

The JEWISH REVIEW

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2nd Chabad
fire under
investigation;
more news
— pages 4-5

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Tivnu's gap year builds in pandemic

BY DEBORAH MOON

Tivnu: Building Justice will welcome 23 gap year participants – its largest cohort thus far – to Portland on Sept. 1, 2020. Since the first year in 2014, domestic gap year cohorts have ranged from eight to 14 participants.

Tivnu founder and Executive Director Steve Eisenbach-Budner attributed the increase to two distinct reactions to the global pandemic.

“The college experience they wanted is not accessible now,” says Steve, noting about three-fourths of participants signed up after COVID hit. “And the situation is so dire young people want to step up and do something useful.”

The option to work to ease the plight of the homeless and do so while living with their peers in

community prompted many participants to defer their freshman year of college until next year. Participants have deferred their enrollment at a distinguished list of colleges: Harvard, Brown, Columbia, Johns Hopkins, Wellesley, Tufts, Hamilton, Lewis & Clark, Muhlenberg, Oberlin, University of Denver, UC Davis, University of Oregon, Wesleyan, Willamette University, Williams and Rancho Santiago CCD.

The nine-month program for 17- to 20-year-olds explores connections among Jewish life, social justice and community service.

Many of the places where Tivnu has typically placed interns are either not accepting volunteers or are only offering online internships.

See TIVNU, page 3



Kosher food cart opens

GARBANZOS a falafel bar	
PITA SANDWICHES	
<small>Served in a pita with mixed vegetable salad, shredded cabbage, hummus and tahini sauce.</small>	
Falafel	8.00
Kafta Beyond Burger	10.00
Grilled Eggplant	8.00
Grilled Portobello	9.00
PLATES	
<small>Served on a plate with mixed vegetable salad, cole slaw, potato salad, tabouli, hummus, tahini, baba ghanoush and pita bread.</small>	
Falafel	12.00
Kafta Beyond Burger	14.00
Grilled Eggplant	12.00
Grilled Portobello	13.00
Fried Eggplant Salad	12.00
SOUP AND SIDES	
Lentil Soup	5.00
Fresh Cut Fries	4.00
Dip Plate	8.00
Side Pita	1.50
DRINKS	
Sodas (Coke, Diet Coke, Sprite)	1.50
Water	1.50
PRE-PACKAGED TO-GO	
Salads (SELECT FROM MIXED VEG, SALAD, CHICKEN SLAW, POTATO SALAD, OR TABBOULI)	4.00
Dips (SELECT FROM HUMMUS, TAHINI, OR BABA GHANOUSH)	5.00
Fried Eggplant Salad	6.00
<small>GARBANZOS IS VEGAN, HALAL, GLUTEN FREE AND CERTIFIED KOSHER.</small>	

Garbanzos food cart in the Mittleman Jewish Community Center parking lot is the latest kosher addition to Portland's food scene. Falafel pitas and platters and other vegan options were served up to eager customers when the cart opened Aug. 12. Allen Levin of Century Catering & Cafe at the J has worked to ensure kosher meals remain available during the pandemic. He offered kosher Pesach meals for pick up, then added weekly kosher meals for people to take home and serve. All are under the supervision of Oregon Kosher. Garbanzos hours are 11 am-7 pm, Sunday through Thursday, and 11 am to 5 pm Friday. You can call or text your order to 503-475-4875. Online ordering and possibly delivery may soon be added.



The eight teens in the first cohort of Tivnu: Building Justice gap year spent four days a week on a Habitat for Humanity building project and one day a week interning with a service or advocacy group. In subsequent cohorts, participants averaged two days of construction per week. This year, given COVID limitations, Tivnu Executive Director Steve Eisenbach-Budner expects building projects to be the dominant element once again.

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Holocaust memorial designer wins art award

BY DEBORAH MOON

The 2020 Governor's Art Award recognizes the totality of John Laursen's 50-year career – but his work on the Oregon Holocaust Memorial is one of his two proudest professional achievements.

John has owned and operated Press-22, a Portland studio specializing in the design and production of high-quality books and text-based public art projects, for four decades. He calls his typographical design work on the memorial and the connections he formed with local Holocaust survivors “transformative.” He now serves as board vice president of the Oregon Jewish Museum and Center for Holocaust Education and sits on the memorial stewardship committee.

Other 2020 Governor's Arts awardees are jazz musician Darrell Grant, traditional artist Roberta J. Kirk, artistic director Toni Pimble and the Portland Gay Men's Chorus. The awards will be presented on the Oregon Arts Commission Facebook page at 7 pm, Sept. 12.

“Art is a fundamental ingredient of any thriving and vibrant community,” Governor Kate Brown said in announcing the awards. “Art sparks connections between people, movements and new ideas.”

John's solutions to three major typographical challenges made the Oregon Holocaust Memorial the type of public art that sparks such connections.

At his first meeting with survivors, they told him they did not want their noncombatant relatives' names to look like soldiers on a memorial. So he put the victims' names in family groupings and included their relationship to survivors who moved to Oregon and SW Washington.

“It personalized it,” he says. “Father, mother, sister – everybody knows those words and made it easy to relate to.”

A second challenge was how to make the survivors' quotes, which would be engraved in bronze, not look like memorial plaques. John scanned and digitized a loose-weave fabric to create an irregular texture on the bronze. This approach had two unintended results – the texture evoked the burlap on straw bales survivors saw at Auschwitz, and when it rains the drops gather on the quote and look like tears falling from the words.

The final challenge was how to incorporate the entire history text written by Marsh Lee. John calls the text a “brilliant distillation” that was “so lean there was nothing to cut.” There also wasn't enough room on the planned memorial to include all of it. John realized that if one end of the memorial was turned into book pages fanned into Vs, the end would look the same size as the opposite end until visitors walked around and saw the complete text.

“It's nice to have something that uses all your skills,” says John of the project. “Everything I had learned about typographic design and how to put it into granite and bronze and collaboration to do a project – it was like I had been preparing for that. ... It was perfect synergy.”

