

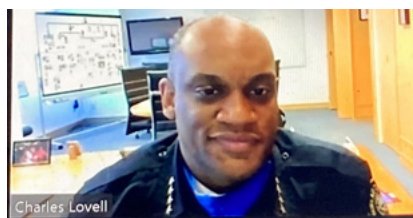
New police chief introduces hope for healing

BY DEBORAH MOON

A month after he was unexpectedly sworn in as Portland's police chief, Charles Lovell told a Zoom gathering that his goal is "to help put the community and police bureau back together ... and give some healing and some hope."

The July 13 virtual gathering was organized by the Jewish Community Relations Council of the Jewish Federation of Greater Portland as both a mutual introduction and to ask the chief about his vision of reforming or reimagining the police bureau. Lovell, the department's fourth Black chief, succeeded Jami Resch, who resigned after six months on the job and asked the 18-year PPB veteran to succeed her.

Community Relations Director Bob Horenstein told Lovell the Jewish community long has had a positive relationship with the Portland police,



but recognizes Black and other minority communities with whom the JCRC collaborates have "issues that need to be remedied."

"There are definitely changes coming to policing," Chief Lovell told about a dozen Federation and JCRC representatives.

Less than a week after Lovell was sworn in, the Portland City Council voted to cut PPB's budget by \$15 million to eliminate four tactical units, cutting perhaps 84 positions in an already understaffed police department.

See **CHIEF LOVELL**, page 8

Federal presence opposed

Federal officers deployed to quash protests in Portland became national news in mid-July as tensions soared and protests saw their largest numbers in weeks July 17 and 18.

President Trump said he sent officers to Portland because "the locals couldn't handle it." Protests have escalated in response.

"I don't have any control over their ability to be here in Portland or their tactics," said Portland Police Chief Charles Lovell on July 13 in a Zoom meeting with Jewish leaders (see main story). "They are here on their own accord to protect federal property ... (they) are not under our command or control, and they don't operate by the same rules of engagement."

Now leaders in the state have taken steps to send the federal officers home — a nightly chant of protesters.

Sen. Jeff Merkley tweeted he and Sen. Ron Wyden will introduce an amendment to prevent "paramilitary squads" from being sent to America's streets. Oregon Governor Kate Brown and Portland Mayor Ted Wheeler have called for federal agents to leave Portland.

Windows to culture and conversation

BY DEBORAH MOON

Culture and conversation returned to the forefront July 15 when the Oregon Jewish Museum and Center for Holocaust Education unveiled two exhibits in its ground floor expanse of windows.

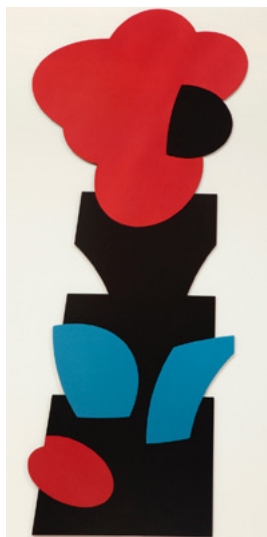
Culture, in this instance five colorful, abstract aluminum sculptures created by Mel Katz, is on brilliant display along Davis Street. Conversation is the goal for the six panels recreated from the museum's core exhibit, Discrimination and Resistance, An Oregon Primer, located in the windows facing the North Park blocks.

"OJMCHE is fortunate to have 12 highly visible ground floor windows facing out onto the street,"

says OJMCHE Director Judy Margles. "Closure has hit us hard as we miss the daily interaction of people in our galleries. The idea to put our exhibitions in our windows facing out on the street seemed the perfect solution to give everyone a chance to see great art and stay safe while doing so. Choosing Mel Katz for the first exhibition was a natural; Mel's work is big and bright and colorful, and we knew that the work would bring cheer to anyone passing by."

Katz says that anything that can bring a bit of culture in the midst of a pandemic is an important reminder of the past and hope for the future. "Art deals with risk and change, and right

See **OJMCHE WINDOWS**, page 9



Mel Katz: In Bloom



Discrimination/Resistance

Preschools reopen carefully in new reality

As the Portland area slowly resumes life beyond Stay Home orders, some Portland-area Jewish preschools have opened for small, limited preschool programs this summer with a focus on health and safety for children, families and staff. Some of the preschools said they are using the small, “soft” openings to prepare for what they anticipate will be a larger program in the fall. The preschools follow guidelines from the CDC and Oregon Dept. of Education Early Learning Div., oregonearlylearning.com/COVID-19-Resources.

The schools have shared the following information about their summer programs.

TREE OF LIFE MONTESSORI

Last month, Tree of Life Montessori had 11 children participate, with a limit of 10 at a time. The preschool met for four weeks, 4 hours a day.

“We spent most of the days playing outside, engaging in sensory or creative provocations on our covered patio, or working inside at individual tables,” says owner and lead guide Ariel Cohn. “The children were ecstatic to be together again, and it was wonderful to get some closure for those who were able to participate. ... My assistant and I spent a lot more time sanitizing than usual. The children stayed healthy, no runny noses or coughs, and they adjusted to the frequent hand-washing and other routines well.”

FOUNDATION SCHOOL

The Foundation School reopened at Congregation Neveh Shalom for a soft opening on July 13 for four weeks of camp. For the first two weeks, camp was half days (9 am-noon). For the second two weeks camp will run from 9 am to 3 pm.

“We have two groups of 10 children each (for a total of 20 children) who are staying completely separated from each other at all times,” says Assistant Director Cory Willson. That compares to about 80 children who typically attend some or all of the eight weeks the preschool offers in a normal summer.

“We reopened because we feel we can do so safely, we want to support our families and their children, we have staff eager and able to do the work, and we want to gain some experience and knowledge that will help us as we plan for a slightly larger group in the fall,” says Cory.

On top of the ELD and CDC guidelines, Foundation School is operating under guidance from Neveh Shalom’s reopening task force as well as guidance from medical experts.

“Each group of 10 (children) has three teachers who remain stable within this group at all times,” says Cory. “We did this so that even if a teacher needs to miss work, we will not need a sub and can keep the groups absolutely stable.”

For added safety, the entire camp is outdoors (other than bathroom use and handwashing). Additional precautions include thorough cleaning before and after children arrive, frequent hand-washing, all food brought from home and only touched by that child, and social distancing “to the best of our ability given the age of our children.”



Children at Gan-Garret Preschool eat picnic-style.

Children ages 2+ are encouraged to arrive in a mask; the practice is facilitated throughout the day. Health checks of all adults and children are done at drop off daily, and drop offs and pickups have been staggered for safety. Staff also has a health screening with temperature check each morning.

PORTLAND JEWISH ACADEMY

Portland Jewish Academy reopened July 6 “because we believe we can meet the childcare needs of our community while keeping our teachers, children and families safe.” A small group of children ages 1 through 4 returned to school for PJA’s summer program that runs from 9 am to 3 pm.

