Parenting in crisis

Making magic in Israel - page 6

Where to volunteer - page 8

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JEWISH GREATER PORTLAND TOGETHER

COVID-19 RELIEF

To donate go to rishportland.org/covid19relief

Crisis Fund has met community's initial needs

Since its launch in mid-March, the Portland Jewish community's COVID-19 Crisis Campaign has supported 41 Jewish organizations across the State of Oregon and SW Washington with grants totaling \$801,000. The Greater Portland Jewish Community COVID Emergency Fund is a joint project of the Jewish Federation of Greater Portland and the Oregon Jewish Community Foundation.

To provide full transparency, the chart on page 10 lists all funds granted through June 30.

Approximately \$75,000 remains in the fund, which was created with the goal to support/assist Jewish organizations through at least June 30.

"We believe we have done that," says JFGP CEO and President Marc Blattner. "We have made the decision to hold those additional funds and not accept any more grant requests until September. We are most grateful to the hundreds of generous donors who have supported this effort."

PSU grads create Tuesdays for Trash

BY DEBORAH MOON

A friendship that budded online during stay home orders has spawned an environmental movement consistent with the physical distancing essential during the continuing pandemic.

Sharona Shnayder, a former PDX Hillel board member who plans to move to Israel next spring, and Wanda McNealy founded Tuesdays for Trash as the two completed their final year at Portland State University during a year upended by COVID-19.

The two students met last fall working at Portland Gear. When the world shifted life to a virtual plane, Sharona says they "started connecting more through Instagram and then having conversations Facetime cause we were bored and needed a friend to talk to - and now here we are as co-founders of an environmental movement!"

Under the Governor's orders to "Stay Home, Save Lives," the two activists felt compelled to find a way to positively contribute to their community while staying safe.

"We started picking up trash on a Tuesday while hanging out at our University Park Blocks when the idea struck us," says Sharona. The two decided to model their movement after young climate activist Greta Thunberg's Fridays for Future.

"Essentially, by having the name be Tuesdays for Trash, it's an immediate reminder and call



Sharona Shnayder cofounded what she hopes will become a global environmental movement. Sharona has global ties herself: She was born in Nigeria, raised in Oregon and plans to make aliyah to Israel in the spring.

to action for individuals to consistently pick up trash on that day of the week, aiding them in making it a routine part of their week as opposed to a onetime endeavor," says Sharona.

They realized that picking up trash is a simple and safe way to practice environmental activism that anyone can do wherever they are. So they launched Trash for Tuesdays with the

notion that small acts of change when multiplied can transform the world.

Repairing the world has been a driving force for both women.

Wanda, who graduated in June with her bachelor's in communications, has volunteered most of her life at food banks, homeless shelters, wildlife refuges and summer camps for children

See T4T, page 6

Parenting in a crisis – What you need to know

BY DEBORAH MOON

In mid-March, parents suddenly found themselves taking on a host of new roles at the same time their traditional support structures vanished. Overnight, homes became schools, workplaces and playgrounds, with parents trying to juggle it all and provide some sense of stability for their children.

Last month, PJ Library/Jewish Federation of Greater Portland hosted a Zoom conversation with Dinah Gilburd, LCSW, from Jewish Family & Child Services on effective tools for parenting in times of crisis. Feedback from the parents was very positive, and planning is under way for a series of online conversations for a range of ages on a variety of topics. Programs are confidential and not recorded, so parents can feel free to share real world issues.

To shape upcoming workshops, parents are asked to complete a workshop survey (see end of article). Questions include desired topics, age group, time of day, and whether parents prefer a prerecorded conversation to watch anytime OR a live non-recorded conversation/Q&A.

"We want to help families get into a more stable place now and teach them how to prepare for reentry," says Rachel Nelson, JFGP's director of educational initiatives. She hopes to plan one workshop a week from late July through August. "We know this will be valued, and we want to provide resources they need to navigate this uncharted territory."

Dinah is a psychotherapist, conference speaker and workshop leader who moved here from Boston three years ago. In Boston, she worked at Massachusetts General Hospital and did crisis intervention and trauma work; she also provided supervision and direct services to an elementary/middle school and a Head Start program. For JFCS, she has done workshops and trainings for numerous and congregations Jewish schools with funding provided



To help young children settle down at bedtime, Dinah Gilburd, LCSW, recommends having the child pick one of their stuffed animals and then rocking the animal to sleep with their breath.

by the Holzman Foundation, so programs are free. She will likely lead some of the upcoming workshops, but Rachel says other experts may lead programs for college-age offspring or some specific topics.

"Parents are facing an enormous task to raise emotionally healthy children ... while dealing with a pandemic and social unrest," says Dinah.

During the pilot workshop in June, she offered a variety of tips and strategies to help parents. Since children learn how to react to stress by watching their parents, parents' self-care is essential.

When a situation is threatening to escalate out of control, Dinah suggests parents remember and use the acronym STOP.

Seton and recognize what's

S-stop and recognize what's happening

T-take three breaths in and out O-observe what emotions arise

P-proceed, respond with calmness.

"It buys you time to respond rather than react," she says. In addition, just telling a child you are having a STOP moment can help defuse the situation.

Since regular deep breaths are naturally calming, she also suggested a "game" for young children at bedtime – Rock Teddy to Sleep. Invite your child to pick their favorite stuffed animal and set it on their tummy. Then ask them to inhale to push Teddy up and exhale to move Teddy down. You aren't asking the child to go to sleep, so they can enjoy the relaxing game as they slowly rock Teddy to sleep.

Dinah also tells parents not to worry if they realize they are not the same parents they were before COVID. "Parents are becoming more flexible," she says, adding, "It is important to decide which areas are nonnegotiable for you." For example, while parents may decide that while everyone is home they are comfortable allowing

Summer 5780: all on one site

In these unprecedented times, Jewish organizations everywhere have been stretching in new ways to reimagine and reinvent #Summer 5780.

Jewish Federations of North America is curating summer resources for people of all ages, with a focus on children and younger adults. Jewish Together features a virtual community and informative resources, powered by JFNA.

