

May 10, 2023/Iyar 19, 5783 Volume 58, Issue 10



Fun and flags filled the Mittleman Jewish Community Center during the Yom Ha'atzmaut celebration April 26. Paul Rich Photography



Israeli Superstar Noa entertained a sold-out crowd.

Hundreds celebrate Israel at 75

BY DEBORAH MOON

This spring, Portlanders have been busy celebrating the 75th anniversary of the state of Israel.

More than 600 people attended a Yom Ha'atzmaut celebration, 550 enjoyed Israeli superstar Noa in concert, hundreds heard Yossi Klein Halevi speak about Israel's Identity Crisis at 75 (youtu.be/DVakl5OzArU), participants in the PDX>Israel community trip reunited for a Shabbat dinner and several other programs have reached still others.

To help Portland's Jewish community mark Israel's 75th anniversary, the Jewish Federation

of Greater Portland provided \$20,000 to help support 11 programs this spring, with one still upcoming on June 24 (see story page 7).

The April 26 Yom Ha'atzmaut celebration at the Mittleman Jewish Community Center featured Israeli dancing, trivia, an Israeli music sing-along and a DJ to close out the night, with special programming for kids and teens. The celebration was a collaboration of the MJCC, Keruv Levavot, IAC and Neveh Shalom's Israel360. The celebration was sponsored by a JFGP Israel at 75 grant.

See ISRAEL AT 75, page 6

If you see antisemitism, speak up

BY ROCKNE ROLL

The goals of Jewish Federation of Greater Portland Community Relations Director Bob Horenstein's presentation series on antisemitism are straightforward:

"We need everyone to speak up against it," Horenstein says. "And you can't do that if you don't know what it is."

Horenstein explains in his presentation, "The Mainstreaming of Antisemitism in America," that the modern face of antisemitism is not as straightforward as perhaps it has been in the past.

"You think about antisemitism from the far right, we're talking about white nationalists, neo-Nazis, how can it be mainstreamed? Every person of goodwill thinks neo-Nazis are abhorrent, right?" Horenstein asks. "But when you

show them examples of how it's seeping into the mainstream, that's surprising to them."

Horenstein covers the direct line between hateful stereotyping of Jews, which data shows is ingrained deeply into American society, and acts of violence as well as the emergence of antisemitic rhetoric surrounding the Boycott, Divest, Sanctions movement and other efforts to delegitimize the State of Israel. He clearly lays out that, whether left-wing or right-wing, antisemitism is espoused by extremist political organizations throughout the country and beyond.

"I think for many people who think they know what antisemitism is, they don't recognize that it's also coming from the far left," Horenstein says.

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Agency Spotlight

The Jewish Review is featuring a profile of each of the 18 local beneficiary agencies of the Jewish Federation of Greater Portland's 2022 Annual Campaign.



PORTLAND KOLLEL

portlandkollel.org / 503-245-5420

AREA OF SERVICE: Jewish Adult Education

2022-23 ALLOCATION: \$16,900

SERVICES: Portland Kollel is a vibrant source of Jewish learning and programming in Portland. We provide classes and programs for all demographics at locations throughout the city, empowering people to discover their Jewish connection.

Portland Kollel is a vibrant source for non-synagogue-based Jewish learning for everyone including Reform, Conservative, Orthodox, unaffiliated or anywhere in between. With classes, programs and informal settings throughout the city, the Portland Kollel brings a new perspective of meaning to everyday Jewish life.

"Our main goal is to assist people through their personal journeys and establish a personal connection with them," says Kollel CEO Rabbi Chanan Spivak. "To achieve this objective, we plan to expand our team at the Kollel in the coming months. With more staff, we can provide greater support, education and inspiration to individuals within the community."

The Kollel supports and collaborates with numerous Jewish organizations in Portland including synagogues, schools and the Jewish Federation of Greater Portland by teaching classes and lending resources.

"The Federation has shown us its unwavering support and guidance throughout our organization's journey," says Rabbi Spivak. "Since our inception, they have played a pivotal role in our growth and success. The Federation has also addressed various community needs and relationships, enabling us to concentrate on our mission and vision. We consider the Federation as our invaluable partner and friend."

The Kollel also offers teen programming through NCSY and Jewish Student Union clubs in schools.

In addition, Oregon Kosher was founded by the Portland Kollel in 2007 and has since become the premier Kosher supervision agency in the Pacific Northwest.

You can read about previous growth at the Portland Kollel in the *Jewish Review* (see staff growth on page 8 in the [Oct. 27, 2021, Jewish Review](#) and see more about the expanded space at jewishportland.org/jewishreview/jr-stories/kollel-grows.)

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Physical therapist Patty Magid-Volk and Cantor Linda Shivers show off some of the assorted wheelchairs that Avraham's Closet has available for free loan.

Borrow a wheelchair

BY DEBORAH MOON

Thanks to a donation from Cedar Sinai Park, Avraham's Closet now has much-sought-after electric wheelchairs available along with walkers, crutches, knee scooters, shower chairs and many other items.

Avraham's Closet, the durable medical equipment lending library based at Congregation Neveh Shalom, is free and open to all – Jewish or not.

"It is a low-barrier project – no questions, no expectations," says Patty Magid-Volk, a physical therapist who volunteers to check the equipment and meet clients to properly adjust the height of crutches and walkers.

