

The JEWISH REVIEW

Oregon and SW Washington's Online Jewish Newspaper

Thanksgiving to go
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MJCC pool* — page 5

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Nov. 11, 2020 / Cheshvan 24, 5781

Volume 55, Issue 20

JEWISH GREATER
PORTLAND TOGETHER
COVID-19 RELIEF

New grants support community

Beginning in mid-March, the Portland Jewish community raised \$900,000 with the Greater Portland Jewish Community COVID Emergency Fund, a joint project of the Jewish Federation of Greater Portland and the Oregon Jewish Community Foundation.

By early June, the fund had provided \$800,000 to 41 Jewish organizations across the state of Oregon and Southwest Washington. The remaining \$100,000 was reserved until fall to see how the crisis evolved and where funds would be needed.

The COVID-19 Steering Committee met on Oct. 28 and made 11 grants totaling \$83,253 to the following organizations:

- **B'nai B'rith Camp** — \$16,000 for loss of revenue
- **Camp Solomon Schechter** — \$8,400 for additional nursing costs in summer 2021
- **Cedar Sinai Park** — \$30,000 for staff testing and personal protection equipment
- **Chabad of Hillsboro** — \$1,000 for outdoor canopies and tables
- **Havurah Shir Hadash (Ashland)** — \$3,600 for loss of revenue

See **COVID GRANTS**, page 4

Mindfulness: Comfort in dark times

BY JOANNA WENDEL

When you find yourself stressed, feeling frazzled, overwhelmed or anxious, try pausing for a moment to ask yourself “What is going on? What am I feeling? What is causing this feeling?”

That’s the first step of practicing mindfulness, says Dinah Gilburd, a clinical social worker at Jewish Family & Child Services. And practicing mindfulness might be the best thing for our mental health right now as pandemic and political stress take a toll on us all.

In the spring and summer, we were able to tackle some pandemic-induced mental health challenges by gathering outside in the warm sun, fresh grass and blooming flowers. But now the nights creep in sooner and rain keeps us away from picnics and socially distanced get-togethers. COVID-19 cases are on the rise, and the threat of renewed lockdowns loom. We understand that the virus spreads when we interact in close contact with other people indoors.

Even if you still have a job



Moods are getting as gray as the skies as nights creep in sooner and rain keeps us away from socially distanced get-togethers.

and are surrounded by friends and family, it’s easy to get stuck in a mental spiral of doom, to feel lonely and anxious about the future. Breaking out of an anxiety spiral begins with a simple step of acknowledging that our expectations are not meeting reality, says Doug Ruth, clinical director at JFCS. Normally our expectations for fall and winter are not “stay inside separated from our friends and family.” But this year, we might be forced to do just that.

In a year full of a deadly pandemic, heightened civil rights

issues and raging wildfires, “I think it can really send us for a loop,” Ruth says.

So of course, we’re all stressed, burnt out or feeling hopeless.

Most trauma or crisis includes a beginning, middle and end, Gilburd says. A hurricane lasts a few hours. The shock of a car accident or the death of a loved one fades with time. But with a pandemic, “there is no end in sight.” Every day, we are reminded that we’re still in the

See **COMFORT**, page 10

The dark winter months in Portland are always a tough time for so many of us, and the social isolation will compound things. Many organizations have created wonderful virtual programs since the pandemic began. During the summer you may not have felt the need to partake, but with winter's arrival, maybe it's time to explore the virtual world. Find local events on the [community calendar](#) and resources on pages 10-11.

We need your help to share more online resources in a future issue:

ORGANIZATIONS: What online programs, resources do you offer?

INDIVIDUALS: What online resources do you enjoy?

SEND TO: editor@jewishportland.org. (Include a link or website.)

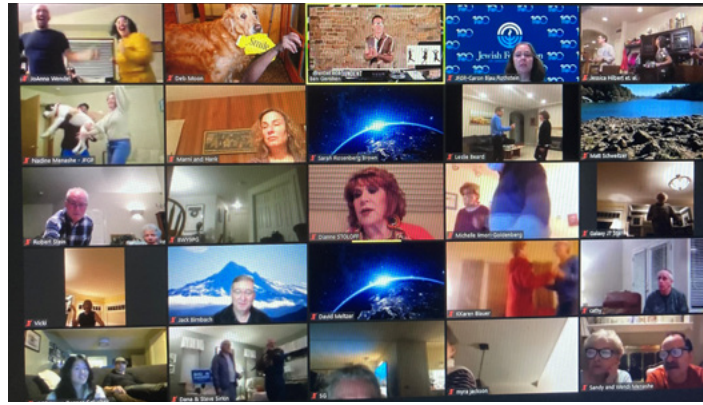
Portlanders stand up for fun 100-year Gala

Hundreds of people danced, laughed, learned and gave at the Jewish Federation of Greater Portland's virtual Gala Nov. 7.

The dance party and comedy show drew many to the gala party: 341 individuals in 191 households signed up. But they also came for a connection to the Jewish community.

"People came away feeling good," says JFGP Campaign Director Wendy Kahn, who notes people who come to gala have different touchpoints to the community and may not know much about what Federation does or about the integral role it has played in the Jewish community for 100 years. The gala offered many ways to learn about the organization's history and current partnerships, programs and work. "We are about people and sustaining the Jewish community for people."

With the uncertainty inherent in today's pandemic-shaped world, she says people are "invested in the success of our community. With our help and our ability to put our arms around the entire community,



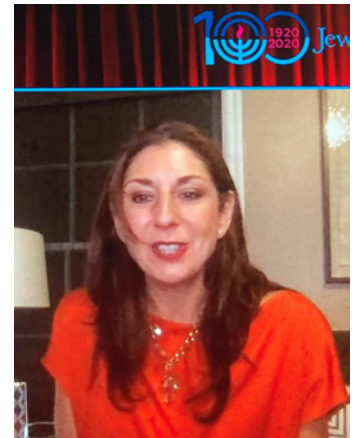
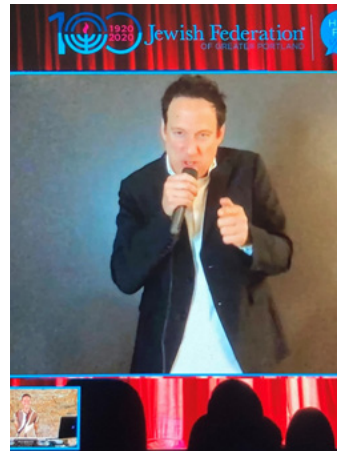
DJ Ben, top center, hosted an energizing dance party on Zoom to kick off the evening. People (and a few dogs) got rockin' to top hits from the each of the decades from Federation's 100 years.



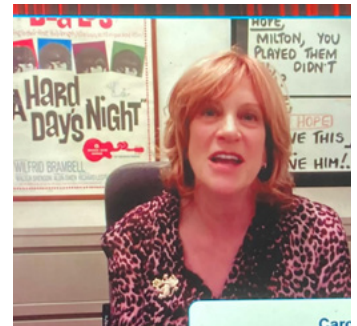
The virtual photobooth was a hit.

people feel good about giving through us."

And of course, it was a great 100th anniversary party!



Jewish Federation of Greater Portland Board Chair Lauren Goldstein, above.



Comedians Elon Gold, left, and Carol Leifer, above, performed on Vimeo.

