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Robert Philip and Cindy Saltzman

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CORRECTION: In the August story "Synagogue Rises in Clark County," the architect for Congregation Kol Ami's new building should have been identified as Richard Brown Architect, AIA.



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Letter from the Editor



Welcome to High Holy Day services – do you have your ticket?

The tendency of many American Jews to attend services only on the High Holidays has created a conundrum for many synagogues over the past century. If they limit attendance to members only, the pay-to-pray model turns people away just when they might be open to letting Judaism into their lives; yet if synagogues open their doors to all comers, members who support synagogue operations and programs throughout the year may find no room in the sanctuary.

Recently the national community has been abuzz with the need to take a big tent approach to Judaism in an effort to welcome unaffiliated Jews. A debate ensued in August when Rabbi Kerry M. Olitzky, executive director of the Jewish Outreach Institute, informally polled groups about what they offer for free.

"I will argue that it is the only way to build a path toward Big Tent Judaism, a community that lowers barriers so that those on the outside may enter into it and participate in all that it has to offer," wrote Olitzky in an email that launched a flurry of responses.

In Portland the need for a bigger tent has been a central focus, especially since the Jewish Federation of Greater Portland hired Marc Blattner. Marc's efforts to create a broad-based welcoming community are the subject of our cover story this month, a nice tie-in to this holiday season debate.

In Oregon, many synagogues keep their doors open to visitors during the High Holidays. Some require reservations, most request or at least accept donations, but a strict members-only policy is largely absent from Oregon.

Havurah Shalom has perhaps the most visible free holiday services in Portland. The congregation has followed the philosophical decision of its founders made in 1978 to invite the community to join them for the holidays. Since the sanctuary of the Reconstructionist synagogue accommodates only a few hundred, the congregation has for several years rented large spaces that can hold a thousand or more worshippers. In recent years, Havurah Shalom has held Rosh Hashanah and Yom Kippur services at the Tiffany Center.

Havurah is not alone in this philosophy. From the humanistic Congregation Kol Shalom, which rents the West Hills Unitarian sanctuary for the holidays, to Chabad centers across the state, which have traditionally offered free services, the diverse choices offer something for every palate.

Chabad's High Holiday philosophy is summed up in the one line "The gates of heaven are open to all, so are ours," according to Rabbi Motti Wilhelm of Chabad Oregon.

This year Congregation Beth Israel created a High Holiday Hotline, where the unaffiliated can request tickets. With space especially tight at evening services, some congregations limit those to members only but welcome everyone at daytime services.

This year, when you wonder where you can experience the Days of Awe, take a look at the High Holy Days service information printed in this issue of *Oregon Jewish Life*. Wherever you are in Oregon or Southwest Washington, services are likely to be offered nearby. Give your local congregation a call and see what it has to offer.

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Letters from Readers

Thank you for the great job on *Oregon Jewish Life*.

I must comment on the August article "Oregon's Congregations Grow." You missed the two main congregations in Central Oregon.

Congregation Shalom Bayit/The Jewish Community of Central Oregon (www.jccobend.org) is a nonaffiliated, participatory Jewish community formed in the early 1990s. Rabbi Jay Shupack leads the JCCO and Rebbetzin Judy Shupack heads the religious school.

Temple Beth Tikvah (www.bethtikvahbend.org), a member of the Union for Reform Judaism, was formed in 2008 and is led by Rabbi Glenn Ettman.

I encourage Central Oregon residents and visitors to look into these congregations for a meaningful Jewish experience.

Lester Friedman, past president, JCCO, Bend

Thank you for the article about synagogue life in Oregon. I want to share some history of Havurah Shalom, Portland's Reconstructionist congregation. When Havurah started in 1978 with 15 families, it was the first new synagogue in Portland in many years. It has grown to over 300 families. In 1999 we renovated two warehouses into our lovely shul in Northwest Portland.

Our diverse, participatory community promotes spirituality, learning and *tikkun olam*. We have a rich education program. Our High Holidays are open to the public, free of charge. Our website, www.havurahshalom.org, lists the High Holidays service schedule and location. We invite you to join us to celebrate the Days of Awe.

Miriam Brewer, Portland

In the last issue of *Oregon Jewish Life* (page 48), you mentioned the beginning of Ashland's Temple Emek Shalom. However, there was no mention of the earlier group I co-founded, Rogue Valley Jewish Community (Kol Torah Emek), 1973 – which became Emek Shalom.

My family arrived in Ashland in 1969 and celebrated Jewish holidays alone. In 1972, on community radio, I asked interested Jews to contact me. We formed a board, including Dick Heimann, who became our first president. We held lay-led monthly Friday night services.

Lucille R. Kraiman, Portland

This summer I was going to work in my studio, tend my garden and read novels. Then we heard about the coal export proposal to bring open coal cars through Oregon and Washington on their trip from Wyoming to Asia. Every day eight full and eight empty trains would go through my neighborhood. Vancouver can expect 30 coal trains per day. It would change my beloved Northwest from green to gritty.

Richard Ellmyer and I co-founded an organization to stop the coal transport. Our group blossomed. Two hundred people from Multnomah, Clackamas, Clark and Columbia counties participated in a No Coal Rally in St. Johns Aug. 18. Other activities are planned.

Caretaking the environment is a mitzvah, so is community activism.

Bonnie Meltzer, North Portland Coal Committee, Portland

I want to express our appreciation for the wonderful article about and on behalf of my mother, Sheila Cohen Springer, and her family. It succinctly and personally captured the essence and palette of her art and recent journey. From describing her tragedy from Hurricane Katrina seven years ago to her care and finding new forms of expression at Cedar Sinai Park, Peter Korchnak's piece was a touching portrait.

This story is indicative of the fine work you are doing with the new publication.

Bill Cohen, Tualatin

I wanted to thank *Oregon Jewish Life* for last month's profile on Hollywood and Portland. It was a great piece, full of interesting profiles and history about the role Portland has in the entertainment industry. As a talent agent who now calls Hollywood home, I am always thrilled when a project one of my clients is working on is shot in my hometown. It gives me a great excuse to come home for a visit (I return often to visit my clients working on *Leverage* and *Grimm*). It's also meaningful to know these burgeoning productions are creating so many jobs. I hope our city will keep the great tax incentives it offers so more productions will be attracted to Portland.

Jacob Fenton, Los Angeles (but Portlander always at heart)

I just read (Gloria Hammer's) article on the Gorge. I had no idea about Jewish life up there.

There is something neat and quaint about a "keeper" of a list ... perhaps someday there will be a more formal community.

I was just up there with some friends a few weeks ago and commenting on how spiritual it seems there, given the beautiful scenery, etc.

Jaimie Harper, Portland



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Ice cream innovators

by Deborah Moon

A local Jewish family has combined inspiration, innovation and ice cream to create a new tasting experience for Portlanders.

On June 30 Brian and Jodie Ostrovsky opened What's the Scoop? introducing a new way to taste new flavors. Featuring ice creams and sorbets made from scratch and fast-frozen with liquid nitrogen for a smoother texture, the shop's "game-changing" innovation, says Jodie, is the tasting bar where people can sample as many flavors as they want without delaying other customers.

"The tasting bar is an interesting idea we had," Jodie explains as she bustles about the shop that includes an open kitchen so people can see the ice cream and ingredients being made. "We all love tasting the flavors, but we feel like we are holding up the person in line behind us and are slightly annoyed at the person in front of us who can't make up their mind."

People gather around the tasting bar where taste spoons of all the day's flavors are handed out nearly as fast as people can name their choice.

"The added benefit is it forms a sense of community. We serve a lot of people at once and they feed off each other," she says, as they talk about which flavor each one likes. Tables and a big screen TV provide the opportunity for further conversations between neighbors.

When people decide what they want, they go to the other side of the shop and "even when we are ridiculously busy there's maybe only one to two people ahead of them."

Deciding between 3D (deep, dark and delicious) Chocolate and Tequila Mockingbird can be a challenge. If you ask for a taste of Mint Chunk, don't be surprised that it's not green; the only color in the ice creams is the natural color of the ingredients. With that in mind, you know that the brightly colored mango and watermelon sorbets are loaded with fruit.

The best-selling flavor is Bourbon Toffee, made with high-end Maker's Mark Bourbon and house-made toffee. Jodie and her kitchen staff make all of the toffee, brownies, brittles, sauces and marshmallow fluff for their ice creams, all that is except for



the mint chocolate chunks. Their chocolate-shell topping, which hardens when poured over cold ice cream, is made in-house without chemicals or preservatives.

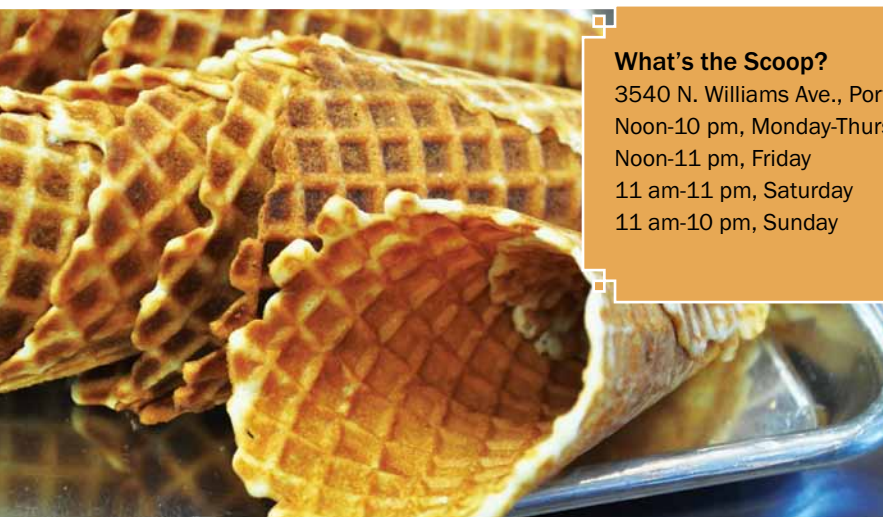
In addition to the cones (hand-made with fortune cookie dough), cups and sundaes served in the shop, What's the Scoop? also sells pints of ice cream and all the sauces, toppings and brittles they make.

Perhaps the innovative nature of the shop results from the perspectives the Ostrovskys brought to its creation. Neither has a food service background, but both have business backgrounds.

A natural innovator, Brian served as Intel's director of innovation before becoming director of operations for Intel's Services Division in August. Hired by Intel in 2000, Brian says that his first job and current job are the only two he didn't create for himself.

"Intel is good about giving people the latitude to explore ideas," says Brian.

Four years ago, he attended a strategic decision-making and risk-management program at Stanford University where a professor in the design school made ice cream using liquid nitrogen. Though not a new method of making ice cream, it is not widely used in commercial settings.



What's the Scoop?

3540 N. Williams Ave., Portland
Noon-10 pm, Monday-Thursday
Noon-11 pm, Friday
11 am-11 pm, Saturday
11 am-10 pm, Sunday



That experience sparked the idea for What's the Scoop? The couple thought they had a good idea for an ice cream business, but Brian attended the January 2011 Penn State Ice Cream Short Course to ensure their ideas were feasible.

Jodie has a degree in international finance and marketing from the University of Miami. She was a researcher for the TED conference and is an ACE-certified personal trainer.

It was through her passion for exercise that she met Mark Hosack, executive chef at Gracie's Dining at Portland's Hotel deLuxe. Mark invited Jodie to try out her ice cream ideas at his restaurant. For a year, Jodie and Brian developed a wholesale ice cream business while they refined recipes and searched for the perfect retail site. Chefs and bartenders at the hotel frequently gave Jodie ingredients to try in ice cream.

"Some worked and some didn't," she says, noting she tried them all and used people at the hotel as samplers.

"Gracie's incubated our business for an entire year and went above and beyond in helping us," says Jodie. "Mark is one of the most gracious individuals."


To honor the helpful chef, the ice cream shop offers the Hosack Sundae, "an incredibly generous sundae" with four scoops of ice cream topped with nut brittles and hot fudge, honey caramel and marshmallow fluff, all made in house.

The couple is also aided "big time" by son Alex, 16, and daughter Dagny, 13. Alex, who graduated eighth grade from Portland Jewish Academy, will be a junior at Oregon Episcopal School this fall. Dagny attended PJA from first to fifth grade before enrolling in the arts program at NW Academy, where she will be in eighth grade this fall. This summer, both teens worked long hours at the shop and helped out "even when they weren't on the clock," says Jodie.

Dagny even skipped her usual trip to B'nai B'rith Camp to help out in the shop. Jodie, who has been to the women's ReJewvenation Retreat at BB Camp for the past four Septembers, plans to follow her daughter's example and stay in town this year.

Alex helps make ice cream, but says he most enjoys handing out samples at the tasting bar. "It's great to see people's faces

when they say, 'Wow, that's really good.'" He also likes the idea that the metal tasting spoons can be washed. "All the cups are biodegradable, the tasting spoons are reusable and of course the cones are edible."

Brian describes a family business as "a lot more work and a lot more rewarding." 



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September is Thyroid Cancer Awareness Month

by Deborah Moon

Before Becky Johnson developed thyroid cancer, she said she didn't even know where her thyroid was. Doctors told her that her symptoms were the result of menopause after tests showed her thyroid hormone levels fell into the very broad "normal range." But in 2009, 10 years after she first complained of symptoms, she finally persuaded a doctor to take her concerns seriously – a biopsy came back positive and fear took hold.

"I realized the worst part is the fear of what you don't know," says Johnson, a lifelong Oregon resident who grew up attending Temple Beth Shalom in Salem.

She did a lot of research online, but ThyCa: Thyroid Cancer Survivors' Association, which listed support groups around the country, didn't list a single group in Oregon. "You need to talk to people who have survived," she says. "I never wanted anyone else to feel as alone and uninformed as I had."

Johnson and her husband, Michael, have lived in Portland for the past 30 years and have four children and six grandchildren, all of whom live in Oregon. So in 2010, Johnson started the Portland ThyCa support group. Open to thyroid cancer patients and their families, the group meets the last Monday of every month from 7 to 8:30 pm. Johnson also provides one-on-one telephone support.

"I get calls literally every week," she says, noting people find her through ThyCa's website. "They are blindsided."

Support group membership is growing, perhaps in part because thyroid cancer is the fastest increasing cancer in both men and women.

This year support group members have committed to individually spread the word that September is Thyroid Cancer Awareness Month. The worldwide observance, sponsored and initiated by ThyCa, promotes thyroid cancer awareness for early detection, as well as care based on expert standards, and increased research to achieve cures for all thyroid cancer.

At the Portland group's September meeting, members plan a special potluck. Johnson says that by Thyroid Cancer Awareness Month next September, local members want to organize a larger event with workshops and lectures.

For now, Johnson wants people to know the importance of checking their neck for any enlargements.

For support group information, call Becky Johnson at 503-260-1180; for more information on thyroid cancer visit www.thyca.org.

L'Shana Tova

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to these High Holy Days
may the year 5773
be one of
Good Health
Contentment
and Shalom
for us all



*Lorraine Rose
Rabbi Emanuel Rose
& Family*

THYROID CANCER

About 56,460 people, including 43,210 women and 13,250 men, will be diagnosed with thyroid cancer in 2012 in the United States, according to the American Cancer Society. About 1,000 women and 780 men will die of thyroid cancer in 2012.

Signs to discuss with your physician

- You feel a lump in your neck, or your doctor may notice a nodule in your neck during a routine checkup. Most of these thyroid nodules are benign (noncancerous).
- Some people first notice lymph node swellings, fullness in the neck, voice changes, or difficulty breathing or swallowing.

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Putting a Marc on the community

Two years, two mandates – change and maintain the safety net



by Deborah Moon

WHETHER HE'S TALKING ONE-ON-ONE WITH A U.S. SENATOR, ADDRESSING A ROOMFUL OF HUNDREDS OF PORTLAND JEWS OR EMAILING THOUSANDS HIS THOUGHTS ON SUCH ESOTERIC TOPICS AS WHAT THE JEWISH COMMUNITY CAN LEARN FROM THE ROLLER DERBY, MARC BLATTNER IS LISTENING, LEARNING AND CHALLENGING THE STATUS QUO TO ENSURE AN EVOLUTION – PERHAPS EVEN A REVOLUTION – DESIGNED TO MEET THE NEEDS OF THE PORTLAND JEWISH COMMUNITY FOR GENERATIONS TO COME.



Marc Blattner and Sen. Ron Wyden

On Sept. 1, 2010, Blattner became CEO and president of the Jewish Federation of Greater Portland with a mandate from the board to “help us change.”

Like the crackling static of a thunderstorm, the air feels electric these days.

“I’d say that the entire community has been energized with new ideas and new energy, both from Marc and from the board,” says Lisa Horowitz, executive director of federation partner agencies Mittleman Jewish Community Center and Portland Jewish Academy.

Lifelong Portlander Lois Shenker, 75, feels that same energy.

“He honors those of us who are already involved and seeks new ways to open doors to those who are not yet involved,” says Shenker, who has been a federation supporter for 50 years. “I value his ability to listen and his ability to think outside the box. I’m impressed by how well informed he is about the national Jewish community and his willingness to take risks and challenges because even if the status quo is good, he doesn’t accept it as good enough.”

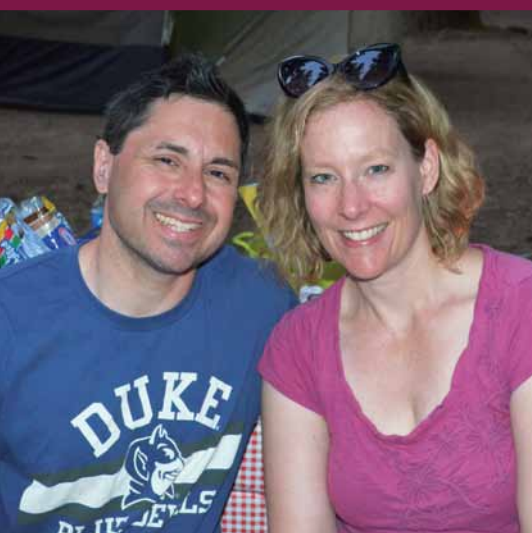
Horowitz agrees: “Marc’s not afraid to challenge conventional wisdom and try new things. That risk-taking is so refreshing; not everything works out or works out perfectly, of course, but it’s worth trying. *Oregon Jewish Life* itself is a large part of the new energy as well, with creative coverage about our community that goes beyond the day-to-day.”

Oregon Jewish Museum Director Judith Margles adds, “One of Marc’s most critical accomplishments has been the engagement of a younger demographic in Jewish communal affairs. The work is just beginning – and Marc knows this – but I am seeing more and more young adults express awareness of federation and appreciation for Jewish programming.”

One representative of that younger demographic, Portland native Lauren Goldstein, agrees. “He’s enthused the community with his thinking and ideas,” says Goldstein, who joined the federation board after Blattner’s arrival. “He is setting the stage to help us think about the community in a more holistic way.”

Blattner says he believes the biggest transformation federation has made is to take a long-term community view.

“If we don’t recognize the dramatic shift in the world in the past 10 to 15 years, we are fooling ourselves,” Blattner says of the need to adapt. “I don’t think we are changing fast enough. I’m not sure we have the luxury of time to make the changes we need.”



Marc and Sarah Blattner at a campground at Detroit Lake.

One major change has been to take the federation beyond its historic mandate as a fund-raiser to become a think tank and a convener for the community.

Federation board chair Michael Weiner notes, "Beyond the visible programmatic shifts ... perhaps Marc's most significant accomplishment has been to begin the process of transforming federation from its previous role as funder of agencies to that of community builder, which includes funder of agencies."

While admiring Blattner's "desire to reach beyond federation's traditional constituency," Cedar Sinai Park CEO David Fuks says the funding shift has been "painful." That shift, combined with the economic recession, has created a reduction in the federation allocation to CSP's Robison Jewish Health Center. Still Fuks says, "We feel strongly that Marc and federation are very important partners to our agency."

