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Call for peace & civility

United in Spirit, along with allied organizations, will hold a press conference on Friday, Oct. 30, calling for peace and civility in advance of the election.

"Our appeal is for civil discourse. We ask every person of goodwill to pursue conciliation rather than polarization. Let peace and civility come to the City of Portland," say the organizers in a press release.

The media is invited to cover the 11 am program at Pioneer Courthouse Square in downtown Portland. Due to COVID restrictions, the public is asked to experience the event from televised and written coverage.

The groups' call for peace continues: "We fully acknowledge the peaceful protests calling for long overdue racial and social justice. We are deeply concerned about the divisiveness and potential for violence around the upcoming elections. Wherefore, United in Spirit, in conjunction with other community-based organizations and social justice advocates, issue a clarion call and appeal for peace and civility."

Poet and author Pastor Emmett Wheatfall states, "There comes a time when people of goodwill, whether nationally or locally, must reach out to their fellow citizens. Now is that time."

Jewish Federation of Greater Portland Community Relations Director Bob Horenstein adds, "In the case of a close or contested election as might happen on Nov. 3, we ask for patience and trust in the electoral process as we allow for every vote to be counted. We ask all Oregonians to set a standard of civil discourse and opposition to violence."

United in Spirit is a Portland-based coalition reinvigorating the historically positive relationship between the African-American and Jewish communities. It includes the Jewish Federation of Greater Portland, NAACP-Portland Chapter, Oregon Jewish Museum and Center for Holocaust Education, Dialogues Unlimited, LLC and Remember the Hope Christian Fellowship.

Allied organizations that have signed on to the call for civility are: Archdiocese of Portland, Chabad of Oregon, The Church of Jesus Christ of Latter-day Saints-Portland Area, Congregation Kesser Israel, Congregation Neveh Shalom, Ecumenical Ministries of Oregon, Episcopal Diocese of Oregon, Native American Youth and Family Center, Portland Kollel, Vancouver Avenue First Baptist Church and West Alliance for Inclusive Community. Speakers from the JCRC, EMO, the Archdiocese, United in Spirit and other supporters will speak at the event.



Rather than start college remotely, these 23 teens decided to take a gap year with Tivnu: Building Justice. After a two-week quarantine on arrival, the teens are now one big germ pod and are free to socialize with each other.

Tivnu creates gap year fans

BY DEBORAH MOON

Before COVID many of the 23 teens who arrived in Portland this fall to live, work and learn with Tivnu had never thought a gap year would be a viable option for them.

Tivnu: Building Justice founder Steve Eisenbach-Budner launched the first domestic Jewish gap year program in 2014. This year Tivnu had to expand to two households to accommodate its largest cohort yet. Participants engage in nine months of hands-on Jewish social justice including internships and at least one day a week on construction projects to aid the houseless.

"I thought a gap year was out of the question for me — high school to college seemed the natural progression," says Emma Nathanson, who deferred her enrollment at Williams College to come to Portland for a Jewish gap year. "As soon as COVID hit, it was permission for me to take a gap year. And finding Tivnu was like a golden ticket."

Brandi Landis, who deferred her enrollment at Binghamton University in

New York, agrees. "I always thought it was straight to college. Then COVID hit and I started looking into gap years."

"I am happy I did," says Brandi less than two months into the year. "I believe every person should take a gap year. For 12 years I focused on education ... now I can focus on myself and have some independence."

When COVID hit, Sophia Nachmanoff decided she wanted to wait to have her college experience at Wellesley College. Before COVID, "I didn't think I had a good enough reason to take one." After COVID hit, "I wanted to do community service. There is so much work to do in the world," she says.

Avery Krantz-Fire had already applied to Tivnu before the pandemic shut down the country in mid-March. Next year she will attend Lewis & Clark College, but this year she wanted to "try to make a difference in the world and learn to live away from home."

See TIVNU, page 6

Celebrate 100 years of Federation

The Jewish Federation of Greater Portland will celebrate the achievements of its first century with a virtual party Nov. 7.

The original plan for the Jewish Federation's 100th anniversary celebration was to have a HUGE bash. Despite the limitations imposed by the pandemic, Federation is still planning a big bash – but the fun, laughter and dance party will be in the comfort of your home. Plus, everyone will receive a cute goodie bag in the mail.

The evening begins with a

dance party led by DJ Ben on Zoom so everyone can see your friends. Attendees will receive a link to the virtual photo booth and can start sharing and downloading their photos as early as Thursday, Nov. 5, with the hashtag #jfgp100. Cocktails and nibbles are up to your imagination/creation.

The online fun then shifts to the online platform Vimeo with two great comedians – Carol Leifer and Elon Gold.

Stand Up Portland! will begin on Zoom at 6:30 pm for the



Carol Leifer

dance party then shift to Vimeo for the headliners at 7 pm.

Registration is \$18 per house-



Elon Gold

hold. Register by Oct. 29 at

jewishportland.org/centennialgala

Pre- and post-election programs offer wisdom

BY DEBORAH MOON

“Safe to say, this will be one of the most contentious elections in American history. People of all stripes are feeling incredibly anxious and on edge,” writes Rabbi David Kosak.

Given the circumstances, Neveh Shalom's senior rabbi says this year's Scholar-in-Residence program, Facing the Election: Before and After, is especially relevant. Jewish scholar and author Dr. Daniel Gordis and award-winning journalist Amir Tibon will present this year's virtual program on two Sunday afternoons (see box).

“On two consecutive weekends, we will glean lessons from our history that offer us an example of resilience as well as use the eyes of journalism to provide some current perspective,” says Rabbi Kosak.

Personal relationships enabled Neveh Shalom to land two “big fish” for its annual Scholar-in-Residence program, which is funded by the Suher family in memory of Yoni Suher, one of three Israeli tourists killed in a 2016 terrorist attack in Turkey.

The author of 12 books, Gordis is a regular columnist for Bloomberg Opinion. His history of Israel entitled *Israel: A Concise History of a Nation Reborn* received the 2016 National Jewish Book Award as “Book of the Year.” The Forward has called him “one of the 2 Jewish Review Oct. 28, 2020



Amir Tibon



Dr. Daniel Gordis

FACING THE ELECTION: BEFORE & AFTER

Jewish wisdom in this time of upheaval
Sundays, Nov. 1 & 8, noon-1:30 pm

Nov. 1: Traumatic Times Through a Jewish Lens: What Has Been the Wellspring of Jewish Resilience?

