Helping at-risk youth in Israel – page 2 Bring joy to seniors, caregivers – page 3 Virtual events – pages 10-11

Oregon and SW Washington's Online Jewish Newspaper

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# Volume 56, Issue 4

# JFCS resets for new era

# Renews focus on children, adapts new models, expands outreach

## BY DEBORAH MOON

Jewish Family & Child Service was in the middle of a three-year strategic plan to enhance its programs for, and awareness of, services for children and families when COVID-19 changed reality.

Now a new outreach and communications team led by Deputy Director Susan Greenberg is poised to help usher JFCS into a new era. The new era reflects both the priorities of the strategic plan and new ways of providing service fueled by the pandemic.

"Telehealth is not going away," says Susan of the virtual counseling launched during COVID restrictions. "We are changing with the changing times ... some (changes) will continue post-COVID." She notes that "some things are easier to Zoom into" rather than having people drive 20 minutes to the office for a five-minute or half-hour appointment.

The strategic plan is focused

on five priorities: counseling, disability services, Holocaust survivors (including home care), emergency aid and agency-wide areas (which includes volunteers, outreach and community connection).

"Board President Larry Holzman and the entire board have put children and families as the top priority," says Executive Director Ruth Scott. "I'm so grateful to have Susan on board. Susan and her team are an important part of this new era."

Susan became deputy director on January 1 after serving the agency as program and development officer since October. JoAnna Wendel, who was named marketing manager January 4, and Sammy Monk, who became volunteer coordinator February 1, will work under Susan to increase the awareness of and participation in JFCS programs. (See story on page 7 for more about the team.)

See JFCS RESETS, page 6



JFCS Deputy
Director Susan
Greenberg leads
a new communications and
outreach team including Marketing
Manager JoAnna
Wendel, top, and
Volunteer Coordinator Sammy
Monk, bottom.



Hannah Saiger and Sophie Raiskin-Wood joyfully spread compost on a layer of cardboard in the Kindness Farm tunnel (similar to a greenhouse). The two were among 23 Tivnu gap year members who volunteered at the farm Jan. 27. Unlike other volunteer parties, the Tivnu team did not wear masks because they are all part of a "bubble" or "germ pod."

# **Farming with kindness**

#### BY DEBORAH MOON

After a 32-year journey across three continents, Lou Levit feels at home in Portland, where she has created "one of the biggest passions of my life" – the Kindness Farm.

The Kindness Farm is an all-volunteer project created to sustainably grow fruits and vegetables on donated land using donated resources. Most of the produce will be donated to create vegan meals for the homeless and provide free, fresh, organic produce to low-income families. A small portion of the produce will be sold to fund applying for grants and other expenses.

"Kindness is not only the most



Lou Levit founded the Kindess Farm in November 2020.

feel-good way to exist, but also the most practical way for the world to function," says Lou, adding the farm is the first project of The Kindness Model.

See KINDNESS, page 8

# Portlanders aid at-risk children in Israel

#### BY DEBORAH MOON

Portland's Jewish community has helped at-risk youth living at the Neve Michael Children's Village in Israel for two decades; when COVID lockdowns exacerbated the stress on families, Portland stepped up again.

Each year, the Jewish Federation of Greater Portland's Overseas Special Projects Committee allocates funds for programs in Israel that help vulnerable populations. The youth village has received funding from JFGP multiple times over the last two decades, starting with support for a petting zoo. In June 2020, Neve Michael received one of nine special project grants. The youth village received \$5,000 for personal arrival packages for children arriving at the youth villages crisis center.

Neve Michael is home to over 280 children at risk in Israel, many of whom come from dysfunctional families and suffered severe emotional traumas at a tender age. Neve Michael's Children's Emergency Crisis Center receives 50 boys and girls a year who are removed from their homes by court order.

"I wish to express my warmest appreciation to the Jewish Federation of Greater Portland for their grant of \$5,000 towards our Personal Items Package Program at Neve Michael's Children's Emergency Crisis Center," notes a mid-year report on the grant by Hava Levene, who oversees programs and projects at Neve Michael Children's Village in Pardes Hana, Israel.

The welcome gifts funded by Portland include two pairs of pajamas, seven pairs of underwear, four pairs of socks, shoes/sandals, pants/skirt, two t-shirts, a hairbrush and a toothbrush and more.

Hava writes that each child who arrives at the crisis center has their own horror story:

"Many of our children were abused by their natural parents, verbally, physically and 2 Jewish Review Feb. 3, 2021



"Your wonderful gift helps our boys and girls get over that first hurdle in the darkest moments of their lives, and for this gesture of kindness we can't thank you enough."

even sexually. Some suffered horrific beatings, or witnessed cruel violence inflicted on their siblings. None of them knows what it means to be part of a normal household, to be taken care of, to feel wanted and loved.

They arrive with nothing but the shirts on their backs, or in their pajamas. They come to us as frightened little children who have lost everything. We receive them with kindness, warmth and open arms, but that isn't enough. We have to give them something they can call their very own. Which is why our Personal Items Package program, to which you have given so big-heartedly, is so vital for our children in those first critical moments when they



These children at Neve Michael Children's Village in Israel connect with animals at the Portland Petting Zoo, which was funded by a JFGP grant about 20 years ago. At-risk children at the village have benefitted from several grants from the Jewish Federation of Greater Portland for two decades. Children brought to the Village's Emergency Crisis Center, who benefit from the current donation, cannot be photographed for privacy concerns. But Portland's Petting Zoo continues to be used in Neve Michael's pet therapy program. "Some children respond to conventional psychological treatment, and some children need another kind of treatment," writes Debbi Paenth from Neve Michael. "Pet Therapy has proven to be very successful for our children at risk (4-18 years old). ... Working with the animals in the petting zoo teaches empathy, love and trust and other life skills these children could not learn through traditional channels. But most importantly, it opens a channel to communication, especially to children who have experienced sexual/physical abuse."

arrive at our Emergency Crisis Center. ...

The dedicated staff at Neve Michael works to restore the emotional well-being of our children – but that's a long-term process that takes many years.

Your wonderful gift helps our boys and girls get over that first hurdle in the darkest moments of their lives, and for this gesture of kindness we can't thank you enough."

