



Zachary Goldsmith: Virtual year end leaves academic and social voids.

Graduation 2020 – An experience like no other

BY DEBORAH MOON

"I can imagine in the future if someone says, 'I graduated in 2020,' people will know that means something different," says Brian Rohr, who this year co-taught 12th grade in Neveh Shalom's Tichon program and whose wife, Sarah, is graduating from Portland State University.

Whether graduating from middle school, high school or college, young people this year say they feel they have missed important milestones and academic opportunities while facing an uncertain future.

"I know that high schools are trying their best, but I feel as if everyone is trying to gloss over the fact that this will be a big hole in our academic journeys," says Zachary Goldsmith,

who is graduating from Lincoln High School and Neveh's Tichon program. "That's the elephant in the room for me. I appreciate all that's being done, don't get me wrong, but I think maybe we all need to frame this as not a replacement or a reparation of our senior year, but a way to make the most of the current situation."

COLLEGE

"In my conversations with seniors, their biggest concern is finding a job in this economic climate," says PDX Hillel Executive Director Hannah Sherman.

That is exactly what is on the mind of Portland State University senior Cole Keister, who is graduating with a degree in graphic design.

See **GRADUATES**, page 8

Emergency aid is available – don't be afraid to ask for help

BY DEBORAH MOON

Thanks to the local Jewish community's COVID-19-Emergency Campaign, funds are available to help individuals and families weather the economic storm triggered by the pandemic that threatens our health.

Yet many people suffering financially hesitate to reach out for that aid.

"We get a lot of people who have never had to ask for help before," says Tavia Berrigan, Emergency Aid Program Manager at Jewish Family & Child Service.

Among the 63 new clients reaching out to JFCS for emergency aid was a family in which both parents were furloughed during Stay at Home orders. They were struggling to pay bills, yet they told Tavia that they also struggled to ask for help.

"We like to help people, not ask for help," Tavia says the family told her. "They were struggling to pay utility bills and buy food."

Thanks to Emergency Campaign grants of \$33,000 per month for three months to JFCS for emergency financial assistance, Tavia was able to help the family. She not only approved the financial aid they needed, she referred them to a counselor so they could receive emotional support during these chaotic times.

Saying "Yes, I can help" has been the most gratifying part of Tavia's job. "It's gratifying when you hear their voice change. When they call, the voice is really stressed and by then end of the conversation the sense of relief. ... It's a scary time. To hear 'Yes, I can help you' can make a real difference in getting grounded."

JFCS had to scale up its Emergency Aid Program rapidly when the crisis struck. While such aid has historically been a robust part of the agency, Tavia says it was scaled back over the past year to revamp

See **EMERGENCY AID**, page 5

Searching for good, mapping Tikkun Olam

BY DEBORAH MOON

Maps these days tend to be depressing – showing COVID deaths and cases being typical – so Mark Lawton recruited two Jewish students to help him create a tikkun olam map to share uplifting, positive stories from around the globe.

Launched April 1, by May 19 Mark and Aviv and Lior Poris had already posted 275 stories or videos from 100 countries on oneworld-stories.org, which has had more than 85,000 visitors. Mark believes the stories truly do help repair the world (tikkun olam).

“I use tikkun olam in the sense of doing good,” says Mark. “We are all in this together.”

Mark was working on a map project related to soccer when the pandemic broke out, and he wanted to do something to help. He recruited Aviv, whom he coaches in soccer, and his brother Lior to help. Mark is a teacher, creative writer, software developer and youth soccer coach. Aviv, 8th grade, and Lior, 6th grade, attend Beverly Cleary, Fernwood campus. The boys search for and post stories; they are also working on a video about the site.

“I’m grateful that positive news is out there and easy to find,” says Aviv. “It is so important for people to stay posi-



ABOVE: Aviv, left, and Lior Poris find positive stories to put on the tikkun olam interactive world map, below, developed by Mark Lawton (at right).



tive even when some bad things are going on in the world. It’s humbling to see how many people visit the website. ... There’s so much variety to the positive things happening right now, and I love that.”

The site includes stories about neighbors helping neighbors, music and art, and caring for

health-care workers. Some are funny. Some highlight animals and nature. The three Portlanders search online for stories around the world and invite visitors to suggest links and videos.

“My favorite story right now is from Stoke-on-Trent in England,” says Aviv. “A soccer club had people send in their vid-

eos of some young kids playing soccer. It’s a great story because it’s impossible not to smile when watching them play soccer.”

Stories from Portland include people putting stuffed animals in windows, and one about Damian Lillard’s \$100,000 donation to the Trail Blazers’ COVID-19 relief fund and encouragement for his teammates to follow suit. A story from New Zealand notes the Tooth Fairy is an essential worker. There is a “truly uplifting” story from Israel about visiting parents on a crane.

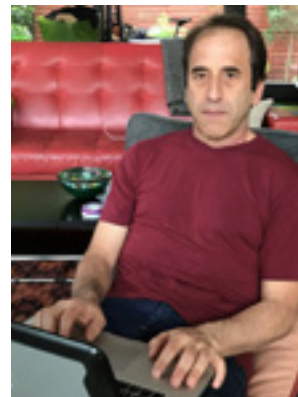
Most stories are in English, but Mark, who is fluent in Spanish, also searches for and posts Spanish-language news.

“I know Mark has put some stories in Spanish on the map,” says Aviv. “I think it’s a great idea to put other languages on the map because then it truly is a worldwide site. We want to be getting stories and users from all across the globe.”

Mark, who has served on the boards of Congregation P’nai Or and Jewish Family & Child Service, works on the maps two to three hours a day.

“When I’m working on the map, it takes my mind off all the negative news,” says Mark.

He hopes those who explore the stories on the map will have the same experience.



Website highlights OJMCHE's virtual vibrance

Over the past six months the Oregon Jewish Museum and Center for Holocaust Education has been working with Bryan Potter Design on the design of a new website. This week they launched ojmche.org, which highlights ways that the museum has pivoted to become “virtually vibrant.”

The museum has joined with other cultural organizations across the country to offer a range of experiences online. OJMCHE’s partnership with the Jewish History Museum & Holocaust Center and Los Angeles Museum of the Holocaust kicked off last week with a conversation between Bruce Guenther, OJMCHE adjunct curator of special exhibitions, and artist Henk Pender; it continues through June 10. One of the positive notes with the online events is that they are recorded for viewing at any time at ojmche.org/calendar/recorded-events.

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“Some of you remember when we were a ‘museum without walls,’ a time when we lacked a physical location and connected with our community through programming in other spaces,” says OJMCHE Director Judy Margles. “As we launch a new website, which further expands our ability to deliver content, I think back to those crucial days in the 1990s when we likewise refreshed approaches to deliver our programs in creative and informative ways.”

She invites visitors to explore how Collections and Archives come alive and how the Education team delivers remote learning resources. The calendar details events that Zoom into your living room. New this week, we now provide you the opportunity to shop online at the Museum Shop!

“While we look forward to the day when we can welcome you back through our

physical doors, for the moment we are proud and grateful for the ways to stay actively in touch with you,” says Judy.

UPCOMING VIRTUAL EVENTS

(Details and registration for events is available at ojmche.org/calendar).

May 28, Noon: Coffee and Conversation in OJMCHE’s Archives

June 4, Noon: A Conversation with Student Educators

June 10, Noon: Antisemitism Before and After COVID with Michael Berenbaum and Steve Wasserstrom

June 14, 11 am: We Are Here (Mir Zaynen Do): A Celebration of Resistance and Resilience on the 77th Anniversary of the Warsaw Ghetto Uprising

June 15, Noon: OJMCHE’s Annual Membership Meeting

From shoes to PPEs

BY DEBORAH MOON

Last June Israeli-Americans Elias Stahl and his business partner Gaia Giladi decided to launch HILOS in Portland because of the city's incredible ecosystem in footwear, technology and 3D printing, as well as its livability.

Just months before their tailored shoes made to order were ready to launch, COVID-19 changed the world.

By early April, HILOS had shifted its prototype printers to producing personal protection equipment, specifically "ear savers," for people who need to wear masks all day, every day. They have produced and shipped 1,000 ear savers and plan to continue printing 1,000 per month as long as they are needed. They also have found an open source custom mask design developed by a medical company in Italy. They have created a prototype and are seeking enough of the highly specialized material needed to begin production of customizable plastic masks, as well.

"We are doing it all pro bono – the engineering, 3D printing and materials," says Elias, co-founder and chief executive of HILOS.