“Educators, children, and families have all expressed immense gratitude for this opportunity; after months of uncertainty in the world around us, we are not taking for granted the simple yet powerful ability to connect with others,” says Allison Hernandez, PJA’s assistant director of early childhood education.

“However, the hallways were not filled with voices for long. As we return to school we are returning to a new normal, one in which children don’t visit our larger community spaces throughout the building, instead, they spend time in their classrooms and in our multiple outdoor spaces,” says Allison. “Their materials for play have been intentionally chosen to allow for more items for individual use, as well as items that can be properly disinfected between uses. Our class sizes are smaller, and we have more educators with each group of children, and increased responsibilities around sanitizing and disinfecting. Educators are wearing masks; we have been talking with children and reading stories about wearing masks (including *A Mask is a Mitzvah!* by Caroline Saliman), and they have been responding positively to interacting with their teachers in masks.”

PJA has an emergency child care license for 150 children and plans on welcoming 120-130 children

Re-entry talks set for parents

The school year is rapidly approaching and anxiety is rising for parents, children, teachers and school districts.

Oregon Gov. Kate Brown has said school reopening decisions will likely be made locally. The Oregon Department of Education has released reopening outlines for districts, most recently on July 21. ODE said districts can choose between fully in-person learning, a hybrid or comprehensive distance learning. For example, as of mid-July the Beaverton school district offered families two choices: a school-based hybrid model with part at-school learning and part at-home online instruction; or a FLEX Online School in which BSD teachers will instruct using a curriculum specifically designed for online learning.

To help parents destress and make informed decisions, a series of Zoom conversations for parents of different age groups is being offered by Jewish Family & Child Services, PJ Library Portland and the Jewish Federation of Greater Portland, with support from the Holzman Foundation. Join facilitated conversations with Dinah Gilburd, LCSW, from Jewish Family & Child Service, “as we talk about the choices parents are making for the fall with their preschoolers and their elementary school students. There are no right answers, but there is the opportunity to learn and process through these hard topics.”

[Finding Balance in Preschool Re-Entry](#) will be Thursday, July 23, 8:30-9:30 pm.

[Finding Balance in Elementary School Re-Entry](#) will be Tuesday, July 28, 8:30-9:30 pm.

Conversations for parents about middle school and high school re-entry are being planned, but no dates or facilitator have been set.

For more information, contact JFGP Director of Educational Initiatives Rachel Nelson at rachel@jewishportland.org.

Congregations visualize High Holidays

BY DEBORAH MOON

With the High Holidays less than two months away and the COVID-19 pandemic showing no signs of going away, congregations are exploring ways to observe these 10 Days of Awe safely and meaningfully.

"As the summer progresses and, sadly, the pandemic which brought us to this point has not abated, we join with synagogues around the country and the world in recognizing that the High Holidays this year will have to be experienced very differently than it has in the past," says a letter from Congregation Beth Israel's clergy. "But such is the resiliency and creativity of the Jewish people – we have found new ways to engage and connect."

Portland's two largest congregations – Beth Israel and Neveh Shalom – have announced plans for online services with some opportunities for small group connections. Havurah Shalom, which normally rents a large venue and opens services to everyone, will also have online services this year. All three congregations are opening their virtual services to everyone.

CONGREGATION BETH ISRAEL (REFORM)

Since gathering all 860 families into its beautiful, historic sanctuary seems impossible, Congregation Beth Israel decided to present this year's High Holiday services online. "While we could potentially limit the number of people present, that exclusivity goes against our ideals of inclusion," says Beth Israel Senior Rabbi Michael Cahana. "We are not limiting participation in any way; to be inclusive is part of the message we want to create." Beth Israel has streamed its Shabbat service for the past few years, but with the shift to all virtual services, the congregation has found new ways to enhance virtual connections. Now the number of people who join Shabbat services on YouTube, Facebook Live and other channels exceeds the number of people who would typically attend Friday evening services at the synagogue.

For the High Holidays, Rabbi Cahana says the clergy are suggesting ways to help people create the holiday experience in their home.

"Watching on a big screen TV is much better than on a laptop; YouTube is the easiest because it is built into many smart TVs," says the rabbi. "Set up space, dress for it, stand and sit with the group – even when you can't see them."

"The service is real, it is the gathering that is virtual," Rabbi Cahana says.

"We know that something will be lost through this virtual reality, but something

"The service is real, it is the gathering that is virtual." ~ Rabbi Michael Cahana

will also be gained," says Rabbi Cahana. He notes the virtual services will be more inclusive since some of the barriers that keep people away from synagogue will be removed. "Driving, parking, poor health, wondering if you are allowed – now you can just join in."

Congregants will have the opportunity to film messages to the congregation and to sing parts of the service, which Rabbi Cahana says will be incorporated into the community experience.

Clergy are also looking at various models to encourage community in smaller settings on Zoom. For instance, they hope to plan a Zoom oneg after Rosh Hashanah services, where people can enjoy their oneg at home but gather in small breakout rooms on Zoom for conversations.

"Part of what people miss is being together in community, so we want to create that," says Rabbi Cahana.

Visit bethisrael-pdx.org for details.

CONGREGATION NEVEH SHALOM (CONSERVATIVE)

"While we are still working hard and dreaming about what is possible, things are different this year," reads a July 9 email from Neveh Shalom clergy, leadership and staff. "Our HHD experience will largely happen using online platforms with some in-person opportunities."

"Every service will be online with Zoom or Livestream," says Neveh Shalom Associate Rabbi Eve Posen. "In-person events are add on opportunities. We don't want people to feel they are missing out on any essential High Holiday experience."

Any in-person experiences are being "driven by health care professionals and physicians who look at the science and decide what it is safe to be doing in our space and what is not."

In-person experiences being considered include a young family drive in for Erev Rosh Hashanah. "People will stay in their cars, and we will limit the numbers of families and have signups for contact tracing," says Rabbi Posen.

Small neighborhood gatherings for tashlich are also being explored, she says. "We hope to set up different neighborhood captains – people who live near a creek or the Willamette River. We will send captains a service we put together, and they can set a time and location and say join us. People will bring their own bread and stay socially distant."

The congregation is also exploring a social action project for teens on Erev Yom Kippur. Like other in-person programs, the congregation's medical professionals are considering what would be safe.

"At some point we hope to open the sanctuary to a family at a time to allow small 10-minute windows with the Torah and maybe say hi to clergy to make it feel more personal," she says.

Neveh Shalom also plans to provide opportunities for community members to share reflections via video for HHD services.

Within a month the congregation expects to have detailed information about High Holy Days, including how to access services, yizkor/memorial book, machzor/prayer book availability, lulav and etrog ordering, and more.

Online services will be open to all, but a password is required. For the password and schedule, email hhd@nevehshalom.org. For updates, visit nevehshalom.org.

HAVURAH SHALOM (RECONSTRUCTIONIST)

Havurah Shalom's High Holidays this year will be fully accessible online. All offerings will take place in Havurah's new online space, which will be both secure and, in keeping with the congregation's tradition, open to members of the broader Jewish community. For many years Havurah Shalom has rented a space large enough to welcome the community to free High Holiday services, often hosting more than 1,100 worshippers.

