

# The JEWISH REVIEW

Oregon and SW Washington's Online Jewish Newspaper

Dec. 23, 2020 / Tevet 8, 5781

*Online works fine*

— pages 4-7

*Reflections on life in pandemic* — pages 8-11

*Obituaries* — page 12

Volume 55, Issue 23



## Super Sunday a virtual success

Some 50 Super Sunday volunteers raised funds for the Jewish Federation of Greater Portland's Campaign for Community Needs. Above, Campaign Chair Ted Nelson cheers on volunteers on Zoom. For full story, see page 7.

## JCRC, United in Spirit promote Shop Local

The Jewish Community Relations Council, as part of the United in Spirit coalition, recently met with Portland Mayor Ted Wheeler to discuss ways the coalition's faith-based and civic groups can support the city. His message was quite simple and clear – shop locally! (See box on page 2 for websites listing locally owned small businesses.)

The JCRC is seeking to mobilize the Jewish community to support local businesses, including minority-owned small businesses, that have been harmed by the combination of vandalism and COVID. The coalition, made up of Jewish, Christian, Muslim, Black, Latino and Indigenous organizations, states: "We are people who care deeply about Portland. We are concerned about

our fellow citizens who provide services to the marginalized, who own businesses that hire people, creating jobs that enable them to provide for their families ... We are concerned for workers and their families and for the business owners who can no longer work safely nor operate their businesses in Portland because of violence and destruction of property."

In a statement, United in Spirit acknowledged that "change needs to occur in the city, and we affirm the right of those who peacefully protest in the face of racial injustice. However, change will not happen if violence and destruction continue."

Former JCRC chair Jeff Reingold has a strong connection to downtown. He is president

See **SHOP LOCAL**, page 2

## The Dawn Is Coming

BY DEBORAH MOON

The maxim "It's always darkest before the dawn" has never been more apt than right now. The world continues to reel from the physical and economic costs of COVID-19 with nearly 75 million cases worldwide. The impact on our mental health has likewise soared.

Hope is on the horizon. The FDA has approved two highly effective vaccines. But many of us may not be vaccinated until summer, which means social isolation will exacerbate the usual winter blahs many Oregonians cope with each year.

This issue of the Jewish Review is chock-full of programs, events, resources and ideas to get you through the next few gray months.

Over the past nine months, local and national Jewish and secular organizations have created a comprehensive selection of online programs and resources. Perhaps over the summer, you didn't need online fitness classes or online religious, social or educational programs, but now they may help you get through our long, wet winter (visit the [Community Calendar](#) or check out online event resources on page 6).

Portland Community Chaplain Rabbi Barry Cohen recently participated in a Zoom program on Loneliness and Isolation during COVID, which was presented by the Bay Area Jewish Healing Center. The program noted that among seniors, loneliness and isolation are associated with poor sleep and depression, worsened heart disease, frailty, cognitive



decline/dementia and higher health-care costs. Increased loneliness based on social isolation during this year has also been observed to impact high schoolers.

"Depression, suicide, opioid addiction ... across the board all have soared during the pandemic," says Gabby Leon Spatt, executive director of [The Blue Dove Foundation](#), which was founded to help address mental illness and addiction in the Jewish community. "For people with a little bit of something, it's been exacerbated; for people with no issues, things have cropped up."

On the positive side, Gabby says that this year, "As a nation and a Jewish community, we are a lot more aware of mental health issues." She says that the virtual world has made it easier for some people to speak up about their struggles. "We encourage creating BRAVE spaces where people can be vulnerable."

Last year, even before COVID swept the world, Blue Dove had begun to reach out to partner with Jewish organizations across the country to share the programs and resources they developed at the organization's base in Atlanta.

See **WELLNESS PDX**, page 4

# Supporting our frontline & furloughed workers

BY DEBORAH MOON

Nearly 700 frontline or furloughed workers in Portland's Jewish communal organizations will each receive coronavirus assistance of up to \$250 from the Jewish Federation of Greater Portland for a total of \$118,000.

The funds will provide essential assistance for people who provide support for the most vulnerable members of our community – the elderly, Holocaust survivors and children – and for 150 Jewish community employees who were laid off or are currently furloughed.

Teachers at Portland's six Jewish preschools and three day schools along with health aides at Jewish Family & Child Service will each receive \$250. Furloughed staff will receive up to \$250 each. Healthcare workers at Cedar Sinai Park will receive \$100 (CSP already pledged additional year-end funds for all employees).

"It is our hope these funds will show how much our community cares about the incredible work these professionals are doing day in and day out," says JFGP President and CEO Marc Blattner. "And for those Jewish community employees who were laid off or are furloughed, we want to show we are thinking of them during this difficult time. It is our hope that as the vaccine gets distributed our agencies will be able to welcome these people back."

"We have never seen this type of pandemic," said JFGP Board Chair Lauren Goldstein at the Dec. 18 board meeting approving the relief package. "This is an exceptional time, and there is no precedent."

Board member Karen Blauer said, "Acknowledging those who play a vital role serving our community's most fragile populations while risking their own health and wellness clearly reflects Jewish values

Executives from organizations whose frontline and furloughed workers will receive support greeted the news gratefully:

- *"Thank you for this wonderful gesture for people who really need it."* ~ Fred Rothstein of Neveh Shalom on behalf of Foundation School

- *"This is incredibly generous. Thank you."* ~ MJCC and PJA's Steve Albert

- *"This gives me chills. Thank you and God bless."* ~ CSP's Kim Fuson

- *"It is very special."* ~ Devora Wilhelm from MJDS

and the mission of our agency. What our frontline has done during this pandemic is nothing short of heroic; they've answered the campaign call of our lifetime!"

While the Federation typically allocates dollars to the community's agencies to meet community needs, JFGP past chair Ed Tonkin agreed with Lauren and Karen that these are extraordinary times. "What are our agencies? They are conduits that help real people one by one. And why not support those working for our Jewish community?" Most of the frontline staff at CSP and JFCS are hourly workers.

## OTHER ASSISTANCE AVAILABLE

In addition to the subsidies to frontline and furloughed workers, the local Jewish community continues to provide emergency assistance through two programs. Thanks to the Jewish community's Greater Portland COVID-19-Emergency Campaign,

emergency relief is available through JFCS Emergency Aid and the Jewish Free Loan Program. The emergency campaign is a joint effort of the Jewish Federation and the Oregon Jewish Community Foundation.

JFCS has funds available to help individuals and families weather the economic storm triggered by the pandemic that threatens our health. As of Dec. 21, the emergency aid program has helped 224 families with a total of \$141,000 in aid. For more information or assistance, contact JFCS Emergency Aid Program Manager Caitlin DeBoer at 503-226-7079 ext. 134 or by email at [cdeboer@jfcs-portland.org](mailto:cdeboer@jfcs-portland.org).

Jewish Free Loan can provide a no-interest loan of up to \$1,000 to individuals who have been impacted by the COVID-19 virus. In addition, loans of up to \$4,000 are available in the free loan's regular program. For more information, visit [jewishportland.org/freeloan](http://jewishportland.org/freeloan) or call 503-892-7417.

On the same day the board approved the employee subsidies, Jewish Free Loan gave an emergency loan to a woman in Springfield to pay her rent and avoid eviction with her 1-month-old and two dogs. She was laid off due to COVID and was fleeing an abusive relationship with her former spouse. Jewish Federation of Lane County (which also received crisis funds for emergency aid) gave her a food gift card to buy formula and dog food.

