it so much they plan to return and continue on from their stopping point. The trail provides an amazing way to experience Israel through its nature and history, and it offers splendid views.

Because the hike is so long, hikers often seek help from "trail angels" who offer "lawns to sleep on," "a room with a shower" or "a pickup from the trail."

For example, at Kibbutz Yagur, a soldier leaves the key to her room for hikers who need a place to sleep, and a farmer in Hadera Forest offers sleeping quarters in exchange for a day's work. So as long as you plan your trip in advance, you won't be left sleeping outside unless you want to. You can do part of the trail or be ambitious and do the whole trail at once. For most people, traversing the entire trail takes about two months.

The Israel National Trail includes 11 sections, each unique in its own way:

NAFTALI RIDGE AND RAMIM CLIFFS (UPPER GALILEE): This area begins at a deserted sandstone quarry above Kiryat Shmona, at the height of 280 meters above sea level, and stretches south toward Yesha Fortress.

KADESH ILI STREAM AND YESHA FORTRESS (UPPER GALILEE): Along the Kadesh Ili Stream, hikers can climb rock steps up the stream's southern bank to view the ravine from above.

MERON STREAM'S PARKING LOT TO EIN ZEVED AND SHEMA RUINS (UPPER GALILEE): In spring you can see a variety of rich blossoms including orchids. As summer approaches, flowers color the area yellow.

MOUNT TABOR (LOWER GALILEE): This trail takes hikers up the Tabor and around the monasteries on its peak, near the remains of ancient walls, corner towers, caves, exposed antiquities, spring blossoms and views in any direction from the sides of the mountain.

TZIPPORI STREAM (LOWER GALILEE): Along the trail are streams of flowing water, improvised water pumps and a castle named The Monks Mill. You can see the remains of another impressive gristmill at the Alil ruins.

MA'APILIM/NAKHASH STREAM (CARMEL): A walk along Nakhash Stream provides a complete representation of the Carmel's hidden treasures: From the top of the trail and while walking down the ravine, you can see an impressive view of the Northern Coastal Plain and the Galilee.

SHAYAROT RANGE (JUDEAN MOUNTAINS): A trip to the Shayarot Range provides views down to the Coastal Plain and up to the Judean Mountains, walking routes, caves and an abundance of flowers in the spring. The trail passes through the famous "Burma Road."

MAMSHIT AND MAMSHIT STREAM (NEGEV): The trail passes through the ancient city of Mamshit – its alleys and churches, remains of stables, houses and administrative structures.

MITZPE RAMON AND RAMON CRATER (NEGEV): The town of Mitzpe Ramon is a meeting place for artists, a station for people going south to Eilat and a base for visitors to the Ramon Crater. Ibex roam free on the cliffs, and the colors of the crater change at different times of day.

KISUY STREAM AND OVDA VALLEY (NEGEV): Near Ovda Valley are dunes of sand like those found on the beach or in the Sinai. Ancient remains include temples, ritual locations and interesting structures near the sides of the roads.

SHKHORET STREAM (EILAT MOUNTAINS): The Eilat area features different shades of sandstone and granite in varied shapes and dark colors, plaster ornaments on the rock and colors galore.

To read answers to some travelers' questions about the trail, visit wikitravel.org/en/Israel_National_Trail. 



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

Ageless advice

While your child is at summer camp, rejuvenate yourself by exploring yoga, massage or cosmetic medicine

By Elizabeth VanderVeer, M.D.

I have had the good fortune to live and work in New York City and on the West Coast. I am struck by the vast differences in youth summer camp traditions from coast to coast. In the East, my in-laws sent their sons – my nephews – away to camp for the entire summer from age 8 through high school. At the time – childless and footloose and fancy-free – I did not appreciate the costs and benefits of this extended period away from your children.

I started my own family many years later in Oregon. On the West Coast, we seem to have much shorter programs and traditions. Our children attend an overnight camp for just one to three weeks of the summer. The rest of the summer is spent with the pleasure and pressure of having children out of school and in need of stimulation and activity. It wasn't until I had my own children that I really understood these differences in summer camp. I also learned that planned time away from your children can ultimately be good for parents and the whole family.

So, how do you use your “vacation” from parenting? If you have only a short time, as I do, I suggest you plan new activities for yourself. This year, avoid the to-do list of chores, and give yourself permission to “go off the grid.” Schedule a little outer rejuvenation.