Virtual GA offered wisdom, entertainment for all

This year's Jewish Federations of North America General Assembly drew more than 10,000 participants, including about 60 from the Portland area, for the virtual conference Oct. 25-27.

The three-day experience was filled with workshops, artistic performances, thoughtful conversations, FedLab and two special plenaries: Jewish Together and Federation Together.

All 146 federations came together to recognize the collective work of the federation system over the past year and inspire participants for the important and challenging days that lie ahead.

In addition to the federation professionals and lay leaders who usually attend GAs, this year's free virtual event drew professionals from other Jewish organizations and many more community members than ever before, as one could drop in on sessions/topics of interest.

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Without the ability to convene a large group in person, the entire program was held online with free registration. During a post-event Zoom debrief for Portland participants, several of the lay leaders and non-federation professionals said they found some of the sessions very helpful.

"It was available to so many when people don't have to pay for travel, meals, wardrobe..." said Priscilla Kostiner, who has been a Jewish professional and active volunteer for many years. While she enjoyed this year's welcoming format, she said she missed "chatting with people in the hallways."

B'nai B'rith Camp Executive Director Michelle Koplan said she learned from sessions on topics such as mental health, leadership in crisis, and philanthropy and response to poverty.

JFGP President and CEO Marc Blattner wondered if the added value of this year's vir-



The Maccabeats opened the Jewish Federations of North America's first-ever virtual General Assembly with a musical medley. Since this year's GA theme was "Come Together," the Maccabeats contribution included the Beatles song of that name mashed up with a Beatles-inspired Israeli classic, "Lu Yehi."

tual GA might prompt JFNA to livestream next year's program, even if it is possible to hold it in person in Chicago.

"It was great to go," said Julie Diamond, president and CEO of the Oregon Jewish Community Foundation. But she added

it doesn't make sense financially for OJCF staff to go when the GA is in person.

Sessions from this year's GA are available online for anyone who wants to check out the programs. Visit generalassembly.org/what-you-missed.php.

MAKE PLANS WITH FEDERATION

November 19 **Rabbi Elka Abrahamson**
7pm Thoughtful Thursday Presentation

December 2 **Chef Michael Solomonov Virtual**
5pm **Chanukah Cooking Demo**
A Chanukah gift from Federation to you

December 3 **Uncovering the Hidden History of**
7pm **Anti-Immigrant Sentiment in Oregon**
Part of the Confronting Hate Series



Jewish Federation®
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www.jewishportland.org/5781



Smaller Thanksgiving gathering? Order in.

BY KERRY POLITZER

Thanksgiving is definitely different this year. Most of us will not be cooking a giant turkey for our extended family, while some might not even feel like preparing anything at all. Fortunately, Portland's great restaurants are cooking up nourishing dinners to fill us with gratitude.

For a kosher Thanksgiving, order a Thanksgiving meal to go from Century Catering. Order by Monday, Nov. 23. Thanksgiving dinner can be picked up at the Mittleman Jewish Community Center (6651 SW Capitol Hwy.) on Wednesday, Nov. 25, between 3 and 5 pm. Choose from Roasted Rosemary Turkey, Prime Rib or Butternut Squash stuffed with quinoa, kale, mushrooms, cranberries and herbs. All three main dishes include salad, stuffing, gravy and roasted root vegetables; pareve pumpkin cheesecake comes with the turkey or beef. For ordering information, contact Allen Levin at 503-849-2605 or centurycatering84@gmail.com.



Allen Levin dishes up spiced butternut squash & argula salad. The salad will come with all Thanksgiving meals ordered from Century Catering.



Ringside Steakhouse offers a traditional Thanksgiving meal kit that serves four.

For a meal devoid of meat and dairy, order a Thanksgiving meal kit from Farm Spirit (1403 SE Belmont St.). This popular vegan restaurant is accepting preorders until Nov. 21. The main course is a tempeh roast with cornbread stuffing and wild mushroom gravy. Side dishes include a vegan potato gratin and roasted fall veggies. (At \$35 a person, this meal is a bargain.) If you're inclined toward sweets, add a pumpkin trifle or apple crumble pie. To order, email thanksgiving@farmspiritpdx.com.

Kachka (960 SE 11th Ave.) is celebrating Thanksgiving with a Russian touch. You can pre-order the meal with either meat or vegetarian options (from \$70). The turkey ballotine is a masterpiece of skin-on, deboned turkey breasts inlaid with house-made turkey sausage and poached in apple kvass. Accompaniments include roasted heirloom pumpkins filled with hazelnut stuffing, braised chanterelle mushrooms with Yukon Gold potatoes, sweet potato babka casserole and Ukrainian pull-apart rolls. For an alternative to pumpkin pie, try the apple sharlotka cake or pumpkin zapkanka. kachkapdx.com/meals-grocery/thanksgiving-dinner-meal-kit

Traditionalists will want to check out the offerings from Ringside Steakhouse (2165 W. Burnside St.). The classic Portland eatery is offering a great Thanksgiving meal kit, which includes a roasted bone-in turkey

breast with gravy and cranberry sauce, artisan sage-and-onion bread stuffing and green beans with herbs. The kits, which serve four people, are available for preorder at ringsidesteakhouse.com/holiday-kit-orders. The included Willamette Valley Pie Co. pumpkin pie contains dairy, so if you require a dessert without any milk products, we recommend the vegan cranberry juniper sorbet from Salt & Straw (various locations). Made with kettle-simmered organic cranberries, this dessert is sure to delight.

If you plan on a dairy or pareve Thanksgiving, you can pick up some fresh fish at Flying Fish Company (3004 E. Burnside St.). Incidentally, the seafood-focused store is also selling pasture-raised Thanksgiving turkeys that can be pre-ordered at oregonfreshfish@gmail.com.

If you have all the side dishes covered and just need the meat, Nicky USA (223 SE 3rd Ave.) is offering a great selection of sustainably raised meats. The premium free-range turkeys (\$2.34/lb.), which are never frozen, are about 10-12 pounds – perfect for smaller gatherings. A natural, bone-in turkey breast is another option. If turkey's not your thing, try the Cornish hens or leg of lamb. Preorder at nickyusa.com/online-ordering-form or 503-234-4263.

Kerry Politzer is a writer, foodie and pianist who moved to Portland in 2011.

COVID GRANTS (continued from page 1)

- **Maayan Torah Day School** – \$3,600 for loss of revenue
- **Mittleman Jewish Community Center** – \$8,100 for personal protection equipment, Chromebooks and technology costs
- **Oregon Hillel** – \$1,953 for personal protection equipment and cleaning supplies
- **Portland Jewish Academy** – \$6,000 to assist with the purchase

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of a large outdoor canopy tent

- **Temple Beth Tikvah (Bend)** – \$1,000 for technology upgrades
- **Temple Emek Shalom (Ashland)** – \$3,600 for personal protection equipment and cleaning supplies.

About \$17,000 is left in the fund. Another round of grants will be made in November.

Pardes taps Jennie Spector for award

DEBORAH MOON

Pardes Institute of Jewish Studies in Jerusalem named Portland native Jennie Spector, 27, the 2020-21 Marla Bennett, z”l, Scholar.

“It’s an incredible honor to have the opportunity to study in Marla Bennett’s, z”l, memory,” says Jennie, the daughter of Marshal Spector and Sharon Pollin.