"She is starting a new job next month, and we were able to help her bridge the gap to her first paycheck," said JFGP Director of Finance Ben Winkleblack, who staffs the Free Loan. "Along with the board discussion today, it is clear that we are doing our best to help people in need during a very difficult year. I am proud of our work and feel blessed that I get to work with such caring lay leadership and professional colleagues."

## SHOP LOCAL (cont. from page 1)

of Income Property Management – his office is downtown and IPM manages many properties in downtown Portland.

"As a Portland native, I have watched the deterioration of our beautiful city of Portland with real alarm and sadness," says Jeff. "As a participant through the JCRC with United in Spirit, I believe that not only have our buildings been damaged, but more importantly, the lives of those who work in our businesses and restaurants have been seriously impacted. Many jobs have been lost, many permanently, and small businesses are in real distress, if they are still oper-

ating at all."

In addition to the limitations necessitated by the pandemic, he says that homeless campers and violence downtown "has led our business owners to close and/or cover their windows with plywood, much of which remains in place."

"The landscape of our beloved city has been dramatically altered," he adds. "The question is, will the change be permanent or can it be reversed?"

The Shop Local campaign is one way the Jewish community can help downtown businesses survive the ongoing challenges.

## SHOP LOCAL

The following organizations and websites provide contact information and types of items from every business in their directory. All are small, local businesses that offer online options and in-store pickup for safe shopping, or local-owned restaurants offering takeout.

**Portland Business Alliance/**

**Downtown Portland Clean & Safe**

[downtownportland.org/were%20open](http://downtownportland.org/were%20open)

**Travel Portland**

[travelportland.com/attractions/shop-local/](http://travelportland.com/attractions/shop-local/)

**PDX SOS**

[pdxsos.com](http://pdxsos.com)

**Mercatus/Buy Native**

[builtoregon.shop/collections/my-peoples-market](http://builtoregon.shop/collections/my-peoples-market)

**Shop Small PDX (Prosper's campaign)**

[shopsmallpdx.com](http://shopsmallpdx.com)

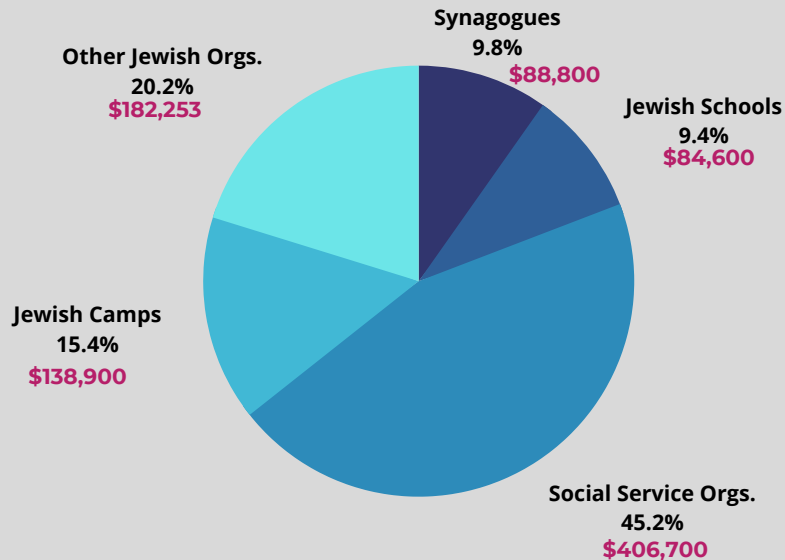
## Special Report

# Jewish Community COVID-19 Relief Fund

Led by the Jewish Federation of Greater Portland and the Oregon Jewish Community Foundation

December 2020

## Total Fund Distribution

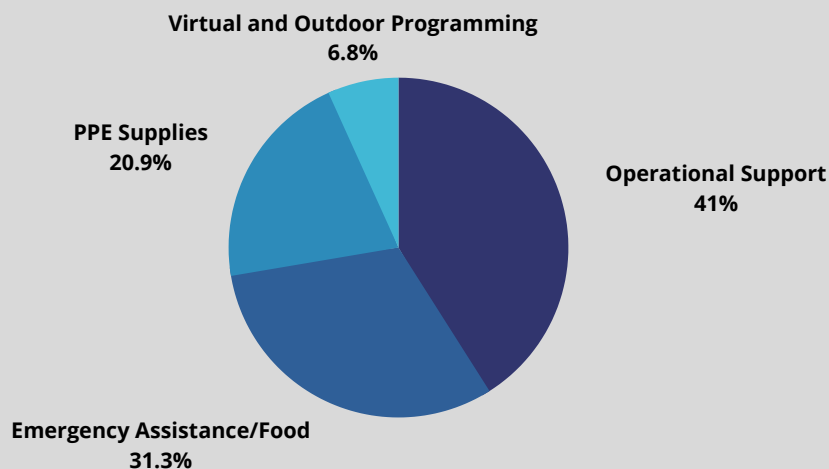


## Impact

# \$901,253

**Raised and distributed to  
42 Jewish organizations  
across the State of  
Oregon and SW  
Washington**

## How Was It Spent?



## Types of Organizations

Synagogues	15
Jewish Schools	3
Social Service Orgs.	5
Jewish Camps	3
Other Jewish Orgs.	16

# 23

**community volunteers  
serving on grants  
committees**



**Jewish Federation**  
OF GREATER PORTLAND



Oregon  
Jewish  
Community  
Foundation



## WELLNESS PDX (cont. from page 1)

"We will have a more engaged Jewish community ... (when) we welcome ALL individuals," she says. While only mental health professionals can diagnosis an issue, Gabby says, "We should know enough to reach out and say, 'Are you OK? Can I do something for you?'"

Portland's Jewish community is presenting several online events, including one from Blue Dove, focused on wellness in January (at right).

The Jewish Federation of Greater Portland has curated resources available locally and nationally. Check out the links at [jewishportland.org/wellness](http://jewishportland.org/wellness)

### Book aims to eliminate stigma

Nearly one in five Americans 18 years and older experienced a mental illness in 2018. One in five Americans older than 12 used an illicit drug or misused a prescription opioid. Many, if not most, Jews even today believe these statistics don't apply to them. And even some who admit there is a problem or who have experienced it personally find it very difficult even to talk about these issues.

"For the longest time, we as a group avoided any discussion about mental health issues," said Gabby Spatt, executive director of the Blue Dove Foundation.

*#QuietTheSilence*, an anthology of personal stories published by Blue Dove in early 2020, is helping to get people talking. It gives voice to individuals who have gone through life-changing experiences involving mental health and substance use.

"Who we are is rooted in the idea of storytelling," said Spatt. "We want to create a space where people can share their stories and show others they are not alone."

The paperback is \$20; visit [www.QuietingTheSilence.org](http://www.QuietingTheSilence.org).

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## JANUARY WELLNESS EVENTS



### Br'itut & B'rachot: A Community Wellness Havdalah

Jan. 9, 6 pm, on Zoom

The winter is always a dark time in Portland, and this year especially so with the ongoing challenges of the COVID pandemic. Come together in community to nurture our mental health and wellness and celebrate the start of a new week and a new year with the Havdalah service.