Dr. Daniel Gordis – Speaker | Amir Tibon – Response
Rabbi David Kosak – Questions & Answers

Nov. 8: Israel, the U.S. and the American Jewish Community: A Perspective in Light of the 2020 Elections

Journalist Amir Tibon – Speaker | Daniel Gordis – Response
Rabbi David Kosak – Questions & Answers

Register: nevehshalom.org/facingtheelection

Questions? mcaplan@nevehshalom.org, 503-246-8831

most respected Israel analysts around” and The Jerusalem Post listed him as one of the world's 50 most influential Jews. He is also a personal friend of Neveh Shalom Membership and Engagement Director Michelle Caplan.

“Danny (as I call him) was my professor at American Jewish University (formerly UJ) 30+ years ago, and he also married Jon and I,” says Michelle. “I have stayed in close contact with him all these years.”

Tibon is an award-winning

journalist and the U.S. news editor at Haaretz newspaper, now reporting from his home in Israel. During the first three years of the Trump presidency, he was the paper's correspondent in Washington, D.C., where he reported on the White House, Congress and the American Jewish community. He has reported from war zones in Syria, Ukraine and the Kurdish region. He came to Portland in 2017 as the second annual Neveh Shalom Yoni Suher, z”l, Scholar-in-Residence. Yoni and Amir were first cousins.

“Yoni was very political,” says Brian Suher, who as Yoni's uncle helps plan the annual Scholar-in-Residence program. “Yoni was already lost before the last election, but he was an American citizen, and I believe that he would have had strong opinions. Oh, how I wish I could ask. I believe that the topic would have very much resonated.”

Suher says selecting a topic always has many considerations, foremost being to meet the needs of the community. Initially he resisted the idea of a virtual program because he loves the social connection of having a live speaker. But with this year's pandemic he says, “I will and can shed my Luddite armor and emerge with a meaningful presentation.”

Rabbi Kosak adds, “I really hope you will attend both sessions, as the topic could not be more timely or more relevant.”

MAKE NOVEMBER PLANS WITH FEDERATION

November 7 *Stand Up Portland Comedy Night*
6:30 pm Jewish Federation of Greater Portland Centennial Gala

November 19 **Rabbi Elka Abrahamson**
7pm Thoughtful Thursday Presentation

December 3 **Uncovering the Hidden History of Anti-Immigrant History in Oregon**
7pm Part of the Confronting Hate Series



Jewish Federation®
OF GREATER PORTLAND



www.jewishportland.org/5781



Reopened mikvah focuses on safety and meaning

BY DEBORAH MOON

"I'm Jewish! I am here – Hineni!" Cheyenne McClain exclaimed these words happily a couple days after completing her delayed conversion by immersing in Rachel's Well Community Mikvah.

Cheyenne was one of 15 people to immerse for their conversion since Rachel's Well reopened July 14 under strict re-opening protocols following the guidelines set out by Governor Brown to combat the spread of COVID-19. The Rachel's Well website (jewishportland.org/mikvah) has a [link](#) to the reopening protocols, including the need to prepare at home.

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

Of the 65 immersions between July 14 and Oct. 24, the majority (24) were Erev Rosh Hashanah and Erev Yom Kippur visits. Another 20 immersions were by women who go monthly following their menstrual cycle as part of their observance of Taharat HaMishpacha, the laws of family purity. Four visits were for healing ceremonies and the rest were for other reasons.

"We accommodate the range of immersions from those that are traditional/mandated by Halacha (Jewish Law) – conversion and laws of family purity for married women – to any contemporary transition (happy and sad, Jewish and secular) that someone wants to mark with an immersive Jewish experience," says mikvah manager Caron Blau Rothstein.

For Cheyenne, the immersion marked the end of a journey she started in 2013 when she began to study with Rabbi Arthur Zuckerman, then rabbi of Congregation Shaarie Torah. Three flair-ups of her epilepsy, Rabbi Zuckerman's move to Mesquite, Nev., and other interruptions stretched out her study. So when COVID shut down the mikvah along with much of the state, it was just the latest pause in her journey.

"I know many others around the world have either held off indefinitely on their conversions or modified them greatly – hand-washing near the computer (while on a Zoom call with their rabbi), spring water over the head," says Cheyenne. "I have been looking forward to this for a long time, and I am grateful our community mikvah reopened when it did and with community-minded procedures in place. I have looked forward to visiting Rachel's Well since opening and knew I would want a visit there to be part of my conversion."

On Oct. 19, Cheyenne arrived at the gate outside Rachel's Well. She had followed 4 Jewish Review Oct. 28, 2020



The first time Cheyenne McClain visited Rachel's Well was Jan. 21, 2018, for the dedication of the community mikvah. She returned to a much more solitary experience on Oct. 19, 2020, when only the mikvah attendant was there for her conversion immersion. Photos by Victor Paru.

the mikvah's COVID guidelines and showed at home.

"It was a quiet evening, just me and the attendant who joined me at the gate in the darkness," says Cheyenne. "She said she was filled with happiness for me. We were both trying to balance being close and slow together as the moment demanded – in contrast with the efficiency and distance I have gotten used to in these past few months."

"My attendant and I both wore our now customary masks from the gate to the door to the edge of the pool. When she said 'take it off,' my towel fell to the ground easily. 'Your mask,' she said. Oh... I fumbled around with it ... not used to the prospect of taking off my mask inside, around another person, or even being outside the house much at all for that matter."

The attendant was the witness required for an immersion for conversion, but the celebration that would in normal times follow the immersion was absent. Typically the new Jew would dress and join their clergy, family and friends to smiles, applause and the singing of *Siman Tov u'Mazel Tov*. For Cheyenne the immersion was followed by a quiet walk back to her car alone.

"It is hard to get that sense of finality," says Cheyenne of the ways COVID has altered celebrations. "A lot of people have that feeling of 'am I there yet?' due to the coronavirus after graduation or conversion, etcetera."

But after talking to Rabbi Zucky (as he is affectionately known) on the phone the next day and giving it time to sink in, she gleefully realized "hineni!"

She had planned to appear before a beit din in April before the shutdown interfered. Rabbi Zuckerman is organizing an online beit din, but Cheyenne does feel she is now part of the Jewish people. Her fiancé Aaron Cohen, whom she met while in the Judaic Studies program at Portland State University, currently lives in Philadelphia. She looks forward to eventually incorporating the mikvah into her new life after marriage.

Vanessa (Hebrew name Ruth Ilana) also visited Rachel's Well to complete her conversion before her wedding. She says the mikvah was "the most mysterious and ultimately meaningful aspect of my conversion to Judaism."

Though COVID complicated some aspects of her immersion experience, she says that "entering the mikvah room was calming and sacred."

Vanessa invited her (then future) mother and sister-in-law to accompany her to the grounds. Vanessa and her mikvah guide Rabbi Elizabeth Dunsker went alone into the building, but Rabbi Dunsker had the door open so the two women standing outside could hear Vanessa as she shouted the blessings.