In 2002, Marla was enrolled jointly at Hebrew University and in the Pardes Educators Program, pursuing her plans to become a Jewish educator, when she was killed on July 31, 2002, in the Mt. Scopus terror bombing. The Pardes community continues to mourn her loss. The scholarship in Marla’s memory is awarded to a

select young Jewish leader from North America who is passionate about building community and eager to enrich their personal identities and leadership roles through the in-depth study of classic Jewish texts and core Jewish ideas.

“Life is a fragile thing, and we don’t know when ours may suddenly come to a close,” says Jennie. “During her time, Marla chose to invest herself in deep Jewish learning, to be part of the incredible Pardes community and help lead the way toward a bright future for the Jewish people. While her work and her learning were cut short, I am inspired by her choices and will do my utmost to continue the blessing of her life in my own small way.”

Jennie is no stranger to Jewish study. She graduated from Portland Jewish Academy. Growing up at Congregation Shaarie Torah at a time when women were not called to the Torah, she became a bat mitzvah with her own feminist celebration. She was also involved in NCSY and was Jewish Student Union regional president.

Jennie earned a bachelor’s in international affairs from Northeastern University in Boston in 2016. She had worked professionally in theater for the past several years, but when COVID halted live theater, she searched for a meaningful way to spend this year.

“I’d been more and more drawn toward deep Jewish study,” she says. “Pardes was a perfect fit; it’s been especially cool because both my parents are alumni. ... Right now my studies range from Mishnah and Chumash to examining female archetypes in Talmud, intro to Rambam and exploring what it means for humanity to be made *B’tzelem Elohim* (in the image of God).”

Jennie did not apply for the award and was surprised when she was notified that she was the recipient.

“Receiving it was ... a special honor because I was selected a couple months into the program, after the staff and faculty had gotten to know me,” she says.



Stingrays assistant coach John Halvorson talks to swim team members, who are back in the Mittleman Jewish Community Center pool – one swimmer per lane.

Stingrays splash into fun

BY DEBORAH MOON

On Oct. 1, the Stingrays swim team returned to the Mittleman Jewish Community Center pool for the first time since the COVID closed the center in March.

During the summer, the team met twice weekly on Zoom – once for a social gathering and once for dryland workouts. Now that the pools are open, the team is getting wet again – though with pandemic limitations, only 42 swimmers are on this year’s teams compared to 80 to 90 in a non-COVID year.

“The best part is seeing all the kids again and being able to interact,” says Stingrays Head Swim Coach Jennie Condon. “It’s great to see them improve and getting joy out of what they are doing.”

The 42 swimmers range in age from 9 to 17. Jennie decided not to run a pre-team, which begins at age 5, because it would be difficult to maintain the physical distancing requirements in the water for that age.

The five Gold swimmers practice 45 minutes four days a week. The Silver and Bronze swimmers practice in groups of six to eight swimmers for half an hour twice a week. The six lanes are limited to one swimmer each, with the exception of the outside lanes, which two siblings can share.

The two coaches can provide more individual coaching this year than they can in a typical year with 20 or so swimmers in the water at a time.

“A couple of swimmers were struggling with a technique last season,”



Stingrays team member Teagan is happy to be back in the pool.

says Jennie. “Being able to work with them one on one for 15 minutes, you see the light bulb go on. That’s the upside to COVID.”

Competitions technically could be held, says Jennie, but no meets are currently planned. However, Jennie has reserved Fridays as “race day,” giving each group of swimmers one 45-minute session each month where they can get timed and compete – at least against their teammates and personal bests.

Jennie, who is also the J’s aquatics program manager, has scheduled Stingray practices to accommodate MJCC members, who can also access both the main pool and the warm water pool. Members can reserve 45 minutes in either pool Sunday-Friday. Members can make a reservation up to 72 hours in advance at oregonjcc.org or by calling 503-244-0111.

Coalition seeks to expand call for peace



A diverse coalition of religious leaders called for civility and calm at an Oct. 30 press conference at Pioneer Courthouse Square. Clockwise from top left: Pastor Emmett Wheatfall, who introduced the speakers and spoke on behalf of United in Spirit; Sister Veronica Schueler of the Catholic Archdiocese of Portland; Rabbi Michael Cahana, who spoke on behalf of the Jewish Community Relations Council; Pastor Matt Hennessy of Ecumenical Ministries of Oregon; Allen Oyler of The Church of Jesus Christ of Latter-day Saints-Portland Area; the Rev. Linda Jaramillo of the Ecumenical Ministries of Oregon; and JCRC director Bob Horenstein, who helped organize the coalition.

BY DEBORAH MOON

Religious leaders from many faiths gathered in Pioneer Courthouse Square on Oct. 30 to call for peace and civility around the Nov. 3 election. On Nov. 5, coalition members met (virtually) to consider how they might further that goal.

The call for peace was issued by 17 organizations and spearheaded by United in Spirit, a Portland-based coalition reinvigorating the historically positive relationship between the African-American and Jewish communities. Since election day and resulting protests, the signatories plan to reach out to other religious groups including the Muslim community to expand the already broad-based coalition.

“We are trying to find our niche (to promote peace and civility),” says Community Relations Director Bob Horenstein of the Jewish Federation of Greater Portland. The JCRC is a key organizer of United in Spirit. “One area we thought we might make an impact is to support the downtown business community.”

Some of the protests in Portland tipped to vandalism and violence in the past week. A

unified command of law enforcement arranged by Gov. Kate Brown – with the Multnomah County Sheriff’s Office and Oregon State Police in charge – declared a Nov. 4 demonstration a riot.

“Law enforcement and public safety personnel are doing what they can to prepare for and mitigate the effects of criminal behavior that has been exhibited downtown,” says Regional Security Director Gene Moss, who is based at the JFGP. He notes that on Nov. 4 there were two groups downtown – “one group of peaceful protesters demonstrating to say every vote needs to be counted, and another who were there to steal, damage property and riot.”

He adds that in conversations with local law enforcement, he has heard that most of the criminal activity is being propagated by “anarchists” who have joined otherwise peaceful marches. “The people protesting peacefully are being overshadowed by the anarchist element that is hiding in the shadows.”

Moss praised the coalition for the good work they are doing “to try to bring civility and cohesion to our community.”

Two local television stations,

KOIN and KPTV, and radio station KXL FM 101 covered a press conference at which leaders called for peace. Following is the full text of the plea for civility, which signatories still hope will hold some sway with protesters.

Call for Peace and Civility

There comes a time when people of goodwill, whether nationally or locally, must reach out to their fellow citizens. Now is that time. We believe it is urgent that the City of Portland, Oregon, and surrounding communities heed a specific and public call for peace, calm and civility.

We fully acknowledge the peaceful protests calling for long overdue racial and social justice. At the same time, we continue to witness the persistent political and social unrest occurring in the United States, especially in our beloved City of Portland (affectionately, the City of Roses). We are also deeply concerned about the divisiveness and potential for violence around the upcoming elections. Wherefore, United in Spirit, in conjunction with other community-based organizations and social justice advocates, issues a clarion call and appeal for peace and civility.

United in Spirit, along with our allied organizations, asks for the immediate cessation of violence and destruction of property. While we acknowledge that the destruction of property is of secondary concern to violence against people, we condemn all forms of violence. Our appeal is for civil discourse. We ask every person of goodwill to pursue conciliation rather than polarization. Let peace and civility return to the City of Portland and the metropolitan area.

