



Walidah Imarisha

Racism and Resistance

BY DEBORAH MOON

"We have survived and thrived in a place that actively tried to exclude and expel us," said activist and author Walidah Imarisha in the first of a series of [webinars on Oregon's history of discrimination](#).

"Uncovering the Hidden History of Anti-Black Racism in Oregon" was a condensed version of the program that the Portland State University assistant professor has presented across the state: "Why Aren't There More Black People in Oregon? A Hidden History."

Imarisha highlighted not only the history of oppression, but the resistance of Black and other oppressed communities. "Black communities have never been passive victims, they are active changemakers."

The Oregon Territory, which encompassed the entire Northwest, passed two Black exclusion laws – one in 1844 and one in 1849 – that forbade Blacks from living in the territory. When Oregon became a state in 1859, it not only prohibited slavery, it also banned all Blacks from the state.

See **HISTORY**, page 4

Continuity and creativity make holidays joyful at Cedar Sinai Park

BY DEBORAH MOON

The High Holidays at Cedar Sinai Park were tremendously different, but they had so much continuity and so many innovative twists that one resident was inspired to write, "I am at the corner of joy and gratitude."

The resident's thank you note was a response to her high tea in the sukkah, a one-on-one experience with CSP Spiritual Life Coordinator Cathy Zheutlin that was just one of the holiday innovations used to create a sense of celebration.

"I am deeply grateful for the way our team and the community have come together since the COVID-19 pandemic started," says CSP CEO Kimberly Fuson. "It takes every ounce of heart, valor and creative focus in each staff member across all departments to make certain our residents feel safe, loved and connected given these challenging circumstances."

Cathy played a key role in coordinating virtual services for all residents and offering meaningful individualized or small group connections throughout the holidays.

"Because of COVID, we were not able to have gatherings or a



Gail Levine enjoys high tea in the sukkah at Rose Schnitzer Manor. Residents visited the sukkah one-by-one for tea and to shake the lulav and etrog to fulfill that mitzvah during Sukkot.

banquet with families; that was a huge change," says Cathy.

Despite being virtual, the CSP services had a very familiar feel. "Amy Shapiro and her husband Jeff (Olenick) have led holiday services for 20-plus years," says Cathy. "All our service leaders (Amy and Jeff, Avrel Nudelman, Eddy Shuldman, Lani Raider, Len and Elayne Shapiro, and Rabbi Barry Cohen) have been doing

this for quite a few years, and all were willing to make their services virtual."

While Rose Schnitzer Manor apartments have an internal TV system that allows for live programs, the rooms in Robison and the Harold Schnitzer Center for Living rely on cable television. "I have to submit programs two to three weeks in advance to

See **CSP HOLIDAYS**, page 5

Missing local Jewish woman found safe

A woman who had been missing since Oct. 8 was found safe on Oct. 12 and is back home with her family in SW Portland.

The Jewish Review was one of a multitude of Jewish groups and individuals who distributed

a flyer to find the 51-year-old woman, who was thought to be disoriented and in need of her medicine. The multiple online posts and emails worked. Jean Mullin, who had seen the post on NextDoor, saw the woman

walking not far from her home.

"I was at the right place at the right time," says Mullin, who said she usually skims NextDoor, but this post "struck my heart. ... I'm so relieved for her family."

Youth: Get outside, help homeless, gain skills



Three brothers work on a building project at the Cascadia Clusters tiny home building site this summer.



Students will help build these platforms for emergency tent villages. The platforms have metal "hardware cloth" around the perimeter to keep vermin out and are larger than the villages' original platforms, which were too small for the tents and canopies to fit completely on top of the platform.

Israel360 looks at Mizrahi Experience Oct. 20

The 2020-21 monthly Israel360 events, which focus on historical, cultural and political aspects of Israel, will begin Oct. 20 with "The Slow Path to Acceptance: The Mizrahi Experience in Israel."

Dr. Henriette Dahan Kalev will discuss Israel's absorption of Jews from the Arab world along with the current environment in Israel. Every society struggles to determine the boundaries of its culture and its citizenry, and that struggle is rarely without ethical dimensions. As a Moroccan Jew and a scholar, Dr. Kalev brings both a personal and an

academic eye to this struggle for ethnic justice.

Dr. Kalev is professor emerita from Ben Gurion University, author and Truman Institute for Peace research fellow at the Hebrew University in Jerusalem.

In our era of renewed civic discussion about racism, learning about seven central historical events that have shaped the Mizrahi experience in Israeli society can provide interesting parallels to our society. Dr. Kalev will discuss these historical events and contemporary life.

The program is free, but registration is required. This event

Sixth- to 12th-graders can get out of their own house, help the houseless, and gain valuable building and tool skills in an after-school partnership program with Cascadia Clusters and the Mittleman Jewish Community Center.

"The basic carpentry, worksite safety, measuring and other skills we teach are super important for kids in our community to learn," says Cascadia Clusters founder Andy Olshin. "It will help them to 'see the other' when working with contractors and other tradespeople later in life. Plus, it can't hurt to be able to build your own table."

Groups of 4 to 10 youth will meet 3-5 pm, Tuesdays or Thursdays, from Oct. 27 to Dec. 10 to learn basic construction, tool safety and furniture building, while also helping to end homelessness. The program meets at the Cascadia Clusters' 40,000-square-foot outdoor build space on the Schnitzer Family Campus, home to the MJCC, 6651 SW Capitol Hwy.

"That allows us to continue the workshops – for 10 participants at one time – while following strict COVID protocols," says Andy. "We have lots of signs saying 'Stay 10 feet apart,' hand sanitizer and wipes for tools, and our homemade, propane-fueled hand-washing station."

The Cascadia Clusters Maker Village on the field adjacent to the MJCC has been reconfigured

to allow for 10 numbered and very separate student workstations, each bordered by visible markings designating a buffer of 6-10 feet in every direction.

Tasks will include any or all of the following: de-nailing reclaimed lumber, blackberry removal, furniture making, saw-horse building, gardening, painting and tiny-house building.

"My father (a yeshiva boy from the Bronx) taught me that the highest form of tzedakah was to help others to help themselves – this life lesson is the core of Cascadia Clusters," says Andy. Our workshops are taught by two of our veteran (2+ years working with us) houseless construction trainees who live in tiny homes we built with them at the Hazelnut Grove houseless village in North Portland."

This fall, Cascadia Clusters is building 110 platforms for the three emergency houseless villages created earlier this year by the City of Portland working with JOIN and nonprofit partners. The platforms with tents on them are set 10 feet apart to adhere to social distancing guidelines. The villages offer access to electricity to charge a cell phone and access to a shower truck, meals, and several bathrooms and hand-washing stations.