Blattner acknowledges the importance of federation's partner agencies but notes they do not touch the majority of Jews in the community. Finding ways to connect the unaffiliated is a key goal of his revolution. Blattner says that just about everything the Jewish community offers can be found elsewhere. Only Jewish education and religion are hard to find outside of the Jewish community. He believes it is important to find out what people are interested in and find creative ways to tap into those interests.

Larger-scale Community Initiative Grants (\$300,000 last year) allowed

federation "to look at ways to impact the community as a whole." CIGs have helped build partnerships with synagogues and other Jewish organizations by funding innovative programs and events.

One such grant has funded a joint exploration by CSP and Jewish Family and Child Service to explore the future of serving the community's seniors. Fuks says, "We are having serious conversations about where we are taking services to the elderly and partnering creatively to think through new directions for our community."

Noting that when he arrived, most information was anecdotal, Blattner says the federation's population study combined with more sharing of data from agencies have produced a more concrete picture of the Greater Portland Jewish community. The population study revealed the metro area has some 47,000 Jews, more than twice previous estimates, and that the population is more dispersed than previously believed. Learning that some 10,000 Jews live on the east side of the Willamette River prompted the federation to survey east-siders on their interests and needs.

Weiner says, "Marc has begun to educate this community that time is short to shed the ways of the past and recognize that for whatever reason – demographics or a new Jewish reality – there is a new way of communicating, of fund-raising, of bringing the community together as Jews."

Noting he has tremendous respect for what the community has built, Blattner asks, "How do we build on that foundation in a positive way? ... We need to think creatively and differently on how to meet needs. As a convener, we need to bring together national experts and help fund initiatives."

Blattner says he hopes those new ideas inspire people to invest in the future.

"New initiatives may attract new dollars. How do we get the best return on the community's philanthropic investment? By meeting the needs of tomorrow," he replies. "We have to make Jewish life fun, exciting, spiritual and able to connect to people on a range of issues."

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Cheryl Tonkin accepts her prize for winning the Jewish Federation of Greater Portland's Next Great Jewish Idea contest from JFGP President and CEO Marc Blattner at the federation's 2011 annual meeting. Moments later she handed the check for \$1,800 back to Blattner, saying, "I am absolutely thrilled that the federation has embraced this idea, so here is the first donation."

Increasing access to proven Jewish identity-building experiences such as Jewish camps and day schools is one change he hopes the community can make.

"We appreciate the continued strong support ... (for) MJCC and PJA. That's a vote of confidence and an acknowledgment of how central both agencies are to our community's continued vitality," says Horowitz. She agrees the need to change while protecting the community safety net is a hard balance to strike. "I believe that the ongoing, significant challenge for federation remains how to grow involvement, grow 'the pie' and especially to engage a younger generation of donors."

Blattner wants to find ways to reach all of the people who have an interest in being touched by Jewish life. He says his biggest disappointment is that his idea to create the first Jewish community membership card has not gained traction. The "one-price experience fee" would enable a family to participate in every Jewish institution and program in town. If just

40 percent of known Jewish households in Portland paid \$1,800 a year for such a card, he says the budgets of most Jewish organizations would be covered. Giving card holders access to any synagogue, day school, Hebrew school, camp and community center would go a long way to building Jewish identity.

"I think it's an opportunity to look at," he says.

On a personal level, Goldstein agrees: "Young families like ours would be huge advocates for it."

Blattner says it is disappointing when people immediately reject new ideas. "I want the reaction to be, 'Hmm, let's think about that.'"

"Our job is to support the community. ... We need to find a balance to maintain the level of engagement of those already involved with the need to increase participation of those not involved."

He believes trying new ideas is important, even though some may not work.

One idea that has gained wide support

Help PJA Obtain Matching Funds from a National Foundation!

Developed to inspire broader Jewish community support for Jewish Day Schools, the AVI CHAI and Kohelet Foundations, along with the Partnership for Jewish Education (PEJE) and Jewish Funders Network (JFN), have provided Portland Jewish Academy with a unique opportunity to have new donations above \$10,000 matched \$1 for every \$2, up to \$50,000.

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Visit www.dayschoolmatch.org to learn more about the match.

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and enthusiasm is the April 18-21, 2013, Food for Thought Festival. Chaired by the idea's creator, Cheryl Tonkin and her cousin Ed Tonkin, the festival will include programs, food, lectures, activities and tours in multiple locations around town.

Blattner is eager to talk to anyone who has ideas, suggestions or criticism and freely shares his email and direct phone number (marc@jewishportland.org and 503-245-6482). His Marc's Remarks email goes out to 4,600 people every week (to get on the list, email rachel@jewishportland.org).

While Blattner the CEO is very public, he says, "When I'm home, I like to be home with my family and relax."

The family enjoys camping and

hiking, which is one reason they were excited to move to Oregon. Sarah is the technology integration specialist at PJA, where their son Shai, 9, is starting fourth grade. Daughter Aliyah, 11, attended PJA through fifth grade before auditioning for the Arts and Communications Magnet Academy in Beaverton where she will begin sixth grade this fall.

Blattner credits his wide and diverse interests as the inspiration for some of the innovations he has proposed.


"I'm a sports enthusiast, a professional wrestling historian and fan, a regular viewer of mixed martial arts and I prefer to read magazines and periodicals," he says when asked about his interests outside work. When he is doing all those

things, "I look at them through the lens of what are they doing right that we could build on."

For example, when he wrote about the Roller Derby in Marc's Remarks, he says he looked at it in terms of how it was promoted. "We're in the same business – messaging. ... I watch and listen."

Community leaders and members appreciate those efforts.

"I value Marc's creativity, openness and the seriousness with which he works for our community," says Fuks.

"Marc has tremendous energy and willingness to work tirelessly for our community," says Shenker, echoing thoughts expressed by many in the community. "I think that is pretty special." 

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MAIN COURSE

Beef Brisket with Tsimmes DF/WF	\$17.95 / pound
Apricot Chicken Breast DF/WF	\$13.25 / pound
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Chocolate Dipped Macaroons VE/DF/WF	\$7 / quartet
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Apples	\$.95 / each

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The New Year is a time for counting our blessings, and for considering the *mitzvot* we have done, or left undone.

By traditional count, a pomegranate has 613 seeds, the same as there are *mitzvot* in the Torah.

In the coming year of 5773, may we be "as full of *mitzvot* as a pomegranate is of seeds" (Talmud, *Eruvin*)

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High Holidays



Apples and honey and kids, Oh my!

Make the High Holidays meaningful for children

by Rich Geller

The Days of Awe are an auspicious time of year for parents to connect with their children. The contrast of Rosh Hashanah and Yom Kippur and the days of reflection that bind them together present parent and child alike with a profusion of opportunities for joy, growth and togetherness.

Here are some fun ways to help make the High Holidays more meaningful for your children.

As summer recedes into autumn, parents can begin to discuss the approaching holidays with their children. A great way to do this is through books. If you haven't signed your kids up for the PJ Library yet, you can contact them at pjlibrary.org. The PJ Library mails free Jewish-themed books, DVDs and CDs to Jewish families with young children throughout North America.

Your local libraries and bookstores are also great resources. Most have at least a modest selection of children's books about the major Jewish holidays. Annie Bloom's Books in Portland's Multnomah Village has a very kid-friendly Judaica section.

Sprinkle a few High Holiday books into the bedtime story mix as the season approaches.

The dipping of apples into honey is everything kids love: sticky-sweet, messy fun! Oregon's own Hood River Valley boasts some of the best apples in the world. So why not pack up the whole *mishpocha* and head to the scenic Columbia River Gorge for a day of apple-picking fun? Your kids will be excited to contribute fruit they picked to the holiday table. For participating farms and orchards, visit www.hoodriverfruitloop.com. Don't forget to pick up some local honey before you head back home.

When you set up your apples and honey, try carving out the interior of one of the apples for the perfect honey dish!

If you can't swing a trip to the Gorge, visit a local farmer's market instead. It is traditional on Rosh Hashanah to eat a fruit you haven't had since last fall. Pick up some unusual fruit that your kids haven't had in a while, such as a pomegranate. Pomegranates are often served at Rosh Hashanah as they are said to have 613 seeds corresponding to the 613 mitzvot in the Torah.

Bake or purchase a round challah to represent the continuity of the Jewish life cycle. Bagels are great too, especially for breaking the Yom Kippur fast. Buy a dozen bagels and give one to each child. The round bagels and their holes are evocative of the annual journey of the earth around the sun. Nothing says circle of life like a bagel!

Create some fun New Year's cards with your kids. Get creative and break out crayons, markers, stickers, glitter, whatever's handy. Make a birthday card for the Earth, since it is the anniversary of creation. Make music! Shofars can be purchased at synagogue gift shops, local music stores and Everything Jewish in Portland. Some places also carry plastic toy shofars for the little ones.

Plan to attend the children's service at your local synagogue with your kids. These services are a great deal of fun, with prayers, stories and song. Have your kids help fill grocery bags with plenty of canned and boxed food for the High Holiday food drive and explain the concepts of *tikkun olam* and *tzedakah*.



PHOTO BY LESLIE GELLER

During the Days of Awe leading to Yom Kippur, sit down with your children and talk with them about forgiveness. Ask them if there is someone they wish to make amends with, perhaps a sibling, parent or friend. Help your child write a letter, card or e-mail to a friend whom he or she has hurt or offended. If possible, apologies should be made in person. Parents should take the opportunity to apologize to their children for whatever mistakes they have made as parents during the past year. Kids 9 and younger don't need to fast on the Day of Atonement, but older children might consider trying a half-day fast or just sticking to healthy foods for the day.

Either way, by the time you break the fast your whole family will be renewed and ready for the coming year. *L'Shanah Tovah!*

Rich Geller is a freelance writer, bagelista extraordinaire, husband and father of three beautiful children living in Portland. His book, *WonderDads Portland* is a guidebook for Portland parents. For more information, visit carbonbasedblog.blogspot.com.

High Holy Day Services

Oregon Jewish Life asked congregations in Oregon and Southwest Washington to supply information about their services during the High Holy Days.

This year the holidays fall on the following dates:

Erev Rosh Hashanah, Sept. 16; Rosh Hashanah I, Sept. 17; Rosh Hashanah II, Sept. 18, Erev Yom Kippur (Kol Nidre service), Sept. 25; Yom Kippur, Sept. 26; Sukkot, Sept. 30-Oct. 8; Hoshana Rabbah, Oct. 7; Shemini Atzeret, Oct. 8; and Simchat Torah, evening Oct. 8 and Oct. 9.

Since Sukkot spans eight days, contact the congregation to see which day(s) it will hold services. For information on times for services and which days babysitting is available, contact the congregation directly or visit its website.

Following is the information supplied by each congregation that responded. Congregations are grouped by city, with metro-area congregations listed under Portland.

PORTLAND

Congregation Ahavath Achim (Sephardic)

3225 SW Barbur Blvd., Portland

Contact: 503-227-0010;

www.ahavathachim.com

No tickets required.

Services on: Erev Rosh Hashanah, Rosh Hashanah I, Rosh Hashanah II, Erev Yom Kippur, Yom Kippur, Sukkot and Shemini Atzeret.

Services led by Rabbi Michael Kaplan.

Beis Menachem/Chabad of Oregon (Chabad)

2317 SW Vermont St., Portland

Contact: 503-977-9947,

info@ChabadOregon.com,

www.ChabadOregon.com

No tickets required.

Babysitting available.

Services on: Erev Rosh Hashanah, Rosh Hashanah I, Rosh Hashanah II, Erev Yom Kippur, Yom Kippur, Sukkot, Hashana Rabbah, Shemini Atzeret, Simchat Torah.

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Beit Haverim (Reform)

1111 Country Club Road, Lake Oswego

Contact: office@beithav.org,

www.beithav.org, 503-344-4839

Reservations requested, but not required.

Babysitting is available.

Services on: Erev Rosh Hashanah, Rosh Hashanah I, Erev Yom Kippur, Yom Kippur, Sukkot and Simchat Torah.

Beit Haverim is an open community welcoming you for services led by Rabbi Alan Berg and Cantorial Soloist Ann Brown.

Beit Yosef Congregation (Sephardic-Orthodox)

6686 SW Capitol Hwy., Portland

Contact: 503-860-4806

No tickets are required.

Services on: Erev Rosh Hashanah, Rosh Hashanah I, Rosh Hashanah II, Erev Yom Kippur, Yom Kippur, Sukkot, Shemini Atzeret and Simchat Torah.

Sephardic-oriented Beit Yosef welcomes Jews of all walks of life under the umbrella of "feel at home while you pray."

Congregation Beth Israel (Reform)

1972 NW Flanders St., Portland

Contact: 503-222-1069; bethisrael-pdx.org

Guests welcome, call HHD ticket hotline

503-546-7226.

No babysitting.

Services on: Erev Rosh Hashanah, Rosh Hashanah I, Erev Yom Kippur, Yom Kippur, Sukkot, Shemini Atzeret and Simchat Torah.

Our early Rosh Hashanah and Yom Kippur services will be multi-generational, intended for those of any age.

Chabad of Portland Campuses/SE Portland (Chabad)

3355 SE Steele St., Portland

Contact: dovbialo@gmail.com, 503-236-6642,

www.seportlandchabad.com

No tickets required.

Babysitting is available.



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Schedule of Services for High Holidays

ROSH HASHANAH	Sunday, September 16th	Evening Services 6:30pm
	Monday, September 17th	Morning Services 8:30am Torah Reading 10:15am Shofar 12:00pm Afternoon Services 6:00pm Tashlich 6:30pm Evening Prayers 6:45pm
	Tuesday, September 18th	Morning Services 8:30am Torah Reading 10:15am Shofar 11:30am
	Tuesday, September 25th	Kol Nidre 6:00pm
YOM KIPPUR	Wednesday, September 26th	Morning Services 8:30am Torah Reading 12:00pm Musaf 1:45pm Afternoon Services 4:30pm Neila 6:30pm

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Yizkor, Neilah

Tuesday, Sept. 25, 7:00 PM
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info@havurahshalom.org or 503-248-4662
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Congregation Kesser Israel (Orthodox)
6698 SW Capitol Hwy., Portland
Contact: 503-222-1239 or
rabbibrodkin@gmail.com
No tickets required.
For babysitting, contact Devorah Spilman,
503-957-4280.

Services on: Erev Rosh Hashanah, Rosh Hashanah I, Rosh Hashanah II, Erev Yom Kippur, Yom Kippur, Sukkot, Hashana Rabbah, Shemini Atzeret and Simchat Torah.
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1509 SW Sunset Blvd, Suite 1E, Portland
Contact: 503-459-4210, info@kolshalom.org or www.kolshalom.org
Pre-registration appreciated.
Childcare is available.
Services on: Rosh Hashanah I and Yom Kippur.

Both events are held at West Hills Unitarian Universalist Fellowship, 8470 SW Oleson Road, Portland.

Congregation Neveh Shalom (Conservative)
2900 SW Peaceful Lane, Portland
Contact: 503-246-8831
Tickets required.

Babysitting for fee with reservation by Sept. 4 to matkins@nevehshalom.org.
Services on: Erev Rosh Hashanah, Rosh Hashanah I, Rosh Hashanah II, Erev Yom Kippur, Yom Kippur, Sukkot I & II, Hoshana Rabbah, Shemini Atzeret and Simchat Torah.
See a full listing of services and times, including youth services, at www.nevehshalom.org

P'nai Or of Portland (Renewal)
9750 SW Terwilliger Blvd., Portland
Contact: www.pnaiorpd.org or 503-248-4500 or deannacogo@yahoo.com
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Contact: stdir@shaarietorah.org or 503-226-6131

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For adult and youth service times, visit shaarietorah.org

Congregation Shir Tikvah (Progressive Independent)

Services at the Bridgeport Building, 621 NE 76th Ave., Portland
Contact: shirtikvahoffice@shir-tikvah.net
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Please email or call for location of services.

Congregation Shalom Bayit/Jewish

Community of Central Oregon (Independent)

21555 Modoc Lane, Bend

Contact: 541-385-6421, 541-815-4912 www.

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www.beitam.org

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1175 E. 29th Ave., Eugene

541-485-7218; www.tbieugene.org;

info@tbieugene.org

Tickets required.

Childcare pre-registration required.

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See www.tbieugene.org for complete schedule,
locations, details.

HILLSBORO

Chabad Jewish Center of Hillsboro (Orthodox)

111 NE Porto Way, Hillsboro

Contact: 503-747-5363, ChabadHillsboro@
gmail.com

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Others at 111 NE Porto Way.

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1370 Crowley Ave. SE, Salem

Contact: 503-383-9569,

rabbi@chabadsalem.com,

fruma@chabadsalem.com

No tickets required.

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HaShanah I, Rosh HaShanah II, Erev Yom
Kippur and Yom Kippur.

SOUTHERN OREGON COAST

Congregation Mayim Shalom (non-affiliated)

Coos Bay

Contact: 541-266-0470 (answering machine)

or info@mayimshalom.org

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High Holidays

Oregon's Rosh Hashanah celebrations began in 1856



New Year's Wishes – Cohen, Davis & Co.'s "Golden Rule Bazaar" on SW Morrison between First and Front in Portland (c. 1885) was one early source of holiday greeting cards. Photo courtesy Oregon Jewish Museum

by Sura Rubenstein

Oregon's Jewish pioneers may have come to the far reaches of the frontier, but they, too, remembered their traditions. Almost as soon as enough Jewish men came to a town to constitute a minyan, they began organizing, at least for major services.

Although the earliest Jewish settlers in Oregon, according to most accounts, were Jacob Goldsmith and Lewis May, who came to Portland in 1849, the first Jewish New Year's services in the Oregon Territory were held in the gold-rush boomtown of Jacksonville in 1856.

Jewish merchants, most recent immigrants from Germany via the California gold fields, made their way to southern Oregon when gold was discovered near Jacksonville in 1851 – making it for a time the territory's "most populated and most important commercial trading center."

The Jacksonville Gold Rush yielded more than \$20 million worth of gold over the next 20 years, according to historian Robert Levinson, and for a time a small community of Jews made important contributions to the city.

Those first Jewish services, however, were a humble but heartfelt affair, with a small group of men gathering on the second floor of the McCully Building, the first brick building built in Jacksonville and the Oregon Territory and later known as the Odd Fellows Hall.

Elias Jacobs, a tailor and general store owner who came to Jacksonville in 1872, often led the services in later years, but there are no surviving newspapers providing details of the 1856 services.

For a generation or so, according to Levinson's 1962 master's thesis, "The Jews of Jacksonville, Oregon," the small Jewish community thrived, until the gold ran out and other events created an economic downturn.

The last High Holidays services there were in 1883, and many of the pioneers and their children either had moved on or soon would, with most going to San Francisco.

Three of the pioneers lived out their lives in Jacksonville, the last dying in 1902. Stella Levy, the last direct descendant of a Jewish pioneer family, died at the age of 75 in 1936 and is buried in the Jewish section of the Jacksonville Pioneer Cemetery.

Levinson was able to document the business and civic involvement of Jacksonville's Jews, but regretted that he wasn't able to uncover more information about the personal lives of the pioneers.

Still, he said, "One of the Jewish faith traveling the Old Stage Road from Gold Hill to Jacksonville cannot help but feel that he has some personal history in this community, if only to claim that here, in the midst of the largest gold rush in southern Oregon, his co-religionists stopped in the 1850s to praise their God and conduct the first Jewish religious services in the Oregon Territory."