Ear savers are plastic bands that sit across the back of the head so people can hook their mask to the band rather than behind their ears, where bands can cause pain and skin tears or lesions during extended use.

The customizable masks will be printed with a specialized material that can be soaked in hot water and then form-fitted for individual use. Elias says cloth masks are often too thin and disposable masks create a lot of waste, but the plastic masks are reusable and cleanable as well as comfortable.

"We felt a responsibility," says Elias of the company's decision to produce the PPEs. "Any company, anyone, who has the capacity needs to turn it towards" producing products needed during this crisis.

HILOS (hilos.co) still plans a presale launch in June with a full launch shortly thereafter. The launch of the made-to-order shoes won't interfere with the PPE production, says Elias. The shoes will be produced on a much larger printer using high-performance material. The PPEs are printed on the prototype printers the company used to develop the shoe design.

HILOS was able to go from concept to "proof of concept" in just three months, because they were able to make design changes every day using the prototype printers to see the revision immediately rather than having to send a new design to a factory and wait a couple weeks for a new model. Since they have completed development, those prototype printers are now available for PPE production.

"3D printers allow fast response to something like the COVID crisis," says Elias.

When HILOS first started printing the ear savers, they had a hard time finding where to send them.

"There was great demand at the front lines, but



HILOS co-founders Elias Stahl and Gaia Giladi shifted some of their 3D printers from designing shoes to printing ear savers (below) for frontline workers who need to wear masks for extended periods.



something was broken in the middle," Elias says.

Then he met Michelle Bombet-Minch through the Oregon Israel Business Alliance, and she helped connect him. Since then, HILOS has shipped supplies to Good Sam Hospital in Newberg, Homewatch Caregivers in Portland, Portland Providence Hospital and three health facilities in Baton Rouge, La. Those needing ear savers (and soon masks) can contact him at Elias@hilos.co.

Elias made aliyah to Israel from California in 2012 and served in the IDF. He and his wife, Kristen, moved to Washington, D.C., while Elias earned his master's at Johns Hopkins. After moving to the Portland area, the couple joined Congregation Neveh Shalom, where Elias serves on the Israel360 and security committees. He also taught a krav maga techniques class at the Mittleman Jewish Community Center. They are expecting their first child this summer.

Generations are "Better Together"

BY DEBORAH MOON

Middle school students from all three Portland-area Jewish day schools had meaningful intergenerational experiences with local Jewish seniors this school year.

Better Together is a four-year program generously supported by a prominent national foundation, which wishes to remain anonymous. Better Together is designed to foster connection between the generations. Through monthly meetings and correspondence, students gain sensitivity and dedication to the needs of seniors, while learning from the seniors' wealth of wisdom and experience.

In their first year in the program, Maayan Torah Day School in Lake Oswego partnered with Mirabella Portland. Maimonides Jewish Day School, also in its first year in the intergenerational program, partnered with Chabad Seniors. Portland Jewish Academy launched the program in 2015 and has continued to meet with residents at Rose Schnitzer Manor even though the national funding has expired.

MAAYAN TORAH DAY SCHOOL

Maayan's middle school students have benefitted tremendously by participating in a Better Together intergenerational program with residents of Mirabella in downtown Portland, according to Judaic enrichment teacher Malky Weisman. Students forged inspiring friendships while engaging in thoughtful activities together, with their guiding theme, "Building a World of Kindness... Together."

Although Covid-19 was a major hurdle that prevented visits, the students and seniors – disappointed though they were – have risen to the challenge. They now communicate

See **TOGETHER**, page 6

News in brief

MJCC Day Camps adapting for summer

On May 22, Mittleman Jewish Community Center announced that MJCC Day Camp is happening, with some adaptations.

Oregon's official camp guidelines were released on May 15. The MJCC Day Camp team has adapted summer programs to follow the Oregon Health Authority guidelines for summer camps.

"Though this does mean that our program will look very different, we are confident that we will provide a fun and safe experience for everyone to enjoy," read the announcement.

MJCC camps will run from June 22 through Aug. 7. Camp hours will be from 9 am to 4 pm. No before or aftercare is available.

Oregon's summer camp guidelines strictly state that summer camp programs are only for school-age children, rising K-12th graders. Therefore preschool camps have been canceled; however, rising kindergartners can attend the school-age camp.

Specialty camps will not run this summer, though many of the activities that were planned for specialty camps will be incorporated into the classic program.

State guidelines require camps to maintain stable groups of 10 children; each stable group will have two counselors. Groups will remain intact Monday through Friday, though the guidelines allow for groups to change weekly. Given these strict guidelines, MJCC camp capacity will be much lower this summer than in the past.

At this time, swimming pools remain closed in the state of Oregon; until that ban is lifted, campers will not be using the pools.

Solomon Schechter cancels overnight camp

On May 14, Camp Solomon Schechter announced it will not offer overnight camp in 2020. This decision is guided by recommendations from the American Camp Association, the CDC, the CSS Medical Committee and the State of Washington.

A full year without summer income will create a significant operating loss. Fortunately, Camp Solomon Schechter is one of about 100 Jewish camps eligible for the All Together Now: A Matching Grant for Jewish Overnight Camp from the Harold Grinspoon Foundation. Recognizing the urgency of camps' situation, the Grinspoon Foundation stepped forward with a matching grant. HGF will give \$1 for every \$2 that you donate to CSS. Donate at campschechter.org/donate-now/.



Allie Crasnow from Winter Park, Florida, put her new construction skills to work building the Tivnu sukkah in October 2019.

Tivnu extends deadline for gap year

Tivnu Gap Year has extended the application deadline to June 1, as space permits. Tivnu is optimistic that our 2020-21 Gap Year program will continue as planned, in person. Tivnu will implement whatever modifications are needed to keep participants and

the people they work with safe and healthy. Now more than ever, it is vital to get to work building a better world.

[Tivnu Gap Year](https://tivnu.org) participants connect Jewish life and social justice through individualized internships, discover the Pacific Northwest and create a home together in Portland. Whether you spend your year teaching, advocating for immigrants' rights, growing food with kids, building tiny houses or cooking for houseless Portlanders, you'll know you made a difference.

For more information, email Sara@Tivnu.org, call 503-232-1864 or visit [Tivnu.org](https://tivnu.org).

Moishe House seeks housemate

Moishe House Portland seeks a dynamic young adult between the ages of 22-30 who is excited about living with others and creating a Jewish community for their peers in the Portland area. Residents of Moishe House create seven programs per month (during quarantine, three or more virtual programs per month). They receive a generous rent subsidy, programming budget and support from Moishe House staff.

An ideal candidate is fun-loving, welcoming, creative and a great communicator with time and energy to commit to about 10 hours per week.



After three years of living in Moishe House Portland, Jake Sullivan will move out in July. Throughout his time at Moishe House, he has lived with 11 roommates, gone on 14 learning retreats and helped put on more than 250 programs. Therefore, Moishe House has an opening beginning **July 1** (date is flexible, especially considering the circumstances). If you or someone you know might be interested, please contact one of the residents or email us at moishehousepdx@gmail.com.

Application deadline is June 1. [Applications](https://tivnu.org) can be found on the bottom of this page moishehouse.org/find-a-moishe-house.

The Challahman restarts home delivery

The Challahman will restart home delivery on June 5; orders need to be placed by 10 am, Tuesday, June 2.

The Challahman, Portland-baked kosher challah, has moved off the grocery store shelves and back to its roots with a home delivery.

When you order two loaves of challah, we will donate a third loaf to the Holocaust Survivors Program of the Jewish Family & Child Service, which provides weekly Shabbat meals for survivors in the Portland area. The minimum order is \$18 for two loaves.

"I started the business after going on a Federation mission to Israel in 2012 and seeing the amazing displays of challah in Machane Yehudah," says Challahman founder and owner Rich Meyer.

Initially, he baked challah for delivery to Portland Jewish Academy where his son, Avi, was an eighth-grader. He soon added online orders, then grocery stores. Challahman was available at about two dozen stores and restaurants around Portland and Vancouver, including Lamb's, Food Front, Fred Meyer and Green Zebra.

"The bakery where we make the challah reduced its hours during COVID-19, so we weren't able to continue the grocery business," says Rich. "I still got lots of inquiries from people looking for challah and from people who prefer not to shop in stores, so I'm trying out home delivery again."

Order online at challahman.com.

Local Orthodox shuls plan phased reopening

Congregation Kesser Israel and other Orthodox congregations have begun a careful phased reopening beginning with outdoor services after Governor Kate Brown issued guidance for gatherings at places of worship in Oregon.