Join Community Chaplain Rabbi Barry Cohen and Cantorial Soloist Ilene Safyan to close Shabbat together as a community as we celebrate Havdalah and take a brief pause before the new week gets started.

Rabbi Cohen says the gathering will be an opportunity to use three Havdalah rituals to reflect on wellness: "The light of the Havdalah candle can reveal the ideas we want to incorporate in our routine to illuminate a healthy path. The wine/grape juice can teach us to sanctify time and recognize that our lives are inherently sweet. And the spices remind us to use all of our senses to nourish our souls. Without self-care, we cannot be our best for the sake of others and for those who depend on us."

The Havdalah is presented by the Jewish Federation of Greater Portland, PJ Library and Wellness PDX. [jewishportland.org/wellnesshavdalah](http://jewishportland.org/wellnesshavdalah)

### Making Mental Wellness Part of Your Community's Culture

Jan. 13, noon, on Zoom

JPro Greater Portland and The Blue Dove Foundation present a workshop for the professionals working for Jewish organizations in our community.

"Our Jewish community is putting a focus on mental wellness in the month of January, and we wanted to extend this to our Jewish professionals, as well," says Rachel Nelson, who is organizing the workshop with Michelle Caplan and Nava Sherwood. "Ensuring that we as Jewish professionals take the time to look at our mental wellness will help us as we continue to provide resources for our community."

Making Mental Wellness Part of Your Community's Culture will engage participants in a variety of activities that focus on encouraging mental wellness in their community. They will use middot (Jewish values) and the Mi Sheberach prayer to connect Judaism to mental health. The workshop will help participants think critically about ways to bring their newfound skills and knowledge to their community to create welcoming and inclusive programming.

Sign up: <https://forms.gle/S5FU7APW2tzn-8jzUA>.

For more information on JPro or the workshop, email Saul Korin at [skorin@pjaproud.org](mailto:skorin@pjaproud.org).

### Give it a Rest! Jewish Perspectives on Rest and Mental Health

Jan. 13, 7 pm, on Zoom

Join the Oregon Board of Rabbis for a panel featuring Jason Renaud of the Mental Health Association of Portland with responses and insights from Rabbi Ariel Stone, Rabbi Tzvi Fischer, Rabbi Gadi Levy and Rabbi Eve Posen.

Renaud is a nonprofit consultant with more than 35 years of open recovery from alcoholism. He's a well-known public speaker and writer on recovery from alcoholism and the experience of people with mental illness.

He has been the board secretary of the Mental Health Association of Portland since 2003 and is the organization's voluntary executive director. He leads a Mental Health Coalition that includes the Portland Interfaith Clergy Resistance group led by Rabbi Stone.

The event is free but [advance registration is required](#). For more information, contact JoAnn Bezodis at [joann@oregonboardofrabbis.org](mailto:joann@oregonboardofrabbis.org).

### More wellness events

The Mittleman Jewish Community Center is planning a mindfulness workshop led by Yoga therapist Tara Atkinson in mid-January. For more info contact MJCC Arts and Culture Manager Lenny Steinberg at [lsteinberg@oregonjcc.org](mailto:lsteinberg@oregonjcc.org).

Recognizing the important role camp plays in youth mental health, B'nai B'rith Camp is creating a monthly newsletter designed to help parents engage their children in this stressful year. The goals are to help parents have conversations that lead to children feeling comfortable sharing how they are feeling and giving parents tools for responding and understanding. For more information, contact BB Camp Overnight Camp Director Bette Amir-Brownstein at [bamirbrownstein@bbcamp.org](mailto:bamirbrownstein@bbcamp.org).

Jewish Family & Child Service will host QJY Portland (Queer Jewish Youth) Jan. 13 & 27 at 4:15-5:15 pm on Zoom. Requested by teens (ages 14-17), QJYPortland is a Zoom group for Jewish LGBTQI+ youth and their allies in the greater Portland area. Moderated by Becca Dorn-Medeiros, Ed.S., LPC-Intern, NCSP, this group meets twice monthly over Zoom to hold safe space, to converse and to provide resources for group members. For more information, contact Becca at [QJYPortland@jfccs-portland.org](mailto:QJYPortland@jfccs-portland.org).

To see more local and national wellness programs visit:

[jewishportland.org/community-calendar/mental-health-wellness](http://jewishportland.org/community-calendar/mental-health-wellness)

# Musical Midrash strikes a chord

BY DEBORAH MOON

Seeking a deeper emotional connection to Torah, Mark Sherman began searching each week's Torah portion for a lyrically beautiful passage.

A longtime service leader, Torah teacher and songwriter, Mark spent a year setting those lyrical elements to music. He found himself transformed. Wondering if the songs would have a similar impact on others, he invited a few friends and mentors to join him each week to fine-tune the 54 songs – one for each parsha. Halfway through the cycle, the meetings had to shift to Zoom due to COVID.

Now with the songs essentially complete, he has created a website and weekly Zoom sessions so others can experience each parsha lyrically. At the end of each of the five books, he will present a one-hour concert of all the songs in that cycle. He finishes Genesis this month and will present the full series of 12 songs on Jan. 4 (see box).

One of Mark's mentors, Cantorial Soloist Ilene Safyan, says, "I so appreciate Mark's Musical Midrash project. By combining the teachings of Torah with singable music, he has enabled the listener to take it in all in at once – words, music

and message. The words become linked to the melody, and not only is it an easier way to learn and remember the words of Torah, but by singing them over and over again, these teachings go deeper and deeper into one's soul. What a great way to learn Torah! What a wonderful teaching tool!"

For each parsha, Mark selects a beautiful passage in Hebrew and creates an English interpretation, rather than exact translation, with the same cadence as the Hebrew. He then sets the words to a melody that he feels evokes the meaning of the passage. He has drawn from diverse musical traditions including jazz, classical, western, children's songs, love songs and mourning melodies.

Mark cofounded the downstairs minyan at Congregation Neveh Shalom 29 years ago and has led services regularly at Cedar Sinai Park for more than 25 years.

"As I deepen my own understanding and connection with Torah, I want to share it with others," says Mark. "I've never felt a stronger connection to a Jewish project as I do to this one."

Mark says having to share the songs online instead of in person has made the experience



**MUSICAL MIDRASH ONLINE**  
**Musical Midrash: Genesis Cycle**  
Monday, Jan. 4, 7-8 pm  
To mark the completion of the final parsha from Genesis join Mark Sherman for a presentation of the 12 songs from the Musical Midrash Project Genesis Cycle.  
**Weekly Musical Midrash Live Sessions**  
Sundays 8-8:30 am | Mondays 6-6:30 pm  
Songs of Shemot/Exodus: Jan. 10-March 8  
For Zoom links and information: [musicalmidrash.com](https://musicalmidrash.com)

accessible to a much wider audience than his Neveh Shalom community. He says people from Israel, Central America, California and Montana log on to weekly sessions.

"Music is beyond and above the words; music unites people and brings us together to share the experience," says Yael, who logs on from Israel each week. After she married Randy Suher in Israel, the couple moved to Portland in 1972 for four years, and she says she still feels part of the Neveh Shalom commu-

nity. "We can't visit anymore (with the pandemic), so it's nice to have a different way to connect."

Violinist Andrew Ehrlich is another of Mark's mentors. Commenting on one song from the Genesis cycle, Andrew says that the lively children's melody Mark created will make the passage attractive to children.