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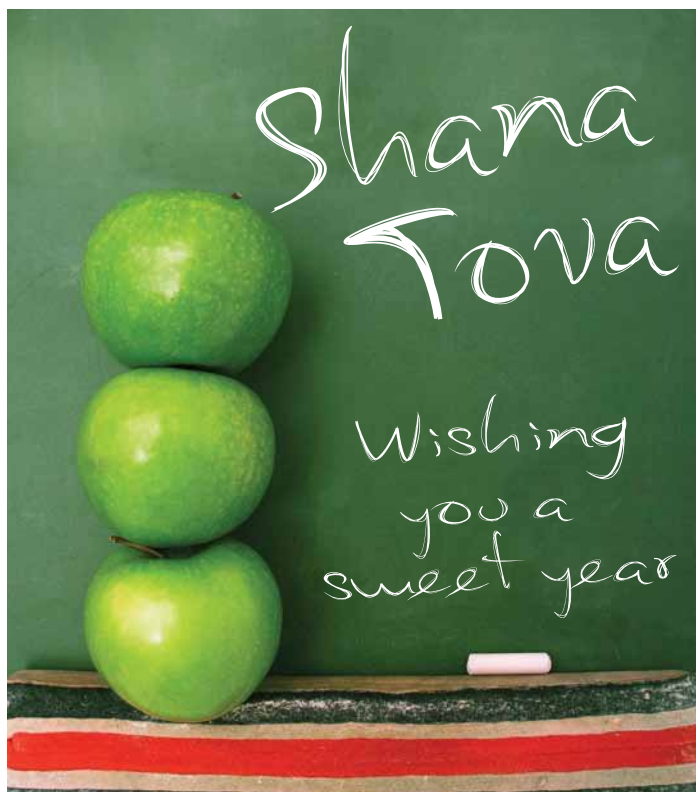
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Spirituality: It's not just for the holidays anymore

by Liz Rabiner Lippoff

"Taking the path less traveled by exploring your spirituality can lead to a clearer life purpose, better personal relationships and enhanced stress management skills."

Is that quote from a learned rabbi? Robert Frost? The Dalai Lama?

It's actually from the staff at the Mayo Clinic. ("Spirituality and Stress Relief: Make the Connection," www.mayoclinic.com/print/stress-relief/SR00035/)

I like their definition of spirituality, too:

"(A)t its core spirituality helps to give our lives context. It's not necessarily connected to a specific belief system or even religious worship. Instead, it arises from your connection with yourself and with others, the development of your personal value system and your search for meaning in life. For many, spirituality takes the form of religious observance, prayer, meditation or a belief in a higher power. For others, it can be found in nature, music, art or a secular community. Spirituality is different for everyone."

Barb Schwartz had what she calls an "awakening" in high school: she woke up one Saturday morning and decided to go to services. Her hunger for Jewish studies grew from there. In the '60s, though, her options were limited. The ordination of the first woman rabbi in America wasn't until 1972; Portland State's minor in Judaic studies was years off. She settled for a major in education and a minor in philosophy. After a stint as an elementary school teacher and an aide and then principal at Congregation Shaarie Torah's religious school, she spent 13 years as the director of youth education at Congregation Neveh Shalom. It was a time of huge growth for the program, and Barb found it very satisfying.

Then a training program to learn how to infuse spirituality into teen education resonated so clearly with her that it became the focus for a new career that is all she could have hoped for: she's a certified spiritual director.

Ironically, as a spiritual director, Barb actually doesn't "direct" at all. "People don't come to me to learn about my spirituality; they come to explore their own. I am here to help them find what they are looking for."

People explore spirituality for many reasons. "Sometimes there is a turning-point issue. A family member seriously ill, a death, a divorce can trigger a spiritual awakening. What is the meaning of my life if this pillar has suddenly been shattered? It can shake your whole life foundation."

Some of Barb's clients are Jewish, some of another religion, and some have no religion at all. She has people who don't believe in God but want to ... and others for whom God isn't even an issue. "Spirituality," she says, "is nondenominational."

Spirituality during the holidays

The themes of the High Holidays naturally lead people to think about forgiveness and self-improvement, Barbara says. "We ask God to forgive us for our sins, but you can't ask for atonement unless you know where you have missed the mark. The obvious next step is: What am I going to do to get closer to the mark next time?"

Cantor Ida Rae Cahana of Congregation Beth Israel agrees: "People who haven't set foot in a synagogue for years suddenly, for many different reasons, find themselves at the door. We are all seekers after meaning, and these holidays offer the perfect framework within which to explore the big questions of life."




Barb Schwartz, certified spiritual director

Seeking Spirituality ... holidays and any days

Barb offers suggestions for those who want to make the holidays, and any day, a step on the path to a more spiritual, centered life.

1. If you are having "stirrings," pay attention to them. One way is to sit in silence for 10 minutes, starting a meditation-like experience. Making a habit of it can be incredibly valuable.
2. Take stock of yourself. You do this during services, but you can do it every evening when you look in the mirror. How did I do today? Be specific with your compliments and your criticism. Then ask: What can I do tomorrow to be a better person than I was today?
3. Read Psalm 27: "The Lord is my light and my salvation." Some Jews read it every day of the month preceding Rosh Hashanah. "Be strong and let thy heart take courage" can be a comfort any day.
4. Write your own prayer. Bring it to services or tuck it under your alarm clock.
5. Don't be passive, whether going to services, sitting in silence or doing any other task. Interact – in your head and your heart – with what is going on around you. Life is a potluck; you really do need to bring something to the table.

Barb offers a complimentary visit to those who may want a guide on their spiritual path. barbschw@gmail.com. 

Liz Rabiner Lippoff is a Portland freelance writer and a medical marketing specialist at Liz, ink: www.LizInk.biz.

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Ageless advice

New Year, New You: The mitzvah of good health

by Elizabeth VanderVeer, M.D.

As Jews enter the most joyous and holiest time of year, most of us have much to be grateful for. The High Holy Days allow us to take time to reflect on another year gone by and think of all we did and didn't get done. I've always thought Rosh Hashanah was a great time to consider the role and purpose of mitzvot in our lives. While it may sound trite, the holiday really *is* a time to celebrate the New Year and bring about a "new you."

A mitzvah is often thought of as something we do for others. But consider the possibility of the greatest mitzvah of all – the gift of your personal good health and longevity to your family.

Our lives are no longer measured in simple years lived – as quantified by a number – but by how we live out those years. Most of us want to live long and live well – prosperous, healthy and "our way." The best way to accomplish this is by preventing lifestyle-related

medical maladies – such as diabetes, obesity, heart disease and the ravages of smoking; maintaining and optimizing our current health; and managing chronic diseases while maximizing our quality of life and minimizing the burden on our families. We all dread the thought of living out our years trapped in a shell of a body, unable to care for ourselves.

The hottest area of medicine today revolves around preventive medicine and optimization of our current health. The world's best scientists – some in our own backyard – are discovering and unlocking the keys to aging. Stem-cell research is burgeoning; gene-mapping continues; and "functional medicine" is alive and well. Boomers, as well as their parents and children, want to feel great as well as look great. One of the fundamental shifts in aesthetic medicine over the past decade is the melding of the future of medicine (age reversal, stem-cell therapy, collagen and elastin stimulation and growth, nutritional treatment of chronic diseases, etc.) combined with the centuries-old science of physics and well-studied areas of medicine and the human body.

My own practice has changed over the past eight years of my cosmetic medicine career. First, my patients today are older. And, I don't mean by just eight years. Rather, the average age of the new patient entering my practice today is over 57. These are healthy individuals, most of whom still work or contribute significantly to their community in some way. They have no intention of aging into oblivion. They are doing a mitzvah for their families by taking care of themselves – not just taking care of others. We know that when we take care of our own health, we can better take care of others – whether they are family members, employees, co-workers or friends.

So, as we enter the most joyous and holiest days of the Jewish year, resolve to take care of yourself this year. If you make resolutions for Rosh Hashanah or promises for Yom Kippur, make realistic ones you really can achieve. Partner with a trusted physician or other health expert to treat yourself to the mitzvah of good health, optimal wellness and a fresh, youthful look. I promise you it will be the best year ever, and one of the most rewarding gifts you can give yourself. Next year at this time, you can reflect back on how many things you *lost* – years of aging from your face and body; the ravages of poor health and chronic disease; and mental fatigue and brain fog. Become "the biggest loser" of the aging game ... and gain back your life.

Happy New Year! 

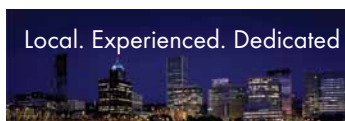
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High Holidays

Preparing for Yom Kippur: How to make your fast as pain-free as possible

by Dr. Whimsy Anderson

Every year we hear suggestions to help people have an easier fast on Yom Kippur. This year I have compiled a list of what I hope will be helpful suggestions based on a naturopathic medical perspective.

Before beginning your fast, begin to wean yourself from substances you might be addicted to, such as caffeine, and foods that are not nutritious, like cookies and candy bars. This includes chocolate, coffee, soda pop, black tea, aspartame, sugar, corn syrup and any substance you either cannot pronounce or are convinced was invented in someone's laboratory or basement experiment. Many people suffer from withdrawal headaches when they give up substances like caffeine, which makes fasting a very unpleasant experience.

A few days before the fast, begin drinking plenty of fluids. Water is a good idea, but I recommend people also drink liquids that contain electrolytes. My favorite is coconut water (which has more potassium per glass than nearly three bananas). You can try sports drinks high in electrolytes, though avoid those high in sugar or corn syrup. Fluid and electrolytes will help you avoid dehydration.

Begin decreasing your salt intake a full day before the start of the fast; the meal before your fast should contain no added salt. Excessive salt can make going without water for 25 hours extremely difficult. Avoid cured or salted meats, canned goods that have added salt and salty sauces like pasta sauce and gravy.

Many people mistakenly eat large meat meals before a fast only to be wracked by thirst a few hours afterward. Red meat requires plenty of water to be digested and eliminated from the body; even without added salt, it is easy to become thirsty after eating red meat. In our house, we eat either a vegan or milk-based meal before the fast.

Avoid processed foods (these include microwavable meals and ready-to-serve meals high in sodium and laden with chemicals). Instead, keep your meals simple and flavor them with lemon juice or a dash of curry powder.

Load up on carbohydrates beginning a few days before your fast. Carbohydrates are stored in the liver and bind to water, which keeps you hydrated. They also provide energy throughout the day. Good choices for complex carbohydrates include whole-wheat pasta, whole grains and root vegetables such as carrots, yams and sweet potatoes.

Before your fast, have a little protein such as baked or boiled chicken or a vegetarian dish of beans. Beans burn slowly and are high in fiber, keeping you full longer. A simple meal of hummus and whole-wheat pita is a great pre-fast meal.

Avoid overeating before the fast. If you overeat, you may become uncomfortable and thirsty early on. Eat until you are satisfied but no more.

Do not over-exert yourself on Yom Kippur. If you must walk long distances to the synagogue, walk on the shady side of the street to avoid direct sunlight or think about arriving early if it will be hot later in the day. Make sure to rest when you can and pace yourself.

Hopefully, with these simple suggestions, the holiday will be a far more pleasant experience with far less discomfort.

Dr. Whimsy Anderson, N.D., is a naturopathic doctor licensed in California. (Printed with permission.)

High Holidays

IMPERMANENCE – KING SOLOMON, THE DALAI LAMA AND THE HIGH HOLY DAYS

by Rabbi Bradley Greenstein

I love my work, and the days I love most are the busiest and most intense. Recently one morning I joined in song with a young couple celebrating the *bris* of their newborn baby in their home, “*Siman tov and mazal tov and mazal tov and siman tov!*” I then drove to our cemetery to see a family I had sat with listening to stories the night before. Those stories could now only be memories as we lowered their loved one into the earth while reciting our tearful sacred prayers, “A time to be born and a time to die. Adonai has given and Adonai has taken.” I washed my hands at the cemetery fountain (as is the Jewish custom when leaving a cemetery), took a deep breath and made my way to officiate under a wedding *chuppah* at a sparkling downtown hotel. I found the bride and groom with wide-eyed smiles looking towards the future. When they were finished adorning themselves with jewels and flowers, I gave them the traditional blessing, “May God bless you with all the good things in life.”


An occupational hazard (or rather an occupational honor) of being a religious leader is that we guide people through it all. From married to buried, the highest highs and the lowest lows. On days like these as I drive from one lifecycle to the next, I can't help but be reminded that everything in life is always changing. The rug gets pulled out from under us swiftly and slowly. To express this universal concern we all find ourselves saying, “Life is fragile!” But medical doctors will tell us that life is anything but fragile. In the words of Rachel Remen, author and physician: “Life can change abruptly and end without warning, but life is not fragile. There is a difference between impermanence and fragility ... the body is an intricate design of checks and balances, with elegant strategies of survival layered upon layer... there is a tenacious will to survive present at the intracellular level.” Survival is written into the very fabric of our being. We have a built-in will to live. Life is not fragile, it's just not permanent ... nothing is.

The High Holy Days ask us to contemplate our own mortality. The words in our prayer books require of us to admit to our own impermanence. As we carve out moments for introspection, we observe our place and purpose in the world, reflect

on how we have changed and watch who we are becoming. In quiet contemplation, we realize that everything is in process and we can train our minds not to identify exclusively with only the snapshots of life – to see an oak tree within an acorn or a peaceful mind in the midst of turmoil. Nature is the most accessible example of constant change. Flowers fade and wither and new life blooms again. Yet we tend to see our own selves as fixed, exempt from the natural world. By recognizing the “bigger picture” we gain a more expansive view of our own lives, and the wisdom to appreciate them unfolding.

Eastern religions claim that our frustrations, fears and disappointments come from being too attached. We try to hold onto our expectations or set ways when the truth is that everything is changing. As a college student, I went to see the Dalai Lama speak. I'll always remember one thing he said that was quite beautiful. He said we should attempt to be like the calm water beneath the deep waves of the ocean, hearing and feeling the movement and roar above us, but living in the stillness and calm below the crashing of the waves.

When I open my Shabbat siddur I read a similar, perhaps even more ancient expression of my own (Middle) Eastern ancestors. Every Friday night we chant Psalm 93, “The rivers may rise and rage, the waters may pound and pulsate, the floods may swirl and storm. Yet above the crash of the sea and its mighty breakers is you The Source, Adonai.” The sages of old give us instructions to view life from a vantage point that doesn't get taken away by change but rests comfortably in the awareness of its truth. That view is clear in the story of King Solomon commissioning a royal ring. He instructed his most loyal servant to engrave upon this lavish ring words he could utter at any moment in life. He sought to look upon his ring and utter these words during his greatest celebrations as well as during his darkest nightmares. When he was the happiest he would ever be, he wanted to celebrate with this ring; when he was sobbing, he wanted to seek its comfort. For months on end his servant searched for the perfect phrase. Finally one day, King Solomon's loyal servant presented him with the new royal ring. As the king placed it upon his hand, he read the Hebrew letters etched upon the surface, *Gam Zeh Ya'avur ... This Too Shall Pass*.

As we approach this year's new beginnings may we all be blessed to rest in the awareness of life's constant transformation. *Shanah tovah u-metukah*, a sweet new year. 

Rabbi Bradley Greenstein is the associate rabbi at Congregation Neveh Shalom in Portland.

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NORTHWEST FASHIONISTA



Pendleton Wool unveils 'The Portland Collection'

by Catherine Garvin

Photos courtesy of Pendleton Wool

September fashion calls for clothes that keep us warm as well as stylishly layered. This fall season, the Northwest Fashionista is in luck. "The Portland Collection," created by Pendleton Wool, is now available in Portland for the first time. That gives fashionistas the opportunity to reconnect with the roots of local fashion history.

"The Portland Collection" is a fresh perspective on Pendleton's iconic textiles as seen through the eyes of three independent and talented Portland designers. Launched in 2011, the collection drew rave reviews from a contemporary, global audience.


Setting the standard for classic American style, Pendleton is recognized worldwide as a symbol of American heritage, authenticity and craftsmanship, and these fabulous fleece to wool fashions are created right in our own backyard with fabrics from the company's mill in Washougal, WA.

Wool is the ultimate trendsetting fabric. However, some experience wool as too itchy. I recommend you wait to wear wool til temperatures dip to 50 degrees and below. Even on cold, wet, dreary Northwest days and nights, wool worn over cotton will be stylishly toasty and warm.

Fashionistas will also be happy to know that Pendleton Wool has opened a new store at the Portland Airport; now shopping for fall fashions or holiday gifts this autumn and winter should be a lot of fun with so many options out on Airport Way.

This signature store represents an all-new design that showcases the rich heritage and deep roots in Oregon and Southwest

Washington woven into the style of Portland's DNA.

"We took an Industrial Chic approach to the design," says Robin Crowell, retail division manager for Pendleton. "You'll see replica mill-style lighting and various elements of a working mill interior, galvanized pipe, specially designed wool fabric for fitting room curtains, along with distinctive wallpaper and stained concrete floors throughout. All of these elements take on the sensibilities of the mill and translate it into a dynamic retail setting." 



For more about the Northwest Fashionista and fashion articles that help women and men dress to dazzle at work, home and play, check out Portland's Writer Girl at www.catherinengarvin.com.



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Elder advocates for environment, good causes

Story and photo by Peter Korchnak

MURRAY KAUFMAN, 94, WANTS PEOPLE TO BECOME ADVOCATES FOR THE ENVIRONMENT. A *NEW YORK TIMES* OP-ED OUTLINING THE POTENTIAL CONSEQUENCES OF CANADIAN TAR SAND EXPLOITATION SPURRED KAUFMAN TO ENERGIZE HIS FELLOW ROSE SCHNITZER MANOR RESIDENTS TO STAND UP FOR CONSERVATION.

“There are always important issues to support,” said Kaufman, who writes at least one letter every month to the president, a congressional representative or secretary of the interior. Most recently, he told them that “as a member of The Wilderness Society, I stand with its efforts to protect America’s Arctic and all of our nation’s wild places from harmful oil and gas development.”



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A LIFETIME OF ACTIVISM

Kaufman has been an ardent activist for good causes since 1957. A teacher at Roslyn High School on Long Island, he discovered a factory was exploiting a legal loophole to pollute a nearby lake.

“Long after graduation kids would stop me on the street, telling me they went into environment-related careers because of my classes.”

— Murray Kaufman

For the next class project he had students write alternative regulations. A local assemblyman was so impressed with the students' drafts he introduced a bill in the state legislature.

“It took another three or four years to get the law passed,” Kaufman said. But watching legislators discuss their work felt very empowering to the kids in the gallery.

He said, “Long after graduation kids would stop me on the street, telling me they went into environment-related careers because of my classes.”

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Darfur

by Murray Kaufman

The outstretched hand, the thin trembling fingers –
O so minuscule! If you touch them, they might break –
Or kiss them, and they burn with desire –

O Darfur! The world is numb and your pain
finds death, and those tiny baby fingers
caress your lips one last time – and desire flees...

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-Rabbi Joshua Stampfer*

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NO REST IN RETIREMENT

Kaufman retired from teaching in 1982. In 1996 he and his wife moved to the San Francisco Bay Area, where he volunteered to submit water samples from area lakes to laboratories. He would then report any pollution to the authorities.


In his retirement, Kaufman also has worked as a political activist. After his wife's passing in 1999, he answered the call of California Democratic Party officials to help candidates in Oregon's close presidential election. In 2000 he moved to Salem.

Kaufman is gearing up to join the re-election campaign. He said, "I'm a good campaigner. I'll support him but I'm not afraid to criticize the president. Right now he needs a push."

Soon after moving to Rose Schnitzer Manor at Cedar Sinai Park in 2006, Kaufman helped form the Social Action Club, which, until its demise in early 2012, fund-raised for good causes. He has now joined 20 other residents in contributing monthly to the Itafari Foundation to help Rwandan children attend school.

NATURE IN POETRY AND JUDAISM

Nature wends its way into Kaufman's poetry. In "If I Were Young Again," for example, he writes, "...for here was one human being who/proudly bonds with nature's throwaways."

Judaism underpins Kaufman's activism. He said, "If I am only for myself, what am I? That's the Jewish principle. We're here to help everyone, not just us." 

Peter Korchnak is the online communications manager for Cedar Sinai Park. He writes about the experience of immigration from Central Europe at AmericanRobotnik.com.



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Arts & Entertainment

ART:

Posner brings comic truth about love to Oregon stage



Director Aaron Posner talks to actor Kayla Lian during rehearsal for the world premiere production of *And So It Goes...*

by Amy R. Kaufman

Renowned director and playwright Aaron Posner opens Artists Repertory Theatre's 2012-13 30th Anniversary Season with the world premiere of his play *And So It Goes...*, adapted from Kurt Vonnegut's first short story collection, *Welcome to the Monkey House* (1968).

