

Israel turning 75 – Let's celebrate

Federation offers grants for programs and events

The Jewish Federation of Greater Portland is offering grants to Jewish organizations to present events or programs this spring to mark Israel's 75th anniversary.

David Ben-Gurion proclaimed the establishment of the State of Israel on May 14, 1948 (5 Iyar on the Hebrew calendar, which in 2023 coincides with April 25-26). U.S. President Harry S. Truman recognized the new nation on the same day. Since then, Israel has been a safe haven for the Jewish people and a leader in innovative technologies that have benefited the world.

"We are excited for our community to celebrate Israel at 75," says JFGP President and CEO Marc Blattner. "We want to create a full calendar of community events, and we recognize that small funding can go a long way."

The grants are designed to expand creative and collaborative initiatives to excite, educate and inform our community about Israel. Grant requests are due by Feb. 1. Decisions by Feb. 15.

Apply: form.jotform.com/JFGP/israel-75-grant-form.



Superstar Noa to perform

An April 30 concert by Israeli Superstar Noa is part of our community's Israel at 75 Celebration. Pre-sale tickets will be available Jan. 9. See story page 2.

MJCC takes reins of PJ Library

BY DEBORAH MOON

Mittleman Jewish Community Center's new role as implementing partner of the Portland-area PJ Library dovetails perfectly with the center's new strategic plan to enhance youth and family engagement (see page 2). The Jewish Federation of Greater Portland, which assumed leadership of the Portland-area program in 2011, remains the funding partner.

"PJ Library is an important part of our ability to engage and communicate with families that are looking for Jewish resources, programs and events for their children," says MJCC Executive Director Steve Albert.

PJ Library, a program of the Harold Grinspoon Foundation, has delivered more than 50 million free books to Jewish families. Since the program came to Portland in 2007, more than 4,437 local children have received free books. Currently, 1,385 children from birth to age 8 receive a free book each month. Nearly 300 local youth ages 8½ to 12 choose a free book each month through PJ Our Way.

As the PJ Library's implementing partner, the MJCC will offer those families more programs and experiences to further their Jewish connections at the J and throughout the entire Jewish community. PJ Library will work with community partners across the community to hold programs.

"We hopefully can connect more PJ Library families to the MJCC who may not be familiar with us, and vice versa," says MJCC Youth Programs Manager Daylee Shaw.

See PJ LIBRARY, page 5



Holden Regnier reads one of the PJ Library books he plans to share with children during story time at the Chai Baby Indoor Playground in the MJCC Sportsplex each month.

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Agency Spotlight



Members of the MJCC Stingray Swim Team

MITTLEMAN JEWISH COMMUNITY CENTER

Full-service community center offering youth and family programs; culture, arts and education; and wellness and recreation. oregonjcc.org | 503-244-0111

2022 ALLOCATION: \$126,190

MISSION: The Mittleman Jewish Community Center is an inclusive and welcoming hub for a diverse community, fostering lifelong wellness and providing dynamic social and educational experiences grounded in Jewish values and culture.

In February, the MJCC will share its new strategic plan that prioritizes enhancing engagement with, and service to, youth and young families. In addition to expanded camp and youth programs, the J will partner with the Jewish Federation to offer PJ Library to young Jewish families in Greater Portland. Beginning in January 2023, the MJCC takes the lead on the administration of the program, family communication (such as the newsletter) and special programs for PJ Library families. (See story page 1.)

"We pride ourselves on being inclusive of the entire community and offering something for everyone," says Executive Director Steve Albert. "Young or old, secular or observant, everyone will find opportunities at the J, whether they seek to meet Jewish friends with common interests and passions, celebrate Jewish holidays in community with others or find a kosher meal."

"The allocation that the MJCC receives from the Jewish Federation helps to cover costs for staffing, programs and maintenance," adds Albert. "We also appreciate the collaboration on PJ Library."

The MJCC's diverse offerings include Jewish summer day camp and vacation camps; children's programs/child care; afterschool youth programs; cultural arts and education – art gallery, films, author talks, travel programs, concerts, clubs; Jewish holiday celebrations; business series; JCC Maccabi Games (summer teen program); aquatics – swim teams, swim lessons, masters swimming and aquatic exercise classes; sports – pickleball, basketball, gym hockey, soccer, racquetball; fitness – fitness center, group exercise classes, personal training; and a kosher café.

The center is also refreshing its fitness facilities, thanks to a generous gift from Ralph Miller in memory of his wife, Sandi Miller. The J has invested \$100,000 to upgrade and expand fitness center equipment.

Volunteers plan and execute many communitywide events, such as the "Day for the J" on April 23. The strategic plan includes the creation of a Member Ambassador program. To volunteer at the MJCC, email mjcc@oregonjcc.org.

2 Jewish Review Jan. 4, 2023

Israeli superstar coming to celebrate Israel at 75

Israeli Superstar Noa will perform here this spring as part of our community's Israel at 75 Celebration.

The Jewish Federation of Greater Portland and Congregation Beth Israel present "Celebrating Israel at 75" at 7 pm, April 30, at the new Patricia Reser Center for the Arts in Beaverton. The concert features Noa performing with Grammy-winning pianist Rustan Sirota.

With roots and upbringing spanning Yemen, Israel and the United States, Achinoam Nini, aka Noa, is a singer, songwriter, poet, composer, percussionist, peace activist and mother of three children.



Noa

Together with her longstanding musical collaborator Gil Dor, an accomplished musician and co-founder of the Rimon School of Music, Noa has released 15 international albums and graced many of the world's most important and prestigious venues, including Carnegie Hall and the White House, and has performed for three popes. She has been mentored by Pat Metheny and Quincy Jones and shared the stage with legends such as Stevie Wonder, Andrea Bocelli and Sting.