On Sunday, May 24, Kesser Israel began holding outdoor services once per day, weather permitting. In-person services are limited to 25 individuals and preregistration is required. Face masks and social distancing are required. No children younger than b'nai mitzvah age are permitted, and those over 65 or with risk factors for complications of COVID-19 are encouraged to stay home. No one with a fever or respiratory symptoms may attend.

Other Orthodox shuls also are offering outdoor minyanim – all with attendance capped at 25.

A May 20 letter signed by six Portland Orthodox rabbis notes: "As the state of Oregon begins the reopening process, we look forward to taking the first steps in reestablishing those suspended parts of daily Jewish life that are critical for our community."

"It is critical that we adhere to our communal guidelines. Leniency in these matters could quickly escalate with negative results," notes the letter signed by Rabbi Ken Brodtkin, Congregation Kesser Israel; Rabbi Tzvi Fischer, Portland Kollel; Rabbi Gadi Levy, Congregation Ahavath Achim; Rabbi Chanan Spivak, Portland Kollel; Rabbi Shlomo Truzman, Congregation Beit Yosef; and Rabbi Motti Wilhelm, Chabad of SW Portland.

While specifics may differ among shuls, the letter notes it is important to remain vigilant and to protect oneself and others as the reopening begins with outdoor minyanim.

A letter from Kesser Israel on the same day notes: "As our state begins the reopening process, COVID-19 remains a major public health threat. As we take the first reopening steps, we will be vigilant in protecting the public health and the health of our own congregants."

"If you feel that it's not right for you to attend, you should not do so," reads the Kesser letter.

For information on the Kesser Israel service schedule, rules and registration, email jodi@kesserisrael.org

EMERGENCY AID (cont. from page 1)

the program. Tavia moved from the Development Office to Emergency Aid and jumped right in.

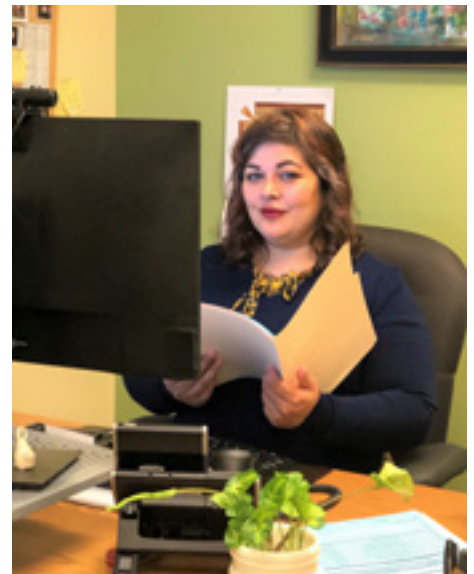
In addition to the 63 JFCS newcomers, Tavia has also fielded calls for aid from those who previously have used JFCS services such as disability, counseling or Holocaust survivor services. Since becoming Emergency Aid Manager March 19, Tavia has had 200 conversations. She has helped every person who called – some with financial aid or groceries, others with referrals to programs or agencies. Sunshine Division's food pantry has set aside food boxes for JFCS case managers to pick up and deliver to clients.

Food and shelter (rental assistance) are the two major reasons people have requested emergency aid in the past two months.

JFCS was able to swiftly ramp up its emergency aid program thanks to the grants from the COVID-19 Emergency Campaign, which was launched in mid-March with funds from the Jewish Federation of Greater Portland, Oregon Jewish Community Foundation and a host of generous donors. The fund has now reached \$857,000 and has distributed \$625,000 to community organizations, including the monthly emergency aid funds to JFCS.

"We are grateful to the leadership of Jewish Family and Child Service as the primary organization supporting individuals in need of emergency financial assistance and mental health support at this time," says JFGP President and CEO Marc Blattner. "They continue to meet the challenge each and every day. And I know their 'door' is open for anyone in our community in need, and I hope people take advantage of their support."

JFCS Executive Director David Block, who arrived in Portland just a month before the crisis hit, says that funding has been critical in the agency's work to help the community.



JFCS Emergency Aid Manager Tavia Berrigan says many of those who have called the agency for help are more accustomed to offering help to others.

"I think it (emergency aid) is a critical service for the community – it is a real lifeline," says David. "It is a true safety net preventing folks from not having enough food or not being able to pay rent."

David urges the community to take advantage of that lifeline.

"Losing one's job during a pandemic is not a cause for shame; it is a terrible circumstance we as a country are going through together," he says. "Emergency assistance is a vehicle to take care of oneself and one's family during these very difficult and very unusual circumstances."

For more information or assistance, contact JFCS Emergency Aid Program Manager Tavia Berrigan at 503-226-7079 ext. 134 or taviaberrigan@jfcs-portland.org.

To contribute to the crisis campaign, go to: jewishportland.org/covid19relief.

News from the Eastside

NE PDX Chabad puts grant to good use

Chabad of Northeast Portland has been busy putting its grant money from the COVID-19 Emergency Campaign to work.

One of the projects that the grant has supported is the Chesed Connection, which has been a focal point for NE Portland Chabad over the past eight weeks.

Rabbi Chaim Wilhelm shared some of the impact the support has had: "During the month of May, there have been 165 Shabbat food package deliveries by the Chesed Connection to homebound seniors and immuno-compromised individuals.

Last week we started working with JFCS and delivered to their Eastside clients as a friendly pick-me-up."

TischPDX opens cohort applications

TischPDX has just opened its application for the 2020-21 local leadership cohort. TischPDX is now part of Upstart's Entrepreneur Sprints program.

"We're excited to continue developing unaffiliated Jewish leaders on Portland's Eastside," says TischPDX co-founder Eleya Fugman.

The deadline to apply for the group's third cohort is July 1, 2020. Go to tischpdx.org and click on the apply tab.

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through letter writing and are working on a video montage as a keepsake to forever cherish their in-person memories.

Some highlights of their experiences can be gleaned from reading the articles students wrote while participating in a Better2Write contest. Entries for the writing contest focused on how the students were impacted by the program, as reflected in their feelings about seniors, aging, and the mitzvah of caring for the elderly, and underscoring their personal growth while getting to know the residents.

Participating students and their essays are:

Chaya Fischer, 7th grade, Gaining from the Crown of Glory (winner of the student prize)

Aliyah Derfler, 8th grade, The Experience of Wisdom (second)

Annabella Nemer, 7th grade, Better Together Stories Forever

Gabriella Rogoway, 8th grade, The Experience of Connecting with the Elderly

Meira Brodtkin, 7th grade, My Modern-Day Story of Ruth: How One Woman Changed Me for the Better

Ruth Derfler, 6th grade, Sharing is Caring

Sarah Spivak, 8th grade, Judging People Favorably

Sarah Esther Weisman, 6th grade, My Surrogate Grandparent

Tamar Spivak, 6th grade, Life Lessons I Learned.



Mirabella resident Polly and Maayan Torah student Annabella share their goals during a gathering before Stay Home orders.

“At Mirabella, I was privileged to learn new things,” wrote Tamar Spivak. “The seniors have lived for longer and have had more life experiences than me. They have firsthand accounts of how they were brought closer to G-d, and hearing these tales strengthens my own personal faith. G-d has helped them in many more ways that I can even imagine and being in their company has truly impacted who I am as a person. I was extremely disappointed when Megan, the director of programs at Mirabella, told our teacher, Mrs. Weisman, that we couldn’t continue to come because of the Coronavirus. I really enjoy my time there and can’t wait to go back when the world order returns.”

Meira Brodtkin wrote: “When my class visits Mirabella, you can see the changes on the seniors’ faces. You can sense how they seem to feel happier and more important. But surprisingly, ... I see the huge impact that it has on us (as) children. When we visit with the seniors, there is no competition in the room. Being in middle school, sometimes there is a question of who is the top of the class for most everything. However, as soon as we walk into the elder home, we aren’t looking to see who is the best ... Better Together gives us the opportunity to get attention and self-confidence in ourselves. We learn through experience to trust ourselves and our abilities to reach out to others. We take our responsibility to care for the seniors seriously. Going to Mirabella helps kids like myself to mature and

access our inner wisdom from spending time with seniors.”

Chaya Fischer summed up the program so well: “I am so grateful that I had a privileged view into the world of seniors. In these times of unprecedented loneliness, I pray for the True Healer to bring renewed health, strength and wisdom to our crown of glory, the elderly, in this trying time.”