See **RACHEL'S WELL** on next page

Thursday: a day to be thoughtful

BY DEBORAH MOON

On a Thoughtful Thursday morning, American-born Israeli author and scholar Yossi Klein Halevi shared his insights on a variety of topics important to Israel and U.S.-Israel relations.

A senior fellow at the Shalom Hartman Institute, Halevi co-directs the Institute's Muslim Leadership Initiative, which teaches emerging young Muslim American leaders about Judaism, Jewish identity and Israel. His goal is to prepare the next generation of American Muslim leaders for a deeper, more meaningful engagement with the American Jewish community.

Thoughtful Thursday is a free monthly Zoom program featuring thoughtful conversation with world-renowned speakers presented by the Jewish Federation of Greater Portland. Most programs are in the evening, but this second program was held at 9 am local time since Halevi was speaking from Jerusalem.

Halevi responded to questions from JFGP President and CEO Marc Blattner and audience members. He addressed Israel's handling of the pandemic, the significance of the Abraham Accords, the political situation in Israel, his hope that America maintains bipartisan support for Israel after this year's election and his most recent book, *Letters to My Palestinian Neighbor*.

He called the Abraham Accords "a passionate peace agreement" that has given Israel "an Arab ally" for the first time in its 70-year history. He hopes that, together, Israel and its new allies will empower moderate Palestinians, so a two-state solution comes to fruition. He has taken a more personal approach to that effort in *Letters to My Palestinian Neighbor*, which was translated into Arabic and is available for free download.

"I wrote the book to tell our story to the Palestinians... to unpack the complexities of Israeli identity and to invite Palestinians to respond with their own story," he



Yossi Klein Halevi

says, adding he has received hundreds of responses from Palestinians. A new edition of the book will feature about 50 of those responses.

To see the talk, visit jewishportland.org/thoughtfulthursday. Registration for future programs is also available on that site.

The next Thoughtful Thursday is 7 pm, Nov. 19. It features Rabbi Elka Abrahamson, president of The Wexner Foundation.

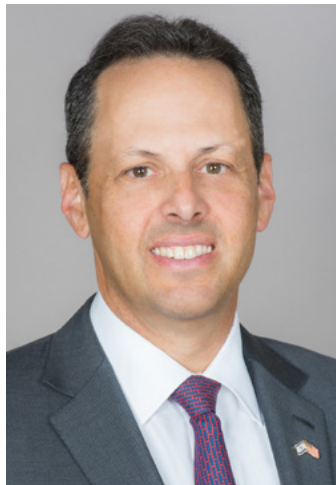
Cornerstone donors do great things together

BY DEBORAH MOON

"People need our support today and tomorrow more than ever," Lauren Goldstein, board chair of the Jewish Federation of Greater Portland, told major donors Oct. 14. "It's magic when we come together – great things happen."

About 130 attendees logged on to the annual Cornerstone Event. Card for card, the major donors increased their gifts by 11 percent to this year's campaign for community needs.

Campaign Chair Ted Nelson said that faced with this year's unprecedented challenges, "The Jewish Federation system exhibited it was built for



Mark Wilf

this moment."

"Portland was one of the first federations to launch a COVID

emergency campaign ... to strengthen our cherished institutions," said the evening's keynote speaker Mark Wilf, chair of Jewish Federations of North America and owner of the Minnesota Vikings football team. Wilf grew up in a federation family and has early memories of going to Super Sunday with his father, who was a national vice chair of the UJA (predecessor of JFNA). Wilf's parents and grandparents were all Holocaust survivors, which inspired him to chair JFNA's national initiative that addresses the needs of impoverished Holocaust survivors living in the United States.

That heritage has also in-

formed his support for Israel: "The reality is, for my parents and grandparents, there was no state of Israel to protect them."

His parents' immigrant experience was a driving force in the family buying the Vikings. "They wanted us to be rooted in the American dream," he says. "They wanted us to be part of sports, and going to games was a big part of our life together."

Moving forward, Wilf said the community needs to imagine the Jewish future (here and in Israel) post-pandemic. He listed three challenges JFNA faces: rebuilding Jewish life, fighting the resurgence of anti-Semitism and ensuring the security of our communities.

RACHEL'S WELL (continued from previous page)

"Reading the pre-immersion declarations to the matriarchs whose family I was soon to join made the experience deeply meaningful. It felt like a promise was being made not only to G-d and the Jewish people, but also specifically to the women ... who had welcomed me with open arms into their family and their religion."

"After my initial immersion (for conversion) the rabbi left me alone to perform the pre-marriage blessings, which I did

quietly smiling to myself knowing that as the blessings passed my lips I was a Jewish woman," adds Vanessa.

For now, Rachel's Well has COVID-related safety procedures in place and is safely welcoming people who want to immerse for a variety of reasons. Since all mikvah guides are volunteers, advance notice is required.

An appointment is required for all immersions; weekly drop-in men's immersions on

Erev Shabbat won't resume until COVID restrictions are lifted.

"We are happy to work with anyone across the Jewish spectrum who wants to have a mikvah experience," says Caron. "We pride ourselves on being a 'mikvah for all.'"

To request an appointment, email mikvahpdx@gmail.com. A minimum of 4-7 days in advance is required, and earlier notice is appreciated.



Tivnu participants make dinner together in one of two households.

TIVNU (continued from page 1)

"This year in particular, the group is highly intellectual and committed and activist minded," says Resident Advisor Caryn Shebowich, now in her third year with Tivnu. "This group is committed to making systemic change."

Ethan Blake, the RA for the second household, says that the teens all seem very grateful for social relationships that many of their peers are missing this year. "The social energy is comparable to a first-year college dorm, though much more intimate and oriented around Tivnu's social justice programming, internships, construction and Jewish learning rather than academic classes," says Ethan. "Living together between two houses within 10 minutes walking distance, deep bonds have formed really quickly."

When the teens arrived from across the country Aug. 30 and Sept. 1, they quarantined in their houses with no more than two people in a room for the first two weeks. Now the two households are one big "bubble" or "germ pod."

"It feels insane to safely be in a group," says Sophia of Tivnu's germ pod.

"For my friends doing college (virtual or on campus), the ability to engage with new people or new opportunities is so limited," says Emma. "I have a huge group – basically a new family. ... We have become such a tight-knit community; I can see these being lifelong friendships."

"Tivnu is judgment free, says Brandi, who is gay. "I came out 6 Jewish Review Oct. 28, 2020

on Oct. 11, National Coming Out Day," adding she couldn't have done it without the support of Tivnu. "They make me feel super normal and loved."

Tivnu Program Director Adinah Miller says everyone is flourishing despite the COVID precautions and the poor air quality that descended on Portland from the wildfires, which made quarantine difficult and canceled the cohort's first camping trip. "They are learning and enjoying each other and digging into hands-on work in construction and internships."