For more information and to enroll in the after-school program, visit oregonjcc.org/sports/youth-classes.



Pnina Tamano-Shata, the first Ethiopian-born woman in the Knesset (TBA).

For information on the series, call 503-246-8831 or visit nevehshalom.org/israel360.

NOVEMBER 7, 2020



Comedy Night

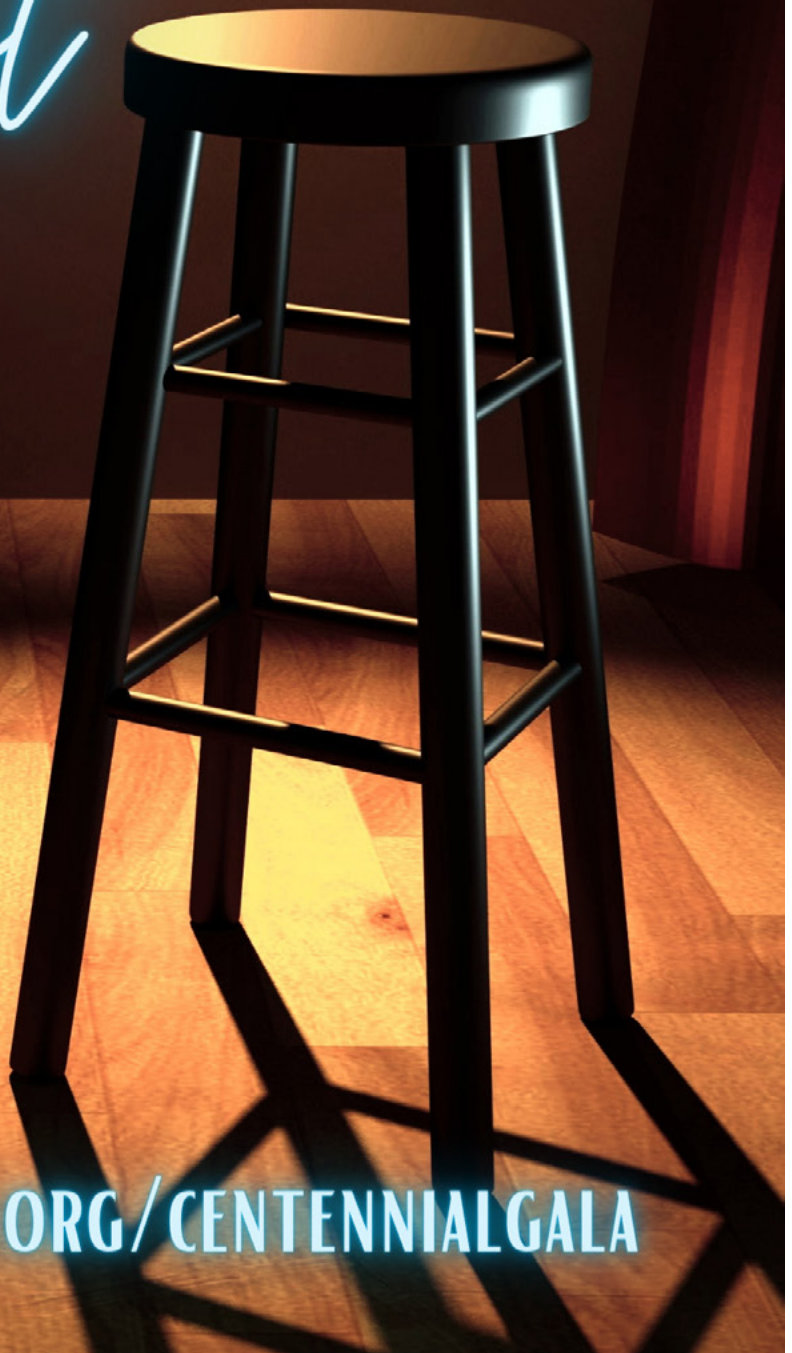


CAROL LEIFER



ELON GOLD

JEWISHPORTLAND.ORG/CENTENNIALGALA



HISTORY OF HATE (continued from page 1)

The goal of the white colonizers and those laws was to build a racist, white utopia, says Imarisha.

While many of Oregon's Black exclusion laws were repealed or ruled unconstitutional by the middle of the 20th century, much of the language was left in place until very recently. For instance, the State Constitution clause that prohibited Blacks from being in the state, owning property and making contracts was repealed in 1926, but the language was not removed from the constitution until 2002.

"That was not an oversight," says Imarisha. She adds that many homeowners' association covenants still contain unenforced covenants that ban Blacks from owning homes in their neighborhood.

Oregon's white supremacist history continued with the arrival of the Ku Klux Klan in 1921, the German-American (pro-Nazi) Bund in the 1930s and Portland's reputation as the skinhead capital in the 1980s. The strong KKK presence had been deeply connected to community leaders and government officials with KKK member Walter Pierce elected Oregon governor in 1922.

"The fact that Black communities exist at all in Oregon is incredible," she says.

Imarisha shared numerous examples of Black resistance that has made that possible:

- The 1860 census counted 124 Black residents, an example of courage and determination.

- In 1867 Black organizers worked with state and local government leaders to open public schools for Blacks. Oregon's compulsory education law that banned private schools had kept many minorities from receiving an education since they were not accepted in public schools. Imarisha called the Black organizers courageous since they had no legal standing in Oregon. "They brought in public education for all."

- In the 1920s, the NAACP led protests against screening "The Birth of a Nation," which has

"The fact that Black communities exist at all in Oregon is incredible."

~ Walidah Imarisha

been called the most racist film in U.S. history. In response, the Portland city council banned "any film that would stir up racial hatred."

- As an example of cultural resistance, she noted Portland became known as a jazz treasure nationally from the 1930s to '50s – a time when Portland was America's most segregated city outside of the South.

Imarisha says Portland has been adept at using progressive, liberal language "while allowing systems of oppression to continue."

She points to gentrification as an example. Portland is both the most gentrified city and the whitest major city in the country. Majority Black communities in North and Northeast Portland grew through the 1970s and up until 1990. Then in a major demographic shift, in just 10 years there were no longer any communities with a majority Black population. Imarisha says, "Black folks were pushed east into Gresham, north to Vancouver, Wash. – out of the state – and into prisons."

"It is important to recognize ... gentrification works in tandem with brutal over-policing of communities," says Imarisha. She adds that Oregon's 1983 Measure 11 setting mandatory sentencing "was responsible for the huge explosion of the prison population that disproportionately affects Black people."

Imarisha urges white allies and white accomplices to seek out the Black organizers and Black resistance leaders. "White folks need to research the organizing work of communities of color."