In addition to her music fame, Noa is considered a prominent cultural advocate of dialogue and co-existence in Israel. Noa is Israel's first ambassador to the Food and Agriculture Organization of the United Nations and is active as a board member and public advocate of a score of human rights and peace organizations in Israel and abroad.

Tickets are \$18-\$36 plus a \$4 service fee. Pre-sale tickets will be available beginning 10 am, Monday, Jan. 9. Use Promo code ISRAEL75. Tickets go on sale to the general public the following week, Jan. 16.

Tickets will be available through the Reser Center at thereser.org/event/celebrating-israel-at-75-with-israeli-superstar-noa/.



Grammy-winning pianist Rustan Sirota will perform with Noa at the April 30 concert.



HAPPY NEW YEAR 2023

JFGP Upcoming Calendar:

- Israel At 75 Trip - March
- NOA In Concert - April 30
- Community Study Results - May
- Annual Meeting - June 8
- Israel At 75 Celebrations - Year Round



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Torah study in prison has rewards, challenges

BY DEBORAH MOON

Teaching Torah to women in prison is both challenging and rewarding according to volunteers who have visited Coffee Creek Correctional Facility near Wilsonville over the past six years. Additional volunteers are needed to continue this mitzvah.

"I think I've learned as much from them as they think they learn from me," says Charlie Rosenblum, one of the core volunteers from Congregation Shir Tikvah. "They always bring their own perspectives to the table, and we all learn much from those whose lives are different from our own."

Another core volunteer, Shir Tikvah President Emma Lugo, agrees: "The women teach me as much about Torah as I try to teach them. I love their insights on the parsha, I love their perspective, I love their novel approach."

The mitzvah originated in 2008 when Rabbi Arthur Zuckerman, then rabbi of Congregation Shaarie Torah, was asked to visit a Jewish inmate. Six years later, in an oral history interview with OJMCH, he said that the first person he met at Coffee Creek had gone on to earn her bachelor's degree and was ready to go to graduate school.

Emma says she has seen that same drive to move forward in life from the women she has met since 2016.

When Rabbi Zuckerman moved to Nevada, he asked Congregation Shir Tikvah Rabbi Ariel Stone if she would take it over. She agreed.

Rabbi Stone went herself at first but has since passed it on to volunteers in the congregation. "I realized that driving down the Coffee Creek on a Friday morning wasn't going to be sustainable for me given the requirements of the congregational rabbi."



Volunteers take challah, grape juice and a taste of Torah to women at Coffee Creek Correctional Facility every Friday.

I'm not a prison chaplain, I couldn't make that my priority."

Now, two to three volunteers go to Coffee Creek every Friday – either in the morning for Torah study or in the evening for Kabbalat Shabbat, with a bit of Torah thrown in. About eight Shir Tikvah members were involved initially, but some have moved away or have other commitments. With just four core volunteers left, more people are needed to maintain a consistent presence.

Rabbi Stone hopes to have a total of 10 or 12 volunteers who can take turns going in teams of two to three. They are supported by the prison chaplain during the visits.

"It does require a little bit more work than the average mitzvah," she says, adding that people need to "have the ability to lead a Torah study and also have the ability and the capacity to volunteer in a prison." Other requirements include a Department of Corrections volunteer application form, a series of orientation classes online and one in person, finger printing, photo and background check.

"This opportunity (of) making that human contact has been really profound for the people who've done it," says Rabbi Stone. "You're going there to help them interact with Torah and have a little bit of spiritual nurturing – that's a little demanding, but it's also incredibly rewarding. There's no reason why we can't be sharing this mitzvah."

Emma and Charlie have both been going to the prison regularly for six years. About 10 "adults in custody" attend most of the Torah sessions. Some are Jewish, some Jew curious, some are just interested in Bible study but learn about Jewish traditions, holidays and perspectives, as well. Both volunteers say the women largely take responsibility for what they have done to end up in prison but are eager to grow as people and move forward with their lives.

"This is just bringing a small sliver of civilization, just being able to sit and freely talk with people from the outside about Torah," says Emma.

For Charlie, it's an opportunity to expand his life perspective: "I have found it personally rewarding to listen to somebody who's not like me for a change – to get out of my little bubble. When you talk to people who are not like you, you develop empathy – you can't help it."

Emma concludes, "I don't really go there to try to do good or to try to make a difference. I actually go there to learn Torah from them. It's an amazing opportunity."

"We pray for *pidyon shevu'im*, the release of captives, in the daily *Amidah* prayer; it's not often we have the chance to actually fulfill that mitzvah, at least in a spiritual way," says Rabbi Stone.

To receive more information on this mitzvah and the commitment required, contact Rabbi Stone at rabbi@shirtikvahpdx.org.

Torahs are part of Cedar Sinai Park's family

Cedar Sinai Park owns three Torahs.

"We exist because of Torah," says board member Eddy Shuldman, who chairs the Religious and Spiritual Life Committee. "The Torah teaches us about honoring our parents, valuing our elders and choosing life."

"I can't begin to estimate the length of time we have had these Torahs," says Eddy of the two oldest Torahs. "We do know that the Nudelman family generously donated a Torah in memory of Alysmae Nudelman in 1997."

Two of the Torahs typically are housed in the Cogan Chapel Ark in the Robison Jewish Health Center/Harold Schnitzer Center for Living, and one is generally in the Zidell Hall Ark. Another Torah on loan from Congregation Shaarie Torah is in the Zidell Ark.

Just prior to the onset of Covid, all three campus Torahs were inspected by a *sofer* (scribe) for the

first time in their history with Cedar Sinai Park. The inspection was a gift from Marcy Tonkin.

Two of the Torahs – a 21-inch scroll written about 50 to 60 years ago in Israel and a 16.25-inch scroll written about 120 years ago in Germany – are now in Florida undergoing repairs.