United in Spirit: Coalition of the Jewish Federation of Greater Portland, NAACP-Portland Chapter, Oregon Jewish Museum and Center for Holocaust Education, Dialogues Unlimited, LLC and Remember the Hope Christian Fellowship.

Allied Organizations: Catholic Archdiocese of Portland, Chabad of Oregon, The Church of Jesus Christ of Latter-day Saints-Portland Area, Congregation Kesser Israel, Congregation Neveh Shalom, Ecumenical Ministries of Oregon, Episcopal Diocese of Oregon, Native American Youth and Family Center, Portland Kollel, Vancouver Avenue First Baptist Church and West Linn Alliance For Inclusive Community.

BB Camp feeds hungry kids, wildfire evacuees

BY DEBORAH MOON

Feeding the hungry has been a triple mitzvah for B'nai B'rith Camp during this year when COVID and wildfires upended life and forced the camp to re-imagine its mission.

"First, we are living our Jewish values, doing tikkun olam by feeding our community," says BB Camp Executive Director Michelle Koplan. "Second, our federal and state governments have assisted in funding these projects during the pandemic, which has helped in our agency's sustainability. The third mitzvah – the feeding programs have allowed me to continue to keep six of my kitchen and maintenance staff employed, which in turn has allowed them to feed their families."

Due to the pandemic and the increased need to feed families during this crisis, BB Camp has served more than 45,000 Free Grab & Go Meals to food-insecure and hungry children near the camp's Lincoln County campground since June. They will continue to serve meals to the community's children through August 2021. Breakfast and lunch for three and four days at a time are available for pickup two days a week at BB Camp and are delivered to several local apartment complexes served by NW Coastal Housing.

In addition, BB Camp delivers three delicious and nutritious free meals seven days a week to nine emergency shelters to feed more than 300 evacuees from



BB Camp's dining hall is being used to pack meals prepared in the BB Camp kitchen, below left, and then delivered to feed hungry children and wildfire evacuees.



the Echo Mountain Complex Wildfire. By the end of October, BB Camp had served nearly 15,000 free meals to evacuees; that effort is expected to continue through March 2021.

The youth meals program is funded through the USDA Summer Food Services Program, which the USDA has extended through August 2021. The wildfire evacuee feeding program started as an



American Red Cross-funded program and then transitioned to state and FEMA funding.

The feeding programs are just part of BB Camp's pivot.

"The financial implications of the Governor's mandated closing of overnight camps are profound for our agency," says Michelle, noting the camp lost \$2.2 million in revenue. "Despite the closure of our overnight campus, our BB Camp

staff and lay leadership pivoted, creatively adapted and persevered – using Jewish values as our guide. Under these unprecedented circumstances, I am in awe of the resilient, new and forward-thinking approaches to programming that BB Camp provided the community this past summer."

In addition to the meal programs, BB Camp served 613 campers in four day camp programs in Portland, Lincoln City and Seattle; 1,937 people via virtual programs; and 229 Men's Campers and guests on a Zoom program that ended the summer season. BB Camp also finished construction of ADA-accessible cabins on the north side of the camp located on Devil's Lake.

"Less than a week after our last summer event, the historic straight-line windstorm and Echo Mountain Complex Wildfire hit our local area," says Michelle. "The wildfire was dangerously close to BB Camp. Staff were evacuated without warning. ... BB Camp was spared. Unfortunately, many of our neighbors and friends were not as lucky."

Though BB Camp was unable to provide the free meals for children during the evacuation, the staff redoubled their efforts after returning to camp. BB Camp Food Services Chef Becci Bazen oversees the program and prepares the meals with two kitchen staff members. The team now prepares meals for the evacuees as well as more than 200 children.

Solomonov returns for free Chanukah cooking demo



Three-time James Beard Award-winning chef Michael Solomonov returns for a virtual Chanukah Cooking Demonstration Dec. 2, 5 pm, on Vimeo.

On Sept. 14, the chef cooked, joked and entertained thousands who Zoomed into the Sept. 14 Rosh Hashanah cooking program organized by Portland's Federation and cosponsored by 32 Federations nationally.

The event was so popular, Solomonov will return for another holiday class. The chef will teach attendees to make Apple

Shrub, Abe Fisher's Potato Latkes, Roman Artichokes with Arugula and Olive Oil, Poached Salmon, and Sfenj with Cinnamon and Sugar. Solomonov is the executive chef and co-owner of Zahav, the 2019 James Beard Foundation award winner for Outstanding Restaurant. He will dazzle in this virtual cooking event. The free program is a Chanukah gift to you from the Jewish Federation of Greater Portland. Password, recipes and ingredient list will be sent to all who register at jewishportland.org/solomonov.

Veterans Day stories of service

BY JUDY MARGLES

From Colonial time to the present, Jews have been a continual and dependable presence in the defense of the United States of America. In 1654, Asher Levy, one of the original 23 Jewish settlers in New Amsterdam, demanded and secured for himself and fellow Jews the right to stand guard at the stockade.

This Veterans Day we reflect on the participation of Oregon Jews who served in the United States armed forces and share stories from the archives of the Oregon Jewish Museum and Center for Holocaust Education.



Bernard Goldsmith, 1870. OJM1547

INDIAN WARS

Bernard Goldsmith, a German émigré who became Portland's first Jewish mayor in 1869, was among a number of Jews who fought in the Indian Wars in Southern Oregon and Northern California in 1855 and 1856 – service considered a civic duty during the early days of settlement.

ON THE FRONT LINES

Between Dec. 16, 1944, and Jan. 28, 1945, a number of local Jewish servicemen fought in the Battle of the Bulge, the largest and most devastating conflict in the European Theater during the Second World War. For six long weeks, with temperatures below zero and snowdrifts waist high, American forces fought successfully to push back elite Nazi forces on the German/Belgian border. Machine gunner Paul Meyer took part in Operation Nordwind, the southern part of the battle. Injured by German 88 mm. shell fragments on a snow-covered hill, he was carried out on a stretcher and eventually taken to a hospital in England.



Paul Meyer, 1945. OJM6707

LETTERS HOME

Letters in the museum archives describe extremely adverse conditions, revealing loneliness but also wit and humor. On June 25, 1944, Arthur (Curly) Grossman wrote from "somewhere in the Pacific":

"My heart really goes out to you, when I think of you having to ride to work in those stuffy crowded busses, or having to worry about gas coupons, shoe stamps, income tax, war bond drives, and going home and sleeping with your wife, especially when she has cold feet. All this hurts me, when I think of all the advantages I have, free eats, free clothing, 2 pairs of shoes, 18 toilets, no bills, no taxes, travelling expenses on the government, insurance paid for, money to my family, free doctors, and many other advantages. I used to work inside fifty weeks to get two weeks outside; now I work fifty weeks out, to get two weeks in."

Ben Stein wrote from Italy on Nov. 1, 1944:

"Well, I'm fine although quite homesick. Rain and mud up to here. I got a letter from Jack Bader; he's in France and doing OK. My cousin Bernard Ruvel was wounded over here in Italy and was in Portland on a furlough. I have a hunch that my kid brother, Irv, is possibly slated for overseas soon. I'm listening to Mildred Bailey over the air. Gee, the way she sings makes me feel like I'm sitting at home. Please write soon."