Havurah will provide opportunities for reflection, connection and engagement through a wide array of services and programs. To meet the needs of this moment and the different experience of interacting solely through technology, the congregation plans "a rich slate of shorter services and programs with interludes to allow people to step in and out. Additional contemplative resources will be available on demand."

Havurah's season of offerings will be accessible from Elul through Simchat Torah.

"We are excited to bring our community and the larger Portland Jewish community a welcoming and innovative High Holidays experience," according to the Havurah Shalom High Holidays Committee.

Details on how to participate will be available soon on Havurah Shalom's website havurahshalom.org.

News in brief

Portland Kollel's Rabbi Amster named chief rabbi of Stockholm, Sweden

Rabbi Mattias Amster, who has served as the director of adult education at Portland Kollel for the past two years, has been appointed chief rabbi in his hometown, Stockholm, Sweden. His wife, Esther Amster, led the Kollel's family programming.

"The Amsters have been an integral part of the community, interacting, hosting and teaching so many of you," wrote Rabbi Tzvi Fischer and Rabbi Chanan Spivak in a letter to the Kollel community announcing the Amster's departure. "They ran *Shoresh*, our Hebrew School, and created many effective programs." The couple will serve as rabbi and rebbetzin in the largest Jewish community in Scandinavia. According to the Official Council of Swedish Jewish Communities, there are about 20,000 Jews in Sweden. Of the 14,000 who live in Stockholm, about 4,500 are registered with the official unified Jewish community.

"This is an opportunity for us to help the community grow, provide needed Jewish leadership and live closer to family," wrote the couple in a letter to Kollel families.

NCSY's Doovie Jacoby takes post in Ohio



People bid the Jacobys farewell on Zoom.

After eight years of engaging Portland-area Jewish youth through NCSY, Doovie and Aviva Jacoby are moving to Cleveland, Ohio, where Doovie accepted a position with another Jewish organization.

Doovie served as Oregon NCSY high school director. Under his direction, the Jewish Student Union clubs expanded to 15 schools in Oregon. His leadership helped Portland NCSY win the title of Chapter of the Year for two years in a row in the West Coast region.

"His friendly and warm demeanor lends itself to sincere Jewish outreach and friendship," says Oregon NCSY Director Meira Spivak. "Doovie has developed relationships with hundreds if not thousands of teens, and his presence will be very missed."

Doovie helped countless teens travel to Israel. One summer he staffed a bus on NCSY's four-week travel program in Israel, The Jerusalem Journey.

Aviva has been Jr. NCSY and family engagement director. She has forged relationships with middle-schoolers and their families through fun and exciting community events. Aviva developed NCSY's Shabbat Top Chef Cooking competition, Cholent Cook Off and Family Shabbaton. She also co-led a mom's trip to Israel and hosted countless Shabbos and holiday meals in the couple's home.

"Doovie and Aviva have worked tirelessly and dedicated their lives to connecting, inspiring and empowering the Jewish teens of Portland," says Meira. "It has been my utmost pleasure working with the Jacobys on a day-to-day-basis. They are mensches of the highest caliber and are true team players. I have been proud to call them my colleagues and even prouder to call them my friends."

Doovie will stay on with Oregon NCSY virtually to help smooth the transition until the positions are filled.

"We are looking at a variety of models," says Meira. JSU's future and virtual staff are being considered. "We will be putting a strong focus on recruitment for TJJ, The Jerusalem Journey... and are hoping to double our numbers nationwide for next summer."

Dana Sirkin installed as Women's League VP

Congregation Neveh Shalom member Dana Sirkin was installed as one of 13 vice presidents of the International Women's League



for Conservative Judaism during its triennial convention this month.

Dana served as CNS's Sisterhood president for two terms, 2013-17, and served as president of the North by Northwest Region of WLCJ from 2015 to 2018. She remains active in the local sisterhood, where she serves on the board and manages Neveh Shalom's Judaica shop.

"During the past two years, I served on the program team for the triennial convention for WLCJ, which was redesigned and held virtually this past Sunday, July 12, 2020," says Dana. "My role in the new administration will be as co-chair of programming for the next convention in three years, and we already foresee that we will want to incorporate virtual aspects then, as it was a huge success."

She says this WLCJ administration plans to focus on social justice and education.

During the convention, the Neveh Shalom Sisterhood was presented with the The Jewels in the Crown award, which is earned when a sisterhood meets certain standards set by WLCJ over a three-year cycle. Three sisterhoods in the North by Northwest Region earned the award. Jennifer Kalenscher and Diane Kahn are the co-presidents of the CNS Sisterhood.

Kesser Israel hires Shannon Katz

Congregation Kesser Israel has hired Shannon Katz as Operations Manager. Shannon, who is a member of Kesser Israel, will start her new position at the Shul in early August. She brings a broad range of talents and skills to Kesser as she looks forward to helping us build an even stronger organization to meet the challenges and opportunities of our times and the future.

"We are so excited to have Shannon coming onto our staff," says Kesser Israel Rabbi Kenneth Brodtkin. "Given Shannon's excellent management skills as well as her warmth and passion for the Jewish people, she will be well positioned to help Kesser Israel serve our local Jewish community today and in the future."

As operations manager, Shannon will be deeply engaged in managing the synagogue and serving the needs of members as well as the broader community.

Shannon is an experienced Jewish professional. She has played various leadership roles in Jewish organizations including Young Judea and the JCC of Tucson, AZ, in addition to her work in the for-profit sector. She has consistently demonstrated excellence in organizational operations and oversight.

"In the midst of tumultuous times, it is exciting to be joining the Kesser Israel team in my new role as operations manager," says Shannon, who has lived in Portland 18 years. "As a member of Kesser, I'm thrilled to start this position, which presents a new opportunity to work and support our community."



Mensches share ways to aid houseless

In a wide-ranging Zoom program on houselessness, three Jewish panelists shared how their organizations are helping build up the houseless community with shelter and jobs.

“We need to be able to build very, very affordable housing in Portland quickly and cost effectively and use evidence-based ... counseling and resources,” said Andy Olshin, founder of Cascadia Clusters. “We have the opportunity to make investments in adult houselessness.”

The Mittleman Jewish Community Center hosted Houselessness Part II: Mensches in the Trenches on July 9 as part of its Zoom business series #PDXBIZ. Andy’s Cascadia Clusters, cascadiacusters.org, builds tiny homes to provide housing for those in need and training for houseless individuals in a range of construction skills. Other panelists were Craig Gerard from Stone Soup stonesoupdx.com and Nili Yosha from Outside the Frame, otfpdx.org. The conversation was moderated by Rabbi Rachel Joseph from [Congregation Beth Israel](http://CongregationBethIsrael.org).



Rabbi Rachel Joseph (in bordered box) moderated a conversation with three mensches combatting the houseless crisis in Portland.