Hava adds that lockdowns mandated by COVID-19 have increased economic and mental health stressors and created social isolation for many families. For families at risk, the parents' ability to take care of their children during this time was affected due to financial distress, exacerbated mental health issues, loneliness and lack of professional support. The link between seclusion and

child abuse has been repeatedly reported by researchers, writes Hava.

One thing COVID-19 did not affect was the operation of the Personal Arrival Packages Program. Neve Michael successfully prepared and distributed the packages to the children who have arrived at the crisis center during the pandemic.

"The Jewish Federation of Greater Portland has been a blessing to Neve Michael's 280 children at risk for over the past 20 years," says Hava in a recent email. "We have a very deep and special relationship that I value and appreciate so much. Our boys and girls are so lucky to have your love and support. You are giving Neve Michael's children the life that they deserve to have. I cannot wait for you to come and visit with our children."

# Volunteers to bring Purim joy to CSP

#### BY DEBORAH MOON

When the joyous holiday of Purim arrives at sundown Feb. 25, we will have to skip the carnival-like gatherings to hear how Queen Esther saved the Jews in ancient Persia from the wicked Haman. But the pandemic sweeping the globe

cannot stop us from bringing joy to the festive holiday as we modern-day Esthers save our seniors from isolation.

This year, our community is invited to drop off Mishloach Manot for

the elderly residents and caregivers on the Cedar Sinai Park campus to add joy to their Purim celebrations. Mishloach Manot are special gift packages that are traditionally made and distributed for Purim to friends, family and even to strangers.

The volunteer project is cohosted by Cedar Sinai Park, Jewish Federation of Greater Portland, Portland Jewish Academy, Maimonides Jewish Day School and Maayan Torah Day School. Purim packages will go to all residents and staff at the Rose Schnitzer Manor, Harold Schnitzer Center for Living, Robison Jewish Health Center and Kehillah Housing for adults with special needs.

"We wanted to be as inclusive as possible," says Caron Blau Rothstein, JFGP Director of Community Planning & Allocations. She adds that caregivers and staff are included in the gift basket distribution "to recognize them for their heroic efforts."

Maayan Torah has already seen

the joy holiday gifts can bring seniors. The school launched an "Adopt-a-Grandparent" campaign and delivered Chanukah boxes to about 40 seniors who live on their own rather than in senior communities. For Purim, Maayan plans to provide Mishloach Manot for CSP residents

as well as the people who received Chanukah gifts. "Between the grades, we made boxes with various Chanukah items inside beautifully decorated clay dreidels, games, gelt, a card, some

recipes, candles and more," says Maayan Judaic Principal Rabbi Yerachmiel Kalter. "Every family took on delivering to at least one senior ... The feedback we got was incredible. So many appreciated the boxes, and it meant so much to be remembered in a time where we are so isolated and alone."

Drop-off will be coordinated and socially distanced, and there are STRICT guidelines for volunteers to follow in assembling packages, which will include goodies such as whole fruit, individually wrapped food, drinks (no glass please) and sundries.

No homemade food is allowed, but homemade cards are encouraged. Packages need to be dropped at CSP, RSM turnaround, 6140 SW Boundary St., on Feb. 21 (11 am-2 pm) or Feb. 23 (1-2 pm or 6-7 pm).

To register and for specifics on what to include in packages, visit jewishportland.org/ purimpackages. If you have any questions, email caron@jewishportland.org

# Life-cycle events

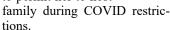
The Jewish Review publishes life-cycle announcements when they are received. Please submit news of births, b'nai mitzvah, engagements, weddings, anniversaries and landmark birthdays. Photos are encouraged. Submit to <a href="editor@jewishportland.org">editor@jewishportland.org</a>



Gerel Blauer celebrates her 90th birthday in her well-ventilated "salon" with her daughters (from left) Janis Blauer-Chima, Shemaya Blauer. Karen Blauer and Shoshana Blauer.

## 90TH BIRTHDAY: GEREL BLAUER

Gerel Blauer celebrated her 90th birthday Jan. 30, 2021. Her daughters, Janis, Shoshana, Shemaya and Karen, joined her for brunch in her well-ventilated "salon," which she created in her garage to permit her to host



"It's only a number," says Gerel of turning 90.

Gerel is an avid gardener and played tennis from her teens until she broke her ankle about two years ago. Though she says her ankle is fine now, she has not returned to the courts since the Irvington Tennis Club she belongs to has been closed during the pandemic; and she admits she would need to be sure her balance is still up for the quick turns of tennis.

She still lives in her home of 58 years, which she shared with her husband, Henry, until his death in 2012. She still cares for the garden at Cedar Sinai Park that bears his name. For about 15 years, she cared for Robison Home's eight gardens, until they were removed



during construction of CSP's four new households.

Gerel attributes her longevity to being active and getting out in nature. "I've been a gardener for many, many years. I do hard gardening – I dig."

She attended B'nai B'rith Camp as a child. For most of her life, she has been active at Congregation Beth Israel, including taking an active role in the Temple Sisterhood. She has also been active at the Mittleman Jewish Community Center and Portland Jewish Academy. She served a term on the Robison board. She also volunteers in the archives for the Oregon Jewish Museum and Center for Holocaust Education (before COVID closed the building for much of the last year). She also spent 40 years as a tour guide for the Urban Tour Group, whic provides tours for schools designed to share the history, culture, architecture, and resources of Portland,

"I am a relic of Portland," says Gerel. Yom Huledet Sameach, Gerel, until 120!

# Parents Zoom in for session on reopening of schools

BY RACHEL NELSON

This year has been full of uncertainty for schoolaged families. Throughout the summer, there was uncertainty about what the fall would look like; in mid-summer, it was announced that all schools would be virtual until certain benchmarks were met. In December, Governor Kate Brown announced that districts would have the opportunity to make their own decisions, and many began to start looking at reopening mid-winter.

On the evening of Jan. 25, elementary school families had the opportunity to hear from principals Jessica Swindle from Metzger Elementary School, Merrill Hendin from Portland Jewish Academy and Aviel Brodkin from Maayan Torah Day School along with Dinah Gilburd, a Licensed Clinical Social Worker from Jewish Family & Child Service. This was part of an ongoing series from Jewish Federation of Greater Portland on parenting during the pandemic.