Your self-designated down-time is the perfect time to invigorate, restore and balance your mind, body and soul. Summer is a wonderful time to experience new services, activities, classes and more. Rather than vowing to commit to a lifetime of yoga, try taking one or two (different) classes. Never had a massage or facial? Give it a try with a local practitioner. Considering Botox? Want to remove a brown spot? Summer is the perfect time to “test before you invest.” Make the time for that rejuvenation consultation you have been putting off for years. In short, give yourself permission to take a little camp time for yourself.

Many patients mistakenly believe cosmetic medical care cannot be done during the summer months due to sun exposure, travel plans, social commitments or time constraints. Fortunately, whether you have a little time or a lot, a small budget or a generous allowance, you can accomplish an immense amount of restoration during this time. Chemical peels are one of the most popular procedures performed during the warm months. A modern-day chemical peel can be both very effective and subtle. Due to advancements in our understanding of the skin and how it can be effectively “peeled,” you no longer have to suffer intense side effects and prolonged redness and discomfort. Medical peels vary in strength, purpose and ingredients, so they should always be tailored to your skin type and only received after a consultation in a physician's office. A good peel can make your skin look years younger.

Other gold-standard treatment options include the world's top two cosmetic procedures – Botox cosmetic and dermal fillers. These

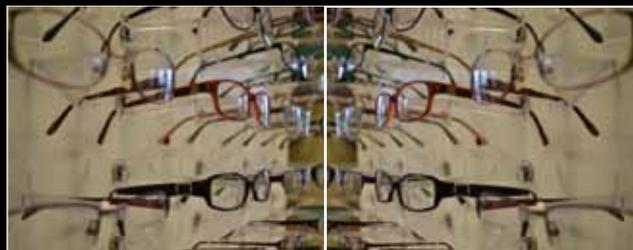
quick, highly effective and satisfying procedures can take years off your appearance and instantly give you a refreshed look. Just as it matters whom you choose as your provider of medical care, it really does matter where you go to receive cosmetic treatment. Globally, Botox has a 97% satisfaction rating after treatment. I can tell you from personal experience that you feel and look more refreshed after this treatment. Dermal fillers, such as Juvéderm, Restylane and Radiesse, can add instant youthful volume to your face. You can even have a filler facelift with a combination of these injectables. Experience and artistry are paramount to your outcome, and this is absolutely not a time to bargain shop for your face. When performed correctly, everyone will notice your improved appearance, but no one will know what you've had done.

By partnering with a trusted professional in any of these services, you can not only slow down the clock, but also turn it back a few years – or decades. Whether you have just a week or three months, you can start, continue or step up your rejuvenation program and add new life and energy to your year. Results-oriented services and procedures can have a large payoff long after your camper has returned home. So, when your excited camper steps off the camp bus with a bag of dirty laundry and a sleeping bag suitable for the trash bin, you will look rested and refreshed. 

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



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Searching for Love in All The Right Ways

By Ellen Gerst

Welcome to our new feature about love: how to find it and how to keep it alive and vibrant. I hope this column will pave the way for you to find the love you seek.

When it comes to relationships, if you want it to be terrific, you need to be specific; this is actually great advice for any endeavor you undertake.

Can you assess with specificity where you are in life and define the places where you aspire to go – physically, professionally and personally? If so, have you made a checklist of the steps to reach these places? Or does your list only include the things you *don't* want while the things you **DO** want remain nebulous?

To obtain what you want and to get where you want to go, you first have to define the *what* and *where*. You also have to know *why* you want what you want.

Knowing *why* moves you forward. Without a list of good reasons, it's easy to make excuses for not taking action. After all, why would you vigorously move toward a goal when you don't even understand why you want to reach it?

Once you determine your *what*, *where* and *why*, the next issue to address is *how*.

Although many find these questions easier to answer in their professional life, it's equally important to define your personal goals, especially at the inception of dating or a new relationship.

To begin this process, I suggest you complete an exercise I call Be a Reporter of Your Own Life. Ask yourself the six basic journalistic questions so the answers can become the core of an action plan to focus on your goals.

HERE ARE SOME SAMPLE QUESTIONS:

1. WHO will be the participants? A helpful starting point is a "wish list" of the characteristics you are searching for in a mate, which may be refined as you meet prospective partners. While it's good idea to make this list, try to be flexible. Sometimes features you thought were so important may get relegated to the bottom of your list when you encounter a person to whom you connect on a higher level.