"Mark's view of these moments in the Torah presented in a musical voice makes it come alive in a way that speaking does not," says Andrew.

# Online is a fine place to ring in the New Year

BY JENN DIRECTOR KNUDSEN

So many of us are asking ourselves: How can I continue to deal with isolation? Especially as New Year's Eve approaches?

Douglass Ruth of Jewish Family & Child Service has some answers to offer us, similar messages to those he shares with his clients and that he employs in his own life in isolation. He is a licensed clinical social worker and a certified trauma counselor whose client load has increased of late.

Ruth says that recognizing the long-term nature of the pickle we're in can help lower the stress of dashed expectations, particularly as we anticipate New Year's Eve – a time often dedicated to family and friends, revelry, and taking stock of the past year

and looking ahead to the next one.

"A lot of it (our stressors) is about expectations," he says. "When expectations aren't met ... emotional responses to expectations are a challenge."

Typical of this time of year are gatherings with friends and family, a reassessment of personal or family finances, and a desire to repair broken relationships and to improve oneself. Add the COVID-19 pandemic and its legacy of limitations "and now there's an extra layer" of stress on top of it all, Ruth says. "It's like this extra battle."

But it doesn't have to be. "If you don't want the expectations, then don't deal with them," he says refreshingly.



See **ONLINE NEW YEAR**, page 7

DOUGLASS RUTH, JFCS Clinical Director



# Zoom room opens door to Intro to Judaism

BY DEBORAH MOON

No geographic, transportation or time barriers will keep people from participating in the next 18-week session of the Introduction to Judaism class that begins Jan. 21.

Classes taught by members of the Oregon Board of Rabbis normally meet at rotating Portland-area synagogues from 7 to 9 pm Thursdays. But this term will be held online via Zoom, with recordings available for students who miss a class. Should conditions change and classes are able to return to physical gatherings, the OBR has committed to retaining the online option for those who need it through the end of the term on June 3.

"I feel I lucked out with COVID and being able to access the classes virtually," says one participant of the fall term. "If we were living in normal times, it would be hard for me to take the classes at different locations as I'm disabled. So if the classes ever start up in person again, I think it would be really helpful to others to offer the class online as an alternative."

Another student comments, "If not for Zoom, I would not be able to participate at all! I



Havurah Shalom Rabbi Benjamin Barnett explains the Jewish concept of tikkun olam, healing the world, during the fall session of the Oregon Board of Rabbis Introduction to Judaism class on Zoom.

am so grateful to have access to this curriculum from my far-flung location in Corvallis. Thank you, thank you!"

The rabbis who teach the class represent a variety of Jewish affiliations. The carefully constructed curriculum includes Jewish history, life-cycle events, holidays, ritual and daily practice, theology, study of Torah and contemporary Jewish America. While not a conversion class, most OBR members consider it a prerequisite for students beginning study for conversion. The class is also a valuable resource for Jews who feel they would like a better un-

derstanding of Judaism.

"Students in the OBR class aren't exposed to Judaism, but Judaisms – learning from not just one, but many teachers from all variety of Judaism," says Portland Rabbi Brian Zachary Mayer, the founder of Religion-Outside-The-Box.

Rabbi Ariel Stone of Congregation Shir Tikvah says the Zoom classes have been an unexpected asset, though she looks forward to offering in-person classes again.

"As a way to make the class as accessible as possible for those who wish to learn, Zoom meetings have been surprisingly pos-

itive," says Rabbi Stone. "While we know that virtual community can never take the place of the real thing, Zoom rooms are easier to enter for the most uncertain seeker among us."

The class shifted to Zoom on March 19 to finish last spring's semester when the governor issued stay-home orders in response to COVID. The summer COVID surge made it apparent the class would have to retain the online format for fall. When class facilitator JoAnn Bezodis advertised the term, she received many more registrations than usual – showing the online format removed barriers from people attending.

When the fall term graduates on Jan. 14, graduates will include students from far-flung locations, including a sailor who was completing a tour on a U.S. Navy ship. Others came from Eugene and Corvallis and Underwood, Wash., with a Portlander temporarily in New York also able to participate.

The spring 2021 session begins Jan. 21. [Register online](#) or contact JoAnn at 971-248-5465 or [info@oregonboardofrabbis.org](mailto:info@oregonboardofrabbis.org).

For more information visit [oregonboardofrabbis.org/introduction-to-judaism-class](https://oregonboardofrabbis.org/introduction-to-judaism-class).

## MORE VIRTUAL EVENTS

### LOCAL ONLINE EVENTS

Community calendar for all Jewish events:

[jewishportland.org/community-calendar/online-events](https://jewishportland.org/community-calendar/online-events)

Mittleman Jewish Community Center:

[oregonjcc.org/at-home-programs/at-home-resources](https://oregonjcc.org/at-home-programs/at-home-resources)

Neveh Shalom streams services:

[nevehshalom.org/virtual-services/](https://nevehshalom.org/virtual-services/)

Beth Israel streams services:

[bethisrael-pdx.org/worship/watch-services-live/](https://bethisrael-pdx.org/worship/watch-services-live/)

Shaarie Torah streams services:

[shaarietorah.org/streamingservices/](https://shaarietorah.org/streamingservices/)

Kesser Israel online classes: [kesserisrael.org/events](https://kesserisrael.org/events)

Find organizations: [jewishportland.org/community-directory](https://jewishportland.org/community-directory)

### NATIONAL ONLINE EVENT RESOURCES

Jewish Federations of North America: [jewishtogether.org](https://jewishtogether.org)

OneTable for young adults: [onetable.org](https://onetable.org)

Hillel International: [welcome.hillel.org/hillelathome/](https://welcome.hillel.org/hillelathome/)

PJ Library: [pjlibrary.org/familyactivities](https://pjlibrary.org/familyactivities)

## Public Service Announcement



Have you  
or a loved  
one been  
affected by  
Covid-19?  
CNSCOS is  
here to  
help!

### Services we can assist with:

- Housing such as hotels or motels
- Food / Meals
- Health care and self-monitoring supplies that are not covered by insurance
- Transportation related to individuals in isolation or quarantine (ambulance, taxi, etc.)
- Communications such as cell phones
- Cleaning services
- Grocery shopping
- Childcare

[covid19@nevehshalom.org](mailto:covid19@nevehshalom.org)  
971-990-5652  
[nevehshalom.org/covid19/](https://nevehshalom.org/covid19/)

# ONLINE NEW YEAR

(continued from page 5)

"What can you do to manage the reality of New Year's?" Ruth asks rhetorically. "What if you don't like all the holiday stuff, like squishing myself into an airplane when people are coughing on me, even when it's not COVID."

He continues, "Maybe instead, I'm going to do a puzzle and go to bed at 9 pm. That is worthwhile if that's what you want to do."

(For the record, Ruth would have visited family in rural New York – and will do so online this New Year's Eve – and he doesn't like puzzles.)

Overall, Ruth says it's good to acknowledge this year has been difficult, defined in large part by grief about and loss of human connections, work opportunities, loved ones and much more. "Allow yourself to grieve and also not get submerged in it," he says. He cautions against "making fake happiness."

Instead, Ruth says, pause and:

- Put time into practicing gratitude, even if it's for something that seems tiny.
- Reflect on and celebrate what you've overcome, especially since the pandemic began.
- Consider beginning a new tradition to ring in the New Year.