Stone Soup has created a kitchen training program to help houseless individuals get off the street and learn valuable skills to work in the restaurant and hospitality industry. Outside the Frame trains houseless youth and adults to make films and work as a film crew. All three organizations have the goal of providing a hand up out of poverty, not a handout.

The panelists discussed the primary needs for the houseless

population (shelters, showers and toilets), how to rebuild downtown, how their operations have pivoted during the pandemic and more. Each of the panelists reflected on their work and how their Jewish values and upbringings helped them to harness their passions to work toward building a better world.

Rabbi Joseph noted that houselessness is the root of the Jewish people – from expul-

sion from the Garden of Eden to wandering in the desert for 40 years to the quest for a safe place throughout history. So, she said, it’s no wonder Jews are drawn to aid the homeless.

Craig said part of the reason he works to make people’s lives better is so he will have an answer for his children when they ask, “What did you do?”

Born in Israel, Nili is the third generation in her family to use media to address issues of the day. When she moved to the United States, she was stunned by the number of homeless youth in America.

Watch the talk at [youtube.com/watch?v=rnh6JslX3aI&feature](https://www.youtube.com/watch?v=rnh6JslX3aI&feature).

Starting in August, the #PDXBIZ Series will move to a monthly virtual format at noon on the third Thursday of each month. On Aug. 20 the series presents a panel of three food entrepreneurs for Build Your Biz + Eat it Too with Jessica Hilbert (Red Duck Foods), Val Roth (Mind Your Manna) and Jenn Topliff (Rooms). The panel will be moderated by attorney David Forman. To learn more visit oregonjcc.org/pdxbiz.

Constructing Hope

BY JATHAN JANOVE

From Michael Brown to George Floyd to the unrest in downtown Portland, race has become an ever more visible issue. Fortunately, here in The Rose City, we have a gem that has been creating career paths in the construction industry for the formerly incarcerated, who are disproportionately people of color.

Constructing Hope grew out of an initiative in a predominantly Black church in Northeast Portland, Irvington Covenant Church. To address the problem that people of color disproportionately struggle financially and end up incarcerated, the organization spent years building an alliance of construction companies and trade unions to provide a rigorous apprenticeship program, including life skills. The program helps people who

might otherwise fall through society’s cracks and enables them to become stable, positive members. Patricia Daniels gave up a lucrative corporate career to serve as executive director of constructinghope.org.

As with many organizations, COVID-19 delivered a financial blow. However, thanks in large part to Dave Dahl, creator of Dave’s Killer Bread, Constructing Hope is rebuilding its finances. Spurred by a \$100,000 match challenge from Dave, many of us have been raising funds. I created my own donation page bit.ly/3j5ewUK with my own modest match proposal.

As a member of the Portland Jewish community, I’m happy to see many of our community members on the donors list. We are a vibrant Jewish community that cares about the welfare of all.



Dave Dahl of Dave’s Killer Bread and Constructing Hope Executive Director Patricia Daniels.

I will match gifts to the limits of my ability through the end of the campaign July 24. I’m also offering contributors a personalized autographed copy of my friend Claire Hartfield’s book, *A Few Red Drops: The Chicago Race Riot of 1919*, winner of the 2019 Coretta Scott King Prize. Those who contribute on my page and provide a mailing address, will receive her book directly.

“Thank you to the Jewish community for your generous support of Constructing Hope,”

states Patricia Daniels. “It’s great to know we have an important ally in our cause.”

Dave Dahl adds, “I love that the Jewish community is noticing and supporting CH. It really warms my heart.”

Jathan Janove is a local author, columnist, executive coach and organization consultant. You can read more about Patricia and Dave in Jathan’s interviews with each of them on theboymonk.com.

Rachel's Well open for conversions, commanded immersions

BY DEBORAH MOON

Rachel's Well Community Mikvah has reopened for immersions following the safety guidelines set out by Governor Brown.

"We are welcoming conversions and other commanded and time-bound immersions at Rachel's Well at this time," says mikvah manager Caron Blau Rothstein.

Owned by the Jewish Federation of Portland with ritual supervision provided by the Oregon Board of Rabbis, the community mikvah is open to all who self-identify as Jewish.

"Renewal and rebirth is the essence of mikvah," says Rabbi Tzvi Fischer, who chairs the OBR committee that supervises the mikvah. "To have it reopen is so vital, and I'm impressed with the amount of work put in to do so in a safe way."

One woman who was able to immerse to complete her conversion in time for her son's bar mitzvah was very grateful.

"Rabbi (Rachel) Joseph and I had no idea that we would run into a time crunch when we started talking about visiting the mikvah last year," says Tiffany. "The experience was very moving and emotional. The space is perfect, and I am so grateful for such a nice mikvah to complete my conversion journey."

A mikvah is a Jewish ritual bath fed by natural waters and traditionally used to mark transitions such as conversions or from workweek to Shabbat or holiday and to observe the laws of family purity. Contemporary uses include marking milestones or transitions of all sorts. However, under health restrictions during the COVID pandemic, only religiously mandated immersions are being scheduled.

"Mikvah is traditionally a focal point of the Jewish community and to have it available for the community is wonderful," says Rabbi Fischer. "The mikvah has many uses, but not all are available right now. We are trying to minimize the number of people and protect those whose observance needs this."

For instance, as a mohel, Rabbi Fischer says he has customarily



Rachel's Well Community Mikvah is located in a natural setting on the Schnitzer Family Campus. Photo by Josh Partee

immersed in the mikvah before doing a bris. "It is not a necessary use, therefore it is not available for me right now," he says. "I understand and appreciate that."

He notes mikvah is especially important to women who go monthly following their menstrual cycle as part of their observance of Taharat HaMishpacha, the laws of family purity.

"Thankfully in our community Mikvah Shoshana remained open for women who need it for this important traditional use of the mikvah," he says.

But he adds that the reopening of Rachel's Well is important for the growing community who have become regular users there.

All immersions are still by appointment only. People should email mikvahpdx@gmail.com to request an appointment a minimum of 4-7 days in advance and longer if possible.

For more information and reopening protocols, including the need to prepare at home, visit jewishportland.org/mikvah

PRESCHOOLS REOPEN (continued from page 2)

on Aug. 31. That is a drop from the roughly 180 children who normally attend PJA's infant/toddler and preschool programs.

GAN-GARRETT PRESCHOOL

Gan Garrett Preschool in Clark County, Wash., opened July 6 for a six-week summer program. Though normally the preschool has two classrooms, a 2's and a 3-4's classroom, only the 3-4s class is available for summer.

"We are limited to 8 kids per day (we have a few more signed up, but alternate weeks). This follows the DEL guidelines and actually works well as a slow opening to help us work out the details for a hopeful fall opening," says director Tzivie Greenberg.

Keeping the kids distanced and the toys and furniture sanitized is a huge effort.

Kids have been amazing at adapting. We spend a lot of time outdoors. Kids sit at individual tables when playing/doing/crafting.

We are fortunate to have a very spacious room and so it allows for that.