Avraham's Closet is named after Cantor Linda Shivers' husband, Albert (whose Hebrew name is Avraham). After Albert fell and fractured his pelvis, Cantor Shivers bought a walker, but when he healed, the walker was just taking up space in their home. She knew many people didn't know what to do with equipment they no longer needed, so she suggested Neveh Shalom's Hesed (kindness) Committee start a loan program.

Since its launch in 2021, the loan closet has helped many people get what they need for rehab or lingering illness. It even has items you may not know you need.

"It's really a *mechaya* (delight) there is something like this," says Neveh Shalom teacher Sami Oberlander, who broke her leg in multiple places. "Patty called me ... I really didn't know what I would need." In addition to a walker, Patty persuaded her to take a shower bench – "the most amazing thing."

When Lois Shenker recently returned a wheelchair to the closet, she attached a note: "I am returning this wheelchair with many thanks and much gratitude for its use for the last month. It 'saved my life' as I was unable to walk. I am now able to do so with the aid of my walker."

You can read more about Avraham's Closet at jewishportland.org/jewishreview/jr-stories/borrow-rehab-essentials.

Contact Shivers at cantor.shivers@gmail.com or call the Neveh Shalom office at 503-246-8831 to donate or borrow equipment.



Sami Oberlander says this walker "has really saved me."



JEWISH FEDERATION OF
GREATER PORTLAND
103rd ANNUAL MEETING

JUNE 6, 2023 - 7:00PM
MITTLEMAN JEWISH COMMUNITY CENTER
IN PERSON ONLY

**Brandeis University will share the results of the
most comprehensive Community Study ever
completed in Jewish Portland!**

**In addition, we will thank our outgoing board members
and elect new ones, present several awards, and share
our accomplishments from the past year.**

RSVP: jewishportland.org/annualmeeting23
or call 503.245.6219

Portland Federation to be feted for mikvah leadership

The Jewish Federation of Greater Portland will receive one of five inaugural Rising Tide Wellspring Awards for its role in creating and operating Rachel's Well Community Mikvah.

The open mikvah movement will honor the Jewish Federation with the Collaborative Community Partner Award at the 2023 Rising Tide Gathering, Oct. 24-25. Awardees were nominated by Rising Tide Network members around the world.

Announcing the award, Rising Tide Network posted a portion of the nomination form from Sarah Rosenberg Brown: "The Jewish Federation of Greater Portland took a major leap of leadership to create a beautiful mikvah that is welcoming

and accessible to the entire community. In partnership with the Oregon Board of Rabbis and the Portland Kollel, JFGP co-created Rachel's Well Community Mikvah, providing overall leadership, vision and funding to get the project started. Embodying the value of *shutfut* (partnership), JFGP convened community leaders, businesses, diverse stakeholders and city officials to ensure the new mikvah was shaped by the voices and visions of everyone in the community. Over the past five years, the organization has continued to grow, oversee and manage the mikvah, ensuring a safe and welcoming place for all Jews to have meaningful immersion experiences."

During more than five years of providing meaningful ritual immersions for diverse individuals marking traditional and contemporary transitions, Rachel's Well Community Mikvah has become recognized as a jewel – both locally and nationally.

Author and open mikvah "god-mother" Anita Diamant wrote the following to JFGP Chief Allocations and Engagement Officer Caron Blau Rothstein: "I just learned about the honor being bestowed on you and the Jewish Federation of Greater Portland for your efforts to bring



A group of Hillel students tour Rachel's Well Community Mikvah.

open mikvah to your community. I look forward to celebrating with you this October at the Zoom ceremony to acknowledge your groundbreaking efforts. Thank you for your efforts and those of your colleagues."

The two-day virtual gathering in October will bring together Jewish lay leaders, professionals, clergy, students, funders, volunteers and educators from around the world who are working to make mikvah inclusive and accessible to *everyone* in the Jewish community. For more information on the gathering, visit risingtideopenwaters.org/gathering2023/.

"The Jewish Federation of Greater Portland is proud to play a central role in making mikvah open and accessible to the Greater Portland Jewish community," says Caron, who serves as mikvah manager. "It has been a labor of love and a shining example of what can happen when the community collaborates in service of the breadth and depth of need and interest in one of THE oldest rituals we have in Jewish tradition. So wonderful to see different segments of the community come together in this way."

For more information about Rachel's Well, visit jewishportland.org/mikvah. To book an appointment, email mikvahpdx@gmail.com.

Enable all to mark transitions

Every Jewish community is obligated to start its community with a mikvah (ritual immersion pool) and a cemetery and build from there. At Rachel's Well Community Mikvah, this ancient Jewish water ritual comes alive to help Jews across the greater Portland community mark meaningful life transitions.

During "Mikvah May," which is being celebrated around the country, the Greater Portland Jewish community is coming together to raise \$10,000 to help more transformative stories unfold at Rachel's Well.

Past users have shared stories of pre-wedding immersions, marking a celebration while mourning, creating a first Jewish memory with a conversion immersion, and immersing in the wake of cancer treatment to herald a new era of healing for mind, body and spirit.

The Jewish Federation of Greater Portland is the first Jewish Federation to own and operate a community mikvah. (See story above about national recognition this effort has drawn.)