Chabad Seniors and Maimonides Jewish Day School middle schoolers braid and bake challah together.

MAIMONIDES JEWISH DAY SCHOOL

MJDS middle-schoolers started meeting with Chabad Seniors in October and continued monthly face-to-face meetings until March, when their final gathering was a Friday evening program.

“They learned together, snacked together, and braided and baked challah together,” says Judaic studies teacher Devora Wilhelm, who has been an integral part of the school since its founding in 1985. The 18 participants would learn psalms on a new theme each month and then break into pairs for discussion.

Before the pandemic halted in person gatherings, students and seniors made soup and challah to share with community members in need. The food program was inspired by the Jewish saying, “When two Jews get together it should benefit a third.”

One recipient wrote, “I want to thank you and all the elders and young people for the soup and challah. Because I work full time, it is hard to be the one to stay on top of cooking for, and delivering to, everyone. Both my daughter and sister were so happy to have the soup and challah. This is a wonderful mitzvah you all come together to do.”

Since the Stay Home orders made in-person gatherings impossible, the students have kept up with the seniors through phone calls and a Zoom session. On the Zoom program, the students shared remarks they had prepared and everyone sang together. The school has continued to send challah made in homes to the now home-bound seniors for Shabbat and Mother’s Day.

Students are also creating a keepsake book for both the seniors and students to remember their time together. The yearbook will include recipes of soups the students and seniors made together. Students also are interviewing seniors on the phone to share their life stories and wisdom in the yearbook.

PORTLAND JEWISH ACADEMY

PJA’s 7th and 8th graders and seniors at Rose Schnitzer Manor have been gathering since 2015. Since the national funding has expired after the two-year pilot program, PJA now calls their intergenerational program B’Yachad (Together). It is now funded by the Merritt and Cookie Yoelin Fund at OJCF and the OJYCF.

Before the senior campus was closed to visitors, PJA’s service learning coordinator Elana Cohn-Rozansky coordinated visits with RSM’s educator Eddy Shulman. Elana, Kim Schneiderman and Amy Katz accompanied the students on their visits.

The groups have not been able to arrange virtual visits, says PJA

See BETTER on next page

Search for Light III: Jodi Fried

Jathan Janove is an author, columnist, executive coach and organization consultant. During this difficult time, Jathan has been interviewing people about their lives, values and priorities.

BY JATHAN JANOVE

Jodi Fried is director of membership and programming at Kesser Israel. She also runs a business called [Love.Adventure.Mom](#) and recently launched [The Empowered Jewish Mom Movement](#), a closed Facebook group for all interested Jewish moms. Jodi was born in Johannesburg, South Africa, and moved with her family to Portland when she was in fourth grade.

How was the transition to Portland?

I grew up in a Sabbath-observant Jewish home in South Africa and attended an Orthodox day school. Well, my father was Sabbath observant and my mother was not. That was not uncommon in Johannesburg. After we moved to Portland, I attended Portland Jewish Academy. PJA was a great school and my experience there was wonderful, and yet as one of the only Orthodox kids, I felt self-conscious.

On my first day, a teacher gave me a kippah to wear. I was taken aback and said, “girls don’t wear these.” She said, “Here they do.” The next day I brought in a note from my parents and didn’t have to wear a kippah after that. Because of Sabbath observance, I missed out on some weekend social activities with fellow students.

Was there a turning point?

After PJA, I attended Wilson High School. I became friends with some non-Jewish

students who were genuinely curious about my religious practices, which I appreciated.

In terms of feeling comfortable around non-Orthodox Jews, a key event was traveling to Israel with 25 other North American students. The trip was sponsored by an organization seeking to promote pluralism within Judaism. The idea was to create a unified Jewish world, where all Jews work with and value each other.

Instead of feeling defensive, I felt a real spiritual connection with Jews of all denominations, which is a feeling I hold to this day. There is a place for every Jew in our community. Am Yisroel Chai.

For what are you grateful?

I’m very grateful for my immediate and extended family: parents, siblings and grandparents, and to HaShem. I believe the world is a beautiful place.

What’s a treasured memory?

When I lived in South Africa, my grandparents hosted huge Pesach gatherings, up to 50 guests. The energy was remarkable. After the afikomen search, they always made sure every kid got a gift. When I was about 7, along with my cousins, I got a fake makeup set – lipstick, earrings the works. I absolutely loved it! I will cherish this memory forever.

If the current you could provide advice to a younger you, what would it be?

I would tell myself, “Don’t worry about what other people think of you. Be who you are and be comfortable with it.”

Given the choice of anyone, whom would you want as a dinner guest and what would you talk about?

I would love to have dinner with my



Jodi Fried hikes with one of her children along a creek in the Columbia Gorge.

mother-in-law Gayle. She died of breast cancer when my husband Charlie was only 3. I heard wonderful things about her, hardships she overcame, her pizzazz and spunk, and how much she loved her kids. I sometimes tear up when I look at a picture of her looking at Charlie and his brother with endearing warmth and affection.

I would also love to have dinner with Oprah Winfrey. I loved her show and the stories that were shared. I feel a connection to Oprah through her support of various causes in Africa, the continent of my birth. I would love to learn how she fosters connection and mentors others.

Your house, containing everything you own, catches fire. After saving your loved ones and pets, what would you grab?

I would grab a bracelet that once belonged to my mother-in-law. It has a colorful image of a butterfly and flowers on it. It’s very precious to me.

What do you find spiritual in life?

Nature and the beautiful prayers in our liturgy.

BETTER (from previous page)

Principal Merrill Hendin. “We do hope to have one final meeting between our 8th graders and their B’Yachad friends and plan to continue the program for many years to come.”

Since not all RSM residents have Zoom, a virtual gathering is difficult, but options are still being explored.

“I am pleased to say that many of the students have written old-fashioned letters to their partners over the past two months,” says Elana. “They have such sweet relationships and are obviously concerned about how isolated their elder friends might be feeling.”

Elana says the program definitely accomplishes its goal of expanding students’ understanding of seniors. “Students certainly gain understanding and appreciation for the wisdom and experience that comes with old age; any negative stereotypes about the elderly are quickly broken down, often within the first few minutes of meeting their learning partners.”

In addition, students feel supported and heard by their partners.

“A few years back, a student noted that their grandparents have to love them, but their B’Yachad partners don’t have to, but do,” says Elana. “Students also know that this is a relationship based on reciprocity; they feel that they offer something of value to the



RSM resident and PJA 7th grader Beren helped clean one of Cedar Sinai Park's Torah scrolls. This mitzvah was organized by Eddy Shuldman and most B'Yachad participants joined in.

elders and, thus, feel valuable. Our 7th and 8th graders always bring their very best selves to their time together.”

GRADUATION (continued from page 1)

"The pandemic has changed my plans for next year by eliminating my options for internships after school," says Cole. "There's a new level of uncertainty, so I'm exploring new options with a different mindset now."

PSU's virtual commencement, at which Sarah Rohr has been asked to deliver a commencement address, will be online at 11 am, June 14, at pdx.edu/commencement.



Sarah Rohr will deliver a commencement address at PSU's virtual graduation.

On June 3, the graduates of The Harold Schnitzer Family Program in Judaic Studies at PSU will have their own end-of-year ceremony on Zoom. Coverage from that ceremony is scheduled for the June 10 issue of The Jewish Review.

"Judaic Studies graduates are facing the same challenges as their peers in other departments at PSU and at graduating classes across the country: in addition to trying to finish out an academic term that was shifted quickly to remote instruction – a delivery mode that has been far from ideal for many students – they are also entering a job market unlike any other we have seen in many decades," says Judaic Studies Academic Director Natan M. Meir. "We are so proud of their achievements and are certain that they will overcome the challenges of this moment and do great things."

But the social loss is also on the minds of graduates.

"What I'm missing most from an online final term is not being able to connect with the other students who I have been in my program with for the past four years," says Cole. "It felt like this was our one last term to support and celebrate the work that we all have done, so it has been a disappointment. I feel the same for my student group on campus (CHAI-Cultural and Historical Association for Israel); we had so many exciting events planned, and to have them all cancelled was disappointing."



A "finger wiggle blessing" sent off graduates of Neveh Shalom's Tichon religious school to face the world's new realities.

HIGH SCHOOL

The social component is a big missing piece for high school graduates, too.

"Graduation and all that came with it was supposed to be that sappy, end of a teen movie type moment," says Zachary. "Without it, my high school experience seems open-ended with all that could have been. ... I regret not having that picture perfect final moment."