"Black resistance ... has happened continually using a diversity of tactics and strategies to create racial justice, which is essential for justice to exist."

UNCOVERING THE HIDDEN HISTORY OF DISCRIMINATION IN OREGON

A series focused on the history of hate in Oregon

Sponsored by the Jewish Federation's Jewish Community Relations Council, the Portland Chapter of the NAACP, Oregon Jewish Museum and Center for Holocaust Education, and several other community groups.

"This hidden history has been ignored and whitewashed in our society and schools," says JFGP Community Relations Director Bob Horenstein. He says the series will "help us understand how we got to this time where we still face serious racial injustice and serious discrimination."

Videos of webinars will be posted as they occur. The first two programs – "Uncovering the Hidden History of Anti-Black Racism in Oregon" and "Healing and Reconciliation: The Hidden History of Anti-Native American Discrimination in Oregon" – are posted at the bottom of Federation's Uncovering the Hidden History page jewishportland.org/uncovering.

Upcoming webinars:

Dec. 3: Latinx, immigrant discrimination

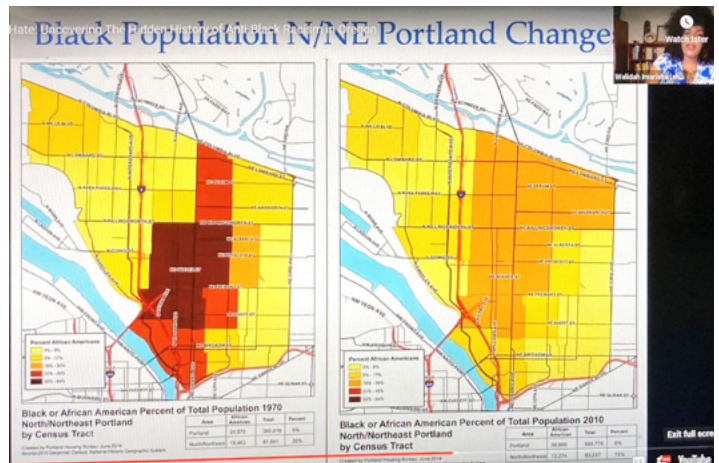
Jan. 21: LGBTQ discrimination

February: Asian discrimination (tentative)

March: Anti-Semitism

Summit on Confronting Hate

Whether online or in-person, the May Summit will discuss resources and strategies for historically oppressed communities to stand together in solidarity and confront hate.



Walidah Imarisha shared these maps showing in 1970 (left) through 1990, a majority Black population existed in areas of North and Northeast Portland. By 2000, no Black majority areas existed and by 2010 (right), none had more than 30 percent Black population.

Donate to Black Resilience Fund on Jewish page

The Black Resilience Fund recognizes that in addition to necessary systemic changes, Black Portlanders in need, especially those seriously affected by COVID-19, require financial resources.

Kol Shalom, Portland's Community for Humanistic Judaism, has created a page called "Jewish Support for Black Lives" on the Fund's website BlackResilienceFund.com.

"Although this action does not do much to dismantle structural racism and inequality, it is one important way for us, as Jews, to help Black people in need and to show our solidarity and support for our Black friends and neighbors," says Kol Shalom Social Action Chair Randy Splitter. Donate on the Jewish community portal.

CSP HOLIDAYS (continued from page 1)

Open Signal Public TV,” says Cathy. She says all the volunteer leaders recorded their services early, and Open Signal ran all the services at the appropriate time on one of their community access cable channels.

To add a personal touch, Cathy spent the first day of Rosh Hashanah in the two chapels on campus to have residents come to the Torah one by one (or two by two for couples) for a blessing and short discussion of the parsha (Torah portion). On day two, she led Tashlich for individuals and couples at the little stream behind Rose Schnitzer Manor.

For Yom Kippur, under state guidelines permitting small gatherings, groups of eight residents joined Cathy in Zidell Hall for a brief Yizkor service.

The one-by-one experience was also used for Sukkot when residents could visit the sukkah for high tea and to shake the lulav. Residents who didn't go to the sukkah were served high tea in their rooms.

“Residents were kvelling over the creative Rosh Hashanah dinner menu and Sukkot high tea,” says Kimberly, who praised CSP's Chef Jon Wirtis and his team for heightening residents' total culinary experience.

Chef Wirtis says it is also rewarding for the staff.

“It is such an honor to be the executive chef for our residents,” says Jon. “It is the friends and the fun that food brings together. Whether the food is delivered to resident rooms or to our restaurants' tables, it is the human contact and



On Rosh Hashanah, CSP residents visited the Torah 1 by 1 (Eleanor Rubenstein, left) or 2 by 2 (Jerome and Shirley Nudelman, above). Cathy Zheutlin offered blessings and Torah discussion.



Sonia Liberman joins Cathy Zheutlin dancing with the Torah in a Rose Schnitzer Manor hallway on Simchat Torah.

the personal touch we will always cherish and have through food. The enjoyment it brings to our staff in the culinary department to share food that is fresh, local, delicious and nutritious, even in the most challenging

of times, is a feeling to all of us that is priceless!”

Those personal relationships are also important to Community Program Director Nancy Heckler, who oversees life enrichment.

“This is a team that day after day creates, inspires and adapts, and this year during the High Holidays was no different,” says Nancy. “The commitment to our Jewish traditions, the value we place on each resident (scheduling, reminding and escorting persons where they needed to be), and the faith in our fellow team members (every single department on campus was involved) ... all made this work. What a gift to the entire CSP community that even during challenging times it's the personal relationships we have with each other that bring us through.”

The personal relationships that grew under the “adjustments” mandated by this year's pandemic made the year special for so many.

“I love the relationships,” says Cathy, noting the one-on-one experiences gave her “relationship time, intimate time.”

Summing up this year's holidays, Cathy turns to the Yiddish word for homey: “It's haimish.”



Donna Shai, left, shakes the lulav and etrog in the sukkah at Rose Schnitzer Manor. Later, at right, Jeanine and Ed Semon enjoy high tea in the same sukkah.



News in brief

Videos, info sought in Chabad fire investigation

Portland Fire & Rescue and Portland Police Bureau investigators have asked for help finding answers regarding a pair of fires at a Jewish center in Southwest Portland this summer. The fires damaged the Chabad Center for Jewish Life in August. No suspects or motive have been identified.

Investigators ask anyone with information about the fires to come forward. They also ask for help from anyone in the area with video footage from 8 to 11 pm, Aug. 14, and 1 to 3 am, Aug. 19.