Go to summer5780.org to discover virtual opportunities for kids and college students, families and twentysomethings, offered by all types of Jewish organizations, all curated by Jewish Together.

You can search for activities and events by age group: babies, preschool and parents; elementary school; middle school; high school; college; and 20s and 30s.

Find connection, community, learning and laughter. Add structure to your summer and make #Summer5780 matter.

more time for gaming, but they may still enforce a strict shutoff time in the evening.

For more ideas on changed parenting, she suggests reading this April article in the Atlantic, "It's OK to be a different kind of parent during the pandemic." theatlantic.com/author/mary-katharine-ham/

"The most important thing is to leave your child happy, emotionally intact and balanced," says Dinah.

For more information, email: rachel@jewishportland.org or dgilburd@jfcs-portland.org

For more tips, fill out the survey to share your desired topics and then sign up for an upcoming workshop: https://forms.gle/q1LRjwnZEawm4GeC6.

2 Jewish Review July 8, 2020

PJA alumni receive mini-grants for service projects

Two Portland Jewish Academy alumni have received grants to support an exchange program between U.S. and Ukrainian teens and a project to bring joy to children in hospitals.

During the 2019-20 school year, The Noam Stampfer Gemilut Chasadim Fund, established to give PJA graduates the opportunity to receive mini-grants for service projects, provided funds for two projects: to Seth Talyansky for Trustees of Tomorrow and to Sylvie Kressel to support Abby's Hope Project.



Seth Talyansky

PJA alum Seth Talyansky (class of 2015) received \$1,000 to support the Trustees of Tomorrow program, an exchange between young people from the United States and Ukraine, "designed to promote youth-centered global connectivity, multinational and lifelong partnership friendship for the next generation of world leaders."

The son of emigrants from

Ukraine, Seth is eager to engage Americans with Ukrainians. Seth cofounded Global Youth Entrepreneurs with Solomon Olshin and Britt Masback in 2018 to promote social entrepreneurship among youth in every country. Trustees of Tomorrow, a project of GYE, will use the grant to assist student participants with airfare. Seth leads Trustees of Tomorrow with Solomon and a friend in Ukraine, Diana Sobolieva.

Due to the coronavirus, the program was delayed. Tentatively, plans are to bring three Ukrainian teens and three Portland high schoolers together in the United States during winter break 2020-21 and for a second exchange in Ukraine near spring break next year.

"We, the youth of today, are coming of age in a time of many pressing challenges that can only be addressed through global cooperation," says Seth, who just finished his first year at Stanford. "Now, more than ever, it is crucial to build understanding and collaboration between nations and across borders. We are capable of creating the future we hope to inherit: we can decide whether the world we are to lead will be one of enmity or one of trust."

For more information on the Trustees of Tomorrow exchange program, visit globalyouthentrepreneurs.net/ portland-ukrainetrustees-of-tomorrow.



Sylvie Kressel (right) with her friend Abby Jenkins, the founder of Abby's Hope Project

The second grantee, Sylvie Kressel, is a 2020 PJA graduate. Her grant request was part of her eighth-grade Capstone project to support her friend Abby Jenkins' nonprofit called Abby's Hope Project.

Initially, Sylvie envisioned a card-making project at school, to which she was planning to invite her classmates, families and friends to make cards for children in hospitals and ask them to bring donations for care packages. Due to the COVID-19 restrictions, gathering a group of people to assist with her project was no longer possible.

Sylvie encountered another setback with her second idea. "I was going to send my classmates and friends supplies to make cards at their own houses," she says. "But as the rules

got stricter around coronavirus, I also couldn't do that because hospitals stopped accepting outside letters and packages."

"Even though both of my ideas were shut down, I was determined not to give up," says Sylvie. "I love what Abby is doing with Abby's Hope Project, and I really admire how she tries to find joy not only for herself, but also to spread joy to others. I remember when we used to do gymnastics together - she was always so supportive and would cheer me on when I was scared to try new skills."

Sylvie and her twin sister, Liana, created five designs to make note cards that Abby could sell on her website. Using the \$340 in grant money to fund the printing of the cards, 100% of the proceeds from the cards will support bringing joy to children in hospitals.

Sylvie hopes people will "buy some cards and write a handwritten letter to a friend who is in the hospital or to friends who are sheltering in place. Handwritten letters can bring so much joy into people's lives during this hard time."

For details on Abby's Hope and to see Sylvie's card designs. visit abbyshopeproject.com/ post/acts-of-kindness.

For more information on PJA's Noam Stampfer Gemilut Chasadim (acts of kindness) Fund pjaproud.org/alumni/ alumni-grant-application.

OJMCHE offers youth programs for social justice starting in July

Oregon Jewish Museum and Center for Holocaust Education is offering two programs for youth to address social justice.

Working Toward Anti-Racism as a Family begins July 8. OJMCHE and ADL Pacific Northwest present three sessions from 4 to 5 pm on Wednesdays. Cost is \$50. Register at https://support.adl.org/ event/working-towards-anti-racism-as-afamily-a-workshop-series/e291540

July 8 Understanding Allyship: Explore manifestations of bias and consider the lenses we bring to difficult conversations.

July 22 Curiosity and Questions: Engaging in Difficult Conversations: Use current issues to engage others in rich conversation, share important values and encourage a deeper understanding of the news.

Aug. 5 Activism: What can YOU do? Young people are powerful change agents, bringing energy and idealism to movements against injustice. Learn six tools to engage in activism.

July 20-24 Photography and Social Justice Summer Youth Program: This virtual program begins July 20 for students entering 7th to 12th grade.

OJMCHE partners with Julie Keefe, who served as Portland's inaugural Creative Laureate 2013-17, to offer this virtual program. Students will learn basic photography skills as well as how to capture moments that document and confront injustices.

The program begins with five one-hour

Zoom sessions July 20-24. Students will have the opportunity to practice their skills with a different assignment each day. After the initial week, students will have several weeks to work on a photography project that addresses a social justice topic of their choice. All students and participants will virtually meet again on a sixth and final day Aug. 17 to share their projects.

Julie Keefe is an artist with 25+ years of experience working primarily in documentary and community-based art.