Harry Potter was stationed in Hawaii when his oldest daughter was born. On Aug. 2, 1944, he wrote:

"My wife and I are now the very proud parents of a new baby girl, Susan Willie. I'm sorry I can't let you in on the details – I haven't heard them myself yet ... I got that news on July 22; if you note the date on this letter, you'll see why my morale is a bit low now." The first time Harry saw his daughter was 17 months after her birth.



Army 1st Lt. Harry Potter, c. 1943. OJM06970

From New Guinea, Sy Wexler

acknowledges that army life isn't as exciting as he imagined:

"Just a line to let you know that I'm still alive, although of late, I've been wondering if such is really the case. I thought that by now I'd have something interesting to offer you, but I'm sure you wouldn't want to be bored to death with the monotony of this life. For a while I had a sweet job sitting on my rear and acting as librarian. Then I had a nice setup sealing envelopes for a couple of hours each day ... now I'm back to where I started, digging bigger and better wells than ever before. May get to dig some latrines yet. I finally met a Rambler in the person of Stan Nudelman. The historic event occurred at a Rosh Hashanah service. He's lost a lot of weight, but is much better for it and he looks like a 16 year old."

It took us some digging, but the clue to Stan Nudelman's weight loss comes out in his letter a few weeks later:

"Here it is another Thanksgiving Day and even tho' we are 'Somewhere in New Guinea' we had the real turkey with all the trimmings. The army really tries to give GI Joe his holiday dinners. All in all, it was swell, but it didn't take the place of my wife's cooking."

A WOMAN'S PERSPECTIVE

Both officially and unofficially, women have served in the American military since the American Revolution 244 years ago. In the Revolutionary War and Civil War, women often fought disguised

Continued on next page

VETERANS (continued from previous page)



Esther Schneberg, c. 1944.
OJM6734

as men. The Navy, the Marines and the Coast Guard finally accepted women during the First World War while the Army only admitted women to serve in the Nurses Corps. Several thousand women also served as drivers, secretaries, clerks and telephone operators, but they worked under civilian contract and were not officially in the Army.

When the Second World War broke out, women were desperately needed by the Army to fill important administrative jobs in order to release men for combat. All branches of the armed forces conducted massive publicity campaigns urging women to volunteer. In addition, the

Army and Navy Nurse Corps heavily recruited civilians to meet their own expanding needs.

Scant information exists about Oregon Jewish women who served before the Second World War, but we can well imagine that women worked on behalf of the war effort in whatever ways they could. Buck Sergeant Esther Schneberg stands among the first group of women to serve in the Second World War. Although many servicemen recall receiving home hospitality for Shabbat and holiday dinners, Schneberg, a WAAC stationed in Fort Benning, Ga., recalls that she never met any of the Jewish families in town. *"The Jewish men were invited to their homes, but never the Jewish women. Apparently there was a lack of Jewish men for their daughters."*



Passover service, c. 1944. OJM6729

KEEPING THE FAITH

Serving in the military and observing a Jewish life – keeping kosher, attending Shabbat services, celebrating Jewish holidays – was not always possible. Nonetheless, many Jewish military personnel held onto their faith as best they could.

Members of Oregon's Jewish community have continued to serve around the globe since the Second World War in similarly routine day-to-day operations interspersed with heroic moments.

Judy Margles is the director of the Oregon Jewish Museum and Center for Holocaust Education.

Students invited to enter Oregon's fourth annual Chanukah Essay Contest

Maimonides Jewish Day School in Southwest Portland announces Oregon's fourth annual Chanukah Essay Contest, co-sponsored by the Jewish Federation of Greater Portland. **(See contest details below.)**

This year, students in third to eighth grades are asked to consider this question: The Festival of Lights celebrates how the Maccabees found the strength to overcome difficult obstacles their community faced. How can you help support your community of friends and family in today's challenging times?

Eric Kimmel, award-winning children's author, penned this year's question to encourage young Oregonians to put themselves in the shoes of the Maccabees – Jewish soldiers in antiquity who fought for their beliefs – and ask how students today can lend strength to those in need.

"These are challenging, scary times," Kimmel says. "But difficult times also give us a chance to become better and stronger than we ever thought we could be. We do this by helping and supporting those around us. We become our better selves when we are helping others. That's how our essay contest can help: Think about what you can do and share it with us."

A panel of three judges unaffiliated with Maimonides will

choose one winner from each of two groups: third-fifth grade and sixth-eighth grade. The two winners each receive \$200: \$150 is a cash prize and the additional \$50 is for the student to gift to the school of his or her choice. Each student gets to enjoy a lunch via Zoom with Kimmel and with Trudy Ludwig, an award-winning, anti-bullying children's author.

Ludwig says, "This contest is a wonderful opportunity for students to share how we all can make a difference in our communities by turning challenges into opportunities for positive change."

Reflecting on this year's theme, MJDS Principal Rabbi Shneur Wilhelm says, "Challenges are opportunities. Like an olive, which when crushed reveals its deepest treasure, the Jewish people have always taken challenges as an opportunity to reveal within each one our deepest treasures. I look forward to seeing the thought, depth and unique perspective of each child."

"The Jewish Federation of Greater Portland is delighted to help sponsor the essay contest," says JFGP CEO and President Marc Blattner. "We look forward to the wise words of our children as they help show us the path forward."

CONTEST RULES AND DETAILS

Eligible students: All Oregon students in 3rd-5th grades and 6th-8th grades

Essay length: 150 words or less

Submissions: [PortlandJewishSchool.com/Submit](https://portlandjewishschool.com/submit)

Deadline: 5 pm, Tuesday, Dec. 1

Winners announced: Dec. 7

Prizes: \$200 cash prize; one signed book from both Trudy Ludwig and Eric Kimmel; and Zoom lunch with both authors on Sunday, Dec. 13, from noon to 12:30 pm.

Public reading of winning essays: The first night of Chanukah, Dec. 10, at the annual menorah lighting. Details will be forthcoming closer to the event.

COMFORT (continued from page 1)

middle of a crisis.

It is vital that we give ourselves the space and permission to feel bad, to feel scared, to feel helpless, to not operate at 100 percent all the time. Self-care is more important now than ever, Gilburd says.

When you hear the term “self-care,” you might think of candles, expensive skincare products, drinking an extra glass of wine or overeating. But at its core, self-care means tuning in to your own needs and learning to respect and tend to those needs.

Mindfulness is an important part of self-care but is not easy to master. We’ve learned to live our lives distracted by work, TV, podcasts, books or scrolling on social media. Acknowledging the present moment is imperative.

Try it right now. Ask yourself “How am I feeling right now?” Acknowledge that feeling,



JoAnna Wendel is the lead communications consultant for the Congregation Neveh Shalom COVID-19 Outreach and Services team. She’s also a science writer and science cartoonist. JoAnna loves to read, paint, hike and hang out with her cat. Funded by the Oregon Health Authority, CNSCOS provides services and timely information to the Jewish communities of Multnomah, Washington and Clackamas counties.

don’t judge the feeling. Name the feeling. You can also try to bring yourself into the present moment by making a point to notice the things around you – the feeling of your feet on the floor, the sight of leaves on the tree outside the window or the taste of a snack in your mouth.

Practicing mindfulness a few minutes per day during a calm moment can help train your brain to use this tool in a mo-

ment of anxiety or acute stress, Gilburd and Ruth say.

And remember – you’re not alone. When you’re feeling down, reach out to a friend or a family member, or email the Congregation Neveh Shalom COVID-19 Outreach and Services team (covid19@nevehshalom.org), and we’d be happy to chat. JFCS also has a list of community resources: jfcs-portland.org/covid-19.