Two rewards have been offered. Crime Stoppers of Oregon offers cash rewards of up to \$2,500 for information, reported to Crime Stoppers, that leads to an arrest in any unsolved felony crime, and tipsters can remain anonymous. Call 503-823-HELP (4357). StandWithUs, in partnership with the Mizel Family Foundation, has pledged an additional \$5,000 reward to anyone with information that leads to an arrest and conviction.

PJA/MJCC fixture Maryjane Rocker retires

Maryjane Rocker, executive assistant for Mittleman Jewish Community Center and Portland Jewish Academy, retired Oct. 9 after 23 years to move to Independence, Ore., with her husband, Andy.



"I would not have made a home on this campus for 23 years if it were not such a haimish, inclusive, fun place," says Maryjane. "I think about Julie Smith, Patricia Schwartz and Merrill Hendin, who put their all into making PJA the stellar school that it is. Working with Lisa Horowitz and Steve Albert at the helm of TWO independent and close organizations has been a wonderful, unique job."

In Independence, she plans to research Oregon history, volunteer, learn to quilt and be a country girl.

"During her time at PJA and the MJCC, Maryjane ... has provided tremendous support to the boards of directors for each organization ... her support of the boards has been invaluable," says MJCC/PJA Executive Director Steve Albert. "In addition, Maryjane has focused extensively on campus safety and security, ensuring OSHA compliance, serving as our point person with the different security firms with which we've worked, as well as the Portland Police Bureau, and managing and documenting the drills for fire, lockdown, evacuation and earthquake. She has done a great deal to enhance our awareness of and preparedness for safety and security challenges."

Cedar Sinai Park welcomes interim CFO

Kathy Thompson, MBA, CPA, has joined Cedar Sinai Park as interim chief financial officer. Kathy stepped in to fill the vacancy after Julie Stewart's departure from Cedar Sinai Park early this month.

"CSP thanks Julie for her contributions as CSP's chief financial officer and wishes her all the best in future endeavors," says CSP Chief Executive Officer Kimberly Fuson.

Kathy is an experienced CFO with broad knowledge in diversified businesses including nonprofits. Kathy's expertise includes managing a finance department, strategic and financial planning, analytics, process improvement, mergers and acquisitions, treasury management, accounting, human resources, insurance and risk management, information technology, software implementa-

tions, pension management and tax. Prior to her consulting and contract work, Kathy worked for almost 20 years as treasurer/CFO for Zidell Companies.

Cedar Sinai Park has been serving Jewish Portland's elders for 100 years.

CSP has begun a search for a permanent CFO. (See [job post on page 12](#).)

JFCS presents free course for 55+ community

Jewish Family & Child Service presents Wise Aging, a four-week course focused on building joy, resiliency and spirit. Typically offered at \$125 per course, Dinah Gilburd, group facilitator, is offering the Oct. 29-Nov. 19 course for free with any donations received directly supporting JFCS.

"It is a challenging time, and I want this workshop to be accessible to anyone who would like to participate," says Dinah. "Give yourself the gift of enhancing the aging process, through a different lens."

The group will meet on Zoom 10-11am, Thursdays, starting Oct. 29 for four weeks. The workshop is limited to eight participants.

The workshop draws from the book *Wise Aging: Living with Joy, Resilience, & Spirit* by Rabbi Rachel Cowan and Dr. Linda Thai and explores this later stage of development from a variety of spiritual perspectives and practices.

"My circle of friends has expanded," says Sandy, a Wise Aging participant. "My ideas about friendship have deepened. I am open to hearing different ways of experiencing and dealing with life. I feel more supported than previously as I go through this journey of life."

Participants may purchase *Wise Aging: Living with Joy, Resilience, & Spirit*; for a free copy, contact Hannah Holstein at HHolstein@JFCS-Portland.org.

A Licensed Clinical Social Worker, Dinah collaborates with JFCS, leading workshops and trainings for parents, educators, and organizations that support the mental health needs of children and families. She has been leading Wise Aging groups since 2018.

To register and for more information, contact Dinah at dgilburd@jfcs-portland.org.

Facebook bans Holocaust denial

For more than a year, the Jewish Council for Public Affairs has been part of a Jewish advisory panel to Facebook, urging the social media giant to take steps to ban anti-Semitism and hatred.

Facebook's decision to finally ban Holocaust denial was announced Oct. 12.

The effort began in August of this year, when JCPA organized a campaign against anti-Semitism and hate on Facebook, garnering support from [90 Jewish organizations](#), including the Jewish Federation of Greater Portland. The JCPA is the national umbrella organization of the Federation's Jewish Community Relations Council.

In September, JCPA convened all the Jewish participants in the Facebook Jewish Advisory group, prior to a meeting with Facebook officials, to create a coordinated approach.

The Jewish participants emphasized their highest priority: Facebook needed to ban Holocaust denial. Zuckerberg had [pointedly refused](#) to do so in the past.

On the morning of Oct. 12, a month after that very hard-hitting meeting with Facebook officials, Zuckerberg announced a change in policy.

The Facebook official responsible for its policy in this area wrote JCPA: "Thanks for your role in making it happen."

Join the party of the century!

STAND UP PORTLAND!

Join the Jewish Federation of Greater Portland for the Centennial Year Gala! Comedy Night via Vimeo online platform Saturday, Nov. 7, 2020
6:30 pm: Warm-up with DJ Ben
7 pm: Comedians Carol Leifer & Elon Gold
\$18 per household. Register by Oct. 29 at jewishportland.org/centennialgala

BY DEBORAH MOON

The Jewish Federation of Greater Portland will celebrate the accomplishments of its first century with a virtual party that could become a blueprint for galas later in its second century. Virtual reality offers exciting options for bigger celebrities, broader engagement and no travel time.

“Our vision for our 100th anniversary was a BIG GALA – meaningful connections with family and friends to celebrate the GREAT work we do when we come together for our community,” says JFGP Board Chair Lauren Goldstein. “We’re still going to come together – virtually – and have an incredible night – perhaps one of the most fun stay-at-home nights ever!”

The party atmosphere will begin even before DJ Ben Gershen starts spinning tunes at 6:30 pm, Nov. 7, on Vimeo.

Registrants will get a party pack in the mail the week before the gala that will include instructions on how to join the fun and use the virtual photo booth. Then beginning Thursday, enter the virtual photo booth, snap a shot, add a comment and post it on your social media pages. Saturday evening, enjoy the music and watch photos of your friends dance across your screen as DJ Ben shares comments from the photo booth between songs. DJ Ben says, “Grab your drinks, clear the coffee table, and get ready for an interactive virtual music experience with your own personal DJ!”