Cost of the program is \$100 with four partial scholarships available. Details: education@ojmche.org or visit ojmche.org/ events/photography-and-socialjustice-summer-program/

News in brief

Smile Oregon turns 10 this year

In 2007 Smile Oregon co-founders Dr. Judah Garfinkle and Bob Blank, z"l, sat down over lunch to discuss all the care needs of Oregon's children born with cleft and craniofacial related issues. They looked beyond just the clinical needs and included the kids' families and communities in their calculus.

"With a cleft or other type of craniofacial birth defect, we know what to do, how to do it, and when to do it, and we can pretty much erase the condition by the time each kid is ready to go off to college," Dr. Garfinkle says. "We all wish it took only one quick procedure, but that is unfortunately not the case. We need to see the process through for each child to provide him or her with the tools to have a full and thriving life."



When COVID-19 disrupted Smile Oregon's late-April celebratory gala event,

the nonprofit refocused on July – Cleft and Craniofacial Awareness Month.

In Keizer, at Volcanoes Stadium, Smile Oregon is hosting a cruise-in movie showing of "Wonder" and a parking lot parade. The event gates open at 6:30 pm, July 18; the movie begins at dusk. Register at the nonprofit's website smileoregon.org.

Nationwide, 1 in 700 babies is born every year with cleft palate or other craniofacial differences that require surgical repairs. In Oregon, roughly 100 babies every year require medical and therapeutic attention to close the lip and palate, nasal passage and more, as well as to help them eat, learn to speak, feel great about themselves and become happy, healthy, productive people lifelong.

Enter Smile Oregon, whose mission is to ensure that every child born with a facial difference has access to the care he or she deserves. The team required to correct facial differences includes surgeons, pediatricians, speech pathologists, orthodontists, dentists, social workers, nurses, geneticists, otolaryngologists and more.

"We knew we needed to take all comers and decrease all barriers to care to achieve our goals and those of the kids and their families," Dr. Garfinkle adds, noting the care horizon can add up to \$200,000. "It truly takes a village and a concerted effort, along with the financial resources, to provide each child with a winning smile."

To donate, visit smileoregon.org.

Pollin returns as Shaarie Torah Ed Director

Congregation Shaarie Torah welcomes Sharon Pollin back as



Education Director for the coming school year. She previously served in the role in the mid-1990s. Dr. Pollin, in collaboration with Rabbi Joshua Rose, will oversee the youth education curriculum for grades K-10 and help re-envision the overall structure of the program to support future learning.

Sharon has a B.A. in elementary education, M.S. in educational supervision and administration, and a Doctorate in Education Leadership. She studied Jewish text at Pardes

Institute for Jewish Studies in Jerusalem, and possesses Doctoral Certification in Jewish Education Leadership. She successfully led the revitalization of the Jewish community day school in New Orleans, where she most recently served as Head of School.

"Adding an educator of Sharon's caliber to our Shul community is just great all around for Sharie Torah," Rabbi Rose said. "She has incredible chops as an educator and as a teacher, which her experience, track record and resume all demonstrate; she knows Portland; she 'gets' Shaarie Torah and the direction we want to move in terms of elevating our programs for our kids and families. In addition, her knowledge of the field of Jewish education puts her in a position to guide us in thinking strategically about our future. We hit the jackpot."

Sharon is an experienced and highly skilled educator whose educational philosophy places learners at the center. She believes students learn best and community thrives when school, families and community join together. She has a deep love of Judaism and for Congregation Shaarie Torah. Sharon believes the current circumstances provide an opportunity to reimagine what a vital, meaningful, engaging 21st century Jewish education can be and is excited to be a part of the shul's visioning work to ensure its future. The Shaarie Torah community is delighted to welcome Sharon home.

Shir Tikvah shares High Holidays plans

Congregation Shir Tikvah (<u>shirtikvahpdx.org</u>) is exploring a variety of options for an online, spread out celebration of the High Holidays 5781 with no large in-person gatherings.

Observances, events and learning will be spread out over the month of Elul and across the Days of Awe between Rosh Hashanah and Yom Kippur. The holidays will include live-streamed elements of the service and prerecorded content; individual resources for members to aid in home observance and celebration; and, if deemed safe, a series of small outdoor gatherings for rituals such as shofar and tashlich.

An email to members notes: "We (board of directors and staff) did not arrive at this decision lightly. We share your disappointment at the loss of this cherished community gathering in observance of our High Holy Days. ... At the same time, we are excited by the opportunity to try something new. Traditions begin somehow – perhaps we will discover something that will become a memorable feature of future holiday observances."

Rabbi Ariel Stone is working with staff and volunteer musicians on holiday offerings, including for children of various ages.

"Throughout our long history as a people, our ability to adapt to adverse circumstances accounts for our enduring vitality," wrote Administrative Director Katie Schneider. "Coronavirus continues to test our community's resilience, a test that we are confident that we can pass together."

JFCS reaches out to Holocaust survivors

Due to recent changes in financial eligibility guidelines, some Holocaust survivors may be newly eligible for reparations, even if they were previously ineligible. Jewish Family & Child Service of Portland can help with this process. JFCS can also help spouses of deceased Holocaust survivors who previously received certain types of reparations in their lifetime if they are now be eligible for payments through a new fund for widows and widowers of Holocaust survivors. JFCS continues to work in partnership with the Claims Conference to ensure that Holocaust survivors obtain a small measure of justice.

JFCS wants to connect with all Holocaust survivors in the Portland and broader Oregon community who are not familiar with the agency's services for survivors. Some survivors also may be eligible for other JFCS services. JFCS offers home care, case management, socialization and emergency aid.

If you have questions about reparations or your or a loved one's eligibility for Holocaust Survivor Services at JFCS, contact Lead Case Manager Rita Shmulevsky at 503-704-7306 or email her at ritas@jfcs-portland.org. She speaks Russian and English.

Alicia Jo Rabins picked as visiting artist for Bronfman Fellowship

Portland musician and poet Alicia Jo Rabins is one of four visiting artists selected to join the educational team for this year's Bronfman Fellowship for 11th-graders from across North America.

