

Jan. 18, 2023/Tevet 25, 5783 Volume 58, Issue 2

Building blocks for Jewish identity

Give preschoolers the Right Start

Recognizing the importance of early Jewish experiences, the Jewish Federation of Greater Portland offers Right Start Grants for families choosing Jewish preschool for the first time. The Greater Portland area has six Jewish preschools whose students are eligible for the grants. (See **Preschool Roundup** pages 6-7.)

"Jewish preschools are often the first step in a family's Jewish journey, and we are so lucky to have an incredibly strong group of Jewish preschool programs in our community where a child and their family can become a part of the Jewish community in a safe and loving manner," says Rachel Nelson, JFGP Director of Educational Initiatives.

Nelson is available to meet with any family looking into Jewish early childhood education. Contact her at 503-892-7415 or rachel@jewishportland.org.

Apply for a grant at jewishportland.org/rightstart.



Doors will open at Maimonides Jewish Preschool this fall on Portland's east side. See page 7.

One Happy Camper expands with second-year grants

One Happy Camper grants that are funded locally by the Jewish Federation of Greater Portland have expanded to include grants to campers returning for a second year.

Previously, campers were eligible for a grant of up to \$1,000 for their first summer attending a Jewish overnight camp. Now, the Portland Federation has become the 10th community to add grants of up to \$500 for returning campers. First-year grants are available from 51 communities.

Last year, 78 campers received first-year grants to 12 camps and are now eligible for a sec-



Happy campers at Solomon Schechter.

ond-year grant. Second-year grants will be awarded on a first-come basis.

"The Jewish Federation is proud to support families on their Jewish journeys," says Rachel Nelson, JFGP Director of Educational Initiatives & Associate Director of Community Relations. "We are so excited to be able to

engage more families in Jewish identity building, and we see camps as a big part of that process."

Second-year grants are \$500 for camps 19 days or longer and \$350 for camps of 12 to 18 days.

onehappycamper.org

Find these and other programs to build Jewish identity: jewishportland.org/buildingblocks.

Oregon Hillel students connect with Birthright

BY ROMIE AVIVI STUHL

This winter, students from Oregon Hillel and Hillel Santa Cruz questioned their relationship to Israel, Judaism and each other while participating in a free 10-day trip to Israel. According to Birthright's webpage, the trip was established to "motivate young people to continue to explore their Jewish identity and support for Israel and maintain long-lasting connections with the Israelis they meet."

As the students landed at Ben Gurion Airport, they were greeted by their Israeli peers and their

tour guide, Barak Berkovich. Berkovich made his goals for the trip clear: "One of my biggest goals is to create a community that at the end, those relationships, those bonds, which were created on the bus will continue on thriving."

Eight Israeli peers joined the group for the first five days of the trip. Israelis sat among Americans on the bus, giving students the opportunity to learn about the Israelis' personal beliefs, viewpoints and army service.

See **BIRTHRIGHT**, page 12

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Agency Spotlight

Profiles of the 18 local beneficiary agencies of the Jewish Federation of Greater Portland's 2022 Annual Campaign.



PJA students work and learn in the school's garden.

PORTLAND JEWISH ACADEMY

AREA OF SERVICE: Jewish Education (early childhood, day school, afterschool)

pjaproud.org | 503-244-0126

2022 ALLOCATION: \$187,590

MISSION: As a Jewish day school, we strive to ensure an academically rich environment that honors the whole child. PJA nurtures and inspires Jewish engagement, kavod/ respect and responsibility for the world in which we live.

Portland Jewish Academy is moving beyond the constraints imposed during the pandemic and bringing back many programs that connect students to each other, the Jewish community and the world. The day school has resumed its buddy and *mishpacha* (family) programs, which bring together students from different grade levels. All-school Shabbat and holiday programs also have resumed. Families and volunteers have been welcomed back into classrooms. Overnight trips for students in fifth through eighth grades also are returning.

"We provide need-based financial assistance to ensure that no student is unable to attend PJA for financial reasons," says PJA Executive Director Steve Albert. "This year, we awarded over \$1 million in assistance. We could not offer all of the financial assistance that we provide to families without the Jewish Federation's support."

More information about financial assistance, such as typical awards based on income, can be found on the PJA website.

A new comprehensive campus plan is being developed for both PJA and the Mittleman Jewish Community Center, which share the Schnitzer Family Campus. Both members of the design team of Portland's Opsis Architecture and Chicago-based 180 Studio have extensive experience working with schools as well as community centers.

"We're excited to develop a plan that will allow PJA, and the MJCC, to serve the community in the future as schools and best practices in teaching and learning continue to evolve," says Albert.

PJA was founded as a community day school in 1986 when Hillel Academy and the Jewish Education Association merged. In addition to the day school for students in kindergarten through eighth grade, PJA serves infants through pre-K in its Early Childhood program. PJA's afterschool program includes onsite and off-campus programs at Portland public schools.

Say "thank you" to a Jewish professional with award nomination

Deadline for Rogoway Award March 1

Nominations for the Laurie Rogoway Outstanding Jewish Professional will be accepted until noon, March 1. Created by the Jewish Federation of Greater Portland, the annual award recognizes a current Jewish communal professional in Greater Portland.

"I encourage everyone to nominate those Jewish professionals who have touched your life – whether at a school or university, synagogue, the JCC or anywhere else in the community," says Rogoway Committee Chair and Federation Board Member Jodi Fried. "This is a wonderful opportunity to acknowledge someone who has made a difference for you or a loved one. Nominees are often touched by the simple recognition that their work is having an impact."

Named for Laurie Rogoway, a pillar of Jewish leadership for more than 30 years in Portland, the award recognizes an individual working in a professional capacity at a Jewish communal organization in Greater Portland.

"Laurie was a fabulous colleague, and I feel fortunate to have worked with and learned from her," says JFGP Chief Allocations and Engagement Officer Caron Blau Rothstein.

"Every year, I also continue to be awed by my colleagues currently in the field who are nominated for this award," adds Caron, who staffs the Rogoway committee. "Communal recognition can be so meaningful for our Jewish professionals, so I look forward to seeing this year's nominations."

The award was both meaningful and rewarding for last year's recipient, Missy Fry, LCSW, CAGCS, a behavioral health social worker at Jewish Family & Child Service. She says the award has given her the opportunity to continue to develop into a "well-rounded, collaborative and empathetic leader."

The winner receives up to \$1,800 to subsidize a professional development experience or program. Missy used the funds for an in-depth learning opportunity through Smith College's School for Social Work's Foundations of Clinical Supervision Certificate program. She plans to explore development in nonprofit grant management "to broaden the services and communities we serve."

"My hope was to use this award in ways that would not only serve myself but would also allow me to reinvest in the greater Jewish community through the provision of clinical supervision and support," she says.

Jodi says that is exactly the intent of the stipend: "That professional training implemented by the recipient comes back to benefit those organizations and all of us – directly and indirectly."

Other past honorees are Andy Gitelson, Jemi Kostiner Mansfield, Ben Winkleblack, Ben Charlton, Eve Levy, Sonia Marie Leikam and Rachel Nelson.

The nominee must demonstrate outstanding professional work and a commitment to the field of Jewish professional leadership. The honoree will receive the award at the Jewish Federation Annual Meeting June 8, 2023.

"There are so many people who work day in and day out to make our experiences in the Portland Jewish community positive, impactful and enriching," says Jodi. "This award not only showcases the importance of these Jewish professionals to the recipient, nominees and community, it also helps to build Jewish life and continuity."

For eligibility guidelines and to nominate a Jewish professional, visit jewishportland.org/rogoway.