"I think the mask wearing is the toughest," says Tzivie, noting only the teachers wear masks, not the kids. "They have been

teaching the kids to read their eyes to note a smile."

The school follows a new morning drop-off routine with children taken straight to their classroom. Previously parents brought their children into the lobby and then hugged them goodbye at their classroom door.

"We set up that kind of drop off intentionally because we wanted to give the parents an opportunity to hang out, say hello and chat," says Tzivie. "And now we changed it to a drop off carpool lane, intentionally so that there isn't any adult congregating. It is sad to me that we had to do this since so much of our preschool's goal is to create community amongst the families ... and now we have to work against that."

However, she says that parents have reported that their kids are in so much brighter moods since school resumed.

THE GAN-PORTLAND

The Gan-Portland Jewish Preschool opened in early July with many new procedures and routines, temperature checks on the way in and staff in masks. Children

spend much of the day outdoors, with activities and supplies for each child to work with individually.

"We are happy to be open for those that really need the care and we love listening to the sounds of the children's laughter each day," says a post on the preschool's Facebook page.

A parent posted, "The protocols set up are seriously thought out and meticulously followed and I have as much confidence as possible in these times that my daughter is safe in their hands."

The Gan has eight weeks of preschool for a total of 35 children. The three groups each have their own building and playground.

MAAYAN TORAH DAY SCHOOL

As previously announced, on July 20 Maayan Torah Day School began a Preschool Summer School for children ages 2-7. The preschool camp runs from 9 am to 3 pm Monday-Friday through Aug. 14.

Maayan is a licensed preschool operating under the highest level of safety and cleanliness. Space is very limited; full refunds will be issued for any mandated closure.

Matthew Kahl receives ADL's Ginsberg Award

ADL Pacific Northwest Region advisory board member Matthew Kahl received the 2020 ADL Daniel R. Ginsberg Award at the Anti-Defamation League's annual meeting, which was held virtually this year. This award is presented annually to young leaders who have shown exceptional promise and dedication to ADL's mission to stop the defamation of the Jewish people and secure justice and fair treatment to all. This year the award was given to four leaders from across the country.

Matthew moved to Portland in August 2018 when his wife, Kathleen, accepted a job with Blount International in Milwaukee. She grew up in the Portland area and Matthew says he fell in love with the city when he first visited in 2011.

Matthew became involved with the ADL in the fall of 2017 while still living in Atlanta.

"Similar to many people around the end of 2016 and early 2017, the rise in anti-Semitism, and hate crimes/incidents in general, around the county was really painful and discouraging to see," says Matthew. "One of my rabbis nominated me to be part of the Glass Leadership Institute class and after researching it and the ADL, I knew it would be the perfect way for me to become more educated about current events and issues and a means to help stop the defamation of the Jewish people and secure justice and fair treatment for all. I was selected to be part of the GLI class in the ADL's Southeast Region."

When the family decided to move to Portland, he reached out to the Pacific Northwest Region based in Seattle and offered any assistance he could provide in Oregon. In June 2019 he joined the Pacific Northwest's Advisory Board.

Through his work with ADL, Matthew became involved in the Jewish Federation of Greater Portland's Jewish Community Relations Council, where



Matthew Kahl

he sits on the JCRC's Legislative Advocacy and Intergroup Outreach committees. "ADL had been an affiliated organization with the JCRC and now with a physical presence in Portland, I was asked to start attending their meetings. I also represent the ADL PNW in the Oregon Coalition Against Hate Crime."

Matthew is an attorney licensed to practice law in Oregon, Georgia, New York, Tennessee, the District of Columbia and his home state of Florida. He is an associate attorney at Jordan Ramis, PC, in Lake Oswego, where he practices in real estate, creditor rights, employment and municipal law.

Matthew, Kathleen and their 4-year-old daughter, Eliana Rose, and 1-year-old son, Maddox are members of Congregation Beth Israel.

Three days after Maddox was born, Matthew went to Salem to testify before Senate Committee on Education in support of the legislation mandating Holocaust and genocide education in Oregon public schools. The legislation goes into effect for the coming school year.

"I want to set a good example for my children – how to respect other people no matter where they come from or what religion they may believe in," says Matthew. "Like any other parent, I want them to grow up in a world free from hate. This is why I love the ADL's No Place for Hate program."



Harold Grinspoon with Arlene Schiff, Julie Diamond and Gail Mandel.

National endowment initiative tops \$1 billion

\$28 million in Oregon, SW Washington

BY JULIE DIAMOND

In less than eight years, Life & Legacy, jewishlifelegacy.org, an initiative of the Harold Grinspoon Foundation, hgf.org, has motivated more than 17,000 donors in 63 communities across North America, including Oregon and SW Washington, to commit more than \$1 billion in current and after-lifetime assets to Jewish organizations. What a fantastic milestone to celebrate, especially in these difficult times.

"We give to the organizations we care about during our lifetimes," says Barry Benson, Shaarie Torah Legacy Team member and past co-chair of the Mittleman Jewish Community Center. "What about when we're gone? Life & Legacy has helped me and so many others understand the vital importance of after-lifetime gifts and their tremendous impact on our community's future." "Providing Jewish organizations with a strategy to help secure their long-term financial goals is absolutely vital, especially now in the middle of an economic crisis," says Harold Grinspoon, HGF founder. "Supporting our Jewish institutions is critical to ensuring future generations are able to enjoy our rich culture and heritage." "The cooperation and collaboration fostered by Life & Legacy as local organizations work to a shared goal of endowment building is especially critical now," says Arlene D. Schiff, national director, Life & Legacy. "Even in the midst of so much disruption and uncertainty, we are witnessing many generous and committed donors stepping up to give back to the Jewish organizations that have played and are playing an important role in their lives."

To date, Life & Legacy in Oregon and SW Washington, which began six years ago at OJCF with 10 local partner organizations, has motivated 552 donors to invest an estimated \$28 million to ensure a vibrant Jewish future. This fall, OJCF welcomes another nine partner organizations to a new phase of the program, providing them with training, support and incentive grants made possible by the OJCF Community Endowment Fund.

To learn how you can be part of securing the Jewish future of Oregon and SW Washington, call me or Tara Siegman, director of donor relations and development officer, at OJCF, 503-248-9328. Also, visit ojcf.org to learn more.

Julie Diamond is president & CEO of the Oregon Jewish Community Foundation.

CHIEF LOVELL (from page 1)

"I hope it (funds) goes to upstream things that make a difference in people's lives," he said.

Lovell said the cuts will force the department back to a patrol-based model, which he supports as a long-time believer in community policing. Returning to small groups of officers assigned to teams in districts or neighborhoods "ties officers to communities in unique ways," he said, adding, "That will help us build more trust."

"The more we understand each other, the better we can work through issues. I want to make sure what we do in Portland is thoughtful, sustainable change to lead to better outcomes for people."

Federation board member and attorney Hank Kaplan asked Lovell which of the six criminal justice bills recently passed by Oregon legislators will make his job harder and which easier.