The remaining Torah is the smallest, a 16-inch scroll, written about 100 years ago in Germany.

Prior to Covid, Rose Schnitzer Manor residents paired up with Portland Jewish Academy seventh- and eighth-grade students for a *B'yachad* (together) program. One of *B'yachad's* last activities was cleaning the scrolls before sending them off to Florida, one of the group's most "memorable activities," says Eddy.

"These Torahs are treasured and have been lovingly used for Shabbat and holiday services for decades," she says. "They are considered a part of our Cedar Sinai Park family!"



Rose Schnitzer Manor resident Freda Kale holds one of Cedar Sinai Park's Torahs.

Be a history sleuth for Jewish Family & Child Service

This is the 75th year of Jewish Family and Child Service – the perfect opportunity to celebrate the agency’s past presidents and remember those who were in that role but are no longer with us. Yet, JFCS is stuck: We have an incomplete list of past presidents, including their years of service.

Here is where you come in: Please reference the list below. If you recognize a name (or two) missing, or can fill in a blank be-

side an individual’s name where their years of service should be, please email the information to JFCS Communications Manager Jenn Director Knudsen at jdirectorknudsen@jfcs-portland.org.

Thank you for channeling your inner Sherlock Holmes! You can help ensure that all of JFCS’ past presidents receive the recognition they deserve for their support of the community’s only Jewish social services agency.



JFCS Board Vice President Bill Treuhaft and wife, JoAnne Treuhaft, carefully comb through JFCS documents, but they need help from you.
Photo by Robyn Taylor.

____ : Marianne Buchwalter, z”l
 ____ : May Georges, z”l
 ____ : Clifford Alterman, z”l
 ____ : Pearl Gevurtz, z”l
 ____ : Leonard Goldberg, z”l
 ____ : Elaine (Weil) Savinar
 ____ : Richard (Dick) Dobrow
 ____ : Alan Goldsmith, z”l
 ____ : Harriet Steinberg Towne, z”l
 1962-64: Leah Durkheimer, z”l
 1964-66: Eve Rosenfeld
 1966-68: Madeline Nelson, z”l
 ____ : Merritt Yoelin, z”l
 1969: Alan Goldsmith
 1970s: Jack Schwartz
 ____ : Yonah Geller, z”l
 ____ : Frances Markewitz, z”l
 ____ : Augusta Reinhardt, z”l
 ____ : Charlotte Schwartz, z”l

1980s: 1st Beverly Bookin
 1985: Steve Kantor, z”l
 1989-91: Mark Rosenbaum
 1997-98: Bernard Asarnow
 1997-98: Bernice Shulevitz, z”l
 1998-99: Howard Feldman
 2001: Lucy Kivel
 ____ : Lesley Isenstein
 ____ : Deena Klein
 ____ : Betsy Russell
 2002-04: 2nd Beverly Bookin
 2005-06 & 2008: I. Kenneth Davis
 2007: Michael Wendrow
 ____ : Miriam Feder
 2010-14: Michael Millender
 2014-17: Les Soltesz, z”l
 2017-19: Lee Cordova
 2019-23: Larry Holzman

PJ LIBRARY (continued from page 1)

“PJ Library seems like an amazing avenue for connecting with folks,” adds Shaw.

The MJCC has programming options for children as young as 6 months. Many first-time families or those new to the area will have the opportunity to learn about the youth programs the community center has to offer, including camps, childcare, and other activities and events.

“I am so excited for this opportunity for the MJCC to take on a new family engagement program, and I look forward to partnering with them in a variety of ways,” says Rachel Nelson, who has managed PJ Library since 2015 in her role as JFGP Director of Educational Initiatives. “This is a community partnership to help families connect with the Jewish community and find their Jewish home in Portland.”

PJ Library already has introduced thousands of families to the resources the Jewish community has to offer and has helped families already connected to the community to access free books to enrich their families’ Jewish engagement.

“The MJCC is extremely grateful to JFGP for its partnership on the PJ Library program,” says Albert. “While the books are subsidized by the Harold Grinspoon Foundation, the cost is still substantial, and the J doesn’t have the financial resources to cover the cost of the books. The Federation’s support of the purchase of PJ Library

books is critical to offering this program to the Portland Jewish community.”

Albert calls Youth Programs Assistant Manager Holden Regnier “the point person for PJ Library.”

Regnier will write and distribute the PJ Library e-newsletter, lead story hours and oversee the program in general.

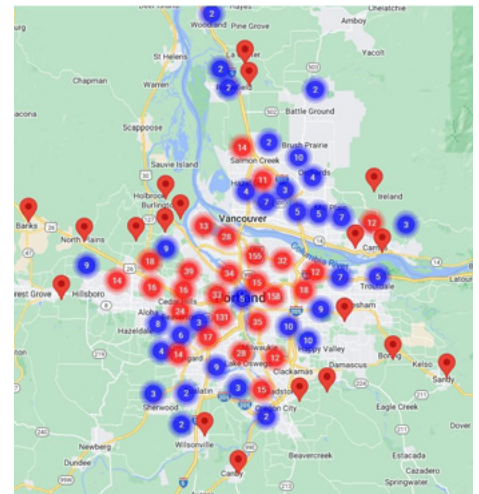
“Youth programs are returning to the good turnout we had before the pandemic,” says Regnier. “This is an opportunity to connect with more families in the Portland area.”

The J will bring back story time to Chai Baby sessions beginning this month, with story hour during the Jan. 5 Chai Baby Indoor Playground. On the first Thursday of the month, the MJCC opens its Indoor Playground from 10 am to noon to non-member parents/caregivers and their children ages 6 months to 5 years old.

