

PJA expands focus on diversity

BY DEBORAH MOON

Social justice has long been a guiding principle for Portland Jewish Academy. The diversity, equity, inclusion lens the school has used in recent years reached a tipping point over the past year as protests swept the globe after the murder of George Floyd by police.

Now the school is taking action.

In March, 12 PJA middle school students participated in a virtual Student Diversity Leadership Retreat hosted by the Northwest Association of Independent Schools, PJA's accrediting body. During the two-day event, students connected with student leaders from across the Northwest, explored the role of art in social movements, participated in affinity spaces and arts-based workshops, and gen-



Last June, PJA held a community vigil to show support for racial justice. More than 130 students and families turned out to support the Black community and raise visibility of the violence and racism Black people experience. This March, some of those students participated in a virtual Student Diversity Leadership Retreat.

erated plans for bringing their experiences and their learning back to PJA.

Next year, that core dozen plan to create a PJA student ally

committee, similar to the staff diversity professional learning community that meets every other week to discuss issues of diversity, equity and inclusion.

PJA seventh and eighth grade humanities and drama teacher Marcie Brewer facilitates the staff diversity PLC and coordinated the students' retreat participation. PJA was allotted 12 slots for the retreat and students had to apply.

"We actually had quite a bit of interest," says Brewer. "Because we were hoping that this opportunity would be a launchpad for developing and starting up an ally group among our students, we decided to focus on sixth and seventh graders."

In addition to developing a committee for students to talk about issues of diversity, equity and inclusion next year, she says the core group will likely give a presentation to the entire middle school before this school year ends June 11.

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Appellate judge who "loves justice" to move to senior status

BY DEBORAH MOON

Judge Susan Graber, appointed by President Clinton to the U.S. 9th Circuit Court of Appeals in 1998, has announced her intention to move to senior status.

"My letter to President Biden states that I will retire from regular active service when the Senate confirms my successor," says Judge Graber, who has lived in Portland and been a member of Congregation Beth Israel since 1978. "My best guess is that this event will occur within the next year."

Federal appellate judges can take senior status, which gives them more autonomy over their caseload, if they are over 65 and have served for at least 15 years.

"I plan to continue hearing cases as a senior judge for the indefinite future, because I love the work," she says. "I expect to start out on close to a full-time basis but with, I hope, a

"I plan to continue hearing cases as a senior judge for the indefinite future, because I love the work."

~ Judge Susan Graber

bit more time for travel and relaxation."

Despite her busy legal schedule, Judge Graber has also found time to be active in Portland's Jewish community.

"I served on the Board of Trustees of CBI for several years, and I sing in the congregational choir (including some of the Purim Schpiels!)," she says.

She also has been an active member of

See JUDGE, page 7



Judge Susan Graber looks at a book of photographs of Sauvie Island birds taken by her husband, Bill June. The couple spends a lot of time at Sauvie Island watching the birds and walking Bolo, their Labrador retriever.

Revitalized Manor draws new residents

BY DEBORAH MOON

Current and prospective residents of Rose Schnitzer Manor are delighted that things are opening up after a year of COVID restrictions.

Residents are enjoying dining together in the dining rooms with extended hours and a full menu featuring some new offerings by new Executive Chef Andy Staggs. Her recipes for housemade veggie burgers and easy-to-hold sliders have been a big hit.

Many seniors who had been considering moving to the Manor put their plans on hold when COVID struck.

"One of the deterrents for people was that we had a lot of restrictions, and it was so closed off," says Polina Munblit-Gregg, assistant administrator of RSM, which sits on the Cedar Sinai Park campus. "We weren't able to have visitors in the building, the dining rooms were closed and we didn't have activities – so a lot of people were holding off and staying at home, because what was the point of moving into senior living and not being able to experience all that it typically has to offer."

Now the Manor is again offering those amenities and people



Rose Schnitzer Manor residents are enjoying the camaraderie and large selection of food available in the now open dining rooms.

are noticing.

"Just naturally people are calling more because they know that," Polina says. "They're just feeling more comfortable with moving in."

So RSM is offering a \$500 credit toward new residents' moves to the Manor when they use Managed Moves, a full-service downsizing and moving company that has served seniors since 2006.

"Our Spring Move-In campaign emphasizes the opportunity to live life to the fullest at any stage, with as much support or independence as one needs," says Dru Rosenthal, CSP director of development & com-

munications. "Why move to RSM? Our why showcases the love, honor and respect provided to our loved ones."

In addition to the open dining rooms, the popular Marcie's Bar reopened this week to serve cocktails and appetizers. There will be social distancing and a cap on the number of people in the bar area, but residents are excited.

"You can tell there's just a whole different mood in the building – a lot more cheerful, everyone's a lot happier," says Polina.

Andy says that residents are really enjoying ordering from a full menu when they sit down

to eat, rather than having to order meals the week before from a limited menu.

"We have a super selection on the menu," she says. "The most popular item has been omelets. An omelet was not feasible for room service – we offered lots of scrambled eggs for delivery."

Andy, who has worked in CSP food service since January 2020, became CSP executive chef and director of dining services on April 9.

"I don't like processed food on the menu," she says, so she replaced the commercially ordered veggie burgers that have a lot of sodium with her own recipe featuring brown rice, black beans and beets. The recipe also reduces waste because, typically, unused brown rice would be discarded at the end of the day.

She also introduced sliders when she heard some residents have trouble holding the full-sized Manor Burgers on the menu.