“DJ Ben Gershen will get the party started, and we’ll keep the night going with two amazing comedy acts,” says Lauren. “It’s also a night to support the important organizations and community we love.”

“The goal of the DJ set is to create an upbeat party vibe,” says JFGP Campaign Director Wendy Kahn. “It will be a chance to grab some snacks and drinks before you



Elon Gold

do something good for our community and get entertained by some real pros.”

“Carol Leifer and Elon Gold are well-known comedians – just read their bios,” Wendy urges.

An award-winning writer and producer, best-selling author and stand-up comedian, Carol isn’t shy about sharing her views on women’s issues, her Jewish roots, LGBT perspectives, animal advocacy and trailblazing career as a woman in the male-dominated world of comedy. She was nominated for Emmys for her writing on Saturday Night Live, The Larry Sanders Show and Seinfeld, on which she is said to be the inspiration for the character Elaine. She won the prestigious Writer’s Guild Award for a Modern Family episode, Two Monkeys and a Panda, in which Cam writes a storybook about the Vietnamese daughter he adopted with his husband Mitchell. It was inspired in part by the Guatemalan son, Bruno, Carol adopted with her wife.

Carol has often noted that her parents immediately preferred her Jewish wife to her gentle ex-husband, including in this New York Times [article](#) on Carol’s Dec. 5, 2015, marriage to Lori Wolf, officiated by a rabbi. That article also quoted Jay Leno, who has known Carol since 1979: “Most comedians don’t strive to be happy or content,” he said. “They think if they’re happy, they lose their funny. But if you meet someone who smiles at you when you’re not funny, you find out that it’s not true.”



Carol Leifer

Elon Gold is a comedian and actor who has starred in FOX’s Stacked and NBC’s In-Laws. He has made 10 appearances on The Tonight Show and had a recurring role on the hit show, Bones. Elon was a writer/performer on ABC’s The Dana Carvey Show and has guest-starred on Frasier, The Mentalist and Chappelle’s Show among others. His one-hour, stand-up special on Netflix received wide acclaim from audiences and peers alike and is now available on Amazon Prime. He recently made a stellar appearance on The Late Late Show With James Corden and will be seen in season 3 of Crashing on HBO, in which he plays his most challenging role yet ... himself.

A 2019 Jewish Telegraphic Agency [article](#) notes: Gold, a graduate of Modern Orthodox day schools and Yeshiva University high school, has been taking on Jew-hatred for years. “Comedians talk about what bothers them, and this [anti-Semitism] really bothers me ... Humor is my greatest weapon. Our revenge is with jokes ... exposing the ignorance of their bigotry.”

This won’t be the first time the two comedians have appeared together in this new virtual space.

“So they understand the breadth of the community (who will be watching),” says Wendy. “It won’t be just one type of joke or story; they will reach across and appeal broadly.”

Lauren adds, “I’m excited to see EVERYONE there!”

Portland Jewish Academy sets virtual auction Dec. 6; registration is free

Portland Jewish Academy invites the community to its virtual auction at 5:30 pm, Dec. 6.

Wear your favorite hat and join a wonderfully themed evening: Hats Off to PJA! It’s free

to register for this year’s auction, but you can order a kosher dinner box to enjoy at home.

The annual auction is PJA’s most important fundraiser. It benefits the scholarship fund

and provides essential operating support. More than half of PJA students receive some scholarship support, which helps maintain a diverse student body. Demand for financial assistance

is increasing in response to today’s economic climate.

PJA serves hundreds of students daily on campus and virtually.

For details and to register, visit jpaproud.org/auction.

In home or dorm, college students have different year

BY DEBORAH MOON

Parents of college-aged students will have the opportunity to talk about their concerns and hear about strategies and available resources from a pediatrician and two Hillel directors.

Finding Balance for College Parents will feature insights from pediatrician Dr. Erika Meyer, the mother of three college students; Greater Portland Hillel Executive Director Hannah Sherman; and Oregon Hillel Executive Director Andy Gitelson. Whether students are at home or on campus, the panel has ideas to help parents help their offspring.

"Parents have voiced that they want us to continue to do what we can to keep their students connected and safe," says Andy. "Hillel has never been more important than now. We know that spiritual outlets like Hillel can help to provide a sense of calm and skills/tools for students to cope with all that life is throwing at them right now."

The Oct. 19 Zoom program is the first in a series of facilitated conversations (see box at right) requested by parents and college students after a summer series on school re-entry. Many parents requested follow-up conversations to be held once the school year began.

Dr. Meyer will help parents cope with the challenges of having college-aged children living at home – either attending classes remotely or taking a gap year. She will also offer guidance to help parents deal with their own stress when their kids are on campus.

The Hillel directors will provide support and resources and share how Hillel is safely building community and connecting students during virtual fall terms on Oregon's campuses.

"My goal is to assure parents that even though life on our campuses may look different this year, Hillel is still here to be the Jewish home away from home for Portland college students, even if that home is now

virtual," says Hannah.

Many students are living on campus at Lewis and Clark College and Reed colleges, even though most of their classes are online. Classes are also primarily remote at Portland State University, which is essentially a commuter campus, and most students are staying away from campus for this term.

"At Lewis and Clark College, we have piloted a few ways to engage students in person," says Hannah. For example, for the new JIY (Jew It Yourself) program, staff and student leaders hand out goodie bags on campus tailored to an online program for everyone to participate in together. "We've given out Shabbat bags with electric candles and grape juice boxes and a Sukkot bag with ingredients for students to make their own edible sukkah."

Weekly challah delivery is available for students who sign up in advance. Weekly virtual programs have featured Shabbat services, havdallah and virtual game nights. In addition, PDX Hillel built a sukkah on

Continued on next page

FACILITATED CONVERSATIONS

Programs are confidential and not recorded so parents can feel free to share real world issues.

Oct. 19, 7 pm

Finding Balance for College Parents

Whether your college-aged student is living at home, on campus or taking a gap year, this is a year like no other. Talking to others in the same experience can help.

Register at: jewishportland.org/community-calendar/finding-balance-for-college-parents-1600886142

Nov. 10, 7 pm

Finding Balance: Mental Health Challenges for Kids and Families

Hear from other families struggling with these issues and get tips for coping. Panelists: Dr. Allan Cordova, The Children's Program; Dinah Gilburd, Jewish Family & Child Service; Rabbi Barry Cohen, community chaplain; and Mel Berwin.

Dates to be Determined

Finding Balance for Parents of:

- **Preschool:** Panel to include representative from The Children's Institute; Dinah Gilburd, LCSW, Jewish Family & Child Service; and the director of one of Portland's Jewish preschools.
- **Elementary**
- **Middle school**
- **High school**
- **Students with special needs**

Finding Balance for College Students

Panel to include a top administrator from the University of Oregon and either Portland State University or Lewis & Clark College.