"Our beautiful mikvah relies on the support from generous community members and community congregations to make the mikvah accessible and open to Jews of all denominations, genders and identities to mark Jewish transitions and milestones of any kind with this ancient Jewish ritual," says JFGP Board Chair Mindy Zeitzer. "Together, we will ensure every member of our community can write their own story of transformation, healing and renewal in our waters."

Donate at jewishportland.org/mikvah-may.

Renew and reconnect at Rachel's Well

On May 21, Dignity Grows will host a 7 pm gathering at Rachel's Well Community Mikvah.

Join Dignity Grows for a powerful Rosh Chodesh Sivan. Tour the mikvah, explore the rituals and stories of renewal and transformation, connect with Jewish women and our Jewish tradition, and engage in a water-based ritual.

The event will raise funds to support Dignity Grows Portland, a chapter of a national nonprofit and a Jewish Federation of Greater Portland Women's Philanthropy project. 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 totes are distributed by Dignity Grows partners, which are Transition Projects, Virginia Garcia Health Centers, Outside In, Self-Enhancement, Inc., A Safe Place and Divine Threads.

Dignity Grows Portland has packed more than 1,500 totes (and engaged over 180 volunteers) since launching in March 2021.

The Rosh Chodesh program will be led by Rachel's Well Guides Sarah Rohr and Jaimie Harper. Tickets are \$36. RSVP at jewishportland.org/dignity-grows-event-sign-up

Artists invited to submit mikvah art

Rising Tide, the international parent body of the open mikvah movement, is accepting submissions of completed or planned artwork inspired by mikvah, water, ritual, Jewish identity or a related topic.

The 2023 Rising Tide Gathering will feature a virtual art gallery in the exhibit hall. Artists whose work is selected for the virtual gallery will receive free admission to the 2023 Rising Tide Gathering.

Learn more and submit art at bit.ly/RTart23.



Bob Horenstein presents "The Mainstreaming of Antisemitism in America" as part of the City of Willsonville's Diversity, Equity and Inclusion Committee Lecture Series on May 4 at Charbonneau Country Club. Photo by Michelle Bombet Minch

ANTISEMITISM (continued from page 1)

Horenstein has visited groups ranging from police departments to city and county governments, and school and community organizations focused on civil rights and inclusiveness. When he's received evaluations after some of his presentations, respondents have regularly said they were unaware of what to look for when trying to address antisemitism.

"It's very clear that they're unsure about Jewish identity, they're unsure about Zionism, they're unsure about antisemitism and what it actually is, how it manifests, how it's being normalized," he says.

The biggest goal, Horenstein continues,

is to empower and encourage people to speak up when they notice antisemitism or any other form of hate, since, as he notes in his presentation, where there is antisemitism, other forms of hatred are never far off.

"We all need to speak up, because we all need to be allies to one another," Horenstein says. "That's the only way this is going to end is that we have people speaking up."

For more information or to request a presentation, contact Horenstein at 503-245-6496 or bob@jewishportland.org.

See story below on reporting antisemitic incidents at jewishportland.org/security.

Jewish values & food focus of May 21 gathering

Interested in the intersection of food, history and spirituality? Co/Lab will be exploring the many facets of Jewish food in all its forms, including the distinct Jewish cuisine of the Pacific Northwest, at the Good/Food Gathering Sunday, May 21, at the Eastside Jewish Commons in Portland.

Presentations and breakout groups will focus on issues of food justice and Kabbalistic approaches to food, how-tos and lunch from local Jewish restaurants. Presenters include Lisa Schroeder of Mother's Bistro and Bar, Jesse Aron of Malka, Noah Jacob of Jacob and Sons, Rabbi Natan Margalit, chef and author Sonya Sanford and journalist Deena Prichep.

"Co/Lab's goal with all of our programming, and with this food event, too, is to help catalyze Jewish creativity in Portland, to create new opportunities for people to connect to Jewish identity, to foster community and to have a good time," says Rabbi Joshua Rose, who founded Co/Lab: Reimagine Jewish in 2021.

The event is sponsored by the Jewish Federation of Greater Portland, the Schnitzer Judaic Studies Program at Portland State University and Oregon Jewish Culture Project.

Foodies, rabbis, restaurateurs, food activists and everyone else are welcome. Tickets are \$54, with subsidized tickets available, and can be purchased at colab.ticketspice.com/goodfood. For details, contact Rabbi Rose of Co/Lab at rabbijosh@colabpdx.org.

Learn to "Stop the Bleed" and save lives in May

Knowing how to control bleeding from a serious injury is important for everyone. We often think of this in terms of a worst-case-scenario active threat situation, but the reality is you're more likely to need this skill in your everyday life.

If there were a household bleeding accident, and it takes 5 or 6 or 7 minutes for the ambulance to arrive, how will you spend that time while you wait? Do you have a cabin in the woods or travel to remote areas that are some distance from emergency services?

Stop the Bleed is a grassroots national awareness campaign that encourages bystanders to become trained, equipped and empowered to help in a bleeding emergency before professional help arrives. It's as important to know as CPR and Basic First Aid.

This year marks the 5th annual National Stop the Bleed Month in May. There are several ways to become informed, educated and empowered to employ this life-saving skill.

STOP THE BLEED ON ZOOM

Secure Community Network (the national nonprofit for Jewish community safety and security) is hosting a national webinar on May 18. "When Seconds Count: Learn How to Stop the Bleed to Save a Life" will be offered live from 9-10:15 am and again from 4-5:15 pm PDT. Led by Jewish communal security training experts, this webinar will also include insight from distinguished trauma surgeon Dr. Matthew D. Neal from the University of Pittsburgh.