"A lot like the smaller slider – they are not overwhelmed by size of the entrée, and it's easy to hold," she says.

For more information on the move-in special and a virtual or in-person tour, call Polina at 503-535-4004.

Outdoor Israeli folk dancing Sundays in Multnomah

Are you ready for some in-person, outdoor Israeli folk dancing in Portland? Dance leader Rhona Feldman invites you to the Multnomah Arts Center (7688 SW Capitol Highway, Portland) on Sundays from 12:30 to 2:15 pm.

"I love the music and the movement involved of Israeli dancing," says Rhona, who moved to Portland three years ago after 40 years in Seattle. "Dancing outside during COVID has been a way for me to stay connected to people and has kept me moving in a way that feeds my soul."

Rhona started Israeli dancing in her grandmother's home as a young girl. She has been learning new dances since her 2 Jewish Review April 28, 2021



teenage years and has taught beginning Israeli dance classes for almost 10 years. She performed in Israeli dance performing groups in Seattle and New York. She is still learning about the Jewish community

and programs in Portland, an effort that has been hampered by pandemic restrictions.

Rhona has led this outdoor dancing in the covered basketball court for many months and is now opening the sessions to

more dancers.

"Being outside dancing with friends, the wind blowing and sometime the rain falling, is very moving and exciting," says Rhona. "I love seeing the group of dancers moving together and enjoying themselves."

There is occasional teaching, otherwise, mostly dancing favorite oldies and tried-and-true newer dances.

Masks are required. Rhona suggests participants dress in layers – it's shady under the covered area and can be a bit cool until you're warmed up.

Occasionally dancing moves to a different day, so newcomers should email Rhona at Rhonaf@comcast.net to check the date or for other questions.

2021 ANNUAL MEETING

**A VISION FOR OUR
SECOND CENTURY**



Jewish Federation
OF GREATER PORTLAND

JOIN US JUNE 14TH ON ZOOM

SAVE THE DATE!

FOCUS: Day Camps

BB DAY CAMP PORTLAND

Presented by B'nai B'rith Camp

Located at Congregation Beth Israel, 1972 NW Flanders St, Portland

Chanel Bourdeau, BB Day Camp Director: 503-496-7447

pdx@bbcamp.org

bbcamp.org/Portland

Middle school program: bbcamp.org/mspdx/

BB Day Camp Portland provides a welcoming and fun summer camp environment for children entering kindergarten through eighth grade. Days at camp are full of classic camp activities such as art, athletics, crafts, music, dance, drama, and of course, gaga! Each week offers age-appropriate themes, dress-up days and field trips. Choose any week(s) from eight weeks of fun.

GRADES SERVED

Rising Kindergarten-Grade 8

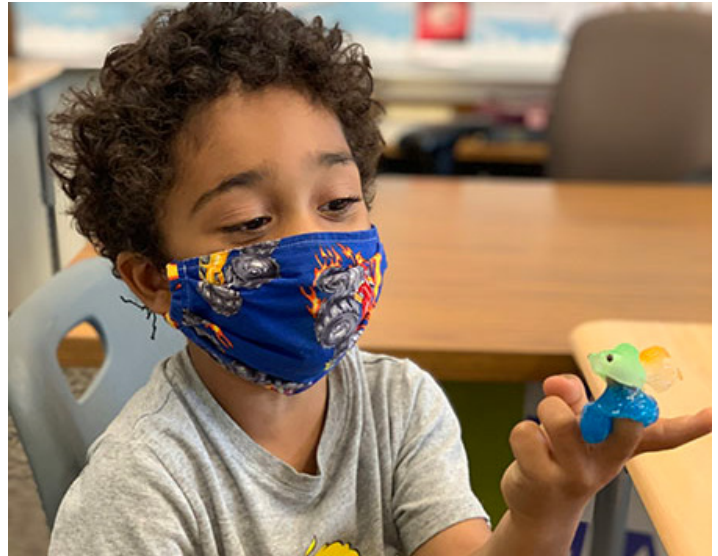
SESSION DATES

June 28-Aug. 20, 2021

Weekly sessions Monday-Friday, 9 am-3:30 pm; morning and afternoon extended care available

COST PER SESSION

\$350/week



MJCC SUMMER DAY CAMP

Presented by and located at Mittleman Jewish Community Center, 6651 SW Capitol Hwy., Portland

Josh Harrington: daycamp@oregonjcc.org | 971-254-8332

www.oregonjcc.org/daycamp

Best summer ever! MJCC Day Camp offers full-day fun with flexible scheduling. Enjoy sports, arts, weekly themes and more. Open to everyone ages 5-15. MJCC Day Camp is imbued with a sense of joy, community, spirit and fun. MJCC Day Camp inspires confidence and provides the framework for lasting memories and friendships. Camps are one-week, full-day or half-day sessions. The health and safety of our campers is our top priority. Daily health screenings, small stable groups, handwashing, sanitizing and masks are required. We will continue to follow state guidelines throughout the summer.

AGES SERVED

5-15 years

SESSION DATES

Weekly June 21-Aug. 20 with bonus specialty camps June 14-18 and Aug. 23-27

9 am-4 pm, full day or half day

COST PER SESSION

Cost varies by age and camp from \$120-\$365 per week

BB DAY CAMP PORTLAND-EASTSIDE

TENTATIVE: Call or email for final details

Presented by B'nai B'rith Camp

Located at the Eastside Jewish Commons, 2420 NE Sandy Blvd., Portland

Chanel Bourdeau, BB Day Camp Director: 503-496-7447

pdx@bbcamp.org

Join us for one to three weeks of fun this summer! At BB Day Camp Portland-Eastside, your camper will make new friends while exploring their Judaism in a fun and creative BB Camp setting. Each week our campers will take part in arts and crafts, science, cooking and baking, games, outdoor exploring and more. We are so excited to partner with the Eastside Jewish Commons at their brand new building to bring Portland's Eastside community BB Camp magic.