The Bronfman Fellowship is a yearlong, transformative experience of study and conversation centered around pluralism, social responsibility and Jewish texts. This will be the first time in its 34-year history that the fellowship has included visiting artists.

Alicia Jo, along with Jessica Tamar Deutsch, Aaron Henne and Jake Marmer, will each teach six art workshops beginning July 12. Fellows will have the opportunity to participate in one of four different arts tracks this summer. Due to the pandemic, the artists will lead the workshops remotely.

Alicia Jo will lead the music track, which gives participants the opportunity to listen to and create "Jewishly experimental" music in any genre. Her works include Girls in Trouble, an indie-folk song cycle about the

complicated lives of women in Torah.

"We'll be listening to a wide range of Jewish music (broadly defined) across indie-rock, folk, rap, hip-hop, traditional music and far-out kabbalistic jazz, and participants will be creating their own musical responses to Jewish texts or traditions in their chosen genre," says Alicia Jo. "I believe in the power of art for meaning-making, pleasure, and as a way to experience and re-interpret our ancient traditions through a contemporary lens."

Being able to provide that lens virtually for the Bronfman fellows is just one silver lining Alicia Jo has seen during our shift to a virtual world during the pandemic. She has been able to perform at least once a week for non-location-specific performances and rituals as well as for those based in various cities around the country. She was able to join her extended family for a seder for the first time in 20 years. She has been able to have remote weekly post-production meet-



Alicia Jo Rabins. Photo by Alicia J. Rose

ings for her upcoming film, A Kaddish for Bernie Madoff. "And as a parent, it's been a delight not to have to choose between touring and being with my kids."

"Of course, these are silver linings of an enormous tragedy, and I don't mean to lose sight of that, but I do want to appreciate the ways in which it makes art more accessible," she concludes.

<u>Awa</u>rds

Professor receives outstanding teacher award

Professor Natan M. Meir has received the John Eliot Allen Outstanding Teacher Award, presented annually by Portland State University's College of Liberal Arts and Sciences to recognize outstanding teachers in the college's 24 departments.

Meir is the Lorry I. Lokey Professor of Judaic Studies in the Harold Schnitzer Family Program in Judaic Studies at PSU, where he also serves as academic director.

The award, which was established in 1998, is named in honor of Professor John Eliot Allen, who founded PSU's Geology Department and taught for more than 35 years. Allen was a proponent of televised education at Portland State and headed the college's telecourse committee in 1961. The educational television program ran



on KOAP-TV during the 1960s. Allen's own telecourse, Geology 202, was almost too popular for the televised format in 1966, when its 223 students pressed for more face-to-face Q&A sessions.

"Just as John Eliot Allen, a proponent of remote (televised) education, was a pioneer in using new technology to teach in his day, so we too are trying to make the most of the new technologies that are enabling us to connect with our students remotely, even when the pandemic makes meeting in person impossible," says Professor Meir.

A scholar of the social and cultural history of East European Jewry, Meir is the author of Kiev, Jewish Metropolis: A History, 1859-1914 (2010) and Stepchildren of the Shtetl: The Destitute, Disabled, and Mad of Jewish Eastern Europe, 1800-1939 (2020). He also serves as a museum consultant and leads study tours of Eastern Europe with Ayelet Tours.

This is the second time Professor Meir has earned the award. This year, 22 teachers in 21 departments received the award.

"I'm honored to receive the John Eliot Allen Award again this year," he says. "It's gratifying to be recognized for the hard work that I put into my teaching, but the award also points to the high quality of instruction in the Judaic Studies program overall. My colleagues and I are all passionate about our teaching, and we invest a great deal in it because we want our students to succeed."

Sonia Marie Leikam earns Hadar Fellowship

Sonia Marie Leikam has been selected for Hadar's 2020 Jewish Wisdom Fellowship, a virtual two-month learning project that will confront questions facing the Jewish community and the world amidst COVID-19. Last month, Sonia Marie received the Laurie Rogoway Outstanding Jewish Professional Award from the Jewish

Federation of Greater Portland. She is the program officer at the Oregon Jewish Community Foundation.

"I am thrilled to be having all these amazing opportunities, which are helping revitalize and motivate me to do more," says Sonia Marie.

Hadar's 24 Jewish Wisdom Fellows and a Fellow Cohort 10 of Clergy will lean into text, tradition and discussion to respond to the current pandemic through a Jewish lens. Jewish professionals play



a unique role in this moment as those who are shepherding every corner of our community through these times of uncertainty.

The announcement from Hadar stated: "We're confident that their collective wisdom will help us navigate deep moral, intellectual, practical and ethical questions."

"For millennia, during times of trouble and challenge, Jews have turned to the vast resources of Torah for guidance and inspiration. We intend to do the same. ... The fellowship will culminate with a final project, determined by each cohort, to share their learning with the broader Jewish professional field."

Hadar is a New York-based educational institution that seeks to empower a generation of Jews to create and sustain vibrant, practicing, egalitarian communities of Torah learning, prayer and service. Funding for the fellowship is provided by the Lippman Kanfer Foundation for Living Torah.

T4T (from page 1)

with disabilities. After marching in protest against the Dakota Access Pipeline in 2016, she decided to commit her life to encouraging positive environmental change.

Sharona graduated in three years with a degree in accounting. Originally from Nigeria, she has lived in Oregon most of her life. She says she was inspired to take action and integrate sustainability into all facets of her life after watching Greta Thunberg's 2018 speech at the United Nations Climate Change Conference.

Sharona says social action draws her to Judaism. Though her dad is Israeli, she says she didn't get much of an introduction to the culture growing up. "Which is why I got heavily involved in college and continue to surround myself by it," she says. "I love the traditions and culture that comes with Judaism and how kindness just radiates from every Jewish person I've met."

Sharona has been involved with Hillel/Jewish Student Union since she arrived at PSU in fall 2017. She served on the board for the 2018-19 school year.

"It has been so wonderful to see Sharona live out the value of tikkun olam through her environmental work," says PDX Hillel Executive Director Hannah Sherman. "We are so proud of her and can't wait to see where she will go from here."

Future plans for Tuesdays for Trash include working with Metro to identify areas that need litter pickup. They also are working to develop partnerships with OurStreets PDX, SOLVE Oregon, Our Climate and SAGE (Senior Advocates for Generational Equity). Portland Gear has provided some social support.