While his relationships with survivors grew throughout the project, none of them realized he was also a book designer until he designed and co-wrote (with 2 Jewish Review Aug. 19, 2020

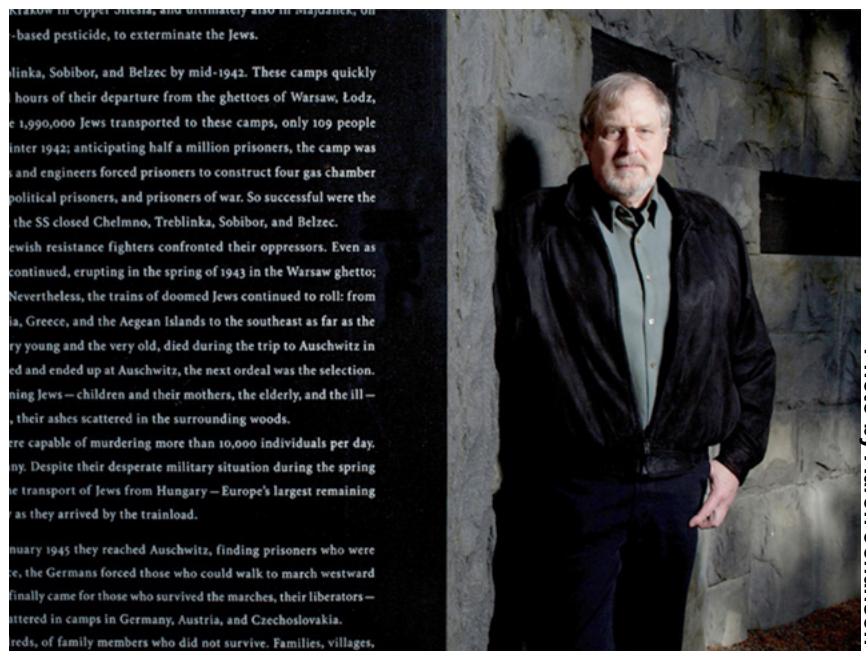


Photo by Aaron Johanson

John Laursen was the typographic designer for the Oregon Holocaust Memorial.

the late Terry Toedtemeier) *Wild Beauty: Photographs of the Columbia River Gorge, 1867–1957*. That book was the inaugural volume of the nonprofit, [Northwest Photography Archive](#), the two created to publish books of artistically and historically important photographs from the region. It is the second project he is so proud of. It also led to a major exhibition of the photographs at the Portland Art Museum in 2008.

That book inspired survivor Miriam Greenstein, z”l, to ask him to edit and design her memoir, *In the Shadow of Death*. John became very close to Miriam and dined with her every couple weeks until her death in 2018.

OJMCHE Director Judy Margles says, “John's multitude of skills have been enormously beneficial to OJMCHE. He joined our board already distinguished as the designer of Steven Lowenstein's best-selling *The Jews of Oregon 1850-1950* and as a member of the design team for the Oregon Holocaust Memorial. He continues to share his talents as board vice president and a valued member of a number of museum committees. John's devotion to the memorial led to lasting relationships with Holocaust survivors, who count him as a dear and trusted friend.”

John, who previously sat on the board of the Oregon Holocaust Resource Center, served on the merger committee that brought the OHRC together with the Oregon Jewish Museum.

He has remained on the OJMCHE board ever since, explaining that “The mission is really important to me – especially the mission regarding human rights, Holocaust education and standing up to injustice. ... We are the museum in Portland and Oregon that stands for those issues.”

“Even though I'm not Jewish, I had an interest in the Holocaust,” he says, adding that interest started in high school when he read John Hersey's *The Wall*, a fictionalized portrayal of the Warsaw ghetto uprising.

“I was shocked this had happened, and I was tremendously affected by reading it.”

Ore. Holocaust Memorial turns 16 on Aug. 29

The public is invited to a virtual commemoration for the 16th anniversary of the Oregon Holocaust Memorial, 4-5 pm, Aug. 29, 2020, via Zoom.

“This is a unique event in that it is virtual, but also because it is being planned by survivors, 2nd and 3rd generations, and even a 4th generation descendant,” says Diana Lindemann, co-coordinator of the Next Generations Group.

To receive a link to the Zoom gathering, email co-coordinator Sue Wendel at suemwendel@gmail.com.

The Next Generations Group includes survivors, descendants and supporters of its mission to keep stories and lessons of the Holocaust alive and relevant.

For more information, visit the Next Generations Group website nextgenerationsgroup.wordpress.com.



Local leaders share voice & vision

The Jewish Federation of Greater Portland will share inspiring daily videos from community leaders during the Hebrew month of Elul. A new video will be posted every day (except Shabbat) beginning Thursday evening, Aug. 20, 2020, when Elul begins at sunset.

Federation reached out to rabbis and Jewish professionals from all branches of Judaism and organizations and invited them to share a minute of study or reflection to help bring the community together

in this challenging year.

"Elul is a time to study and reflect on our actions of the past year and to seek forgiveness from those we have wronged," says JFGP President and CEO Marc Blattner. "Renew with Elul gives a diverse group of leaders the opportunity to share their voice and vision for the year ahead with the larger community."

Videos will be shared each day on Federation's Facebook and Instagram pages.

Each video will be posted on Jewishportland.org/Elul.

BBYO recruits teens for Voice Your Vote

BBYO has launched the Voice Your Vote Campaign for the 2020 election.

Rebecca Kahn, daughter of Portlanders Steven and Wendy Kahn, helped launch the national program. Rebecca is the Associate Regional Director of Jewish Enrichment in the Ohio Northern Region BBYO.

"I, along with a small team of BBYO staff, am managing, training and motivating the BBYO Field Organizers Corps, who will be responsible for registering voters, pledging voters, working the pools, promoting deadlines, running events and educating teens about voting," says Rebecca. "It is open to any and all Jewish teens to participate in."

This fall, Jewish teens across the United States will go all out ahead of the U.S. election by registering their friends and networks (Jewish and all others) to vote, volunteering to ensure there are no barriers to voting for anyone, attending events to learn about today's issues, and having fun participating in, while also protecting, our democracy.