GRADES SERVED

Rising Kindergarten-Grade 6

SESSION DATES

Week 1: July 12-16, 2021

Week 2: Aug. 2-6, 2021

Week 3: Aug. 9-13, 2021

Monday-Friday, 9 am-4 pm

COST PER SESSION

\$350/week

MJCC PRESCHOOL DAY CAMP

(See MJCC DAY CAMP above for location, contact)

MJCC has obtained a special license to offer a summer program for 3- to 4-year-olds through the Early Learning Division. We aim to offer your child a summer of exciting exploration and nurture your child's development to help them make connections to the world around them. We inspire imagination through hands-on activities and large and fine motor skill development while balancing individual needs and interests. Masks will be strongly encouraged indoors.

AGES SERVED

3-4 (Campers must be potty trained)

SESSION DATES

June 21-July 23 (5 weeks) - no camp July 5

July 26-Aug. 20 (4 weeks)

Half day or full day 9 am-4 pm

COST

Costs vary from \$576 to \$1,611.50 depending on session, full or half day, and member/nonmember rates.

PJA SUMMER DISCOVERY

Presented by and located at Portland Jewish Academy
6651 SW Capitol Hwy, Portland

Celinda Llanez:

cllanez@pjaproud.org | 503-244-0126

www.pjaproud.org/summer

Open to everyone! Explore your creativity, discover your talents, nurture your curiosity and broaden your horizons. With safety and



security as a top priority, PJA offers enriching classes from experienced, professional teachers who are excited to teach topics and themes with passion. Explore the outdoor classroom, create imaginative stories with puppet theater, learn to paint with watercolors, construct Lego sculptures and more. PJA teachers incorporate STEAM (science, technology, engineering, arts and math) to enhance learning. Classes spend time outside playing, exploring

and going on adventures, so bring your walking shoes. Spend July 2021 at PJA. Exercise your brain, explore and discover in a fun and nurturing way.

Special session for 4-year-olds: Come celebrate nature by exploring PJA's green spaces during one three-week camp.

AGES SERVED

4-15 years

SESSION DATES

June 28-July 16, 9:30 am-1:30 pm

Weekly sessions for ages 5-15

One three-week session for 4-year-olds

COST

\$180-\$220 per week; \$660/4-year-old session

CAMP MAAYAN

Presented by and located at Maayan Torah Day School
2 Touchstone Dr., Lake Oswego

Bre Murphy, info@maayanpdx.org | 503-245-5568

<https://maayanpdx.org/camp-maayan/>



We are a warm, friendly Jewish day school offering emergency daycare/summer camp for Jewish kids ages 12 months to 12 years old. Space is limited! Enrollment closes April 30.

AGES SERVED

12 months to 12 years

SESSION DATES

Weekly from July 6-Aug. 13

COST PER SESSION

\$275/week (first week is 4 days/\$220); Entire summer \$1,500; We are a certified daycare, so ERDC funds are accepted.



GAN ISRAEL DAY CAMP PORTLAND

Presented by Chabad of Oregon

Located at Gabriel Park

Simi Mishulovin: simi@chabadoregon.com | 503-246-5437

GanIsraelPortland.com

The 2021 season at Gan Israel will be in an outdoor setting combining a mix of unique outdoor activities including farming with sports and trips.

AGES SERVED

6-11 years

SESSION DATES

July 5-30 weekly; 9 am-3 pm

COST

\$230/week

CAMP GAN ISRAEL/CLARK COUNTY

Located in Vancouver, Wash.

Tzivie Greenberg: [tizvie@jewishclarkcounty.com](mailto:tzivie@jewishclarkcounty.com) |

360-993-5222

jewishvancouverwa.com/camp-gan-israel

Gan Israel is a comprehensive summer camp designed to strengthen the body and soul. It provides children with a rich and wholesome summer vacation of fun and excitement along with friendship and meaningful experiences.

AGES SERVED

5-12 years

SESSION DATES

Aug. 2-6 and Aug. 9-13

COST PER SESSION

\$225 per week

CAMP GAN ISRAEL/EASTSIDE

Presented by Chabad of NE Portland

Located at private outdoor space in the Beaumont-Wilshire neighborhood

Mushka Wilhelm: 971-302-9395

JewishNortheast.com/Campganizy

At Camp Gan Israel, we provide a fun, hands-on Jewish camp experience to children from diverse Jewish backgrounds. We are passionate about providing safe, quality programming, and we continue to innovate and lead with more passion, creativity and care. We provide a window into a joyful, positive and relevant Jewish experience that every Jewish child can appreciate.

GRADES SERVED

Graduating Pre-K-entering 6th

SESSION DATES

June 21-25, 9 am-3 pm

COST

\$265; \$225 by May 1

JScreen launches cancer genetic screening nationally

JScreen, a national public health initiative based out of Emory University School of Medicine's Department of Human Genetics, has announced a new program that will offer at-home testing for more than 60 cancer susceptibility genes associated with hereditary risks for breast, ovarian, prostate, colorectal, skin and other cancers.