"If people want to get involved with us, all they have to do is go out on a Tuesday and pick up trash, then share it on social media tagging us and using our hashtags #TuesdaysForTrash or #T4T," says Sharona.

For more information, visit <u>tuesdaysfortrash.com</u>.

Haredi women launch business after meeting in PDX-sponsored program

This year the Overseas Special Projects Committee of the Jewish Federation of Greater Portland allocated \$12,500 to Temech-Tapping Israel's Potential (see grants on next page).

Temech enables, empowers and trains Haredi (ultra-Orthodox) women in Israel to maximize their employment opportunities by creating access to professional skills, tools and platforms required to succeed in employment and entrepreneurship.

By creating vocational opportunities for Haredi women, Temech (temech.org) is helping to address the severe poverty among the ultra-Orthodox in Israel (58 percent of this community is at or below the poverty line). In 2019 alone, the organization helped moe than 2,000 women nationwide advance professionally, build businesses and increase their incomes. Portland's allocation will support Temech's Employment-Based Training program, which works with employers to build targeted training for specific jobs. The EBT program helps Haredi women enter new fields that have been previously closed to them.

Beth Shapiro, who handles external relations for Temech, recently shared a story about three women who met at Temech and have now created a new business during the global pandemic:

Just after Pesach, Sari was doing what most of us were doing – playing with her children and grasping at straws in efforts toward a larger arsenal to fight the cries of, "I'm bored," when she came up with the twist of playing the well-known game of Battleship using only paper and pen. The nearly new game was a hit with her children, inspiring Sari to expand the idea for other families, helping parents and children get through the interminable lockdown with a smile. Not only was that smile for beating the no-school blues,



but also, Mrs. Lebel's business, based on adventurous, motivational workshops and courses for groups of women and teens, had completely shut down.

Sari worked nearly 'round the clock over a two-week marathon developing a collection of games, mostly twists on old favorites, suitable for families and pairs, providing engaging fun for all ages.

And here is where the magic of Temech came in. Knowing that this had to happen quickly and at very low monetary investment, Sari called her friends and colleagues, marketing maven Esty and graphic designer Chani to work out a partnership agreement. And with that, The Game Room was off and running.

Chani and Sari had both participated in our BAMA program and that's where Sari had seen Chani's strengths. Esther had been in charge of a networking group at Temech, where Sari had gotten a good look at her ingenuity as well, on top of them being childhood friends. Even better, the entire trio took part in our famous Networking groups.

Sari reports that breaking into a field previously unknown in the Haredi market has been a challenge but that they are seeing sales and success. The Game Room has even had a number of gift orders by grandparents missing their



grandchildren and wanting to send a pick-me-up. A personal message from the gift-giver is included with the presentation.

המשחקיה

Once families started playing the games, the feedback was overwhelmingly positive. One satisfied client is mother and business photographer Mirit, who voluntarily sent in stunning professional photos of the products in action, thus upgrading the group from a trio to a quartet.

The creators say that the project is developing, and they are now marketing it to schools that are giving the game to students as end of the year gifts.

Portland grants help Israel's underserved communities meet needs

The Overseas Special Projects Committee accepts proposals from Israeli nonprofits that help the country's most underserved, vulnerable or marginalized populations, among them, victims of sexual assault, Ethiopian Israelis, children with disabilities, LGBTQ people, and Israeli Arab citizens. We support both "general operating" and "capacity-building" grants and focus on relatively small grants where we will have significant impact.

The year the Jewish Federaton of Greater Portland board approved all nine grants recommended by the committee.

ERAN is an NGO organization that provides mental health first-aid to residents of Israel in emotional distress. \$18,000 for ongoing training of volunteers in five branches.

Be-Atzmi focuses on workforce integration. Its mission is to create fundamental, positive change in the lives of underprivileged, poor populations by promoting their participation in the workforce. \$10,000 for Be-Atzmi's Shaham (Aspire, Dream, Succeed) program for underprivileged children, especially Ethiopian Israelis. be-atzmi.org.il/en

Nitzan strives to identify, assess, support and rehabilitate individuals with learning disabilities: young children, teens and adults from all sectors of Israeli society. \$7,500 to train 20 Ethiopian women from the education, social work and therapeutic professions, enabling them to provide culturally responsive coaching to Ethiopian mothers. eng.nitzan-israel.org.il

Krembo Wings is Israel's only all-inclusive youth movement for children with special needs, enabling children with severe psychological, motor and cognitive disabilities to enjoy the benefit of a structured social environment with their able-bodied peers. \$10,000 to help open a Krembo Wings branch in Afula. krembo.org.il/en/

Jerusalem Open House is a community center serving people of all sexual orientations and gender identities and promoting the values of equality, acceptance, and pluralism. \$10,000 to help continue funding JOH's Bentz teen and young adult support (safespace) program. joh.org.il

Hillel Right to Choose serves the community of Yotzim, those who leave ultra-Orthodoxy to enter secular Israeli society. They provide acute intake, counseling and community building services. \$15,000 for continued support of Hillel's ongoing work with women, single mothers and children who have left the fold of the ultra-Orthodox community. https://doi.org/10.1006/

Temech enables, empowers and trains Haredi (ultra-Orthodox) women in Israel to maximize their employment opportunities by creating access to professional skills, tools and platforms required to succeed in employment and entrepreneurship. \$12,500 to support Temech's Employment-Based Training (EBT) program, which helps Haredi women enter new fields that have been previously closed to them. temech.org

Hasharon Sexual Assault Crisis Center provides practical and emotional support to survivors of sexual violence and their nonoffending acquaintances and strives through education and outreach to create social change to end sexual violence in Israel. \$12,000 to recruit a new project coordinator from the Arab society and operate an 18-week training program for the hotline volunteers.