Register for the 9 am course at tinyurl.com/tjpaeyex

Register for the 4 pm course at tinyurl.com/yayfd8kf.

If you can't make either training, SCN records its webinars and will post them online afterward. SCN webinars can be found on securecommunitynetwork.org.

LOCAL STOP THE BLEED

In addition, local Community Security Advisor Jessica Anderson regularly offers Stop the Bleed training via Zoom. She will also schedule in-person trainings with your group or organization.

Safety and security training dates can be found at jewishportland.org/events/security-training. This SCN position is 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. Contact Jessica at janderson@securecommunitynetwork.org or 872-273-9214.

REPORT ANTISEMITIC INCIDENTS

Jessica also helps Jewish individuals, organizations and synagogues defend against and respond to antisemitism.

It's vitally important to report antisemitic incidents, large and small, so that communities, law enforcement and state agencies can track their prevalence.

Please contact Jessica or use the incident reporting form on jewishportland.org/security.

ISRAEL AT 75 (continued from page 1)

“It was wonderful to once again be able to welcome so many members of our community to celebrate Israeli Independence Day,” says MJCC Executive Director Steve Albert. “The partnership between the MJCC and the Israeli community, and the active involvement of so many local Jewish and Israeli organizations, engaged a large, multi-generational crowd who came together to honor Israel@75 and enjoy Israeli dancing, trivia, photography, music, food and more.”

While the Jewish Federation sponsors Yom Ha'atzmaut every year, JFGP President and CEO Marc Blattner said, “We wanted to host another major community event.”

When Congregation Beth Israel Rabbi Michael Cahana told Blattner that Israeli Superstar Noa would be touring in the U.S. this spring, the two decided to team up and bring her to Portland. On April 30, Noa performed for a sold-out crowd at the Patricia Reser Center for the Arts in Beaverton.

Noa captivated the crowd, weaving storytelling (in musical form) into familiar and original songs. In her first song, she sang of her joy at being in verdant Portland for the first time, her birth in New York, her family's move to Jerusalem – the city of gold – when she was 3, her grandparents journey from Yemen to Jerusalem, the demonstrators peacefully flooding the streets every week protesting judicial reform legislation and a host of other experiences. Intermingled with the stories she invited the audience to join her in singing “Yerushalayim Shel Zahav (Jerusalem of Gold).”

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.

Participants on Portland's 2023 community trip to Israel enjoyed a Reunion Shabbat at the Mittleman Jewish Community Center on May 5. The Jewish Federation of Greater Portland's Israel at 75 Community Trip to Israel took 200 participants on a 10-day exploration of the land, people, history and food of Israel. From top: trip cochairs (from left) Michael Weiner, Kathy Davis-Weiner, Priscilla Kostiner and Tony Kostiner light the Shabbat candles; Community Chaplain Rabbi Barry Cohen leads youth from the trip in *hamotzi*; and JFGP chair Mindy Zeitzer speaks to the gathering. Photos by Rockne Roll





Israeli folk dancers to celebrate Israel at 75 on June 24

One event still on the horizon is the Israeli Folk Dance Community Party celebrating more than 50 years of folk dancing in Portland and Israel at 75.

The party will be from 4 to 10 pm, Saturday, June 24, at the Multnomah Arts Center.

"This Israeli folk dancing party is a fun and creative way to celebrate Israel at 75 and 50-plus years of dancing in Portland," says Sue Wendel, long-time dancer, weekly session leader and member of the party planning team. "All levels and ages, beginners to seasoned dancers alike, are welcome. Since 1972, and even before that, Portlanders have danced together, and we look forward to seeing current, new, and returning dancers, even spectators, at the party."

For more information, visit sites.google.com/site/pifdnews. Registration (no walk-ins) required by June 17 at tinyurl.com/50thFolkdanceParty.

Dancing on Yom Ha'atzmaut

Participants at the Yom Ha'atzmaut celebration enjoyed Israeli folk dancing led by Portland Israeli Folk Dance teachers. The local dance group plans an Israel at 75 dance party June 24 (see box). Paul Rich Photography



Sonia Liberman: "You have to stand up!"

BY DIANE SOLOMON

Sonia Liberman, a diminutive great-grandmother living at Rose Schnitzer Manor, quietly lives her life as a national treasure.

Unassuming and dainty at 4'9", her life story belies her appearance. Her oral history is archived at the Oregon Jewish Museum and Center for Holocaust Education as well as the U.S. Holocaust Memorial Museum.

Yet, it is what she has accomplished more recently that makes her extraordinary.

Sonia Berkowitz was born in Poland in the early 1930s. Her family members were leaders in the Jewish community of Kletsk, part of Minsk. When the entire Jewish community was forced into a ghetto in 1940, Sonia's parents moved Sonia and her two older siblings to the farm of a family friend – "Uncle Kashemish."

Kashemish, though not Jewish, had lived with the family while running a school in Kletsk.

Initially, Sonia and her two siblings were safer on the farm. But in the autumn of 1940, her older brother and sister decided to return to their parents' home in Kletsk for the High Holidays. Sonia, they felt, was too young to travel with them. They left the farm and nev-

er returned. Along with Sonia's parents, they were murdered by the Nazis between Rosh Hashanah and Yom Kippur. Sonia was only 7.