CELEBRATING ISRAEL AT 75



Israeli Superstar

NOA

with Grammy Winning
Pianist **Rustan Sirota**



Rustan Sirota

**APRIL 30,
2023**

7:00 PM

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BEAVERTON, OR 97005



TICKETS \$18-\$36
(\$4 SERVICE CHARGE PER TICKET)



TICKETS AVAILABLE AT [THERESER.ORG](https://thereser.org)
OR AT THE RESER CENTER BOX OFFICE

Federation supports social programs in Israel

For the 2022-23 fiscal year, the Jewish Federation of Greater Portland granted \$115,000 to 11 smaller organizations that provide social services in Israel. In upcoming issues, The Jewish Review will share stories from these organizations' mid-year reports. No funding goes to the Israeli government or projects "over the Green Line."



Students in Kiryat Malachi learn coding skills in a project funded by the Jewish Federation of Greater Portland. The southern periphery town of 23,000 has a high percentage of immigrants and the highest percentage of Ethiopian Israelis in the country.

Portland projects in Israel: Ofanim

Ofanim provides extracurricular enrichment in science, technology, engineering and math to children living in peripheral communities in northern and southern Israel – Jewish and Arab, religious and secular, native born and new immigrants. Portland's funding supports three children's groups in Kiryat Malachi.

Despite Israel being widely known for its high-tech entrepreneurship as a Start-up Nation, disadvantaged children living in Israel's socio-geographic periphery do not have access to high-quality educational or afterschool STEM activities. The educational gap between children in the center of Israel and those in peripheral towns is at an all-time high, and the impact of the pandemic on education has widened the gaps in student achievement between the two.

The Jewish Federation's grant enabled Ofanim to offer activities to three groups

in local elementary schools (engaging a total of 72 participants). Thirty third-graders participated in one school, and 42 fourth-graders at two schools participated in the STEM and enrichment activities.

In the fall semester, the children participated in the "World of Code" program. This program provides a glimpse into the rapidly developing world of gaming, allowing the children to experience computer game development. Along with the experiential and creative content, the participants develop logic skills that comprise the foundation for studying any software programming language. Using simple interfaces that are particularly suited to the needs of children, the participants gain critical thinking skills as well as experience in creating algorithms.

The Ofanim report concludes: "Thank you for your faith and generosity towards this initiative."

Support civil society in Israel – Aid those in need

A recent article in *Between The Lines* (substack.com) was headlined "[With Israeli Democracy Under Threat, We Should Respond In Two Different Ways](#)." Journalist Gary Rosenblatt wrote, "It's time to express ourselves through our words and wallets."

The following paragraphs condensed from that article elaborate on that.

It is time for us to speak out against the range of proposed initiatives that would weaken Israel's High Court, strengthen ultra-Orthodox power, dramatically increase the risk of future conflicts over the Temple Mount, further alienate the Palestinians, endanger the status of LGBTQs and – this is key – result in new legislation that would dismiss the current charges of fraud and bribery against Prime Minister Benjamin Netanyahu.

My second suggestion is to continue, and indeed expand, financial support for worthy programs directed to Israel (such as those supported by Jewish federations and other American nonprofit programs). These funds don't go to the government. Rather, they support a range of vital social and educational initiatives through nonprofits that sustain and strengthen civil society. They include educational and economic projects to alleviate poverty, help the most vulnerable, shore up minority rights, assimilate immigrants into society, provide benefits for the elderly and ensure that all Israeli citizens have equal access to successful lives and careers.

"Giving more money to strengthen civil society is what OSP (see story at left) is all about," says JFGP President and CEO Marc Blattner.



Jodi Rudoren, editor of *The Forward*.
Photo by David Packard.

Feb. 16: Jewish Journalism in a Time of Rising Antisemitism

"Jewish Journalism in a Time of Rising Antisemitism" will be the topic for the 18th Annual Gus and Libby Solomon Memorial Lecture at Portland State University.

Hosted by the Harold Schnitzer Family Program in Judaic Studies at PSU, the free lecture will be 7:30-9 pm, Feb. 16, at the University Place Hotel, 310 SW Lincoln St., Portland.

"We are thrilled to host Jodi Rudoren as our speaker at the Solomon Lecture this year, our first in-person event since

January 2020," says Natan M. Meir, PSU's Lorry I. Lokey Professor of Judaic Studies and Academic Director. "As editor-in-chief of the *Forward*, Rudoren has her finger on the pulse of American Jewry and will give us some important insights into the state of antisemitism in America today and how Jewish journalism should be responding to it."

Shocking incidences of hate speech, antisemitic graffiti, conspiracy theories and

Continued on next page

Haredi political power & the threat to Israeli democracy

BY BOB HORENSTEIN

As Israel approaches 75 years of existence, it faces significant challenges and threats. In the immediate term, Israelis continue to endure endless Palestinian terrorism and rejectionism, not to mention an unrelenting international Boycott, Divestment and Sanctions movement, whose goal is the delegitimization and destruction of the Jewish state.

To the north, Hezbollah has amassed a stockpile of 150,000 rockets, including missiles capable of striking every major Israeli city as well as Ben Gurion International Airport. More ominously, Iran is reportedly closer than ever to obtaining a nuclear weapon, posing an existential threat to Israel.

These threats, each one serious, are all external. There is, however, also a longer-term danger, one that is internal. In fact, it's a ticking bomb with the very real potential to eviscerate Israel's democratic nature: the rapid growth of the Haredi (ultra-Orthodox) population and resultant expansion of haredi political power.

Non-Haredi (secular and modern Orthodox) Israelis have long felt the impact of growing Haredi political power, particularly in economic terms. According to the Bank of Israel, a Haredi family pays on average only NIS 1500 in monthly taxes, whereas a secular family pays NIS 4500, three times more. And now, with Benjamin Netanyahu again beholden to United Torah Judaism and Shas, the two Haredi political parties in his newly formed governing coalition, subsidies to perennially unemployed, draft-exempt yeshiva students are likely to double. This is a recipe for economic catastrophe.

While American Jews may take note of this systemic inequality, obviously we aren't directly impacted by it. Yet, that doesn't mean we who are committed Zionists don't have our own profound concerns about the impli-

cations of emboldened Haredi political parties for Israel's future (concerns, undoubtedly, shared by many Israelis).

Since 1948, Israel has always been able to count on American Jews' emotional attachment to and support of the Jewish state. But what if the Israel of 2048, in which Haredim are projected to grow to 25 percent of the population, is significantly less democratic and less pluralistic? How would we be able to sustain support for Israel if it has adopted far-reaching policies that are antithetical to the fundamental values and interests of American Jews, let alone those of a vast number of Israelis?

Currently, Haredim make up 12.6 percent of the Israeli population, and their representation in the Knesset is 18 seats, or 15 percent. Assuming no future electoral reform that would diminish their leverage, imagine the power they will yield when their population doubles! Even today, the all-male Haredi parties, backed by the Religious Zionism Party, are demanding gender segregation at publicly funded events, such as concerts, in publicly funded universities and for public transportation, meaning women being forced to sit in the back of buses. If that sounds like Saudi Arabia, well...

Sadly, Haredi rabbis in Israel have a long history of disparaging non-Orthodox Judaism. Unsurprisingly, then, UTJ and Shas (along with the Religious Zionists) want to revoke state recognition of non-Orthodox conversions to Judaism, thereby conveying a clear message to the majority of U.S. Jews that their way of Jewish practice – be it Conservative, Reform or Reconstructionist – is illegitimate. UTJ, moreover, is seeking to ban mixed-gender prayer at the egalitarian section of the Kotel.

If these Haredi politicians had their way, they would also roll back the rights that LGBTQ Israelis have secured recently. Although Israel doesn't permit same-sex marriage, the Israeli Supreme Court re-

quires that same-sex marriages entered into abroad be recognized by the state and has ensured that same-sex couples and transgender individuals be allowed to pursue surrogacy. Presently, Netanyahu has promised to block efforts to eliminate these protections, but a future prime minister may not be able to withstand pressure from more powerful haredi parties.