To recognize the type of person who would make an appropriate new partner, you also need to determine who you are. If you've recently ended a relationship, you're probably not the same person you were at the inception of this past relationship. If the last time you dated was many years ago, you may have an outdated mental picture of yourself. In both these instances, your concept of self may need some adjusting.

2. WHAT concrete steps are you going to take to meet people; for example, will you join an Internet dating site, go to a matchmaker or start hanging out at Starbucks? If you've just ended a relationship, what steps have you taken to grieve this loss before you look for a new partner? What result will you consider a success?

3. WHEN will you put your plan into action? Will you give yourself a deadline to complete various steps; for example, how soon will you post your profile on the Internet?

4. WHERE are the venues you intend to use to meet prospective dates? Are they online? Are they local, such as meet-up groups or professional networking outlets? Are you considering looking for a long-distance romance? When you do meet dates, where will these get-togethers take place to ensure your safety?

5. WHY do you want to start dating? Do you want a life partner, to have fun or just lessen your boredom? Determining your why allows you to be clear in your agenda – and, yes, everyone has some sort of agenda, which does not necessarily have a negative connotation. It might not be fair to date those who are looking for a serious relationship when you are only interested in casual dating. Someone is going to get hurt in that scenario.

6. HOW are you going to prepare for success? If your previous efforts have not been fruitful, you might want to do some research to learn how to approach dating and relationship development in the most effective manner. You could speak to friends, read books, take a class or consult a professional.

In the coming months, I will help you answer some of these questions by suggesting specific actions you can take to see a myriad of options for dating; hone the vision of your true self; determine the type of partner you seek; jump-start your dating career; and, once you find love, have a successful and healthy relationship. I hope to open your eyes to

seeing the world of love, dating and relationships in new and different ways.

Some columns will feature questions from readers such as the following:

So many people are successful using online dating as a way to meet people.

Why am I having such a hard time?

It's probably because you haven't learned to use this venue in an effective manner. Here are six rookie mistakes.

1. Without any forethought, you wrote your online profile. It has typos, grammatical errors and misspellings. It's also boring and reads like every other profile with statements such as, "I like sunsets and walks on the beach." Remember that you only have one opportunity to make a first impression, and your profile is it!

2. You didn't upload a picture, or you're using one that doesn't capture your best qualities. It's outdated; blurry; too small; and the background is telling a wrong story about you.

3. You're rigid in your age parameters of prospective dates.

4. You're basing your interest and willingness to meet solely on physical attributes.

5. You're waiting around for someone to contact you instead of searching for those who fulfill your criteria. You know best the type of person who interests you.

6. You're sending out bad karma by not being courteous. If you're not interested in a person, at least write back with a "Thanks, but no thanks." 



Ellen Gerst is a relationship and grief coach, author and workshop leader. Using a combination of her personal experience

as a young widow and her professional expertise, she helps people look at challenging life circumstances from different perspectives to enable them to move gracefully toward a renewal of life and love. Visit LNGerst.com or follow her on Facebook at [facebook.com/FindingLoveAfterLoss](https://www.facebook.com/FindingLoveAfterLoss). To ask Ellen a question to be answered in a future column, email her at LNGerst@LNGerst.com.

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Volunteering: YOU GET MORE THAN YOU GIVE

By Amy Hirshberg Lederman

The year was 1976: America celebrated its 200th birthday, Alex Haley published *Roots*, the Dow Jones closed at 1004, and I arrived in Tucson with a backpack, a college degree and \$80 in my pocket. My parents were less than thrilled with my postgrad decision to hitchhike across the country to “find myself.”

Tucson was, and still is, a truly welcoming community, and it didn't take long to feel at home. The mountains and desert air intoxicated me in a way I hadn't felt since my junior year in Israel. Everyone I met offered help and suggestions about places to live, jobs to find and the best places to eat under \$3.

But it didn't take long before my wanderlust turned to wonder-lust. I wondered, long and hard, about what I would actually *do* with a bachelor's degree in psychology and no real skills other than waitressing tables and acquiring a serious tan.

I don't remember much from my 20s (not because I didn't inhale, but because my memory is getting hazy), but one thing stands out: volunteering did more to positively direct and influence my choices than almost anything else. It may be the best-kept secret of all time, one that deserves a great big shout out for most of us who struggle to figure out who we want to be “when we grow up,” but it's true.