Kashemish kept his word and "always stayed three steps ahead of the Gestapo," Sonia reports. At his own peril, Kashemish shifted her from farm to farm and family to family throughout the war.

Once liberated, she was transported through Czechoslovakia, Switzerland, Italy and Germany, until she landed at an orphanage in France. She ultimately made her way to Israel, finding distant relatives of her parents. As a young adult in then-Palestine, she met her future husband, had three children and immigrated to the United States.

It would make sense if Sonia had become embittered, distrustful, pessimistic. Instead, Sonia determined she had to bring good into the world.

"I felt I have to survive," she says. "I wanted to start my own family to replace the family I lost."

As a child in hiding, Sonia had not learned to read and write. But she studied and received her bachelor's degree at the University of Judaism the same year as her son, Gershon (Gary). "My father told me I would be a good teacher, so that's what I did," she says.

See **STAND UP**, page 9

Rabbi Villarreal finds family at Ahavath Achim

BY ROCKNE ROLL

Despite living in many places, Rabbi Devin Villarreal has always found a sense of home within the Sephardic community.

When a chance meeting brought him to Congregation Ahavath Achim as they were looking for a rabbi, and he was looking for a new community, a simple song was part of how he knew he'd found the right place.

"At the end of it (lunch), Mark Abolofia ... and I sprang into singing the Ladino grace after meals, because it's our shared custom," he says.

In July of 2022, Rabbi Villarreal moved to Portland from Idaho, where he and his family had been living to be close to his parents. While he was in Seattle exploring options, Ethan Marcus of the Sephardic Jewish Brotherhood of America encouraged Rabbi Villarreal to visit Portland.

"It just felt so right to be able to just all be together," Rabbi Villarreal says of his experience visiting Portland and Ahavath Achim for the first time. "I think that I have been fortunate to always feel a sense of belonging in Sephardic communities wherever I've been. This one, I feel like really, incredibly makes you feel like family."

The feeling is very much mutual.

"Rabbi Villarreal is the first truly Sephardic rabbi we have had in years," says board member Ronald Sidis, who recently learned he is a third cousin of Rabbi Villarreal. "It is very refreshing to have someone that knows Ladino and is able to lead our services in a truly Sephardic way. He is loved by our congregation."

Rabbi Villarreal has worked principally in Jewish education. After graduating from the University of California Los Angeles, he earned a master's degree in teaching from American Jewish University and received rabbinic ordination from Yeshivat Chovevei Torah and Rabbi Nathan Cardozo. Rabbi Villarreal served as a congregational rabbi in Riverdale, N.Y., and West Hills, Calif., as well as working as a classroom teacher and administrator in Jewish schools. He now works in teacher coaching and curriculum development for Hadar – work he does remotely and will continue to do while serving at Ahavath Achim.

In addition to helping the Ahavath Achim community connect more deeply and broadly with its Sephardic roots and identity, Rabbi Villarreal is eager to share Sephardic tradition and thought with the broader Jewish community in Portland. Sephardic identity has a component of ethnic background, Rabbi Villarreal says, "but there's also a nonethnic Sephardic identity, which is how do we approach Judaism? How do we approach religiosity, spirituality, community and so on, which actually has nothing to do with whether or not your grandparents came from those places."

"Your grandparents can be from Lithuania, they can be from Russia, they can be from anywhere," Rabbi Villarreal continues. "But Sephardic Judaism has something to offer you."



Rabbi Devin Villarreal. Photo by Rockne Roll

These ideas are manifested in Ahavath Achim's monthly Friday night Shabbat services and dinners, which serve as both an introduction to and a connection with Sephardic traditions. While the monthly dinners will take a summer hiatus, May's sold-out event strongly suggests that Rabbi Villarreal's approach is working already.

"We, of course, have our traditional prayer services, and we have our Shabbat dinner together," he says. "And then we sing songs in Ladino, and people tell stories about our community. So, it's a sort of right blend, it feels like; sort of religious, social memory, history, just enjoying being together – that has really been exciting to see."

"Our Shabbat dinners were set up with the goal of exposing the greater Portland community to our warm Sephardic customs and cuisine in a setting that is not totally focused on elaborate religious services," says congregation Vice President Renee Ferrera. "We have had great response to them. We have gained a number of new members, and we have had very positive feedback from the people who have attended."

Rabbi Villarreal looks forward to further growing the congregation, particularly families with children who are looking to hand Sephardic traditions on to the next generation. Ever the educator, Rabbi Villarreal hopes to establish a youth education program of some sort in the future.

"In terms of the big picture of continuity, longevity, again, really having the Sephardic perspective have a meaningful route in the larger Jewish conversation, I think we have to arrive at a point in which we have a school of some kind," Rabbi Villarreal says. "And I would love for that to be the case."

Beaverton to proclaim Jewish American Heritage Month May 16

The City of Beaverton will proclaim May as Jewish American Heritage Month at the next meeting of the City Council, held online Tuesday, May 16, at 6 pm.

Beaverton Mayor Lacey Betty will read the official proclamation, which points out that "ever since 1654, when Jewish immigrants first arrived on the shores of what is now the United States, Jewish people have played a central role in the creation, growth, freedom, prosperity and strength of the United States."