What can Israel do to preclude a future Israel turning into a quasi-theocracy? The government should take steps to integrate the haredim into modern society while still respecting their lifestyle. This includes enforcement of a requirement that haredi schools teach math, science and English (admittedly, unlikely to happen under the new coalition) and increased investment in vocational training for Haredi men, making it easier to bring them into the modern workforce.

Electoral reform is also needed. One realistic option would be to guarantee the leader of the largest party the right to form a coalition. Such a change would hopefully incentivize more Israelis to vote for the larger mainstream parties as opposed to smaller sectarian parties that represent the narrow interests of certain sectors of Israeli society.

Unfortunately, shortsighted political expediency will likely lead to inaction. But if Israel keeps kicking this can down the road, it may find there would no longer be ample American Jewish support left at the end of that road.



Bob Horenstein is the Director of Community Relations and Public Affairs for the Jewish Federation of Greater Portland. This article appeared in a January issue of the Jerusalem Report Magazine.

ANTISEMITISM (continued from previous page)

assaults on the visibly Orthodox are seen almost daily on the news. Rudoren will discuss the challenges that journalists – and especially Jewish journalists – face in covering antisemitism. Where are the lines between calling out hatred and platforming it? How do we balance coverage of these threats and stereotypes with those targeting more vulnerable minorities? Why is this happening in the first place – and how scared should Jews be?

A veteran reporter, editor and digital innovator, Rudoren spent more than two decades at The New York Times. She is helping lead a transformation of the sto-

ried 125-year-old Forward, a nonprofit that went digital-only in 2019.

The lecture is sponsored by Richard B. Solomon and Alyce Flitcraft.

Co-sponsors are the Jewish Federation of Greater Portland, Oregon Jewish Community Foundation, the Oregon Jewish Museum and Center for Holocaust Education, the PSU College of Liberal Arts and Sciences, and the PSU Department of Communication.

Learn more and register free for the evening lecture at pdx.edu/judaic-studies/annual-gus-and-libby-solomon-memorial-lecture-2023.

Women's Power breakfast

In Portland for PSU's Solomon Memorial Lecture, Forward Editor Jodi Rudoren also will speak at a Woman's Power Breakfast Feb. 17 at the Mittleman Jewish Community Center.

The breakfast is sponsored by the Jewish Federation of Greater Portland's Women's Philanthropy, which brings women and ideas together for a shared purpose.

More details will be provided in the Feb. 1 Jewish Review.

Tickets are \$18 at jewishportland.org/womens-philanthropy-power-breakfast-feb17-2023

Portland area has six Jewish preschools

The Greater Portland area now has four preschools on the west side, one on the east side and one in Vancouver, Wash. Three of the preschools are associated with a Jewish day school, and one is located in a congregation. First-time families at all six preschools are eligible for Right Start financial assistance (see page 1).

The Foundation School was founded 60 years ago at Congregation Neveh Shalom but is open to all preschoolers. The preschool is based on the ideals and traditions of the Jewish faith and is dedicated to providing exceptional early childhood education.

The Early Childhood Program at Portland Jewish Academy shares a campus with the Mittleman Jewish Community Center. "Our

early childhood programs provide welcoming and inclusive settings that recognize children's diverse abilities, interests, needs and learning styles," says Erika Saiers, Director of Early Childhood Education.

Maayan Torah Day School moved to Lake Oswego in the fall of 2018. The preschool shares the dedicated school building on the 1.2-acre campus.

Last fall, Maimonides Jewish Day School moved to a new campus on Portland's east side. This fall, Maimonides Jewish Preschool will open on the same campus, giving families on the east side a preschool option where children can develop in a loving, nurturing, Jewish and stimulating setting.

With Maimonides Jewish Day School

moving to Portland's east side, The Gan-Portland Jewish Preschool now has more room on the Chabad campus in the heart of Southwest Portland. The preschool now includes an indoor gross motor skills area and newly remodeled preschool classrooms, where it offers a creative, progressive, joyful Jewish environment.

"As we put Covid behind us, The Gan's signature community programming, Mommy and Me, and other enrichment programs are back," says Center Director Chaya Citron.

North in Vancouver, The Gan Garrett Preschool unites children, teachers, family and community in a positive and constructive early childhood experience.

THE GAN PRESCHOOL

Chaya Citron, Center Director

503-977-7850 | Office@PortlandJewishPreschool.com

PortlandJewishPreschool.com

6612 SW Capitol Hwy, Portland, OR 97239

REGISTRATION DEADLINE FOR FALL: Open enrollment as space allows

ACCREDITATION: Member CECE Preschool Network

COST: Based on schedule. Posted on the school website. Financial aid is available.

AGES: 12 months-4 years old

HOURS: Base hours are 8:30 am-3:30 pm. Extended care is available beginning at 8 am and until 5:30 pm.



PROGRAM PHILOSOPHY: Children develop in a loving, nurturing and stimulating setting. We offer a creative, progressive, Jewish environment inspired by the Reggio and Montessori philosophies. We believe that children learn best through teacher-supported play and creative open-ended activities. Children are encouraged to explore their world in a thoughtfully planned

setting and in a natural and aesthetically pleasing environment. Children practice skills of collaboration, communication and cooperation. Children are exposed to Hebrew language, music, ballet and yoga.

THE GAN GARRETT JEWISH PRESCHOOL

Tzivia Greenberg, Executive Director

360-256-0859 | info@thegan.org | TheGan.org

9604 NE 126th Ave., Vancouver, WA 98682



REGISTRATION DEADLINE: n/a

COST: Available upon request. Financial aid is available.

AGES: 2.5-5 years

HOURS: 9 am-3 pm

PROGRAM PHILOSOPHY: Our Jewish values drive the curriculum, environment and school culture. We model and encourage kindness, compassion, confidence and curiosity. The children are viewed as competent, unique and creative and are encouraged to be our collaborators. We promote an environment where children can develop not only their thinking and problem-solving skills, but also their emotional awareness and regulation.

MAAYAN TORAH DAY SCHOOL

Angela Singrey, ECE Director

971-335-4914 | asingrey@maayanpdx.org | maayanpdx.org

2 Touchstone Dr., Lake Oswego, OR 97035

REGISTRATION DEADLINE FOR FALL: June 1, 2023

A licensed child-care facility

COST: \$1,300-1,600 a month varying by age. Financial aid is available only for the day school's elementary program.

AGES: 12 months-5 years

HOURS: 8:30 am-3:30 pm. Extended care options available.

Continued on next page



PROGRAM PHILOSOPHY: Maayan's Early Childhood Program offers a nurturing and stimulating environment where students learn through explorative play, social experiences and hands-on learning, providing students with a comprehensive and joyful Jewish experience. Every child deserves a warm and nurturing atmosphere that fosters curiosity, social/emotional well-being and a love for learning. Children are natural scientists eager to learn about the world and experiment. Every child can succeed when given ample opportunities to explore and learn.

MAIMONIDES JEWISH PRESCHOOL

Mushka Wilhelm, Director

971-302-9395 | mwilhelm@portlandjewishschool.com
portlandjewishschool.com

4635 NE 9th Ave., Portland, OR 97211

COST: \$1,310 per month. Financial aid is available.

AGES: 18 months-5 years

HOURS: 8:30 am-3:40 pm. Extended care upon request.

PROGRAM PHILOSOPHY: Maimonides Jewish Preschool is a warm and joyful space where children develop in a warm, loving, nurturing and Jewish environment. We are a mix of Reggio/Montessori infused with Judaism. We provide experiential and intentional learning that encourages the children to explore and express themselves through art, music, movement, drawing, natural materials and play. Our staff are warm and nurturing.



NEVEH SHALOM FOUNDATION SCHOOL

Cory Willson, Director

503-293-7302 | foundationschoolpdx.org

2900 SW Peaceful Lane, Portland, OR 97239

Registration for new families opens Feb. 1, 2023

COST: Please inquire; financial aid is available.