Lovell said the temporary restraining orders against tear gas are problematic. "I don't want to use that tool against members of the public," he said. "But to disperse large crowds, that is most effective." Without that option, he said he fears a small number of police officers coming face to face with a large angry crowd may have to use batons and hit people, causing greater injuries on both sides.

He said the bill making it a duty for officers to intervene when they see misconduct by a fellow officer is "a good concept ... (that) makes a lot of sense." And while he wants to implement training to encourage such intervention, as a policy it is challenging. Even the police chief can't just make a decision, there are city attorneys, unions and bargaining pieces that are moving parts of the policy.

Regarding the ongoing protests, Lovell differentiated between "changemakers" and those who damage property. He praised the thousands who in the initial nights of the protests gathered at Revolution Hall and parks and marched to promote the changes they hope to see. He said the 300 or so people

who protest nightly downtown include some intent on damage and engaging officers – actions that he said "take away from time we could be spending on police reform." He added that the rock throwers are hard to arrest because a bunch of semi-peaceful protesters stand in front.

JCRC members spoke with different views on the ongoing nightly protests downtown. Doug Blauer, who knows a business owner whose building was destroyed, and Jeff Reingold, who is in the property management business, lamented the destructive forces. On the other hand, Rabbi Michael Cahana warned that "people who are there peacefully become more radicalized when they are tear-gassed."

"I've been among the crowd of 300 ... in the people standing in front trying to keep things peaceful," said the rabbi. "It's very difficult. ... People with different agendas are there."

Rabbi Cahana then asked the chief about a few policies including federal officers in Portland (see sidebar page 1) and his predecessor allowing officers to hide their names.

Lovell said that decision was made in the early days of protests when protesters coming face-to-face with officers would read their names on their name tapes and then google them; some officers received threats and some family members were called while the officers faced off with protesters.

In the interest of both safety and transparency, the department has ordered name tapes in a standardized size and font that contain the officer's personal ID number rather than a name.

Lovell acknowledged that changes need to be made in policing but emphasized that the problems in society go far beyond police departments. "If we are going to seize this moment in society to make some meaningful change ... we have to be looking at all facets of our system and society that contribute to it."



WEEKLY WEDNESDAY: During the final Weekly Wednesday update until August, Carmen Rubio showed a video (above) highlighting the work of the Latino Network, latnet.org, which she has led since 2009. She also spoke about her new role as a Portland City Council member, which will begin in January.

Carmen Rubio: Building connections

BY DEBORAH MOON

"I'm grateful for the partnership with the Jewish Federation (of Greater Portland) and the recognition we have things to share and offer each other," said Carmen Rubio at the July 8 Weekly Wednesday Update on Zoom.

Rubio has been the executive director of the Latino Network since 2009, growing the group from a staff of 22 to more than 120. In January she will take her seat as a Portland City Council Member. On July 8 she spoke about both of those roles with questions from JFGP Director of Intergroup Outreach Rachel Nelson, who has known Rubio for three years while organizing Jewish Latino Dialogue Groups, and from Federation's Community Relations Director Bob Horenstein, who asked about her goals in city government. Weekly Wednesday is now on hiatus until the end of summer.

"Working in coalition is the only way we know," said Rubio of the Latino Network's collaborations with numerous minority and immigrant groups. "In Portland we don't have the numbers (of Latinos) in other

states, so working in coalition is the way we need to work in Oregon."

After telling Rubio that the Federation's Jewish Community Relations Council supported DACA and immigration reform, Bob asked her where she thinks the two communities can best collaborate.

At the local level, Rubio said, "We have so many experiences and histories and cultural celebrations we can bring to each other ... The potential is yet to be determined." Rubio said she hopes the JCRC will continue its strong support of a pathway to citizenship for DACA recipients and other immigrants.

The Latino Network focuses on family stability and safety net support as well as promoting culturally specific early childhood learning and student success in K-12. In terms of advocacy, they promote social justice and racial justice to help ensure communities aren't left behind.

She hopes to continue that work on the city council, which she said is "100 percent in alignment around the need to address the root causes of homelessness."

See RUBIO, next page



WINDOWS ON CULTURE AND CONVERSATION: At left, sculptor Mel Katz stands in front of the the window exhibit of five of his wall sculptures; above, six panels from an OJMCHE core exhibit present Tools of Discrimination and Tools of Resistance.

OJMCHE WINDOWS (from page 1)

now we are going through both of those words.”

With all his work, Katz says his idea is to take risk and pursue change. Before he created this series, he said he was struggling to find a new direction. Unhappy with his sketches in his studio, he decided to take the weekend off and drive to the coast. On the drive he passed a huge area of rows and rows of saplings being planted; behind the rows was a house and beyond that an extensive forest.

“It was all about nature and what we do in nature,” he says. “I don’t normally work with such straightforward images, but I was so taken by the landscape and vegetation. These sculptures are strongly abstract, but if you look closely you can see those possibilities.”

Turn the corner from the sculptures and you’ll come face to face with the history that has evolved into the social unrest marching through the streets from Portland to New York. Six panels – Exclude, Persist, Dehumanize, Protest, Segregate and Create – alternately explore

the Tools of Discrimination and the Tools of Resistance.

Margles says they chose the panels from the core exhibition, Discrimination and Resistance, An Oregon Primer, “as part of our contribution to the conversation about racial injustice that has gripped Portland and the nation.”

Margles says the two exhibits will remain up for about two months, and then the museum will find other displays to keep culture alive during limitations imposed by COVID-19.

She hopes the museum will be able to expand on that conversation by reopening its doors Aug. 6 to welcome visitors back to see an equally relevant exhibit. If state safety guidelines and museum preparations allow, she hopes people return to see the exhibit awaiting visitors in the main gallery.

“Southern Rites, the exhibition that had opened barely six weeks before we temporarily closed in mid-March, is more relevant than ever,” she says. “We want as many people as possible to see these important photographs of segregated

proms and homecoming rituals in Georgia at the turn of the 21st century.”

The artwork in the Katz exhibit is courtesy of the artist and Russo Lee Gallery. *Wall Sculptures* was funded by a grant through the Oregon Arts and Culture Recovery Fund.

Born in 1932, Katz is the son of Eastern European Jewish immigrants. He studied at the Cooper Union and the Brooklyn Museum Art School before moving to Portland in 1964 as a visiting professor at the Museum Art School (now Pacific Northwest College of Art). Two years later Katz moved to Portland State University, where he taught for the next 30 years. Since 1956 Katz’s work has been frequently exhibited, including major retrospectives at the Hallie Ford Museum in Salem in 2006 and 2015, the Portland Art Museum in 1988, the Museum of Northwest Art in La Conner, Wash., in 2017-2018 and the highly acclaimed traveling exhibition *Still Working* in 1994.