Tivnu participants spend one to three days a week working on construction projects.

"We are involved in particularly exciting projects this year," says Tivnu Construction Trainer Erik Brakstad. At the top of the list are projects for Portland's three emergency tent villages created to give the homeless a safe place to be during the pandemic. Some of the projects are at the Cascadia Clusters construction site located at the Mittleman Jewish Community Center and others are at the villages.

"We are working with Cascadia Clusters to build 110 tent platforms, as well as a gatehouse at each camp," says Erik. "Tivnu participants are able to work with camp residents, but within the context of our COVID protocols (socially distanced, masked and outside)."

"In the beginning, construction seemed like a stretch," says Emma. Now she enjoys working with the homeless to build tent platforms and install

Gap years expand in Israel, too

Gap years in Israel, one of the few countries accepting students from abroad during the pandemic, are also seeing a boost in participation. Masa Israel Journey is the largest immersive, long-term experience for young adults ages 18-30. Its programs range from two months to a year.

Masa Israel has seen a 15 percent increase in registrations for the 2020-21 programming year, with higher demand for gap year and internship programs. The Wall Street Journal [noted](#) this increased demand, writing: "Masa Israel, the organization overseeing nonreligious gap-year programming in the country, said it is seeing a 40% increase in gap-year participants compared with last year, of whom two-thirds are American."

Currently, 22 fellows are registered from Oregon, including four gap year fellows. Other fellows are working in internships or teaching English. Registration for 2020-21 is still open (visit www.masaisrael.org), and fellows will be arriving throughout the year.

In an Oct. 20 press release, Masa reported more than 25 percent of Masa fellows are volunteering in various sectors coping with the pandemic, in adherence with Israel's Ministry of Health and safety guidelines. Of note, 500 Masa gap year fellows are organizing thousands of coronavirus testing kits for distribution across Israel.

Masa Acting CEO Ofer Gutman says that Masa fellows who came to Israel to gain opportunities for personal and professional growth are standing up to help communities in times of crisis. "These young and bright minds from around the world are coming together to help address some of society's greatest challenges while also building a more connected community."

solar panels on the tent village gatehouses two days a week. "It is very empowering to be able to use a chop saw," she says. Her twice weekly internship (remote) with Street Roots is also a boost to the homeless community. Street Roots is a local nonprofit that publishes a weekly alternative newspaper sold by people experiencing homelessness and poverty to earn an income.

Construction definitely was not what drew Sophia to Tivnu. Active in theater while growing up, she was so bad with set construction that "I was blackballed from using power tools."

"I thought I would be so bad at it, I would be embarrassed," she says. But she discovered that having someone really teach her how to use the tools "was really affirming. ... I'm not awful at all, and I kind of love it."

Construction also gave Avery pause. "I'm not the most physically capable person," she says. "But I have been pleasantly surprised."

Brandi, who has done a lot of projects with her dad, is spending three days a week building

and says, "I love it."

Real world experience when it's hard to be out in the world has been a big draw this year, says Steve. He says this year's cohort is gaining all the usual benefits of a gap year. Working with houseless communities, they learn the homeless are real people and not just statistics. They learn "adulting skills" such as how to run a household, deal with conflict and work with a boss. He adds numerous studies show "colleges love kids who do gap years."

Tivnu is already accepting applications for next year.

"Students were not feeling like online college was right for them," says Tivnu Engagement Coordinator Sara Starr, who does recruitment. "We were able to safely provide them with living, learning and doing social justice work together in community. ... Next year we plan to continue that no matter what state the world is in."

For information on next year's Tivnu gap year, call Tivnu at 503-232-1864, email Sara at sara@tivnu.org or visit the website tivnu.org.

Conversations help parents find balance

BY DEBORAH MOON

The 15 parents of college age students who joined the first Finding Balance for Parents Zoom conversation heard some important tips for helping both themselves and their students cope with this unusual year. Though the conversations are confidential, the presenters later shared some tips so other parents could use the wisdom.

"People appreciate the opportunity to come together during this time and connect with others experiencing similar situations," says Rachel Nelson, director of educational initiatives at the Jewish Federation of Greater Portland. Rachel is organizing the series (see box).

Many parents said the BASE technique shared by Pediatrician Dr. Erika Meyer was especially helpful.

Dr. Meyer says she adapted the BASE technique she shares with parents and patients from an adaptive therapy of the same name that is used to treat depression. "Why wait for someone to be depressed? This is a good framework," she says.

Her adapted acronym stands for Body, Accomplish, Social connections and Enjoy.

Body: Do something healthy for your body like exercise,

healthy eating, sleeping.

Accomplish means set small goals and give yourself credit for what you've done that day.

Social means connecting with people who are important to you – family, friends, people around you – and reaching out to help those in need.

Enjoy is a reminder to do something that brings you joy. "Ideally the things you enjoy should come from the first three," says Dr. Meyer. For instance, if a student enjoys soccer, the exercise, social connections and accomplishments are part of Body, Accomplish and Social.

She says connecting in small gatherings or virtually with groups, such as Hillel for college students, can be a good way to enjoy social connections.

Oregon Hillel Executive Director Andy Gitelson and Greater Portland Hillel Executive Director Hannah Sherman shared the many ways Hillel is helping students feel connected in this stressful year.

"We are so grateful that the Jewish Federation of Greater Portland created the space and opportunity to engage with parents of college students to hear their concerns and questions about the time we are living in and the stresses and impact that

FACILITATED CONVERSATIONS

Programs are confidential and not recorded so parents can feel free to share real world issues.

Nov. 10, 7 pm

Finding Balance: Mental Health Challenges for Kids and Families

Hear from other families struggling with these issues and get tips for coping. Panelists: Dr. Allan Cordova, The Children's Program; Dinah Gilburd, Jewish Family & Child Service; Rabbi Barry Cohen, community chaplain; and Mel Berwin.

Dates to be Determined

Finding Balance for Parents of:

- **Preschool:** Panel: Dana Hepper from The Children's Institute; Dinah Gilburd, LCSW, Jewish Family & Child Service; and Cory Willson, assistant director at Foundation School.

- **Elementary • Middle school • High school • Special needs**

- **College Students:** This follow-up to the Oct. 19 program will feature a panel including college administrators.

For more information, email Rachel Nelson, JFGP director of educational initiatives, at rachel@jewishportland.org.

COVID and remote learning is adding to families' lives," says Andy. "Even though most campuses have gone online, Hillels across the country are seeing increases in student activity, both virtually and where safely possible in person, as students are seeking opportunities for spiritual growth and connections with their peers."

Hillels have all pivoted to focus on creating spaces for connecting students, building community, holistic wellness support and resources to en-

able students to celebrate and explore their Jewish identity in their own homes.