"We're looking for hundreds of enthusiastic teens to join the BBYO Field Organizing Corps to work together through Nov. 3 in school districts, communities and states across the country," says Rebecca.

Through the BBYO platform, teens can register voters, confirm that voters have plans to vote, request mail-in ballots, sign up to work the polls (to ensure a safe and fair election for all), attend exclusive election events, and access tools and information. For more information on Voice Your Vote, visit: bbyo.org/vote

Kol Shalom creates path to support Black resilience

The Black Resilience Fund was created two months ago by Portlanders Cameron Whitten and Salome Chimuku in response to the Black Lives Matter movement. They recognized that, in addition to the systemic changes that needed to occur, there was an urgent need to provide financial resources now to Black Portlanders in need, especially those seriously affected by Covid-19.

Kol Shalom, Portland's Community for Humanistic Judaism, has created a portal on the Black Resilience Fund's website where all members of the Portland Jewish community may contribute.

"This 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 Barbara Weisman, member of Kol Shalom's Social Action Committee. "Please read more (at BlackResilienceFund.com) and donate whatever you can."

Tax-deductible donations help the Portland Black community with medical bills, rent, transportation, food, phone and internet, daycare, gas and electricity, and legal fees, to name a few. As of Aug. 12, almost 15,000 donors have contributed almost \$1.5 million.

The Social Action Committee Chair Randolph Splitter created this portal for the Jewish community to give to the group:

secure.givelively.org/teams/brown-hope/black-resilience-fund/jewish-support-for-black-lives



Much of Tivnu's construction this year is expected to be working with Cascadia Clusters at the MJCC site, says Tivnu Construction Trainer Erik Brakstad (shown at left leading a training at MJCC last year).

TIVNU (continued from page 1)

Steve says the shift to a more virtual world does have a positive side. It means Tivnu can look outside the Portland area for both online internships and speakers for its social justice educational programs.

With the virtual world's prominence in today's reality, Steve expects construction to play a bigger role in the program this year.

"A lot of participants will do some online advocacy work," says Steve. "Construction will be a nice counterpoint since most internships are virtual. Construction is hands-on, physical and in the world."

Tivnu has taken numerous steps to ensure the participants' safety. All participants must have a negative COVID test before arriving and on arrival. They will quarantine separately for 10 days in the two houses where they will live throughout the program. During the quarantine, about half of the students will sleep in the backyards to keep contact minimal.

"We'll be one big bubble after that," says Steve. "All the kids have signed a 10-page COVID protocol developed by two doctors and an epidemiologist. ... We are planning sporadic testing."

tivnu.org

News in brief



2nd fire damages Chabad House

A second fire was reported at the Chabad Center for Jewish Life on Southwest Vermont Street at around 2:45 am Wednesday (Aug. 19). This second fire in less than a week is under investigation. Updates will be added here as they are known. A fire broke out about 10:30 pm, Friday, Aug. 14, in the upper floor of the SW Portland Chabad House. It was apparently caused by an electrical issue.

After the first story, Chabad issued a statement at [Facebook.com/ChabadOR](https://www.facebook.com/ChabadOR): *No one was in the building at the time, and due to COVID the Torah scrolls had been removed from the premises a few months back.*

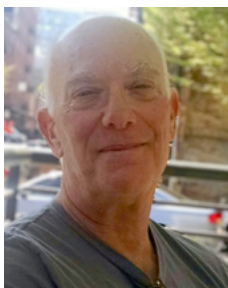
We are grateful to Portland Fire & Rescue who responded quickly. Thank G-d the fire did not spread beyond the interior of the upstairs floor.

Between the fire damage on the third floor and the water which came through, the damage is nevertheless significant.

We are grateful to the many that checked in with us and offered support. We are just getting on this after Shabbat and will keep you posted.

Together we will continue to spread the joy and meaning of Judaism. Partner with us at <https://jportland.raisegiving.com/>.

David Molko retires after 20 years at JFCS



After serving in a variety of roles during a 20-year career at Jewish Family & Child Service, David Molko, LCSW, retired June 30, 2020, as senior outreach clinician with a focus on seniors and older adults.

Though he is no longer on staff, he has continued to do some contract work for JFCS, and he has a small private practice in which he sees clients via Zoom.

David joined JFCS in a split role – reorganizing the financial aid department and as a staff therapist. Through all his many roles, he has always spent at least part of his time as a therapist. He also served as manager of senior services, which included Holocaust survivor programs and support services for Naturally Occurring Retirement Communities. For about 10 years, he supervised students from Portland State University serving internships at JFCS.

Announcing David's retirement, JFCS noted: "David has been an integral part of JFCS for the past 20 years and has made an indelible mark on our agency and community. We're excited to share that David will be continuing to work with JFCS on special projects and are grateful for all of his many contributions over the years."

David says he is proud of the relationship he helped develop and

maintain with Cedar Sinai Park's Rose Schnitzer Manor.

"I still oversee their scholarship program," says David, adding that program for long-time RSM residents is very unusual among assisted-living communities. "It has provided 47 or 48 families the opportunity to stay in their apartments at Rose Schnitzer even when their money was running out."

When the worldwide pandemic ends, David plans to resume the support group he ran for RSM residents "pre-COVID."

"David Molko has been a blessing to Cedar Sinai Park residents and staff for decades," says CSP Executive Director Kimberly Fuson. "He connects deeply and authentically with clients and has been a wealth of support to our social work staff and administration. We are so pleased that David will continue his work with Cedar Sinai Park as part of his 'retirement' plan."

National/local collaboration aids out-of-work Jewish community professionals

Jewish Federations of North America in collaboration with local federations and the JPRO Network have created a platform of support for furloughed or laid-off employees from Jewish community organizations.

Rise, jewishtogether.org/rise, is a digital landing pad to provide financial, emotional and career resources to help out-of-work Jewish community professionals.

Nationally, about one in five Jewish community professionals have been laid off or furloughed due to the COVID-19 pandemic. Though Portland has not been hit as hard as some areas of the country, the Jewish Federation of Greater Portland is partnering in the effort.