I started with what I knew and felt most comfortable with – food. As I shelved and bagged organic products at the food co-op, I met wonderful people and learned more about Tucson than any guidebook could ever tell me. Next I volunteered at the Second Street School, where I heard about another volunteer opportunity working with kids at a counseling center. That position actually led to a paying job when a parent asked me to work privately with her disabled daughter. We didn't call it networking in those days, but that's exactly what it was: a pathway to the people, places and opportunities that would indelibly affect my efforts to define myself and determine a career.

The most significant experience was my volunteer stint as an intake-receiving officer at the Juvenile Court Center. This required extensive training from some of the finest professionals in the juvenile system, and while the hours were long and the work demanding, the rewards were great. It was in those offices in the fall of 1976 that I decided to apply to law school so I could better understand the legal system, with the hope that I might help those entangled in it.

The concept of helping others, of giving of our time, resources, talents and money to those in need, is one of the pillars of Judaism, based upon core values like *chesed* (compassion), *tzedek* (justice) and *tikkun olam* (repairing the world). The idea that we are partners with God in the continuing creation of the

world and therefore have an obligation to repair what is broken informs much of the work of Jewish philanthropy.

At a time when funding for so many of our community needs – from healthcare and education to employment and housing – is being cut, resulting in serious staff and service reductions, it is more important than ever to volunteer. Yet, according to a recent study by the National Conference on Citizenship, 72 percent of Americans report that they have reduced the time they spend volunteering, largely as the result of the recession and a need to look out for themselves. The findings amount to what the report's authors called “a civic depression.”

The paradox of volunteering is this: the more you give, the more you are given – personally, psychologically and professionally. Helping others who have problems or needs greater than your own can provide a perspective about your own life that contributes to a more positive attitude or sense of self-worth. Informal networking can lead you in new directions and open doors you never knew existed. It is truly a win-win situation as everyone – the giver, the recipient, those inspired by your efforts – comes out ahead.

Winston Churchill said it beautifully with these words: “We make a living by what we do, but we make a life by what we give.” Today, more than ever before, we should heed his message. 

Amy Hirshberg Lederman is an author, Jewish educator, public speaker and attorney. Her columns have won awards from the American Jewish Press Association, the Arizona Newspapers Association and the Arizona Press Club for excellence in commentary. Visit her website at amyhirshberglederman.com.



Good Deeds Day

Portland will participate in Good Deeds Day for the first time this year on March 10. In 2007 Ruach Tova (an Israeli NGO) launched the Good Deeds Day project, now an international initiative when people around the world volunteer and help others – putting into practice the simple idea that every single person can do something good to improve the lives of others and positively change the world.

Locally there are projects available all day Sunday across the greater Portland area for volunteers of all ages with varied interests. Project descriptions and registration are available online at jewishportland.org/gooddeedsday.

GDD will launch the Portland Mitzvah Network, a brand-new program of the Jewish Federation of Greater Portland. The Network was created to support individuals, groups and organizations around hands-on volunteerism.

Log onto jewishportland.org/gooddeedsday to explore project options and to register.

Pre-registration required



ONE MILLION BONES –International School of Beaverton students, from left, Miko Vergun, Katelyn Hancock, teacher Ann Shannon, Maddy Kelly, Jared Sinclair, Mohammed Rasoul and Akhil Kambhammettu participated in the “One Million Bones” genocide awareness project during ISB’s Culture Week. ISB is a public school designed to raise the next generation of international leaders, as well as a place where students, Jewish and otherwise, learn how to do tikkun olam (repair the world). One Million Bones gives students and adults the opportunity to use clay to emotionally connect with each person who has died from genocide, to bear witness and demand action. In other seminars, middle and high school students learned about Women and the Middle East, what the Marshall Islands teaches us about Global Warming, and more. ISB is collecting tzedakah to bring solar water purifiers (Puralytics) to a Mexican village. Jewish students at ISB are invited to contact vergun@alumni.stanford.edu. Photo by Pam Vergun



FORTY YEARS – Dan Holmes is presented with a “Holman’s” cake by his son, Cameron Holmes; his mother, Alice Holmes; and his daughter, Alissa Kalamaris. Cameron is a licensed funeral director who works with his father at Holman’s. The staff of Holman’s Funeral Service gathered for dinner at Tucci’s Ristorante in Lake Oswego on Jan. 8 to celebrate with Dan Holmes in honor of his 40 years at Holman’s. Holmes began working at Holman’s in 1973 as an apprentice. Holmes noted, “Over these past 40 years, the basic message of our work has not changed...to support people who grieve, and to honor a life that has lived.” In recognition of Holmes’ service, Debbi Bodie, administrator of Hesed Shel Emet, the Oregon Jewish Indigent Burial Society, said, “It gives me great pleasure to congratulate Dan Holmes on his 40th anniversary at Holman’s Funeral Service. Dan has consistently helped so many families in our Jewish community at a time of grief and sadness. We are grateful for his dedication and commitment.” Holman’s Funeral Service was among the signatories of the 2009 memo of understanding that created Hesed Shel Emet (unrequited kindness).