When the Jewish Review was a print publication from 1959-2012, it often covered the evolving field of genetic screening. The paper ran multiple stories about Nancy Prouser, who lost her mother to breast cancer 41 years ago but used genetic screening to avoid the same fate, and Sherie Hildreth, who didn't learn she had a BRCA mutation until after her diagnosis of ovarian cancer.

"Making cancer genetic testing accessible is key," said Jane Lowe Meisel, MD, Associate Professor of Hematology and Medical Oncology at the Emory University School of Medicine and medical director for JScreen's cancer program. "This type of testing is important because it alerts people to their risks before they get cancer. They can then take action to help prevent cancer altogether or to detect it at an early, treatable stage."

Until now, JScreen's focus has been on reproductive carrier screening for diseases such as Tay-Sachs that occur more commonly in the Jewish population, as well as diseases such as cystic fibrosis that are common in the general population. JScreen has tested thousands of participants and given high-risk couples essential information about options to help them have healthy children.

JScreen heard from members of Jewish communities across the United States that they were interested in genetic testing to assess personal cancer risk. Their concerns stemmed from the fact that Ashkenazi Jewish men and women face a 1 in 40 risk of carrying mutations in the BRCA1 and BRCA2 genes; this is more than 10 times the risk in the general population.

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She chose life

Breast cancer gene left just one option for Nancy Prouser

BY DEBORAH SELDNER
The Jewish Review

Breast cancer killed Nancy Prouser's mother 18 years ago. Five years ago her father was diagnosed with breast cancer and had a mastectomy.

Last year Nancy's sister Laurie Kramer called with more bad news. Their father had tested positive for the recently identified BRCA2 gene (Breast Cancer 2), which is found at a higher rate in Ashkenazi Jews than in other populations (See sidebar, page 18).

As a health educator, Nancy was already familiar with the ominous significance of that fact, since genetic traits are passed from parent to child. Her sister, who works for the Human Genome Project, an international effort to map all human genes, was a good resource of even more information. Studies have indicated that 50 to 85 percent of women with that gene will develop breast cancer.

"During that phone conversation I made two decisions that I never wavered from: One, I wanted to know if I had the gene, and two, if I did, I was having a mastectomy. Those were the facts, there was no decision to make," said Nancy, age 46.

In March Nancy learned she had the BRCA2 gene.

"Since my mother died 18 years ago, I've felt destined for breast cancer. Then when my father got it, I felt even more anxious. With confirmation that I had inherited the gene, it became that much more real I will get it," said Nancy.

"When I got the news I was positive for this gene, I think I was just as devastated as people diagnosed with cancer—I think, I don't know since I was never diagnosed. It was a very difficult time for me," she said.

Before and after the genetic test, genetic counseling, appointments with cancer specialists and surgeons, and extensive discussions with family members only served to strengthen her resolve.

"A lot of people wouldn't have responded the way I have," said Nancy. "But I have a pretty proactive personality and I decided I must lower my risk. What are my options?"

First Nancy considered the drug Tamoxifen. Currently, the drug is prescribed to women who have had breast cancer to reduce the likelihood of a recurrence. A national double-blind study is being conducted to determine if Tamoxifen



NANCY AND RICK PROUSER

PAUL HAIST/The Jewish Review

effectively reduces the risk of breast cancer for women at high risk. Since its effectiveness is unknown and only half of the study participants will get the drug, with the other half receiving a placebo, Nancy said it did not meet her objective of lowering her risk.

Nancy's second option was better surveillance. But, because her family history put her at high risk, she was already having exams every six months. Unfortunately, her breast tissue was very dense which makes it difficult to read her mammograms.

"My surgeon had shown me two years ago areas on my mammograms that are very dense. She told me, 'Nancy, if you developed breast cancer in that area or that area, we would never see it on a mammogram.'"

"It was that statement that I never forgot," said Nancy. "I do not believe I would have had this surgery if my mammograms were easy to read. I decided there was no reliable early detection method for me."

Nancy said she and her husband Rick went to the recommended genetic counseling before the genetic screening hoping to learn more about the level of risk a person with the BRCA2 gene faced.

"We didn't learn anything new. I knew breast cancer and ovarian cancer were risks. The information we were seeking was the level of risk. That information is not available since this is a recently discovered gene," said Nancy.

See PROUSER, page 18

In 1997, Portlander Nancy Prouser took a then relatively new genetic test after her father tested positive for a BRCA mutation. He was screened after he developed breast cancer. Prouser's mother died of breast cancer when Prouser was just 28. This article in the Nov. 15, 1997, Jewish Review shares her journey. Now cancer screening is easier thanks to a national initiative from JScreen.

Ashkenazi Jews are at increased risk for carrying these mutations even if they do not have a personal or close family history of BRCA-related cancers.

To meet this need, JScreen and Emory's Winship Cancer Institute launched the Atlanta PEACH BRCA pilot study in July of 2019 to assess interest in testing for the BRCA genes. Through this study, JScreen offered at-home BRCA testing to eligible Ashkenazi Jews aged 25 and older. The study enrolled more than 500 eligible participants in less than 6 months. The results of this study confirmed interest in at-home cancer genetic testing for BRCA and other cancer susceptibility genes and helped inform best practices for the national launch of JScreen's cancer ge-

netic screening initiative.

"I never even thought to get screened until I learned about JScreen's study in Atlanta last year," says Karen Smerling, age 62, of Atlanta. "After I underwent screening, I found out I was BRCA2 positive. I chose to have a bilateral mastectomy before cancer could possibly come my way. JScreen did indeed save my life and can do so for others who take the first steps toward genetic testing."