"We are fortunate that our community infrastructure has been able to maintain our staff at most of our Jewish organizations," says JFGP President and CEO Marc Blattner. "We recognize there have been layoffs, but our organizations are poised to bring people back as programs resume."

The Rise landing pad features options for financial support with links to international Jewish free loan associations and Jewish family service agencies. In Portland, connect with Jewish Free Loan at jewishportland.org/jewish-free-loan or 503-892-7417; or get help from JFCS Emergency Aid – contact Rscott@jfcs-portland.org.

Rise's Resilience Building page includes links to mindfulness meditation, peer-to-peer discussion groups, and subsidized sessions for emotional and spiritual support. The Career Support page has links to skills-based training, job openings and career coaches.

PJA's Generational Photography course a hit

Portland Jewish Academy offered a summer photography course to grandparent/grandchild pairs. The three-session online course was taught by PJA faculty member Benjamin Foote, who teaches middle-school Jewish studies and photography electives.

"In the Torah, the first thing created was Light. Photographers use light to create artistic images, so there's something very Jewish and spiritual about photography," says Foote. "Learning together is also a great way for families to connect across generations, especially when they can't be together in the ways we're all used to."

"PJA has been expanding grandparent programming over the past three school years," says Saul Korin, director of donor engagement and philanthropy at PJA. "Following a survey of grandparents, one of the biggest interests was opportunities to learn with grandkids. In the age of Covid-19 and distance learning, we knew this would be a great offering."

The Zoom format and intergenerational nature of the class have brought together an eclectic mix," Foote says. "We've got folks here in Portland, some in California, North Carolina, all over, all sharing images they've taken during the week between sessions. Some have been taking photos for decades with fancy cameras,

Continued on next page

JFCS names Ruth Scott acting director

Ruth Scott returned to the helm of Jewish Family & Child Service Aug. 17, 2020. She previously served as JFCS interim executive director from Nov. 1, 2017, until David Block took the reins of the organization on Feb. 17, 2020. He resigned effective Aug. 14.

Speaking about David's resignation, JFCS President Larry Holzman said, "Although he was doing a really good job managing the agency during this crisis, including strengthening partnerships, especially with Federation, he did not feel that he was being as effective as he had hoped he could be due to COVID restrictions. He felt that the agency needed someone with a different skill set. He really wanted to get out and meet people in our community but was unable to do so and didn't see that happening anytime in the near future."

Ruth, who had remained with the agency as interim development director, is now the acting executive director.

"The board will consider whether to make her position permanent or whether we will revisit the search process at some point in the future," says Larry.

JFCS provides social services that im-



JFCS Acting Director Ruth Scott

prove the lives of adults, families and children in the Jewish and general communities. JFCS helps vulnerable Portland-area residents including seniors, people with disabilities, and individuals and families lacking basic necessities.

While facing COVID-19, the agency has remained committed to critical programs and support to those in need. JFCS has adapted programs and created new ways to engage safely with the populations it serves including Holocaust survivors and people with disabilities. Individual counseling and community support groups are offered via Zoom. JFCS has created a remote intake system to provide emergency financial aid with gifts from the Jewish Federation of Greater Portland and the Oregon Jewish Community Foundation.

After more than 30 years as a nonprofit executive, Ruth had shifted her focus to interim executive directorships and change management as principal of Ruth Scott Consulting. Projects included strategic planning with the World of Speed Motorsports Museum, council development with iUrban Teen, board planning and development with Animal Aid, assistance to the Oregon City Main Street, and interim executive director at both Lift Urban Portland and the Oregon Energy Fund.

503-226-7079 | RScott@jfcs-portland.org | jfcs-portland.org

News in brief (Continued from previous page)

some are lower-school kids with an iPad. Everyone is sharing their images, photo tips, helping each other with technology; it's a really nice learning community." pjaproud.org

OJMCHE adds staff to grow digital education

Oregon Jewish Museum and Center for Holocaust Education has expanded its education team with the addition of Andrew Duden, who fills a new, critical role at the museum.

As the Education Specialist for Digital Learning, Andrew works closely with Education Manager Amanda Solomon to develop the content and implementation strategy for the launch and growth of the museum's new remote learning initiative. The new initiative will bring the museum and its lessons to students and the community all over Oregon and beyond.

"I value OJMCHE's commitment to challenge students to resist indifference and discrimination in order to create a more just and inclusive world," says Andrew. "This is why I am a history teacher, and it is why the preservation and illumination of history remains a critical component of our humanity."

Andrew has an extensive teaching career, most recently as a history teacher at Lake Oswego High School, and is a writer, musician and recording artist. He spent two years teaching history and as a semi-professional musician in El Salvador.

"Within those two years, I came to see my humble place as part of a broader humanity not as an abstraction, but in practical, mundane

details of day-to-day living," says Andrew. "As a result, I developed a kinship with Salvadorans. And that experience deepened my sense of urgency to teach from a position of shared humanity, kinship and compassion. I hope those life lessons transfer well into my educational work at the museum."

With Andrew's addition to the team, OJMCHE plans robust educational online programming this fall. Visit ojmche.org.



Kesser Israel offers High Holiday resources

Given the unprecedented times we are in, Congregation Kesser Israel is planning a number of new and dynamic resources that will help people observe the High Holidays at home.

Rabbi Kenneth Brodtkin emphasizes that things are fluid and in-person options are subject to change depending on the state of the pandemic.

To help people observe the holidays at home, Kesser will offer: Home Tefila/Prayer Guide, High Holiday Reader, and online videos on "how to" observe the holidays. Kesser is also coordinating multiple opportunities for outdoor shofar blowings on Rosh Hashana (second day). Weekday virtual services and virtual sermons and classes are also available.

In addition, Kesser Israel is currently planning to coordinate live services for up to 50 people in an outdoor tent at the Kesser site. Please bear in mind that given the pandemic, plans remain subject to change.

For the latest up-to-date information about the Kesser High Holiday offerings, visit kesserisrael.org/ or email Kesser Israel Operations Manager Shannon Katz at shannon@kesserisrael.org to join Kesser's weekly email or WhatsApp Chat.