UNSUNG HEROINE – Top, Congregation Beth Israel’s Sisterhood Centennial Ambassador Kate Royston, left, and Women of Reform Judaism-BIS President Linda Harrison-Fintzy honor Eve Rosenfeld, center, as the sisterhood’s “unsung heroine” at a dinner on Feb. 1. Enjoying the dinner are, bottom photo, (from left, back row): Amy Frank, Janis Shleifer-Rosenfeld, Cantor Ida Rae Cahana, Rabbi Michael Z. Cahana, Andy Frank and Sally Rosenfeld; and (front row) Erin Rosenfeld La Rosa, Keli Rosenfeld, Eve Rosenfeld and Alan Rosenfeld. Rosenfeld has volunteered with CBI’s Sisterhood for more than 50 years in various capacities: serving on the board of directors; helping with the famous rummage sales, the gift shop and many other fundraisers; arranging programs and organizing and implementing bookplate installation for the new prayer books. Most recently, Rosenfeld has been leading services and helping others lead services at the Robison Jewish Health Center. She serves as the Sisterhood’s “memory keeper,” offering wise council. In addition to the dinner, CBI’s Sisterhood presented Rosenfeld with a certificate in thanks for her decades of service.



TU B’SHEVAT PLANTING – Little Garden Preschooler 4-year-old Dorie chooses a flower to plant for Tu B’Shevat. The Southwest Portland preschool is modeled on the atmosphere that owner Elana Einstein learned teaching in a kibbutz preschool/kindergarten in Israel. For more information, call 503-892-6678.

Maimonides Jewish Day School to honor Hockleys

Maimonides Jewish Day School and Chabad of Oregon present “More Than Meets the Eye,” an evening of food, raffles and entertainment featuring Oz Pearlman, noted mentalist and magician, to honor Cliff and Julie Hockley for their decades of service to the Portland Jewish community on Sunday, March 10 at 4:30 pm at the MJCC, 6651 SW Capitol Hwy. Chabad of Oregon will also say goodbye to longtime friend and supporter Charlie Schiffman, as he prepares to make aliyah.

Oregon Jewish Life caught up with the Hockleys at their corporate headquarters, Bluestone & Hockley Real Estate Services.

How does it feel to be honored by Chabad of Oregon and Maimonides Day School?

Cliff: Chabad has done so many great things for us; we appreciate the recognition.

Your family has been involved with Chabad of Oregon since the organization began here. Tell us about your history together.

Cliff: Julie’s dad started helping Rabbi and Devorah Wilhelm 29 years ago. He put together a fund to help the Wilhelms buy a car. He also assisted them to buy their first southwest facility. I helped them purchase several buildings.

Together you have been involved with many parts of Oregon’s Jewish community, as well as other communities. What motivates your communal involvement?

Julie: Very often people exist in a community, but they live in their own little bubble and don’t participate. I think being involved with community is incredibly rewarding, whether it’s the Jewish community or the community at large.

What inspired you to spend so much of your time together giving back?

Cliff: On our first date, we were walking down the street. We passed a beggar, and I said “Should we or shouldn’t we?” “You have to give something



to him, because you never know if it’s the Mashiach,” Julie replied. That moment showed us that we have very similar patterns of caring about people.

How has your company, Bluestone & Hockley Real Estate Services, adopted this mentality?

Cliff: Julie and I were at a closing the other week, and

the closing officer approached us and said, “You have a great reputation in the marketplace and the community. You care about doing the right thing and being ethical.” I think the most important thing for us, in business and in life, is behaving in an ethical manner.

What effect has your involvement had on your daughters, Ellen and Lilly?

Julie: My goal was not to raise the smartest or most competitive kids. I wanted to raise the most compassionate children I could. For instance, Ellen was the first to donate all the leftover food from the summer blues festival to the Oregon Food Bank. Now it’s common practice.

Cliff: Lilly is the same way. She teaches yoga to street children. She doesn’t have to do it; she wants to do it. Both our children love adventure, but both of them, if they see someone in trouble, they want to help.