"I'd encourage parents who have children on a college campus to reach out to that campus Hillel, so that we can reach out to their student to provide support, resources and of course a home-cooked Shabbat meal or fresh bowl of matzo ball soup," says Andy.

For UO or OSU, contact Andy at andy@oregonhillel.org or for Portland campuses Hannah at hannah@pdxhillel.org.

Rachel Nelson tapped for prestigious Israel Policy Forum cohort

Rachel Nelson, director of intergroup outreach for the Jewish Federation of Greater Portland, is one of 30 people selected for the Israel Policy Forum's 2020 cohort of Charles Bronfman IPF Atid Conveners. This group of young professional leaders will receive training on pragmatic policy and modeling informed discourse to make them sharper analysts and more confident champions of a sustainable two-state solution.

Now in its third year, the IPF Atid Charles Bronfman Conveners program empowers emerging Jewish community and policy leaders by equipping them with the resources to advance the Israel Policy Forum's vision of a Jewish, democratic and secure Israel. In light of

the COVID-19 pandemic, this year's summit will take place virtually, with ongoing opportunities for conveners to engage with one another remotely.

"I am honored to have been accepting into this cohort," says Rachel. "The access to the presenters and information will enable me to advocate more effectively for a two-state solution."

This year's conveners were selected via a rigorous application process and represent a diverse group of academics, entrepreneurs, lawyers, writers, Jewish communal leaders and policy professionals.

"We are thrilled to have Rachel participate in the IPF cohort," says Bob Horenstein, JFGP director of community relations and public affairs.

"IPF, like the JCRC, believes that a two-state solution is still the best way to ensure that Israel will remain a Jewish AND democratic state, but it also gives primacy to maintaining Israel's security within the context of any future resolution of the Israeli-Palestinian conflict."

Rachel has been on the JFGP staff for seven years. She lived in Israel for four years in the mid-1990s with her family while she was in middle school and high school. She has been a passionate supporter of Israel both professionally and personally ever since.

"I am very lucky to be involved in all areas of the JCRC – Bob has been a great mentor," she says.

The 2020 conveners program

comes at a pivotal moment. The past 12 months have seen the mainstreaming of West Bank annexation in Israeli politics and American foreign policy, representing one of the gravest threats to the future implementation of a two-state solution. Meanwhile, the COVID-19 pandemic has compounded the uncertainty. In this environment, IPF's work in support of two states is as pertinent as ever.

As with previous cohorts, this year's conveners will meet with current and former senior government officials and top policy analysts from the United States and the region as well as American Jewish community leaders. They will also participate in professional and leadership development workshops.

News in brief

JFCS sees more emergency aid requests

Between Oct. 1 and 21, Jewish Family & Child Service received 90 new requests for emergency aid. On average, JFCS has processed about 30 payments for 15-20 clients per month (some clients receive two payments such as a utility bill and rental assistance).

To cope with the sudden increase, JFCS has limited its [online portal](#) to 25 new intakes per month. JFCS uses the portal to collect demographic information for all new clients and to get required consent forms signed. Many of the new requests are from outside the Jewish community.

"We will continue to prioritize referrals from our Jewish community partners," says JFCS Emergency Aid Program Manager Caitlin DeBoer. She urges congregations and Jewish agencies to contact her directly if a client or member needs emergency financial assistance. Individuals with an urgent request may also contact her.

"For urgent requests, I would recommend calling our direct line (503-226-7079, ext. 134)," she says. "The 25-person cap only applies to our online portal. We can re-open the portal on a case-by-case basis as needed."

The local Jewish community's COVID-19 Emergency Campaign provided the initial funds to help individuals and families weather the economic storm triggered by the pandemic. Additional contributions have expanded that effort. This year 115 people have received financial assistance, with rent and food being the two biggest requests. The next-largest request is utility assistance.

JFCS plans to get more staff to help process the waitlist from the 90 people who have come in since Oct. 1. "I anticipate we will be able to work through those requests and take an additional 25 per month going forward," says Caitlin. "That number may change in the future once we get caught up with the waitlist."

For assistance, contact JFCS Emergency Aid Program Manager Caitlin DeBoer at 503-226-7079, ext. 134, or by email at CDeBoer@jfcs-portland.org.

MJCC expands after-school options

The Mittleman Jewish Community Center has expanded its after-school options for students in kindergarten through fifth grade.

The MJCC has weekly fall after-school camps that run 3-6 pm, Monday-Friday. The camps provide a break for parents and a safe social interaction for children with games, arts, crafts and sports. Upcoming camp weeks are Nov. 2-6, Nov. 9-13, Nov. 16-20, Nov. 23-25* and Nov. 30-Dec. 4. Registration must be completed by noon Friday of the preceding week; space is extremely limited. Weekly cost is \$158 or \$135 for members. *The Thanksgiving three-day week (Nov. 23-25) cost is \$95 or \$81 for members.

The MJCC also presents two Mad Science programs beginning Oct. 29. Camps will meet on Thursday afternoons. Wonders of the World for 5- and 6-year-olds will be 3:15-4 pm through Dec. 3. Planes, Cranes and Automobiles for children ages 5-10 will be 4:15-5 pm through Dec. 10.

For registration or more information on any of the programs, visit oregonjcc.org/sports/youth-classes.

Abraham Accords topic of Nov. 16 Israel360

The 2020-21 monthly Israel360 events, which focus on historical, cultural and political aspects of Israel, will continue Nov. 16 with a Zoom program "Abraham Accords – Israel Signs Peace Agreement with the UAE and Declaration of Peace with Bahrain."

On Sept. 11, 2020, Israel and Bahrain announced their intention to establish full diplomatic relations, just a number of weeks after Israel and the UAE announced their intention to sign a peace

treaty. On Sept. 15, 2020, a peace agreement between Israel, the UAE and Bahrain was signed in a formal ceremony in Washington. Together with the United States, Israel, the UAE and Bahrain further signed the trilateral Abraham Accords Declaration.

On Nov. 16 at 7 pm, join a Zoom program to discuss the implications of the Abraham Accords with Matan Zamir, Israel's deputy counsel general to the Pacific Northwest.

Zamir has been a member of Israel's Foreign Service since 2011, previously serving as the deputy chief of mission at the Israeli Consulates to Mumbai (2013-2015) and to New England (2015-2018). He served in the Israeli Defense Forces from 2000 to 2003 and was honored for his service and received the President's medal of excellence for Israel's 55th Independence Day.

The presentation is cosponsored by Neveh Shalom Israel360 and The Jewish Federation of Greater Portland.

[Preregistration](#) is required. For more information on the series, contact Lisa Richmond at lrchmond@nevehshalom.org, visit nevehshalom.org/israel360 or call 503-246-8831.