The shaggy life at Rose Schnitzer Manor

During its celebration of 100 years of serving Jewish Portland's elders, Cedar Sinai Park is sharing 100 stories of people who live, work and volunteer on the senior living campus. To receive a new story every time one is published, sign up at:

cedarsinaipark.org/our-stories.

In the latest story, Arlene Layton explores the richness pets add to life at Rose Schnitzer Manor. Arlene retired to RSM in 2016 after a long career in communications including public information and communication manager for the Oregon Historical Society and development/marketing director for Coast Community Radio.

Here's an excerpt from Arlene's story.

"Give her some love, Chico," Rose Schnitzer Manor resident Rachel Hasson cajoles the Humpty Dumpty-shaped, poodle-mix, ball of hair waddling down the hall beside her. Chico edges closer to the ankle of a passing neighbor, offering his greying muzzle for a pat. Rachel, a retired pediatrician from Los Angeles and an accomplished artist, is one of the growing number of elders arriving at Rose Schnitzer with



Elaine Rosenthal and Pat Weed visiting with Elaine's dog, Netty. Photo by Veritas Collaborations and RSM resident Marie Godfrey.

Excerpt from CSP's "OUR STORIES"

Read the full story: cedarsinaipark.org/2020/08/12/the-shaggy-life-at-rose-schnitzer-manor/

dogs, cats, perhaps even a rabbit or gerbil in tow.

Anyone who has ever owned a pet knows there's nothing quite like the slightly slurpy feel of a dog's welcoming lick or the soft vibration of a cat's thrumming purr as it rubs against your leg. Scientists and pet owners have

known for decades that animals can help reduce stress, lower blood pressure, and increase social interaction and physical activity. Pets can also have an astounding effect on symptoms of depression and feelings of loneliness.

Rose Schnitzer Manor's

Elaine Rosenthal couldn't agree more. Elaine is a people person who likes to remind her friends she "has broad shoulders" and is prepared to sit down and hash out even the most personal of topics. Netty, the caramel-colored poodle mix who arrived with her from Wyoming, is an extrovert in her own right, albeit a bit shaggy. Netty has evolved into a Rose Schnitzer mascot. More important, this happy pup provides Elaine with loving companionship during these long hours of self-confinement. "I'm never really alone," she says of the quarantine.

A whopping 48% of AARPs poll respondents were cat owners. Marie Godfrey and Shyrlee Goodman are very much a part of that proportion. Both are long-time cat lovers who brought their furry family members with them to Rose Schnitzer. Both women will tell you their feline friends are low maintenance, fiercely independent and value their own alone time.

Like their owners, all the pets at Rose Schnitzer are seniors. Like their owners, all are navigating the perils of old age with grace and humor and love.

SWU NW ready for whatever school year brings

BY DEBORAH MOON

The structure of the 2020-21 school year may be uncertain, but whatever forms evolve over the year, StandWithUs Northwest is prepared to give high schoolers a broad perspective on Israel.

SWU NW has a high school coordinator for the region, Aviv Attia, and a high school intern, Rachel Yoken, at Portland's Catlin Gabel School.

Last year, the Jewish Federation of Greater Portland and StandWithUs Northwest, a nonprofit organization focusing on Israel education, brought Aviv Attia to serve as Pacific Northwest shaliach (emissary) and high school coordinator for the school year. Aviv, now 26, will serve as SWU Pacific-Northwest high school coordinator, speaker and Israel educator for the 2020-21 school year.

Over the past 10 years, the program has connected with more than 190,000 high school students. Even with last year's

shortened school year, Aviv spoke to 4,300 people in more than 100 locations.

As high school coordinator, Aviv also oversees the area's high school interns and other students.

At least one of those interns, Rachel, has big plans for the coming year: "I hope to provide programs in my community about Israel's history, the modern connections it has to other countries and ways in which we can combat anti-Semitism as it rises in the United States. I hope to encourage peaceful discourse around the Israeli-Palestinian conflict at my school and in my community to start up a conversation that involves all sides of the story."

Created in 2012, the StandWithUs High



School Internship is a yearlong program for North American students in 11th and 12th grades. A record 125 students from across the U.S. and Canada were selected this year. The program is designed to prepare students for challenges they may face regarding Israel in college, and to grow their Israel knowledge and leadership skills to have an impact in their schools and communities while they were still in high school.

"I joined the internship because I wanted to learn more about the Jewish homeland and to have the tools necessary to educate my peers about Israel and combat rising anti-Semitism," says Rachel. "I wanted to celebrate Israel and be a voice for Jewish self-determination in an environment that questions Israel's right to exist."

Rachel is no stranger to Jewish involvement. She attended classes at her synagogue, Congregation Neveh Shalom, from

Continued on next page

Solomon's Legacy back to forge connections

BY DEBORAH MOON

Even before COVID-19 made social distancing the rule, Marshal Spector wanted to revive Solomon's Legacy to bring local Jewish attorneys, judges and law students together to learn and network.

"Because of things going on in the world today – racial issues and COVID-19 – we wanted to move quickly this summer to schedule a first program," says Marshal, who chaired the group for a few years around 2004 and now again serves as chair.

The Jewish Federation of Greater Portland's legal affinity group was active for about a dozen years after it was founded by Owen Blank about 2002. A full committee is still being recruited, but the kickoff event will be Sept. 9 (see box).

"We are delighted we will have Professor Eliza Kaplan and Rabbi Tzvi Fischer explore the sanctity of life from Jewish and legal perspectives," says Marshal.

The topic was prompted by a class Marshal took from Rabbi Fischer. In that class, he learned that Thomas Jefferson's original draft of the Declaration of Independence read: "We hold these truths to be sacred & undeniable ..." while the final document reads: "We hold these truths to be self-evident, that all men are created equal." It made Marshal contemplate: "What does it mean to be sacred? What does it mean to be self-evident?"

"We need for all to be treated equally and fairly in our society, culture and justice system," says Marshal. "That's an enormous challenge right now. From legal and Jewish perspectives, we will learn about racial justice and the impact on people



Marshal Spector chairs the revived Solomon's Legacy, created to strengthen relationships among Jewish lawyers, judges and law students as they learn and eat lunch together (in Zoom rooms for now).