Posner's award-winning adaptations of two novels by Chaim Potok, *The Chosen* and *My Name Is Asher Lev*, played across the U.S. and internationally. This year Posner received the prestigious Helen Hayes Award for the second time as director of *Cyrano*, performed at the Folger Theatre in Washington, DC.

Now, with his first production at ART, Posner has set his sights on no less than the truth about love.

"There is nothing about love that isn't true," he told *Oregon Jewish Life* in an August interview. Describing Vonnegut as "more interested in truth than reality," Posner acknowledged that the distinction may be blurred when it comes to love.

"If I truly understood the difference between truth and reality in regard to love," he said, "I would be writing self-help books instead of plays. You make art because you don't understand these things and want to explore them through the medium that is the way you enter the world. I find my way in the world through literature and story and stories being told on stage."

continued on page 42

Artists Repertory Theatre's 30th Anniversary Season

Celebrating its 30th anniversary season, Artists Repertory Theatre's 2012/13 play schedule stays true to the company's three-decade mission of offering productions that challenge artists and audiences with adventurous and provocative plays staged in an intimate environment.

"This is a season with a lot of heart," says Producing Artistic Director Allen Nause, who is in his last year at the helm of play selection after 25 years. "This season continues Artists Rep's commitment to new, challenging, vibrant work with three world premieres along with West Coast and Portland premieres. We continue our journey exploring the human condition, the human heart, with plays set over the course of a century, through these distinct, quintessentially 'Artists Rep' premiere plays."

This season's schedule is: Sept. 4-Oct. 7, *And So It Goes...* by Aaron Posner, adapted from Kurt Vonnegut, Jr.; Oct. 9-Nov. 11, *Seven Guitars* by August Wilson; Nov. 27-Dec. 23, *Sherlock Holmes and the Case of the Christmas Carol* by John Longenbaugh; Jan. 8-Feb. 10, *The Lost Boy* by Susan Mach; Feb. 12-March 17, *Red Herring* by Michael Hollinger; March 26-April 28, *The Invisible Hand* by Ayad Akhtar; April 23-May 26, *Ten Chimneys* by Jeffrey Hatcher; and May 28-June 30, the Fowler-Levin Prize Award-winning *New Play Commission* by Andrea Stolowitz.

In fall 2011, Stolowitz was awarded the Fowler/Levin Prize with this winning play concept. She will write and develop this timely piece as the final production of the 2012/13 season.

The 2012/13 season is sponsored by the Paul G. Allen Family Foundation. Founded in 1982, Artists Repertory Theatre is the longest-running professional theater company in Portland.

Lawrence Howard invited to United Solo 2012

by Lynne Duddy

Values like kindness, benevolence and compassion are key elements of Jewish identity. Portland Story Theater co-founder Lawrence Howard grew up no stranger to these values as the middle child in a Jewish family in New York. But the value that made the deepest impression on him as a teenager was fortitude. Fortitude runs deep in the Jewish psyche.

Howard's father, Marty, used to tell him, "We are made of good Russian peasant stock, and there is nothing in life that we cannot endure."

When Howard was 14, he read Albert Lansing's *The Endurance*. It was that sense of fortitude that drew Howard deeply into the story of Sir Ernest Shackleton and his 1914 Antarctic expedition. Howard and his father shared a passion for this story of exploration and the fortitude of the human spirit.



Lawrence Howard


In 2008, on the fifth anniversary of his father's death, Lawrence Howard created a one-man show, *Shackleton's Antarctic Nightmare: The 1914 Voyage of The Endurance*, weaving material about his relationship with his father into the epic tale of Antarctic survival. People flocked to his performance, mesmerized by this gripping, true story. Shackleton's dream of being the first to traverse the Antarctic continent became a nightmare when his ship was

trapped in the pack ice of the Weddell Sea and crushed by the pressure of the ice. The story of how he and the 27 men of his expedition survived on the ice and eventually came to safety is an epic tale of hardship, courage and endurance. *Shackleton's Antarctic Nightmare* has had three sold-out runs at Portland Story Theater, which was co-founded by Howard.

Howard believes this story inspires people during these challenging times. He wanted more people to hear it; so he applied to The United Solo Festival in New York City. "*Shackleton's Antarctic Nightmare* is a perfect fit for United Solo," Howard said in his bid to participate, "because it embodies what are, to me, the classic attributes of solo performance: with no set, no costumes, no props, no fancy lighting, a lone performer holds the stage and singlehandedly creates an entire universe with nothing more than gesture, words and voice. This is a return to the ancient roots of theater. This is theater at its most elemental, most essential core."

Apparently United Solo agreed, because Howard was selected from among hundreds of solo artists from all over the world. A board selects shows in a vast range of categories, including storytelling, improv, music and other forms of solo theater. Participation is by invitation only.

Howard's 140-minute production will take place at Theatre ROW on 42nd Street in the heart of New York's theater district on Oct. 24 at 3:30 pm. He has also been awarded a generous Professional Development Grant from the Regional Arts and Culture Council in support of this artistic opportunity.

It will be the first time his 86-year-old mother has seen him perform live. What a gift that will be ... to have his family witness this honoring of his father with a story of fortitude, courage and endurance. 

Find out more about Lawrence Howard at www.lawrencehoward.name.

Lynne Duddy is the chief instigator at Portland Story Theater. She directed by *Shackleton's Antarctic Nightmare* for three sold out runs in Portland. She is a narrative artist, writer and science junkie with an unbridled passion for connecting people through story.

continued from page 41

The play's title echoes Vonnegut's phrase "So it goes," from his famous novel *Slaughterhouse Five* (1969).

"I believe I've read nearly every word Vonnegut ever published," said Posner. "He was a powerful formative influence on my young mind when I was growing up in Eugene. I am delighted to be doing the world premiere of this adaptation here in Oregon where I first fell in love with his work."

He said the play is a comedy in the "true sense."

"It's no accident that Shakespeare's comedies end in marriage, which is the ultimate societal order," he said. "Tragedy is a portrait of a fractured world. So these stories are comedies in that ... while it might be hard, and people might make missteps, it will all work out in the end, which is a lovely thing to spend a little time with."

Sitcoms portray "the simplest kinds of truths – the easy laughs, the easy payoffs, the low-hanging fruit of truth," he said. In contrast, *And So It Goes...* engages with love's complexity: "things that are real and things that are imagined and things that are

hoped for and things that are wished and lies we tell ourselves and lies we tell each other."

Posner also has adapted the works of Chekhov, Dostoevsky, Kesey and Twain. In attempting to serve them, he said, "I'm fortunate there's a genius in the room. ... It's really about unfolding and unpacking the wonderful stories these folks wrote."

An associate artist at both the Folger Theatre and the Milwaukee Repertory Theatre, Posner came to Portland with his wife and daughter to direct the show. 

Amy R. Kaufman is a Portland writer, book editor and publisher.

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Young Willa dressed as Little Red Riding Hood with her mother, Esther Schneberg.

by Deborah Moon

Poet and counselor Willa Schneberg knew her journey to Cambodia as a United Nations elections supervisor for that country's first free elections in 1993 would be a momentous era in her life, so she decided to seek inspiration from "a true feminist." Before she boarded the plane for Cambodia, she interviewed her mother, Esther Schneberg, asking her about her own rich life and what she considered to be her greatest achievements.

Portions of that taped interview will be part of "The Books of Esther" exhibit that opens at the Oregon Jewish Museum Sept. 12. The exhibit focuses on Esther's life and her writings after physically losing her voice to laryngeal cancer. For the last year and a half of life, Esther constantly had notebooks on hand to write everything she previously would have spoken. Some pages are simply Esther's half of a conversation, while others are her reflections on life and the wars in Iraq and Afghanistan that began near the end of her life.

The exhibit will feature Esther's notebooks side by side with "ghost books" of ceramic created by Willa. Fifteen clay clipboards will share "Esther's Words of Wisdom." Willa said she chose the clipboard motif to reflect the decades her mother spent as a high school teacher and guidance counselor.

A Jewish Mother's Voice

Born in 1920, Esther was a first-generation American who spoke only Yiddish until she started school. Yet as an early feminist who was unwilling to sit separately in the shuls of her day, Esther learned little about her Judaism. She often called Willa her *rebbetzin*, since her daughter was more involved and more knowledgeable about Jewish religion.

"She might have found Judaism more inviting to her today," said Willa.

In other areas of learning, Esther excelled.

"She was proud of her academic achievements (she earned a Regents Scholarship to pay her college expenses) and the fact that she waited to get married until she found the right person" at age 27, which was considered old in that era. "She was proud of her work as a guidance counselor at an inner-city high school known as a war zone," Willa continued. There, Esther helped many "kids of color who didn't have traditional ways to show their abilities" get into Ivy League schools.

Both Willa's parents attended New York City's Thomas Jefferson High School, where Esther went on to work and where Willa also attended high school. In her parents' era, the school was predominantly immigrant Italian and Jewish children, but by the time Willa attended she said only 5% of the students were white Jewish kids.

It was in high school that Willa first explored both ceramics and poetry. Encouraged by her high school English teacher and her mother, Willa has

followed those passions throughout her life. She has gained renown for her artistic endeavors including several solo shows for her ceramics; a 2002 Oregon Book Award in Poetry for her second poetry collection, *In The Margins of The World*; and two Oregon Literary Arts Fellowships in poetry.

Her last show at the Oregon Jewish Museum, which opened in September 2001, was the last event ever attended by Esther, who died one month later.

Of her upcoming show, Willa says, "She directed this show. I have this archive handed to me; I have to use it." She uses all of her arts – ceramics, poetry and photography – to chronicle her mother's life and wisdom. A letterpress chapbook (small typeset, limited-edition book) of five or six poems about her mother will be available in the museum gift shop in conjunction with the exhibit. The poems are drawn from a larger collection about her parents, *A Good Time to Die*, for which she currently is seeking a publisher.

Also in conjunction with the exhibit, Willa will lead a workshop on writing about Jewish mothers. A reading of poems about her own mother will include time for workshop participants to share their works (see box). On Oct. 30 she will emcee the museum's 13th annual Oregon Jewish Writers' Reading, which she pioneered.

A clinical social worker in private practice, Willa also used that expertise in Cambodia when one of her fellow U.N.


Willa Schneberg uses all of her arts – ceramics, poetry and photography – to chronicle her mother's life and wisdom.



PHOTO BY DEBORAH MOON

Willa Schneberg wears her mother's autographed Women's Army Auxiliary Corps hat as she displays the ceramic version she made for the upcoming exhibit at the Oregon Jewish Museum.

workers was murdered in an act initially thought to be the work of the Khmer Rouge. Other workers were traumatized both by the loss of a friend and fear of more killings. The murderer turned out to be a disgruntled applicant upset he did not get an elections job, but Willa spent time counseling co-workers and acting as a liaison with the slain worker's family.

"After the magnitude of my Cambodian experience, I no longer wanted to live in the East Coast," says Willa, who had lived in Boston for 15 years. "I wanted to move across the country and live near the Pacific Ocean in a smaller city that was as progressive and cultural as Boston." 

OREGON JEWISH MUSEUM

EXHIBIT: The Books of Esther

Sept. 12 - Nov. 25, 2012

An interdisciplinary exhibition by Willa Schneberg about the life of one woman who "talked" through writing.

WORKSHOP: Writing the Jewish Mother

2-5 pm, Nov. 4

The Jewish mother has been exalted, maligned and ridiculed. In this workshop, go beyond stereotypes to write poetry and prose about the lives of Jewish mothers.

READING: At 7:30 pm, Nov. 13, Willa will read poems about her Jewish mother and invite workshop participants to read their pieces as well.

Oregon Jewish Museum, 503-226-3600
1953 NW Kearney, Portland

Israeli twin brothers open Vancouver Symphony's 34th season

by Elizabeth Schwartz

The Vancouver Symphony's 34th season, which begins in early October, is titled "The Infinite Power of Music." The careers of Israeli cellist Hillel Zori and his twin brother, violinist Nitai Zori, exemplify the abiding connections music creates. The brothers, who began making music in early childhood, are each noted performers in their own right.

Hillel made his professional debut with the Israeli Philharmonic under the direction of Zubin Mehta and has won several prestigious international cello prizes including the Rostropovich and Maria Canals competitions.

Nitai is the concertmaster of the Ra'anana Symphonette Orchestra, a municipal ensemble located in Israel's southern Sharon Plain, near Kfar Sava and Herzliya. Nitai

is also an active chamber musician and soloist and has performed with ensembles throughout Israel and the world. Nitai is a champion of contemporary music and has commissioned a number of new works for violin.

The brothers' busy concert schedules do not afford them many opportunities to perform together, so the VSO's opening concert is an especially welcome event. As an added bonus, the Zoris also get to renew their ongoing artistic collaboration with Vancouver Symphony Artistic Director Salvador Brotons.

"Maestro Brotons is a wonderful human being," said Hillel in a recent email. "He is a great musician, open-minded, hard-working and smiley at the same time. I met him first in Israel when he was (a) guest with the Ra'anana Symphonette Orchestra. Maestro Brotons understands music in a

multifaceted way, and hence working with him is also a learning experience."

Nitai first worked with Brotons 12 years ago, when Brotons conducted the RSO in Israel.

Nitai declares Brotons is "a great conductor and composer with the most warm and charismatic personality."

The Zori brothers began their musical training early, under the tutelage of their father, also a professional musician. By age 7, Hillel and Nitai had begun learning cello and violin. Being twins might suggest



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Nitai Zori

Hillel Zori

a deeper or more unique connection, but Hillel is quick to play down that aspect of his creative relationship with his brother. "Making a big deal about being a twin was always 'sexy' for other people rather than for us," he explains. "We are just brothers, and I do not recall any special issues just because we were born on the same day."

Nitai concurs. "Being twin brothers is not an issue at all for us; however, we have a unique musical contact because we played together all through our childhood."

Hillel and Nitai will be performing a little-known work for solo cello, solo violin and orchestra, by French composer Camille Saint-Saëns. *La Muse et le Poète*,

composed in 1909, is a 16-minute dialogue between the two soloists and the orchestra. Saint-Saëns described the work as "a conversation between two instruments instead of a debate between two virtuosos."

Both brothers agree. "Virtuosity is not a key element for the piece although it has demanding moments for both instruments," says Hillel. "The composer explores the ranges for both instruments and creates a rich linear language that features Romantic colors."

Nitai adds that the piece is fun to play because Saint-Saëns wrote so skillfully for specific strengths of violin and cello. "It is a lovely piece, very emotional and delicate," he says. "The dialogue between the violin and the cello is very well composed because Saint-Saëns understood the idiom of both instruments."

The concert also features Saint-Saëns' *Organ Symphony*, along with works by Maurice Ravel, Aaron Copland and Georges Bizet. 

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

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Cake artist plans to improvise at Feast Portland

by Kerry Politzer

Bon Appétit Presents Feast Portland

The city's most exciting new foodie event, Bon Appétit Presents Feast Portland, touches down this month. Celebrity chefs and television personalities from all over the country will converge here to hold tasting events, give lectures on food and wine, and cook up mouthwatering meals.

Event founders Carrie Welch and Mike Thelin conceived of Bon Appétit Presents Feast Portland as a way to spread the word about Portland's culinary innovations and unique local ingredients. Modeling the four-day festival on major events like the New York City Wine & Food Festival, Welch and Thelin aim to "make Portland the center of the culinary universe for one weekend each year." One hundred chefs, including 30 from out of town, will take part in more than 40 events over the course of the festival.

For fun-loving foodies, Welch recommends the Sandwich Invitational, which will be held in Director Park 5:30-8:30 pm, Thursday, Sept. 20. At this event, chefs from local restaurants will square off against out-of-towners in a contest to make the best sandwich. The audience is encouraged to vote in the People's Choice Award. All sandwiches will be paired with beer from Widmer Brothers Brewing.

At 6:30 pm, Sept. 21, Feast Portland Night Market will celebrate global street food at the Ecotrust Building, 721 NW Ninth Ave. Imbued with the spirit of the great nighttime food markets of Southeast Asia, but celebrating multiple food traditions, the Feast Portland Night Market will embody the sights, sounds, smells and energy of a world culinary journey. Tickets are \$125.

The festival has a philanthropic focus as well as a culinary one; the proceeds benefit Share Our Strength and Partners for a Hunger-Free Oregon.

Bon Appétit Presents Feast Portland: Sept. 20-23, various locations. More information is available at www.feastportland.com and www.twitter.com/feastpdx.

With his offbeat wit and flair for the unusual, Jeffrey Adam "Duff" Goldman has become one of the most popular cake artists in the country. Food Network viewers may know him from his television programs *Ace of Cakes* and *Sugar High*. Duff's resume is diverse; at various points in his career, he has worn the hats of metal sculptor, graffiti artist, alt-rock bassist, pastry chef and, finally, cake decorator. Says Duff, "I was an artist way before I was a pastry chef, and a pastry chef way before I was a cake decorator." Duff grew up in a Jewish family in the Washington, DC, and Boston areas. Presently, he serves as executive chef of Baltimore-based Charm City Cakes and its newer outpost, Charm City Cakes West in West Hollywood, CA.


Visitors to Charm City Cakes salivate over flavors like Pear Compote and Ginger (white cake with candied ginger, pear compote and Italian buttercream), Peanut Butter Cup (chocolate cake layered with peanut butter and chocolate frosting) and Curry Caramel (yellow cake with spicy curry caramel and Italian buttercream). When asked about the inspiration for this last cake, Duff mentions an epiphany he had at an Indian restaurant in Baltimore: "I was eating at this restaurant called The Ambassador, a place with real Indian chefs. I had some kind of sweet bay scallops with curry – hot, caramelized, really, really sweet. They were like candy that grows in the ocean." Later, in the kitchen, Duff tried out several combinations including chocolate curry, but nothing tasted quite right. Then, he caught sight of some dulce de leche cake batter. Curry Caramel was born.

One of the staff favorites at Charm City Cakes is the Cardamom and Pistachio flavor. Indian cuisine also provided the inspiration for this cake. "The Indian dessert *ladu* is a big ball of cooked sugar and milk and all these really good flavors; it's an interesting pastry you find with pistachios on top. Ever since being introduced to it in college, I've been trying to incorporate it into something." Customer favorites include more traditional flavors like lemon and chocolate, while the pumpkin chocolate-chip is also very popular. Duff also offers a "cake" that consists entirely of giant round brownies. "It's like 300 pounds!" he exclaims.

Duff's cakes are extremely striking visually. Drawing from his background in design, he works with a team of trained artists to craft his creations. At the same time, he remains adamant about the importance of flavor. "Our cakes are very artistic, creative and visually striking, but they also have to taste good. The prettier the cake, the more expensive, you better make it worth cutting into. Our cakes are delicious!"

At the same time Duff runs Charm City Cakes, he is in the process of expanding his brand-new, do-it-yourself Cakemix concept. He explains, "At Cakemix, you come in and you tell the guy at the front, I want a 6-inch cake, a 9-inch cake, six cupcakes. We give you the cake and decorations, and our cake decorators help you. They will even show you how to make a rose or cover in fondant." Cakemix has been attracting celebrity interest; recently, Duff helped singer Randy Jackson's assistant decorate a birthday cake with musical notes. There are plans to open Cakemix branches all over the world.

In addition to appearing on The Food Network, Duff can be seen on YouTube's *HUNGRY*, where he intersperses cake demonstrations with performance art. In one segment, he plays a food prank: "I make some black tempura batter and fry some soft-shell crabs. Then I go out in the street and set up a table. People walking by say, 'Hey, Food Network guy, can we get a picture?' 'Only if you eat this tarantula!'"

Duff will be competing in Bon Appétit Feast Portland's Sandwich Invitational. An improviser at heart, he has still not decided on the ingredients for his contest entry. Right now, he is leaning towards a breakfast sandwich. "People may not know this, but I'm a master of eggs." Duff will also be contributing a cake to the Night Market event. "We have been in discussion about designing a cake shaped like some giant piece of food, maybe an oversized shish kebab." No matter what Duff brings to Bon Appétit Feast Portland, it's sure to be a tasty – and larger-than-life – surprise. 

Kerry Politzer is a freelance writer in Portland.