AGES: 12 months to 5 years

HOURS: 8 am-5 pm. Preschool opens at 9 am and our early care is from 8 to 9 am.

PROGRAM PHILOSOPHY:

We value play as a child's natural way of learning and view each child as a competent, unique learner. Our qualified and experienced staff encourages the growth of the whole child – intellectual, social, emotional, physical and spiritual. We encourage the development of each child's creativity, curiosity and character through respectful and age-appropriate practices alongside an emergent curriculum that is inspired by the Reggio Emilia educational philosophy. We pride ourselves on building a strong and connected community.



PORTLAND JEWISH ACADEMY

Erika Saiers, Director of Early Childhood Education

503-535-3536 | esaiers@pjaproud.org | pjaproud.org

6651 SW Capitol Highway, Portland, OR 97219

REGISTRATION DEADLINE: Open enrollment year round

ACCREDITATION: NWAIS

COST: \$1,050-2,130 per month. Financial aid is available.

AGES: 6 weeks-6 years

HOURS: 8:00 am-5:00 pm

PROGRAM PHILOSOPHY: We believe that children learn best through meaningful play, exploration and an inquiry-based approach to learning. Our child-centered program integrates social and emotional development, cognitive skills, language and literacy, mathematical and scientific exploration, Hebrew language and Jewish life, art and music, and fine and gross motor development. Children are viewed as thinkers, reflecting on their world, and as empathetic individuals who care for and engage with their peers and contribute to the community.



Jobs board

The Jewish Review publishes job openings from Jewish agencies and congregations, as well as other openings of possible interest to community members. Listings are shortened to fit available space. Submit to: editor@jewishportland.org.

JEWISH FEDERATION OF GREATER PORTLAND Editor, Jewish Review

Salary: \$45,000-\$55,000 per year, Part time and Hybrid

The Jewish Federation of Greater Portland is pleased to provide an exciting opportunity to join a team of dedicated community professionals as the Editor of the community e-newspaper.

Ideal candidates meet the following criteria:

- Proven ability to write, edit and design a digital publication of 10-16 pages every two weeks
- Ability to attend Portland-area events
- An understanding of Jewish culture and holidays
- Able to work collaboratively with Federation staff on events, initiatives and priorities.

Qualifications:

- Seasoned journalist with 3+ years of experience
- Experience with publishing, graphic design and website tools and software including: Adobe (InDesign, Photoshop and Acrobat) and Mailchimp

- Basic proficiency in using an iPhone for photos
- Strong interpersonal, organizational and planning skills.

Start date: May or early June 2023. Apply today!

Email a cover letter, resume and three published clips to Jewish Federation of Greater Portland President and CEO Marc Blattner at marc@jewishportland.org.

CONGREGATION BETH ISRAEL Second-Grade Teacher

Congregation Beth Israel is seeking a second-grade teacher for the remainder of the 2022-23 school year. Hebrew knowledge is not required. The second-grade teacher will be part of a grade-level team and be responsible for approximately 12-15 students. Classes are Sunday mornings. For more information or to apply, email Ben Sandler, RJE, Director of Education, at ben@bethisrael-pdx.org.

AMIR

Summer farm educators

Amir is accepting applications for its summer cohort of Jewish farm educators. Amir partners with Jewish camps across North America to run impactful garden education programming and help campers experience a living, land-based Judaism. Amir runs a Training Seminar at the end of May that will prepare folks with all levels of farming and education experience for the summer, provides a curriculum developed by its experienced Jewish farm educators and offers oversight throughout the summer.

Apply at amirproject.org/application. Applications are rolling, with a priority deadline of Feb. 12. See the job description at tinyurl.com/2p9k2pmu or email recruitment@amirproject.org

JEWISH CAREER HUB

The Jewish Federation of Greater Portland's job board for the ongoing listing of job opportunities in the Jewish community currently features several openings, including the editor and farm educator openings above. See full descriptions for all of the openings or submit job openings at jewishportland.org/ourcommunity/jewish-jobs.

OJCF hires Rachael Evans as Director of Donor Stewardship

The Oregon Jewish Community Foundation has hired Rachael Evans as Director of Donor Stewardship. Evans will advance OJCF's mission by working closely with donors and partner organizations to provide educational resources on community needs, foundation services and philanthropic opportunities. She joins the Foundation with over a decade of experience in development and nonprofit relations.

Prior to OJCF, Evans served as director of development at the Vancouver Symphony Orchestra, where she managed and directed all fundraising activities. She also worked closely with Portland and Southwest Washington's philanthropic community.

She has extensive experience building major and planned giving departments as well as donor acquisition and cultivation. Evans also has held fundraising roles at Lewis & Clark College and Portland State University, where she developed annual giving programs and worked with major supporters.

"Rachael Evans joins us having served a broad community of donors, and we look forward to welcoming her to the OJCF family," says OJCF President & CEO David Forman. "She has a deep appreciation for the impact of community support and a strong understanding of the stewardship of donors. Rachael is thrilled to connect with our incredible OJCF fundholders to support them in their philanthropic goals."

Evans will provide necessary engagement, education and stewardship to OJCF donors. She will develop strong relationships with the community and look for new ways for donors and charitable partners to engage with the Foundation. She joins a comprehensive team of development professionals at OJCF.

Evans holds a B.S. in liberal studies and gender studies from Portland State University. She also attended Mills College in Oakland, Calif., where she studied music composition. She can be reached at rachael@ojcf.org or 503-248-9328.



OJCF grants, scholarships open Jan. 23

The Oregon Jewish Community Foundation will open requests for proposals on Jan. 23 for the Oregon Jewish Community Youth Foundation and the Jerry and Helen Stern Grandchildren's Fund. OJCF scholarship applications open the same day.

OJCYP, now in its 20th season, is a teen-led organization that empowers Jewish teenagers to take action that aligns with their Jewish values and to establish a culture of giving as future community leaders. During the 2023 grant cycle, the teen philanthropists will prioritize proposals that address at least one of the following Jewish values: justice, preservation, human dignity and responsibility for one another. Qualified applicants include Jewish and general nonprofit organizations in Oregon or Southwest Washington. OJCYP's request for proposals closes Feb. 24, 2023.

The Stern Grandchildren's Fund is dedicated to giving back by empowering people and organizations to build a stronger and more vibrant Jewish community in Oregon. The fund accepts proposals from synagogues and other Jewish organizations in Oregon that align with the fund's mission and support a thriving Jewish community.

OJCF's scholarship funds encourage the pursuit of formal education and Jewish overnight camps. To be eligible for these scholarships, applicants must be Jewish residents of Oregon or SW Washington and demonstrate financial need.

For information or to apply, visit ojcf.org or call 503-248-9328.



Israeli folk dancers kick off another year of dancing at Leedy Grange.

Share a story of 50 years of Israeli folk dancing

This year, Israeli folk dancers celebrate 50 years of Israeli dancing in Portland. The Portland area now has weekly sessions and classes Sundays, Mondays and Thursdays.

In 2013, Israeli folk dancers celebrated the 40th anniversary of dancing in Portland with more than 200 participants taking part in a dance festival held at the Mittleman Jewish Community Center.

The 40th Anniversary Committee invited dancer Diane Betcher to write a history of Israeli folk dance locally. Diane interviewed more than 50 local dancers for the 2013 limited printed publication *Why We Dance*. Now, dancers who were not featured in the 2013 book are invited to submit their stories for an expanded online version.

When she finished the book, Diane said, "I loved each interview. I am so grateful for all these dancers who shared their story of how they began dancing and why they continue."

The printed collection was generously funded by Diane, and 40th anniversary leaders and dancers received a book as a thank you for participating in the 2013 celebration. "We are so grateful to Diane for her time and generous donation," says 50th Anniversary Committee member Sue Wendel.