Beth Hirschfield says her twins, Elisha and Ada, who are graduating from Lincoln High School, also miss the graduation parties – performing at them that is.

"Our band 'New Moon' is looking forward to playing our original music again for small celebrations, hopefully later in the summer, write the twins on a post requesting donations for their participation in the 2020 Northwest Pilot Project Walkathon. This year's Walkathon was virtual. Donations are being accepted to help NWPP assist needy seniors until June 1 at: walk.nwpilotproject.org/campaigns/ada-and-elisha-hirschfield/.

The twins have also been active in the P'nai Or Organic Produce Community Project, which harvests and delivers fresh organic produce on a weekly basis during the late spring and summer to needy members and their families and delivers fresh produce to vulnerable members who must avoid public grocery stores and farmers' markets during the pandemic.

Elisha will be going to Western Washington University, Honors Program, in Bellingham, Wash., and Ada will be going to Evergreen State College in Olympia, Wash.

"G-d willing, they'll be able to go to college in person this fall," says Beth.

Zachary has the same hope: "I don't know yet the full extent to which Covid-19 will change my plans for next year. Occidental College, the school that I am attending, hasn't released anything specific about the coming school year. I hope that not too much changes, but I realize that life will be different."

Neveh Shalom's Tichon program hosted a virtual graduation for Zachary and four other seniors – Rael Wendrow, Ethan

Newman, Orly Meyer and Ryan Alberts.

The Tichon virtual graduation on May 20 was themed "Showing Up for Each Other." "These teens are the ones who choose each week to show up for each other, to continue learning and being part of this community," says Neveh Shalom Education Director Mel Berwin. "And we also want to honor the ways our community is 'showing up' for our teens, especially this year, to allow them to celebrate their graduation, including the 12th-grade senior speeches, which are truly a highlight."



PJA graduate Arava Barnett.

MIDDLE SCHOOL

Graduation at Portland Jewish Academy will be virtual, too, on June 10. This year 21 eighth-graders will graduate from the middle school.

"We are excited to celebrate our PJA class of 2020," says Principal Merrill Hendin. "This is an extraordinary group of kids who have brought much joy to our school in their years at PJA. We are celebrating them in a number of ways. Each student received a lawn sign to share their pride in being a 2020 PJA grad. We will also have a car parade to cheer them on in person (maintaining appropriate physical distance) and give them their diplomas, and a virtual graduation at which we will be treated to their special presentations. Mazal Tov PJA class of 2020. We are PJA proud of all of you."

Family life in the pandemic: a tale of 5 families

BY GLORIA HAMMER

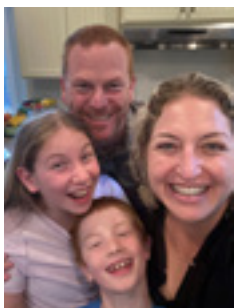
While stay-home orders have made life challenging for all of us, parents have had to juggle their own work and stresses while helping their children navigate online school. Five families share what life is like as we stay safe, stay home and wait till the scientists get a handle on the pandemic.

I asked the parents to briefly describe how they are coping and how their lives have changed. Here, in their own words, are their thoughts on life in today's world.



Emily Glasgow, director of early learner programs, Portland Public Schools. Craig Dorfman, senior strategist, Mandate Media. Children: Mica Dorfman, grade 6; Asa Dorfman, grade 4, Laurelhurst K-8.

Long walks. Countless craft projects. Nighttime foursquare. Screen time battles. New garden. Virtual birthdays. Family series (right now, enjoying "The Middle"). Endless cycles of video chats, on every platform imaginable. Pretty much exactly what you would expect from a family of four with two working parents and two home-schooled children. The highs? Privileged to be healthy and holding two stable incomes through this pandemic; although Mica and Asa might be remiss to admit it, we are actually enjoying quality family time. The lows? Kids miss friends, extracurricular activities and (yes) even their classrooms. While their teachers are doing an amazing job tackling the new reality of remote teaching, it's not the same as in-person school. Our strategy? Be realistic with our expectations, remember our privilege, help others when we can, and give ourselves and one another grace in this "new normal."



Ryan Levenick, real estate investor, property manager. Jordana Levenick, small business owner, student, BB Camp board president. Children: Sadie, 11; Henry, 8, Portland Jewish Academy.

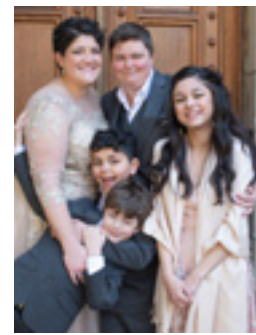
Ryan and Jordana: We are navigating new norms, rhythms and remaining grateful for health and many creature comforts. The kids have new jobs including watering plants, cooking, sweeping, and wiping down switches and knobs! Kids are finding creative ways to connect with friends, including virtual sleepovers and ding dong deliveries from a safe distance. We are grateful for the school structure offered through PJA. Juggling work, volunteer commitments, house management, school work, dog maintenance, the list goes on – makes for an interesting balancing act. Every nook and cranny in our house is being used. Our kitchen is in action 24/7, the garage a workout room, bedroom closets are reading nooks or meditation corners, the office doubles as a 5th grade classroom, the attic houses the 3rd grade class set up. We are optimistic summer camp will open and be the highlight of 2020.



Jenn Topliff, founder, Rooms. Brad Topliff, director of innovation, TIBCO Software. Children: Doc, 2; Grace, 12; Hazel, 10; A Renaissance School.

Brad works from home on Zoom and conference calls from morning until night. As the kids' IT director, he's interrupted 17 times/hour with Zoom questions, internet issues and computer problems. He devised a system where the kids waved a green/yellow/red flag corresponding to the intensity of their question. That worked for a couple days. But the kids lost the flags and started finding items in the correct color. Hazel waved a can of artichoke hearts at Brad (green!) and then it was all over! My commercial kitchen is still operating (baking Rooms and shipping them across the country); my head baker goes to the kitchen from 4 to 11 am. Then I go in to pack all orders. But the fear, anxiety and stress follow me to the kitchen. Thankfully Brad is good in a crisis and has been carrying the bulk of the weight. Riding the Peloton bike, wine, sitting in the backyard, seeing the two girls with their 2-year-old brother.

Rabbi Rachel Joseph, Congregation Beth Israel. Dr. Sara Spettel Northwest Urology.



Children: Priscilla, West Sylvan Middle School; Bennet, Chapman Elementary; Max Joseph, Metro Learning Center.

We married on Sunday, March 15. It's easy for us to remember the date, we start-

ed Stay Home, Stay Safe with three kids in three schools and five different schedules. Rabbi Joseph says, "Sara is a urologist in one of those situations where she's not working as much, although necessary as anyone who has passed a kidney stone knows they aren't elective." Dr. Sara says, "As a rabbi, her job has gotten infinitely harder; her work is bringing people together. She is leading Shabbat services and programming from our basement." One of the gifts is how our ex-partners and co-parents have been supportive and coordinated schedules for our kids. We are lucky. This is hard. We are able to continue schooling, work and even get the occasional binge TV watching in. Can't wait for this to be over.



Alex Millkey, forensic psychologist, Northwest Forensic Institute. Sara Morton, PJA science teacher. Children: Hannah, 12; Asher, 8; Portland Jewish Academy.

Sara is a teacher at Portland Jewish Academy, she teaches classes in the afternoon. I have a more flexible schedule. I schedule my client's evaluations in the morning, when Sara can be available for the children; then I take over in the afternoon. Our worlds have collided; work and home have become entangled. Although the entanglement of our lives was unexpected and introduced complexity, it has allowed us to spend more time together and catch up (distantly) with friends. Life is both more and less complicated now. Hannah, 12, says, "staying home is helping us, I don't know why people are freaking out. I miss talking to and seeing everyone." Asher, 8, says, "I like being with my family but don't like not being with my friends. When this is over, we will be in history. I'm pretty sure."

Guest Column

The impact of COVID-19 on students

BY DOUGLASS RUTH



Douglass Ruth

The impact of COVID-19 has been felt by all of us in one way or another. We have all adjusted to the new reality that has turned our lives upside down. High school and college students are particularly affected by these ongoing challenges. School closures have not occurred on this scale in our lifetimes; this is uncharted territory for us as a modern community.