The J will also apply for engagement grants from PJ Library national to help fund additional programs to find new families, build relationships between families, engage them in high-quality Jewish experiences and empower parents to take the lead in their family’s Jewish life.

“This is a great way to promote the J’s camps and afterschool programs to people who are not connected with the JCC,” says Regnier.

“I look forward to working with Holden and the JCC as they grow and expand their young



The map shows the distribution of families receiving PJ Library books in the Portland catchment area, which includes Multnomah, Clackamas and Washington counties in Oregon and Clark County in Washington.

family engagement program,” says Nelson. Through her work with newcomer families and the Portland Area Jewish Educators, she will continue to look out for young families and connect them with PJ Library.

Kids from birth to age 8 enrolled in PJ Library receive a free Jewish children’s book every month, and kids ages 9-12 who sign up for PJ Our Way can go online each month and choose a comic book or graphic novel.

To sign up kids for PJ Library, visit pjlibrary.org/communities/portland. To sign up for PJ Our Way, go to jourway.org.

Published biweekly by
Jewish Federation of Greater Portland
9900 SW Greenburg Road, Suite 220
Tigard, OR 97223
503-245-6219
JewishPortland.org

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Circulation

To receive the Jewish Review in your email inbox, fill out the form at
jewishportland.org/subscribe

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

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Issue date	Deadline
JAN. 18	JAN. 12
FEB. 1	JAN. 26
FEB. 15	FEB. 9
MARCH 1	FEB. 23

Submit photos, news and obituaries to
editor@jewishportland.org

Chaplain's Corner

No power energizes communication

BY RABBI BARRY COHEN

When the power goes out, it can be an inconvenience. We lose easy connection with the outside world. We have to put on an extra sweater to stay warm. If the power is out long enough, we may have to throw away some of our food.

But for those who depend on electricity to run medical equipment at home, losing power can be dangerous.

When my neighborhood lost power on Dec. 27, it was only an inconvenience. We did not have heat. As the sun set, our only illumination was flashlights or candles. And of course, there was no TV or WiFi. Because of mediocre cell phone data connectivity, we had no access to the web and sporadic ability even to send texts.

For a handful of hours, it was just my 18-year-old son and I in a darkening apartment. What happened?

We had the most genuine, enjoyable interaction with one another in months. Without technology getting in the way, we actually had to talk with one another, face-to-face.

At first, I struggled with how to begin. I decided to turn to music, since many of our musical interests overlap. I said I was a little envious of his generation because he has much easier access to music because of the web. I added that when I was in high school, I was limited to FM radio, music stores, word of mouth and cassette tapes that we made for each other.

Cassettes piqued his curiosity. How did they work? How did they record music? How did they play back music? How hard was it to figure out how much time you had left?

I shared anecdotes of waiting for just the right song to be played on the radio for me to record. I described trying to time the recording of live concerts, so that I flipped the cassette over right as a song ended or as quickly as possible, God forbid, in the middle of a song if I was running out of tape. I also tried to describe the art of creating a mix tape for friends and my frustrations of declining sound quality after the cassette had been played multiple times.

At times he shook his head at how "archaic" cassette technology was and how hard it was to manipulate the medium.

He smiled at me when I explained my frustration of my music collection becoming virtual; how I prefer to have a physical copy of albums, tapes and CDs; and how I never got over losing my Napster collection because the digital format changed.

He was intrigued by how easy it is for him



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

Without technology getting in the way, we actually had to talk with one another, face-to-face.

to build a collection, when I had to devote who knows how many hours and resources collecting albums, CDs and recording my own cassettes. (My collection is still intact, going back to junior high school.)

He shared how he uses the web to explore all kinds of music, genres, bands, soloists and collaborations. Depending on whether he is studying, working or coping with a bad day, he turns to a particular song or performer.

I responded that music enabled me to survive high school. Springsteen and The Who, in particular, shepherded me through some challenging and dark times.

There is such a stark difference between the musical awareness of bands and genres between my son and myself at the same age. I will continue to play catch-up, which means we will always have plenty to talk about musically.

I did not enjoy being without power for the bulk of one day in December. But in the absence of technology, the genuine, enjoyable time of unmediated communication I had with my son made it worthwhile and only drew us closer together.

Our next challenge: can we interact the same way when we have technological distractions at our fingertips? Can we just put our phones down and resist the urge to check alerts? Texts?

Better yet, what else will we be able to talk about? Not just small talk ... skimming along the surface. We already do that. I am talking about topics when we dig deep, and I truly get to know my son, and he truly begins to understand his dad.

Security Corner

Learn how to respond when bad things happen

BY JESSICA ANDERSON

In the 10 months since I became your new community security director, I have heard how stressful increasing antisemitism has been for many of you.

I've met and corresponded with most of the Jewish organizations across Oregon and Southwest Washington and with many individual community members. What I hear, particularly now, is that the rise in antisemitic news is unnerving for many. Each of us reacts to negative news and information in different ways.

Individually, responses can range from needing a social media and news break to figuring out how to be more actively engaged in the fight against antisemitism. Part of my role is meeting individuals and communities wherever they are on that spectrum.

Some feel that if they can't change the world, they at least can make themselves better prepared for life's situations. To that end, I offer classes online on safety and security. This has been a great way for me to connect individually with people. People feel welcome to share their concerns and stories during the training.

Most of us recognize we live in a world where bad and unexpected events can happen out of the blue. Through the trainings, I want to empower you to feel confident about handling whatever life sends your way.

I'm a firm believer that any kind of training helps the mind and body react in a myriad of situations. Training should instill the confidence that we are prepared and capable of handling the unexpected.

Regarding safety and security training, my goal is for you to walk away thinking a little differently about your own situational awareness skills or knowing that you have the tools to get out of an emergency situation a little faster and with a cooler head. We know that the chances of experiencing an active threat are small, but feeling capable of handling contingencies such as a household emergency or a car accident you happen upon can be critical.