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CHEF'S CORNER

Apples and honey give chicken a sweet taste for Rosh Hashanah dinner



by Lisa Glickman

As the High Holidays get closer, I know summer soon will be over and it's time to reflect and celebrate the Jewish New Year. Here in Oregon, there's usually plenty of warmth still in the air as we make our way to Rosh Hashanah services. But by Yom Kippur, just the following week, there is already a noticeable chill that reminds me fall is ready to begin.

The term Rosh Hashanah appears in the Bible in Ezekiel 40:1 where it means generally the time of the "beginning of the year." Traditional customs include sounding the shofar and eating symbolic foods such as apples dipped in honey in hopes for a sweet new year. It is also a time to take stock of the previous year. I like to appreciate all of the good fortune I have had, as well as make a mental list of personal transgressions and the things I could be doing better in my life.


Another popular practice of the holiday is Tashlikh ("casting off"). We gather around flowing water, such as a river or stream and toss breadcrumbs into the river, symbolically casting off our sins. (This is a good time to take along that mental list I was talking about earlier...)

I converted to Judaism before I was married almost 20 years ago. Back then, the traditions and customs of being Jewish were very new to me. A few years after my conversion, my sister-in-law Jennifer and I decided to study Hebrew and become b'nai mitzvah, though of course both of us were well past our 13th birthdays. Standing on the bimah that evening and chanting our Torah portions was a very proud moment for both of us.

The High Holidays are when we come together to rededicate ourselves to G-d so we might have the greatest chance of ensuring that – in spite of what the previous year might have held – we will have a very happy new year.

One of my favorite cookbooks contains recipes from a mother and daughter who share their recipes for traditional Jewish food along with some more contemporary recipes. I have used many of the recipes in *Mother and Daughter Jewish Cooking: Two Generations of Jewish Women Share Traditional and Contemporary Recipes* by Evelyn and Judi Rose. One of my favorites is this recipe for "Biblical Chicken." It

encapsulates the spirit of Rosh Hashanah with honey, apple and raisins. I like to use boneless, skinless thighs because I think they have more flavor, but you can use thinly sliced boneless breasts if you like; just remember they will cook much more quickly. The chicken is lightly fried to give it color and then finished in the tangy sauce made with apple juice, white wine, lemon zest, honey and a touch of cinnamon. I tighten up the sauce with a bit of cornstarch and garnish with toasted slivered almonds for added crunch. It's easy and delicious. You can make this dish well ahead of time and simply reheat and add the garnish when needed. It tastes even better the next day.

"L'Shanah Tovah" is the greeting heard during the High Holidays which literally means, "To a Sweet Year." I wish L'Shanah Tovah for us all. 



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

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Biblical Chicken

6 to 8 boneless and skinless chicken thighs

$\frac{1}{2}$ cup all-purpose flour

Kosher salt and pepper

4 tablespoons olive oil

$\frac{3}{4}$ cup slivered almonds

For the sauce:

1 cup chicken stock (plus a bit more for the slurry)

$\frac{1}{2}$ cup apple cider (the cloudy unfiltered kind)

$\frac{1}{3}$ cup dry white wine

Juice and grated zest of **1** lemon

3 tablespoons honey

$\frac{1}{4}$ cup golden raisins (optional)

One 3-inch cinnamon stick

1 teaspoon cornstarch mixed with

$\frac{1}{4}$ cup chicken stock and

1 teaspoon soy sauce

Chopped parsley for garnish

Season the flour with the salt and pepper. Flatten the chicken thighs gently and dredge in the flour. Shake off excess flour. In a large skillet, heat the oil over moderate heat. Add the slivered almonds and cook until golden brown. Remove almonds with slotted spoon, drain on paper towels and set aside. Add the chicken to the hot fat and cook over medium heat on each side until rich golden brown. Remove chicken from pan and set aside. Pour out remaining oil leaving the brown bits in the pan. To make the sauce, pour the white wine into the pan and stir to remove brown bits and intensify flavor, about three minutes. Add the stock, apple cider, lemon juice and zest, honey, raisins and cinnamon stick. Bring to a boil. Add chicken back to pan, cover and turn heat to low. Allow chicken to finish cooking in sauce, about 20 minutes. Lift chicken from sauce and arrange on platter. Remove and discard cinnamon stick. Bring sauce to a boil and add cornstarch/chicken stock/soy sauce mixture a little bit at a time to bring sauce to desired consistency. Taste and adjust seasoning. Pour sauce over chicken and garnish with slivered almonds and chopped parsley.

Sample sustainable eating at Jewish food conference

by Elizabeth Schwartz

In 2008 Hazon, a New York-based Jewish environmental and sustainability organization, hosted its first Jewish Food Conference. Just four years later, as Hazon continues its annual food conference tradition, smaller conferences are popping up like mushrooms all over the country, from Boston to San Francisco. On Sunday, Sept. 9, Portland will host its first Jewish Food Conference with a daylong schedule of workshops, breakout sessions, panel discussions, a locally catered lunch and a visit to a nearby organic farm. Organizers intend the conference to become an annual event.

The Portland Food Conference is a collaborative project of the Institute of Judaic Studies and Portland Tuv Ha'Aretz, Portland's Jewish connection to sustainable, ethical food for all. It is funded by Hazon and a Community Impact Grant from the Jewish Federation of Greater Portland.

"This conference is an examination of the intersection of food and sustainability and Judaism," says Hannah Treuhaft, a founding member of Portland Tuv Ha'Aretz and a member of the Food Conference Steering Committee. "It will feature community members sharing ideas and exploring what our tradition has to say about how we grow, how we eat, how we prepare our food and what foods we buy."

The conference will begin with a panel discussion with three Jewish community leaders who are working on different aspects of sustainable healthy food: Shari Raider, farmer and owner of Sauvie Island Organics; Nancy Becker, a registered dietician with the Oregon Public Health Institute and a nutrition consultant with the Community Health Partnership; and Ari Kushner, head of food services at Cedar Sinai Park. "Rather than bring in a speaker from outside our community, we decided to highlight local Jewish luminaries who are engaged in food work," says Treuhaft.

After the opening panel discussion, participants will choose from a variety of one-hour workshops and sessions. Topics may include Jewish health and nutrition; food ethics and *tik-kun olam*; Jewish texts, values and traditions; food history and culture; children's programs; and do-it-yourself workshops such as how to make pickles or can tomatoes. There will be a catered vegetarian lunch featuring Israeli-style food. The daylong conference will end with a bring-your-own picnic dinner at Sauvie Island Organics.




Left: Shari Raider will discuss sustainable food from the perspective of an organic farmer.

Right: Ari Kushner will share his perspectives as head of food services at Cedar Sinai Park.

"The Portland conference is modeled after Hazon's, but it's smaller and more intimate," says Treuhaft, who sees the proliferation of regional food conferences as a natural outgrowth of Hazon's annual food conference. "Local communities are exploring the issues brought up in the Hazon conference. Having smaller local gatherings gives us the opportunity to highlight the people in our community who are working on these topics, both Jewishly and in their secular lives. Portland is perfect for a food conference like this, because Portland's place in the national conversation about sustainability – the way we eat and grow and take care of the people who grow our food – is in a different place than much of the country; we're further along. We've been talking about these kinds of things for awhile."

Treuhaft envisions the Portland conference as a beginning; a place to generate a number of thoughtful, important conversations for Jews about the food they eat. "Adding the spiritual dimension to the ongoing food dialogue complicates these conversations in a positive way," she explains. "It pushes people to look deeper at their own eating and buying habits."

"This conference won't be the end," Treuhaft adds. "It's my hope that more Jewish people start to explore these conversations and these relationships within their own lives, and this gathering is a great catalyst for those discussions." 

PORTLAND JEWISH FOOD CONFERENCE

WHEN: Sept. 9

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INFORMATION & REGISTRATION: portlandtuv.org or judaicstudies.org/food-conference-2012.html

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Home Improvement

Optimistic HOMEBUILDERS

Recession's death grip on construction has turned the corner with home remodels and new building on the rise

by Deborah Moon

Steven Heiteen is optimistic that residential construction will rise during his term as president of the Homebuilders Association of Metro Portland. Not that he plans to take credit for that any more than he deserves the blame for the dismal construction numbers during his three years as a vice president of HAMP.

When Heiteen, who owns Portland Remodel, first took office in December 2009, the country was already mired in a recession that took a particularly hard toll on the housing industry. According to the U.S. Census Bureau, Oregon building permits for privately owned housing units fell from 21,101 in 2007 to a low of 6,868 in 2010. Last year, the numbers started to recover with 7,663 permits issued.

Through his three years as a VP (HAMP's traditional path to the presidency), Heiteen has worked to educate members on trends in the industry. HAMP is active in political advocacy for building-related issues and helps members network to improve their businesses. Heiteen says many members are involved in metro-area planning departments or sit on city committees; he himself is on Portland's Development Review Advisory Council, which provides oversight for the Portland Building Department.

As he prepares to step up to the presidency Dec. 1, Heiteen says the region's builders finally have reason to be optimistic.

"The industry is improving. We are running through existing lots." This reflects the increase in building this year, he says. "So we (HAMP) are involved to help more land come online so folks can do home builds."

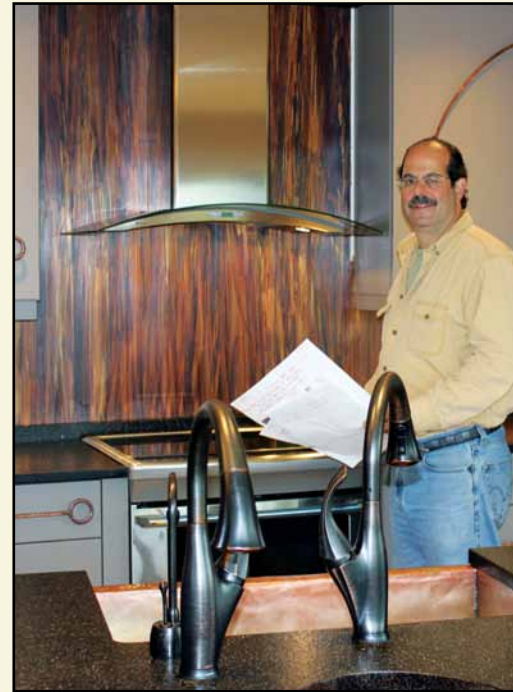
"The whole residential construction industry was hit pretty hard," he says. "Some folks left the business. But folks who are still here are starting to get busier."

At the July board meeting he says he heard a lot of good news. "Things are positive for everybody."

"We probably won't be back to 100% of where we were by the time I get done a year from December, but we are well on the way. Things have turned the corner in the right direction," Heiteen says.

In his own business, which focuses on remodeling, the recession didn't take quite as deep a bite. "Some of the tightness with the housing market helps to motivate people to remodel or retrofit their existing home. ... Remodeling was hit hard also, but it got in (trouble) later and saw an earlier recovery."

Heiteen brings to his presidency a long history in the industry. He started his construction business in Oregon 20 years ago. Before that, he worked in his family's residential and restoration business in Chicago for 12 years. He moved up through the ranks – apprentice, carpenter, foreman, estimator and finally project manager.




Homebuilders Association of Metro Portland incoming President Steven Heiteen looks over a kitchen his Portland Remodel company has nearly finished.

When he and his wife, Susan Kuznitsky, moved to Portland to start their own business, they joined Congregation Neveh Shalom. Their sons Jacob, 18, and Matthew, 15, both became b'nai mitzvah at the Conservative congregation.

He says he enjoys remodeling, as opposed to new construction, because home building is more about a product and remodeling is about customer service.

"We are working on their home with them in the home," he says. "I'm adept at smoothing the process."

Heiteen says bathroom and kitchen remodels are the most popular project because "those components really enhance people's way of living in a home."

Creating a master suite, either by adding on or turning a four-bedroom home into a three-bedroom home with a large master, is also popular. "Empty nesters want one spectacular bedroom suite," observes Heiteen. 

Interior Design Trends

People want homes to be more efficient, useful and beautiful

by Jan Behrs

Taste in furnishings and home décor is individual, of course. But when a lot of people start liking the same thing, we've got a trend on our hands. Trends in interior design are what you'll see these days in the Northwest's fall home shows and new remodels – things that people want in their homes to make them more efficient, useful and beautiful.

While neutral walls (white, beige) are a classic that never goes away, so many new options in wall, woodwork and flooring colors and materials are available that things like glass and tumbled stone, reclaimed wood, Marmoleum, vinyl wall-coverings in lush textures and prefinished wood laminates rise in popularity each year.

Influenced by fashion, the economic and political climate and environmental

concerns, as well as current events such as the London Olympics, trends in interiors reflect the way people want their lives to be arranged.

"Although the Street of Dreams features houses with rooms and rooms and rooms, one for the TV, one for the pool table, and so on," said designer Gary Pearlman of DesignPro, "I find that people are furnishing now for a more relaxed, casual lifestyle. They want less formal interior spaces, with easy-to-maintain surfaces.

"People are opting to create more openness when they remodel, not more small rooms; I'm seeing a trend to knocking out walls for a single, large room that incorporates the living room, dining room, family room – a room that actually gets used daily, not just once in awhile, for a single purpose."

Linda Georges, owner of Room by Room interior design, notes that carpets are shrinking while wood or tile floors are becoming more popular, accented with area rugs. That ties in with the easy-care trend.

"Carpets stain; the new polymer tiles look great and don't stain. Porcelain tiles for floors are easy to clean, and they have come of age – an untrained eye can't tell the difference anymore between porcelain and stone," she said.

Those huge soaking tubs in bathrooms "are going by the wayside" in favor of showers,

"I find that people are furnishing now for a more relaxed, casual lifestyle."

—Gary Pearlman of DesignPro

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she added, due again to the desire for a more laid-back home life. “Who has the time and money to fill those big tubs with hot water?”

People are paying much more attention to the effects of lighting in their homes these days, designers say. Whether it is opting for larger windows to bring in more natural light or rethinking how a room is lighted at night, changes are afoot.

“People are adding more lights, such as recessed cans, around the perimeter of rooms, taking down that single chandelier hanging in the center,” Pearlman said.

“Chandeliers,” said Georges, “are going into bedrooms and baths, becoming the jewelry of the room. I’m also seeing lots of hanging pendant lights over kitchen islands.”

“The quality of lighting is critical for interior spaces,” said designer Karol Niemi. “The direction the home faces, whether there are skylights, the size of the windows – all come into play.”

Lighting also affects what colors work in a room, Niemi said.

“To choose a wall color, you need a sensitivity to value – the lightness or darkness of the color – and how it works with the woodwork,” she said. “If a space is bright, say east or west facing, you need to soften the tone of the walls. Homes in the Pacific Northwest often have natural, rich woodwork, which requires color in a medium value to soften the edge between trim and body.”

But that old standby, white, is never far down the list.

“White is back, especially for kitchens,” Georges said. “Everybody wants a white kitchen now, with Carrara or Calacatta marble countertops or dark espresso cabinets with a white countertop.


We seem to be veering away from granite to quartz treated with resin – it’s not porous like natural stone, so it’s easier to care for, but it looks very much like slab granite.”

Pearlman sees a similar palette for other rooms – “beige walls with black furnishings, or, in exteriors, gray or taupe houses with black trim. Indoors, the rooms are accented with spots of a bright color,” he said.

“In fact, I just completed a *ketubah*, an illustrated Jewish marriage document, and the bride wanted the colors to be purple, orange and lime green.”

Bright colors on vintage furniture is a trend, as well.

“While the interest in traditional furniture is very strong,” said Niemi, “people are twisting it by using a unique finish, glaze or color. I go to the Maison & Objet trade show in Paris each year, and what I see is a strong interest in the clean lines of Asian design with its very decorated, very bright-colored furnishings, as well as people taking a classical piece of furniture, say a not-terribly-valuable baroque piece, and making it contemporary with a high-gloss automobile finish.

“The idea of recycling old materials isn’t new. I think it’s better to buy something good the first time and just refinish it. The juxtaposition of new materials on an old piece can make it something else completely.” 

Portland freelance writer Jan Behrs specializes in stories about gardens, remodeling and real estate. She moved to Oregon from Wisconsin in 1980, trading tornadoes for volcanoes. She is a master gardener who tends two-thirds of an acre in Southwest Portland. Her work appears in *The Oregonian*, *Better Homes and Gardens* and online.



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Prehistoric tools enabled architectural revolution

Recent research at the archaeological site of Motza in Israel's Judean hills unearthed evidence that sophisticated carpentry tools first appeared at the same time as increased agriculture and the establishment of permanent settlements.

During the Neolithic Age (approximately 10000–6000 BCE), early man evolved from hunter-gatherer to farmer and agriculturalist, living in larger, permanent settlements with a variety of domesticated animals and plant life. This transition brought about significant changes in terms of the economy, architecture, man's relationship to the environment and more.

Now Dr. Ran Barkai of Tel Aviv University's Department of Archaeology and Ancient Near Eastern Civilizations has shed new light on this milestone in human evolution, demonstrating a direct connection between the development of an agricultural society and the development of woodworking tools.


"Intensive woodworking and tree-felling was a phenomenon that only appeared with the onset of the major changes in human life, including the transition to agriculture and permanent villages," says Dr. Barkai, whose research was published in the journal *PLoS One*. Prior to the Neolithic period, there is no evidence of tools that were powerful enough to cut and carve wood, let alone fell trees. But new archaeological evidence suggests, sophisticated carpentry developed alongside agriculture.

The use of functional tools in relation to woodworking over the course of the Neolithic period has not been studied in detail until now. Through their work at the archaeological site of Motza, a neighbourhood in the Judean Hills, Dr. Barkai and his fellow researchers, Prof. Rick Yerkes of Ohio State University and Dr. Hamudi Khalaily of the Israel Antiquity Authority, have unearthed evidence that increasing sophistication in terms of carpentry tools corresponds with increased agriculture and permanent settlements.

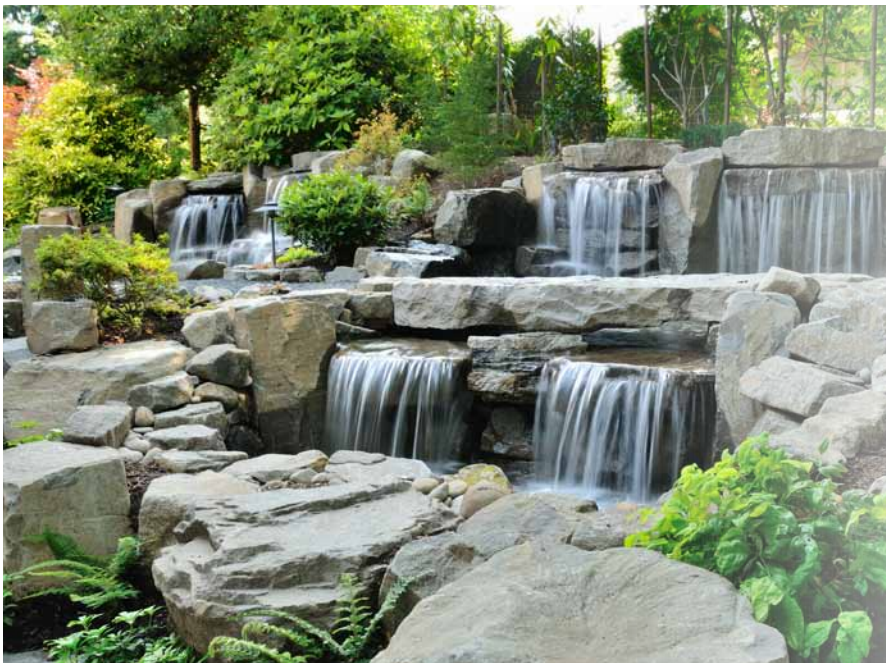
"We can document step by step the transition from the absence of woodworking tools, to delicate woodworking tools, to heavier woodworking tools," Dr. Barkai says.

Beyond the change from a hunter-gatherer to an agricultural economy, a new form of architecture also emerged. Not only did people begin to live in permanent villages, but the buildings in which they lived literally took a different shape. The round and oval structures of earlier domiciles were replaced by rectangular structures in PPNB, explains Dr. Barkai. "Evidence tells that us that for each home, approximately 10 wooden beams were needed. Prior to this, there were no homes with wooden beams."