When we think of school, we of course focus on the educational aspect. Students, teachers and caregivers now are forced to navigate learning without the structure of the school system. Trying to manage assignments without routine and structure is a massive undertaking. It is impressive and astounding how teachers have stepped into this new academic arena and created lesson plans, Google Hangouts and office hours for their students under the pressure of a global pandemic and panicking parents.

However, most students don't just experience school as an arena to engage with academics. It is a place of social development and recognition. Students interact with each other, often building lifelong bonds through the activities they participate in through friendships, collaboration and joint activities. As a society, we place expectations on our students that are now challenged. How does one prepare for the "next step" when the supports we rely on are stripped away? It's harder

to feel prepared for continuing education when you haven't had the opportunity to complete the last round.

Just as important, students are missing out on rituals of recognition so key to building self-esteem and cementing milestones. Not being able to participate in commencement ceremonies, senior proms or competitions can create a social and experiential void. This is the experience of loss and grief. It can be hard to not be able to have a proper goodbye to peers, instructors and the physical space they have occupied over the last few years. Rituals are important aspects of our culture and for some students, they may be the first in their families to graduate. Furthermore, students are managing the unknowns of a different job and education market.

How does one manage all of these changes and unknowns? How do we provide a space for this transitional experience that is unlike anything we ourselves have experienced? As with managing grief in general, ba-

sic needs should be prioritized. This means nourishing our bodies and minds. Not surprisingly, it often comes down to eating, sleep and exercise. All areas have been disrupted. We operate at our best when we have nutritious food in our bodies. We need sleep, especially when faced with symptoms of anxiety and depression impacted by rapid changes in our environment. Exercise and movement continue to be important.

Lastly, we can create our own closure. Many creative celebrations and rituals have stepped up over the past few months. Zoom graduation parties have taken place. Students, educators and others have delivered inspirational commencement speeches. Social distancing proms have arrived with themes and décor to match. The takeaway? Students, educators and caregivers are amazingly creative and resilient.

While this may not be the way we envisioned graduation, it is certainly still an incredible milestone where current students and graduates are demonstrating the leadership to guide the way forward into the future.

Douglass Ruth is a Licensed Clinical Social Worker and Certified Clinical Trauma Professional. As clinical director of Jewish Family & Child Service, Doug supervises mental health counselors and provides counseling and mental health support for individuals, families and groups.

Resources from Jewish Family & Child Service

Jewish Family and Child Service strives to offer support for community members navigating the challenges of COVID-19. For more information: jfcs-portland.org/covid-19 or 503-226-7079.

Community Connection: The one constant that everyone has in common is that everything is swiftly changing. Weekly Zoom conversations explore challenges and anxieties of pandemic living: Meeting ID: 606 166 438.

Emergency Aid: (see story page 1)

Adapted Programs

Disability support, Holocaust survivor resources and counseling programs have been modified to meet the needs of clients while meeting physical distancing protocols.

JFCS provides telephone and tele-therapy (video and audio) support to clients. Extra support for existing clients experiencing increased symptoms of distress includes delivering food and ensuring weekly connection with providers.

Published biweekly by
Jewish Federation of
Greater Portland
6680 SW Capitol Hwy.
Portland, OR 97219
503-245-6219
JewishPortland.org

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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
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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
June 10	June 4
June 24	June 18
July 8	July 2
July 22	July 16
Aug. 5	July 30
Aug. 19	Aug. 13
Sept. 2	Aug. 20

Chaplain's Corner On "Memorial Day"

BY RABBI BARRY COHEN

I don't want to sound melancholy or morose, but I have to admit that I enjoy visiting cemeteries. I find the experience to be quiet, reflective, contemplative and at times, spiritual. I stop looking at my watch or my i-phone. I take my time and walk slower than usual. Marker by marker, I look at names, dates, how long the deceased lived and the messages they left behind.

Behind the markers are women, men and (tragically) children. Though I never knew them, somehow, somehow, I feel a connection.

A few days ago, our country commemorated Memorial Day. This is our official holiday honoring and mourning the military

personnel who died while serving in the U.S. military forces.

Growing up in Memphis in the 1970s and 1980s, I lived in a bubble. There was no longer a military draft. I never even considered serving in the military. The only thing I had to do once I turned 18 was register for the draft.

I feel lucky and fortunate that I never had to experience combat. Based upon the movies I have watched and the conversations I have had with veterans, I can imagine what they went through ... the trauma, horror and chaos.

I vividly remember visiting a hospital patient who happened to be a veteran. He shared with me some of his stories from World War II in the Pacific theater. One memory of his has

continued to haunt me. He described a firefight in the jungle when back-to-back explosions instantly killed the soldier to his right and to his left but left him unscathed. What did he do? He kept moving forward.

I enjoy visiting cemeteries because my time there reminds me to be grateful for being alive. One day a headstone will mark my grave. Perhaps for a few generations, I will be remembered. Maybe some in my family or my family-to-be will pay a visit.

What is more important is how I will live my life within the dash connecting the day of my birth and the day of my death. I am well past the half-way point of my life. At times, I feel the clock is ticking. I have so much I have yet to experience and accomplish. Who knows how

many more relationships I will maintain or foster.

During Memorial Day, I reflected upon the legacies left behind by our veterans and upon the legacies cut short. I am grateful for their dedication to country, family and friends. I am grateful for how they protected and defended the country we often take for granted.

May we reflect upon the power of Memorial Day and be grateful for the gift we have received to leave behind our own memories, legacies and lives well-lived.

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.

Rabbi's (Rabissa's) Corner Growth during COVID

BY EVE LEVY

The global pandemic has provided some unexpected opportunities to reach out socially while staying distant physically.

My husband and I stepped into Congregation Ahavath Achim almost two years ago with the goal of serving and growing this Sephardic congregation founded more than 100 years ago. The past two years we have been working tirelessly to bring exciting events to share Sephardic culture and flavors with the community.

Right before COVID-19 hit the world, we hosted a Shabbaton weekend with guest speaker Stephanie Pollak, whom we flew in from Miami. Stephanie addressed sensitive yet relevant issues such as addictions within the Jewish world, eating disorders, mental health and how to build a real connection with G-d in today's day and age. We maxed out our new space with more than 75 attendees.

On the heels of that successful weekend, we were feeling so energized it felt like we were on a roll. Clearly people are searching for a deep connection to real people dealing with real issues. We were planning our next big weekend event when everything came to a halt – or so we thought.

With mixed emotions we closed our synagogue doors on March 13, and then we asked ourselves: now what?

We made phone calls to each member, shopped for those more vulnerable, de-



Rabbi Gad and Eve Levy

livered challahs and chicken soup every Friday, and dispensed some cheer to those whom were feeling isolated.

We knew we needed to find ways during this difficult time to continue to meet community needs.

So we moved online with Friday night services and Rabbi Levy's weekly sermons. We added fun weekly game nights and fireside chats where we talked frankly about pertinent issues.

To our pleasant surprise, we found that people who had seldom come to services were logging on and joining us. The virtual world is in many ways a bigger community in a smaller world. It's been lots of fun and a great opportunity for growth.

***Everything came to a halt
– or so we thought. ...
The virtual world has
been lots of fun.***

Technology is amazing and through Zoom and Facebook we were now reaching many more people than before this pandemic started. For example, more than 2,000 individuals joined us on our weekly Facebook live to celebrate our anniversary this week. We shared a short video from our own wedding and spoke about our experiences of Jewish marriage in contrast to the popular Netflix series "Unorthodox." Rabbi Levy had more than 700 people viewing him making challah in our kitchen last week.

There are so many creative opportunities for connecting with others virtually. In a way, it feels as if our connections have expanded exponentially. We have had the ability to include friends and family from across the community and country.

We look forward to a time when communities can again gather in person, but until then, let's stay connected virtually!

Eve Levy is rabissa of Congregation Ahavath Achim, where her husband Gad Levy serves as rabbi.

Online Shavuot lessons

Jews and students of Judaism throughout Oregon and southwest Washington are invited to Zoom a different kind of tikkun leyl Shavuot – late-night learning on erev Shavuot in honor of the giving of the Torah. According to Jewish tradition, the Torah was given to the Jewish people on Shavuot.

This year the Shavuot tradition goes virtual with classes led by members of the Oregon Board of Rabbis beginning May 28 at 6 pm. Participants can choose which program to attend in each of five sessions. Together time will be available between the sessions in a virtual gathering room. Rabbi Ariel Stone and Rabbi Brian Mayer organized the OBR Zoom program.

Rabbi Mayer will host the virtual gathering room for those who arrive late, leave a session early, or don't need to get up and stretch in between sessions. The room will enable people to gather "in the lobby."