Neve Michael: This is a safe haven for more than 280 needy children at risk whose biological parents can no longer care for them. \$5,000 to purchase items for Neve Michael's Personal Arrival Packages for 50 children who arrive throughout the year at Neve Michael Children's Emergency Crisis Center. nevemichael.com

Oregon Legislators pass six bills on police reform

During a special session, the Oregon Legislature passed six bills addressing police accountability and reform (below). The Senate and House both passed the bills on the final day of the special session, June 26. The legislation, which was called for by the People of Color Caucus, was supported by the Jewish Community Relations Council of the Jewish Federation of Greater Portland.

SB 1604 – **Police Arbitration:** Tightens restrictions allowing arbitrators to overturn police disciplinary findings in situations of misconduct.

HB 4201 – **Legislative Committee:** Establishes the Joint Committee on Transparent Policing and Use of Force, which is required to report any findings by the end of 2020.

HB 4203 – Chokehold Restriction: Bans police use of chokeholds, unless in situations where use of deadly force is permitted.

HB 4205 – Duty to Intervene: Requires police officers to act on or report incidents of misconduct when observing fellow officers.

HB 4207 – Police Database: Requires Oregon's Department of Public Safety Standards and Training (DPSST) to establish a public, statewide database of incidents of police misconduct.

HB 4208 – Tear Gas Restriction: Prohibits law enforcement from using tear gas for crowd control except when a riot is declared.

The JFGP signed a June 23 interfaith letter in support of the legislation. It notes: As members of the faith community in Oregon, we support the passage of police accountability legislation put forth today by the People of Color Caucus and call for further reforms based in the contributions of community-led organizations and the insights of our state's tireless Black faith leader advocates. Where equal treatment and personal safety should be the most basic outcomes of policing, whole segments of our society live in fear of unwarranted harassment and violence at the hands of their sworn protectors. Our faith tells us to seek an end to violence of all forms and to treat our neighbors in the same manner we would like to be treated.

For more information on the legislation or the Jewish community's work with the Black and other minority communities, contact JFGP Community Relations Director Bob Horenstein at bob@jewishportland.org or 503-245-6496.



On June 14, PJA gathered as a kehillah (community) to stand together on Capitol Highway to show support for racial justice. The vigil attracted more than 130 people to support the Black community, voice opposition to the violence and racism Black people experience, and raise visibility to this issue in our community.

PJA shares anti-racist resources

As part of its pursuit of anti-racist education, Portland Jewish Academy has gathered resources to support the community in their own education and activism. The list includes readings/podcasts, organizations to support local Black-owned businesses and ideas for anti-racist activism. Links to the resources are available at paddet.com/mhyde/antiracist.



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Monthly Mitzvah

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

In July the focus is Tefillin. Men (age 13 and up) are encouraged to wear the Tefillin every morning excluding Shabbat and Festivals. Tefillin are black leather boxes containing small parchment scrolls of selected portions from the Torah, in which the fundamentals of the Jewish faith are inscribed.

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

Heal the World: Volunteer

When COVID-19 forced people to Stay Home, community members volunteered to shop for groceries, pick up prescriptions and make telephone reassurance calls to those at higher risk from COVID-19.

Now with our state beginning to reopen against the backdrop of social unrest and the Black Lives Matter movement, many feel compelled to help in more and different ways. Hands-on volunteerism is an important way for us to lend our time, talents and energy towards the greater good in accordance with our Jewish values.

To connect people with more and different ways to help, the Jewish Federation of Greater Portland has assembled a list (by no means exhaustive) of organizations in greater Portland that will benefit from your good deeds. In fact, we've partnered with many of these organizations during our Good Deeds Days of service in the past.

Volunteering is, in essence, holy work. Tikkun olam – repair the world – is at the core of Jewish volunteering: The world may be imperfect, but we have the obligation to help make it better, more whole. The Jewish Federation is excited to be your partner in finding meaningful volunteer opportunities.

On the volunteer webpage, we've grouped organizations over the next three months

around a monthly theme, but all will welcome your efforts any time. The July theme of food insecurity features organizations such as Oregon Food Bank and Store to Door. The August theme, Homelessness, highlights Cascadia Clusters and Community Warehouse, among others. September's theme of Women & Girls includes eight organizations including Dress for Success and Raphael House.

Please check a particular organization's website as policies and procedures may change at any time during the phased reopening during COVID-19.

jewishportland.org/ ourcommunity/volunteering

Rabbi's Corner Parashat Pinchas & Brit Shalom

BY JOHANNA HERSHENSON

Generally, I savor weekly Torah study in anticipation of a brief escape from the many causes for alarm we read and hear in never-ending news cycles:

Pandemic.

Police brutality. Systemic racism.

No such luck this week... Our Torah reading, Parashat Pinchas, shines a light on rampant assimilation manifest in idolatry and licentiousness among the ancient Israelites. The priest, Pinchas, zealously slaughters Zimri while he is having relations with a naughty cult prostitute and a plague wipes out the rest of the offending masses. Finally, God rewards Pinchas with brit shalom, a special covenant of peace.

Wait. Stop. Rewind. What? How is it possible that a priest, whom one might expect to behave in a certain civilized manner, stabs a man and woman killing them both and is gifted with a special relationship with God called a covenant of peace? Of course Jewish history is replete with its zealots, but how is it possible that a zealot wins a Nobel Peace Prize?

Reflect a moment on the meaning of the Hebrew word, shalom. We often translate it as peace, while hopefully



Rabbi Johanna M. Hershenson lives in Prineville on an historic, off-grid ranch with her husband, four dogs and two angora goats. Rabbi Hershenson has served the Bend congregation Temple Beth Tikvah since July 2013. She recently opened a private counseling practice.

we understand that in Hebrew it means so much more. The word is derived from the Hebrew root letters that reflect wholeness or completion. Shalom does not refer to an absence of stressors or anxieties, but rather a fuller picture.

A peaceful state of mind and body occurs when mind and body are on the same page, acting in solidarity. I may have worries and concerns and I also have strengths and confidences, support in family, friends and colleagues. My worries and concerns take up a portion of my mental space, but not all of my mental space. When I experience a sensation of peace or ease, my concerns and worries do not disappear. They simply take up their bit of space while the rest of my attention rests on what makes my life full: loving relationships, deeds that a difference, joy and beauty in my midst.