Educators program looks at racism, genocide

On Nov. 11, a 90-minute online professional development program for educators will feature Jelani Memory, CEO of A Kids Book About series and author of *A Kids Book About Racism*. The program is free and attendees receive free e-book copies of that book as well as *A Kids Book About Empathy* and *A Kids Book About Shame*.

Jelani will talk about how he and the authors he works with approach writing about and discussing challenging and complex topics with kids as young as 5.

Hosted by the Oregon Jewish Museum and Center for Holocaust Education, the program will also explore how these books can be used to address Senate Bill 664 (Oregon's Holocaust and Genocide mandate).

"SB664 requires teachers to address the history of discrimination within Oregon," says OJMCHE Director of Education Amanda Coven. "Given that Oregon's constitution explicitly stated (until 2002, when it was removed) that Black people were excluded from residing or owning property within the state, teachers must address a variety of topics such as racism beginning at a young age. Learning about racism comes with big emotions such as guilt, shame and empathy. The three books ... provide elementary teachers an opportunity to introduce complex topics, and the reactions students may feel, in an age-appropriate way."

The program will be on Zoom from 10 to 11:30 am. Two PDUs are available. For questions, contact education@ojmche.org.

To receive the Zoom link, register at: ojmche.org/event-rsvp-talking-about-challenging-topics-with-kids.



OJMCHE noon talks explore moral leadership and Germany's lessons

In an effort to address current issues of importance to the world, the Oregon Jewish Museum and Center for Holocaust Education has created a series of noon programs on Zoom for the fall and winter. The next two programs are “What is Moral Leadership?” on Oct. 29 and “What America Can Learn from Germany, a Conversation with Susan Neiman” on Nov. 11.

The Oct. 29 program will feature a conversation with Alexis Herr, University of San Francisco; Patricia Schechter, Portland State University; and Bobbin Singh, Oregon Justice Resource Center. The moderator is Tim

DuRoche of WorldOregon. Cosponsors are OJMCHE, WorldOregon and Oregon Justice Resource Center.

In times of crisis, upheaval and deep social change, what defines moral leadership? What principles are required of moral leadership? With the chaos of 2020 and in advance of the U.S. election, join OJMCHE for a stimulating conversation that focuses on the intricacies of moral leadership in times of genocide, civil rights and women’s rights movements.

The program is free, but registration is required. Register at: ojmche.org/events/what-is-moral-leadership/.

The Nov. 11 program features philosopher Susan Neiman. She grew up in Atlanta during the civil rights movement and later earned a Ph.D. at Harvard University. Neiman is director of the Einstein Forum, a think tank in Berlin, where she has spent much of her adult life. When she has not been writing about Immanuel Kant and the enduring virtues of the Enlightenment, she’s written about being Jewish in Berlin. Germans have devoted so much attention to working through their Nazi past that their capital city has become an attractive home to some Jews in recent years. Neiman’s new book, *Learning From the Germans: Race and the Memory of Evil*, concerns that German process of “working off” the past and, by way of comparison, how the United States might do the same with its legacy of slavery and contemporary racism.

The program is free, but registration is required: ojmche.org/events/what-america-can-learn-from-germany/.



Alexis Herr



Patricia Schechter



Bobbin Singh

PJA launches Jr. Garden Club

Portland Jewish Academy has launched a Junior Garden Club. In mid-October, six fourth-graders and four fifth-graders came out to the PJA garden with their masks and gardening gloves on to help bring this growing space and learning community back to life. Participants weeded and pulled old summer plants and planted seeds. Each student took home a little harvest bucket for dinner.

Fourth-grader Abbi says, “You might get a bit dirty, but that’s a part of garden club. They let me harvest whatever food I wanted that was in the flower bed. And I met a few new people that were not in my grade.”

Fifth-grader Mason joined the club because he wanted to be with his friends and is hoping for more opportunities to be together at school. “I feel like school should go back because this was so safe and fun,” he says. “I also got good vegetables that we cooked.”

Members will continue to get their hands dirty while planting fall crops together.



TechfestNW goes virtual Dec. 2-4

The annual TechfestNW conference was planned for April 2020. In the wake of COVID-19, the in-person conference had to be canceled. TechfestNW returns as a virtual conference Dec. 2-4, 2020. This year’s virtual conference will feature informative panels and discussions on the business challenges and opportunities that our world is facing. Confirmed speakers include Tom Gruber, Roger McNamee, Tami Newcombe, Stephanie Lampkin and Cheryl Campos.

TechfestNW features Main Stage speakers, [PitchfestNW](https://pitchfestnw.com/) (more than 70 start-ups will pitch to a panel of VC judges), social networking and a virtual expo. The Jewish Federation of Greater Portland is one of many cosponsors of the fest. Details on Israeli start-ups and speakers will be available soon.

Early bird tickets are \$15 and all proceeds go to nonprofits that work to make innovation and technology more accessible: [Girls-Build](https://girlsbuild.org/), [The Blueprint Foundation](https://theblueprintfoundation.org/) and [Outside the Frame](https://outsideframe.org/).

For early bird tickets, click [here](#).

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Upcoming issues

Issue date	Deadline
Nov. 11	Nov. 5
Nov. 25	Nov. 19
Dec. 9	Dec. 3
Dec. 23	Dec. 17
Jan. 6	Dec. 30

Submit news, photos and obituaries by the issue deadline to:
editor@jewishportland.org

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Guest Column Help teens in hard times

BY LEAH KATZ, Ph.D.

As a clinical psychologist with a specialty in working with teenagers, I can tell you many of today's teens are struggling with their mental health.

Over the last several months, I have witnessed an increase in anxiety and depression. Much of the increase is related to the side effects of living through a pandemic. While adults have the core, predictable components of their life to rely on – family responsibilities, jobs and their independence – many teens have had key elements of their life ripped away.

Teen life revolves around going to school, extracurriculars and spending time with friends. None of those are accessible now in the ways they had been. Many teenagers are left with huge pockets of unfilled time and a sense of self that is floundering. They are struggling.

Socially isolated and disengaged from the things that give them purpose (academics, acting, sports...), many teens are turning to the little that is at their fingertips: video games and their phones. In moderation, those can be beneficial to well-being. However, in excess, both are destructive to mental health.

Which brings me to sleep schedules. Many teens have radically thrown-off sleep schedules. Several are staying up most of the night and sleeping during the day. I have woken up many a teenager when I called them for their morning session – and it is always the same story: "Sorry, I was up until 4 am playing video games."

When sleep is thrown off, so are their eating habits. Snacking through the night and not eating in the day is a recipe for not feeling well physical or emotionally.

Now that virtual school has started, hopefully these teens are getting back on a schedule. While the restart of school has been helpful, it doesn't provide the same social opportunities and accountability as going into

a brick and mortar school.