I hold my trainings on Zoom and generally offer morning and evening options for each class. The classes include Introduction to Situational

Awareness, Countering Active Threat Training (this is also known as CATT and features training on high-stress situations and the RUN, HIDE, FIGHT model) and Stop the Bleed.

Stop the Bleed is a national course developed by a medical team and is standardized like First Aid or CPR. This training is focused on potentially fatal bleeding, because research has shown that in these situations, people can bleed to death before paramedics arrive. Knowing these skills can give you the ability to save a life.

I also depend on community members to report incidents, graffiti, etc. — even if they seem small. We know antisemitic activity is grossly under-reported. Sharing the information keeps me in the know about what our community is experiencing. I also share the information with partners who track incidents nationally, which helps establish the basis for national programs working to combat antisemitism.

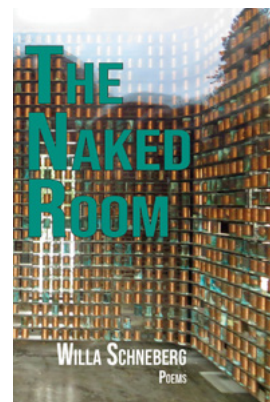
If you're interested in these classes or want to report an incident, please visit my security page on the Jewish Federation of Greater Portland website, jewishportland.org/security. From that page, you can find the listing of upcoming trainings and an incident reporting form to use if you see or hear something you think I should know about. We all have the ability to do our part!



Jessica Anderson is the Portland-area Director of Community Security. She previously was an FBI agent for 24 years. This position is funded by SCN (the official safety and security organization of the Jewish community in North America), and a local three-way partnership of the Jewish Federation of Greater Portland, Oregon Jewish Community Foundation Endowment Fund and multiple Jewish organizations in the region.



Willa Schneberg



Amidst global mental health crisis, poetic psychotherapist writes

Last year, the World Health Organization reported that during the first year of the Covid pandemic, the global prevalence of anxiety and depression increased by a massive 25%.

In the midst of this global mental health crisis, Portland poet and psychotherapist Willa Schneberg has written a collection of poems relating to mental health. *The Naked Room* will be released Jan. 15 by Broadstone Books. A local book launch party is scheduled for 6 pm, Feb. 7, at Broadway Books, 1714 NE Broadway, Portland.

"*The Naked Room* is a true synthesis of my life as a psychotherapist (one not exempt from angst), and my life as a poet," says Schneberg. "These are poems of the unconscious, the dreamscape, the despondent, the unmoored and the mortal. The collection not only goes inside the inner workings of a clinician's practice, but has a larger scope, which includes the history of psychiatric treatment with its dangerous 'cures' and embedded prejudices, and treatment today and lack thereof for the houseless and insolvent, for whom entering the realm of the 'therapeutic hour' is a luxury beyond reach."

Schneberg is a ceramic sculptor, interdisciplinary artist, essayist, curator, poet and Licensed Clinical Social Worker in private practice. Her [prior collections](#) include *In the Margins of the World*, *Storytelling in Cambodia*, *Rending the Garment*, *Box Poems* and the letterpress chapbook (small collection) *The Books of Esther*, which was included in an exhibit at the Oregon Jewish Museum and Center for Holocaust Education.

Since 1999, Schneberg has organized Oregon Jewish Voices, an annual event at OJMCHE featuring readings by prominent Oregon Jewish poets and writers. She has been awarded an Oregon Book Award in Poetry; the Barbara Deming Memorial Fund Award; second place in the Allen Ginsberg Poetry Awards; two fellowships from Oregon's Literary Arts; and residencies at Yaddo, MacDowell and in Kathmandu, Nepal.

The book can be ordered from the publisher, Broadstone Books, for \$18.50 at broadstonebooks.com/shop/p/the-naked-room-poetry-by-willa-schneberg. The cost will be \$24 in bookstores.

2023 kicks off with fun for young adults

Young adults have plenty to cheer about as 2023 gets under way. The young residents of Portland's Moishe House, on the east side, and Moishe Pod-WestPDX, on the west side, are hosting fun events in January for their peers. Young adults from all over greater Portland are welcome at all events.

The Moishe House model supports young adult leaders in their 20s and early 30s, allowing them to create vibrant Jewish communities for themselves and their peers. Moishe House is a global nonprofit that builds peer-led Jewish communities for young adults around the world. Portland has had a Moishe House since 2008. Moishe Pod – a two-person Moishe House – arrived in Portland in April 2022.

Jan. 8: Sunday Schmooze and Brunch

Moishe House will host Sunday brunch with lots of bagels, refreshments and plenty of heat from a cozy wood stove to keep away January chills. To RSVP, text 503-908-3394.

Jan. 10: Crafting Circle Tea Party

Come by Moishe House 6-8 pm to work on that half-done craft that's likely been sitting on your shelf for the better part of a year. If you need any specific supplies, please ask, and we can see what we have. To RSVP, text 503-908-3394 with what craft you want to do and if you need extra supplies.

Jan. 11: Game Night

Moishe Pod-West PDX welcomes bakers to the tent 6:30-8:30 pm for a noncompetitive evening of baking some of our favorite Jewish treats! We'll be working together to bake the perfect rugelach, egg kichel and halva in hopes of earning a handshake from Sol Hollywood. RSVP at moishepodwestpdx.com/events.

Jan. 14: Moho Visits the NW Reptile Expo

When Moishe House residents heard that the largest reptile expo in the Northwest and the longest-running reptile show in Oregon was coming to Portland in January, we knew we had to make it an

event. Join Moho at the Lloyd Center 1-3 pm if you were really big into lizards as a kid, or if you're trying to live out your Toxic by Britney Spears music video fantasy. RSVP by texting 503-908-3394 with your favorite reptile.