Solomon's Legacy Kickoff Event

11:45 am-1:15 pm, Sept. 9

Via Zoom

Featuring: Professor Aliza Kaplan, Lewis and Clark Law School, and Rabbi Tzvi Fischer, Portland Kollel. For speaker bios and registration information, visit:

jewishportland.org/solomons-legacy-kick-off-event

and society from the pandemic."

Solomon's Legacy is named for the late, longtime Oregon U.S. District Court Judge Gus Solomon, the first Jewish federal judge for Oregon, and for the biblical King Solomon, who was renowned as a wise judge. Judge Solomon was well

known for welcoming new Jewish lawyers to the community.

Now Solomon's Legacy once again will welcome Jewish lawyers and law students who arrived in Portland in the past six or seven years. Connecting with established lawyers often opens the door to employment opportunities that enable the newcomers to become part of the community.

"In terms of forming community, there is a huge benefit of having people together in rooms – now those rooms are Zoom rooms," Marshal says. "Being together with Jewish and legal learning benefits the legal and Jewish communities – and our clients."

"People view lawyers as conflict-oriented, but in essence we focus on resolution," he says. "If we eat lunch and learn together, it enhances our ability to work things out. ... We serve our clients better by having a relationship."

Solomon's Legacy also gives Jewish lawyers who are not connected with the Jewish community the opportunity to learn more and to become involved in whatever interests them. Marshal says some join a synagogue and some volunteer or serve on committees at agencies such as Jewish Family & Child Service.

"The Federation and the agencies are doing everything they can to continue to serve the community during this crisis," says Marshal. "When people are engaged, they are more likely to assist with financial resources."

Given all the challenges facing the world today, he says, "We felt it was time to revitalize Solomon's Legacy."

StandWithUs NW (continued from previous page)

preschool until her bat mitzvah. When high school began, she joined the Oregon Jewish Community Youth Foundation.

In normal years, the StandWithUs High School Internship Conference brings students together for five days in Los Angeles. This year, due to the pandemic, the conference was a virtual experience held Aug. 2-6.

"At the conference, I learned about Israel's basic history, Israeli culture, relationships existing in the Middle East, how to debate others while listening and respecting their own opinions, how to build a narrative for myself, creating programs to integrate people

throughout my community, and how to differentiate between legitimate criticism of Israel and anti-Semitism," says Rachel. "I feel more equipped to have real discussions with my peers and other members of my community."

As the high school coordinator, Aviv has a wealth of history and experience to share with both interns and other students. Aviv was born in Tel Aviv and raised in Ramat Gan, a suburb of Tel Aviv. Like many Israelis, Aviv's family had centuries of history in the Middle East before moving to Israel.

His father's family members lived in Spain for hundreds of years but were expelled to Tu-

nisia following the Alhambra Decree in 1492. After centuries in Tunisia, they were forced to flee to Israel in the early 1950s.

His maternal grandparents were Iraqis from a wealthy family in Baghdad. In the early 1960s, they fled to Israel because of anti-Semitic attacks against them and their business.

At age 18, Aviv began his mandatory service in the Israel Defense Forces, where he became a communication technician, operations manager and commander. After his IDF service, Aviv enrolled at the Interdisciplinary Center in Herzliya, where he was selected for the Rabin Leadership Program. He earned his bache-



lor's degree in 2019. During his studies, Aviv took part in SWU tours around the United States, South Africa and Australia, and he volunteered for Israel's most prominent LGBTQ+ rights organization.

Call 206-801-0902 or visit standwithus.com/northwest for more information.

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Upcoming issues

Issue date	Deadline
Sept. 2	Aug. 20
Sept. 16	Sept. 10
Sept. 30	Sept. 23
Oct. 14	Oct. 8

Submit news, photos and obituaries to editor@jewishportland.org by the issue deadline. To request a larger story, please email the editor a week before the deadline.

Chaplain's Corner

Tech lessens social isolation

BY RABBI BARRY COHEN

My mom moved from Memphis to Houston almost a year ago to live in the same city as two of her four children. Her retirement community is a short drive away from them, which made face-to-face visits easy.

And then the COVID-19 pandemic struck. Shabbat dinners at my siblings' homes are no longer possible. They can't go out for lunch or shop for groceries. They cannot even share a hug.

Though I live two time zones away, when I call my mom, I can sense the effects of this social isolation. Our conversations are different, slower and repetitive. And many times, when I call, she does not answer before it goes into voicemail because she cannot find the phone.

As the Jewish Chaplain of the Greater Portland Area, one of my responsibilities is to work with those in retirement communities. I have learned how important face-to-face and small group interactions can be. As the COVID-19 pandemic has moved from days to weeks to months, I have become anxious about the adverse effects of social isolation upon our elderly.

Then one of my nieces learned about ViewClix. With its easy to use "video frame" (about the size of an iPad), it is an innovative way to connect. We set up a ViewClix "video frame" in my mom's living room and connected it through WiFi. Easily administered by my sister, this "frame" enables individuals to make video calls with a smart phone app. And here's the cool part: The calls go through automatically. My mom only needs to hear a chime, and then she can sit down comfortably for the video call. There is no need to push any button.

The administrator can also enable family and friends to send photographs, to keep their loved ones up to date with family and friends. Think of it as a constant slide show.

An additional feature is "sticky notes" as a reminder about upcoming calls or doctor appointments. The administrator controls what notes are displayed on the frame, when and for how long.

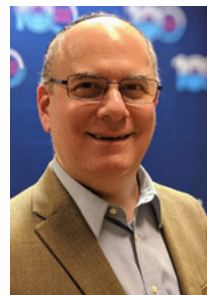
This ViewClix has made it much easier for my siblings and me to stay connected with our mom. But it has also enabled friends and family in Memphis to keep up to date, whether through video calls or by sharing photos.

ViewClix is not the only way to use technology to alleviate social isolation. "GrandPad" is another option for those who are more active, want more control or have greater dexterity. I am not going to cover its every feature, just those that make it easier to make person-to-person connections.