"Knowledge is power. With an understanding and awareness of their cancer risks and available options, individuals can work with their health-care providers on next steps," said Karen Arnovitz Grinzaid, MS, CGC, Assistant Professor of Human Genetics at Emory University School of Medicine

Virtual SHOC walk/run raises funds to fight ovarian cancer

The SHOC Foundation will host its second virtual event with the 17th Annual SHOC Walk & Run in support of ovarian and gynecologic cancer research Aug. 7. As the damaging impact of COVID-19 continues to shift how we navigate everyday life, the SHOC Foundation is committed to upholding its mission to raise funds for ovarian cancer research. A lifelong member of Congregation Beth Israel, Sherie Hildreth, z"l, had a BRCA mutation. She founded the Sherie Hildreth Ovarian Cancer Foundation in 2005 to support ovarian cancer research and awareness. Since its founding in 2005, SHOC has donated nearly \$1.2 million to support ovarian and gynecologic cancer research at the Oregon Health & Science University Knight Cancer Institute, located in SW Portland.

For questions, email walk@shocfoundation.org. Register: shocfoundation.org

and JScreen's Executive Director. "Launching our new cancer program and providing convenient and affordable access to cancer genetic testing will help save lives. We are thrilled to bring this important resource to the Jewish community."

When Nancy Prouser learned she was BRCA positive and elected to have a bilateral mastectomy in 1997, the tests were new, and she says she felt isolated by her decision. Since then, studies have shown prophylactic mastectomies and oophorectomies are effective and are among the options available to those with a mutation. She is glad that screening is more accessible and more information and support are available so others with the mutation can choose the best option for themselves.

Visit JScreen.org for more information.

DIVERSITY (continued from page 1)

Brewer says the students were really invigorated by the idea of using art to fuel activism. “The work that they did with “raptivist” (rap activist) Aisha Fukushima was really inspiring for many of them,” says Brewer. “One of the things that we’re trying to do is make sure that we have that sort of activist art included in our curriculum.”

She says she and sixth-grade humanities teacher Harriet Wingard have worked closely over the past few years in evolving PJA’s humanities curriculum.

“PJA has a very strong tradition of activism and social justice, and that certainly predates the racial issues that have kind of come to the forefront in the last year,” says Brewer. “Harriet and I have taken an approach of looking at it through three different lenses: the COVID pandemic, the racial pandemic that our nation is facing and the climate crisis.”

In addition to the art activism workshops, the affinity groups at the retreat were also impactful.

“The affinity groups were awesome,” writes PJA 6th grader Liem. “The affinity groups were basically groups of people who could speak from the “I am” perspective. I decided to join the Black/African-American affinity group, and I wasn’t surprised, but there were a lot of people there. I could relate to them and talk to people who I haven’t even met! It was super fun, and I would do it again.”

Merrill Hendin, who has been PJA principal for 11 years, says the school has a relatively homogeneous population “just by virtue of being a Jewish day school in Portland, Oregon.”

At PJA’s latest reaccreditation process in 2018, NAIS recommended the school “really evaluate and assess our diversity equity inclusion practices in our school at every level – hiring, admission

“We’re trying to make sure that we have that sort of activist art included in our curriculum.”

~ Marcie Brewer

program, everything... and that’s where we’re at.”

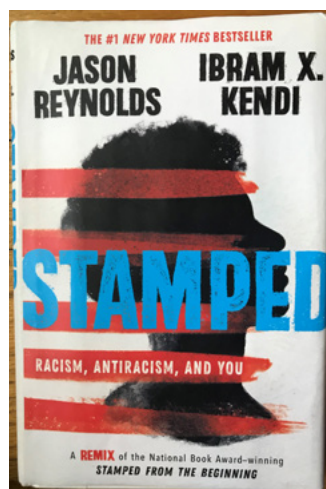
“From every angle, we’re trying to be true to ourselves philosophically as a Jewish community day school and true the middot – identity and responsibility and respect – while also opening ourselves up and thinking about things in ways that we may not have been thinking about them in the past,” adds Hendin.

Last year, the school decided to explore neurodiversity. PJA brought in a number of experts in anxiety, executive functioning, attention deficits and certain learning disabilities to train teachers.

“We kind of got stopped in our tracks because of COVID,” Hendin says. “We probably will continue to take it further, really looking at how we can support students and their very diverse needs and be as inclusive as possible.”

Regarding the admission’s process, she says the school evaluates the subject needs of the child and the socioeconomic needs of the family: “As long as we can meet the needs of the child and the family, wouldn’t it help us to diversify and look at our population a little bit more broadly?”

PJA was recently included in an [article](#) about Jewish day schools and anti-racist education on the Jewish Telegraphic Agency. That article focuses on the deep work done by Prizmah on anti-racist education in Jewish day schools. While PJA did not participate in the training mentioned in the article, several staff members are enrolled in a small group forum called Prizmah



PJA seventh graders are reading Jason Reynolds and Ibram X. Kendi’s book *Stamped*, which is about racism and anti-racism in the United States. “That’s been incredibly inspiring, and I think it’s going to be pretty transformative – not just for them but for me,” says seventh-grade humanities teacher Marcie Brewer.

Race and School Culture Collaboratives. Participants will participate in facilitated groups each month from May through January to work toward a common race and school culture goal.

Amanda Coven, director of education for the Oregon Jewish Museum and Center for Holocaust Education, says she experienced PJA middle schoolers’ enthusiasm for delving into racial equity issues when she led a workshop for students last month.