If we apply this etymological wisdom to the covenant of peace with which God gifts Pinchas and we imagine, instead, a covenant of embracing the entirety of the moment, what might we learn?

Is it possible that God is acknowledging an equivalence between divine plague that decimates human communities as punishment and an enraged priest murdering two lovers who happen to belong to different tribes? Is God saying to Pinchas, "I see the big picture. You and I, we are not so different."

Imagine God's brit shalom with Pinchas as a covenant in which each partner agrees to allow the big picture truth about their own behavior to be reflected in the course of the relationship. God learns from Pinchas' behavior and words, and vice versa. It is only in relationship, after all, that we cultivate an honest perspective about how we truly are in the world.

8 Jewish Review July 8, 2020

Chaplain's Corner

Finding hope in protests

BY RABBI BARRY COHEN

The weekend before July 4th, my kids and I visited the St. Johns neighborhood to see firsthand the "BLACK LIVES MATTER" spray-painted on Noth Edison Street. We joined a number of others who slowly walked down the street, taking our time to read the historical descriptions of institutional and systemic racism.

Before we moved here, I was not aware of Portland's racist historical record: Black exclusion laws, redlining, banks' refusal to grant bank loans to minorities, and even explicit violence against minorities.

I imagine every state has been tarnished by the ugly stain of racism, intolerance and bigotry. I am not trying to excuse how deeply racism is entrenched in our nation. I am only highlighting how the curtain has been drawn back for everyone to see how those in power have done all they can to exert control over minorities.

We are in the midst of a perfect storm that is challenging systemic racism and the police brutality that has been utilized to weaken and marginalize people of color, LGBTQ communities and other minorities. The elements of this perfect storm? The COVID-19 pandemic, high unemployment, the consolidation of wealth in the hands of the few, and the use of smartphones and security cameras that document police brutality in real time.

We in the Jewish community have choices of how to respond to this perfect storm. Some will try to ride it out until we can get back to normal. This option is absolutely unacceptable. Another choice is for us to strengthen our connections with organizations and communities of people of color and foster new connections. Across Portland, this has already begun. Another choice is to recognize our racial diversity. We are much more than Ashke-

nazic transplants from Russia and Europe. We have become a beautiful racial and cultural mishmash of Ashkenazic and Sephardic; Black, Asian, Hispanic and white.

Another way to respond to this perfect storm is through education. We must learn all we can about our past to create a nation where all are treated equally under the law. Let me highlight one example: I recently watched on Netflix the movie, "13th: from slave to criminal. with one amendment." This film documents how the judicial system, from the end of Civil War, has targeted Blacks to keep them incarcerated, weak and divided. It also shows how police have been an instrument in this process.

Both the Republican and Democratic Parties have been complicit; in order to exert their power or gain access to power, they have created a "prison industrial complex" that has disproportionately targeted Blacks, primarily Black men.

Inevitably, this dreadful perfect storm will subside. I am confident that we will be able to rebuild, but we will have to rebuild in two ways. Internally, Jewish communal organizations will have to work collaboratively to maximize our limited talent and resources. Externally, we will have to strengthen current ties and foster new ties with organizations representing people of color, LGTBQ+ and other minorities.

We are only limited by our vision, courage and determination. I am grateful that the ongoing demonstrations against police brutality have instilled within me greater confidence and hope.

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.

Coming Events

Weekly Wednesday July 8: Carmen Rubio

Weekly Wednesday Updates were created to keep our community informed of how COVID-19 is affecting all of us. It has expanded to explore diversity, systemic racism and police brutality.

The final program before the series takes a summer hiatus will feature Carmen Rubio, executive director of The Latino Network and a member-elect of the Portland City Council. She will speak on Zoom at 4 pm, July 8. Register at: jewishportland.org/covid-19-community-health-update-with-carmen-rubio

You can see the recordings of past programs at jewishportland.org/weeklywednesday.

MJCC #PDXBIZ series shifts to Zoom

Entering its fourth year, the MJCC's #PDXBIZ Business Series will move to a lunchtime Zoom series. Launched as an in-person breakfast series in 2017, the MJCC's #PDXBIZ Series offers the Greater Portland community a forum to explore pertinent business-related topics and insight on business and social trends impacting the city and region.

Two upcoming events are currently scheduled:

July 9, 2020, at Noon: Houselessness, Part 2: Mensches in the Trenches with Craig Gerard from Stone Soup, Andy Olshin from Cascadia Clusters and Nili Yosha from Outside the Frame. Moderated by Rabbi Rachel Joseph from Congregation Beth Israel.

Aug. 20, 2020, at Noon: Build Your Biz + Eat It Too with Jessica Hilbert: Founder, Marketing & Sales, Red Duck Foods, redduckfoods.com; Valerie Roth: Founder, Mind Your Manna, mindyourmanna.co; Jenn Topliff: Founder, Roons, eatroons.com. Moderated by David Forman, Chair of Tonkon Torp's Corporate Finance & Transactions Practice Group, as well as a member of the firm's Entrepreneurial Services and Mergers & Acquisitions groups.

Events will be the third Thursday of the month. The MJCC seeks input on potential topics: https://forms.gle/j39RTtRnfdFdk2Nx9

Events are free with a requested donation of \$18. Sponsorships are available. More information at oregonjcc.org/pdxbiz or by contacting Saul Korin at skorin@oregonjcc.org.

BB Camp plans staff reunions

B'nai B'rith Camp is planning a series of virtual reunions for staff members who made the Devil's Lake campground their summer home in years past.

For nearly a century, BB Camp has provided campers with opportunities to connect with the outdoors, Judaism and each other, living the motto of Building Friendships for Life. But in today's busy world, adult responsibilities and commitments have caused many to lose touch. Inspired by its century anniversary next year, BB Camp decided it's time to bring everyone back together.

If you worked at BB Camp, visit bbcamp.org/staff-reunions to get connected with other staff. BB Camp is running reunions throughout the summer and has created Facebook groups for staff to connect. Upcoming reunions (all at 6:30 pm) are slated for staff from the 1920s-60s, July 8; 2000s July 15; 1980s, July 22; and 2010s, Aug. 5. During reunions, participants tell a bit about how they came to work at camp, when, and in what role(s), plus what they've been up to since. They share camp memories. And, of course, there are plenty of photos from the good old days.