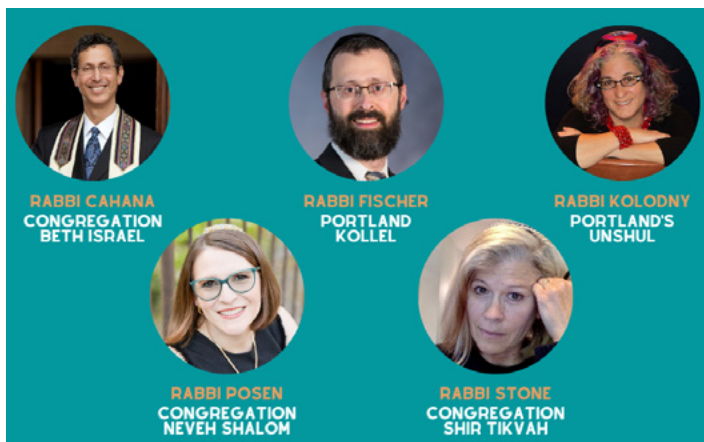
For more information on upcoming programs, email Rachel Nelson, director of educational initiatives at the Jewish Federation of Greater Portland, at rachel@jewishportland.org.



Students at Lewis and Clark College picked up a goodie bag with all the fixings for an edible sukkah and then shared their sukkah creations on a PDX Hillel Zoom gathering.



Oregon Hillel created individually packaged Shabbat dinners, Erev Rosh Hashanah dinners, Erev Yom Kippur dinners and break-the-fast boxes that were delivered to students or available for coordinated pickups from Hillel House in Eugene and at OSU.



Young adults invited to explore social justice with five rabbis

Five rabbis from all corners of the Portland Jewish community will come together to share their perspectives on how local leadership is tackling social justice and current events.

Sip & Tzedakah gatherings provide younger adults in their 20s and 30s a chance to give back while meeting new people and having fun. The Sip & Tzedakah Rabbi Roundtable will be at 7 pm, Oct. 21, on Zoom. Sip & Tzedakah is a program of the Oregon Jewish Community Foundation and the Jewish Federation of Greater Portland.

The roundtable will feature Rabbi Michael Cahana (he/him), Congregation Beth Israel; Rabbi Tzvi Fischer (he/him), Portland Kollel; Rabbi Debra Kolodny (they/them), Portland's UnShul; Rabbi Eve Posen (she/her), Congregation Neveh Shalom; and Rabbi Ariel Stone (she/her, they/them), Congregation Shir Tikvah.

The roundtable will be moderated by Sonia Marie Leikam (she/her) of OJCF and Nadine Menashe (she/her) of the JFGP.

For information, email Sonia Marie at soniamariel@ojcf.org or Nadine at nadine@jewishportland.org. To register, visit jewishportland.org/rabbiroundtable.

COLLEGE YEAR (from previous page)

the Lewis and Clark campus "as a symbolic representation that even if we may not all be physically together, we can still celebrate Jewish holidays on campus."

At the University of Oregon and Oregon State University, about 90 to 95 percent of the classes are offered virtually, and the majority of sophomores to seniors are living at home or elsewhere off campus. About half to three-quarters of freshmen are living in on-campus housing.

A Hillel survey of students at UO and OSU revealed three main themes: take COVID seriously and adhere to the University/CDD/State of Oregon Guidelines for masks, social distancing, etc.; they would love in-person small get togeth-

ers but generally didn't want events that would attract large crowds; and they miss being able to regularly connect with friends and feel the isolation

Oregon Hillel has held virtual meet-ups for students, virtual book clubs, virtual Mitzvot-voter registration programs, small in-person connections (either one-on-one socially distant meet-ups or up to nine students and staff connecting outdoors), and individually packaged Shabbat and holiday meals. "We have averaged 70-75 UO Shabbat meal deliveries and 25 OSU Shabbat box deliveries," says Andy, as well as 90 Yom Kippur dinners and break-the-fast boxes. "In all, we have engaged and personally connected with 193 UO students and 68 OSU students."

Apply for ADL leadership institute by Oct. 31

The ADL Pacific Northwest region has expanded its Glass Leadership Institute to include Portland in addition to its traditional Seattle class. GLI empowers the next generation of leaders committed to ADL's mission with the tools to fight anti-Semitism and hate and build a just and inclusive society.

The first session will be in January 2021. Due to the ongoing pandemic, sessions will be virtual until further notice. The deadline to apply is Oct. 31.

Young leaders of all backgrounds in their mid 20s through their early 40s are invited to apply for an inside look into ADL's work on civil rights advocacy, domestic extremism, and building bridges with diverse communities to fight bias and discrimination.

Nine monthly sessions are offered, typically in the evenings after work. Each session features a topic covered by senior ADL professionals who lead in-depth, interactive programs. Typically, young leaders then travel to Washington, D.C., to exercise their skills, connect with GLI leaders from throughout the country and lobby their representatives in Congress. The ADL National Leadership Summit for 2021 is subject to change.

For more information or to apply visit <https://seattle.adl.org/gli> or email pacificnorthwest@adl.org.

PDX Hillel shares comics legend

PDX Hillel is co-sponsoring "Into the Jewish-verse: A Conversation with Comics Legend Brian Michael Bendis" on Tuesday, Oct. 20, from 3 to 4 pm. The virtual event is part of Hillel International's Hillel@Home program.

Explore the amazing multi-verse of comics and pop culture with Brian Michael Bendis, who teaches on the comic studies faculty at Portland State University. Brian is also an award-winning comics creator, Amazon and New York Times bestseller, and one of the most successful writers working in mainstream comics.

In this Hillel@Home pro-



gram, you can hear what it takes to succeed in this competitive industry and get answers to questions about your favorite characters. Register [here](https://hillel.org/into-the-jewish-verse).



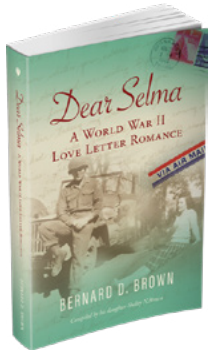
PJA third-graders gather in small groups

Third-graders from Portland Jewish Academy had small group gatherings in the Mittleman Jewish Community Center sukkah to sing, learn and enjoy finally being together, under the state guidelines that currently allow for limited, in-person instruction. Throughout Sukkot, the MJCC sukkah was available for community use within COVID-19 guidelines.