The various school settings have operated in very different ways. Maayan Torah Day School secured an emergency child-care license, which covered up to age 12, so they have been mostly in person since fall. PJA has had limited in-person gatherings for their students, about two hours per week, while the public school system has been completely virtual.

The schools that have been operating virtually now are implementing plans for a reopening. For many, it will be a hybrid model and safety precautions are being put into place. There are procedures, including surveys that families will fill out each morning to verify the health of all those attending schools. Classrooms are being retrofitted to keep distancing measures in place. And schools are being creative. The Tigard-Tualatin School District is currently making videos with their school mascots designed to help families learn about the new protocols.

Vaccination was a topic of discussion as our educators begin their journey to that process (see story at right). While our educators are starting to be vaccinated, especially those in preschool and lower elementary ages, it will still not change the day-to-day behaviors and safety precautions that our families need to take.

Dinah spoke about how the upcoming few weeks are going to be another time of transition for families. Going back to school will change the routines that families have established. In addition, it will still be a year of flexibility. Classes or pods may need to quarantine, and school will not be every day, necessitating creativity for families.

The evening ended on a positive note with administrators reflecting on the positive things they would like to carry on from this: how much their students love the communities and how passionate the educators are at providing high-quality learning to their families.

Rachel Nelson is the director of educational initiatives & intergroup outreach for the Jewish Federation of Greater Portland.



Foundation School Director Leah Conley, right, received her first dose of Moderna's COVID-19 vaccine at the Convention Center on Jan. 25. Assistant Director Cory Willson, above, got her first dose on Jan. 26.



# **Educator vaccines happening now**

As of Jan. 25, Oregon had administered a total of 308,050 first and second doses of COVID-19 vaccines. That's about 7.5% of Oregon's population. Phase 1b of Oregon's vaccination rollout plan began Jan. 25, with eligibility extending to child-care providers and K-12 educators and staff. The Oregon Health Authority estimates 105,000 educators statewide now are eligible to receive the COVID-19 vaccine.

Statistics on how many educators have been vaccinated are not shown on the OHA website oregon.gov/oha, but it does show that since educators became eligible on Jan. 25, 14,050 doses were given on the 25th, 15,034 on the 26th and 12,292 on the 27th.

The staff at Portland metro's three Jewish day schools have begun to receive vaccines. Maayan Torah Day School had a third of its staff vaccinated the week of Jan. 25. Faculty and staff at Portland Jewish Academy also have started getting vaccinated or making appointments. Maimonides Jewish Day School staff who work in the Jewish day school's child-care group have been able to receive their first vaccine.

"We will continue getting our full staff vaccinated with their first dose in 10 more days," says Maayan Torah Principal Aviel Brodkin. "Additionally, the state will be providing Maayan with rapid COVID-19 tests and staff training to administer them. The vaccines and rapid tests are big steps in ensuring the continued safety of our students and staff."

Educators in at least three Portland-area Jewish preschools have received their first vaccine or have an appointment to do so.

"For me, receiving the vaccine feels like respect and relief," says Cory Willson, assistant director of the Foundation School. "Being seen (as an educator) and then receiving care that keeps me safe means a lot. I was surprised that I got a little emotional during my vaccine, but I did. Sitting in the convention center with fellow educators as they received care was powerful."

Receiving the vaccine has been a morale boost for local educators.

"Every teacher I've spoken to reports the same feelings of recognition and support having received dose one," says Cory. "Teachers are not historically used to receiving abundantly, but in this case, society acknowledges our work and our risk. This no doubt boosts morale at any time, but especially during a pandemic."

OHA's COVID vaccine page notes: "If you work in a public or private K-12 school setting, your school district will contact you about scheduling a vaccination. If you are a child-care worker, your employer will connect you with information about scheduling a vaccine. If you are an employer of child-care workers, or an in-home provider, your county or other local vaccine partner will reach out to you to provide you with information to schedule a vaccine for yourself and for your employees."



# A month of education, solidarity-building, and empowerment in support of people with disabilities, #JDAM

Hear from thought leaders and experts about the current state of disability rights, and what can be done to promote the best inclusion and supportive care practices. Learn new advocacy strategies and take action to put the needs and rights of people with disabilities squarely on the policy agenda of the Biden administration and the 117th Congress.

# WILL YOU BE THERE?

www.jewishtogether.org/jdam

# News in brief

# Camp and higher education scholarships available

The Oregon Jewish Community Foundation is now accepting scholarship applications on its new online management system. Scholarships are available for Jewish overnight camps in the United States, as well as undergraduate and graduate programs.

"Say goodbye to paper applications and say hello to our digital portal," says OJCF Program Officer Sonia Marie Leikam."

All grant proposals and scholarship applications must be completed in OJCF's new system, which allows you to see all available grant and scholarship opportunities, as well as letting you save your progress and come back to complete it at a later date.

Grant proposals and scholarship applications are due by midnight March 15. Please contact Sonia Marie with any questions at 503-248-9328 or <a href="mailto:soniamariel@ojcf.org">soniamariel@ojcf.org</a>. Visit <a href="mailto:ojcf.org/grants-and-scholarships/receive-a-grant/">ojcf.org/grants-and-scholarships/receive-a-grant/</a> for more information and to apply.

# Youth Foundation accepting grant proposals

The Oregon Jewish Community Youth Foundation is now accepting proposals for its 18th annual grant-making cycle. During the 2021 grants cycle, the teen philanthropists will prioritize proposals that address at least one of the following issues:

- Local Jewish organizations focused on serving the Jewish community, working on issues related to anti-Semitism, COVID-19 response and/or care for our most vulnerable community members
- Local Jewish organizations doing work in the areas of Jewish history and culture
- Caring for the vulnerable in our local community, including access to housing, food and programs providing direct care
- Environmental issues. includpreservation. sustainability and ing available for Jewish Grants are nonprofit and general organizations in Oregon or SW Washington. Proposals are due by midnight March 15, 2021.

Last year, grants ranged from \$1,000 to \$4,000; the average grant size was \$2,208.

To apply for a youth foundation grant, visit ojcf.org/programs/apply-for-an-ojcyf-grant.

Please contact OJCF Program Officer Sonia Marie Leikam with any questions at 503-248-9328 or soniamariel@ojcf.org.

### **SUBMIT NEWS ITEMS TO**

editor@jewishportland.org

# JFCS RESETS (Cont. from page 1)

"JFCS is first-stop shopping for Jewish families," says Susan. "We can be their first call."