“The conversation revolved around Jewish people’s complicated relationship with race as it is understood and experienced in the United States,” says Cohen, adding they discussed the concept of “whiteness,” the diversity within the Jewish community and “how white Jews need to listen to, learn from and support Jews of Color when engaging in anti-racism work. The students had so many wonderful and insightful thoughts that it was clear this was a topic they had been thinking about and wanted to discuss.”

JUDGE

(continued from page 1)

CBI’s Adult Education Committee for well over a decade and chaired that committee for a few years.

“Before I became a judge, I participated in Super Sunday, raising funds for Federation, and also I served briefly on the Federation’s Community Relations Committee.”

The judge sees similarities between legal and Jewish principles.

“A beautiful calligraphed version of the verse in Deuteronomy, ‘Justice, justice shalt thou pursue,’ in both Hebrew and English, hangs in my office. It was a gift from my husband’s family when I became a judge,” she says. “The other verse that captures the harmony between legal and Jewish principles for me – and is good advice for a judge – is found in Micah: ‘What does God require of thee? To do justice, to love mercy and to walk humbly before God.’”

She and her husband, Bill June, will celebrate their 40th anniversary in May.

“His support of my professional life has been invaluable,” she says.

The couple is looking forward to being able to visit their daughter, Rachel, a lawyer and horsewoman, in northern California. Rachel was born while Judge Graber was an associate justice of the Oregon Supreme Court, where she served from 1990 until she was appointed to her current post.

She earned her law degree from Yale University’s School of Law by the time she was 22. Between her first and second years at Yale, she served as a law clerk to U.S. Attorney Sid Lezak in Portland. Following graduation, she practiced in public and private settings in New Mexico and Ohio from 1972 to 1978, when she returned to Portland to join Stoel Rives. She became a partner three years later and remained until 1988 when she was confirmed to fill a vacant seat on the Oregon Court of Appeals.

“When I was a student and a new lawyer and a new judge, I was lucky to have found wonderful teachers and mentors,” says Judge Graber. “One of the greatest pleasures of my positions in the judiciary has been the opportunity to work with law clerks and, I hope, to have played a similar role for them.”

Chaplain's Corner

Acquire “COVID-keepers”

BY RABBI BARRY COHEN

What good could possibly come from the COVID-19 pandemic experience? As we strive to create a redefined sense of “normalcy,” a positive result is the acquisition of “COVID-keepers.”

I learned about this concept at the recent Virtual Network of Jewish Human Service Agencies Conference. One of the participating organizations was Neshama: National Association of Jewish Chaplains.

One memorable session was “Trauma Burnout and Re-opening.” It featured Dr. Betsy Stone, a retired clinical psychologist and adjunct lecturer at Hebrew Union College – Jewish Institute of Religion. During the pandemic crisis, she has led webinars on trauma, resilience and post-traumatic growth.

In the session, Stone defined trauma as a “deeply distressing and disturbing situation.” Trauma adversely affects our ability to cope, lessens our sense of self and inhibits our ability to have a full range of experiences and emotions. Moreover, trauma empowers the primitive part of our lizard brain. This prevents us from obtaining restful sleep, tempts us to eat more than we should and lessens our ability to perceive pleasure. As we know, these traumas have affected almost every aspect of our lives – the personal, professional, familial and communal.

Rabbi Shira Stern offered ways for us to respond to our wide array of traumas. Stern is a past president of Neshama. Of note, she has written extensively on a variety of chaplaincy topics, including dealing with trauma and compassion fatigue.

Stern called on us to respond to trauma through “stress inoculations.” We accept a false premise if we think we can get rid of stress, she explained. We can only manage the stressors

in our lives. One post-trauma stress inoculation is self-care, which she describes not as an option but rather as a responsibility. Through self-care, we embrace our strengths, recognize our limitations and understand how much we depend on others.

Stone built on Stern’s concept of stress inoculations by introducing “COVID-keepers.”

A COVID-keeper is something we learned during the pandemic that we want to hold onto, “from the sublime to the ridiculous,” that will enable us to experience post-traumatic growth.

A COVID-keeper teaches us to reprioritize our values. It enables us to answer the question, “What is truly important to me, personally and professionally?” A COVID-keeper gives us a greater appreciation of life; we can better recognize our blessings and experience each day through the lens of the good.

A COVID-keeper can also change our relationships with others. We can become more compassionate, altruistic and supportive. Finally, a COVID-keeper leads to spiritual change and maturity through our clarified connection with some kind of higher power.

Let me share three personal COVID-keepers.

For the past year, my work has been based in my bedroom office. With an added desk and chair, it is cramped. To the left of my desk are my stereo receiver, DVD player, turntable and cassette deck. To the right and on the opposite wall is the music collection I have acquired since high school. In the past, music played a nearly constant role in my life. Depending on my mood, needs or desires, I could always find the right song by the right performer. Sadly, I have not turned enough to music as a coping mechanism during the pandemic. Starting today, one



Rabbi Barry Cohen is the Jewish community chaplain of the Greater Portland area.

of my COVID-keepers is to use the healing power of my music library.

A second COVID-keeper relates to my being part of a long line of workaholics and perfectionists. This past year has taught me the necessity of occasionally breaking away during the day as a small indulgence. My to-do list can wait. After all, since the pandemic began, it is not like I have been following a conventional 8:30 am-5 pm, Monday-Friday schedule.