The proclamation also notes the contributions of Jewish elected officials from the area, including Sen. Ron Wyden, Rep. Suzanne Bonamici, State Sen. Elizabeth Steiner and State Rep. Dacia Grayber, as well as the importance of Jewish American Heritage Month

as a tool to combat antisemitism. Jewish American Heritage Month was initially established nationwide in 2006 by President George W. Bush and has been proclaimed nationally by every president since.

The council meeting can be streamed on their website at beavertonoregon.gov/797/Agendas-Minutes.

There's also a link at the council's website to access the meeting by Zoom, and it will be broadcast on Public Access Cable Television Channel 23 in the Beaverton area.

For more information about accessing the meeting or for accessibility concerns, email the Beaverton City Recorder's office at cityrecorder@beavertonoregon.gov.

June 4 Nemer Award to honor Marshal Spector

This year's Harry R. Nemer Service Award dinner at Congregation Shaarie Torah at 5 pm, June 4, honors Marshal Spector, who has dedicated his life to family, Congregation Shaarie Torah, the practice of family law and his community.

A respected family law attorney with Gevurtz Menashe, Marshal blends Jewish tradition with his reverence for justice and equity. He currently chairs the Solomon's Legacy Society of the Jewish Federation of Greater Portland. Solomon's Legacy brings together attorneys, judges and law students to focus on topical issues through both a legal and Jewish lens. Recent programs included discussions on the challenges of homelessness in Portland, the rights of prisoners, and the responsibilities of enablers and bystanders of the Holocaust and in situations such as the murder of George Floyd.

Often a leader of Shabbat and High Holy Day services at Shaarie Torah, Marshal continues the tradition of three prior generations of European-born cantors – his father and grandfather, both refugees from Nazi Germany, and his great-grandfather, a world-renowned cantor. Davening at Shaarie Torah, he reprises the melodies and chants taught to him by his ancestors.

Marshal's children, Max, Jennie and Joseph, have followed his example by emulating his lifelong commitment to Jewish learning, culture and connection to Israel. Shabbat with family and friends is an integral part of Marshal's life. He also enjoys time with his adult children, his daughter-in-law, Shifra, and his grandchildren, Masha and Tzvi.

Marshal's dedication to the Jewish community is evidenced by his many years of service as a lay leader at Shaarie Torah



and the greater community. He has served in leadership roles on various boards and committees of the Jewish Federation of Greater Portland, Portland Jewish Academy and Jewish Family & Child Service, among others.

In 2007, Marshal donated a kidney to his dear friend and Shaarie Torah Cantor David Rosenberg, z"l. Early in their friendship, they learned that in 1930s' Europe, Marshal's great-grandfather was a cantorial teacher of David's father. David lived for seven and one-half years following their surgery. Marshal and David treasured their time together and with each other's families. Their children grew up together and remain close friends and sports buddies, and often engage together in Jewish learning.

Several years later, David's wife, Kim, provided Marshal with her own remarkable gift of life by arranging a blind date for him with Shari Levinson. Love blossomed to its fullest. Marshal and Shari have now been married for 11 years.

"I've been blessed to be able to make the contributions I have," says Marshal. "I'm blessed to be active and involved in such a warm, welcoming and thriving Jewish community."

He says both Shaarie Torah and the Portland Jewish community offer so many "windows of opportunity" to join, to become involved, to participate "and then to give back."

"Since I arrived 33 years ago, Shaarie Torah has been a big part of my life – my kids grew up there. Shaarie Torah has always been a warm and welcoming place that has preserved the beauty of traditions but also evolved with the times and its members."

The Harry R. Nemer Service Award is presented annually by the Shaarie Torah Men's Club. Harry Nemer, z"l, passed away in 1993 at the age of 77. The award honors his unselfish service to his fellow Jews and Congregation Shaarie Torah. Each year, a member of the kehillah who demonstrates the same gracious service over the years is selected to receive the award. Past honorees include Cantor Emeritus Aaron Vitells, Frieda Cohen, Charlotte Tevet, Kim Danish Rosenberg and Linda Nemer Singer, among many others. Event proceeds support General and Youth Education Funds at Shaarie Torah.

Tickets and event sponsorships may be purchased through the Shaarie Torah website: shaarietorah.org/nemerdinner/ or by contacting the office at 503-226-6131 or cst@shaarietorah.org.

STAND UP (continued from page 7)

She earned a master's in Judaic studies and taught day school and Hebrew school for 50 years across Los Angeles. She moved to Rose Schnitzer Manor in Portland in 2017 to be closer to Gary and his wife, Esther. Gary is Technical Services Director for Oregon State Hospital, and Esther is a bead artist and member of ORA Northwest Jewish Artists.

Instead of becoming disillusioned with humanity, Sonia strove to be a *mensch*.

"I am not the best person in the world, but I try to be good to people," she says. "When I see someone who is homeless, for instance, I don't judge. We need to ask, 'What happened to them to make them this way?' There is always a reason."

Sonia now shares the history and lessons

of the Holocaust at local high schools.

"If you strongly believe in justice, fight for it," she says. "Not with your fist ... Talk. You have to try."

She lives her words and has been known to "get in trouble" for ceaselessly defending others.

She says Gary often asks her, "Ima, do you have to fight so much for justice *all* the time? Can't you leave it alone, even sometimes?"

"I can't," Sonia confesses, shaking her head. "I should at least speak up for those who can't speak for themselves."