PJ Library hosts virtual Pacific NW Havdalah-la-la



KIM SCHNEIDERMAN

PJ Library invites kids of all ages to join friends from across the Pacific Northwest at 5:30 pm, Nov. 14, on Zoom to bid farewell to Shabbat and welcome the new week. Havdalah-la-la, a musical singalong, will feature popular PJ Library musicians including Portland’s Kim Schneiderman.

“She started and ran Yad B’Yad, our wonderful intergenerational program at Cedar Sinai Park, for the last several years,” says Rachel Nelson, who oversees Portland’s PJ Library program. Kim also shares music at B’nai B’rith Camp and is the music specialist at Portland Jewish Academy.

The singalong also features popular PJ Library musicians Josh Niehaus and Monika Schwartzman. Rabbi Tamar Malino of Spokane will discuss the special place of Havdalah in Jewish tradition.

For registration and more information, visit jewishportland.org/pjhavdalah.

Tour campuses virtually with Hillel College Fair

With traditional college visits limited and in some cases cancelled altogether this year, Hillel recognizes that the college search process is more difficult than ever.

That’s why Hillel created the first-ever virtual Hillel College Fair Nov. 22-24, 2020, to give Jewish high school students and their families the chance

to meet students and staff from nearly 200 campuses.

The Hillel College Fair is a completely online event, and is free for anyone who wants to learn about Jewish college life.

Meet with current students and Hillel staff from schools that you’re considering and ask the questions that matter most to you. Join a session with an

admissions counselor to get tips on your application. Learn about scholarships. If you are considering taking a gap year, hear from Masa Israel Journey about their programs. Create your own itinerary and attend as many info sessions as you like for free.

Sign up at welcome.hillel.org/virtual-college-fair/

OneTable sets Vegan Shabbat Friendsgiving

[OneTable](http://onetable.org), an organization created to bring young adults together for Shabbat dinner, has broadened its outreach during the pandemic to include virtual holiday gatherings and resources. At 2 pm, Nov. 13, OneTable presents a pre-Thanksgiving program for vegans.

Can it still be Thanksgiving if you eat Tofurkey instead of turkey? If your mashed potatoes have almond milk instead of cow’s milk? The answer is, of course, yes. Join OneTable for a panel discussion with Rabbi Shmuly Yanklowitz (founder and CEO, SHAMAYIM: Jewish Animal Advocacy), Sara Eifler, program director at Jewish Veg, and Laura Williams (@veganjewishbaker) for a moderated discussion about vegan recipes for Thanksgiving. The discussion will feature how to talk to your friends about what is acceptable in your home, Jewish teachings about vegetarianism/veganism, and how we reconcile all the “meat stuff” found in the Torah and elsewhere in our tradition.

RSVP at onetable.org.

PJA Auction is Dec. 6

Portland Jewish Academy’s annual auction is going VIRTUAL this year. Wear your favorite hat and join the virtual fun at 5:30 pm, Dec. 6, with the theme Hats Off to PJA!

RSVP is free. All are welcome. After you RSVP, you’ll receive an email to set up your bidding account. Click the link that says “Start Bidding” to set up your account. Bidding opens on Dec. 2.

The online event will also feature a virtual costume contest and auction raffle.

Pre-ordered meals (\$40/each) can be picked up on auction day. Century Catering offers brisket, chicken, salmon or stuffed portobella mushroom with sides and choice of dessert.

The annual auction benefits the scholarship fund and provides essential operating support.

For more information, reservations and meal orders, visit pjaproud.org/auction.

PDXBIZ lunchtime series presents Business of Cannabis Nov. 19

The Mittleman Jewish Community Center's #PDXBIZ Business Series presents The Business of Cannabis at noon, Thursday, Nov. 19, on Zoom. Panelists are Jeanette Ward Horton, Jeff Mazer and Geoff Sugerman.

Jeanette co-founded [NuLeaf Project](#), a Portland nonprofit that works to address the hurdles that people of color face when entering the cannabis industry. Portland is the first U.S. municipality to invest tax revenue from the legalized cannabis industry into the communities most negatively impacted by cannabis criminalization. NuLeaf Project is funded in part by this historic initiative to rebalance the detrimental economic impacts of the war on drugs.

Jeff is the CFO of Wyld, the largest cannabis edibles company in the country. Jeff has more than 30 years of experience in financial management, strategic analysis, capital market transactions, and corporate and business law. Jeff is a returnee to the series; previously he was a presenter for the PDXBIZ programs on Smart

Cities and blockchain technology.

Geoff ran the campaign to pass Oregon's Medical Marijuana Act in 1998 and served on advisory committees to set up the program. In 2013, he wrote legislation to regulate and license medical dispensaries, paving the way for legalization. As lobbyist for the Oregon Cannabis Association, he's been involved in laws and rules developed to implement the industry. Now he is chief compliance officer for GW, a vertically integrated cannabis company holding 30 licenses in Oregon and California. He serves on the board of the NuLeaf Project.

Created four years ago as an in-person business breakfast, the series has transitioned to a lunchtime Zoom program on the third Thursday of each month. Events are free with a requested donation of \$18. Sponsorships are available. For more information, contact Saul Korin at 503-452-3427 or skorin@oregonjcc.org. Register at oregonjcc.org/pdxbiz.

PJA sets virtual open houses Nov. 18 & Dec. 8

Portland Jewish Academy wants to help families considering PJA for their children's schooling learn about the school. Although the admission office has gone virtual this year, two open houses are planned so families can get to know the community day school.

The Lower School Open House (kindergarten through fifth grade) will be at 6 pm, Nov. 18. The Middle School Open House (sixth to eighth grade) will be at 6 pm, Dec. 8.

For more information or to register for one of the virtual programs, visit pjaproud.org/admission.

MORE VIRTUAL OPTIONS

LOCAL ONLINE EVENTS

Many organizations and congregations have online cultural, educational and social programs. Find contact information: jewishportland.org/community-directory

Community calendar for all Jewish events: jewishportland.org/community-calendar/online-events

Mittleman Jewish Community Center: oregonjcc.org/at-home-programs/at-home-resources

Congregation Neveh Shalom streams services: nevehshalom.org/virtual-services/

Congregation Beth Israel streams services: bethisrael-pdx.org/worship/watch-services-live/

Congregation Shaarie Torah streams services: shaarietorah.org/streamingservices/

Congregation Kesser Israel holds online classes/events: kesserisrael.org/events

NATIONAL ONLINE RESOURCES

Jewish Together: Virtual resource from the Jewish Federations of North America: jewishtgether.org

OneTable for young adults: onetable.org

Hillel International has Hillel@Home: welcome.hillel.org/hillelathome/

PJ Library: pjlibrary.org/familyactivities



Rob Aigner with his parents, Les and Eva Aigner.

Next Generations to host Rob Aigner

Rob Aigner, the son of Portland Holocaust survivors Les and Eva Aigner, will speak at the Next Generations virtual get-together 4 to 5 pm, Nov. 19. The community is invited to hear Rob discuss how his second-generation perspective has changed over time, what keeps him energized, and how to keep the stories and important lessons of the Holocaust alive and relevant now and into the future.