A third COVID-keeper relates to how COVID restrictions have forced me to spend more time with my high school children as they have gone to school virtually, and I have worked virtually. I have spent more time with my children than I was ever able to spend with my parents when I was in high school.

We could view this as a negative: Do high schoolers and parents really want to spend more time together? Or we could view this as a positive: Despite sharing a small space, we have a greater likelihood of creating a few moments of memorable quality time.

When we use COVID-keepers, we increase the quality of our lives, improve our physical and spiritual health and foster meaning in our relationships.

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Upcoming issues

Issue date	Deadline
May 12	May 4 (early)
May 26	May 20
June 9	June 3

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

Events

BB Camp offers family camp in May

B'nai B'rith Camp will welcome families to camp one week-end next month: May 21-23.

Family Camp gives families an opportunity to experience Overnight Camp for a weekend together. Families will celebrate Shabbat, participate in BB Camp activities and enjoy the beautiful camp environment.

All families are welcome to join our Spring Family Camp. They are perfect for families who are new, considering sending a child, or are returning families who want to spend a weekend at BB Camp.

The health and safety of our community are our number one priority. BB Camp will be following current COVID-19 guidance for this event including: one family per cabin; 3-4 families per activity/meal pod; meals served in designated dining areas; and temperature/symptom check on arrival.

Cost is \$150 for adults, \$125 for kids over age 2 and free for kids under 2. Register at <https://bbcamp.org/familycamp/>.

For more information, contact BB Camp Director Bette Amir-Brownstein at info@bbcamp.org.

View and discuss *Ben Gurion, Epilogue*



Portlanders are invited to enjoy a free online screening of the award-winning documentary, *Ben-Gurion, Epilogue*, anytime between May 6 and 19, 2021. Then join a free Zoom discussion with the film's director, Yariv Mozer, live from Israel on Sunday, May 16, at 10:30 am PDT.

Israel360, in collaboration with American Associates, Ben Gurion University of the Negev, is co-sponsoring this event with the Jewish Federation of Greater Portland, the Mittleman Jewish Community Center, and the Oregon Jewish Museum and Center for Holocaust Education.

Israel360 is a monthly series created by Congregation Neveh Shalom that focuses on historical, cultural and political aspects of Israel. This will be the final program of the 2020-21 series.

This 70-minute documentary brings to life Ben-Gurion's introspective soul-searching and reveals his surprising vision for today's crucial decisions and the future of Israel. The film was made possible when the lost soundtrack to a six-hour interview was discovered in BGU's Ben-Gurion Archives.

For questions, contact: Lisa Marie Lynch at 503-246-8831 or receptionist@nevehshalom.org.

To receive the link to the movie and the Zoom link for the discussion, please register at aabgu.org/events/epilogue-may-2021.

Find virtual & socially distanced events at:
jewishportland.org/community-calendar



Congregation Neveh Shalom Executive Director Fred Rothstein speaks during a "Journey Toward Reopening" Zoom program.

Neveh Shalom begins limited in-person services

Beginning Friday evening, April 30, Congregation Neveh Shalom will welcome up to 25 congregants for select in-person Kabbalat Shabbat services at the synagogue. Services will continue to be live-streamed as well.

Priority will be given to CNS members, those observing yahrzeits, those obligated to recite Kaddish and earliest registrations received. The registration window will be closed the Wednesday morning before the requested date. Preregistration is required in keeping with CNS health and safety protocols.

The announcement followed an April 19 Zoom town hall "Journey Toward Reopening" featuring Rabbi David Kosak, Executive Director Fred Rothstein and President Glen Coblens. Coblens spoke about the work of the reopening task force to respond to the needs and ever-changing situation.

"We try to err on the side of caution," said Coblens.

You can read the congregation's full Return to Shul plan at nevehshalom.org/wp-content/uploads/2021/04/Return-to-Shul-Plan.pdf.

"The document begins with Jewish values – that is where we start," Rothstein said. He added, "It's no accident there are no dates in the plan. We wanted to identify stages ... we are about to move largely into stage 1."

NE Portland Chabad moves outside for summer

Chabad of Northeast Portland has moved its programming to an outdoor location for the summer.

"We had outgrown our leased space on Northeast Sandy Boulevard and chose not to renew our lease when it finished in March," says Rabbi Chaim Wilhelm of Northeast Chabad.

"Since launching Chabad of Northeast Portland in 2012, we reached an exciting moment when the Chabad Center for Jewish Life opened in 2015 at 2858 NE Sandy Boulevard," he says. "When we were able to gather in person, such as the High Holidays, the current space was quickly becoming inadequate."

In the years since, participation has steadily grown in NE Chabad's numerous programs, including Hebrew School, JLI classes, Rosh Chodesh Society, Holiday programs and Shabbat. Just before COVID restrictions began last year, the center's Purim NYC Party had so many participants it was held at the Hollywood Senior Center to make sure there was enough space. Despite the pandemic, the community has continued growing.

"With the warmer weather, we have secured a dedicated and private outdoor venue to enable small gatherings during the spring and summer months," says Rabbi Wilhelm. "Once a clearer picture emerges on how the 'new normal' looks, we can search for a suitable new location and, eventually, conduct a proper building campaign to purchase our own property."

Hillel offers college-bound teens gift and connections

Hillel International wants to celebrate high school graduates and connect incoming college students with Hillel.

"Your student is headed to college after a once-in-a-generation pandemic, and at Hillel, we're so proud we could faint," reads an email from the team at Hillel International. "Fill out a short form, and Hillel will send them a graduation gift courtesy of Hillel International to celebrate everything they've achieved over the past four years. They'll also be connected to current students and Hillel staff, and be entered to win one of five \$500 Amazon gift cards!"