You can read the full story of Sonia's survival and rebuilt life on Cedar Sinai Park's website at cedarsinainpark.org/2023/04/13/sonia-liberman/



Sonia Liberman with her son, Adi, visit outside Rose Schnitzer Manor Independent and Assisted Living.



Maayan Torah Dinner – From left: Rabbi Tuvia Berzow, Rabbi Sholom Skolnik, Rabbi Yerachmiel Kalter, Max Spector, Amy Sohn, Sarah Evans, Miriam Kalter and Ela O'Connor. Photo by Rockne Roll

Maayan says adieu to Kalters

More than 100 parents and community members from Maayan Torah Day School came together to bid farewell to outgoing Principal Rabbi Yerachmiel Kalter and outgoing Judaic Support Specialist Miriam Kalter at a celebratory dinner held Wednesday, May 3, at the Mittleman Jewish Community Center in Portland. Speakers at the event included Maayan staff as well as Rabbi Akiva Grunblatt, head of Yeshivas Chofetz Chaim where Rabbi Kalter studied. Becky Morland will be taking over as head of general studies, while Rabbi Doniel Borsuk is stepping into some of Rabbi Kalter's other responsibilities. This summer, the Kalter family will move to Orlando, Fla., where Rabbi Kalter will be leading the Orlando Torah Academy.

Jewish City Employees is newest affinity group in Portland

Jewish City Employees, a new Diverse and Empowered Employees of Portland affinity group recently approved by the City of Portland, held its first meeting May 9, 2023.

The Jewish City Employees' mission is to create a community of City employees who self-identify as Jewish to foster peer support, build cultural connections, and bring awareness to issues facing Jewish City employees and advocate for equitable solutions.

This employee resource group was formed by and for employees who identify as Jewish (matrilineally, patrilineally, culturally, religiously, spiritually and/or ethnically). All who identify as Jewish are welcome. This is not intended as a space for allies to learn about Judaism or Jewish people.

"We will host educational events and celebrations to bring awareness to Jewish topics and issues that will include the larger community," says Hannah Schafer, Communications Director, Portland Bureau of Transportation. "There is a lot of enthusiasm from City staff to build new connections with Jewish peers and engage more with Portland's Jewish community and culture."

The new group is chaired by two City of Portland employees, Emily Tabachnick and Riley Berger.

"It went really well," says Tabachnick of the

first meeting. "We dedicated a big chunk of time to introductions, telling our stories and building up our little community of Jews working at the City. We also had a great brainstorming session about what types of events folks would like to see happen in the future. Really looking forward to building this group up and supporting each other."

The group's goals focus on three areas – peer support, cultural connection, and awareness and advocacy.

As part of peer support, the group plans to provide a space for Jewish City employees to meet one another and provide peer support and resource sharing; build a community of Jewish City employees across bureaus to celebrate Jewish holidays and cultural events; and provide a safe forum for Jewish city employees to discuss antisemitism and its impact on Jewish people personally and professionally.

The group wants to raise awareness of Jewish culture and topics, and celebrate Jewish culture and identity.

The group also hopes to expand awareness and advocacy. For example, they plan to work with City leaders to update holiday leave policies to be more inclusive of Jewish holidays and other non-Christian holidays and to promote the inclusion of antisemitism in City equity and harassment training.



Neveh Shalom hosts Let's Eat! for Shavuot

Shavuot is the middle of the three pilgrimage festivals. Congregation Neveh Shalom has created several events to gather in community to receive Torah and mark time together.

On Erev Shavuot, May 25, the congregation hosts "Let's Eat!" *Food as Physical and Spiritual Nourishment*. The evening begins with a cooking demo at 5 pm. It is followed by young family programming, dinner, service and Tikkun Le'il learning sessions. For more information visit nevehshalom.org/shavuot/

Register for Erev Shavuot programs: members.nevehshalom.org/form/Shavuot2023

The Conservative congregation also plans Shavuot services at 9:30 am for May 26 and 27.

May 10: Sephardic Film Festival

The Sephardic Film Festival continues at 7 pm, Wednesday, May 10, at Congregation Ahavath Achim, 6866 SW Capitol Hwy., Portland, with a screening of “GI Jews: Jewish Americans in World War II.” A discussion and free Sephardic desserts will follow the screening. RSVPs are appreciated: info@avahathachim.com

May 11: Rabbis teach at MJCC

The Oregon Board of Rabbis presents the latest installment of its monthly series titled “What I Want to Teach” at the Mittleman Jewish Community Center Thursday, May 11, from 11:30 am-1:30 pm. oregonjcc.org/about-us/calendar

May 11: It Won’t Kill You to Talk About Death

The Eastside Jewish Commons presents a symposium on death and dying from a Jewish perspective at 7 pm, Thursday, May 11. (See more details on page 14). The event is free, but pre-registration is required at tinyurl.com/2p96d37u.

May 12-14: PJ Library Family Camp

Join families with young children from throughout Oregon for a weekend of fun at B’nai B’rith Camp on the Oregon Coast. Fun PJ Library activities as well as the usual camp favorites available. For more information or to register, visit bbcamp.org/family-camp.

May 12: JFCS Community Connection

Jewish Community and Family Services hosts a weekly online forum for community members to connect and share what’s on their mind. Zoom link at jfcs-portland.org/services/counseling.