Free KN95 masks from NE Chabad July 8

Chabad of Northeast Portland will distribute free KN95 masks at the Chabad Center of Jewish Life, 2858 NE Sandy Blvd., from 4 to 6 pm, July 8.

jewishportland.org/community-calendar/online-events

JEWISH GREATER PORTLAND TOGETHER

COVID-19 RELIEF

B'nai B'rith Camp	\$84,000
Camp Solomon Schechter	\$28,000
Cedar Sinai Park	\$100,000
Chabad of Hillsboro	\$3,000
Chabad of Oregon	\$6,000
Cong. Neveh Shalom	\$16,000
Congr. Shir Tikvah	\$1,000
Jewish Family & Child Services	\$225,000
Jewish Free Loan	\$25,000
Jewish Federation of Lane County	\$10,000
Passover Food Support	\$12,500
Maayan Torah Day School	\$25,000
Oregon Jewish Museum and Center for Holocaust Education	\$20,000
Portland Kollel	\$12,500
Temple Beth Israel – Eugene	\$5,000
Tivnu: Building Justice	\$7,900
Greater Portland Hillel	\$10,000
Chabad of Southern Oregon	\$3,600
Chabad at Reed	\$2,500
Congregation Shaarie Torah	\$15,000
Congregation Kesser Israel	\$10,000
Congregation P'nai Or	\$1,500
Congregation Ahavath Achim	\$3,600
As the Spirit Moves Us (Portland's UnShul)	\$1,800
Chabad of Northeast Portland	\$3,000
NCSY	\$6,800
The Alberta Shul	\$1,800
Mittleman Jewish Community Center	\$90,000
Chabad of Eugene	\$1,800
Chabad of Central Oregon	\$1,800
Jewish Community of Central Orego Congregation Shalom Bayit	n/ \$1,800
Tigard Chabad Jewish Center	\$500
Temple Beth Tikvah in Bend	\$2,700
Chabad of Salem	\$1,800
Portland Jewish Academy	\$35,000
Maimonides Jewish Day School	\$15,000
Havurah Shir Hadash	\$3,600
Gan Israel Day Camp	\$2,500
Temple Emek Shalom	\$4,000

Obituaries

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

LEAH NEPOM

Leah Nepom, z"l, died July 4, 2020. She was the mother of Hannah Zaiv, Gerald (Barbara) Nepom and David (Lynn) Nepom, as well as the loved grandmother of four and great grandmother of one.

She was born in Fredonia, Kansas, on Feb. 29, 1928, which was a leap-year birthday. Her parents, Chaya and Yelic (Joe) Tkatch, were immigrants from Russia. Leah attended the University of Washington where she joined the Jewish sorority, Alpha Phi. Her future husband, Marv, was a member of Sigma Alpha Mu. After Marv graduated in 1947, the couple moved to Portland where Mary had been born and raised. Leah was active in many clubs and organizations within the community, including National Council of Jewish Women and the Jewish Community Center. She and Marv were married for 67 years, until his death in 2014. They were longtime members of Congregation Neveh Shalom.

In keeping with the congregation's and family's commitment to keep our community safe and healthy, and in compliance with our governor's directive, a private interment is scheduled.

Congregation Neveh Shalom extends condolences to the Nepom family.

JEROME M. REICH

Jerome M. Reich, z"l, passed away June 22, 2020, in Portland, at the age of 83. He was the father of Sacha Reich, father-in-law of Aaron Pearlman, and grandfather of Lev and Ravit; father of Lainye Heiles and grandfather of Ciela and Skye; and father of Nathan Reich.

Though he was no longer a member, Jerry was one of the founding members of Havurah Shalom.

Jerry was born Sept. 23, 1936. He was a pulmonologist, polymath, environmental steward and outdoors enthusiast. Best known for his original research into sarcoidosis, Jerry completed "Reappraisal of Prevailing Premises in Sarcoidosis" in the final year of his life. Jerry worked as a pulmonologist at Kaiser Permanente for nearly 25 years.

A private funeral took place June 26. Nothing is needed by the family at this time. Your caring thoughts and

prayers are welcome. Contributions in his memory may be made to Friends of the Columbia River Gorge.

OSCAR BERDICHEVSKY

Oscar Berdichevsky, z"l, died in mid-June, 2020. He was the dear father of Ricardo (Rosana) Berdichevsky and Mario (Rosie) Berdichevsky; as well as the wonderful grandfather of 4 and great grandfather of 3.

In keeping with Congregation Neveh Shalom's and the family's commitment to keep our community safe and healthy, and in compliance with our governor's directive, a private interment was held.

Congregation Neveh Shalom extends condolences to the Berdichevsky family.

WILLIAM P. GALEN, MD,

Dr. William P. Galen, z"l, died June 17, 2020. Bill is survived by his wife of 74 years, Bev; brother, Morris; brother-in-law, Howard (Kim); daughters, Lindsay and Christie (Marshall); sons, Edward (Ann) and Davis; as well as nine grandchildren; and five great-grandchildren (with two more on the way).

Bill was born in Portland March 17, 1925, to Harry and Ruth Galen. At age 12, Bill purchased his first camera, sparking a passion for photography. He served as photographer for the Lincoln High School student paper and yearbook, where he met Beverly. He graduated from the University of Oregon Medical School (now OHSU). He was one of the first oncologists in Oregon. He was past president of the Oregon Society of Internal Medicine and the International Society of Hyperthermia.

Bill's devotion to and excellence in medicine was mirrored by his work as an artist. He studied photography with Minor White and hosted many internationally known photographers as a longtime member of the Photographer's Interim Workshop. In 1970 he founded the Camerawork Gallery (now housed at Emanual Hospital) and continued to serve as its director until 2004. Bill was a dedicated golfer and one of the early members of the Tualatin Country Club. He shot his first hole-in-one after the age of 76. Contributions in his memory may be made to the Pacific Northwest Photographer's Archive (pnparchive.org) or the charity of your choice.

Burial under COVID-19 restrictions was at Beth Israel Cemetery June 21.