Jan. 18: Jewish Trivia Night

Brush up on your Torah portions and all the Jewish celebrities and get ready to blurt out all the historical and cultural details you can at Moishe Pod, 6:30-8:30 pm.

"RSVP" for 200! at moishepodwestpdx.com/events

Jan. 19: Torah and Tea

Join Moishe House for a discussion on the weekly Torah portion, Va'era, 7-9 pm. We will have tea, snacks and discussions related to the portion. RSVP by texting your favorite tea to 503-908-3394.

Jan. 22: Vegan Cooking Night

Moishe House welcomes those interested in making your Jewish food more vegan/vegetarian friendly 3:30-6 pm. This is a very veg-friendly Moishe House that has really tried it all – aquafaba matzo ball soup, challah made with baking powder instead of egg and, of course, bagels. Learn how to veg-ify your Jewish meals and create some sweet and savory treats. RSVP by texting 503-908-3394 with your favorite nonvegan Jewish food.

Jan. 28: Jewish Space Laser Tag

Moishe House wonders: What's the proper *bracha* to recite before using the space laser? Maybe we'll find out together at a super fun space laser tag event 5:30-7:30 pm at Clackamas Ultrazone.

RSVP by texting 503-908-3394.

Jan. 28: Wine & Paint

Our Moishe Pod friend and talented artist Joanna Wendel will lead us in learning about color theory and abstract art through a hands-on, art-making experience 6:30-9 pm at the Pod. Join us for this artsy evening with a full glass of wine.

RSVP: moishepodwestpdx.com/events.

Dignity Grows at Rosh Chodesh gatherings

Four events remain in the series of Rosh Chodesh gatherings created to support [Dignity Grows](https://dignitygrows.org)' mission to end period poverty while offering meaningful, enjoyable experiences for participants.

Create a food platter of fruits and grains in January, enjoy food and wine in February, rejuvenate with mindfulness and movement in April, and explore the power of water and mikvah in May.



Create a food platter featuring fruits and grains in January.

Rosh Chodesh Shevat is the month we celebrate the New Year for Trees. So come "Nurture the Seeds in Your Life" at 2 pm, Jan. 22. Chef Dyana Bishop of the Social Fig PDX will teach participants to make a food platter that highlights the fruits of trees and the seven species mentioned in the Torah: wheat, barley, grapes, figs, pomegranates, olives and dates. Mahri and Jeffrey Weitz will host the event on their outdoor, heated kitchen patio in West Linn.

Celebrate the amazing women in our world inspired by Purim

heroine Queen Esther for Rosh Chodesh Adar. At 6 pm, Feb. 21, "A Toast to Sisterhood" will feature a wonderful food and wine pairing with the winemakers of Helioterra Wines, an all-female winery in Southeast Portland.

In Iyar, "Health Mind, Body & Soul" is at 2 pm, April 23. Rachel Stern, founder of the Portland Jewish Yoga Collective, will lead a session that blends ancient Jewish wisdom with mindfulness and movement practices to restore and rejuvenate your mind, body and soul. The session will meet at the Shabu Studio on Northeast Glisan.

Finally, "Renew Yourself & Embody Your Full Potential" for Rosh Chodesh Sivan. Gather at Rachel's Well Community Mikvah at 7 pm, May 21, to interact with the primal element of water and connect with other women and Jewish tradition. Tour the mikvah, learn the history, rituals and stories of renewal as well as experience a water-based ritual for the group.

Dignity Grows provides free hygiene essentials packed in a discrete reusable shoulder bag. Each Dignity Grows tote is filled with a full month's supply of hygiene products and period necessities. The Portland chapter of Dignity Grows is part of the Jewish Federation of Greater Portland.

Proceeds from the Rosh Chodesh events go to purchase the personal and menstrual hygiene products needed to fill Dignity Totes. The totes are distributed by Dignity Grows partners – Transition Projects, Virginia Garcia Health Centers, Outside In, Self-Enhancement, Inc., A Safe Place and Divine Threads.

To register for any of the gatherings, visit jewishportland.org/dignity-grows-event-sign-up.

Jan. 6: Community Sephardic Shabbat Dinner

Each month, Ahavath Achim hosts a short Sephardic Kabbalat service, Shabbat dinner and discussion led by Rabbi Devin Maimon Villarreal. On Jan. 6, 5:30-7:30 pm, he will explore Kaminos: A Journey into Sephardic Spirituality and Thought. Discover why Sephardic Judaism is a treasury with something for everyone.

Cost is \$20/adult, \$10/child or college student. RSVP required: info@ahavathachim.com.

Jan. 7: Meditation Shabbat

The first Saturday of each month at Congregation Neveh Shalom is Meditation Shabbat. A series of practices will be incorporated into the regular sanctuary service, with the sermon slot dedicated to a focused meditation 9:30 am-noon, Jan. 7. For information, email brohr@nevehshalom.org.

Jan. 8: BB Camp's Teva Monthly Family Hike

B'nai B'rith Camp invites families of campers in K-12th grade to enjoy a monthly BB Camp Teva Family Hike. Jan. 8 hike will begin at 9 am at Multnomah Falls.

Cost: \$18 per family; may need to pay a park fee. Register at bbcamp.org/teva-hikes.

Jan. 8: Reading the Holocaust

Explore some lesser-known writings on the Holocaust, with a focus on diarists, especially by local survivors in the Portland area at 2-4 pm, Jan. 8, at the Eastside Jewish Commons. Sliding scale donation \$6-\$36. Register: ejcpdx.org/events-1

Jan. 9: Pop Music in Shul

Neveh Shalom Cantor Eyal Bitton presents this musical lecture in Neveh Shalom's Stampfer Chapel. Jan. 9 at 6:30 pm desserts and beverages, 7 pm program.