For more information about this event, or to register, go to maimonidesjds.org.

Coming up: The 14th Annual Rabbi Joshua Stampfer Community Enrichment Award will be presented to Jim Winkler April 11 at a non-fundraising dinner at the Benson Hotel.

Invitations will be out later this month.

A story about Jim and the award will appear in the April issue of Oregon Jewish Life.

For more information, call Marg Everett at Congregation Neveh Shalom, 503-246-8831, ext. 112.



The Portland Chapter of Hadassah Presents Dor L’Dor - Honoring Women’s History

Guest Speaker: Ruth Tenzer Feldman author of *Blue Thread*
Finalist for 2013 Oregon Book Award for Young Adult Literature.
Historical fiction about Jewish suffragette’s in Oregon

Sunday April 28, 2013
11am – 1pm

Elephants Garden Room | RSVP to 503-244-6389
Brunch (Dairy) \$36 per person | 10 & younger \$18



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OJCYPF

OREGON JEWISH COMMUNITY YOUTH FOUNDATION

10th ANNIVERSARY CELEBRATION

Thursday, May 2, 2013

5:30 PM at the Mittleman Jewish Community Center

All funds raised will be allocated to community nonprofits by OJCYPF teen board members.

MARCH CALENDAR

March 2

Cedar Sinai Park's annual benefit for the residents at the Robison Jewish Health Center. 6:30-10:30 pm at the Governor Hotel, 611 SW 10th Avenue (11th & Alder). Debbi Bodie, 504-535-4303 or debbi.bodie@cedarsinainpark.org

Thoughts, Quotes and Advice Series: Theodor Herzl. 12-1:30 pm at Congregation Shaarie Torah, 920 NW 25th Ave. Free. 503-226-6131 or education@shaarietorah.org

March 3

Special Forum on Child Trafficking in Portland. The Women of Reform Judaism/Beth Israel Sisterhood (WRJ/BIS) will present a forum, featuring U.S. Rep. Suzanne Bonamici and Deputy Keith Bickford of OATH (Oregonians Against Human Trafficking). 10-11:30 am at CBI's Pollin Chapel in the Schnitzer Family Center, 1972 NW Flanders St., 503-222-1069 or resources@bethisrael-pdx.org

March 5

The Oregon Jewish Museum, Oregon Holocaust Resource Center and PDX Hillel present "Defiance," featuring an introduction and post-film discussion with Steve Gradow, son of a partisan. 7 pm at the OJM. Free. 503-226-3600 or education@ojm.org

March 6

Oregon Holocaust Resource Center presents Holocaust and Genocide Studies Film Series March 6-20. Free at OHRC, 1953 NW Kearney St., Portland. ohrconline.org

March 9

Brews and Jews. Not your average pub crawl – a sophisticated look at one of Portland's liquid assets. 1:30 pm. Ages 21+. Reservations and payment required in advance; use code CG204 at www.oregonjcc.org/registration or syellan@oregonjcc.org

March 10

Good Deeds Day of Community Volunteering. 11 am-2 pm. Caron Blau Rothstein, 503-245-6449 or pjlibrary@jewishportland.org

Family Scavenger Hunt. This isn't your ordinary Scavenger Hunt... it's a party, a team-building event and a race all in one! Families compete as a team to pursue clues and overcome challenges around the MJCC. An adult MUST be included on each team. 2-4 pm. Free. Register at www.oregonjcc.org

OJM Sunday Music Project showcases innovative Jewish musicians from the Northwest region in OJM's auditorium. This month's performer is Beth Hamon. 2-3 pm. 503-226-3600 or education@ojm.org. \$5 member/\$10 public

March 12

Sephardic Film Series features "Empty Boxcars." 7 pm at Congregation Ahavath Achim, 3225 SW Barbur Blvd., Portland. Speaker following the film during the dessert reception. David Tver, 503-892-6634 or david_tver@yahoo.com

March 13

New York Times bestselling author Jodi Picoult discusses her latest work, *The Storyteller*, the story of a young Jewish woman who befriends a lonely old man, only to be shocked to discover he was a Nazi in World War II. 7-9 pm at Congregation Shaarie Torah, 920 NW 25th Ave. Registration required; call 503-226-6131 or shaarietorah.org

March 14

Music of Pesach. Concert features themes and traditions of Pesach, with musicians from 45th Parallel and Cantor Ida Rae Cahana. 6:30-8 pm at Congregation Beth Israel, 1972 NW Flanders. 503-222-1069 or resources@bethisrael-pdx.org

OJM Cinema presents "Jewish Soldiers in Blue & Gray," which traces prominent Jews during the Civil War, including Judah P. Benjamin, secretary of state of the Confederacy; Confederate spy Eugenia Levy Phillips, and Abraham Lincoln's Jewish doctor, who also served as a Union spy. 7-9 pm. 503-226-3600 or education@ojm.org

March 16

Stories From Eve's Tree, stories from P'nai Or's five newly ordained maggidot (storytellers and teachers in the Jewish tradition), will be performed at 7:30 pm at the MJCC. Tickets can be purchased at the door.