In addition, humans began to produce limestone-based plaster floors for their homes – which also represented a growing use of wood, since plaster is manufactured by heating limestone.

These architectural developments, along with building pens and fences for domesticated animals, also necessitated the felling of trees in large quantities. 

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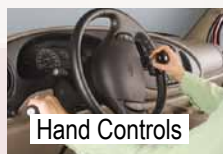
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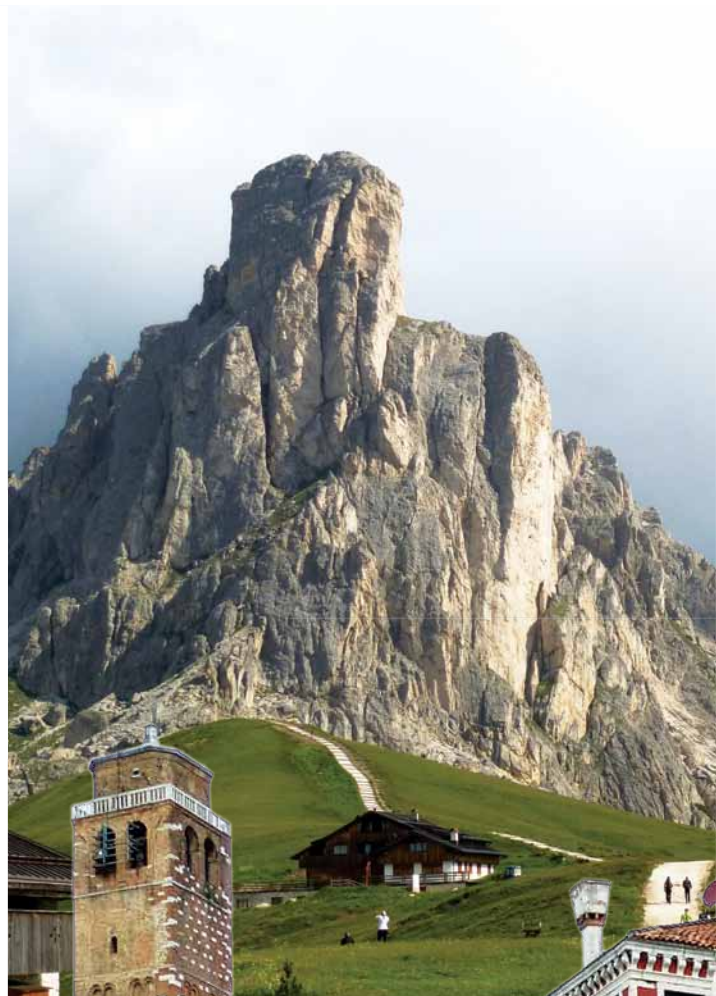
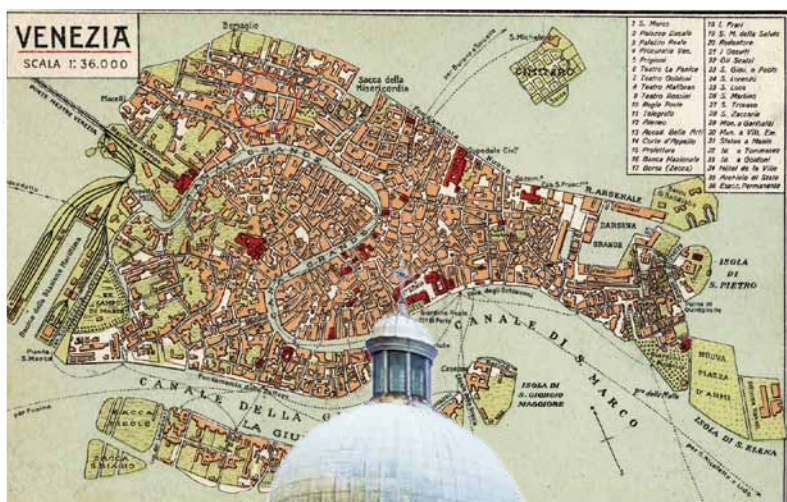
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Journey to Jewish Venice – Clockwise from top right: Passo di Giau in the Dolomites of northern Italy is one of many mountain passes Jews might have used into Italy when they were expelled from other European countries in the Middle Ages; the entrance to the Grand Canal is the way many people have entered Venice for centuries; map of Venice; and the entry to Ghetto Nuovo.

Venice:

Home to gondolas, romance and the world's first Jewish ghetto

Story and photos by Deborah Moon

The expulsion of Jews from European countries was common throughout the Middle Ages. Spain's expulsion or forced conversion of Jews in 1492 is the most infamous, but others had set the stage: England in 1290, France in 1306, and Warsaw, Sicily and Lithuania in 1483.

Various regions of Italy expelled Jews in different years, but in Venice, the merchant economy's need for the Jewish moneylenders caused the Venetian Senate to create a different paradigm to deal with the tensions that periodically arose between Christians and Jews living side by side. In 1516, Venice created the world's first ghetto – an area where all the city's Jews were required to live. The word ghetto arose from the Italian verb *gettare* (to discard or cast), because the area was littered with the discards of the area's former copper foundries. While Jews were required to live in the defined area, they were confined there only at night. The Christians who guarded the two bridges into the Jewish square not only kept the Jews in, they also protected them by keeping others out.

The Christians who guarded the two bridges into the Jewish square not only kept the Jews in, they also protected them by keeping others out.

Before traveling to Italy this summer, I explored the Jewish history of Venice in anticipation of spending two days there at the end of our trip. I interviewed Lisa Calevi, now a doctoral student at the University of Oregon researching the visual culture of Jewish Italy. While living in Italy from 1994 to 2008, Calevi created several Jewish Heritage Tours of Italy and still leads about one tour a year (for information on future tours, email lisa.calevi@gmail.com). She provided many suggestions on things to see and people to talk to in the ghetto.

Shortly before we left, I received the novel *The Midwife of Venice*, a story about a Jewish midwife in the late 1500s who aids a Christian woman during childbirth despite a papal edict prohibiting Jews from treating Christians. (For much of the ghetto's history, Jewish doctors were in high demand in the Christian community. In the 1500s, the Venetian Senate granted Jews the right to study at Padua University, where many earned medical degrees.) Reading the novel on the flight over sent my mind on flights of fancy about that era. As I pedaled my bicycle over mountain passes in the Alps and Dolomites, I wondered if Jews expelled from other European countries had crossed those same passes centuries earlier. We spent two weeks



cycling through the mountains that line Italy's northern border. Even with today's modern roads, navigating the passes through those craggy peaks is daunting.

Emerging from the mountains, the flatness of Venice seems especially pronounced. Crossing the lagoon from the mainland, the buildings seem to rise directly out of the water. The total absence of vehicles makes it easy to imagine a romantic, pre-industrial era. In Venice, the streets are dedicated to pedestrians and handcarts. The gondolas, water taxis and water buses ferry people and goods around the city's web of canals.

Lisa had recommended we stay at Locanda del Ghetto Nuovo (www.locandadelghetto.net/en/), right in the ghetto, but it was full the weekend we visited. Instead we stayed along the Grand Canal near the Rialto Bridge. The view was gorgeous and it was wonderful to sit on the hotel balcony and watch the bustle of water traffic while the waiters at the seemingly endless row of sidewalk cafes vied for the constant stream of tourists.

I was surprised by the heat along the Grand Canal and how it dissipated as soon as we entered the narrow passages that wound between the buildings. Wandering through the labyrinth, we would emerge unexpectedly into a busy square full of people and shops. In the squares, signs painted on ancient walls point the way to major "roads" or landmarks.

We arrived in Venice on a Friday a bit later than we had planned. By the time we found Ghetto Nuovo in the late afternoon, the square was nearly empty. Many merchants were removing their signs and closing their shops in preparation for Shabbat. A Chabad rabbi invited passing tourists the opportunity to lay tefillin for Mincha, the afternoon prayers.



Jakub "Kuba" Rekiwicz hangs out on the bridge between the two ghetto squares waiting to give gondolier rides to tourists.

But a glass shop owned by a man named David Curiel was still brimming with tourists who wanted a mezuzah or menorah made by David's sister Doriana. About 95% of his customers are Jewish tourists, he told me. Between sales, David posed for pictures and answered questions about his family and the ghetto. The Curiel family has lived in Venice for nearly 500 years. The family crest hangs on the shop wall and the family name is engraved on the family residence some 100 meters from the shop. David doesn't know how his family first came to Venice, but he said now they are among only about 15 Jews who still live in the ghetto area. About 400 to 500 Jews now live scattered around Venice, about the same number who lived in the ghetto when it was established.

The ghetto's population hit a peak of about 5,000 in the 1600s. That population surge in a confined area resulted in Venice's version of skyscrapers. Most buildings in Venice are two to four stories, but as the ghetto population swelled, the only place for families to expand was up. As a result the ghetto has many buildings seven to 10 stories tall.

Leaving David's shop, we crossed the bridge to the other ghetto square – Ghetto Vecchio. Despite its name meaning Old Ghetto, it is actually the newer of the two Jewish quarters (old refers to the older copper foundries that were in that area). As Lisa had predicted, we met Kuba, whom Lisa calls "the nicest gondolier in Venice." Kuba (short for Jakub) arrived in Venice from Warsaw, Poland, 40 years ago. One of the many non-Jews who now populate the ghetto, Kuba is well versed on the ghetto's history, shops and residents. Kuba's "regular perch" is on the

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bridge between the ghettos, from which point he offers tourists an enlightening gondola tour of his city.

If you want to attend Shabbat services in Venice, Lisa recommends taking your passport to the *comunita ebraica di venezia offices* (Jewish Community of Venice offices in Ghetto Vecchio; www.jvenice.org/en) to get your name on the list. She says some Israeli bodyguards at the synagogues' doors will wave in tourists with American passports, but others will admit only those on the list.

The two ghettos feature five synagogues, all originally built in the 1500s. Venice's oldest synagogue, the Great German Schola; the Canton Schola (1531-32) and the Italian Schola (1575) are all located in the Ghetto Nuovo. The Levantine Schola (1541) and the Spanish Schola (1580) are located in Ghetto Vecchio. The Jewish Museum of Venice (www.museoebraico.it/english/) is located between the two oldest synagogues and offers tours that include one to four synagogues. 



David Curiel, whose family has lived in Venice for 500 years, has a glass shop in the Venice Ghetto, where tourists flock to buy a mezuzah or menorah made by his sister Doriana.

As an art historian, Lisa Calevi received permission to photograph this bas-relief, The Closing of the Red Sea (carved and gilt wooden relief with tempera, 18th century), in the main sanctuary of the Scuola Canton.

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Photos courtesy of Fitness Together

Trainer can inform and inspire a healthier you

by Deborah Moon

Personal trainers can help people of all shapes and sizes rehab from injury or surgery, lose weight, feel younger and improve self-esteem, according to Tony Magden, a personal trainer who owns two Fitness Together studios.

“What we do is not rocket science,” he says. “We do direct people to exercise the right way, but I feel it’s more about accountability and relationships and encouragement.”

Magden says he believes in a holistic approach to improved health, which includes eating well. “I never put anyone on a diet,” he says, but he does have people keep a food journal and then helps them explore healthier choices in their diet.

Magden suggests interviewing two to three trainers and to be wary of anyone who won’t offer a free consultation before you sign up. Discuss your goals, whether they are long-term improvement or a short-term shape-up for a wedding or reunion, and decide if the suggested plan can fit into your life. Look at testimonials and ask for referrals, he adds. Finding the right trainer and the right atmosphere are essential to ensure people reap the rewards exercise can offer.

The benefits of exercise include stress reduction, better sleep, lower blood pressure and weight loss, says Magden, noting his clients range in age from teenagers to 80- and 90-year-olds. He says the older clients especially benefit from improved balance

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A group of four women are in a fitness studio, performing a lunge exercise. They are all wearing athletic wear and are in a similar pose to the woman in the top left image.

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Above left: Personal trainer Melea Smillie demonstrates “the perfect lunge” to tone all the muscle groups in your legs. Start with feet next to each other about six inches apart, hands by your side, pelvis in a neutral position and abdominals gently pulled in. Step forward approximately two feet with the right leg; bend both knees until the back knee is six inches from the floor. Keep weight distributed evenly on both legs, with the back heel lifted up. “Push-off” with the right leg, and lift back to starting position. Repeat on other side.

Above right: Personal trainer Jason Ronnow demonstrates “the perfect push-up,” which forces people to use their core. Push-ups strengthen the abdominals and lower back muscles, while engaging the upper body muscles including the pectorals, triceps, biceps and back muscles. Raise up onto your toes so you are balanced on your hands and toes. Keep your body in a straight line from head to toe without sagging in the middle or arching your back. Your feet can be close together or a bit wider depending on which is more comfortable. Before you begin any movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire push up. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90 degree angle. Exhale as you begin pushing back up to the start position. Don’t lock your elbows; keep them slightly bent.



Personal trainer Tony Magden owns Fitness Together studios (www.fitnessstogether.com/or) in Raleigh Hills (7417 SW Beaverton Hillsdale Hwy., Suite 500) and Tualatin (19291 SW Martinazzi Ave.).

and overall better health. Many are able to reduce or eliminate medications for high blood pressure or diabetes with the benefit of an exercise program.

The big difference Magden sees in his clients is an enhanced self-image. He proudly points to before and after testimonials that show not only trimmer, fitter bodies, but more importantly happier, brighter expressions.

Laura Flax has come to small-group classes at Fitness Together for about a year. "I have always done some form of exercise but with this group I have found my greatest success. Working with a trainer pushes you to do and try things you would not do on our own. Working with a small group provides support, friendship and a little competition....I am 53 and have lost over 20 pounds and feel strong and healthy. Tony and his staff are kind, motivating people."


Sherri Poole, a client for three years, comments, "I have so much more strength and energy than I did three years ago. I am 46 and I feel better than when I was 35.

"I am still working on my goals and get great advice and encouragement from all the trainers at FT. They have helped design a program that works with my life and have been so understanding with the amount of time I was committing."

Magden says that any fitness program must consider a person's financial and time resources. While a client's goals at an initial evaluation might suggest the need to work out four to five times a week, if finances or children, work and other commitments make that impossible, trainers need to work out a schedule that will work and help people adjust their goals.

At Fitness Together, clients work with a trainer whenever they use the resistance equipment or private exercise room, but they are welcome to come in and use the cardio equipment anytime during regular hours (6 am to 9 pm, Monday-Friday; 6 am to 3 pm, Saturday). Last year, FT added small group sessions for about half the cost of individual training.

In Portland, the cost for a 45-minute to one-hour session with personal trainer ranges from \$50 to \$100, says Magden.

"It is an investment," he says. "The people who get the best results are those who have decided they are ready to change their lifestyle." 



Tony Magden, trainer

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Exploring their Birthright

Young adults from Oregon and Arizona find connections in Israel

by Nicole Walters

Sababa – loosely translated from Hebrew, it means, “It’s all good.” In June a bus of young adults from the Portland and Tucson areas shared this sentiment as they were whisked across Israel in a free 10-day whirlwind tour courtesy of Taglit-Birthright Israel.

We journeyed together on an adventure of a lifetime through the desert heat of the Negev, lavish natural reserves in the Golan Heights, breathtaking views of the Mediterranean Coast and the inspiring cityscapes of Jerusalem and Tel Aviv.

During our trip, we’d hear of another community bus traveling with us, “the Phoenix folks,” who occasionally crossed our path. We felt a strong connection with our fellow travelers of the desert as we arrived at each location and received tour guide communiqués “from the other bus.” Sporting “Life is *Sababa*” T-shirts, 40 participants from the Phoenix area filled that bus.



Amid trailing tomatoes and flying strawberries growing in the desert, siblings Rachel and David Zimmerman (Portland) thank our host at Salad Road for the delicious produce. Photo by Nicole Walters

Our bus, operated by Awesome Israel-Kenes Tours, was marketed as a trip for “Young Jewish Professionals of Portland and Tucson.” Our communities were combined because they share similar traits. I was honored to co-staff this group with my Tucson colleague, Michael Achtman. This was Michael’s fifth trip to Israel. He is a Birthright alum and an active member in his Jewish community. “I try and stay very involved in the Jewish community and try to give it as much as it has given me,” says Michael.

Like the other 40 participants, this was my first trip to Israel. As a Jew-by-choice, I was thrilled to have the opportunity to experience Israel, and seeing the land through the eyes of others made the trip even more meaningful. Tucson and Portland filled half the bus, and the remaining seats were filled with participants from along the West Coast – California (including a former Duck!) and Washington. Having participants from other areas could have diluted the “tight-knit” feel of the community trip, but that was definitely not the case. Friendships formed quickly. All found common ground and shared openly right from the start – it was all good, *sababa!*

Since the beginning of the program 13 years ago, Taglit-Birthright Israel has sent more than 300,000 Jewish young adults (ages 18-26) from around the world on their first peer trip to Israel. *Taglit* in Hebrew means “discovery,” and it is through experience – touring, hiking, group discussions and social events – that participants learn about the complex and rich aspects of Israel. An intense 10 days, this adventure explores what makes Israel one of the most dynamic and creative places on earth. Trekking across each region, visiting ancient and modern cities and sites, each traveler was transformed from tourist to pioneer – connecting to the people, the land and their future.

Our itinerary followed the journey of our ancestors, literally walking in the footsteps of the Bible: archaeological sites, nature reserves, desert and mountain scenes (coincidentally the Torah portion for the week was *Shelach*, opening with the people ready to enter the Land of Israel, only to be delayed for another 39 years). Thank goodness it only took us a 15-hour plane ride from our departure in Los Angeles.


Each participant brimmed with anticipation of what each had been promised – “the most amazing 10 days of your life!” For some this was a trip to reconnect with their family’s

heritage and for others it was an introduction into a rich culture. For everyone it was an essential piece to mold their Jewish identity. Jolted by some opinions but drawn closer through meaningful dialogue, participants gained a deeper understanding of issues debated worldwide. As Jews of the Diaspora, we connected to our Israeli family and learned that only by working together can we help shape a better future. Only as a community can we tackle the overwhelming challenges of our society and make it all good.

On a personal note, like our ancestors, it has taken me 39 years to enter the land of Israel. I, too, felt transformed upon entering this land ... Israel is now a part of me. This experience has strengthened my Jewish identity, has given me a broader perspective on the challenges Israel faces and has made me a bolder advocate for a nation of amazing and caring people. Without the opportunity of staffing this trip, it would have taken me much longer to visit Israel. I am forever grateful for this gift and will continue to pay it forward.

Fellow Portland traveler Rachel Zimmerman says, "My experience on Birthright this summer was invaluable. It taught me the importance of a Jewish community. It also reaffirmed the void I've felt spiritually/religiously and has catapulted my involvement with my local Jewish Federation. I feel a Jewish connection I haven't felt since BBYO – without Birthright I wouldn't have found my way back to my Jewish community."

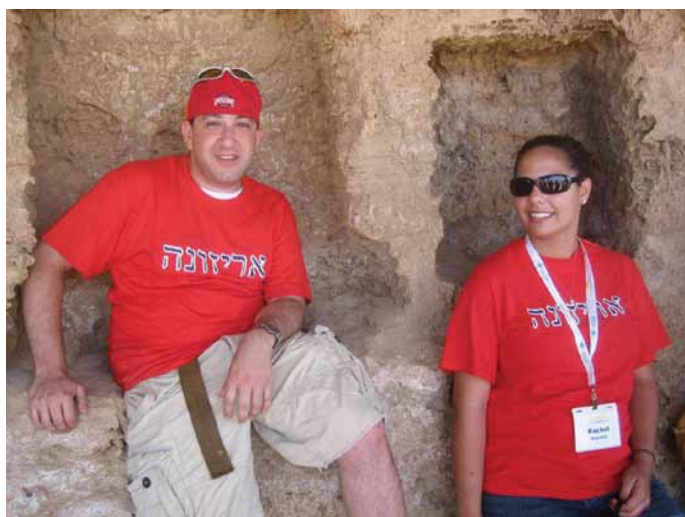
Birthright is an investment in our future. Our communities will continue to reap the goodness brought forth within the lifetimes of these participants.