Prayers set to songs by the Beatles, ABBA, John Denver, Broadway hits, Hollywood hits and others – What do we think of them? Kosher? Not kosher? Find out in this fun and thought-provoking musical lecture. No RSVP needed.

Jan. 9: Talmud study group forms

A Talmud study group will form in January at Congregation Neveh Shalom. The group will first meet on Jan. 9 from 7:30 to 9 pm and Mondays weekly thereafter. For details, contact Jerry Brem at jerrybrem@comcast.net.

Jan. 11: Sephardic Film Fest: "Empty Boxcars"

The Sephardic Film Festival continues 7 pm, Jan. 11, at Congregation Ahavath Achim. Free film, Sephardic dessert and discussion led by a representative of the Oregon Jewish Museum and Center for Holocaust Education.

"Empty Boxcars" tells the amazing story of the survival of over 50,000 Jews in World War II and the mass murder of 11,393 Jews from territories under Bulgarian control in Greece and Macedonia. The plot to murder all European Jews was marked "top secret" but was brazenly public. Footage of the trains renders the crime visible. When the plot is exposed, Bulgarians from many walks of life – church leaders and labor leaders, lawyers and doctors – rose up in protest. Ahavathachim.com

Jan. 12: EJC Movie Night: "A Serious Man"

Eastside Jewish Commons presents a special screening of the Coen Brothers' Jewish dark comedy, "A Serious Man," at 7 pm,

Jan. 12 at the Commons. The film received widespread positive critical response and was nominated for the Academy Award for Best Picture. The evening will be hosted by former Oregonian film critic and best-selling author Shawn Levy. EJC's community partner for this screening is Congregation Beth Israel. ejcpdx.org

Jan. 12-March 16: The art of Jewish storytelling

Professional Jewish Storyteller Brian Rohr will lead a three-month journey. Open to beginner and experienced performers, the class will meet 6-8 pm, Thursdays, Jan. 12-March 16 (no class March 9). Register at nevehshalom.org/storytellingclass.

Jan. 15: Salon: Lighting the Darkness

PSU School of Architecture Professor Jeff Schnabel will discuss aspects of the human response and need for light, 1-3 pm, Jan. 15, at Harwin Studios in Portland. This is the first of three salons to explore the meaning of artist Sara Harwin's "Illuminated Letters: Threads of Connection." The interactive work by Sara Harwin uses textures and media to create multiple light and dimensional experiences.

Professor Schnabel will explore his thoughts, research and experience about how light shapes our emotions and actions. His involvement in darkness and light includes co-founding the Portland Winter Light Festival.

"Illuminate: Lighting the Darkness" will be followed with "Wrestle: Names and Naming" on Feb. 12 and "Connect: Connecting, Becoming One" on March 12.

RSVP is required as space is limited: info@harwinstudios.com.

Jan. 19: Sacred Music of Moroccan Jews

This 7 pm, Jan. 19, lecture is part of the Eastside Jewish Commons Havdallah Cafe Series. Through lecture and song, Cantor Eyal Bitton examines various elements of Moroccan sacred music – synagogue song, cantillation of sacred texts, the piyut (liturgical poetry) and life-cycle songs. Moroccan Jews have a very rich and proud religious culture, and a varied and ancient musical tradition, reflecting its Moroccan milieu, its Andalusian heritage and more. Open to the public, all ages. Free but register: ejcpdx.org/events-1

Jan. 22: Israel360: Vegan Cooking



Estee Raviv, cookbook author

Join cookbook author Estee Raviv, the author of *Oy Vey Vegan*, for a hands-on, laughter-filled vegan Mediterranean cooking extravaganza 3:30-6 pm, Jan. 22. Reservations are required by Jan. 16.

While Estee shares her personal journey to a plant-based diet, including her experiences growing up in Israel and traveling abroad, participants will cook a delicious dinner and then share in the wonderful results. All ingredients will be provided. You will get many new ideas for healthy, plant-based meals, new techniques and Estee's secrets.

\$18 includes cooking class and meal. Register at nevehshalom.org/israel360/.

Obituaries

JUDITH KOSAK

Judith Kosak, z"l, passed away Jan. 2, 2023, in Massachusetts. She was mother of Portland Rabbi David (Laura) Kosak, Deborah (Jeff) Gussoff and Andrew (Jennifer) Kosak; and the beloved sister of Michael (Phyllis) Shankman. Judith is also survived by countless nieces, grandchildren and a loving extended family.

The funeral will take place on Jan. 5 in New Rochelle, N.Y., at 8 am PST. It can be viewed at tinr.org/worship/livestream

There will be a shiva service and gathering at Congregation Neveh Shalom (2900 SW Peaceful Lane, Portland) 5-8 pm, Jan. 10, with a light meal of consolation on Rabbi Kosak's return to Portland.

SANDER LIPMAN

Sander Lipman, z"l, passed away on Dec. 28, 2022, in Michigan. He was the beloved husband of Lynn Tarnoff Lipman; father of Dr. Brooke (fiancé, Ben Handelsman) Weingarden and Alexa Lipman; grandfather of Maya Weingarden and Gavin and Shane Handelsman; brother of Shelley (Stuart, z"l) Schochet and Fayanne (Mitchell Zidel) Kuttler; brother-in-law of Cindy (Steven, z"l) Posen and Andee (David) Liberman; uncle to Rabbi Eve (Duncan Gilman) Posen and many other nieces and nephews; son of Rabbi Max Lipschitz, z"l, and Miriam Lipschitz, z"l. He also is survived by former son-in-law, Mathew Weingarden; caregiver, Vicki Littleton; and canine companion, Ari.