JFCS's mission is to improve the quality of life and self-sufficiency of the Jewish and broader communities throughout the Portland metro area in accordance with Jewish values. To that end, JFCS offers services including counseling, workshops, financial help, support groups, and services for Holocaust survivors and those with disabilities, she says. But JFCS also can help people find the resources they need beyond the agency.

Some of that support may come from the new volunteer cadre Sammy is recruiting to provide pro bono expertise in areas including legal, financial, medical and housing. In addition to recruiting volunteers to create the pro bono program, Sammy will recruit and match volunteers for a wide variety of roles in JFCS departments including "friendly callers."

Susan sees partnerships with Jewish and secular groups as an important tool to expand resources. For instance, the local volunteer group Positive Charge made greeting cards to send out with the gift cards JFCS distributed to those in need at Thanksgiving; COVID had prohibited volunteers from gathering to assemble and deliver the traditional Thanksgiving food boxes.

Ruth says JFCS is also exploring a partnership with B'nai B'rith Camp to share a child/family therapist to help meet the needs of children and teens dealing with the stress and isolation of the pandemic. JFCS has budgeted to hire a part-time therapist, but the position could become full time if the partnership with BB Camp comes to fruition.

"There is a growing community need with COVID," says Ruth. "The pressure on children and families is huge, and we don't expect it to go away. The fallout will be huge, even when we reopen. For kids, the challenge is to bridge the gaps they are experiencing."

BB Camp Executive Director Michelle Koplan agrees: "During the recovery from the pandemic, families will be eager for their children and teens to regain social experiences, which Jewish camp provides. BB Camp's counselors and staff must be prepared for children and teens who have lacked social contact for over a year, which we expect will exacerbate challenges relating to mental health and other disabilities. Strengthening our relationship with

## **JFCS PROGRAMS**

**SERVICE AREAS** 

Holocaust Survivor Services Counseling Disability Support Services

Emergency Assistance: JFCS has funds available to help individuals and families weather the economic storm triggered by the pandemic. For assistance, contact Caitlin DeBoer: 503-226-7079 ext. 134 or <a href="mailto:cdeboer@jfcs-portland.org">cdeboer@jfcs-portland.org</a>.

## **VIRTUAL GATHERINGS**

Community Connections: 10 am, Fridays. Open to the entire community to discuss challenges and anxieties of pandemic living. Moderated by JFCS Clinical Director Douglass Ruth. Find the Zoom link on the JFCS homepage <a href="mailto:jfcs-portland.org">jfcs-portland.org</a> under Weekly Video Chat.

Support group for parents who have children and adults with disabilities: 7:30 pm, 2nd and 4th Wednesday of month, on Zoom. To register, email JFCS Inclusion Specialist Janet Menashe at <a href="mailto:janetmenashe@ifcs-portland.org">janetmenashe@ifcs-portland.org</a>.

QJY Portland (Queer Jewish Portland): Zoom group for Jewish LGBTQQI+ youth and their allies in the greater Portland area: 4:15 pm, two Wednesdays/month, moderated by Becca Dorn-Medeiros, Ed.S., LPC-Intern, NCSP. Contact QJYPortland@jfcs-portland.org for meeting ID.

# For information on other virtual programs visit

<u>ifcs-portland.org/</u> <u>community-connection-services/.</u>

JFCS will ensure that our campers receive much-needed resources."

To help meet the growing needs of children, families and individuals, the agency is focused on raising awareness of the agency in the Jewish and general community.

"I'm looking critically at the website ... to better communicate what we do," says JoAnna. "I work with the project managers on what they want to be more visible to the community ... and hopefully create a consistent strong brand."

# JFCS communications and outreach team

# "We want everyone to know about JFCS services, and that we're here for our community's needs." ~ Susan Greenberg



# **SUSAN GREENBERG Deputy Director**

sgreenberg@jfcs-portland.org

Susan Greenberg has been an active member of the Jewish community and a member of Congregation Neveh Shalom for nearly 20 years. She and her husband, David, have a son, 24, and a daughter, 17. Susan led the August 2020 launch of the CNS COVID-19 Outreach and Services team funded by the Oregon Health Authority. Previously, she served as assistant director for the Dental Foundation of Oregon and campaign specialist for the Leukemia and Lymphoma Society.

"I am passionate about what JFCS does, I make things happen and I am connected - I know a lot of people in the Jewish community."

Susan calls her work at JFCS a way to give back and pay it forward, which is deeply personal for her. While Susan was pregnant with their son, her husband had a stem cell transplant following chemotherapy to combat Hodgkin's Lymphoma. Members of the Jewish community, including Felicia Rosenthal and Sallie Cohen, bought a deep freezer and filled it with food. "The feeling of paying it forward is really important."

Her work for children also has deep roots. Susan is in her eighth year on the Beaverton

School Board, where she has been engaged in helping the most at-risk children. She plans to run for another term in May because, "when I look at the kids out of school for over a year, so many kids are so far behind, it breaks my heart."



# **JOANNA WENDEL Marketing Manager**

JoAnna Wendel is the daughter of Portlanders Peter and Sue Wendel, who is co-coordinator of the Next Generations Group (descendants of Holocaust survivors) and editor of Portland Israeli Folk Dance News. After graduating from the University of Oregon, JoAnna moved to Washington, D.C, and worked as a science writer for NASA and the American Geophysical Union.

"From science writing, I have skills to break down complex topics for lay audiences. ... When I talk to the case managers about messaging, I use my interview skills.'

She returned to Portland to be near family when the pandemic

JoAnna met Susan Greenberg while serving on the CNSCOS team. "We were always on the same page about ideas, and she liked the work I did on flyers, graphics and articles."

"JFCS does wonderful work, so I am happy to help increase the visibility of all their programs. It is very clear they really care about the people they serve. ... They want to get programs out there."



## **SAMMY MONK Volunteer Coordinator**

(Funding for first year provided by a grant from Jewish Federation of Greater Portland)

Sammy grew up in New York and enjoyed the trees and mountains of the Northeast. She lived in Los Angeles for two years, but says "I was not connecting with the city, and it was hard to carve a place in the Jewish community there. ... Portland was a smaller community with great access to the outdoors."