March 17

Portland Jewish Academy and PJ Library host Passover for Preschoolers. 10-11 am at PJA, 6651 SW Capitol Hwy. Caron Blau Rothstein, 503-245-6449 or pjlibrary@jewishportland.org

Portland Jewish Academy and MJCC Used Book Sale of over 10,000 books of all genres, 3-5:30 pm in the MJCC auditorium. Open to all. If you have used books you would like to donate, please drop them off at the MJCC front desk. Free. Kathi Goldman, 503-977-3826, kathigoldman@comcast.net

Passover for young ones. 3-4:30 pm at Mt. Scott Community Center, 5530 SE 72nd Ave., Portland. Caron Blau Rothstein, 503-245-6449, pjlibrary@jewishportland.org

Congregation Neveh Shalom Auction. 4:30 pm at CNS, 2900 SW Peaceful Lane, Portland. 503-293-7313 or jrgreenberg@nevehshalom.org

March 18

PJA and MJCC Used Book Sale. Sale continues, 7:30 am-7:30 pm in the MJCC Auditorium. Free. Kathi Goldman, 503-977-3826, kathigoldman@comcast.net

The Nature of Israel. Explore Israel's Natural Treasures as Michelle Lavine of the American Society for the Protection of Nature in Israel shares environmental achievements such as the creation of the state's national parks and nature preserves as well as the status of environmental issues, 7-8 pm at the MJCC. Free; reservations required at www.oregonjcc.org/rsvp

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

March 19

PJA and MJCC Used Book Sale. Sale continues, 7:30 am-7:30 pm in the MJCC Auditorium. Free. 503-977-3826, kathigoldman@comcast.net

March 20

Israeli Wine Tasting. Gear up for Passover by tasting a variety of Israeli wines. 21+. Free. 6:30-8:30 pm at the MJCC. Sara Yellan, syellan@oregonjcc.org

March 21

The Chair Affair dinner and auction features over 100 unique household items created by local artists for the benefit of Community Warehouse. The event includes artistic table settings and live auction items. 5-9 pm at Castaway, 1900 NW 19th Ave., Portland. Roz Babener, 503-329-5588 or roz755@aol.com

Oregon Area Jewish Committee Community Passover Seder – a hands-on approach to learning about an important Jewish holiday. All are welcome; dinner and ceremonial foods served. Led by Rabbi Daniel Isaak. 6-8:30 pm at Congregation Neveh Shalom, 2900 SW Peaceful Lane. RSVP by March 18, office@oajconline.org. 503-295-6761.

Empowering Ruth: A Course for Women who are Jews-by-Choice, offered through the Jewish Outreach Institute. Led by Rabbi Arthur and Simi Zuckerman, providing support and hands-on learning in Jewish living for newly converted Jewish women. 14-class series, meeting on alternate Thursdays; most classes held at the Mittleman Jewish Community Center. Free. Reservation required. 7-9 pm at the MJCC. Dorice Horenstein, 503-226-6131 or education@shaarietorah.org

March 23

Crossing Over: A Musical Passover Story. A Celebration of Crossing The Red Sea, in memory of Emily Georges Gottfried, z"l. Music by Michael Allen Harrison; book and lyrics by Alan Berg. 7-8:30 pm at PCC Sylvania, 12000 SW 49th Ave., Portland. 503-295-6761 or info@oajconline.org

March 24

Crossing Over: A Musical Passover Story. A Celebration of Crossing The Red Sea, in memory of Emily Georges Gottfried, z"l. Music by Michael Allen Harrison; book and lyrics by Alan Berg. 2-4:30 pm at PCC Sylvania, 12000 SW 49th Ave., Portland. 503-295-6761 or info@oajconline.org

March 25

Passover begins at sundown. Many congregations hold seders on the first or second night of Passover.