For his gratitude practice, Ruth focuses on the advent of telehealth, offering counseling via phone or Zoom or another

**"Maybe instead,  
I'm going to do a  
puzzle and go to  
bed at 9 pm."**

video-conferencing platform.

"I'd never have done telehealth" prior to the pandemic, he admits. He never wanted his face on someone else's computer screen. But then – blam! – it was the only way he could offer his important brand of health care, and he realized it was a gift.

Since the pandemic began, he's met more regularly with his clients because they no longer have barriers to commuting to his office. Before, Ruth says, "I'd often have cancellations. Now, we're creating greater access to mental health care."

Ruth will continue to offer his services via telehealth once this pandemic is behind us.

And he hopes to soon be able to safely visit family again. Like so many of us, he's nostalgic for things he never thought he'd miss: "I want to see the Newark airport and be packed into a subway!"

*With a master's in journalism from UC Berkeley, Jenn Director Knudsen has been a reporter and editor since 1997.*



## It was a Super Sunday

Held virtually for the first time, Super Sunday was a success. Volunteers called, texted and emailed 145 households to raise critical funds that support the network of organizations that make the metro Jewish community vibrant and strong.

For at least half of its 100-year history, the Jewish Federation of Greater Portland has used phonathons to help fund needed services. This year, Super Sunday had a new twist.

"Usually, when we're live, volunteers call, schmooze, feel great and go home. Today... Super Sunday officially ended at 1:30, and the volunteers have NOT stopped connecting with donors," said Campaign Director Wendy Kahn at 6 pm Sunday. "It is inspiring."

Super Sunday volunteer Sarah Rosenberg Brown said, "At first I was a bit nervous to make calls for the Federation on Super Sunday, but once I got started, it was actually a lot of fun. I was able to connect with friends, meet new people and even offer support to a few folks in need. It felt great

knowing that I was helping the Federation to continue to support our community during these unprecedented times."

On Dec. 20, 111 donors pledged \$70,000 to enhance and protect the well-being of the Jewish community locally, across North America and in Israel. Donors on Super Sunday increased their pledge by an average 38 percent over their last gift.

"Super Sunday was another great way to connect with people in our community," said volunteer Neil Simon. "Some people could really use the extra outreach right now, and to call offering them the opportunity to do a mitzvah always feels good."

"Living virtually has required reimagining systems. Super Sunday seems very straightforward – volunteers show up, make calls and generous people respond," said Wendy. "That is still true when virtual, except everything, everything needs to be reconsidered when virtual. We are so grateful to the 50+ volunteers who embraced the new systems and our community who responded generously!"



## JFCS hosts conversation about parenting children with disabilities

Jewish Family & Child Service will host an online gathering, "COMING TOGETHER: A Time to Talk About Parenting Children and Adults with Disabilities."

During these days of uncertainty, parents with children or adults with disabilities are feeling isolated and alone. In times of crisis, there is comfort in knowing that you are not alone but part of a caring community.

This group is designed to provide a supportive environment for your thoughts and feelings. Join us as we explore how to manage the emotional and physical well-being of your family during these unprecedented times.

Disabilities Inclusion Specialist Janet Menashe and Dinah Gilburd, LCSW, will facilitate the group on Jan. 13 from 7 to 8:15 pm. Free and open to the public.

Contact Janet Menashe at [janetmenashe@jfcs-portland.org](mailto:janetmenashe@jfcs-portland.org) to register for the group conversation.

## Virtual New Year's Eve at Noon

The Mittleman Jewish Community Center's annual fun, family-friendly event to ring in 2021 is going virtual.

The program begins at 11:15 am on Zoom and the MJCC Facebook Live Page. Arts and crafts, games and a dance party will conclude with the traditional countdown to 2021 at noon with the digital balloon drop!

For more information, contact MJCC Arts and Culture Manager Lenny Steinberg at [lsteinberg@oregonjcc.org](mailto:lsteinberg@oregonjcc.org) or visit [oregonjcc.org/arts-culture/upcoming-events](https://oregonjcc.org/arts-culture/upcoming-events).

Register [here](#) to receive the link.



# Chaplain's Corner

## Glad time is flying by

BY RABBI BARRY COHEN

Let's talk about time. One of my primary complaints is that the older I get, the faster time seems to pass (such a universal complaint). I keep looking for the brakes in order to slow down and be in the moment.

But when I reflect on the year 2020, I feel that it could not have ended quickly enough. This year inflicted damage on multiple levels: personal, familial, professional and communal. The COVID-19 pandemic has senselessly taken too many lives and inflicted untold damage on those who survived.

We have also begun to lose faith in each other and in the ideas that bind us as a nation: democracy, our judicial system and voting. Tragically, we have witnessed how easily millions of Americans can be manipulated. We have experienced how technology can be used to divide us, deceive us and prey upon our loneliness, isolation and fears.

I have been angered and frustrated by the many times I struggled to explain to my children that this is not how we have always conducted ourselves as a nation. But at the same time, my kids and I together are learning the truth about our country's dreadful past, tarnished by bias, prejudice and systemic racism. This past year has been overwhelming and exhausting. I have consistently felt mental, physical and spiritual fatigue.

And yet, 2020 at times offered rays of hope. My children turned 16, and I have begun to teach them how to drive. I feel lucky that my family is healthy. I have begun to cultivate a mindfulness practice as a way of navigating my negative emotions. Professionally, I have begun to make personal visits again, at hospitals, hospices, retirement communities and private homes.

At last, COVID-19 vaccines are being distributed. This coincided with the eight days of

Chanukah. The vaccine represents light blotting out darkness, hope replacing fear.

During the coming year, we face the challenge of healing as a country. Will we be able to be civil and respectful? During the Jewish Federation's Nov. 19 "Thoughtful Thursday," Rabbi Elka Abrahamson, president of the Wexner Foundation, gave us a roadmap of how we can heal wounded relationships. Though the process will be far from easy, she offered words of encouragement that we can heal from the wounds we have inflicted on one another.

In addition, I feel grateful that our communal organizations and synagogues continue to work slowly and steadily to create and maintain sacred relationships. Together, we are finding antidotes to loneliness and social isolation.

While I am tired of spending hours in my combination bedroom/office, I still look out my window and remember the stunning beauty of the Pacific Northwest. This realization heals my soul and motivates me to hit the trails.

I look forward to saying goodbye to 2020 and letting go of its negative, counterproductive and even destructive experiences. But at the same time, I am grateful for everything 2020 has taught. I have seen more hatred, bigotry and prejudice than I ever thought existed – but I have also seen love, compassion and altruism in the midst of crises.

I remain hopeful and guardedly optimistic.

2020: See ya!

2021: You couldn't have arrived sooner!



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



Rochelle Abitz (FKA Schwartz) is a licensed mental health therapist in private practice for more than seven years. She organized events with Moishe House Portland as a resident of three years, was a board member at the Jewish Federation 2018-2019 and is a current Allocations Committee member.

[RochelleSchwartzCounseling.com](mailto:RochelleSchwartzCounseling.com)

## Wellness Column

### How to stay emotionally afloat during dark winter

BY ROCHELLE ABITZ

We've struggled and survived through likely the most difficult year we have collectively experienced in our lifetimes. We've gone through, and are continuing to endure, collective trauma. Sometimes this reality is easy to ignore, other times it's hard to forget.