One can use the GrandPad to make video or voice calls without the need of WiFi. There is a monthly charge that pays for unlimited data. In addition, you can type texts during the calls to assist those who are hearing impaired. A family administrator controls those who can make calls, which prevents spam or robo-calls.

Another GrandPad feature is the option to send photos, accompanied with a voice description. The photos are automatically stored in its photo app. You can also record voice messages and send them via email. The family administrator controls who has the ability to send and receive these e-mails, which prevents GrandPad users from being targeted by spammers.

While nothing replaces face-to-face conversations, holding a hand or a warm embrace, ViewClix and GrandPad make social interaction easier and safer. I have definitely seen the difference ViewClix has made for my mom, and for my siblings' and my peace of mind.



Rabbi Barry Cohen is Jewish Community Chaplain of the Greater Portland Area. Contact him at chaplain@jewishportland.org or 971-361-6124. This article also was published on the Jewish Sacred Aging website

<https://jewishsacredaging.com/>.

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.

Guest Column

Living with chronic stress *is* today's reality

BY LEAH KATZ, Ph.D.

I can't be the only one noticing an increase in the amount of white hairs on my head, right? I know these silver foxes weren't there a couple of months ago, and I'm also pretty certain I am not yet of the age to expect an ongoing new crop of these guys in my hair.

My gray hair actually makes perfect sense in light of what we are living through. Graying hair is a researched response to ongoing stress. Whether or not I acknowledge it, I am under quite a bit of extra daily stress right now. And I think it's safe to say, most likely so are you.

As we enter month number-I-lost-track-of-it in coronavirus life, the stress of living during a global pandemic has become a chronic phenomenon. As a psychologist, I have watched both my own and my clients' ongoing and changing emotional responses to this unfolding pandemic.

Our collective evolving emotional landscape looks something like this: In the beginning, there was widespread acute anxiety – many people were thrown right into fight, flight or freeze mode. Then, after some time, whether or not we liked it, we settled into the closures and new social norms; as the acute anxiety settled down somewhat, the grief at what had been lost began bubbling up.

As the pandemic persists, it seems the once high and acute anxiety of the beginning stages of this pandemic has transformed into chronic anxiety and/or stress.

Acute stress is our body's reaction to a discreet stressor. Once the situation passes, the hormones cease being excreted, and we go back down to our deactivated baseline.

Chronic stress is the release of stress hormones in response to ongoing and persistent stress. This type of stress response can

lead to wear and tear on our bodies, as our bodies are not designed for the constant activation of this stress activation. It is depleting and exhausting to have these stress hormones continually be released, and it takes a toll on our bodies. Chronic stress has been linked to a host of physical and emotional difficulties (including graying hair).

Now several months into the pandemic, many people are contending with ongoing and severe chronic stress.

So, what are we to do? How can we acknowledge the continuing stress we are experiencing and move towards active coping to mitigate the potential toll it can take on our psyche and health?

The following are eight ideas on how we can process and work through our chronic stress.

Practice awareness of your breathing

Remember, when all else seems like it's falling apart, we always have our breath to come home to. Noticing the gentle rise and fall of our natural breathing has a way of both filling us and comforting us. When we remind ourselves that we have our breath as a calming companion to turn to no matter what is going on around us, we find a source of power within us.

Take deep breaths

This is different than the above-mentioned meditative practice, which is not a breath manipulation. Deep breathing – or diaphragmatic breathing – is a manipulation of our natural breathing rhythm. This is taking intentional, longer and fuller breaths all the way down to our abdomen. This actually inhibits our body's stress response. It cues our nervous system to relax, increasing the amount of oxygen we are taking in, and engaging our parasympathetic system to engage in a calming response.



Leah Katz, Ph.D., is a clinical psychologist practicing in Portland. She specializes in working with teenagers and adults with anxiety and depression. Leah is a member of Congregation Kesser Israel and a member of the Wexner 2020 Portland cohort. She is also a contributing blogger for Psychology Today.com.

Exercise

This is one very well proven way to work through the build-up of ongoing stress. Engaging in cardiovascular exercise is shown to decrease stress and is associated with a host of mental and physical benefits. (Reminder: Never do anything that is not right for your body!)

Create perspective

Using the word “and” during this time can be a powerful practice. This word creates a dialectic. That is, it is possible to have multiple and even conflicting realities co-occurring at the very same time. When we notice all that is unfolding in every single day and moment, we can acknowledge both the painful realities and recognize that there is more happening beyond the pain.

Practice kindness

Performing acts of kindness has been shown to help with stress and increase feelings of happiness. During a time when it is natural to become entirely egocentric and unintentionally forget about others as you are dealing with your own stress, creating a mental shift and deliberately doing random and even untraced acts of kindness can do wonders for your own stress levels.

One act of kindness really touched me: A couple of months ago, I found a chocolate bar in my mailbox with a letter that said “In tough times,

a little chocolate can go a long way. ... Love, your neighborhood secret pandemic chocolate supplier.” It brightened up my pandemic experience, and I believe it must have lifted my anonymous chocolate supplier's as well. There is someone who is doing a good job of actively coping with this crisis.

Adhere to a schedule

Try and create a rhythm for yourself (and your children if you have them living with you). It helps create a sense of predictability and control, which we all need, especially when it seems as if the world is unraveling around us.

Maintain a consistent sleep schedule

Going to sleep and waking up at roughly the same time every day (yes, even on the weekends) is shown to benefit not only the quality of our sleep, but also our mental well-being. What better time to instill this personal boundary as there are so many factors that are detracting from our mental health.

Lead with self-compassion

I like to finish off these lists with a reminder to please practice them from a place of self-compassion. Remind yourself, no one functions optimally under conditions of chronic stress – including you. As the world has had to readjust, please readjust the expectations you have of yourself.

Events

Aug. 24: Recruitment Happy Hour for Women's Giving Circle

The Women's Giving Circle invites women to explore the possibilities of this year's new realities at the group's annual recruitment happy hour (on Zoom of course).

The Women's Giving Circle of the Jewish Federation of Greater Portland seeks to expand and improve opportunities and choices in all aspects of Jewish women and girl's lives through strategic and effective grantmaking. This will be the group's fifth cycle of grantmaking.