March 28

Yiddish Film Series: "The Dybbuk," subtitled in English. 7-9:30 pm at Congregation Shaarie Torah, 920 NW 25th Ave., Portland. Mike Imlah, 503-226-6131 or stdir@shaarietorah.org

OJM is the Oregon Jewish Museum, 1953 NW Kearney, Portland. 503-226-3600

Emily Georges Gottfried remembered



This photograph of Emily Georges Gottfried at Interfaith Advocacy Day in Salem in 2011 is representative of the broad coalitions and friendships she built. From left are, the Rev. Mark Knutson, Augustana Lutheran Church-Portland; Emily; Imam Muhammad Najieb, Muslim Center of Portland; David Leslie, Ecumenical Ministries of Oregon; and the Rev. Charles Mantey, St. Mark Lutheran Church-Salem.



By Deborah Moon

The interfaith community joined the Jewish community in grieving when a rare auto-immune disease abruptly claimed the life of Emily Georges Gottfried Jan. 27.

The executive director of the Oregon Area Jewish Committee since 2009, and before that the area director of the American Jewish Committee's Oregon chapter for 10 years, Emily was well known for her interfaith efforts to combat hunger and hate crimes, and to promote human rights for all.

On March 23 and 24, the OAJC hosts "Crossing Over: A Musical Haggadah," A Celebration of Crossing The Red Sea In Memory of Emily Georges Gottfried, z"l." For details, contact OAJC at 503-295-6761 or info@oajconline.org.

OAJC President John Moss said that though Emily seemed tired at the annual OAJC Sussman Awards Dinner in December, she didn't seem seriously ill. In fact, he said she went cross country skiing Dec. 23. She was admitted to the hospital Jan. 2 and diagnosed with HLH, hemophagocytic lymphohistiocytosis, just two weeks before dying from that rare disorder.

Moss said that though others can and are carrying on the work of OAJC, no one person can replace Emily.

A memorial service at Congregation Beth Israel Jan. 29 drew an estimated 1,200 mourners.

Speaking at the memorial former AJC President Susan Abravanel, who was part of the search committee that hired Emily, said: "(We) came to know very soon, ... (Emily's) unyielding commitment to social justice, her dedication to sustaining interfaith and interethnic understanding, her advocacy for universal civil, equal and essential human rights, her unyielding stance against hate and bigotry, her deep love for Israel, her wide-eyed curiosity and insatiable quest to learn more – about you, and through you, about herself."

Susan's husband, Allan R. Abravanel, who served as the first

president of OAJC, concluded the service, "And Emily, Zichrana livracha, may your memory be for a blessing that guides us, and guards us, and protects us with your love in all the days to come."

Disability rights advocate Arwen Bird said that during the memorial, one of the speakers shared a reflection that Emily had the gift of being a convener. "Over the course of her life she was able to bring diverse, in the truest sense of that word, groups of people together for celebration, reflection and dialogue," says Bird. "Our world is a better place for the brief time that she was able to be here, she touched the lives of so many people."

That view is shared by Barbara O'Hare, former facilitator for Uniting to Understand Racism, who knew Emily for 14 years: "Emily was such the champion of building inter-religious and inter-ethnic relationships. She walked her talk because she treated people the same no matter where they hailed from and she treated my family like her family."

Senator Jeff Merkley said, "Emily left a profound mark on everyone she met and her loss will be felt throughout many communities of faith across Oregon. I will always remember her vibrant spirit and take-charge attitude. I am lucky to have counted Emily as a friend and I know her impact will continue to live on throughout Oregon."

Mary Jo Tully, chancellor of Portland's Catholic Archdiocese, knew Emily for many years through the Catholic-Jewish Dialogue and other programs. Asked about Emily's greatest contribution, Tully said, "The sheer number of people and institutions that Emily touched on behalf of the Jewish community is unlikely to ever be replicated. Many other energetic and committed leaders in the community take the task of healing the world seriously and together they will step in, but they are not Emily. Together we will try to take the place where she once stood. We have lost more than what Emily did. Our greatest loss is who Emily was. What did we lose? We lost Emily."

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Crossing Over

A Musical Haggadah

A Celebration of Passover and Crossing The Red Sea



Music by Michael Allen Harrison
Books and Lyrics by Alan Berg

In Memory of Emily Georges Gottfried z"l

A Benefit Concert for The Oregon Area Jewish Committee



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Sat, March 23, 7:30 PM | Sun, March 24, 2:00 PM

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