Fill out the form: hillel.tfaforms.net/269.

As the largest Jewish student organization in the world, Hillel builds connections with

emerging adults at more than 550 colleges and universities and inspires them to direct their own path. During their formative college years, students are challenged to explore, experience and create vibrant Jewish lives.

"We're so excited to welcome our incoming students to the Hillel family, and we can't wait to become their home away from home on campus," writes the team. Hillel also offers resources for Jewish high school students currently going through the college search process. Check out Hillel's College Guide (hillel.org/college-guide) and the Jewish Scholarships Portal (hillel.org/college-guide/hillel-scholarships/jewish-scholarships).

Jobs board

The Jewish Review publishes job openings from local Jewish agencies and congregations. Job information will be shortened to fit available space.

Submit to: editor@jewishportland.org

Portland Jewish Academy/Mittleman Jewish Community Center

PJA is currently recruiting for administrative and teaching positions. Please view our full job descriptions online at pjaproud.org/about-us/employment

MJCC is currently recruiting for multiple positions such as camp counselors, sports instructors, lifeguard and more! Please view our full job descriptions online at oregonjcc.org/about-us/employment

Volunteer board

Jewish Family & Child Service: Hot meal delivery

JFCS is seeking volunteers for our Hot Meal Delivery program for Holocaust survivors. We need a few volunteers every Tuesday and Friday from now through June. The assignment entails picking up meals for 4-6 clients from our kitchen in Gresham between 9:30-10:30 am, then delivering them to homes predominantly in the Beaverton and Tigard areas. This is a no-contact service, and masks are required.

This is a nice opportunity to drive around our beautiful city and see the smiling faces that your hard work serves. If you are interested in helping with the program, please email Volunteer Coordinator Sammy Monk at volunteers@jfcs-portland.org and include which dates you would like to volunteer.

Oregon Jewish Museum and Center for Holocaust Education: Museum docents

As OJMCHE prepares to reopen our physical space to the public, we are seeking individuals who are interested in being trained to become museum docents. New docent training will be on the week of June 21. Some sessions will take place over Zoom and others in person at the museum.

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OJMCHE docents are an extraordinary group of welcoming, dedicated and trained facilitators who help thousands of visitors engage with museum content each year. They have the opportunity to participate in in-depth educational sessions on the Holocaust and genocide, Oregon Jewish history, and the history of discrimination and resistance in Oregon, as well as Jewish art and culture. The work is challenging, inspiring and extremely rewarding.

"Being a docent at OJMCHE has surprised me in how much I've grown intellectually and personally. Learning about topics like history, oppression, current events and art, and then sharing with students and adults by leading tours, is an amazing experience." – OJMCHE Docent Carlie D.

Volunteers commit to serving as a docent for at least five hours per month.

Apply by May 21: ojmche.org/support/docent-application/

Anti-Semitism at Linfield University? Read the JTA report

On April 15, in response to media reports about anti-Semitism and sexual harassment at Linfield University, the Oregon Board of Rabbis wrote a letter to the university's board of trustees calling for Board Chair David Baca and Linfield President Miles Davis to step down. The Christian college's Arts and Sciences faculty have made the same request.

The Jewish Telegraphic Agency has written this in-depth piece: jta.org/2021/04/26/united-states/in-oregon-a-small-christian-university-with-few-jews-grapples-with-accusations-of-antisemitism

Obituaries

MARILYN JEAN FEIST

Marilyn Jean Feist, z"l, Miriam bat Yisroel v'Rivkah, passed away April 19, 2021.

She is survived by her children, Mark (Catherine) and Tobi Feves; grandchildren, Riona and Edward Feves; sister, Dora Newman; sister-in-law, Barbara Leveton; nieces, Francine Arron, Sheri Jones, Eileen Myers, Eydie Leveton and Michelle Squire; and nephews, Joel Newman and Michael Leveton.

She was predeceased by first husband, Ed Feves, z"l, and second husband, Marty Feist, z"l.

A graveside service was held April 23, 2021, at Shaarie Torah Cemetery. Masking and distancing were mandatory.

Congregation Shaarie Torah sends heartfelt condolences to the entire family.

STANLEY D. MENACHE

Stanley D. Menache, z"l, passed away with his family by his side April 12, 2021, at age 84. He is survived by his best friend and loving wife of 62 years, Judith Esther Menache; loving children, David Shinozuka (Hatsuko) and Lynda Huckestein (Jeff); grandchildren, Jennifer Johnson (Brandon), Stephanie Munoz (Adam) and Mao Shinozuka; and great-grandchildren, Mary-Ann Munoz and Abraham Munoz.

He was born in Portland July 30, 1936, to David and Leah Menache, z"l. He was preceded in death by his parents and brother, Ed Menache, z"l.

His passion for helping and serving clients as a CPA led to a successful and fulfilling career in public accounting, where clients became lifelong friends. His favorite pastimes included spending time with, and talking about how proud he was of, his family. He loved taking his grandchildren on trips, traveling to Hawaii to see his son, David, and grandson, Mao, along with walking/jogging along the beautiful beach; going to the Oregon Ducks football games and watching the Portland Trail Blazers. He served as the Blazer statistician for a number of years.

A small family service was appropriately held April 15, 2021 (tax day). A celebration of his life will be held at a later date.

In lieu of flowers, donations may be made to University of Oregon Foundation/Accounting Fund.