For more information about Birthright trips, visit www.birthrightisrael.com. Contact the Jewish Federation of Greater Portland at 503-245-6219 or info@jewishportland.org to learn more about local efforts to shape our Jewish future. 

Nicole Walters is the marketing and communications manager for the Jewish Federation of Greater Portland.



Soaking up some sun in Tel Aviv outside of Independence Hall are Jake Matthews (University of Oregon grad) of Los Angeles, David Zimmerman of Portland, and Tyler Schell and Benjamin Goldsmith, both of L.A. Photo by Nicole Walters



Rachel Dajches and Aaron Jensen show their Arizona pride in the Hippodrome of Caesarea on the Mediterranean Coast. Photo courtesy of Michael Achtman



Portlanders Tamara Signorelli, Hannah Hoeflich and Rachel Zimmerman get to know their traveling companions on their first night in Israel. Photo by Nicole Walters



Michael Achtman and Nicole Walters, who co-staffed the June Portland/Tucson Taglit-Birthright bus, refresh in the waters of Ein Gedi near the Dead Sea after descending Masada. Photo courtesy of Michael Achtman

London Olympics offer painful lessons for Israelis

by Mylan Tanzer

The London Olympics came to a close in what Israelis regard as a resounding and painful thud. The games began under a shadow with the offensive refusal of the International Olympic Committee to officially observe a moment of silence on the 40th anniversary of the Munich Olympic massacre in which 11 Israelis were killed by a Palestinian terrorist group.

Many here clearly thought medals were in the air this year. With some impressive international results over the past year in gymnastics, swimming, windsurfing and judo, expectations were high that the medal continuity since Barcelona 1992 would continue.

As the four or five Israeli medal-hopefuls fell, confidence remained that our two-time world champion windsurfer, Lee Korzits, who started the final race in second place, would cruise home to at least a bronze. According to Israeli media, it was almost a no-brainer. Alas, minimal winds and a poor start saw Lee finish ninth out of 10 in the medal round, dropping her to sixth place in the overall standings and out of medal range. That was the end of the medal story for Israel in London.

Despite this being the first Olympics since Seoul 1988 that Israel failed to win at least one medal, I think the games were a success for Israel. For two weeks, local media attention was diverted from its usual trilogy: Iran's progress towards a nuclear weapon, the government's economic zigzagging and the Islamic anarchy in Sinai that has made our longest border a security threat.

When a swimmer and two gymnasts failed to earn medals after making the final medal round, the weight of the nation rested upon Korzits' brave shoulders. When it became clear she too would not bring home a medal, disappointment turned to something in which Israel could be a gold medal winner – if only pointing fingers and passing the buck were Olympic sports.

The arrows justifiably were aimed at the heads of the Israeli Olympic Committee and Israeli sports in general, the government and the approach of the relevant authorities. Veteran sportswriter Avinoam Porat wrote in the Y-net website: "Unintentionally, Lee Korzits did a big favor for Israeli Olympic sports in particular and Israeli sports in general. She insured that this would be the first Olympics in 20 years without a medal and moreover exposed Olympic sports in Israel for what they really are. This cannot continue."

In the Yediot newspaper Amir Peleg was even more critical: "As strange as it sounds, Lee Korzits did a great service to Israeli sports when she lost her nerve in the final race. Just think what would have happened had she eked out a last-minute bronze. The smug Alex Gilady (the only Israeli on the International Olympic Committee) would have worn the medal around his own neck. The arrogant Zvi Varshaviak (head of the Israeli Olympic Committee) would have awarded her the check for 250,000 shekels the size of a highway billboard, Minister of

Sports Limor Livnat would have jumped on the podium (which she actually did in Athens 2004 with Gal Friedman when he won Israel's only gold medal), Prime Minister Netanyahu would have said in a live broadcast 'We are proud of you' and President Shimon Peres would have added, 'We embrace you.'

"With one bronze medal, no one would be talking about the resounding and collective failure of Israeli Olympic sports. The first who must go is Varshaviak, the Kim Jung-On of Israeli sports, a proven dictator and manipulator."

This criticism is harsh (not to mention cynical, something in which Israelis also have gold medal capabilities) and somewhat simplistic, but not altogether unjustified. Before determining Varshaviak's culpability, we must put Israel's 2012 failure into perspective.

Israel clearly lacks the established sports culture and tradition that exist in most developed countries and less developed countries that put sports, particularly Olympic sports, high on the national list of priorities. Israel's lack of high-level sports facilities and government funding are proof of this.

The self-flagellation in the Israeli sports community and media is exacerbated by the fact that in London, Jews representing other nations won eight medals – one more than Israel's total from all Olympics. The media pointed this out in an interview with the Israeli father of New Zealand sailing medalist Jo Aleh, who could have represented Israel, and discussions of gymnastic's medalist Aly Reisman's coaches Michai Bershtain and his wife, who came to Israel to coach but left, frustrated by the Israeli sports bureaucracy. Then there is American-born David Blatt, currently the head coach of Maccabi Tel Aviv basketball team. He made *aliyah* in the early 1980s and played professionally in Israel before becoming one of Europe's premier coaches. After he was passed over as Israel's national team coach, he coached the Russian national team to a bronze medal. These are just a few of examples of Israeli sports officials' bad decisions.

If a nation does not have a reservoir of natural sports talent, it must ensure that ample funding helps develop athletes. The Israel Olympic Committee's promise of a one million shekel bonus to a gold medal winner is a publicity stunt that hurts rather than helps our athletes. Only a trickle of the necessary money goes to youth training and education programs. Almost all Israeli athletes with Olympic potential do not have enough money to train exclusively. Due to its political connections and impressive international fund-raising, the Israeli Olympic Committee does not lack funding. The question is, what are the priorities of the committee?

Perhaps the most interesting observation came from Harriet Sherwood, the Israeli-based correspondent for the Manchester Guardian. Walking along the Tel Aviv beachfront during the Olympics and asking Israelis about their Olympic failures, she saw two men playing *matkot*, the beach game with a paddle and ball that is our unofficial national sport. She wrote: "If *matkot*

Portland hosts survivor of 1972 Olympic massacre on Oct. 18

On Oct. 18 one of five Israeli athletes who survived the Munich Massacre at the Olympics 40 years ago will speak in Portland.

Chabad of Oregon's Benaroya Jewish Learning Academy will host former Olympic fencer Dan Alon at the Mittleman Jewish Community Center for an evening program.

Alon recently authored a book on his harrowing experience in Munich and its lasting effect on his life, titled *Munich Memoir*.

In the summer of 1972, Palestinian terrorist group Black September killed 11 Israelis who had travelled to Munich to participate in the Olympics.

The decision to bring Alon to Portland was prompted by the refusal of the International Olympic Committee to honor their memory at this year's Olympic Games with a moment of silence.

"There are times when we are reminded that as Jews we sometimes stand alone and it is our own duty to preserve our memories. The recent decision by the IOC was one such reminder," says Portland Rabbi Motti Wilhelm.

In 1972 tensions between Israelis and Palestinians were at an all time high, but Alon and his fellow competitors knew that was not what the Olympics were about.

"It was a great time to be there," Alon remembers of the Munich

Olympics. "We were together – friendship – and we were only discussing sports. We were never talking about politics."

"We had a good time together," Alon recalls. That was until 4:30 am on Sept. 5 when everything changed.

"We were all asleep. Eight Palestinians attacked our building," Alon says. "They went to apartment No. 1, and they caught all the coaches, and they killed two Israeli athletes. Then, they went out and went to No. 3."


Alon was in apartment No. 2. He says he and four other teammates sat in petrified silence, listening for an hour as the terrorists took nine athletes hostage.

"We saw how they threw out the body of the wrestlers on the pavement," Alon remembered.

"We took a chance, and we ran out," Alon says. It was a choice he believes saved his life.

The hostage situation would end in a shootout with German authorities later that day. All nine hostages, along with five of their captors and one German police officer, were killed.

For more information on the Portland program, contact Wilhelm at 503-977-9947 or JLI@ChabadOregon.com.

were played at the Olympics, Israel ought to be gold medalists." When she made this remark to one of the players, 22-year-old Gal Agar said, "The second *matkot* became an Olympic game, other countries would take it seriously and the Chinese would move in, then we'd be pushed out. We're only good as long as we are amateurs." 

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 mylan-tanz@gmail.com.



In honor of the Fortieth anniversary of the Munich Massacre,
The Nine Regional Chabad Centers of Oregon &
The Benaroya Jewish Learning Academy Present:

An Evening with Dan Alon, 1972 Munich Massacre Survivor

Introductory remarks by Mariel Zagunis,
two-time Olympic Gold Medalist and World Fencing Champion

Dan Alon was a member of the Israeli fencing team at the Munich Olympics, during which Palestinian terrorists broke into the Olympic Village with the intention of taking the entire Israeli delegation hostage. Alon was not captured, but eleven Israelis were killed in what has been termed the "Munich Massacre." After nearly four decades Dan Alon has begun sharing his story of courage and rebuilding.

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Farewell Portland, I'm going home



Israeli *Shaliach* Amos Meron enjoys an outing in Portland near the St. John's Bridge.

by Amos Meron

A couple of months ago, while participating in “United by Music,” a Portland State University event co-sponsored by the Jewish Student Union and the Arab-Persian Student Organization, I learned something that has changed my perception about growing up in the Jewish state. Despite the interesting and positive nature of this gathering, it had little to do with the event itself. On that night, one of the Jewish students was celebrating her 21st birthday and was asked by the emcee to step up. After the birthday song, the emcee said: “And now, according to Jewish tradition, we will lift her on a chair!” This sounded very odd to me. What’s Jewish about lifting a birthday chair? As far as I knew, it was as Jewish as a birthday cake or candle blowing. After asking around, I found out this is considered a Jewish tradition, and that non-Jews rarely do it on their birthdays.


Living in Portland over the past year, I’ve learned that many little things are considered “Jewish,” but this was the most shocking one. I simply had no clue. When I asked my family and friends in Israel, not one knew this was a Jewish tradition. In the English Wikipedia, an article on “birthday customs and celebrations” mentions in Israel there is a tradition of birthday chair lifting.

Growing up in Israel, you don’t really know what is considered international tradition, Jewish tradition or Israeli tradition. You just do it. When I was in high school, I found out that not everyone in the world eats vegetables and cottage cheese for breakfast.

By the time you read this, I will be back home after a year serving as Portland’s first *shaliach* (emissary) in more than 30 years. During that year I talked to teens about the diversity in Israel, taught college students Israeli Hanukkah songs and

planted trees with young adults in North Portland to celebrate Tu B’Shevat the Israeli way. But, while my mission was to educate about Israel and to strengthen this community’s connection to it, this anecdote shows that I, too, have learned much about Jewish community, Israel and myself.

During this year I had the chance to become part of a community, a home away from home. I found here a small (well, depends who you ask) yet vibrant Jewish community. A community that itself is composed of many faces, colors and ideas. Above all, I met people who care deeply, emotionally and personally about Israel. For me, as an Israeli, this meant the world, and I feel lucky to have experienced those connections firsthand.

The *shaliach* program for Portland is a journey, and it doesn’t end with the first step. That is why I am so happy the community has decided to continue this program and Natalie Nahome is your new *shaliach*. I believe she is lucky to be in Portland and wish her the best of luck. I had an amazing year here and I am thankful for it, but being away from Israel this year was also the longest year I can remember. Israel is not just my homeland, it is my home. I don’t see myself as living in Israel but as being part of it; I cannot imagine myself living anywhere else on earth. When I was at JFK a few weeks ago and was boarding a plane back to Portland, I saw an El Al airplane and felt the strongest urge to board it instead. For me it was a clear sign – it’s time to go home. 

Amos has been the Israeli *shaliach* (emissary) to the Jewish community of Portland for the past year. For those who wish to contact Amos in Israel, he can be reached at amos10@gmail.com.

Life on the Other Side

by Anne Kleinberg

Honey Cake Confessions



It's holiday time – which means big meals, gatherings with friends and family, shofar blowing, Rosh Hashanah foods. And honey cake. Oy.

How many of you really like honey cake? Fess up – be honest. Do you really like the taste of honey cake or do you eat it because it's part of the Rosh Hashanah tradition? I, for one, HATE IT!

There, I've said it, and I'm so glad that's off my chest. I've never liked the taste of honey cake and I never will. I know it's oh so politically incorrect to admit this, from a culinary and Jewish point of view, but I don't care. And if you want to come out of the closet and admit that you also don't like the taste of honey cake, that's just fine with me. Join the club!

My first recollection of honey cake dates back to the Shabbat morning *kiddush* at the Laurelton Jewish Center, where I grew up in Queens, NY. After

services we would walk down the grand staircase towards the ballroom where tables covered with white tablecloths were spread out with goodies. We trembled with anticipation – would there be the usual honey cake, sponge cake and toothpick-spiked herring or would we be in for a treat? Maybe walnut-studded brownies? Perhaps marble cake? Even the sugary, wafery bow ties were better than honey cake.

The smell of honey cake reminds me of honey, and the smell of honey reminds me of tea – and my dad making me drink tons of it when I was sick. I didn't much like tea either. Should I be seeing a culinary therapist to work this all out?


Isn't there something medicinal-smelling about honey cake? Actually, it doesn't seem to me to be a cake at all. Cake is supposed to make you happy and crave more. Honey cake doesn't. Did you ever hear of someone becoming a honey cake addict? Having honey cake cravings? Yearn for a piece of honey cake after a satisfying meal? "Ooh, that meal was a gastronome's delight; all I need to finish it off is a strong cup of espresso and a slice of honey cake." Yeah, right.

I realize that being a cookbook author means I should tolerate all kinds of food. I should be able to discern subtle differences in flavors and proffer my expert opinion on all manner of whining (sic) and dining. I should never admit to disliking something simply because I don't. It goes against all rules of culinary courtesy for a so-called specialist to admit to an aversion to a particular food. It probably ranks right up there with slurping the soup, licking the plate and picking up the crumbs with your tongue-moistened finger.

But, since this is the time of year for reflection, for admitting one's sins and asking for forgiveness, I'm in a very truthful mood. I don't want to lie to you. I must be honest.

I say we must all be true to ourselves and feel good about it. If you don't like something, that's fine. You're OK, I'm OK. Let your inner child speak. Let your soul resound with the sounds of acceptance and love. Don't force yourself to eat what you don't care for or do what you don't want to do. Be brave and be strong.

Say no to those who force honey cake upon you. When the beautifully wrapped presents start to arrive and there are honey cakes among them, toss them right into the garbage. Unless they have gobs of fruit (but not the dried cherry variety), or macadamia nuts or some other great food inside that will disguise the taste and alter the appearance.

While you're deciding whether or not to deal with the honey cake issue, have a very happy, healthy and sweet New Year. Shanah Tovah u'Metukah! 

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.



Young adults reap rewards of helping others



Ari Stone plays ball with a child at the Ronald McDonald House while Julia Waldinger (background) plays with another child.

by Vanessa Van Edwards

Congregation Beth Israel's young adult group Jews Next Dor uses social action to help community members feel engaged.

Elisheva Cohen, the current chair of Jews Next Dor, says the group has been growing rapidly over the past few years. "There seems to be a strong desire among young Jews in the area to meet and spend time with other Jews their age," said Cohen. She believes one reason the group has grown is that it offers a diverse range of programs so there is something for everyone.

"At a recent event at the Ronald McDonald House, we ran into a family we had met on a previous visit. When they saw us, they were delighted to have a recognizable face. I must have spent 15 minutes talking to this mother. It's great to know that just these small things we do make an impact on their chaotic lives." – Mandolyn Koberstein

Adding more social action events also has helped the group attract members of the community. Mandolyn Koberstein first heard about Jews Next Dor more than two years ago, but it was not until she saw they had a social action event with Portland's Ronald McDonald House that she decided to join. "I waited probably a year after I first heard about JND. When I saw a post about their need for volunteers, that's when I jumped at the opportunity," said Koberstein.

Koberstein is now the Jews Next Dor Social Action chair, working to plan programs where members can volunteer their time and give back to those in need. "It is wonderful to see our members come out, fulfill mitzvahs, warm hearts and put smiles on faces of those who are going through difficult times," said Koberstein.

In early 2012 Julia Waldinger proposed that the group partner with Ronald McDonald House Charities. "I wanted Jews Next Dor to do more social action because it allows Jewish young adults to help people in the community and pushes them to step outside of their comfort zone," said Waldinger. Jews Next Dor decided to have at least one event with Ronald McDonald House every month. So far, they have cooked dinners, hosted a bingo night, and done arts and crafts projects. At their June event, 15 Ronald McDonald House families came out to do an obstacle course and have a barbecue with Jews Next Dor volunteers.

Koberstein and Waldinger agree that one of the best aspects of social action is not only how much community members help Ronald McDonald House families, but also how much volunteers themselves get out of their experience.


"What I find truly rewarding is watching what every volunteer takes out of the experience," explained Koberstein. She reminisced about a time when a young girl named Hannah was staying with her father at a Ronald McDonald House while undergoing treatment for leukemia. "I was struck by how resilient she was through all the hardship. Over the course of the evening this bright girl taught a bunch of 20- and 30-year-olds how to do math using the lattice method!" said Koberstein, remembering how inspired the volunteers were by Hannah.

Waldinger says she also gets just as much out of the volunteer experiences as the families do. "It is a very rewarding experience for me. It never feels like a responsibility, or an obligation. I love it. Never do I feel better about how I have spent my time than at the end of a day of service," shared Waldinger.

Jews Next Dor's social action events make it possible for young adults to give back, feel engaged and spend time with other members of the Jewish community. "It is just wonderful that this group encourages members of the Jewish community to come out for such a worthy cause," said Koberstein.

Cohen hopes that the group can continue to grow in many ways. "Jews Next Dor is a community of caring young adults – we care about each other and the community. While we love to get together for social events, it is important to us that we use our skills and passions to help the greater community of Portland and the world," said Cohen.

Participants do not need to be a part of Jews Next Dor or Congregation Beth Israel to take part in events. Jews Next Dor will be accepting donations of new stuffed animals through the end of October for Ronald McDonald House families.

For more information, email jndpdx@gmail.com or visit www.bethisrael-pdx.org/community/jews-next-dor. 

Vanessa Van Edwards is a freelance writer and speaker in Portland. She specializes in human relationships, with a focus on youth and family. Her websites, ScienceofPeople.org and her popular parenting blog, RadicalParenting.com have both been featured in the media.

Orthodox Outdoors

Adventure Shabbaton brings young adults to Oregon

by Vanessa Van Edwards



Participants at the second annual MoDox Outdoor Adventure Shabbaton enjoy Oregon's outdoors.

Are you MoDox? If you don't know what MoDox means, you're not alone. The latest slang word is a hybrid of Modern and Orthodox and helped Jodi Berris attract a hip, fun-loving demographic of Jews to her Outdoor Adventure Shabbaton.

More than 74 Jews from around the world came to Oregon to hike, eat and schmooze with other Jewish young adults at the second annual MoDox Outdoor Adventure Shabbaton June 27-July 2.

Berris, the founder of Portland Jewish Events, got the idea for the Shabbaton after attending Keneski, a ski convention in Italy for Modern Orthodox Jews in January of 2011. When some of the participants told Berris they would be interested in checking out Portland, she immediately started to plan.

"During the plane ride home I wrote a detailed itinerary for a Portland MoDox outdoor adventure Shabbaton to see if there was interest. When I landed, I sent it to participants from Keneski," said Berris. She promised them that if they were serious about the trip, she would plan the whole itinerary.

People were stunned and immediately wrote back with interest. "So," said Berris, "that was the birth of the first Shabbaton in the summer of 2011 and paved the way for the latest event in July of 2012."

This year's MoDox Outdoor Adventure Shabbaton boasted an itinerary packed with Nike guest speakers, brewery tours, hikes and barbecues. Outdoor events were blended with a complete Shabbat program and options for shul at Kesser Israel, Chabad and Beit Yosef congregations. Berris also arranged for local host families to house out-of-town guests.