I have also witnessed tremendous resilience in the teens I work with. Some of those who are having a hard time also display toughness. The two are not mutually exclusive. A teen can have moments of hardness and creativity, mixed with days where they are tearful, worried, lost and angry. These feelings of resilience interfaced with feelings of hopelessness create a confusing emotional landscape for many teenagers.

The following tips can help you be there for your teen:

Check in on them. Many parents are so overwhelmed they fall into the perception that no news is good news. No news might indicate a teen who is withdrawn and depressed because of this pandemic. Check in with them, but don't push it. This may further distance your teen. Just a little comment can do wonders to let your teen know you are there and notice them.

Listen to them. When your teen comes to you upset, don't jump right in with perspective and advice. This may only silence your teen. Often teens just want to be heard. Just "being" with your teen's sadness and loss is especially important in a time when there are few solutions. Not only will it build your bond, it also models for them the very important skill of allowing ourselves to notice and feel our feelings. For example, if your teen tells you how frustrated they are about not being able to attend football games, a validating response – "I really hear your disappointment; it's hard to feel that way and deal with all the loss right now" – can go a long way. A fix-it model – "But you know there are still other things going on! And you still have two more years left to high school, so you'll have next year" – is less helpful.

Ask if your teen would like perspective, coaching or advice. Still, you are their parent and have more perspective and wisdom because of your age,

experience and objectivity. So, after you have listened to your child, maybe later in the day or the next, ask them if they'd like some perspective. The key word here is ask. "I was thinking about what we were talking about yesterday, may I offer you some thoughts I had on it?" will likely make your teen more receptive than if you just tell them what you think.

Encourage socialization. Outdoor picnics, walks, something that feels safe and is within guidelines. These kids need their friends in real life (not only virtually).

Brainstorm with them about a project they can do. A client told me a friend's parents got him an old fishing boat so he can tinker with it and fix it. Not everyone has the space or money for a fishing boat, but a creative project to work on can be very helpful. I've seen teens sew and create Etsy shops where they sell dog leashes they have made. Having a creative outlet can both build mastery and create purpose – two big components of mental well-being.

Limit screen time. I know everyone knows this, but it's really important. You will probably get pushback, but after the adjustment period, I hope you will find a happier, more wholesome teen. When they free up time by putting down their phones, there is space for more fulfilling activities.

Encourage exercise or exercise together. Things I have heard from clients that have been nice: family walks, bike rides or weight lifting. Find whatever works for your teen and your family. Moving our bodies is a precursor to mental health.

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

Chaplain's Corner

BY RABBI BARRY COHEN

Right now, we have plenty of reasons to feel stressed, anxious and afraid. One of the main sources of these emotions is the event looming on the Nov. 3 horizon – election day. Of note, the American Psychological Association conducted a “Stress in America” survey and learned that 56 percent identified the 2020 election as a significant stressor and source of anxiety.

Before I go further, let’s agree on definitions of words people use to describe how they feel. “Anxiety” is a prolonged state of apprehension brought on by uncertainty about future threats. “Fear” is an acute response to an immediate or identifiable threat. Often these emotions are lumped together. Fear-mongering campaign ads and news reports amplify our already anxious state. The result is a one-two punch that undercuts our sense of security.

This election season, we also

need to make a distinction between “anxiety” and “worry.” The former is an emotion. The latter is a type of thinking that is affected by anxiety as we struggle to resolve the issue or issues that make us anxious. Worrying makes sense when we have control over what makes us anxious. However, worrying can become counterproductive when we cannot control what makes us anxious.

One of the greatest challenges posed by this election is that, individually, we have little control over its outcome. At the same time, the implications of the election will greatly affect our personal well-being, happiness, safety and security.

Emotionally, spiritually and physically, we can feel the results of this cocktail of anxiety, fear and dysfunctional worry. We can feel confused, sad, irritable and overwhelmed. Our muscles can become tense. We can have tension headaches and stomach aches. We can suffer from insomnia, elevated blood

pressure and a suppressed immune system.

Though this is not found in the DSM-5 (the Diagnostic and Statistical Manual of Mental Disorders), many of us collectively are experiencing “election stress disorder.” We see those who do not agree with us politically as an enemy and as an existential threat to our democracy.

Two weeks ago, I fell into the trap of watching too much CNN and MSNBC. I was averaging 3 hours a day. I became agitated, on edge, irritable and afraid. This affected my spiritual and psychological health and my connection with my children. I decided to go cold turkey and instead get my news from trusted websites. Almost overnight, I began to feel better.

I need to have a plan of how to cope during the final days leading up to the election, during the possible days of determining the results, and during potential grieving based on who wins and who loses.

Election stress and gratitude

Between now and Nov. 3, getting a good night’s sleep is a priority. I will also set aside time to exercise and meditate. I need to be willing to feel any and every emotion rather than bury them deep inside. Writing about them will prove useful.

If my candidates do not win, I must prepare myself to grieve. I will limit the time I devote to politics. In the process, I will not allow my mind to run away and engage in catastrophic thinking. I can spend less time connecting with technology and more time connecting with others. I can listen to my favorite music. Sometimes the best medicine is the right song on the right album by the right artist. Finally, I can reflect on the power of gratitude, which will improve every aspect of my health.

Oh, and I may make plans to immigrate to New Zealand. (Just kidding....)

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

Teen Corner

Feeding the hungry in a new era

Tikkun olam (repairing the world) is an age-old Jewish value that teaches responsibility for the world around us. Each year, students at Portland Jewish Academy learn about local and global needs and how they can “Work for the World” by making a difference in these communities.

In past years, PJA students have served meals to the hungry at Blanchet House, a nonprofit social services organization located in downtown Portland that provides food, clothing and housing programs to people in need. This year, COVID restrictions have made that impossible, but eighth-grader Gautam Josse has found a way to help.

In the following interview, Gautam shares details of his effort.

What you are doing for Blanchet House these days?

I pack sack lunches with things like sandwiches and a

bag of chips and a banana. Usually takes an hour to make 50 sandwiches, then packing them with the other snacks. I splatter paint on the bags and write a little note on the back of them.

What inspired you to take on this project?

I just like to give back to my community and make changes.

What has been the best part of doing this work?

I like to think of how people will get to eat, and not starve.

What has been the biggest challenge?

The biggest challenge was getting a sponsor to give me the bananas, bread, jam, peanut butter. I made several phone calls, but in the end, I finally got a person willing to help me out. It was Natural Grocers. They helped me out and supplied me with materials to feed people.

What are some other projects you have done over the years?