Rob lives in Los Angeles and works in the real estate industry. He is a certified trainer and coach for real estate professionals. In addition to sharing his family story, Rob produces a podcast called [Clear Choices](#) that features conversations with ordinary people who have overcome extraordinary challenges.

Rob holds a degree in journalism from the University of Oregon and completed graduate work in psychology at New York University.

The Next Generations Group, formed in 2011, comprises descendants of Holocaust survivors and refugees and includes survivors, refugees and other supporters impacted by the Holocaust who want to keep the stories and lessons alive and relevant. The group meets (mostly online now) for social, educational and service projects. Sue Wendel and Diana Lindemann are co-coordinators. To attend the get-together and receive a Zoom link, please email Sue at suemwendel@gmail.com.

News in brief

Jewish Grandparents Network studies evolution of roles during pandemic

Jewish Grandparents Network is asking grandparents and parents to participate in two research initiatives to see how the COVID pandemic has impacted grandparents and their families. A short survey for grandparents will be available online until mid-November. Parents who have young children and living parents or in-laws can sign up for focus groups that will begin around Thanksgiving.

The online survey for grandparents mirrors questions from a pre-COVID survey and is designed to show how the family dynamics have changed during the pandemic. Take the survey at surveymonkey.com/r/LMZXFJJ. Anecdotal and early survey results show a split to two extremes.

“One cohort of grandparents haven’t seen their grandchildren since COVID; the other cohort is providing significant care of their grandchildren,” says JGN CEO and cofounder David Raphael. For instance, “My son, daughter-in-law and granddaughter lived with us for a month.”

“Some desperately miss their grandchildren, and a second group is providing essential roles.”

The focus groups are designed to assess the needs and views of the middle generation. Parents between the ages of 21 and 50 with children under 18 living at home can sign up for a focus group at surveymonkey.com/r/2WS2986. For more information, contact Christopher@jewishgrandparentsnetwork.org.

Founded three years ago, the Jewish Grandparents Network plans to use the research results to decide what initiatives it should focus on and what kinds of Zoom-based content they can provide to aid grandparents and their families.

New teacher training fund to bring Holocaust education to rural Oregon

The new Nancy Green Memorial Teacher Training Fund in honor of Regina and Sidney Atlas will support Holocaust education throughout Oregon with a special emphasis on rural areas of the state.

Dr. Gerald Green donated \$25,000 to the Oregon Jewish Museum and Center for Holocaust Education to create the fund to support OJMCHÉ’s onsite and offsite endeavors to bring Holocaust education to all parts of Oregon. The fund honors the memory of Nancy Marie Frahm Green, z”l. OJMCHÉ Director Judy Margles says donations to the fund may be made online at ojmche.org/product/memorial-teacher-training-fund/.

With the passage in 2019 of Senate Bill 664, which mandates Holocaust and genocide education in the state of Oregon, OJMCHÉ’s education team, led by Education Director Amanda Coven, has increased its outreach to educators, schools and students across the state. With educational programming now online, OJMCHÉ has a robust series of virtual workshops, tours and professional development for teachers.

“As a first-generation American with grandparents killed in the Holocaust and with cousins and uncles who survived that horrific event, the Holocaust has never been far from my thoughts,” says Dr. Green. “As the world we live in gets more polarized, genocide

and racism continue to come to the fore ... The program of educating teachers in all Oregon school districts is a perfect fit for our philanthropic and moral and educational interests. Nancy taught middle and high school in Portland for 27 years, and this will be a fitting memorial to her and to honor our now deceased cousins, Regina and Sidney Atlas, Auschwitz survivors.”

Barbara Atlas, OJMCHÉ board member and daughter of Regina and Sidney, says, “The entire Atlas family is honored that our cousin Gerald would not only remember his wife, Nancy, in creating this fund, but that he also wishes to honor our parents. This is a loving and wonderful mitzvah.”

JFCS adapts Thanksgiving food program

For many years, Jewish Family & Child Service and volunteers have brightened the season for needy individuals, families, Holocaust survivors and other seniors with delicious, nutritious Thanksgiving dinners. In past years, more than 100 volunteers have assembled and delivered the boxes.

This year, with COVID restrictions making assembly and delivery difficult, JFCS will send gift cards for Thanksgiving to 160 Holocaust survivors, JFCS clients and people requesting emergency aid. Positive Charge! PDX is organizing the creation of handmade cards to be sent with the gift cards. All cards should be able to fold/fit into a 6” x 9” envelope. People can make cards and then drop them off by 1 pm, Nov. 15, at three locations:

SW Portland: Driftwood Coffee at 4604 SW Vermont St.

SE Portland: Dairy Hill Ice Cream at 1428 SE 36th & Hawthorne

West Linn: Dairy Hill Ice Cream at Robinwood Shopping Center, 19143 Willamette Dr.

For more information on the card project, visit facebook.com/events/415318336514715.

Exhibit explores long shadow of urban renewal on South Portland

South Portland and the Long Shadow of Urban Renewal opens at the Architectural Heritage Center, 701 SE Grand Ave., on Nov. 14.

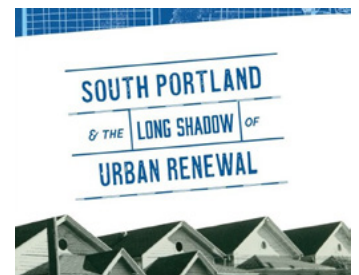
The exhibit examines the rise, fall, redevelopment and future of South Portland. The exhibit looks at the logic and motivations of city leaders, beginning in the 1950s, whose redevelopment efforts focused on the future at the expense of the city’s past and present. These ambitions impacted residents, businesses and property owners in one of the city’s most diverse neighborhoods. But it also steered a stagnant, conservative city toward a modernist and meticulously planned aesthetic. Today, a portion of the former urban renewal area is a National Register Historic District while nearby, what remains of the old neighborhood survived decades of change and is also designated historic. South Portland and the Long Shadow of Urban Renewal shows how new places can eventually become historic, while also shedding light on some present-day aspirations for the city that may transform the area once again.

Old South Portland had been the center of the immigrant Jewish community. Congregation Shaarie Torah and Congregation Aha-vath Achim were forced by urban renewal to relocate from the area in the early 1960s.

The AHC is open Thursday-Saturday, 11 am-5 pm. For more information, visit www.visitAHC.org



Nancy Green, z”l



Chaplain's Corner

It Just Doesn't Matter

BY RABBI BARRY COHEN



Rabbi Barry Cohen is the Jewish Community Chaplain of the Greater Portland Area.

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Upcoming issues

Issue date	Deadline
Nov. 25	Nov. 19
Dec. 9	Dec. 3
Dec. 23	Dec. 17
Jan. 6	Dec. 30
Jan. 20	Jan. 14

Submit news, photos and obituaries by the issue deadline to:
editor@jewishportland.org

Winter is coming. The sun is setting earlier. The days are drearier. Blue skies are becoming a commodity. Add in pandemic-induced social isolation. To navigate the coming months, we need antidotes of self-care and relational connections.

During Halloween weekend, I was browsing through Netflix, looking for an escape. After 15 minutes, I struck gold. I found the documentary, "The Bill Murray Stories: Life Lessons Learned from a Mythical Man."

You may be wondering: Why would a chaplain be praising a random documentary by an aging comic with roots in the original cast of "Saturday Night Live?" My answer? Bill Murray is much more than an improvisational comic.