Berris was clear that the purpose of the Shabbaton was not to be a Jewish motivational trip. "There is no agenda other than to showcase Portland and expose people to the beauty of our environment and community. These participants are already observant, so it's an event for like-minded people to do things they all have in common together," explained Berris.

The goal for the event was definitely realized. "It was a huge success to have 74 Jews gathering, learning, experiencing and growing as individuals, whether it's Judaicly, embracing Portland's nature, opening up minds, or seeing a unique, small Jewish community and how it functions – it's a win, win, win," enthused Berris. The third win, she clarified, is the benefit for the community and host families who gain from engaging with Jews from around the world.

Last year, there were participants from South Africa and England. And this year,

although all participants currently live in the U.S. or Canada, some participants were originally from Belgium, France, Australia, England, Ethiopia, Israel, Iran and Canada.


Participants also resonated with Berris' goal of having like-minded Jews enjoy Portland in an outdoor setting. New Yorker Ari Goldberg said he cannot wait to return to Portland for either another Shabbaton or for vacation. "I had an amazing time at the Shabbaton. The spirit of Oregonians astonished me – both people from the Shabbaton and the everyday Oregon natives I met," said Goldberg. He also was impressed by Berris' hard work and compassion to put on the event. "I've never seen someone work so hard. The \$99 I paid could not have come close to covering everything I received!" said Goldberg.

In addition to the moderate registration fee, Berris was able to get support from Café at the J, the Jewish Federation of Greater Portland, Portland Kollel, Kesser Israel, Chabad of Oregon and the Mittleman Jewish Community Center.

Despite all the work that went into planning the event, Berris hopes to have another Shabbaton next summer. "We even had some participants start to date from this event. So I have to do it again! When you watch all 74 people engage, it makes you feel it was entirely worth every second of the time put into executing it," said Berris.

Berris wants to put Portland's Jewish community on the map.

Micah Arie had never been to Portland before the event. "It was great getting to know the Jewish Portland community, and I'm still in touch with the fabulous people I met there," said Arie after returning home.

Next year, Berris will continue not only to jam pack the itinerary with cool events, but also create a space where like-minded Jews can congregate and engage over activities they enjoy. Berris said, "If I make it chill and no pressure, people can take away a friend, an experience, and maybe even a boyfriend ... just by letting nature run its course." 

Ask Helen

How do I fit inner peace into real life?

and tzedakah), you can be a good Jew 365/24/7. Important is to have regular conversations with G-d for your own inner, holy spark. Services, sacred music and prayer are great ways to connect. Whatever quiets the busy mind and moves you away from deadlines and distractions, the focus of your world are good choices. The only ingredient, as a cake mix box might declare, is You! You participate to get the benefits. You have to show up and invest your work, heart and soul open.

Keeping Shabbat is the simplest and most obvious reminder not to take too much for granted; if not truly observed, it doesn't do her work. There's this great midrash that says if we celebrated Shabbat together just once, the Messiah would come. Scary to think we choose football over the world. Set yourself some spiritual goals. Go to Shabbat services often. Go for a nature walk if you don't. Play some board game one evening a week. I predict that the more you do, the more you will want to do, and the process will become easier.

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Dear Helen:

Every year I go to temple for the High Holidays, and every year I wonder why I don't go more often. I came from a family that went to services often, but the older (and busier!) I get, the less time I seem to have for spiritual matters. Is there a way I can find more of the inner peace I get this time of year more often without having to give up what I'm used to thinking of as my "real life?"

Busy, But Seeking

Dear Busy:



At the High Holidays you practice teshuvah, returning to the core of your self and your relationship with G-d. You're about to hit the reset button and will have a chance to keep going. Whether you believe in an all-powerful, omniscient deity and/or the value of living an ethical life (measured by the Ten Commandments, mitzvot,



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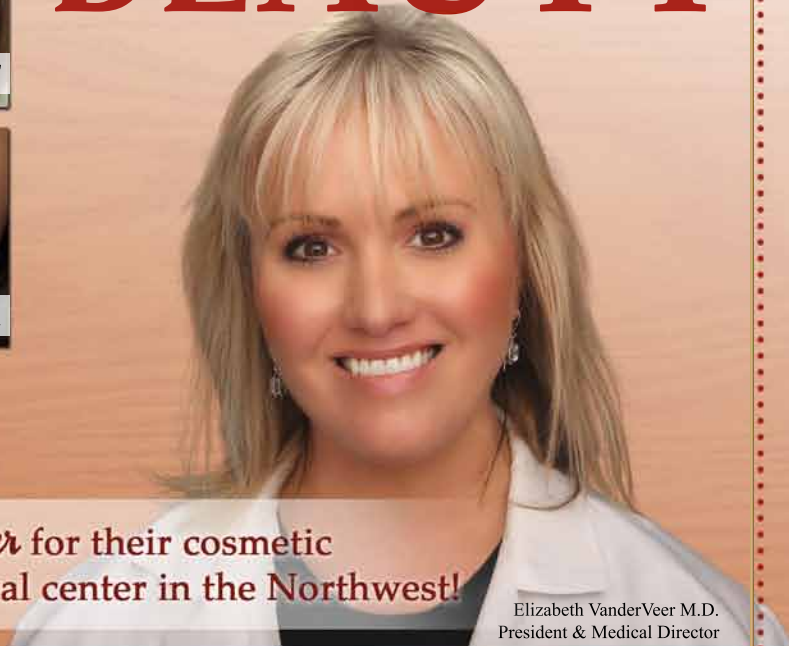


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ROBISON PICNIC – The Aug. 1 Cedar Sinai Park Community Barbeque at Robison Jewish Health Center included live music, cotton candy, a bouncy house, face painting, and hot food and cool drinks. Above right, Robison residents distributed school supplies to grade-school-aged children of staff. Robison residents, seated from left, Edith Levitt and Ruth Omenn, with CSP employee Gospa Saric and two of her three children, Ramo and Ejla. CSP employee Ana Smetana looks on in the background. Above left, Weatherly Ballaris checks her new face painting as her brother William gets his face painted by artist Kim Millen of UB Painted. Photos by Peter Korchnak



COMMUNITY PRE-SHABBAT PICNIC – Callie and Noah Barrish with their infant, at left, were among some 200 people to enjoy a pre-Shabbat celebration at a picnic in Laurelhurst Park Aug. 17 as they listened to music from the Klezmonauts, comedy by Betsy Kaufman, blessings by Rabbi Ariel Stone and a greeting from Marc Blattner, president and CEO of the Jewish Federation of Greater Portland, which sponsored the event and provided challot for families. Children's activities were provided by Camp SEED and Rabbi Dov Bialo.



TORAH TREK – Congregation Kol Ami members celebrate as they walk their Torah 4.9 miles to their new synagogue home at 7800 NE 119th St. in Vancouver, WA, Aug. 19. Above, Jan Herson (holding the Torah), followed by Rabbi Elizabeth Dunsker, lead the trek to the congregation's new home designed by Richard Brown Architect.



MOMMY AND ME OUTINGS – Jewish moms have been connecting with each other and enjoying Oregon outdoor parks with their children most Thursdays this summer at gatherings of Mommy and Me with a Jewish Twist. In addition to this gathering at Summer Lake Park, the group has met at the Oregon Zoo, Tanner Creek Park, Raleigh Park, George Rogers Park and The Children's Museum. Summer outings have been organized by Mommy and Me with a Jewish Twist in conjunction with the PJ Library.

Cedar Sinai Park employees join Bike Commute Challenge

Cedar Sinai Park employees are joining the Bicycle Transportation Alliance Bike Commute Challenge for the first time. According to the BTA website, the Challenge is a “friendly competition—workplace against workplace—to see who can bike to work more during the month of September.”

Spearheading CSP’s participation is Admissions/Social Services Coordinator Ali Hartstein. In her role as Captain of CSP Team Haverim, Hartstein said, “Through the summer I have seen five Cedar Sinai Park employees, including myself, bike to work. Several people have told me they’d love to do it, too, so I’m hoping the Challenge will provide the needed boost.”

The organization supports the effort. According to CSP Chief Program Officer Kimberly Fuson, “Participation in the Bike Commute Challenge promotes the health and wellness of our employees. Biking is a fun, environmentally friendly way to commute. I live a mile and a half away, so I’ll bike whenever I can.”

Hartstein added she would love it if other Jewish organizations got involved in the effort. She said, “I’d love to see how we do in comparison to our sister agencies. I invite all Jewish organizations to join us in the friendly competition.”

Sign up for BTA Bike Commute Challenge at bikecommutechallenge.com. Individuals sign up and join their company’s team; the first person to sign up is the team captain.

Portland Jewish Academy launches drive for new donors

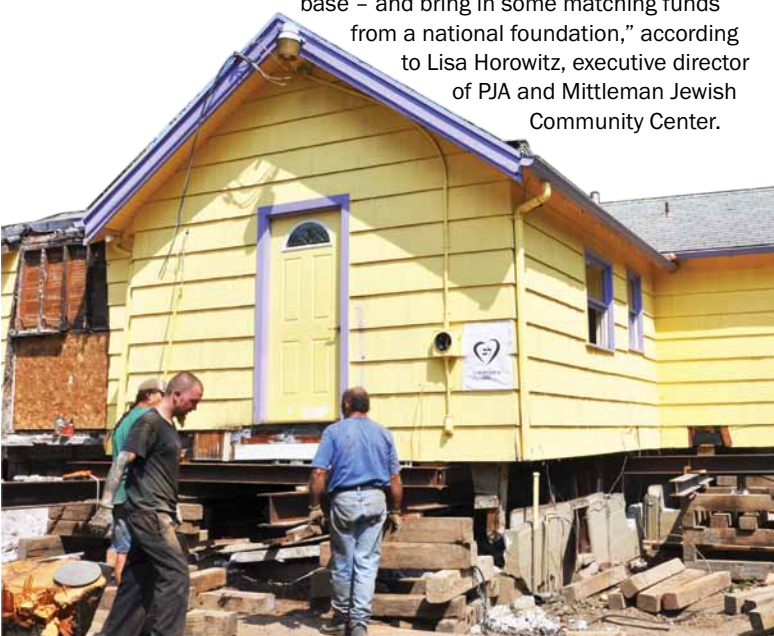
Portland Jewish Academy has launched an all-out search for NEW donors to enable the school to earn up to \$50,000 in matching funds.

PEJE (Partnership for Excellence in Jewish Education) is offering a day school match program to encourage new, non-parent donors to Jewish day schools. Funded by Avi Chai and Kohelet Foundation, PEJE will match donations 1:2 donations that are: \$10,000 or more; five times the highest previous annual giving by that donor (to PJA or other Jewish Day School); non-parent (those eligible include grandparents, alumni, alumni parents and community members); from an individual or married couple (not a group of donors but family foundations are OK); and designated for *operations*.

Gifts must be pledged between Aug. 1 and Jan. 15, 2013. They must be paid in full by May 15, 2013 to be matched. Schools can earn up to \$50,000 from the match if they reach the maximum of \$100,000 in eligible gifts.

If you are interested in participating and/or can identify some potential match donors, please contact either Lisa Katon at lkaton@pjaproud.org, Merrill Hendin at m2hendin@pjaproud.org or Lisa Horowitz at lhhorowitz@pjaproud.org as soon as possible.

“This is a wonderful opportunity to expand our school’s donor base – and bring in some matching funds from a national foundation,” according to Lisa Horowitz, executive director of PJA and Mittleman Jewish Community Center.



Chagall for Children opens in Portland Sept. 23

Artists come in all sizes at *Chagall for Children*, the new exhibit at the Portland Children’s Museum. The Chagall exhibit will be at the museum from Sept. 23, 2012, to Jan. 21, 2013. Arranged like a miniature art gallery, this one-of-a-kind exhibit features 14 reproductions of famed Jewish artist Marc Chagall’s most famous paintings. Each painting is paired with an audio recording about its history and content, and an interactive component as imaginative as the paintings themselves. *Chagall for Children* is a place where children ages 3-10 can not only play with the art, but the art will play back. The Museum’s Artists’ Paint Studio will encourage children to explore color, composition, light and texture by creating masterpieces of their own. Chagall’s vivid artwork combined with unique, playful, hands-on activities makes for the most fun you’ve ever had at an art gallery.

Portland Children’s Museum is located at 4015 SW Canyon Road. Hours are Tuesday-Sunday 9 am-5 pm, Thursday 9 am-8 pm, closed Mondays except for Portland Public School holidays. For more information, visit www.portlandcm.org.

MJCC hosts *The Dovekeepers* author Alice Hoffman Sept. 6

The Mittleman Jewish Community Center will host author Alice Hoffman on Sept. 6 for a reading and book signing of the recently released paperback version of her *New York Times* bestseller *The Dovekeepers*.

“We jumped at the chance to have her here. This work of fiction is so dramatically driven by strong female characters telling the compelling story of what happened at Masada in Israel. It appeals to many of us on a personal level and it should be fun to hear from Ms Hoffman in person about her research for the book,” says MJCC Operations Manager Jordana Levenick.

Set in ancient Israel, *The Dovekeepers* is based on the Romans’ siege of Masada in 70 CE when 900 Jews held out against the Romans for months. According to the ancient historian Josephus, all but two women and five children perished. Hoffman retells this story from the point of view of four extraordinary women, each of whom comes to Masada with secrets to keep. The book signing and reading will be held on Sept. 6 at 7 pm in the Stern Family Ballroom at the MJCC, located at 6651 SW Capitol Highway in Portland. The MJCC will have books available for sale.

RSVPs are requested, www.oregonjcc.org/rsvp

Maimonides Day School ready to grow up

During the week of Aug. 13 one of the buildings on the campus of Maimonides Jewish Day School was lifted off its foundation to prepare for an expansion that will use a new “daylight lower level” of 1000 square feet, for classrooms, a multi-purpose room, and administrative and library space. When complete the building will be named the Abraham and Toby Lokshin Educational Pavilion. For more information, call Rabbi Moshe Wilhelm at 503-977-9947 or Charles Schiffman at 503-201-4089.

SEPTEMBER CALENDAR

Sept. 5

AIPAC Ashland Community Event – Inside Iran: The Revolution 33 Years Later Featuring Ali Alfoneh, Resident Fellow, American Enterprise Institute for Public Policy Research

7 pm dessert reception. Hosted by Temple Emek Shalom, 800 East Main St., Ashland.

Questions: Call AIPAC's Seattle office, 206-624-5152

Sept. 6

Reading and signing of *The Dovekeeper*. Listen to author Alice Hoffman read excerpts from her novel based on the story of Masada told from the perspective of four women who each come to the mountain fortress with a secret. 7 pm at MJCC. RSVP at www.oregonjcc.org/rsvp

Free Melton Sample Class: Examining Israel's Declaration of Independence, 7 pm at Congregation Beth Israel, 1972 NW Flanders St., Portland. www.meltonportland.org

Sept. 8

The Installation of Cantor Ida Rae Cahana: An Evening of Inspiration, Beauty and Peace. 8 pm at Congregation Beth Israel, 1972 NW Flanders St., Portland. 503-222-1069

Sept. 9

Portland Tuv Ha'Aretz First Jewish Food Conference, 9:30 am-4 pm, Sauvie Island. Portlandtuv.org

Pancake Brunch and Mitzvah in Motion, 11 am-2 pm at Congregation Shaarie Torah, 920 NW 25th Ave., Portland. 503-226-6131

End of Summer Splatstacular, 3-5 pm at the MJCC pool. www.oregonjcc.org

Sept. 10

The Oregon Area Jewish Committee presents Stephanie Coontz, 7-8:30 pm at Cedar Sinai, 6125 SW Boundary St. Coontz teaches history and family studies at The Evergreen State College in Olympia and is director of research and public education for the Council on Contemporary Families. Coontz has testified about her research before the House Select Committee on Children, Youth and Families. Reservations recommended: 503-295-6761

Starting from Scratch – Beginning Steps to Navigating the High Holidays. 7 pm, Neveh Shalom, 2900 SW Peaceful Lane; Repeats Sept. 12, 7 pm, Tabor Space 5441 SE Belmont St. Free workshop for parents seeking to make the Jewish High Holidays more meaningful and relevant. Sponsored by the Mothers Circle. RSVP: jgreenberg@nevehshalom.org or 503-293-7313

Sept. 11

Come Blow Your Horn: Shofar Blowing, 5:30-8 pm at the MJCC. Cafe at the J dinner, 5:30; apple and honey tasting, 6:30; shofar blowing lessons, 7:15 pm. oregonjcc.org

Sept. 12

Kneading some spirituality? Get ready for the New Year with a holiday twist: Challah Baking Workshop with the Portland Jewish Women's Circle. Light refreshments. 6:30 pm at private home. RSVP: www.PortlandJewishWomen.com or 347-743-7698

Sept. 16-18:

Rosh Hashanah Services (see pages 24-27)

Sept. 23

Free Melton Sample Class on Yom Kippur, 2-3:30 pm at the MJCC. www.meltonportland.org

Mothers Circle Info Session, 9:30 am at MJCC.

Learn more about this free 16-week empowering course geared to women without a Jewish family background who are raising kids in a Jewish family environment. Contact: Jennifer Greenberg at jgreenberg@nevehshalom.org or 503-293-7313

Wine, Women and Prayer, 7-9 pm at Congregation Shaarie Torah, 920 NW 25th Ave., Portland. Kick off meeting for women-only nine-month course exploring the role of prayer in women's lives. 503-226-6131

Pirkei Pub, 7-9 pm. Meet Rabbi Zuckerman at a local pub, have a beer, play some pool and discuss Pirkei Avot as it relates to today. For location, call 503-226-6131

Sept. 25-26

Kol Nidre and Yom Kippur services (see pages 24-27)

Sept. 28

North Coast Shabbat Services are held monthly during the summer/fall at the Bob Chisholm Center at 1225 Avenue A, in Seaside. Services, led by Priscilla Kostiner, begin at 8 pm. Call Bev Eastern 503-244-7060

Yad B'Yad with Kim Palumbis. Children, parents and residents of Cedar Sinai Park discover and share in the joy of Jewish music and language. Eight classes Fridays, 9:30-10:15 am, Sept. 28-Nov. 16, at Rose Schnitzer Manor, 6140 SW Boundary St., Portland. Questions, call Rachel at 503-892-7413; Register at www.jewishportland.org/yadbyad

Sept. 28-30

ReJewvenation Women's Retreat at B'nai B'rith Camp, Lincoln City. ReJewvenate your mind and body while spending time with new and old friends at the scenic Oregon coast. Contact Stacy Cullen, 503-345-9464 or scullen@bbcamp.org

Sept. 29

Havurah Shalom Shabbat on the Farm, 10:30 am-12:30 pm at Sauvie Island Organics, 13615 NW Howell Park Road, Portland. RSVP by Sept. 19 to info@havurahshalom.org

OREGON JEWISH MUSEUM

Harry Glickman – one of the founders of the Portland Trail Blazers, the team's president from 1987-94 and now president emeritus – is one of many local athletes and sports promoters featured in the Oregon Jewish Museum's blockbuster summer exhibit *In the Game: Oregon Jews/Oregon Sports*. The exhibit closes on Sept. 30.

A new exhibit by Willa Schneck, "The Books of Esther: An interdisciplinary exhibition of the life of one woman who 'talked' through writing," begins Sept. 12 with an opening reception from 5:30-7:30.

Sukkahpdx is a juried architectural design competition of temporary harvest structures.

Between Sept. 30 and Oct. 7 the Oregon Jewish Museum parking lot will be transformed to accommodate a variety of Sukkahs created by artists from around the country. Visit www.ojm.org for special programs happening every evening.

The museum will be closed for Rosh Hashanah, Sept. 17-18 and Yom Kippur, Sept. 26.

OJM is located at 1953 NW Kearney.



PHOTO COURTESY OF OREGON JEWISH MUSEUM

Harry Glickman

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

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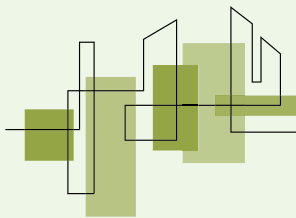
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