Sammy immediately began connecting with the Jewish community when she arrived in 2019. She lives next to Moishe House and went to many young adult programs there pre-pandemic. She also volunteered for JFGP's Super Sunday phonathon before COVID hit, and she is now part of Federation's PDX Pathways cohort for leadership development. She met with many synagogue executive directors and rabbis and now participates in Congregation Beth Israel's young adult group Jews Next Dor.

Sammy earned a bachelor's degree in advertising from the Newhouse Communications School at Syracuse University, where she worked as an engagement specialist at Syracuse University Hillel.

"I'm a good people connector and a good listener."

# It's Jewish Disability **Advocacy Month**

Jewish Disability Advocacy Month 2021 kicks off at 7 pm, Feb. 3, with "Our Time, Our Fight," featuring world-renowned violinist Itzhak Perlman. The monthlong series of 15 virtual programs will feature a wide variety of opportunities for empowerment, education and advocacy. All events are fully accessible and will have closed captioning.

Jewish Federations of North America is bringing together partners from across the continent "to harness our collective power to break down barriers to opportunity and inclusion. Join us in helping advance policy that empowers individuals with disabilities to achieve maximum independence."

Following three weeks of virtual educational and community-building experience, the month culminates in a week of action and advocacy.

To learn about all the programs and to register, go to jewishtogether.org/jdam.

# **Teen Mental Wellness** Forum is Feb. 3

Join other teens and young adults as they share how they have weathered the storm. A mental health professional will also be joining the 6 pm, Feb. 3, Zoom program.

This session is intended for teens in 8th-12th grades. It is sponsored by the Jewish Federation of Greater Portland, the Mittleman Jewish Community Center, B'nai B'rith Camp, Congregation Neveh Shalom, Congregation Beth Israel and the Oregon Jewish Community Foundation.

Register at jewishportland.org/ teenmentalwellness

# Elder play premiers

"Window Into Elder World," a theatrical reading by Darlene Zimbardi, premiers at 7 pm, Feb. 5. The virtual performance is part of 12th Annual Fertile Ground Festival of New Works

The play streams through Feb. 15 on Fertile Ground's Facebook and YouTube channels. See the Festival Schedule: fertilegroundpdx.org

# KINDNESS (continued from page 1)

Lou says the model "is definitely in line with tikkun olam (repairing the world)," and the values listed on the <u>website</u> correlate with Jewish values. Those values include kindness for Earth and for people, people and land belonging to one another, and abundant giving.

"All the methods we use are regenerative — they nourish the soil and consistently give back to the land," says Lou. "A lot of modern agriculture depletes the land."

At Kindness Farm, seeds will be planted later this month in planting beds layered with cardboard and compost. Each year, another layer of cardboard and compost will be added to the beds (since compost settles, the beds should remain the same height). Lou also plans to offer classes online, at the farm and around town to teach others how to nourish the land as they grow their own food.

The Kindness Model is the latest venture Lou has launched with her partner David Tendrich. The two met at the Jewish day school in Georgia where Lou's mom teaches Hebrew. Lou and her mom moved from the Ukraine to Israel when Lou was 2 and then to Georgia when she was 13. Lou and David left college at age 20 to launch the first of a few marketing and software startups, some of which have won design awards.

"We are serial entrepreneurs," says Lou, adding David sits on the board of the



Masked volunteers find cardboard to put in planting beds under compost that will nourish the soil at Kindess Farm.

Kindness Farm.

Lou says she and David never felt at home in Georgia and began searching for a place to call home. When they arrived in Portland about six years ago, "I felt myself arriving at my true home – a home where I could grow roots and help create the kind of world I've always longed for."

Lou managed 10-30 employees at some of the companies, but since moving to Portland she has focused much of her time on "growing our own food and helping other people do the same. . . . It's one of the biggest passions of my life to date."

She has drawn on the skills she honed at those previous startups to launch the Kindness Farm. "I learned how to really hustle to make things happen. ... One of my biggest skills is I call until I get what I need."

With that persistence, she has found companies and volunteers (see list at right) to supply everything the farm has needed to date including the multi-year lease on 1½ acres near 122nd Avenue and Foster Road, which includes a greenhouse, growing tunnel and a half acre of food forest with walnut, apple and pear trees.

Lou's great grandparents were all farmers in the Ukraine, but her grandmother and mother were drawn to the city and the connection to the land lapsed.

"For me, it feels so good to bring it back."

# KINDNESS FARM SUPPORTERS

### IN-KIND DONORS

Dirt Hugger: 100 yards of "incredible, rich compost that will allow us to grow beautiful produce all year."

Walsh Trucking and Boring Bark donated the deliveries of the compost.

Other in-kind donations came from PBOT, Portland Nursery, One Green World, Recology Organics, Deep Harvest Seeds, the Cat Rental Store and many more.

#### **ADVISORS**

Charles Dowding, a renowned no-dig teacher in the UK

Alan Adesse, an expert Oregon seed grower for over 30 years

Adam Kohl, head of Outgrowing Hunger, a Portland nonprofit that provides growing space for immigrants and refugees

#### **VOLUNTEERS**

Since the farm launched in November, volunteers have contributed more than 230 hours to prepare the land for planting later this month.

"It's a safe way to socialize and do something good for the community," says founder Lou Levit. "It's all outside in big spaces, everyone wears a mask and we limit the number of people."

To volunteer, email <u>volunteer</u> <u>@thekindnessmodel.org</u>

For more information, visit: thekindnessmodel.org

<u>facebook.com/</u> thekindnessmodel

instagram.com/kindnessfarm

# Head lice thrive despite pandemic, so Lice Labs opens to comb away problem

Janet Kennedy, who served as Oregon director of operation at Lice Knowing You for 10 years, has opened Lice Labs to continue the tradition of removing head lice safely and effectively through combing. The Oregon locations of Lice Knowing You closed in August 2020 due to COVID-19.

"I found myself with an overwhelming drive to continue serving our families and chose to grow a new brand of lice removal salons – enter Lice Labs," says Janet.

Head lice are still a problem. "It may have been slightly slowed down by the pandemic, but it will never leave us," says Janet. "The parasite is prehistoric and therefore sophisticated. It banks on our basic human nature of being close to one another. While we like to think we have not ventured out to see 'anyone,' we realistically are seeing just one or two families. ... Then some of those families also do the same."