OJMCHE: 720 NW Davis, Portland. ojmche.org

Acknowledging history of land

To further the conversation about indigenous rights, the Oregon Jewish Museum and Center for Holocaust Education painted the following land acknowledgment on its front entryway on July 15:

Portland, Oregon, lies within the traditional homelands of the Multnomah, Oregon City Tumwater, Watlala, and Clackamas Chinooks and the Tualatin Kalapuya Peoples who were relocated to the Grand Ronde Reservation under the Kalapuya etc., 1855, ratified treaty (also known as the Willamette Valley Treaty, 1855). Today, these tribes are a part of the Confederated Tribes of Grand Ronde. The Grand Ronde people continue to maintain a connection to their ancestral homelands and maintain their traditional cultural practices.

RUBIO (from previous page)

Asked about her view of defunding police as an incoming council member, Rubio said she sees the current climate as an opportunity “to shift from an overreliance on policing and to reinvest in communities and get at the root causes of systemic racism.”

“You can’t leave out whole communities of people,” she said. “There are gaps and disparities in education, and we need to work together to close those gaps.”

Rubio also spoke about the structure of the city government.

“I am on record supporting change for our form of government,” she said. “I believe a ‘city council/manager form’ would provide more program integration, better satisfaction for the city workforce and ... (help) residents navigate through different bureaus.”

Bob and Rachel plan to meet with Rubio later this month to discuss ways to continue expanding the collaboration between the communities.

See the full program at jewishportland.org/weeklywednesday, where recordings of all the Weekly Wednesday Updates are posted.

Guest Column

Listen to your body and focus on wellness

Published biweekly by
Jewish Federation of Greater Portland
9900 SW Greenburg Road, Suite 220
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Circulation

To receive the Jewish Review in your
email inbox, email your name and email
address to
editor@jewishportland.org

OPINIONS printed in the Jewish
Review do not necessarily reflect those
of the Jewish Review Committee, the
Jewish Federation of Greater Portland,
its governing board or the staffs of
either the newspaper or the Federation.

Upcoming issues

Issue date	Deadline
Aug. 5	July 30
Aug. 19	Aug. 13
Sept. 2	Aug. 20
Sept. 16	Sept. 10
Sept. 30	Sept. 23
Oct. 14	Oct. 8

**Send news and photos to
editor@jewishportland.org**



MJCC Fitness
Manager Joe Seitz
was reminded of
the mind-body
connection during
a very rigorous
workout session
when his daughter
Delaney's hard
physical effort
allowed her body
to relax and
her emotions to
surface.

BY JOE SEITZ

People respond to challenges in many different ways depending on whether they are optimists, pessimists or some mixture of different personalities. Few, if any, of us skate through our fleeting existence without encountering hardship.

Much of life is about choices. Fitness, which is part of the much bigger world of wellness, is one of those choices. For me fitness is paramount, but as my wife reminds me, not the driving force for everyone. Fitness is a constantly changing combination of factors responding to the ever-changing world around us.

When designing a fitness program, we try to challenge the body in some physical aspect beyond what it can currently handle. This signals the body to regroup, recover and improve so it can adapt to an increased stress next time. I have heard this described as eustress, good stimulus that triggers a healthy training response, versus distress, which causes damage.

You can probably think of some examples of both types of stress. Remember starting a new job, marriage, having a child, or buying a home? All hopefully joyous and exciting times, but also intense and stressful. On the positive side you could feel highly energetic, motivated, rewarded and eager for the next step in life. Unfortunately, the pandemic our planet currently faces is just the opposite. Long-term distress changes how the brain thinks and can affect virtually all our physical and mental systems.

We have had a huge amount of distress in the last few months. Much of it is mental and emotional. My kids and I identified distress including increased isolation, increased news viewing, lack of seeing friends and family, disruption of schedules, cancellation of sports, harder separation of work and home life, less park access, less travel, low-key birthdays, unemployment, fear of virus personally and for others, social unrest, a caustic political environment and conspiracy theories. Some have faced the end of life for themselves or a loved one. I know even more stresses exist.

As my daughter and I completed the hardest part of a very rigorous workout session, I said, "Let's walk for a minute." She broke down in tears. What for us both had been a great physical effort had relaxed her body, which could do no more, and her emotions came to surface. It reminded me of the mind-body connection. Her tears were a sign of health, not weakness. We talked, listened, cried, laughed and felt so much better at the end.

Workout over. We went for a slow walk looking at the sunset.

Yes, fitness is important for so many areas of health, but don't discount or ignore the amount of stress out there and go easy on yourself. Go hard when you feel it or relax if you need it. Don't guilt or judge yourself or others.

Listen in quiet for what you need.

Joe Seitz is the Fitness Manager of the Mittleman Jewish Community Center.

Rabbi's Corner

The Torah of Protest: Till the World be Perfected

"You have been told what is good, and what HaShem requires of you: to do justice, to love mercy, and to walk humbly with the holy." Micah 6.8

BY RABBI ARIEL STONE

On the day I write this, we have witnessed 46 days of daily protests in the streets of downtown Portland. After the murder of George Floyd at the hands of police, it was awe-inspiring to see myriads rise up across the U.S. Horrified by the blatant injustice, peaceful crowds observing safe physical distancing demanded mercy and human decency under the slogan Black Lives Matter. Walking with those who marched across bridges and filled parks, I knew I was in the presence of something holy.

Something drew many of us to the Justice Center, perhaps its name. There I have seen young people, and some not so young, create meaningful community around a shared consciousness of urgency. Pizza and hand sanitizer are shared, musical instruments are played, signs naming too many dead at the hands of police (more than 1,000 in 2019) are raised.

The police violence wreaked upon our fellow residents is shocking, unjustifiable under any circumstances. And

it is an ongoing problem. In December of 2012, the U.S. Department of Justice filed a lawsuit under the Violent Crime Control and Law Enforcement Act of 1994 against the City of Portland based on the conduct of the Portland Police Bureau, *because the police were the ones committing the violent crimes.*

The blood of our Black sisters and brothers cries out to us from the ground. The world is broken in terribly difficult ways and the work of *tikkun olam* is a profound and inconvenient – and sometimes incoherent – struggle of good against evil. Our ongoing obligation (*mitzvah*) is to learn, to participate, and to care. The words of Portland's NAACP President summon us to our Jewish dream of a world perfected in the Image of G*d:

"A belief in our perfectibility is written right into our constitution and defines what it means to be a hopeful nation. We the people, in order to establish a more perfect union ... establish justice." (Pastor E.D. Mondaine)

It is unjust to blame protesters



Rabbi Ariel Stone of Congregation Shir Tikvah is convener of the Portland Interfaith Clergy Resistance, cofounder of TischPDX and Never Again Action Portland chapter, and a proud member of the NAACP. In 2018 she was honored with the lifetime achievement award of Portland's Human Rights Commission.

for the violence perpetrated upon them, the press, and the medics with them. It is absurd to decry protester graffiti when we give no thought to the much more violent graffiti inflicted upon the bodies of protesters with rubber bullets, mace, tear gas, sound weapons, and batons and fists.

We are not free, in any case, to only support those whose behavior we like.

When you see the ass of your enemy lying under its burden and would refrain from raising it, you must nevertheless raise it. (Ex. 23.5)

If an enemy, how much more so a fellow human being with whom you agree and only have an issue with tactics?