As a mental health therapist, I am often asked, "How do you not take work home with you? You must hear some really difficult things." Some days it's hard, especially now when we're all going through the same thing, though experiencing it differently.

The human brain is designed to focus on the negatives. Reaction to perceived threats is hardwired into the amygdala for survival. Currently these threats are constant – the grocery store, politics, being too close to someone, climate concerns, a cough, etc. Sometimes this neuro-programming is helpful, other times it's over reactive. We may need to work extra hard to override our programming, though sometimes it's essential to listen to our anxious reactions. We each need to assess our feelings and act accordingly.

We need to protect and care for ourselves in light of the ongoing pandemic. We're going through the darkest days of the year – and likely the darkest days of COVID-19.

Here are some things you can

do to help yourself stay emotionally afloat this winter:

- Focus on the positives, such as the meal you just ate or the hot shower you took.

- Practice gratitude, "I am thankful for my health," "I am appreciative for my ability to drive," "I am thankful I can read."

- Add more lights inside.

- Buy a Happy Lamp (light-therapy lamp).

- Take vitamins, especially C and D.

- Eat the rainbow each day (e.g., red bell pepper, sweet potato, banana, spinach, blueberries and purple cauliflower).

- Get 7-9 hours of sleep each night and set a regular sleep/wake time.

- Limit substances (alcohol, for example, increases our stress hormones and negatively impacts sleep).

- Talk to friends and family by phone or screen, even when it seems there's nothing to say; ask them about a childhood memory, or what they believe about the afterlife or what their values are.

- Go outside – layers and a bit of rain never hurt anyone.

- Exercise 20 minutes per day (exercise releases endorphins to help boost our mood).

- Watch or listen to comedy.

- Learn something new to add variety to your days.

- Practice meditation. It has been shown in studies to reduce

See **STAY AFLOAT**, next page



# COVID Corner We have a vaccine ... now what?

BY JOANNA WENDEL

On Dec. 11, Pfizer and BioNTech's COVID-19 vaccine received emergency use authorization from the FDA. By Monday, Dec. 14, vaccine doses started arriving in Oregon. We're slated to receive about 147,000 doses of the vaccine by the end of December – enough to vaccinate more than 70,000 people (each person must receive two doses for the vaccine to be fully effective). Both doses of the vaccine will be available free of charge.

Another vaccine, created by biotechnology company Moderna, uses the same mRNA technology as the Pfizer vaccine and was authorized for emergency use on Friday, Dec. 18. The vaccine started to arrive in Oregon Monday, Dec. 21. The FDA reported that Moderna's two-dose vaccine was 94 percent effective in clinical trials.

The U.S. government has purchased 100 million doses of the Pfizer vaccine, which Pfizer says it can manufacture by next March, according to the New York Times.

The CDC has recommended that the highest risk populations – people in long-term care facilities and frontline health-care workers – should receive the first wave of available vaccines.

In Oregon, these groups, as well as essential workers such as janitors, food service workers and staff in outpatient medical facilities, will be in the first wave of people receiving vaccines.

## How the Vaccines Work

Because a vaccine is so critical to helping the population build herd immunity, clinical trials occurred simultaneously rather than one after the other. This process change did not affect the scientific rigor of the vaccine development process.

The Pfizer vaccine Phase III clinical trials, which included nearly 44,000 people, started in July. Half received the vaccine and half received a placebo. In the trial, 162 people in the placebo group became infected, while eight people in the vaccine group became infected.

In November, Pfizer announced its COVID-19 vaccine is an impressive 95 percent effective.

Pfizer developed the vaccine using a genetic tool to tell our cells to create a benign piece of the novel coronavirus, which will “train” our bodies to recognize and attack the virus in the future.

The vaccine carries a one-time-use piece of genetic material called messenger RNA (mRNA), which is like a blueprint that instructs our cells to create the spike protein from SARS-CoV-2 (the virus that causes COVID-19). The spike protein – the little “spikes” sticking out of the spherical virus – cannot make us sick with COVID-19, but our cells will recognize the protein as a foreign invader. Once the spike protein is recognized as foreign, our immune system will produce antibodies that can help fight the real virus. After the mRNA has delivered instructions to the cell, the cell breaks it down. If the SARS-Cov-2 virus later tries to invade our bodies, our immune system will recognize the spike protein and begin fighting it immediately.

The Pfizer vaccine requires two doses, administered 21 days apart, to be effective. When you receive your first dose, you will receive a vaccination card with that date and the date you should return for your second dose.

Some vaccine recipients have reported side effects, but those are normal and expected. You may experience a slight fever, headache or chills, and soreness around the injection site. These symptoms shouldn't last longer than a couple of days.

## After Vaccination

As of Dec. 14, Oregon had more than 95,000 COVID-19 cases with more expected through the winter. Multnomah, Washington and Clackamas counties are considered to be at Extreme Risk, meaning that indoor dining is prohibited and capacity is limited for indoor activities such as religious services and retail stores. You

can find your county's specific closures at [coronavirus.oregon.gov](https://coronavirus.oregon.gov).

Vaccination will help us stem the spread of COVID-19, but it doesn't mean life will go back to normal right after you get your second dose. Although both vaccines seem to prevent severe and life-threatening symptoms, scientists aren't yet sure whether it can stop a person from becoming infected. That means that even when vaccinated, you could carry enough virus to pass it to others.

Most of the public probably won't receive their vaccines until mid-to-late spring 2021, officials say. Thankfully, Oregon didn't see the feared post-Thanksgiving spike in cases, which means Oregonians are already working hard to stop the spread.

There's a light at the end of the tunnel, but we still have work to do. We must continue to wear masks, social distance and find ways to connect with our loved ones virtually or outdoors.

If you need COVID-19-related assistance, email the Congregation Neveh Shalom COVID-19 Outreach and Services team at [covid19@nevehshalom.org](mailto:covid19@nevehshalom.org) or call 971-990-5652. Find medical, financial and other resources online at [nevehshalom.org/covid19/](https://nevehshalom.org/covid19/). To learn more about Oregon's COVID-19 vaccine plan, visit [covidvaccine.oregon.gov](https://covidvaccine.oregon.gov).



*JoAnna Wendel is the lead communications consultant for the Congregation Neveh Shalom COVID-19 Outreach and Services team. Funded by the Oregon Health Authority, CNS-COS is tasked with*

*helping limit the spread of COVID-19 by providing services and timely information to the Jewish communities of Multnomah, Washington and Clackamas counties.*

# STAY AFLOAT (continued from previous page)

anxiety, depression and chronic pain, and increase emotional connection with ourselves and others – we could all use more of that these days!

- Try to recreate the spaces that you miss like the coffee shop vibe, or a restaurant atmosphere inside your home – music, art, tapestries, etc.

- Try new things, perhaps winter camping, snowmobiling or

snowshoeing.

- Pick a challenge for yourself, such as hiking all the trails in Forest Park.

- Look for local events that are safe, drive through the holiday lights at PIR or watch the Christmas Ships along the Willamette – [pdxpipeline.com](https://pdxpipeline.com) is a helpful resource.

- Make new friends online through apps like Bumble (yep,

there is a friendship selection), meetup.com or Facebook groups.