"One of the more curious sil-

ver linings of the COVID-19 imperative to stay away from each other is that it has spurred us to create ways to be together," says Rabbi Stone. "Our people are seeking spiritual ways toward meaning and support during these strange and stressful times."

This year's erev Shavuot teach-in is just one example of that creativity.

"Rather than be defeated by the imperative of *piku'akh nefesh* (preserving life), which prohibits us from being together, we obey the imperative of our need for community by providing it in every way we can," says Rabbi Stone. "Because we cannot study together in one place, we will study together in all places. Because we cannot immerse in the mikvah to prepare ourselves to accept the Torah, we will immerse in a sound mikvah. Because we are unable to travel to be in one place, we can include those who would not be able to travel."

SHAVUOT SCHEDULE: May 28, 6-11:30 pm

6 pm Welcome and Introduction: Rabbi Ariel Stone, co-organizer

6:10-7:10 First Session

Rabbi Ariel Stone: The Imperative of Community

Rabbi Debra Kolodny: Standing with our Ancestors at Sinai

Rabbi Tzvi Fischer: What Happened at Sinai: Torah and Midrash on the Revelation

For anyone who comes in late, or leaves a breakout room early, Rabbi Brian Zachary Mayer (a little about God)

7:15 Second Session

Rabbi Josh Rose: Breaking Good: Crisis as the Foundation of Hope

7:30 candle lighting: Niggun and a kavanah with a short teaching followed by candle lighting and Shehekheyanu, hosted by Rabbi Hannah Laner and Rabbi David Zaslow

7:50-8:50 Third Session

Rabbi Daniel Isaak: Is God Santa Claus? Praying for Healing in Time of Covid 19

Rabbi Phil Bressler: The Whole Torah in One Tweet

For anyone who comes in late, or leaves a breakout room early, Rabbi Brian Zachary Mayer: a little about spiritual exercises

9 pm Fourth Session

Shalom Mayberg Sound Immersion - Transitioning out of slavery into freedom. To listen to the sound bath, use headphones, earbuds or high-quality speakers and NOT computer or phone speakers.

Rabbi Emanuel Ben David - 10 commandments

10:15pm Fifth Session

Rabbi Barry Cohen: "To Feel or Not to Feel" (and confronting the consequences)

Rabbi Eve Posen: Different learners, Different Temperaments: A rabbinic perspective on recognizing our strengths and weaknesses

REGISTRATION

Free, but required: <https://zmurl.com/tikkunPNW>

MJCC celebrated, honored community virtually May 14

The MJCC held its Community Celebration virtually on Thursday, May 14, honoring members, all-stars and the Harry Glickman Scholar Athletes of the year.

More than 50 people attended the celebration over Zoom and more tuned in through Facebook. Attendees were welcomed by Executive Director Steve Albert and Board President Steve Klein.

MJCC Aquatic Manager Jennie Condon began by honoring four swimmers who qualified for state championship meets this year: Izzy Kondo, Finn Posner, Eian and Noah Peng. Although the Stingrays Swim Team season was cut short, the team had their best showing at state championship meets since the early 2000's. Next up, Camp Manager Carli Rosenthal honored two stellar CITs from last summer's Day Camp who set a high standard for future CITs: Jude Callaway and Ellerie Harrington. Both noted that they gained leadership skills and built great relationships at the MJCC and can't wait to become counselors this year. MJCC Membership Manager Kelsey Kaplan then honored the top three users this year: Akiko Swaren, Steve Arnsberg, and Steve Wick who all came into the JCC over 340 times this year.

Fitness Manager Joe Seitz interviewed the next honoree Edna Kovacs, who excelled at the national level in the walking category in the JCCA 100 Days of Fitness competition. Edna is a role model for motivation and fitness as she walks close to a half marathon every day!

Finally, The Oregon Jewish Sports Hall of Fame committee honored the Harry Glickman Scholar Athlete Award Winners: Mia Kane and Sophie Wand. Both winners excelled in academics, sports and community service. A junior at Catlin Gabel, Sophie excels in soccer. A Lincoln High School junior, Mia is a standout in cross country and soccer.

After honoring all these all-stars and winners, Steve Friedman had a quick chat with Bobby Gross, who played for the Trail Blazers and was a member of the 1977 championship team that used to practice at the MJCC. He recalled old times playing with Bill Walton and congratulated all the winners.

The event concluded with a performance by Nefesh Mountain. Although the MJCC couldn't hold this event in person, the virtual event was spirited and uplifting, providing joy and something to celebrate in these times.



Coming Events

May 27: Weekly Wednesday looks at role of clergy during pandemic

Weekly Wednesday Updates were created to keep our community informed of how COVID-19 is affecting all of us.

Today, May 27, at 4 pm Rabbi Eve Posen and Rabbi Ariel Stone will discuss Our Jewish Community: Pre, During and Post Pandemic: What is the role of clergy to help guide a community during uncharted spiritual times?

This series was created to help the community collaborate and use resources to help the community grow stronger. The Jewish Federation of Greater Portland has joined community leaders to ensure that when the pandemic ends, the community is prepared to move forward. Sign up for this Zoom webinar at jewishportland.org/covid-19-conversation-with-clergy-wrabbi-even-posen-and-rabbi-ariel-stone. Find Weekly Wednesday archives and upcoming webinars on the Events tab at jewishportland.org.



May 28: Jewish Renewal congregations collaborate for tikkun leil Shavuot

Havurah Shir Hadash and P'nai Or of Portland present a virtual evening "A Jewish Renewal Tikkun Leil Shavuot: An Evening of Teaching, Songs, Prayers and Revelation," Thursday, May 28, 7:30 pm. (This program is included in the Oregon Board of Rabbis learning sessions; see story previous page.)

From 7:30 to 9 pm, Rabbi Hannah Laner and Rabbi David Zaslow, with Hazzan Baruch Morris, Hazzan Randal Miller and Rabbi Sue Morningstar present the Renewal programming.

The Zoom program continues 9-10 pm with Rabbi Emanuel Ben-David speaking on "The Ten Commandments: Two Tablets, Two Versions." Rabbi Ben David compares the two versions of the Ten Commandments in the Torah: What are the changes? What did those who redacted the Torah mean when they made these changes? How many commandments are there? Which one is the first? Rabbi Emanuel says, "We'll try to answer a few of these questions and probably leave with many unresolved new ones."

For more information, email ayala@ashlandhavurah.org.

May 31-June 1: College students, grads, alumni invited to Virtual Career Expo

On May 31 and June 1, Hillel International and Masa Israel Journey will host "What's Next, a Virtual Career Expo" for current college students and young alumni featuring full-time job opportunities, internships and graduate school programs. Participants will have the opportunity to chat with recruiters and visit virtual booths hosted by more than 50 companies, nonprofits and graduate school programs, including organizations like LinkedIn and Unum insurance. Registration is free, and open to all current college students, recent graduates and alumni.

For details or to register, visit: masaisrael.easyvirtualfair.com

May 31: Webinar explores FamilySearch

The Jewish Genealogical Society of Oregon hosts Accredited Genealogist Todd Knowles for a webinar on "Making the Most of FamilySearch for Jewish Research," 10:30 am-12:30 pm, May 31.

The FamilySearch Web site (familysearch.org) holds more than

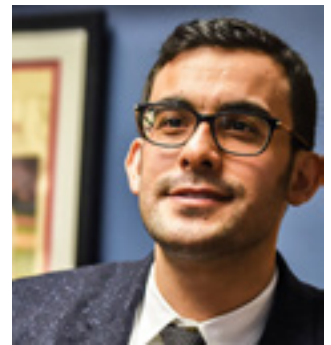
6 billion records worldwide, making it the largest collection of free family trees, genealogy records and resources in the world. In this presentation, Todd will guide us through the FamilySearch site with an emphasis on finding our Jewish families. We will also learn how to use the Knowles Collection, six databases that contain the records of more than 1.4 million Jewish people. These databases are "The Jews of the British Isles," "The Jews of Europe," "The Jews of North America," "The Jews of South America and the Caribbean," "The Jews of the Pacific Islands," and "The Jews of Africa, Middle East, and the Orient."