Rabbi Eve Posen of Portland officiated at the Dec. 30 funeral in Livonia, Mich., along with Rabbi Aaron Bergman, Rabbi David Nelson and Hazzan Daniel Gross.

HANNAH JANE BRYSON

Hannah Jane Bryson, z"l, passed away Dec. 27, 2022. Hannah was the daughter of Kindra and Sean Bryson and the older sister of Clara and Jack Bryson of Vancouver, Wash. She was the granddaughter of Wendy and Rodger Mikota, the niece of Josh and Erin Mikota, and the close cousin of Amelia and Nora Mikota.

Funeral services were Dec. 29 at Congregation Kol Ami's Kehillat Olam cemetery at Northwood Park, Ridgefield, Wash.

DELPHINE DAVIS

Delphine Davis, z"l, passed away Dec. 26, 2022, at the age of 98. She is survived by her son, Barry (Laura) Davis; daughter, Shelley (Jim) Burnham; grandchildren, Alicia Brooks, Jason Davis, Zachary Davis, Jocelyn Rho and Jessica McGuire; and eight great-grandchildren.

The funeral will take place at 11 am, Jan. 4 at Neveh Zedek Cemetery (7925 SW Can-

yon Lane). A meal of condolence and shiva service will take place at Congregation Neveh Shalom following the funeral.

SHOSHANA BLAUER MILLER

Shoshana Lynn Blauer Miller, z"l, passed away on Dec. 25, 2022, at the age of 66. Shoshana is survived by her husband, Stephen Miller; sons, Evan (Samantha Boyle) and Sam (Karen Rogel-Miller); and sisters, Jan Blauer Chima (Ndubuisi Chima), Karen Blauer (Dvora Mencher) and Shemaya Blauer.

She was a member of Congregation Beth Israel.

A shiva minyan was held Dec. 27 at the Eastside Jewish Commons. A celebration of life will be held at a later date in 2023.

BARRY HORNSTEIN

Barry Hornstein, *Baruch David ben Ya'akov v'Sarah*, z"l, passed away on Dec. 22, 2022, at the age of 81. Barry is survived by his wife, Kathleen Hornstein; children, Heidi Hornstein, Gretchen (Allen) Holloway, Jack (Victoria) Hornstein and Betsy Hornstein; grandchildren, Brody Holloway, Jackson Hornstein and Jameson Hornstein; and siblings, Maury Hornstein and Helene Searcy.

Barry was preceded in death by his parents, Jack and Sarah Hornstein, z"l.

The funeral was Dec. 27 at Congregation Shaarie Torah Cemetery.

DR. WILLIAM BAER

Dr. William Baer, z"l, passed away on Dec. 21, 2022, at the age of 84. Bill is survived by his wife, Sydney; children, Allison Baer and Louis Baer (Geryl); grandchildren, Lyle and Faryn Baer; and sister, Betty Baer Krieger (Lewis).

Bill was preceded in death by his first wife, Joan Teckler, and parents, Louis and Miriam Baer.

The funeral was Dec. 26 at the Beth Israel Cemetery.

Donations in Bill's memory can be made to Legacy Devers Eye Institute, Michael J. Fox Foundation for Parkinson's Research or a charity of your choice.

PETER LEWINSOHN

Peter Michael Lewinsohn, an award-winning scientist, passed away Dec. 18, 2022, at the age of 92. He died surrounded by his family. Peter is survived by his wife, Cynthia; two sons, David and Mark; five grandchildren; his brother, Tom; his daughters-in-law, Debbie and Kari; his brother-in-law, John; and his sisters-in-law, Alice and Lesa.

Peter was born in Berlin, Germany, March 17, 1930, to Hugo and Mathilde Lewinsohn. As a result of the persecutions of German Jews, Peter's family immigrated to Shanghai, China, in 1941, spending the

war years under difficult conditions.

Peter left Shanghai in 1947 to attend Yeshiva College (New York, N.Y.) and remained grateful throughout his life for the support he received from National Council of Jewish Women and other Jewish philanthropic organizations. Two years later, he received a scholarship to attend Allegheny College, where he majored in psychology. He worked several jobs to help pay for his education and had many happy memories of working together with his brother, Tom, as a waiter and busboy in resort hotels.

Peter received his Ph.D. in clinical psychology from Johns Hopkins University in 1955. Following his graduate studies, he sought to gain clinical experience and served on the staff of numerous hospitals and clinics. He also developed his facility with psychological and neuropsychological evaluation. To pursue research in clinical psychology in a university setting, he accepted a position as associate professor in psychology at Southern Illinois University in 1963.

In 1965, he began his long association with the University of Oregon, where he remained until his retirement in 1987. Peter was a dedicated teacher and researcher, well-loved by the many graduate students who studied with him.

During his tenure at the University of Oregon, he pioneered the research and development of a cognitive, nonpharmacologic treatment for depression. Working with graduate students, he created the Coping with Depression Course, which has been translated into many languages and used around the world. This approach is embodied in Behavioral Activation, a widely used and highly effective treatment for depression.

Peter was a pioneer in applying the rigorous research approaches that he learned at Johns Hopkins University to clinical questions in psychology. He developed one of the largest and most comprehensive studies that encompassed children, adolescents and adults. From this study, he made key discoveries related to the etiology of depression across the lifespan.

Upon retiring from UO, he joined the Oregon Research Institute, where he continued to collaborate with colleagues in numerous research projects into his 70s.

Perhaps Peter's greatest legacy has been the many graduate students and early career professionals whom he inspired to pursue a research career in psychology.

Throughout his life, Peter was devoted to his family. In 1959, he married Cynthia Stiefel, and they had two sons, David born in 1960, and Mark born in 1963. The Lewinsohn family moved to Eugene in 1965. fishing, canoeing, backpacking and skiing.

The family suggests donations to the Jewish Federation of Greater Portland.