- Volunteer with the Jewish community or elsewhere – helping others boosts serotonin, oxytocin and dopamine – the “feel good” hormones.

This is a lot of ideas. You may look at this and feel overwhelmed, but I hope you also feel a tinge of excitement.

Choose two things that you can commit to this week and think about adding more in the coming weeks – motivation comes after decisive action.

Perhaps we can view 2020 as a time when we went within, reprioritized, gathered our strength and emerged better than we were. Here's to a better new year – change starts with you.

## Rabbi's Corner

# This week's Torah portion offers salve for challenges of isolation and darkness

BY RABBI MEIR GOLDSTEIN

Today, at the darkest season of the year, many of us feel an inner darkness. Isolation, a global pandemic and a growing uncertainty about the kind of world emerging on the other side are creating an interior bleakness that mirrors the external.

These are grave challenges, friends. And they demand a powerful salve. An essential part of the answer is found in this week's Torah portion, Vayiggash.

The scene: after having established himself in the holy land, Jacob cries out in the night. After spending years building a home for his family, he is beckoned to leave it all behind. A grave famine has beset the known world. Hope dawns for a new life in a new land.

Yet, the idea of abandoning his home reminds Jacob of the last time he was forced to flee home, so many decades ago. Last time, he fled from his parents' home like a thief in the night, abandoning the wanton destruction he had caused, leaving a broken family tree and fearing for his life from his own brother.

Now he is settled: a husband, a father and a grandfather, even. Jacob's life has been filled with many sorrows and many blessings ... such is life. His beloved Rachel died many years ago. So, too, their first born died – Joseph, that dreamer, he always had his mother's eyes. Jacob never fully understood how it all happened ... torn by beasts or the hatred of the brothers hardly matters anymore ... no one gets out unscathed.

And yet, Jacob fears. He cries out in the night. Trembling. Will he descend into darkness, will God abandon him when Jacob abandons the holy land? Will he be torn asunder, lied to and cast aside for another 20 long years, like that first time. "Please, God, no," Jacob cries out.

The Holy One hears Jacob's prayer, responding: "I Myself will go down with you to Egypt, and I Myself will surely bring you back up as well" (Genesis 46:4, Alter translation).

God heard Jacob's prayer. And responded. And, perhaps even more importantly, God heard Jacob's cry. "You will not go it alone, my son." It is as though the Holy One quoted a Jerry Garcia song: "I will be with thee."

We, too, are bidden to hear the cries of our fellow. To ensure that she is not abandoned in the night. To answer the cries of one soul with the presence of our own. To hear her entreaty and to answer with words of our own souls. To paraphrase the Kedushat Levi: only words that come from one heart can enter the heart of another.

So, too, it is for us. In the darkness of our trials, we desire the heart. The greatest blessing we can give another person is our complete and undivided presence.

God willing, in 2021, we will have opportunities to safely share our lives, once again, with loved ones and with community. In 2021, we will also have a special obligation: to hear each other's cries, listen to each other's prayers and respond with the words of our own heart, saying "I will be with thee."



*Rabbi Meir Goldstein is the Senior Jewish Educator at the Oregon Hillel Foundation and instructor on the Judaic Studies faculty at the University of Oregon. He is committed to a pluralistic vision of Judaism that supports the flourishing of every person. Rabbi Goldstein attended the Ziegler School of Rabbinic Studies at the American Jewish University. He believes deeply the early rabbinic maxim that "if you save one person, you save an entire world," and seeks to elevate human dignity of those around him. When not at work, you will find him the happiest being out on a hiking trail, baking bread, playing guitar or studying. Rabbi Goldstein lives in Eugene with his wife, Laura, and their loving (yet bossy) shih tzu, Koofi.*

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## Upcoming issues

Issue date	Deadline
Jan. 6	Dec. 30
Jan. 20	Jan. 14
Feb. 3	Jan. 28
Feb. 17	Feb. 11
March 3	Feb. 25

Submit news, photos and obituaries by the issue deadline to:  
[editor@jewishportland.org](mailto:editor@jewishportland.org)

## Rabbi's Corner

The Rabbi's Corner is a space reserved for our community's rabbis to share their thoughts on the week's parsha or current events.

The Oregon Board of Rabbis organized the project. Rabbis are invited to schedule a date to submit a 500-word piece.

For more information, email [editor@jewishportland.org](mailto:editor@jewishportland.org).



# Youth Corner



Students enjoy a costume party at the conclusion of this year's Jewish Court of All Time debate on France's ban of religious symbols in public school.

## Students debate big issues in online "Jewish court"

BY MARLO DABAREINER

Seventh graders at Portland Jewish Academy have just completed the first section of their Jewish Studies curriculum: a program called the Jewish Court of All Time. JCAT is a semester-long simulated court that comes together virtually each year to debate an important issue.

Students and teachers from all over North America came in character to discuss and debate the year's case. Nobody knows who is portraying whom, it's more fun that way (I think). Students choose someone to research and represent, and they debate a big question.

This year's JCAT theme was debating the ban of large religious symbols in French public schools. Brigitte Macron (or someone portraying her) represented the French government; she is the wife of the current French president. She argued that the law is in place to create a sense of community. Giles Blum and Laila Mokkedem, two fictional students in public schools in France, challenged the 2004 law in the Jewish Court of All Time. They argued that the law restricts a person's right to self-expression and identity by keeping a person's religion hidden. It limits how they express them-

selves during the general school day.

When the court ended, the characters assembled and voted 87 percent to 13 percent that the law was unjust. Giles and Laila won.

For some, it was easier to decide which way to vote and for others, it was harder.

This year, the process didn't change much since the whole thing was already online; it was just harder to guess who our classmates were.

Overall, it was a super fun experience, and I'm really glad I participated in it. I also learned a lot. I learned a lot about the law and was able to form my own opinions on the case, not as my character. It was great to have some amount of normalcy, what we would have done last year.

*Marlo has been a student at Portland Jewish Academy for two years. She is now a seventh-grader. She is a member of Havurah Shalom.*



## Jesuit High School considers changing mascot name

In a Dec. 4 video, the Jesuit Mascot Working Group announced the high school's exploration of changing the Crusader name and logo. The 15-minute video traced the history of the mascot's name and of the crusades. The working group called on members of the Jesuit community to share their views on the potential change and whether the Crusader mascot is appropriate "in light of historical crusades and our values today."

In response, Jewish Federation of Greater Portland Community Relations Director Bob Horenstein wrote to the working group. Following are excerpts from his letter:

*In your consideration of a possible change to the Crusader mascot, we believe that it's imperative that you hear feedback from the Jewish community. I am aware that there are only a handful of Jewish students at Jesuit, yet I hope that this will not diminish the importance of addressing our community's concerns about the Crusader name and its associated troubling symbolism.*

*A little over 25 years ago ... I reached out to the Jesuit principal at that time and ... asked him, "Do you believe, given the history of the crusades and the massacres that the crusaders committed against the Jews of Europe, that the mascot is appropriate?" His response was, "I have no issue with the mascot, and your inquiry is not of a serious nature." That abruptly ended the conversation.*

*Now, over a quarter-century later, I was pleased to learn that Jesuit is finally considering a change at a time when other mascots are coming under widespread criticism, especially those that are an affront to the indigenous community (e.g., Redskins, Indians).*

*In 1096, those acting on behalf of the First Crusade, slaughtered thousands of Jews. When the Crusaders reached Palestine, they killed scores of Muslims and murdered hundreds of Jews in Jerusalem. During the Third Crusade, several thousand Jews were slaughtered in England and France.*

*While I understand that for many in the Jesuit community, the Crusader name and mascot are a source of pride, one cannot escape their current cultural implications. The fact is that the name Crusaders will always hold a very negative connotation for the Jewish – not to mention Muslim – community.*

The Working Group's video can be seen at [youtube.com/watch?v=mWF0g6HmMiA&feature=youtu.be](https://youtube.com/watch?v=mWF0g6HmMiA&feature=youtu.be).