Sue invites dancers to submit a one-page story and photo by June to be included in the expanded *Why We Dance*, which will be published on the website of [Portland Israeli Folk Dance News](http://PortlandIsraeliFolkDanceNews.com).

The committee also is exploring a summer dance festival or smaller celebrations. Email Sue at pifdnews@gmail.com to be added to the email list for updates.

To see the guiding prompts and the 2013 interviews, visit PIFD News at sites.google.com/site/pifdnews. The site also dancing opportunities in the metro area. For questions, email Sue at pifdnews@gmail.com.

Women's Giving Circle seeks grant proposals

The Women's Giving Circle of the Jewish Federation of Greater Portland is now accepting applications for its sixth year of grant-making. Funding requests are due by Feb. 13, 2023.

This year, grants of \$1,000 to \$5,000 will be awarded. A total of \$24,000 is available. Grants will be awarded on June 1, 2023. In its first five years, the Women's Giving Circle has granted a total of \$112,665 in 37 grants.

The Women's Giving Circle funds programs and initiatives focusing on women and girls, justice and Jewish continuity. Women and girls includes all cisgender women and girls, transgender women and girls, and non-binary people who are comfortable in female-centered spaces. The Women's Giving Circle is committed to improving the overall status of Jewish women and girls by funding projects that promote social change.

Women's Giving Circle is chaired by Sharon Pollin and Sandy Loeb and is staffed by Wendy Kahn, JFGP Chief Development Officer and Director of Women's Philanthropy, who also participates in the circle.

For application requirements and to apply, visit jewishportland.org/ourcommunity/womens-philanthropy/womens-giving-circle.

For questions, please contact Wendy at wendy@jewishportland.org.

Sinai In-Home caregiver enjoys flexibility, purpose

BY SYDNEY CLEVINGER

There comes a time when many stay-at-home parents decide to re-enter the workforce, and it was that moment in 2019 that brought Michael Gettel-Gilmartin to Sinai In-Home Care.

Sinai In-Home caregivers provide full-service daily or occasional visits – whatever is needed for seniors to age at home. Assistance is provided with routine daily tasks such as dressing, bathing, dental hygiene and other personal needs. Caregivers are focused on maintaining dignity in accordance with Cedar Sinai Park's mission of honoring one's mother and father.



Michael Gettel-Gilmartin

"A friend of mine had worked here, and she said it would be a great place for me," says Michael, who recently celebrated his fourth anniversary with Sinai In-Home Care. "The kids were grown and didn't need me as much, and it seemed like a good time to return to work."

"I think I found my vocation at my late age of almost 60!"

Michael was a volunteer caregiver for three years during university in Exeter, England, where he grew up.

"It was a sweet connection with seniors in our community," he says. "We'd have a cup of tea and chat."

After graduating with a bachelor of arts in English literature, Michael moved to Japan, where he met his wife, Marie, an Oregon native. The couple have three boys, and Michael managed the children's schedules and activities for 20 years.

Michael initially began with one client at Sinai In-Home Care and now works about 30 hours a week. Currently, he has four clients, all male, ranging in age from 78 to 99. Typical tasks include driving, reading, helping with the computer, dressing, writing cards, going to the store and helping to organize appointments.

"I just love it," he says. "I love hearing their stories, and I love being able to help them. One of my clients is a World War II veteran and self-made businessman, and he is just a hoot. I just loved him the minute I met him."

Michael often provides respite care for his clients' families, who do the bulk of in-home care but sometimes need a break.

"Everybody loves Michael," says Heather Hess, Sinai In-Home Care interim director. "All of Michael's clients would love more time with him because he is a man with a heart of gold. He is so dedicated to his clients. Even when he's away on vacation, he will send emails asking how things are going with his senior friends."

Michael adds, "It would be a nice thing if I were able to encourage people to try caregiving. I like listening to stories, helping people and meeting others, so I would 100% recommend this job. I like working here. Everyone is very supportive and there's good training and support."

For more information about Sinai In-Home Care, please call 503-542-0088.

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NEXT ISSUES

Issue date	Deadline
FEB. 1	JAN. 26
FEB. 15	FEB. 7 (early)
MARCH 1	FEB. 23
MARCH 15	MARCH 9
MARCH 29 (pre-pesach)	MARCH 14 (note very early deadline)

Submit photos, news and obituaries to

editor@jewishportland.org

Chaplain's Corner

Breaking the news-cycle addiction

BY RABBI BARRY COHEN

The pressure to remain up to date with everything going on in the world is all pervasive and can become overwhelming and self-destructive. I learned this lesson the hard way during the 2020 presidential election. In the late summer, tension was building between Biden and Trump. In the evenings, I started watching more and more of MSNBC and CNN to keep up to date.

After a few weeks, I grasped how much the rapidly changing news cycle had changed me. I felt an underlying sense of anxiousness and fear that never completely went away. I was engaging in catastrophic thinking about the implications of the upcoming election. In general, I was grumpy, less patient and more irritable.

For the sake of my own spiritual and physical health and for the sake of my relationship with my kids, I realized I had to start weaning myself from MSNBC, CNN and some of my other media sources. Within a short period of time, my levels of stress and anxiety decreased, I became less fearful, and my overall mindset became more positive.

I learned that I, too, could easily fall into the addictive trap of the rapidly changing news cycle. I felt how the Yahoo and YouTube algorithms sucked me in and gave me more and more siloed information. With little effort at all, I felt myself sliding into the rabbit hole of fearful news reports laced with conspiracy theories.

A related (and hopefully humorous) anecdote: After the University of Michigan football team defeated Ohio State last November, out of curiosity, I decided to visit the Columbus Dispatch website to see how the story was being covered. I made only a few clicks to read one story. The result? Now, every time I log onto Yahoo, I am fed articles about Ohio State football.

This is a harmless example of how an algorithm can control what information we receive. But to keep up with the ever-changing news cycle, what if I kept clicking story after story from multiple web pages? That could become disastrous.

Now I understand how quickly we can be inundated and overwhelmed by infor-



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

mation fed to us by an algorithm. We can quickly lose control over how we navigate the waves of information accessible to us by computer, tablet or smart phone.

How many of us have taken advantage of a break to check out the news, and 15 minutes later found ourselves having read multiple stories because the headlines piqued our curiosity? If we are not careful ... down the rabbit hole we will go.

To be more strategic and maintain control over how I navigate the news, I now limit myself to a handful of reputable sources. One of these is the excellent programming on National Public Radio and its local affiliate, OPB. In general, I try to devote no more than two hours to the daily news cycle.

I watch 24-hour news outlets sparingly and deliberately. I say to myself, "Watch this 1-hour program and then turn the TV off."

Concerning social media, don't get me started. I know I sound "old fashioned," but I believe it is doing much more harm than good with its biased reporting and at times outright misinformation. I believe we should all be highly disciplined with the number of minutes we spend on it per day. Yes, I said "minutes" ... not "hours."

I try to break my urge to keep up with the news by being proactive. I go to the library and check out books I am curious about. I go to the "new arrival" section and push myself out of my comfort zone. I also listen to podcasts that are non-political and non-news. And last, I just get outside.

These efforts have effectively decreased my levels of stress, anxiety and fear. And overall, I'm a lot happier and more fun to be around. Just ask my kids.

College bound? March 1 is deadline to apply for Sussman grants

Applications for Sussman Fund grants are due March 1 for the 2023-2024 academic year.

The Sussman Fund was established in 1981 by Lillian and Gilbert Sussman to provide grants to Jewish students from the Portland metropolitan area toward their higher education. Students pursuing undergraduate studies toward a degree in an accredited college or university in the United States are encouraged to apply.

Awards will be given to two to five recipients per year in the amount of \$1,000-\$1,800. Recipients will be notified in April 2023.