I have gone to a boot camp



and met many great people who have had the opportunity to help out the world. The boot camp is called Ocean Heroes. It usually is a weekend, and last year I went to British Columbia for it. I am also working on a campaign to get rid of plastic straws in Hillsboro.

What advice would you give someone your age or younger

who is looking for meaningful volunteer work?

I would advise to always work hard. I have been doing it and people have been recognizing me for my campaign. I would say you would need time and to not give up. It took a lot of drafts and trials and errors to get to where I am. Anyone can make a change. I can, why can't you?

Life-cycle events

Send news of births, b'nai mitzvah, engagements, weddings and anniversaries to: editor@jewishportland.org

ENGAGEMENT

MIRIAM LAMBERT-MATYS WEISER

Congregation Kesser Israel wishes mazel tov to Miriam Lambert on her engagement to Matys Weiser.

Miriam Lambert, age 42, is a

member of Congregation Kesser Israel. She was born and raised in Eugene, and has lived in Portland since 2007. She is a medical physicist employed by Kaiser Permanente.

Matys Weiser, age 54, a member of the Hasidic community in the Catskills, New York. He immigrated from Poland in the mid-1990s and is an entrepreneur.

The couple plan to marry

in the spring of 2021, in New York, provided the pandemic restrictions have lifted by then. If a large ceremony isn't possible, they may do a small family ceremony in Portland instead and delay the large reception until it's safe to gather again.

Following the wedding, the couple plans to live in Portland, with frequent visits to Matys's family in New York for the chaggim and vacations.

AJC surveys perceptions of anti-Semitism

On Oct. 26, 2020, two years after the massacre of 11 Jews inside the Tree of Life synagogue in Pittsburgh, the American Jewish Committee released AJC's first-ever State of Anti-Semitism in America Report.

The report reveals deep anxiety among American Jews and a disturbing lack of awareness among the general public of the severity of anti-Semitism in the United States:

- Nearly half of all Americans do not know what anti-Semitism is, with one in four (25 percent) saying they have heard of it but don't know what it means, and an astounding one in five (21 percent) saying they have never heard the word.

- More than four out of every five Jewish respondents (82 percent) say anti-Semitism has increased over the past five years, compared to only 43 percent of U.S. adults who say the same.

- More than one in three American Jews (37 percent) say they have been victims of anti-Semitism over the past five years. Nearly one in three (31 percent) say they have avoided certain places or events out of concern for their safety.

The report also discusses the importance of Holocaust education, which was mandated for Oregon students beginning this school year. Three-quarters of U.S. adults (76 percent) report they know a lot (37 percent) or something (38 percent) about the Holocaust, while 24 percent say they don't know much or know nothing at all. In contrast, 84 percent of American Jews know a lot about the Holocaust, and 15 percent say they know at least something. Teaching about the Holocaust is viewed as important by both groups, though to differing degrees; 91 percent of American Jews and 68 percent of U.S. adults say it is very important to teach middle and high school students the history of the Holocaust.

For the full results, along with expert analysis, visit [AJC.org/AntisemitismReport2020](https://www.ajc.org/AntisemitismReport2020).

Obituaries

Submit obituaries to: editor@jewishportland.org

MATISYAHU WEINSTOCK

Matisyahu Weinstock, z"l, passed away Oct. 26, 2020. He is survived by his daughter Esther (Rabbi Tzvi) Fischer of the Portland Kollel.

Congregation Kesser Israel extends condolences to the family. The funeral was held Oct. 27 in New Jersey.

ALAN BARZMAN

Alan "Barz" Barzman, z"l, passed away Oct. 21, 2020, at the age of 88. He is survived by his wife and best friend of 17 years, Suzanne Barzman, of Portland; children, Lindsey Colhoun, and Michael and Chris Barzman; grandchildren Ryder and Haven Calhoun; and stepchildren Gabrielle Whitney and Kenneth Markewitz.

Alan was born in Portland. He graduated from the University of Oregon and received his master's from Boston University. He devoted his advertising career to making humorous radio ads.

Alan was a talented artist and published author. He loved fine art, fine food and a fantastic Oregon Ducks game.

He was listed in *Who's Who in Advertising*. He was the recipient of Radio Advertising Bureau's Orson Welles Lifetime Achievement Award for Creative Excellence, Clio Awards, International Broadcast Awards, London Advertising Awards, ADDY and ANDY Awards. Alan lectured about Creative Radio Advertising in the United States, London, Helsinki, Sydney and Johannesburg.

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burg. His voice could be heard on the CBS children's program "Beakman's World."

He was a well-known voice talent and the original voice-over who prompted the Energizer Bunny to keep "going and going and going." Alan undoubtedly will keep "going and going and going" in our hearts forever.

MICHEL MARCEL ROGSON

Michel (Mike) Marcel Rogson, z"l, passed away Oct. 25, 2020. He was the husband of Miriam; father of Ariel (Jennifer) and Tamir (Asheara) Rogson; brother of Leon (Gavriel-la); and grandfather of Abigail, Charles and Benjamin.

In keeping with Congregation 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 scheduled.

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

MALCOLM HAROLD WOLF

Malcolm Harold Wolf, z"l, died Oct. 18, 2020, at the age of 77. He was the beloved father of Bryan Wolf and Taryn Wolf, brother of Stanley Wolf and Frances Gendleman, and grandfather of four.

He was preceded in death by wife Nancy, z"l, and parents Martha and Harry Wolf, z"l.

Malcolm was a resident at Rose Schnitzer Manor. A private funeral was held at Shaarie Torah Cemetery Oct. 23.

Congregation Shaarie Torah sends heartfelt condolences to the entire family.

PHILLIP GLADSTEIN

Phillip Gladstein, z"l, passed away Oct. 17 at the age of 92. He was the husband of Raya Gladstein; dear father of Lori (Ken) Kletzer, Carol Gladstein and Jay (Eric) Gladstein; and grandfather to Ben (Kelsey) Kletzer and Sarah Kletzer.

Phil used to lead the morning minyan at Congregation Neveh Shalom on Sundays. Each week he would "announce" how many days until Hanukkah. In the Oct. 19 notice of Phil's death, Neveh Shalom noted, "We're sure Phil would want us to note that there are 52 days until Hanukkah."

A private interment was held.

Congregation Neveh Shalom extends condolences to the Gladstein family.

SHELDON PETCHER

Sheldon "Shelly" Petcher, z"l, passed away Oct. 15, 2020, at the age of 85.

Shelly was born in Chicago on July 2, 1935. He was married to Phyllis for 54 years. Shelly died of complications related to Covid-19 at the age of 85. He was preceded in death by Phyllis and is survived by his children, Leslie (Daniel) Petcher, Melissa (Tim) Longstreth and Glenn Petcher.

A private graveside funeral was held at Shaarie Torah Cemetery. Arrangements by Holman's Funeral Service.