I am taking a leap of faith that most Jewish Review's readers are aware of Bill Murray. From his early days in the Chicago improv group Second City to his recent dramatic roles, he has been in 67 films. The variety of his roles has been astounding, from the silly ("Garfield") to the serious ("Lost in Translation").

Whether you are only vaguely familiar with Murray or a dedicated fan, I recommend you watch "The Bill Murray Stories."

The documentary addresses the urban legend that Murray shows up at random moments in people's lives, from a house party to a wedding photo shoot, from mixing drinks at a dive bar to a neighborhood kickball game. He arrives suddenly, connects with others and quickly departs. The result is a meaningful, relational experience that lingers through the power of memory.

If you want to understand what it means to be mindful, check out this documentary. Bill Murray is a master of being in the moment, connecting with others and creating positive, altruistic experiences. He shows us how we can stop dwelling in the past, resist the urge to worry about the future, and for a few precious minutes or even hours, exist in the present, connected with others.

Some of you may be wondering, what's "Jew-

ish" about Bill Murray, mindfulness and living in the moment? Plenty.

We have a rich story tradition of Elijah the prophet appearing at random households during Shabbat, most often as a traveler needing shelter. He arrives. We welcome him in. We share a meal where the food tastes better and sing songs that are more spirited than usual. And then, the visitor is gone. Those in attendance wonder what happened. They know that they just experienced something transcendent. They cannot exactly articulate it, but they never forget it.

We also have the adventures of Jacob. As a youth, he traveled alone to be with his Uncle Laban. He stopped at a random place to get some rest. That night, he dreamed of a ladder connecting earth to heaven, witnessed angels and experienced God. When he awoke, shaken, he said, "How awesome is this place! This is none other than the abode of God, and that is the gateway to heaven" (Genesis 28: 17). Jacob teaches us that anywhere can be transcendent; we have the ability to be present and connect heaven and earth.

I invite you to watch "The Bill Murray Stories: Life Lessons Learned from a Mythical Man." He offers us the mindfulness antidote for the stresses, worries, strains and anxieties that await us in the coming months.

Whatever negativity awaits us, just remember his lesson: "It just doesn't matter. It just doesn't matter. It just doesn't matter." Through sacred connections of being in the moment, we can handle anything negative that comes our way.

Monthly Mitzvah: Books

To celebrate 36 (double chai) years in Oregon, Chabad of Oregon is promoting a different mitzvah for each month of this year. The celebration is based on the Mitzvah Campaign created by Lubavitcher Rebbe, Rabbi Menachem M. Schneerson, z"l, in 1967.

In November the focus is on a home filled with Jewish holy books. Furnish your home with as many holy books as possible. At the very least, get hold of a Chumash (Bible), Psalms and a prayerbook.

"We'll be glad to help," says Rabbi Moshe Wilhelm. "For assistance or more information, please call me at 503-957-7842."



Life-cycle events

The Jewish Review publishes life-cycle announcements when they are received. Please send news of births, b'nai mitzvah, engagements, weddings and anniversaries to: editor@jewishportland.org



WEDDING

ZACHARY LESCH-NINA SIMONS

Zachary Lesch and Nina Simons were married on Oct. 26, 2020, at the Oregon coast.

Zachary is the son of Harold and Jackie Lesch and grandson of Gloria Bacharach, all members of Congregation Neveh Shalom. Nina is the daughter of Hilga Simons of Colorado and the late Paul Simons. The newlyweds live in Southwest Portland. Zach is the owner/operator of The French Toast Connection in downtown Portland. Nina works for Lake Oswego High School.

A post-COVID reception will be planned.

Public Service Announcement



Have you
or a loved
one been
affected by
Covid-19?
CNSCOS is
here to
help!

Services we can assist with:

- Housing such as hotels or motels
- Food / Meals
- Health care and self-monitoring supplies that are not covered by insurance
- Transportation related to individuals in isolation or quarantine (ambulance, taxi, etc.)
- Communications such as cell phones
- Cleaning services
- Grocery shopping
- Childcare

covid19@nevehshalom.org
971-990-5652
nevehshalom.org/covid19/

Obituaries

ELEANORE RUBINSTEIN

Eleanore See Rubinstein, z"l, died Nov. 8, 2020. She was preceded in death by her husband Paulo Rubinstein, z"l. She is survived by four children Richard (Deanne) Rubinstein, Caroline (Ron) Gevurtz, Diane (Dirk) Koopman and Sandra Rubin; seven grandchildren, Teri DeHaan (Andy), Rick Rubinstein (Jill), Lisa Levin (Bart), Sheri Baer (Doug), Dirk Koopman (Secia), Devin Koopman (Amy), Darci Keljo (Kevin); 14 great-grandchildren; and three great-great grandchildren.

Even after Eleanore turned 100, she continued to volunteer with Store to Door, calling to get grocery lists from the local nonprofit's disabled or home-bound clients AND giving them a social connection.

She was featured recently in Cedar Sinai Park's Our Stories series. You can read the story at <https://cedarsinaipark.org/2020/04/12/eleanore-rubinstein/>.

A private family service was held Nov. 10, 2020, at the Beth Israel Cemetery.

Congregation Beth Israel sends condolences to Dick, Deanne, Carolyn, Ron, Sandi, Diane, Dirk, Teri, Andy, Rick, Jill, Lisa, Bart, Sheri, Doug, Dirk, Secia, Devin, Amy, Darci, Kevin and the extended Rubinstein family.

TOBY KATZ

Toby Katz, z"l, passed away Nov. 4, 2020, in Texas at the age of 86. She was the wife of the late Irvin Katz, z"l; mother and mother-in-law of Debbie Katz Barash (Jesse), Richard Katz, Larry Katz (Michele Katz Reichlin) and Amie Katz; grandmother of Sara Katz, Brandon Katz, Stephanie (Katz) Schorzman (Brian), Daniel Barash and Abbie Barash (Adam Jenkins); "GG" of Charlie and Walker Schorzman; sister and sister-in-law of the late Robert Levy (late Betty), the late Bobbi Guller (late Sidney) and the late Elliot Levy (Mary).

Her granddaughter, Abbie Barash, is an alumni of PDX Pathways and now is the Portland Field Fellow for OneTable, the national nonprofit created to make Shabbat dinner accessible to young adults.

Toby was passionate about cooking, baking, gardening, hiking, biking, playing cards, decorating, travel and the arts. She was an OASIS volunteer who tutored grade school kids to improve their literacy, and was active in the Women's Study Group. Toby was a successful businesswoman who ran SP Distributing Co. following in the footsteps of her late husband.

A funeral service took place on Nov. 8. Memorial contributions preferred to Central Institute for the Deaf or the Harvey Kornblum Jewish Food Pantry.

JIM BYRD

Dr. Jim Byrd, z"l, died peacefully at his home in Laguna Niguel, Calif., surrounded by his family on Oct. 28, at the age of 78 from complications of Alzheimer's and diabetes.

He was the father of Beit Haverim member Gabrielle Williams. He is survived by his wife, Barbara; his three children and their spouses; and six grandchildren.

Beit Haverim sends condolences to Gabrielle, David, Matigan and Tate Williams.

SUBMISSIONS

Submit obituaries to: editor@jewishportland.org.
Obituaries are posted online as they are received at: jewishportland.org/obituaries.

Pay tribute to family or friends in memory of their dearly departed by making a donation in their honor. 503-245-6219 or jewishportland.org/kavodtribute.