Lice Labs is in the same location as the former Portland location of Lice Knowing You (1125 SE Madison St.) and employs many of the same women.

"In 2014, I participated in Portland's first women's trip to Israel with JWRP," says Janet. "The trip rooted Judaism in my heart more deeply. A personal motto is how am I helping those around me and/or how am I contributing to those around me in a positive way." That commitment to give back fueled her creation of Lice Labs to help the families struggling with head lice and the women she employs.

"I want to provide jobs for women and a clear pathway to success," she says. "I often say that we have been 'combing head lice for centuries.' Lice Labs perfects this ancestral method of combing while allowing for real human connection."

Help@LiceLabs.com | 503-994-2868 | licelabs.com



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OPINIONS printed in the Jewish Review do not necessarily reflect those of the Jewish Review Committee, the Jewish Federation of Greater Portland, its governing board or the staffs of either the newspaper or the Federation.

# **Upcoming** issues

Issue date	Deadline
Feb. 17	Feb. 11
March 3	Feb. 25
March 17	March 11
March 31	March 25
April 14	April 8

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

# Chaplain's Corner

# **An Antidote to Our Bitterness**

BY RABBI BARRY COHEN

As we follow the Torah's telling of the story of our people, we learn that we recently have been freed from slavery. We have now entered the wilderness and are completely out of our comfort zone. But the wilderness setting provides us with valuable opportunities to realize our potential. The wilderness becomes our proving ground.

Torah reveals that while we were formally liberated from slavery, we were far from fully liberated: Our spirits were still enslaved. All these centuries later, we can relate. We, too, are not yet liberated from the COVID-19 virus. We, too, find ourselves in a wilderness. We don't want to be where we are, but we cannot go back to the way it was. At times, our spirits are isolated; we feel cut off and alone. We travel through unfamiliar territory. There is no clear path forward. We know not our exact destination.

Our ancient ancestors not so willingly entered the wilderness. They remained a murmuring, grumbling and at times rebellious people. Three days after crossing the Sea of Reeds, they began to grumble about not having enough water. Soon thereafter, they began to grumble about not having enough

They struggled to accept their new reality.

We can learn from a fascinating commentary in Itture Torah. It concerns Exodus 15:23: "They came to Marah, but they

If we act collaboratively to address the needs in our community, our collective manna can be an antidote to our collective bitterness.

could not drink the water of Marah because it was bitter." But the commentary says that "bitterness" was not the actual condition of the water. Rather. the Israelites felt bitter and. therefore, whatever they tasted was bitter to them.

How have we become bitter during the past year? Have we become tired? On edge? Shortfused? Cynical? How will all of these nuances of bitterness continue to influence our experiences? How will we remove this bitterness from our mindset and our spirits?

One answer comes by looking at manna, the source of our sustenance in the wilderness. A Midrash teaches that "it was one of the miracles that manna tasted different to everyone. Whatever the Israelites liked. they found in the manna."

What will be the nature of our personal manna in the coming weeks and months? What do we want to experience? What do we want to feel? What do we want to create? We can view the various organizations and insti-



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

tutions in our community as individuals. What is the nature of their manna, their sustenance? How can they pool their manna for the sake of others, those formally connected with the Jewish community and those informally connected, but part of us nonetheless?

If we act collaboratively and strategically to address the needs we perceive in our community – synagogues, schools, JFCS, MJCC, Federation, among others - our collective manna can be an antidote to our collective bitterness.

When we work together, we will all derive a personal, individualized meaning, significance and purpose. I am confident that together, our desire to grumble and complain will decrease. Together, what we collaboratively experience will prove to be sweet and fulfilling. Together, we can navigate this pandemic wilderness and successfully enter our lands of promise.

# Rabbi's Corner

In addition to the Chaplain's Corner, the Jewish Review reserves space for a Rabbi's Corner each issue. Our community's rabbis are invited to share their thoughts on the week's parsha or current events. The Oregon Board of Rabbis organized the project.

Rabbis are invited to schedule a date to submit a 500-word piece. For more information, email editor@jewishportland.org.

# Virtual events

## Feb. 11: Capital Markets Outlook

Financial advisors and donors alike are invited to a noon, Feb. 11, Zoom program on "Capital Markets Outlook: 2021 and Beyond."

Amid a global pandemic and a monumental election season, the capital markets performed surprisingly well. How the world recovers from the novel coronavirus will certainly impact the markets, but to what extent? Those questions and more will be answered by Christopher J. Wolfe, chief investment officer of First Republic Private Wealth Management. Wolfe is responsible for leading First Republic Investment Management's research and investment platform, as well as the investment strategy and outlook for First Republic's integrated investment, trust and brokerage groups. He frequently appears on television networks and in print publications to speak on the current state of the markets.

The program is presented by the Professional Join Professional Advisors Group of the Oregon Jewish Community Foundation. While most PAG events are for professional advisors, this event is for donors in the community as well. This event is free and CLE credits will be available. This webinar is being sponsored by Brian Suher, senior vice president, RBC Wealth Management and West Bearing Investments, a division of Ferguson Wellman.

Chaired by Walker Clark and Lindsay Krivosha, OJCF's PAG is comprised of professional advisors in various legal and financial fields who support the mission to build and promote a culture of giving in Oregon and Southwest Washington that supports a thriving Jewish community now and for generations to come.

To <u>register for the Feb. 11 program</u>, or for any questions about the Professional Advisors Group, contact Nathaniel Smith at <u>nates@ojcf.org</u> or call 503-248-9328.

# Feb. 18: Priorities & Philanthropy at PDX Biz

Offering a lens on Portland, Priorities and Philanthropy, Jordan Schnitzer will be the featured speaker for the Mittleman Jewish Community Center's upcoming PDX Business Zoom at noon, Thursday, Feb. 18. Started as a quarterly Business Breakfast, the MJCC has moved to a monthly Zoom format to increase connection and opportunities for the community.

"The PDX Business Breakfast series is intended to provide insight into different facets of Portland's business community," said Steve Albert, executive director of the MJCC. Since the beginning of the pandemic, we have examined houselessness, how to be anti-racist, facilities management, the business of marijuana, and investment strategies for the COVID-19 and post COVID era.