The deadline to apply is March 1, 2023. In addition to the application form, applicants must submit a resume or student employment record and a minimum of two letters of recommendation. Apply at jewishportland.org/sussman. For questions, contact Rachel Nelson at rachel@jewishportland.org or 503-892-7415.

Rabbi's Corner

Exploring Chabad as it nears 40 years in Portland

In January of 1984, Rabbi Moshe Wilhelm, his wife, Devora, along with their children, Motti (age 2) and Simi (11 months), were sent by the Lubavitcher Rebbe to Portland to establish a permanent Chabad presence in Portland. As Chabad nears its 40th year in Oregon, several Chabad rabbis will be sharing their work in this space.

Rabbi Motti Wilhelm, Director of Chabad SW Portland, is using this space to share replies to a few questions he has been asked.

Q: Chabad of Oregon began in a Shadow Hills two-bedroom apartment. Today, there are 15 Chabad Centers in Oregon in 10 cities. There are three mikvaot (including one under construction in Salem), three preschools and a full-time presence at three universities. To what do you attribute the success of Chabad?

RMW: First off, Judaism is the best product out there. Since the Torah was given 3,335 years ago, it has been our people's dependable guide to living the life we were meant to live. In our hardest moments and in our finest hours, Torah is our guide, infusing us with purpose and meaning.

Second, we have the best customer base. The Jewish soul and indeed every living being naturally desires to live out its purpose. So, the demand for Torah, mitzvot and Judaism will never go away.

Third, the Chabad approach toward disseminating Judaism is a model for our times.

Q: Some people are confused by how Chabad operates. Can you explain?

RMW: I understand the confusion. It's quite different from most Jewish organizations.

My grandfather was a Holocaust survivor from Poland. One of his best friends was a survivor of the Russian gulag. While the friend did not speak English properly, he transformed lives by going out on the streets of LA or NY approaching people

and saying: "Me Jewish, You Jewish. Me teffilin, You teffilin."

This is the heart of the Chabad method. You are as Jewish as I am, and I simply want to share a mitzvah with you.

Q: What motivates you to share a mitzvah?

RMW: Mitzvah means connection. It connects the world with its creator, source and purpose.

When a woman lights Shabbat candles, she is not only fulfilling a timeless tradition, the candle she is lighting makes the presence of our creator known. It reminds us of our purpose and interconnectedness and elevates the world's consciousness. It's incredible and worth sharing!

Q: Does a one-off mitzvah really matter, even if one does not become more observant?

RMW: Great question. Perhaps one of the greatest challenges people have when offered the opportunity to do a mitzvah is a desire to be consistent. If I didn't do it yesterday, why am I doing it today?

Every mitzvah is an independent redemptive act.

Think of recycling. If yesterday one threw a can in the trash, they need not question themselves why recycle today? The can I am holding in my hand can either go to a landfill or can be repurposed.

Same of a mitzvah. At the current moment, I have an opportunity to shine a light. The mind's game of "what about yesterday?" is really not relevant.

Q: One thing people find confusing is the role of the rebbe within Chabad. Can you talk more about that point?

RMW: From our peoples' beginning, we have studied the lives of great leaders – Abraham, Sarah, Moshe and Esther.

These leaders are the Torah of flesh and blood, who show us how it's lived. In every generation, its leaders taught how the Torah speaks to their times and in our times. The rebbe showed us how Torah



Rabbi Motti Wilhelm looks on with pride as his daughter Sima addresses a group of women gathered to celebrate the bas mitzvah of Shira Willhem.

speaks to the 21st century.

Q: Can you give examples of how the rebbe taught "Torah for our times"?

RMW: Perhaps the most famous example is the menorah.

Talmud (Shabbat 21b) says: It is a mitzvah to place the Hanukkah lamp at the entrance to one's house on the outside... in a time of danger, he places it on the table and that is sufficient.

For nearly 2,000 years, that danger persisted and almost became inculcated in our psyche.

The rebbe called upon our generation to recognize that we live at a time of religious freedom and thus embrace our role of sharing Jewish ideas, teaching and attitudes with the world at large, including bringing the menorah back to the public space. Thus, this year, Chabad put up more than 15,000 public menorahs worldwide including 14 throughout Oregon.

Q: What do you feel is most misunderstood about Chabad?

RMW: Many people perceive Chabad as "different." We are simply fellow travelers. Contact the rabbi at 503-381-7119 or RabbiMotti@JPortland.com.

Teen women eligible for Hadassah award for program in Israel

Applications are due Feb. 28 for Hadassah's Leaders of Tomorrow Award, with the three winners receiving \$1,000 toward Young Judaea's Geshet Israel trip this summer.

Female/female-identifying applicants currently in either their sophomore or junior year of high school are invited to apply for this merit-based award for young women.

Geshet is an exciting three-and-a-half-week summer trip for rising 11th- and 12th-graders at one amazing cost. See Israel's most famous sights and discover new ones off the beaten path, while learning about their historical and modern significance. In addition to the \$1,000 award, RootOne offers a \$3,000 grant to most Geshet participants. RootOne LLC, funded by The Marcus Foundation and powered by The Jewish Education Project, helps Jewish teens travel

to Israel each summer for a once-in-a-lifetime experience. Attendees will be responsible for the difference of \$2,285-\$2,750.

Applicants will be notified of the decisions the week of March 24, 2023. The Israel program is July 5-28, 2023.

Award recipients will be expected to share impressions and experiences from trip during and after the program through various forums (e.g., blog, video, community and/or national Hadassah meetings).

Participation in a prior Young Judaea program is not necessary.

For more information about the award and to apply, visit hadassah.org/how-we-help/young-judaea/leaders-of-tomorrow-application.

For questions, email youngjudaea@hadassah.org.

BIRTHRIGHT (from page 1)

"I wanted to come here to help you have the best Israeli experience ever," Illan Peleg, an Israeli participant, said. "I really wanted everyone to ask as many questions as possible."

As the Israelis left on day five, participants shed tears as they invited their new friends to visit them in their American homes.

For students, meeting Israelis their age highlighted the similarities and differences between life in Israel and life in the United States.

"When I got to know them a little more, it felt like they were just like us except their circumstances were a lot different than ours," said Max Schain, one of five participants from Oregon State University.

While all participants on the trip identify as Jewish, living as a Jew in Israel compared to the United States has many differences. This was highlighted during an event before visiting Yad Vashem, World Holocaust Remembrance Center. During this activity, group members shared their personal experiences with antisemitism. Students shared horrifying stories about being followed home, having swastikas drawn on their notebooks and being told antisemitic jokes.

Due to the Jewish majority in Israel, antisemitism does not present itself in the same manner. The Israeli peers were shocked to learn about the prevalence of antisemitism present today.

For some group members, talking about antisemitism was a reminder of the need for Jewish people to have a Jewish state.

"I feel like it's a good thing a place like Israel exists, because I do think Jewish people need somewhere to go to in case worse comes to worst," said Hannah Wald, one of 13 participants from the University of Oregon.

Participants visited several holy sites including the Western Wall. At the wall's plaza, they were surrounded by Jews, each praying in their own way as they placed a note in the wall's cracks. Many of the men on the trip put on tefillin while at the wall. However, Blake Lee, a student from OSU, was denied this opportunity by a Chabad rabbi, because Lee's Jewish roots come from his father. Lee was upset and disappointed. He had looked forward to this moment for a long time.



"At the Western Wall, I wasn't allowed to put on tefillin, and I was told that I wasn't Jewish by several people," Lee said. "Which is not something that I had ever heard before in the United States."

During the following days, Lee learned that different streams of Judaism have different definitions for "who is a Jew." The trip allowed him to explore what Judaism means to him and how he hopes to carry that Jewish connection moving forward. Lee picked his Jewish name, Yeru, and fostered a friendship with the medic on staff, who gifted him a book about Judaism. By the end of the 10 days, he felt a close connection to his Jewish roots. The trip helped Lee to decide to have a bar mitzvah celebration.