This virtual presentation is free. For more information, email JGSOregon@gmail.com. Register at attendee.gotowebinar.com/register/4260241826076258573

June 3: Peace advocate Yousef Bashir

Join Yousef Bashir on Zoom at 5:30 pm, June 3, as he recalls his adolescence in Gaza during the Second Intifada, and how he made a strong commitment to peace in the face of devastating brutality in this moving, candid and transformative memoir that reminds us of the importance of looking beyond prejudice, anger and fear. Yousef Bashir, a Palestinian-American from the Gaza Strip, is the son of Khalil Bashir, a highly respected educator. Yousef earned a B.A. in International Affairs from Northeastern University and an M.A. in Co-existence and Conflict from Brandeis University. Now living in Washington, D.C., Yousef has worked on Capitol Hill and served as a member of the Palestinian Diplomatic Delegation to the United States. Yousef is an accomplished author, a vigorous advocate of Israeli-Palestinian peace and a much sought-after public speaker.

The event is co-sponsored by Israel360, Mittleman Jewish Community Center and PDX Hillel. For the Zoom link, register at www.oregonjcc.org/arts-culture/upcoming-events/author-yousef-bashir



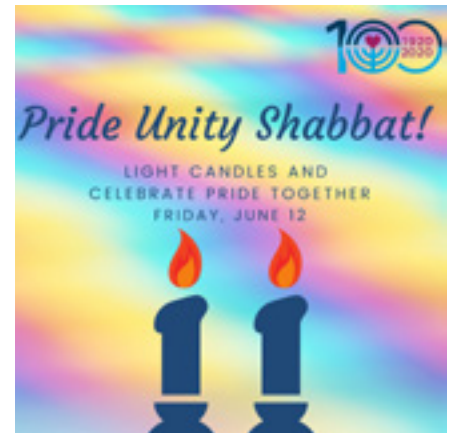
June 12: Pride Unity Shabbat

Light candles and celebrate Pride at 8 pm, June 12, for a virtual Unity Shabbat hosted by the Jewish Federation of Greater Portland.

Join your LGBTQ+ and ally community for a Shabbat candle lighting celebration of love and acceptance in recognition of Pride month!

We plan to end the call by 8:30 pm so people who observe Shabbat free of electronics are able to maintain their observance and still participate.

Register is required; password will be sent after registering at: jewishportland.org/community-unity-shabbat-pride-edition.



Life cycle

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

editor@jewishportland.org

BIRTHS

MOSHE HARTFORD

Moshe Yitzhak Hartford was born May 5, 2020, to Adam

and Seanne Hartford. He was welcomed home by big sister Elianna. The family belong to Congregation Kesser Israel. A Zoom bris was held May 12.

ZISSEL BIALO

Zissel was born May 20 to Rabbi Dov and Chani Bialo of Chabad at Reed and Chabad of Southest Portland. She was the first grandchild to be named after Chani's dear Bubbe.

WEDDING

BLOOM-ABU

Mazel Tov to Melissa Bloom (Aloha, Ore.) and Oren Abu (Kiyrat Malakhi, Israel) on their wedding on May 12, Lag B'Omer. Guests were able to join in virtually from all over the world for their backyard celebration.

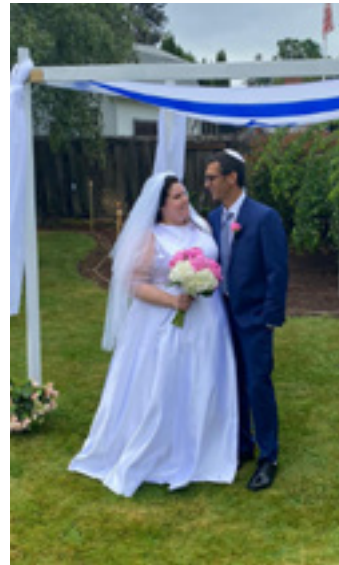
Melissa owns Yo Zone frozen yogurt in Beaverton, and Oren hopes to go back to work as a mechanical technician for Intel.

The chuppah ceremony was officiated by Rabbi Menachem Rivkin of Chabad of Hillsboro and Rabbi Chayim Mishulovin from Everything Jewish. Rabbi Motti Wilhelm of Chabad of SW Portland and Rabbi Shneur Wilhelm of Maimonides Jewish Day School also participated.

Melissa and Oren had planned to have their chuppah in Israel. When the pandemic broke out they realized, "We do not know what tomorrow brings, and we want to bring joy to our friends and family." The decided that to wed on Lag B'Omer (the earliest date one can have a Jewish wedding after Pesach).

Within three weeks they turned their backyard into a beautiful site for the wedding. Their sukkah was painted white to make the chuppah; table and chairs from the closed Yo Zone were arranged to seat guests 6 feet apart; and Melissa used her extensive event-planning decor. There were a few things bought online including Oren's suit and Melissa's wedding dress.

Following the Zoom wedding (with more than 200 people), Melissa and Oren went to the



driveway where more than 20 cars came by to shower them with Mazel Tov. After a quick bite to eat, the newlyweds joined Chabad of Oregon's Lag B'Omer car parade.

"It was everything and more that we could have dreamed and hoped for being a Zoom wedding. ... We have no regrets and loved that we brought joy to so many that day and will have an amazing story to tell our children one day."

Mazel tov to Melissa's parents Michael and Jaimee Bloom, siblings Liza and Beth Milliner, Scott and Amy Bloom, Jeramie Bloom and Andrew Thorry (Portland); to Oren's family Zmira and Mier Abu, siblings Oriana and Angelo, Shay and Eniav, Alon, Shira and Sharon, Shlomit and Esaf, and Tzil (Jerusalem, Petah Tiqva, Kiyrat Malakhi, Israel); as well as their 14 nieces and nephews.

Obituaries

TILLIE BADERMAN

Tillie Baderman, z"l, Tova bat Chaim, died May 26, 2020 at the age of 97.

Tillie was the mother of Ron (Sandra) Baderman. She was preceded in death by husband, Hy Baderman, z"l, and daughter Sharron Scales, z"l.

A private graveside service was held at Shaarie Torah Cemetery on Wednesday, May 27.

MITCH GREENLICK

Rep. Mitch Greenlick, z"l, died May 15, 2020. He was 85.

He is survived by his wife, Harriet; daughters Phyllis (Tim) Taber and Vicki Green (Harris Ambinder); son Michael Greenlick (Susie Snyder); five grandchildren; four great-grandchildren; and brother Cliff (Bobbie) Greenlick.

He was Oregon State representative for House District 33, which encompasses parts of the greater Bethany area of Washington County and part of Northwest Portland, since 2003. He was a guiding force on Oregon health care policy.

Greenlick served on the Governor's Commission on Health Care for the Uninsured and on the Multnomah County Primary Prevention Advisory Committee. He was a consultant to the Governor's Health Manpower Council and was a member of the Study Committee on Health Delivery Systems of the Governor's Comprehensive Health Planning Council. In 1996 he was named a consultant to the U.S. District court in Portland.

He was a past president of the Jewish Education Association of Portland, a board member of the Jewish Federation of Greater Portland, and taught Sunday School at Neveh Shalom.

LEAH RUBIN

Leah Rubin, z"l, died May 16, 2020. She was the beloved wife of Mark, mother of David (Darcy) Rubin, Daniel (Melissa) Rubin and Gary (Cari) Rubin and grandmother to Sydney, Sophie, Jack, Leo, Abby and Sarah. In addition to her family, Leah is remembered and

loved by so many as director of Neveh Shalom's Foundation School for 32 years.

In keeping with Neveh Shalom 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. A Zoom Shiva Minyan was held on May 17.

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

LILLIAN Z. BERLIN

Lillian Zaretsky Berlin (z"l), Leah bat Moshe v'Pesha, died May 14, 2020, in Northbrook, Ill., at the age of 97.

Lillian was the beloved mother of Congregation Shaarie Torah member Mimi Berlin and grandmother to Charley, Rita and Jeremy.

She is survived by her six children, 12 grandchildren and 10 great-grandchildren.

Private graveside service in Lansing, Mich., with a virtual shiva minyan May 20.

KAY LEVINE

Kay Levine, z"l, died May 12, 2020. She is survived by her two daughters and grandson.

She was born June 24, 1937. She moved from Albany, N.Y., to Portland to be close to her family. An award-winning painter and exceptional teacher, she taught art and literacy to children and adults.

PEARL STEINBERG

Pearl Steinberg, z"l, 97, passed away Monday, May 4, 2020, at the Willamette View Retirement Center. She was born April 9, 1923. She was married to Lester for 66 years. She is survived by three sons, Rick, Rob and Daniel; nine grandchildren and 10 (soon 11) great-grandchildren. She was the hostess and planner for the family's Passover seders.

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