Native Oregonian and President of Harsch Investment Properties, Jordan D. Schnitzer, runs the Portland-based real estate acquisition, development and management company started by his father in 1950. He is a 1973 graduate of the University of Oregon and in 1976 received his doctorate degree from Northwestern School of Law at Lewis and Clark College.

In addition to leading Harsch, Jordan is also director of the Harold & Arlene Schnitzer CARE Foundation and has served on more than 31 civic and cultural boards including the Portland Art Museum, the Japanese Garden Society of Oregon, the High Desert Museum in Bend, and the Friends of Astoria Column, Portland Jewish Academy and the Mittleman Jewish Community Center. Following his family's commitment to support art and culture, Jordan has created one of the nation's largest contemporary print collections, which is shared with the public through the Jordan Schnitzer Family Foundation.

Jordan was also the head of the committee who, along with Portland's Jewish community leaders, led the organizational and philanthropic efforts to save the MJCC in 2008. The Schnitzer Family

Campus, shared between the MJCC and PJA, is named after the Schnitzer Family.

This event is free with a suggested donation of \$18. Sponsorships available. To register for this business Zoom or for more info, go to: <a href="www.oregonjcc.org/pdxbiz">www.oregonjcc.org/pdxbiz</a> or contact Saul Korin, MJCC development director, at <a href="mailto:skorin@pjaproud.org">skorin@pjaproud.org</a> or 503-244-0111.

## Feb. 18: Young adults invited to find self-love

Join the young adult Jewish community for a night of movement and wellness. "Embodied Practice for Self-Love" will be held on Zoom 6-7 pm, Feb. 18.

Come to experience breath work, gentle yoga and intention setting. Our community member Abbie Barash will lead us in yoga practices for a refreshing break from the usual sitting and staring at screens. Abbie is a registered yoga teacher with Yoga Alliance and manages OneTable programs for young adults in Portland and Seattle.

The first 50 folks to register will get a gift bag of goodies to enhance their self-care practice.

The program will be done in partnership with the Jewish Federation of Greater Portland, Mittleman Jewish Community Center, Oregon Jewish Community Foundation, Jews Next Dor and One-Table. The CNS COVID-19 Outreach and Services team, funded by the Oregon Health Authority, helped sponsor the gift bags.

To register, visit jewishportland.org/self-love.

For more information, contact JFGP Young Leadership and Communications Manager

Nadine Menashe at <u>nadine@jewishportland.org</u>.

## Feb. 21: Virtual Super Sunday RETURNS

Held virtually for the first time, Super Sunday was such a success that volunteers are being asked to return for one more shift on Feb. 21 to wrap up the campaign to keep our community flourishing for another 100 years.

Join us as we reach out to our community and ask them to help the Jewish Federation of Greater Portland fund our Jewish community agencies and Federation programs.

On Dec. 20, volunteers called, texted and emailed 145 households and raised \$70,000 of critical funds that support the network of organizations that make the metro Jewish community vibrant and strong. Now volunteers will reach out one more time from 11 am to 12:30 pm, Sunday, Feb. 21, to enhance and protect the well-being of the Jewish community locally, across North America and in Israel.

Sign up at jewishportland.org/super-sunday-feb-21-2021.

## Feb. 25: Got questions on BB Camp 2021?

As the pandemic continues to evolve and information changes, B'nai B'rith Camp understands that families have questions about what to expect this summer at BB Camp. The health and safety of our camp community is BB Camp's highest priority.

To help answer those questions, BB Camp will hold Town Hall meetings on the last Thursday of each month through May. At these meetings, staff will provide 2021 summer camp updates, policies and protocols that might be affected by COVID-19; plenty of time will be available for participants' questions.

Whether you are signed up for BB Camp, a returning family or curious about joining the BB Camp community, we welcome you to attend and learn about BB Camp for summer 2021.

Continued on next page

# Virtual events (continued)

Located on the beautiful Oregon coast, BB Camp is a vibrant and inclusive Jewish camp serving the Pacific Northwest since 1921. BB Camp has been a home away from home for generations of campers of different ages, backgrounds, denominations and abilities.

To learn about what to expect at camp this summer, join one of BB Camp's Town Hall meetings. Register for a BB Camp Town Hall meeting at 4 pm on Feb. 25, March 25, April 29 or May 27.

For more information and to register, visit bbcamp.org/town-hall.

### Feb. 28: Meet diverse Israelis on Zoom

Israel360 will partner with Meet the Israelis for its February program to bring Oregonians into Zoom rooms to converse with a diverse selection of young Israelis.

To know a land is to know its people. Experience the political and religious diversity of Israel through authentic and intimate conversations with young Israelis from across the length and breadth of the country. Meet an Israeli settler, a left-wing Peace Now activist, an ultra-Orthodox yeshiva bucher (yeshiva student) and a Muslim Palestinian in open and unscripted discussion. These diverse voices and perspectives together represent some of the largest cultural and political forces animating contemporary Israeli society.

In partnership with Meet the Israelis and the magic of Zoom, engage in the honest and thought-provoking conversations even a tourist in Israel rarely benefits from.

Meet the Israelis is a nonprofit organization founded in 2017 to encourage education and understanding of the complexity and variety of people, communities, opinions and political views coexisting within Israel. The sessions have been adapted to Zoom.

After a brief introduction, participants separate into Zoom breakout rooms to meet with one of the Israelis. After 20 minutes of insightful conversation, groups switch to the next Israeli until each group has spoken with all the Israelis. Groups reconvene for a closing session to process and share thoughts and insights.

Ninety-two percent of past participants felt that "they had a better understanding of the complexities of Israeli society afterwards."

"Meet the Israelis: Real People, Real Opinions, Real Dialogue," will be held on Zoom 11:30 am-1 pm, Feb. 28.

To reserve space for the program, find the registration link at nevehshalom.org/israel360.

Israel360 and Meet the Israelis are joined by the Harold Schnitzer Family Program in Judaic Studies, Portland State University's CHAI and PDX Hillel in sponsoring this program.

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

## March 4: PDX Hillel b'nai mitzvah

Greater Portland Hillel held its first event – a 60-person b'nai mitzvah – in spring of 2008. Now PDX Hillel celebrates its own bar mitzvah on March 4.