"I have to choose to be Jewish, and I did that here," Lee said.

Birthright Israel provided participants with various experiences from the Golan Heights to the Negev desert. Students experienced Tel Aviv's nightlife, floated in the Dead Sea and rode in Jeeps. They tasted various foods and learned about LGBTQ+ rights. Through these experiences and the many conversations in between, they cultivated connections with each other and their Israeli peers.

Jewish adults ages 18-26 can get a free 10-day trip to Israel. birthrightisrael.com.

Romie Avivi Stuhl is a third-year journalism student at the University of Oregon. Avivi Stuhl grew up in Israel for 11 years before moving to Oregon. Since moving to Oregon, she directed the play The Diary of Anne Frank, testified for mandatory Holocaust education and took courses about the conflict in the Middle East.

Explore angels at Weekend in Quest in Astoria March 3-5

The 17th annual Weekend in Quest will be an in-person weekend of community and study with Professor Mika Ahuvia exploring angels in ancient and modern Judaism. The Shabbaton begins at 5 pm Friday and runs through noon Sunday, March 3-5.

"OJMCHE is thrilled that Weekend in Quest is returning to Astoria in March," says Gail Mandel, deputy director of the Oregon Jewish Museum and Center for Holocaust Education, which presents WIQ. "After holding the program virtually for the past two years, it will be wonderful to gather in person to learn from Professor Mika Ahuvia, celebrate the Sabbath with service leader Eddy Shulman and build community."

Professor Ahuvia will present four sessions on Angels in Ancient and Modern Jewish Culture drawing on her book (at right).

On Friday evening, "Angels in Judaism: Invisible and Omnipresent" will set the stage for the weekend and discuss what the Torah says about angels, the origins of the Sabbath song Shalom Aleichem and when Jews began doubting the existence of angels.

Saturday will feature two sessions: "Angels in Classical Rabbinic Sources" and "Angels in Jewish Magic."

On Sunday, "Angels in the Liturgy," will address Jewish prayer and how the imitation of angels became crucial to Jewish practice and liturgy.

Cost is \$195 per person (excludes lodging). Register by Feb. 3: ojmche.org/events/weekend-in-quest-2023-angels-in-ancient-and-modern-jewish-culture/.

For questions, contact Gail Mandel at 503-226-3600, ext. 104 or gmandel@ojmche.org.



ON MY RIGHT MICHAEL,
ON MY LEFT GABRIEL
ANGELS IN ANCIENT JEWISH CULTURE
MIKA AHUVIA

Jan. 20: Free noon concert: Remember Egypt

Come to Eastside Jewish Commons for this free noon concert featuring Remember Egypt. Remember Egypt plays classical Miz-rachi, Arabic and Sephardic music. This noontime concert at the EJC features internationally recognized violinist Daniel Shaheen Molkte (National Arab Orchestra, Maestro Award Winner).

For more information, email Eric Stern at ericstern@ejcpdx.org or visit ejcpdx.org/events-1.

Jan. 21: Mini Mensches Tot Shabbat

Welcome Shabbat with singing, dancing and sweetness at Congregation Beth Israel. Families with children 0-5 are invited to gather to sing Shabbat songs at 9 am, Jan. 21. bethisrael-pdx.org/community/mini-mensches/

Jan. 21: Havdalah Café Concert: Seffarine Trio

The Eastside Jewish Common's Havdalah Cafe series presents an 8-10 pm, Jan. 21, concert featuring Sefarrine Trio! Seffarine embraces and extends the rich legacy of the golden age of tolerance and exchange among Muslim, Jewish and Christian cultures by creating fresh, innovative works that reconnect these shared Mediterranean roots.

Tickets are \$10. For more information, email Eric Stern at ericstern@ejcpdx.org or visit ejcpdx.org/events-1.

Jan. 25: Wondering Jews: Genealogy 101

Wondering Jews presents a genealogy program 2-3:30 pm, Jan. 25, 2023, at Congregation Neveh Shalom. Wondering Jews is a program for empty nesters and seniors 60+.

Curious about your Jewish roots but not sure where to begin? Join Wondering Jews for this presentation by Jewish Genealogical Society of Oregon President Janice Sellers. Afterward, explore the CNS library, home to the JGSO catalog, for resources with Librarian Leora Troper.

Registration to ensure adequate seating and materials is requested at members.nevehshalom.org/event/WonderingJewsJanuary2023.

For questions, email richmond@nevehshalom.org.

Jan. 28: 23rd annual Community Havdalah

The Jewish Women's Round Table and Cedar Sinai Park present the 23rd annual Community Havdalah Service at 7 pm, Jan. 28.

Cantor Rayna Green of Congregation Beth Israel will lead the service in Zidell Hall in Rose Schnitzer Manor, Cedar Sinai Park, 6140 SW Boundary. The service is free. Refreshments to follow.

Please contact Ellen Bick at ellenrbick@gmail.com if you have any questions or would like a Zoom link to attend virtually.

Jan. 28: PJ Havdalah with Kim Schneiderman

Bring your kiddos, your pjs and your stuffies to welcome Havdalah at the Eastside Jewish Commons at 5:30 pm, Jan. 28. Storyteller, service leader, teacher and recording artist Kim Schneiderman will lead families in Havdalah. Cost is \$6. For more information, email Eric Stern at ericstern@ejcpdx.org or visit ejcpdx.org/events-1.

Jan. 29: Family Challah Bake

Mushka Wilhelm from Chabad of Northeast Portland will teach kids how to make challah at 1 pm, Jan. 29, at the Eastside Jewish Commons. Kids will mix the dough, and while the dough is rising, Mushka will lead children in a fun activity. Add some toppings, take home and bake for challah that the whole family can enjoy.

For kids 4-12. Suggested donation: \$5-\$8 per child. For more information, visit ejcpdx.org/events-1.

Jan. 29 : "Remembrance of Things Present"

The Jewish Federation of Greater Portland presents inspiring and unexpected stories from the children and grandchildren of Holocaust survivors at 11 am, Jan. 29, repeating 4 pm, Feb. 5, on Zoom.

"Remembrance of Things Present," a new theater work from The Braid, will portray real experiences, brought to life by professional actors. To receive the Zoom link, go to the-braid.org/remembrance, use the code "portlandjfl." Questions: susie@the-braid.org.

Feb. 1: PDXBiz explores Movies, TV, Business

"Movies, TV Series and Business" is the theme of the Mittleman Jewish Community Center's next #PDXBusiness Series event Feb. 1, 2023. The program begins at noon on Zoom. A lunch and watch party begin at 11:30 am at the MJCC.

The program will be moderated by Esther D. Kustanowitz, TV Columnist for J, The Jewish Weekly of Northern California. Panelists include Aron Eli Coleite, television producer; David Light, co-creator, writer, producer of *ZOMBIES*; and Marnina Schon, actor, writer and musician. This panel will give insight into the business of Hollywood and how the panelists' Jewishness affects their work.

Lunch is \$18 for members and \$25 for nonmembers. Register at oregonjcc.org/pdxbiz.

Feb. 3-4: Go Down Home at Shaarie Torah

Congregation Shaarie Torah presents a special musical weekend experience Feb. 3-4 featuring Hazzan Mike Stein. He will perform Friday evening, Saturday morning and Saturday evening.

He has been the hazzan at Temple Aliyah in Los Angeles for 23 years. Mike was in the original cast of JC Superstar and two other shows on Broadway. He was nominated for a Grammy, and he received the coveted Samuel Rosenbaum award for scholarship and creativity from the Cantors Assembly. He has taught extensively in communities in Uganda, Kenya, Zimbabwe and Poland.