Books & Authors

Portlander pens WWII love letters (and now book)

Dear Selma: A World War II Love Letter Romance is based on the letters that united Portlanders Bernard Brown and Selma Nepom for a 72-year marriage. Now compiling the letters into a book has brought Bernard and his daughter, Shelley Brown, even closer as the two explored memories ignited by rereading the boxes of letters.



“Working with my sweet dad on this compilation of his letters was one of the greatest joys of my life,” says Shelley. “And to top it off, being interviewed for national television on CBS This Morning was the icing on the cake.”

On Oct. 5, CBS Good Morning featured [an interview](#) with Bernard and Shelley near Bernard’s home on Portland’s South Water-

front, near the neighborhood where Bernard grew up.

Selma Nepom, daughter of Manual and Tillie Nepom, and Bernard Brown, son of Harry and Rose Brown, grew up in the same neighborhood in South Portland. Selma attended Shaarie Torah synagogue, and Bob attended Neveh Zedek synagogue.

Selma, z”l, passed away in 2017. The couple had three children – Shelley lives in San Francisco, and Eden Rose Brown and Jordan Brown and his wife, Stacey, live in Salem.

Shelley and Bernard worked together during COVID 19 shelter in place to create and publish *Dear Selma*.

“I will forever treasure the memories that poured forth from him while delving deeper into the letters,” says Shelley. “Sharing the stories of this innocent 19-year-old facing the horrors of WWII front lines is beyond imagination, yet watching my parent’s love blossom and grow through their letters was so moving. Working on our book together, discussing each letter and every decision, talking 10 times/day for six months was a precious experience that will stay with us both forever.”

In the introduction to the book, Shelley writes: “I always knew my parents fell in love over the letters they exchanged while my father was in the army during World War II, but I didn’t realize the details of their enduring long-distance relationship until I sat down



Selma, z”l, and Bernard Brown on their 70th wedding anniversary.

and read each one. ... As the Americans took Germany, my father was on the front lines fighting from fox holes. It’s chilling to think that each letter could have been his last. ... We dedicate this book to all those who didn’t make it back.”

All proceeds benefit the Ronald McDonald House at the Rood Family Pavilion in Portland. The book is available from [Amazon](#) and local bookstores, including Powell’s Books online store at [powells.com](#).

Jewish Voices moves readings by poets, authors to Zoom

Oregon Jewish writers and poets will once again share readings in what has become a virtual event this year.

The Oregon Jewish Museum and Center for Holocaust Education presents Jewish Voices, Readings by Oregon Jewish Writers and Poets at 6:30 pm, Oct. 27, on Zoom.

Since 1999, writer Willa Schneberg has organized this annual event featuring readings by prominent Oregon Jewish poets and writers. The writers in the 2020 program, whose work includes fiction, poetry, nonfiction and essays, will share selections from their work in a virtual reading on Zoom.

Writers include the following:

Jacob Boas (Ph.D.) was born in Transit Camp Westerbork in the Netherlands and has lived in Portland since 1996. He is the author of *Boulevard des Misères: The Story of Transit Camp Westerbork* and *We Are Witnesses: Five Diaries of Teenagers Who Died in the Holocaust*.

Sherri Levine is a Portland poet, artist and teacher. She is a

recipient of the Lois Cranston Memorial Poetry Prize and was awarded Poet’s First Prize (Poet’s Choice) from the Oregon Poetry Association in 2017.

Willa Schneberg is a poet, essayist, visual artist, curator and psychotherapist in private practice in Portland. Her five poetry collections include *In The Margins of The World*, recipient of the Oregon Book Award, and her latest volume, *Rending the Garment*.

Betsy Fogelman Tighe has published poetry in literary magazines; her full-length manuscript was a semi-finalist for the Snake Nation Press Violet Reed Haas Poetry Prize and the Hidden Rivers Willow Run Book Award.

Leslie What is a Nebula Award-winning writer and Oregon Book Award finalist in fiction, whose work has appeared in a number of anthologies and journals including *Beyond Lament: Poets of the World Bearing Witness to the Holocaust*.

The event is free with registration. For more information or to register, visit [ojmche.org/events/jewish-voices-2020](#).

Chaplain's Corner

The healing power of Shabbat

BY RABBI BARRY COHEN

About seven months ago, we first started experiencing restrictions in response to the COVID-19 pandemic. Time can be a paradox. Sometimes seven months feels like yesterday, and sometimes seven months feels like years.

These past months have been draining. I am all-too-often exhausted: spiritually, emotionally and physically. I have had to cope with stressor after stressor. I have been worried about being exposed to the virus. I am filled with anxiety about the upcoming elections. I am angered by how politics has weakened faith in the ideas that hold our nation together. I continue to be shocked by the rejection of science, facts and truth. I am not satisfied with the education my children are receiving through virtual classes. And I still have to keep my household in order, run the errands, cook the meals and pay the bills. Very little time or energy is left for me to take care of myself.

As I review the words I have written, I do not want to be perceived as whining. I'm just trying to express what I feel – and why I feel that way.

Since almost all of us can share similar feelings and experiences, I am concerned that too few of us are coping constructively, and too many of us are self-medicating. I hope you are not trying to escape through drugs or alcohol.

I suspect that too many of us – adults, youth and children alike – are spending too much time on social media. This amplifies our fears, worries and anxieties. Or we create an echo chamber that merely reinforces what we already believe, driving a wedge between us and others who do not think, feel or believe the way we do.

What effects have these seven months had on our relationships with our loved ones – with our significant others, our spouses, our children, our siblings, our

parents, others? How much are our families a microcosm of our society – divided, strained or distant?

We can turn to Jewish teachings and traditions for answers. One way to heal the damage inflicted by the past seven months is to turn to the gift we receive every week: Shabbat. Many of you may say, “but I’m not religious.” You don’t have to be religious to observe Shabbat and to benefit from its healing potential.

Shabbat is our opportunity to foster a different kind of time – slower, calmer, meaningful, even sacred and transformative.

For those comfortable using technology on Shabbat, take advantage of the diverse virtual worship and study offerings from local synagogues. But use technology differently on Shabbat. If we watch TV, watch it constructively. Let’s turn off the 24-hour news networks and instead watch a drama, comedy or adventure film with family. More significantly, can we put our smart phones away for 24 hours? If that question makes us uncomfortable, we need to ask ourselves whether we have a smart phone addiction.

Shabbat is time set aside to devote to our relationships. We can reach out to our best friend, significant other, spouse, child/children, parent/parents and others. Use this time to decompress and get in touch with what we are feeling during this pandemic. Adults can model this expression of feelings for their children. And we can encourage our youth to express what they feel through words, art and music.