Join PDX Hillel for a festive hour of celebrating and reflecting on 13 wonderful years of community building, Jewish learning and leadership development. Pull up a chair in the comfort of your own home and hop on the Zoom call from 7 to 8 pm to kvell, meet current students and support Hillel's continued accomplishments. A graduating student will be awarded the Future Leaders Award for their years of dedication and contributions to Hillel. RSVP at pdxhillel.org



Steve Reinisch, OJMCHE board member and past Gala master of ceremonies, addresses a full MJCC ballroom at the museum's 2019 Gala Imagine. Reinisch will be speaking again at OJMCHE's 2021 Gala, albeit virtually.

# March 7: Settling In – A Virtual Journey

Experience a virtual journey of navigating the past year's rough seas, when the Oregon Jewish Museum and Center for Holocaust Education hosts an online Gala March 7.

"At the heart of our work at OJMCHE is to connect past to present and to participate in an inclusive, vibrant democracy built on understanding and embracing differences," says OJMCHE Director Judy Margles. "We invite everyone to join us online for our Gala event, an opportunity to have fun and support our vital work."

Join the festivities online to learn about how OJMCHE has adapted to these extraordinary times as a virtual space for intercultural conversation and community. Enjoy a livestream program filled with stories, a chance to learn about what the museum is up to and opportunities to support OJMCHE, including a raffle. The raffle prize will be a mixture of the virtual connection and real-world flavor. The winner of the raffle will experience a virtual coffee or cocktail date with Portland native Ari Shapiro, co-host of NPR's "All Things Considered." The lucky winner will also receive a cocktail or coffee gift basket to enjoy while Zooming with Ari.

Alix Zimmermann, who works with Artisan Auctions, will host the evening. Alix previously joined OJMCHE to present a roller derby demonstration in the museum's parking lot at the NW Kearney location in conjunction with the exhibition titled Jews in Sports. Alix has been affiliated with the Rose City Rollers for more than a decade as a skater, coach, board member, emcee and

"While we wish we could all gather together in person to connect and celebrate the museum's work, we look forward to bringing the community together virtually on March 7 to learn how the museum has adapted to these extraordinary times," says OJMCHE Board Chair Jeff Mazer.

The preshow begins at 5:30 pm with the main program 6-7 pm. Learn more, buy a raffle ticket and register: avcast.me/settlingin

# 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: <a href="editor@jewishportland.org">editor@jewishportland.org</a>

#### JFCS AR/AP/Payroll Accountant

Jewish Family & Child Service is seeking an AR/AP/Payroll Accountant. Pay for this full-time position is \$22-25 per hour plus benefits.

The bookkeeper will be responsible for day-to-day transactional accounting and will promote the mission of JFCS.

Experience processing accounts payable, payroll processing and accounts receivable using QuickBooks is required. A vocational certificate or associate's degree from an accredited business school, college or university is preferred. A minimum of three years administrative and client support experience is required, preferably in nonprofit organizations. Three years of experience may substitute for associate's degree. Knowledge of accounting and mental health insurance billing procedures preferred.

Core competencies include strong communication skills, accuracy, professionalism, initiative, organizational skills, detail oriented, collaborative, adaptable, excellent problem-solving skills, cultural competency, discretion, confidentiality and dependability, ability to manage multiple priorities, customer service skills and ability to communicate complex information to a variety of individuals.

For the full job description and qualifications, visit <a href="https://jfcs-portland.org/about-us/employment/">https://jfcs-portland.org/about-us/employment/</a>. Send cover letter and resume to Janene Richards at <a href="mailto:jrcs-portland.org">jrcs-portland.org</a>

# Public Service Announcement



# FREE DRIVE-THROUGH COVID-19 TESTS

2nd Sunday of the month through March 12:30-2:30 PM in the MJCC Parking Lot

CNSCOS and Signature Healthcare will be at Mittleman Jewish Community center to give out:

- FREE rapid tests
- FREE PCR tests

You must sign up for a time slot in advance:

February 14 - https://tinyurl.com/CNSCOS-test-February

March 14 - https://tinyurl.com/CNSCOS-test-March

If you have any questions, please contact us at covid19@nevehshalom.org or 971-990-5652

## FINANCIAL ASSISTANCE AVAILABLE

Thanks to the Jewish community's Greater Portland COVID-19-Emergency Campaign, emergency relief is available through two programs:

## **Jewish Free Loan Program**

Individuals who have been impacted by the COVID-19 virus and require a loan may be eligible for a no-interest loan of up to \$1,000 with no cosigners. Loan repayments will begin after 120 days and will be divided into equal payments of \$28/month for 36 months.

For more information, visit jewishportland.org/jewish-free-loan or call 503-892-7417.

## **Emergency financial aid**

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

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

## VIRTUAL EVENTS

### LOCAL ONLINE EVENTS

Community calendar for all Jewish events: jewishportland.org/community-calendar/online-events

Mittleman Jewish Community Center:

oregonjcc.org/at-home-programs/at-home-resources

Find organizations: jewishportland.org/community-directory

## NATIONAL ONLINE EVENT RESOURCES

Jewish Federations of North America: jewishtogether.org

One Table for young adults: one table.org

Hillel International: welcome.hillel.org/hillelathome/

PJ Library: pjlibrary.org/familyactivities

# **Obituaries**

#### LORETTA BLOOM

Loretta Bloom, z''l, passed away on Sunday Jan. 17, 2021. She was the beloved mother of Linda Bloom (Roy Hedine) and Leslie Bloom; mother-in-law of Keri Bloom; and grandmother of David, Max and Arielle Bloom, Teddy Van Ee, and Samuel Hedine.

A private family service was held at the Beth Israel Cemetery on Feb. 2.

Congregation Beth Israel sends condolences to Linda, Roy, Leslie, Keri, David, Max, Arielle, Teddy, Samuel and the extended Bloom family.

Donations in Loretta's memory can be made to the <u>Oregon Food</u> <u>Bank</u> or <u>CBI's Social Action Food fund</u>.

## MARILYN SHENKER ALKIN

Marilyn Shenker Alkin, z"l, passed away Jan 19, 2021, in Northridge, Calif. Marilyn was the dear sister of Arden (Lois) Shenker, and is also loved and remembered by her husband, two children and six grandchildren.

Congregation Neveh Shalom extends our deepest condolences to the extended Shenker/Alkin family.

## **SUBMISSIONS**

Submit obituaries to: editor@jewishportland.org.

Obituaries are posted online as they are received at: jewishportland.org/obituaries.