Jewish tradition charts a clear path for us to follow:

If a person of learning participates in public affairs and acts, one strengthens the world. If a

person sits at home and says, "Why should I bother with social problems? What do I care about their laws? Why should I trouble myself with the people's voices of protest? I want peace!" If one does this, one destroys the world. (*Midrash Tanhuma, Mishpatim 2*)

The protester who yells an obscenity at a police officer is not the problem, and certainly not deserving of being shot with a rubber bullet or tear gassed. That protester is a symptom of social agony; we must learn, and participate and care if we would understand the real challenges of our day and heal them.

The rising up of bodies and spirits in Portland's streets is a holy moment; the prophetic voice of G*d is heard everywhere downtown. May we hear it. May we obey it. May we rise to this moment.

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

Watch American-Israel friendship webinars

Because they cannot physically bring Americans to Israel or Israelis to America right now, the America-Israel Friendship League is hosting biweekly Facebook Live and Zoom webinars every week. The free biweekly webinars, every Wednesday and Sunday at 9 am Pacific Time, feature American and Israeli presenters about a diverse array of topics (music, theater, art, dance, economics, health, etc.). <https://www.aifl.org/events>



MASK UP JEWISH PORTLAND

Wearing a mask is an act that highlights a basic Jewish value, protecting life. Check out this public service announcement featuring many people in our community performing the mitzvah of wearing a mask: jewishportland.org/maskuppdx. Tag your mask selfies on Instagram and Facebook #MaskupPDX

Jobs board

COVID-19 PROJECT

Congregation Neveh Shalom has received a grant to support Oregon Health Authority COVID-19 outreach and support initiatives within the Jewish communities of Multnomah, Washington and Clackamas counties. Up to six short-term, part-time paid positions are available: 1 project lead at \$30/hour; 5 project consultants at \$25/hour. 10-20 hours per week. Work to begin by Aug. 10 for the first 3-month period. Second 3-month period possible. If you are interested in one of the contract positions below, send your resume and cover letter to dmarshall@nevehshalom.org by 9 am July 27.

Community Engagement, Education, Outreach

Orientation and project kick off activities. Create templates and written material for outreach via social media, print, email. Scan news, agency and social media posts for relevant COVID19 information and redistribute to community networks. Maintain ongoing communications with community members via telephone, text, WhatsApp, FB, email, etc. Maintain connections and coordination with other Jewish organizations in their outreach, communications to reach the full community. Be available to respond to requests for interviews and project updates for Jewish community organizations.

Social Services and Wraparound Services

Orientation and project kick off activities. Identify community members who are impacted by COVID19. Establish contact, conduct needs assessment, support schedule. Construct a map of organizations that provide the needed services identified through the needs assessment. Provide direct support services such as assisting with health care referrals and setting appointments; grocery shopping and essential errands; identify housing needs and work with individuals and families and community organizations to fill them; identify needs related to utilities, water, garbage, phone, internet, and cable and work with individuals and families and community organizations to access existing benefit programs. Be able to provide support or make meaningful referrals for more complex and ongoing case management questions involving behavioral health resources, anti-discrimination resources, domestic violence resources, or others.

GAP YEAR RESIDENT ADVISOR

Tivnu: Building Justice is looking for a caring, organized, and dedicated individual to complete our Jewish social justice gap year staff team. The Tivnu Gap Year Program is a 9-month immersive experience for high school graduates, aged 17-20, from across the United States. The Tivnu Gap Year Resident Advisor & Mentor will live on site with Gap Year participants, mentor program participants in formal and informal settings, contribute to creating an atmosphere of personal and communal growth, and perform a variety of organizational support tasks. tivnu.org/careers/ Email cover letter and resumé to Steve Eisenbach-Budner at Steve@Tivnu.org and Adinah Miller at Adinah@Tivnu.org, with subject "Resident Advisor and Mentor."

Obituaries

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

CLAUDE OULMAN

Claude Oulman, z"l, died the first week of July 2020. He is survived by his beloved wife of 60 years, Callie Oulman. Also survived by his children, Candi Swan, Holly Sawyers, Laurel Jolly, Esther Carver, Erin

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Speake, Sandi Larson, Tammy Burnham, Rachel Mateer, Priscilla Oulman, Talia Oulman and Angelo Oulman.

He was preceded in death by his son David Oulman of blessed memory. A private memorial ceremony was held. Congrega-

Chaplain's Corner

Make time for yourself

BY RABBI BARRY COHEN

As the days of the COVID 19 pandemic continue to mount, I often feel as if I am living in a pressure cooker. Every single day I have to deal with varying degrees of anxiety, stress and fear.

- I wonder how prevalent the virus will become close to home.

- As the parent of teenage children, I feel stressed out about the coming fall. I want them to attend classes, but I also want them and their teachers to be safe. I understand why they will have to attend staggered virtual classes, but I don't believe virtual instruction is nearly as effective as in-person instruction.

- My mom lives in a retirement community in Houston. Tragically, the adverse affects of social isolation are becoming clear.

- I have difficulty sleeping through the night, and my back stiffness persists throughout the day.

- I continue to mourn for what this summer could have been for me and my family, and I mourn for what their sophomore year will come to be.

- Oh, and I still have to fulfill regular household responsibilities: head out to the grocery store, cook dinner, clean the dishes, do the laundry and clean the apartment.

I am confident that you have your own version of what dials up the knobs of your personal pressure cooker.

So what can we do about it? It

all comes down to control. We need to stop wasting energy on what we cannot control and devote our energy to what we can control.

We can begin by designating a block of time every day devoted to what we want to do for ourselves. And we need to protect this time with clear boundaries. I recommend 1 hour. I have a hard time believing that we cannot set aside 1 hour a day to preserving our health and welfare.

What we do with this hour is up to us: get outside, exercise, create art, read, listen to music or meditate. We can also take advantage of the incredible virtual offerings our synagogues have created. I continue to be impressed with how our houses of worship have adapted and created innovative ways to learn, pray and socialize.

The result of carving out time for ourselves is the Hebrew word "bitachon," which means "inner calm." Granted, we know that our sense of "bitachon" will fade away, and the knobs of our pressure cookers will turn up. But with disciplined and protected times for self-indulgence, that "bitachon" will return, if only for a little while. How can we feel guilty about that?

As the Community Chaplain for the Greater Portland Jewish community, Rabbi Barry Cohen serves as a resource for all Jews in our community. He can be reached at 503-892-7401 or chaplain@jewishportland.org.

tion Shaarie Torah sends heartfelt condolences to the family.

ELENA BARRON

Elena Barron, z"l, died July 2, 2020. She was the beloved mother of Leah (Neil) Lefkowitz. She is survived by her hus-

band, one sister, three children and spouses, 11 grandchildren and 22 great-grandchildren.

Elena was buried on Sunday, July 5, in Mercedes, Texas.

Congregation Shaarie Torah sends heartfelt condolences to the entire family.