# Everything Jewish steps toward post-fire future

The Everything Jewish community engagement center reopened in a popup tent in front of the burned out Chabad Center before and during Chanukah. Rabbi Chayim Mishulovin was on hand to help people shopping for candles, menorahs or other Chanukah essentials.

The Chabad House on SW Vermont St. was destroyed by fire Aug. 19, just five days after a fire initially attributed to an electrical issue burned an attic

office. The fire department has determined the second fire was human-caused.

During a December tour for Jewish Federation of Greater Portland board members, Rabbi Motti Wilhelm said they may never know if the fire was caused intentionally and, if so, what the motivation was, or if an intruder built a small fire in the vacant building and it got out of control. The building, which had been largely unused

during the COVID restrictions, was boarded up after the first fire.

JFGP board member Leslie Beard said it was overwhelming to walk in and see the devastation. "There's nothing like seeing it first hand."

"It smells like smoke, you can't not have an emotional response," said JFGP board member Sarah Rosenberg Brown. Noting she is a long-term fan of Chabad, she added,

"Connecting different facets of the community is close to my heart. I hope from these ashes we can come together as a stronger community."

Everything Jewish and Chabad plan to grow back stronger than ever to serve the needs of the local community.

For more information on plans, email Rabbi Mishulovin at [rabbim@chabadoregon.com](mailto:rabbim@chabadoregon.com) or visit the store's website at [EverythingJewishPortland.com](http://EverythingJewishPortland.com)

## Obituaries

Submit obituaries to: [editor@jewishportland.org](mailto:editor@jewishportland.org)

### DAVID SINGER

David Singer, z"l, David ben Dov u'Fayga, passed away Dec. 19 at the age of 99.

He was the father of Ellen (Richard) Cohen and Michael (Susan Cohen) Singer; and grandfather of Anissa Cohen, Tali Singer and Shoshi (Gabi Weinberg) Singer.

He was preceded in death by his wife, Reva (z"l).

A graveside service was held at Shaarie Torah Cemetery. Shiva minyanim via Zoom were planned Sunday through Thursday at 5:15 pm.

Congregations Kesser Israel and Shaarie Torah send condolences to the entire family at this time.

### TERI GIANGRECO

Teri Giangreco, z"l, passed away Dec. 11. Teri Giangreco was a long-time member of Congregation Kol Ami in Vancouver, Wash.

She had been an active supporter of the Ovarian Cancer Alliance of Oregon and Southwest Washington, and has been an advocate for women to learn the symptoms of the disease since she was diagnosed in 2017.

Because of COVID restrictions, a private burial was held Dec. 14. A community Zoom shiva minyan was held that evening.

Congregation Kol Ami offers prayers and condolences to Tony, Lisa, Anthony and his wife and all their children on this devastating loss.

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### FRIEDA TOBIN

Frieda Tobin, z"l, passed away Dec. 9, 2020, at the age of 98. Frieda was preceded in death by Louis Tobin, her husband of 58 years. She is loved and remembered by daughters, Dale (Earl, z"l) Oller and Wendy (Steven) Shain, son Phil (Patricia) Tobin; grandchildren Sarah (Oller) Scott, Joshua Oller, Rachel (Tobin) Anderson, Marc Tobin, z"l; Nathan Shain, Leah (Shain) Burns; and seven great-grandchildren.

In compliance with our governor's directive, a private interment is scheduled. A Zoom Shiva Minyan was held Dec. 12.

Congregation Neveh Shalom offers condolences to the extended Tobin family.

### GLORIA BACHARACH

Gloria Jane Stern Bacharach passed away on Dec. 9 at the age of 96. Gloria was preceded in death by her husband, Albrecht Bacharach, z"l, and granddaughter Jasmine RR Spiegel, z"l. She is loved and remembered by daughters, Elaine (Jonathon Lietz) Coughlin, Corinne (Larry) Spiegel and Jackie (Harold) Lesch; son, Alan Bacharach; grandchildren, Craig (Emiko) Coughlin, Aimee (Aaron) Johnson, Jody (Matt) Greene, Sam Spiegel, Joel Spiegel, Nathan Spiegel, Jacob (Reba) Lesch, Aaron Lesch, Zach (Nina Simons) Lesch, Ariel (Janique) Bacharach, Dana Bacharach, Lindsay Culver (Noah) and Jeremy Lietz; and 13 great-grandchildren.

Gloria was the daughter of Jennie Stern, z"l, and Julius Stern, z"l, and was born in Dowagiac, Mich. She grew up in Marcellus, Mich., and attended Western Michigan College. Gloria married Albrecht, z"l, and lived in Michigan until the family moved to Oregon in 1968. As her family grew and Gloria became a grandmother, she soon became our beloved "Oma" and showered her love on her family.

Gloria was totally devoted to her community and family, yet always left room to volunteer and share her love and kindness. In 2012, Gloria was honored as the Legacy Society Honoree from Oregon Jewish Community Foundation for her "steadfast devotion to our Jewish community." For more than 20 years, Gloria managed the Judaica Shop at Congregation Neveh Shalom, and it was later named in her honor. The "Woman of Valor Award" from the Jewish Federation of Greater Portland was awarded to Gloria in the 1990s. Hadassah, Neveh Shalom Sisterhood, National Council of Jewish Women, Welcome Wagon, PTA, Scouts and the Lake Oswego Senior Center were some of the organizations where Gloria volunteered and served. Over the years, there were many other organizations to which Gloria never said "no." She loved to play bridge and played in many different groups over the years. "Napping" was a word not known in Gloria's vocabulary –

she had far too much to live for, always showing her enthusiasm and positivity.

Gloria's love for family motivated her to carefully connect with relatives from all over the world and, when possible, attend every momentous occasion. When Gloria arrived, the event was "special."

Her smiling eyes and warmth, touched everyone she met, and this carried through to her final days as caregivers and Serenity Hospice staff called her "their favorite." Her life was a blessing to all.

Donations may be made in her memory to Oregon Jewish Museum and Center for Holocaust Education, Jewish Family & Child Service, Camp Solomon Schechter or the charity of your choice.

A private interment is scheduled. Zoom Shiva Minyans will be Dec. 12 at 7:30 pm, Dec. 13 at 3:30 pm and Dec. 14 at 7 pm. Information is available from Congregation Neveh Shalom.

### BELLE ANGEL

Belle Angel, z"l, passed away Dec. 8, 2020, at the age of 99. Bayla bat Ya'akov v'Sarah is survived by her children, Leon and Jacqueline, and 11 nieces and nephews.

She was preceded in death by husband, Harold, z"l.

A private service was held at Shaarie Torah Cemetery.

Congregation Shaarie Torah sends heartfelt condolences to the entire family at this time.