The recruitment happy hour begins at 7 pm, Aug. 24. Co-chairs Felicia Rosenthal and Jess Hilbert invite interested women to explore this year's Women's Giving Circle.

"We have the opportunity to be part of creating new realities in our community," says the invitation. "We are a community. We learn about each other's values and interests, and together have a greater impact than any of us could on our own."

Participants must make a \$1,000-2,500 commitment as well as \$500 to the community needs campaign.

RSVP to wendy@jewishportland.org by Friday, Aug. 21.

Aug. 25: Havurah Chai Hi Soiree

New and prospective members of Havurah Shalom are invited to meet each other and long-time members at this informal Zoom gathering.

The Havurah Welcome Committee invites new and newish faces to the "Havurah Chai Hi Soiree" – an informal Zoom gathering at 7 pm, Aug. 25. Ask questions about Havurah. It'll be an evening of storytelling, kibbitzing and noshing all over Zoom – a warm, low-pressure event to get to know more about the community and what members are up to in these trying times.

Register at: havurahshalom.org/event/havurah-chai-hi-soiree

Sept. 7: Big Truck Day

The Mittleman Jewish Community Center will continue its annual Big Truck Day, but this year visitors will view the big vehicles from their cars.

Families can sign up for a designated time slot between 11 am and 1 pm, Sept. 7. Drive through the MJCC parking lot to check out fire trucks, construction vehicles, motorcycles and classic cars.

Families can also pre-purchase a falafel and fries from the new food truck on campus, Garbanzos.

Pre-registration is required. Sign up for a 15-minute time slot and order falafel at: oregonjcc.org/trucks.

10 Jewish Review Aug. 19, 2020

Obituaries

DENNIS SINGER

Dennis (Denny) Singer, z"l, passed away on Aug. 13, 2020, in Las Vegas, Nev. He was the beloved brother of Gary (Linda) Singer of Portland.

He is survived by wife, Carol; sons Reed, Shaun and Alex; grandchildren Logan, Liam and Annabelle; brothers, Steve and Gary; sister, Linda (Mike) Ellis; and many nieces and nephews, cousins and friends.

Denny was born Dec. 6, 1947, to Lewis and Esther Singer, in Portland, Oregon. He grew up in Portland and moved with his family to Las Vegas around 33 years ago.

Congregations Shaarie Torah and Neveh Shalom send condolences to the entire family.

RUSSELL A. KIRSCH

Russell A. Kirsch, z"l, died Aug. 11, 2020, at his home in Portland at age 91. He is survived by his wife of 65 years, Joan; children, Walden (Portland), Peter (Denver, Colo.), Lindsey (Seattle) and Kara (St. Paul, Minn.); and four grandchildren, Nathan, Noah, Gus and Gabrielle.

Kirsch, the son of Russian and Hungarian Jewish immigrants, was born in New York City June 20, 1929.

Kirsch was a pioneering computer scientist who was on the team that built the U.S. government's first programmable computer (SEAC) in the early 1950s. He is credited with creating the first computer digitally scanned photograph in 1957, a now-famous 176 pixel-square black and white image of his infant son. That first-scanned image is regarded as a foundation for modern digital photography and computer image processing and was included in "100 Photographs that Changed The World" (Time Life Books, 2003). His work in image processing led to such diverse technologies as CAT scans, satellite imaging, desktop publishing and bar codes.

He spent his entire 50-year professional career as a research scientist at the National Institutes of Science and Technology (formerly the U.S. National Bureau of Standards), in Washington, D.C. He headed the Artificial Intelligence Group which, beginning in the late 1960s, worked to bring early AI methods in computer-assisted pattern recognition and image processing to advance a wide variety of fields including cancer detection, biomedical imaging, currency counterfeit detection and archeology. The Kirsch Operator, named for him, is a mathematical algorithm he invented to detect edges in images. His research was widely published in scientific journals and he lectured broadly worldwide.

After retiring, Russell and Joan, an art historian and printmaker, moved to Port-

land. They pursued research into picture grammars and the work of the artists Richard Diebenkorn and Joan Miro. They also traveled the world photographing and researching cave art in France and petroglyphs in Africa, Europe and the U.S. and brought their respective skills to creating stereoscopic images of these ancient petroglyphs to better understand the nature and sequence of their creation and to help distinguish between ancient drawings from modern imitations.

GERSHAM GOLDSTEIN

Gersham Goldstein, z"l, died Aug. 6, 2020. He is survived by his wife, Pauline, and daughter, Deborah, and grandchildren, Noah Goldstein, Krystal Graybiel-Goldstein, Logan Goldstein and Jakob Goldstein. He was preceded in death by his son Marcus in 2015.

He was a prominent Portland tax lawyer and an active member of the Jewish community. He served as president of the board of the Jewish Federation of Greater Portland from 2009 to 2011. He also served on the boards of the Robison Jewish Home, Congregation Neveh Shalom and Greater Portland Hillel. He was also active with Chabad in Portland for many years.

Gersham was born in Brooklyn, New York on Dec. 5, 1938. After matriculating at City College of New York with a Bachelor of Business Administration in 1959, he attended the University of Pennsylvania Law School, graduating with a Bachelor of Laws in 1962. Immediately following graduation, Gersham took a position as a research assistant for Gerald L. Wallace at NYU who became a significant influence in his career.

In 1963 Gersham drove to Oregon to work for Peter M. Gunnar, the first judge for the Oregon Tax Court. Over his early career he worked for Governor Mark Hatfield, Jacob Javits and taught at New York University and the University of Cincinnati. In the mid 1970s he and his wife, Pauline, returned to Portland where he took a position at Davies Biggs, which later became Stoel Rives, from which he retired as partner.

Donations in his memory can be made to the Maimonides Jewish Day School, Pioneer Courthouse Historical Society, or the Knight Cancer Institute.

Congregation Neveh Shalom extends deepest condolences to the Goldstein family.

SUBMITTING OBITUARIES

Submit to: editor@jewishportland.org.

As they are received, obituaries are posted online at jewishportland.org/obituaries.