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

During Shabbat, we can cook a meal together. Just imagine the options. We can perfect a meal that has been handed down for generations. Or we can try something new. If we have Ashkenazic roots, let’s cook a Sephardic meal; if we have Sephardic roots, let’s cook an Ashkenazic meal. I grew up in an “Ashkenormative” bubble. I didn’t learn about all of the amazing Sephardic and Roman recipes until I was in rabbinical school.

Finally, on Shabbat we can remember to take care of ourselves. Within our comfort zones, we can pray, meditate, journal, write, create art or simply get outside. (But please wear a mask and socially distance.)

Every week, we have an opportunity to escape the stresses, strains and anxieties that surround us. Every week, we have hard-wired into our calendar an opportunity to heal spiritually, psychologically and physically.

During our next Shabbat, may we experience shalom: the sacredness of wholeness, completeness and peace.

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Upcoming issues

Issue date	Deadline
Oct. 28	Oct. 22
Nov. 11	Nov. 5
Nov. 25	Nov. 19
Dec. 9	Dec. 3
Dec. 23	Dec. 17

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

Rabbi's corner

In addition to the Chaplain's Corner, the Jewish Review offers space for our community's rabbis to share their thoughts on the week's parsha or current events. The Oregon Board of Rabbis coordinates the Rabbi's Corner. To schedule a date to submit a 500-word piece, email OBR President Rabbi Eve Posen, eposen@nevehshalom.org.



Attend Yonina concert in your home Oct. 18

The musical duo Yoni and Nina Tokayer, known as “Yonina,” will perform a live Zoom concert at noon Sunday, Oct. 18. The virtual concert is hosted by the Mittleman Jewish Community Center.

The Israeli-American musical duo started sharing music through weekly home videos posted on Facebook and YouTube in 2016. Millions of viewers around the globe have heard their music videos or seen their concerts in Israel, with 40 million views of their performance of “One Day” being their most popular. The duo’s debut original album “Emet Pshuta” (Simple Truth) was released in 2017, and they are working on a second album.

Yoni and Nina have been singing together since they met, have been married for four years and have two children who make guest appearances in their videos. Known for positive music and soft harmonies, Yonina blends Jewish, Israeli and international music.

Tickets for the Sunday Zoom concert are \$10 per household. Register at oregonjcc.org/arts-culture/upcoming-events/yonina

Jobs board

The Jewish Review publishes job openings from local Jewish agencies and congregations. Listings will be shortened to fit available space. Submit openings to: editor@jewishportland.org.

Cedar Sinai Park seeks chief financial officer

Cedar Sinai Park has begun the search for a chief financial officer. Minimum Required Experience/Education/Certification/Licensure:

- Bachelor’s degree in accounting, finance or tax and auditing.
- Current license in good standing as Certified Public Accountant.
- At least 8 years’ practical experience in accounting, data processing and computer management systems.
- Demonstrated success managing finances/IT for multifaceted, \$20m+ operation.

• Medical systems knowledge is essential; prefer experience in nonprofit senior living/long-term care/affordable housing.

Cedar Sinai Park has been serving Jewish Portland’s elders for 100 years. The campus in Southwest Portland now includes Rose Schnitzer Manor for Assisted Living, the Harold Schnitzer Center for Living group households, and Robison Center for Health for rehabilitation and long-term care. CSP also offers respite adult day services, in-home caregiving, housing for adults with disabilities and downtown affordable housing.

Cedar Sinai Park is a not-for-profit, and our mission is to provide residential and community-based care to our elders and adults with special needs, allowing them to live with comfort, independence and dignity in a manner and in an environment based on Jewish values. We do not discriminate on the basis of race, color, gender, disability, veteran, military status, religion, age, creed, national origin, sexual identity or expression, sexual orientation, marital status, genetic information or any other basis prohibited by local, state or federal law.

Send cover letter and resume in confidence to CSP Chief Executive Officer Kimberly Fuson at kimberly.fuson@cedarsinainpark.org.

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Obituaries Submit to: editor@jewishportland.org

MELVIN WEINSTEIN

Melvin Weinstein, z”l, passed away Oct. 7, 2020, at the age of 89. Melvin was the beloved husband of 59 years to Anne Weinstein; father of Bruce Weinstein and Lisa (Richard) Pagnano; and grandfather of Dorie, Mallory, Ellie and Carly Pagnano. A private family service will be held at the Beth Israel Cemetery. Congregation Beth Israel sends condolences to Anne, Bruce, Lisa, Richard, Dorie, Mallory, Ellie, Carly and the extended Weinstein family.

JUDY ANN WAXMAN

Judy Ann Waxman, z”l, died Oct. 2, 2020, after complications from a recurrent Leukemia. She was the sister of Congregation Kol Ami member David Davis of Vancouver, Wash.

David traveled to Austin, Texas, to be with his family for funeral services for his sister. Burial will be Oct. 5 or 6.

Congregation Kol Ami sends condolences to the entire extended Davis family.

DOUG GOODMAN

Doug Goodman, z”l, passed away on Yom Kippur, Sept. 28, 2020. He was the dear father of Barak and Ilan Goodman, grandfather of 4 and brother of Lois (Ron) Ralph.

In observance of current safety protocols under the governor’s directive, a private interment was held.

Congregation Neveh Shalom extends our deepest condolences to the Goodman family.

JUDY ROSS

Judy Ross, z”l, died Sept. 2, 2020. She is survived by daughters, Bonni Goldberg and Meredith Goldberg; granddaughter, Isabel Kendall; and son-in-law, Geo Kendall.

Judy relocated from New York to Portland in 2012 and moved into Rose Schnitzer Manor. She was active at The Manor on many committees and started The Red Hat Society and a pet visit sign up for Manor residents with pets and those without. She held a JD and a PhD. Judy loved good food, wine and conversation.

Public Service Announcement



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

On Sunday, Oct. 18, 1-3 pm, the CNSCOS Team will be at Mittleman Jewish Community center to give out masks, hand sanitizer and fall-themed goodies. Come say hello, ask us questions about COVID-19 and our work, and get your FREE flu shot!

We will be joined by nurses from Signature, a health-care company that provides mobile and in-home health care.

Signature can also provide COVID-19 tests. These tests cost \$180 and individuals may be reimbursed by their insurance company. For those in need of a test who cannot afford the \$180, CNSCOS can cover a limited number of tests. If you’re in need of a free COVID-19 test, please email covid19@nevehshalom.org or call 971-990-5652. If you need help attending this drive-through event, contact us for a taxi voucher.

Sign up for a time slot to receive either a flu shot or a COVID-19 test [here](https://nevehshalom.org/covid19/) or call 971-990-5652 to reserve a time slot.