The musical weekend begins at 6:30 pm, Feb. 3, with Shabbat Fusion with a special twang. Mike and guests will lead a "Jew Grass"-inspired Shabbat service followed by the monthly soup potluck dinner. Free, but registration required.

On Feb. 4, Hazzan Stein will join Rabbi Oren at 9:15 am for Shabbat services chanting *Shirat haYam*.

That evening, a concert will bring guest musician Michael Allen Harrison to join Hazzan Stein and others for a musical exploration from Middle Eastern to Bluegrass and everything in between. Doors open at 6:15 pm, Havdalah at 6:30 pm and concert 7-8:30 pm. All seats \$18. No-host drinks and snacks available.

Register at shaarietorah.org/downhome/.

Feb. 5: 10th Oregon Interfaith Earth Summit

Ecumenical Ministries of Oregon's 10th annual Oregon Interfaith Earth Summit will be on erev Tu b'Shvat, Feb. 5, with the theme "Care for Our Common Home: Building Neighborhoods for Climate Resilience." It will take place in faith communities throughout Oregon from 1:30 to 5:30 pm.

Ecumenical Ministries of Oregon is a partner organization with the Jewish Community Relations Council of Portland, and JCRC Climate Action Committee Chair Brian Romer is on the organizing committee of the event.

The summit begins with a plenary session on Zoom, with participants watching from regional locations across Oregon. Following the plenary, local hosts will facilitate in-person sessions.

Early registration by Jan. 29 is \$20. Register emoregon.org/event/earth-summit-2023/.

NORMAN BARNETT

Norman Barnett, z"l, passed away Jan. 5, 2023, at the age of 87. Norman is survived by his wife, Eve-Ellen; five children, Jonathan, Amy, Samuel, Daniel and Jedidiah; grandchildren, Reuben, Victoria Tess and Ellie Grace; and beloved extended family.

Norman was predeceased by his parents, Herman and Goldie, and his sister, Florence.

Congregation Kol Ami offers condolences to Eve and their extended family.

The funeral was held on Jan. 9 at River View Cemetery in Portland. In lieu of flowers, please consider making a donation to the Hirshberg Foundation for Pancreatic Cancer Research in Norman's name.

ALAN STONE

Alan Stone, *Shmuel ben Moshe*, z"l, passed away on Jan. 4, 2023, at the age of 84. Survivors include his wife, Carolyn; children, Marissa Fraser, Omi McCarthy, Jason Stone and Shanthi Stone; brother, David Stone; and two grandchildren.

He was a former member of Congregation Kesser Israel. His funeral was held Jan. 6 in the Chabad section of River View Cemetery.

COREY DANIEL FELSMAN-JAFFE

Corey Daniel Felsman-Jaffe, Leib Daniel Ben Abraham v' Yehudit Sivah, z"l, passed away on Jan. 1, 2023, at the age of 32. He was the dear nephew of Bari and Robb Gilbert; cousin to Sophia, Ethan, Mickey and Trevor; son of Jennifer and Jay Jaffe of Flushing, NY; brother of Samantha (Yaacov) Belsky and Dassie Jaffe; and the oldest grandchild of Marcia Grado and John Grado, z"l, of Jacksonville, Fla., and Morton and Carol Greenfield of Boyton Beach, Fla.

The funeral was on Jan. 6 at Schwartz Brothers-Jeffers Memorial Chapels, Forest Hills, N.Y. Kevurah followed at Beth Moses Cemetery, West Babylon, N.Y.

Congregation Neveh Shalom extends deepest condolences to the extended Gilbert/Felsman-Jaffe family.

PAUL "COACH" THOMPSON

Paul A. Thompson, 83, passed away on Dec. 5, 2022, due to complications of Alzheimer's disease. He is survived by son, David (Doreen) Thompson of Oregon City; daughter, Paula of Eugene; sister, Michele (Jerry) Kallberg of Aloha; five grandchildren, Sarah, Shelby, Mitch, Persia and Royce; two great-grandchildren, Reagan and Chloe with another, Sadie, on the way.

He was predeceased by his loving wife and high school sweetheart, Nancy Thompson, in 2008. They had a wonderful, loving marriage of 49 years. He was also predeceased by brothers, Tom and Bill.

He began an amazing career at the Mittleman Jewish Community Center, serving as athletic director from 1970 to 1984. He also held the same position at the Jewish Community Center in Dallas, Texas, 1985-1996.

Paul graduated from Springfield High School in 1957 and was selected to the Oregon Shriners Football Team and was the outstanding football player in 1956. While in high school, a friend bet him a dime that he couldn't win the state diving championship; he took that bet then trained for two weeks at the University of Oregon swimming pool and won the 1957 state high school diving championship. He also held high school and college javelin records.

He served in the U.S. Marine Corps and graduated from Pacific University. At Pacific University, he played football and received an all conference lineman award. He also battled for the "boxer" at Pacific University and kept its whereabouts to himself but loved to tell the stories.

With his love of sports and teaching, he was a coach at David Douglas High School and Portland State. He coached a Multnomah Athletic Club/Gymnastics team to second place in Nationals.

Upon retiring, Paul and Nancy returned to their roots and built a beautiful home in the McKenzie River Valley, and Paul began his next chapter as a master wood carver. He carved beautiful carousel animals featured at the Albany Carousel – the alpaca and lioness. Each animal took two years to carve.

A Celebration of Life will be held at noon, Feb. 4, at Musgrove Family Mortuary. For further information, go to musgroves.com.

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Climate Corner

Eating vegan is good for the climate

BY BONNIE NEWMAN

It's a new year, and that often means new commitments. If resolving to fight climate change is among your 2023 resolutions, then consider a change of diet. Consuming fewer animal products – meat, eggs and dairy – is one of the best ways to reduce your carbon footprint.

According to a recent World Bank report, "It's recently been estimated that the global food system is responsible for about a third of greenhouse gas emissions – second only to the energy sector; it is the number one source of methane and biodiversity loss."

For anyone ready to cultivate a completely new plant-based diet, there's the worldwide "Veganuary" campaign. People who sign up on the website (veganuary.com/en-us/try-vegan/) to go vegan for the month of January will receive nutrition tips, shopping lists, recipes and more. Guidance also is offered on Veganuary's [Facebook](#) and [Instagram](#) pages.

If you aren't ready to eliminate animal products entirely from your diet, consider replacing one or two meat meals per week with plant-based meatless dishes.

The internet has a cornucopia of websites with vegetarian and vegan recipes, including some with a Jewish flavor:

One Green Planet: onegreenplanet.org/channel/vegan-recipe

Cookie and Kate: cookieandkate.com

Jessica in the Kitchen: jessicainthekitchen.com

Veg News: vegnews.com/vegan-recipes

Jewish Veg: jewishveg.org

Estee's Kitchen: esteeskitchen.com

Here are a few more tips to help you make the switch:

Sample an assortment of meatless substitutes for beef, chicken, sausage and even fish to find products with the tastes and textures you prefer.

Try something new at one of Portland's many vegan or vegetarian restaurants; plant-based alternatives also make an appearance on meat-heavy menus at places such as Burger King and Red Robin.

Build your diet around seasonal vegetables, fruits, grains, legumes, nuts and seeds.

Replace animal protein sources with a variety of vegan options that provide protein:

- Soy products like tofu, tempeh, edamame and soy milk
- Lentils, beans, peas
- Seitan
- Oats and oatmeal
- Sprouted grains and legumes
- Ancient grains like spelt, teff, quinoa and amaranth.
- Nutritional yeast
- Hemp and chia seeds
- Nuts, nut butters, seeds

Bonnie Newman is a former journalist, retired physical therapist and lapsed vegetarian who has resolved to eat less meat in 2023. Currently, she serves as chairman of the Community Engagement subcommittee for the Jewish Federation of Greater Portland's Climate Action Committee.