May 13: Cedar Sinai Park Annual Benefit

Cedar Sinai Park’s annual benefit dinner is going back in time, together and in person, Saturday, May 13, at 6 pm at the Hotel Eastlund, 1021 NE Grand Ave. in Portland. Multi-talented entertainer Susannah Mars will be the mistress of ceremonies for the evening’s event, sponsored by Marcy Tonkin. Tickets are \$140 and available by calling Cedar Sinai Park at 503-908-3394.

May 14: Israeli Folk Dancing at SWCC

Enjoy Israeli folk dancing at the Southwest Community Center with session leader Rhona Feldman from 2:30-4 pm every Sunday. More information at sites.google.com/site/pifdnews.

May 15: Helping Your Child Manage Anxiety

Is your child struggling with anxiety? May 15 is part three of a free, four-part series that addresses these very issues, hosted by Jewish Family & Child Service, Congregation Neveh Shalom and Portland Area Jewish Educators. The final session is May 22. To register and for more details: jfcs-portland.org/manage-anxiety/.

May 15: Jews, Prison and Spirituality

Elaine Leeder, a 28-year veteran of the California Department of Corrections and Rehabilitation, will discuss how Jewish values have informed her work in restorative justice from 7-8:30 pm at the Eastside Jewish Commons in a presentation co-sponsored by the Institute for Jewish Spirituality and Society, Congregation Shir Tikvah and Congregation Beth Israel. Free. ejcpdx.org/events-1

May 15: Israeli folk dancing at Leedy Grange

Enjoy Israeli folk dancing at Leedy Grange weekly Monday nights, 7:30-10:30, with session leaders Sue and Donna. sites.google.com/site/pifdnews.

May 18: BB Camp Annual Spaghetti Dinner

The B’nai B’rith Camp Spaghetti Dinner is back Thursday, May 18, from 5-7:30 pm. Tour of camp with dinner to follow. Adults \$18, children \$10. Register by May 12 at bbcamp.org/spaghetti.

May 18: JFCS 75th Anniversary Event

Celebrate 75 years of Jewish Family and Child Service in Portland with a celebration Thursday, May 18, 6:30-9 pm, at Castaway, 1900 NW 18th Ave., Portland. Evening includes substantial hors d’oeuvres, wine, dessert, a moving video, a Mitzvah Moment and a feature performance by China Forbes of Pink Martini. “Festive” attire. Tickets \$118. Register at events.jfcs-portland.org/event/celebrating-generations.

May 19: Padam Padam at ECJ Noon Concert

Eastside Jewish Commons presents the next installment of their monthly concert series Friday, May 19, noon-1 pm. Padam Padam is a lively assortment of instruments and vocals, playing music inflected with styles from around the world. Padam Padam transports you to cabarets and streets, to the far corners of the world as they play music from Latin America, the European cabaret scene and contemporary North America. Free. ejcpdx.org/events-1

May 20: Mini Mensches Tot Shabbat

Welcome Shabbat with singing, dancing and sweetness. For kids 0-5 and parents. Gather in Pollin Chapel at Congregation Beth Israel at 9-10 am, Saturday, May 20. bethisrael-pdx.org/community/mini-mensches.

May 20: Pizza and Paddle with BB Camp

Join us for a taste of BB Surfs, our awesome aquatics program for rising sixth through eighth graders, at Willamette Park Saturday, May 20, from 4-6 pm for Paddle and Pizza! Discover stand-up paddleboarding, enjoy pizza and gather together to celebrate Havdalah at this fun event! Please come in appropriate water wear (quick dry), as you will likely get wet. Please bring a towel and an extra set of dry clothes. \$10 per camper, registration required at bbcamp.org/pizza-paddle. For more information, contact Nathan at nschloss@bbcamp.org.

May 21: BB Camp Teva Monthly Family Hike

Join us monthly for a BB Camp Teva Family Hike at 9 am, Sunday, May 21, at Punchbowl Falls. Connect with nature and enjoy discussions on various topics. Join us rain or shine. Registration confirmation will include location and other key details. Register at bbcamp.org/teva-hikes. For more information, email shagen@bbcamp.org.

May 24: Do I need a coach for business, or life?

When, why and how to hire a business coach or life coach is the subject of the next PDX Business Series at the Mittleman Jewish Community Center Wednesday, May 24. Lunch served at 11:30 am, panel discussion from noon-1:15 pm. \$18 for MJCC members, \$25 for non-members, available for free over Zoom. Registration at oregonjcc.org/arts-culture/pdxbiz.

May 24: Integrating Jewish Wisdom and Ecological Thinking to Heal a Fractured World

Eastside Jewish Commons hosts a presentation and discussion by Rabbi Natan Margalit that will offer pathways toward healing our most critical issues of climate change, addiction and social and political fragmentation Wednesday, May 24, 7-8:30 pm. Rabbi Margalit will explore how in Jewish wisdom relationships are primary, and the whole is greater than the sum of the parts – the same qualities that we find in an ecosystem. Suggested donation \$3-18. Registration at tinyurl.com/ypu3terz.

Chaplain's Corner

When grief and holidays collide

BY RABBI BARRY COHEN

Mother's Day is right around the corner. This holiday has become problematic for my children and me. Their mother died in July of 2015, when my twins were 10 years old.

We learned the hard way how difficult Mother's Day can be. In the first years after her death, we made the mistake of running errands together on that Sunday. Cashiers and employees alike would see a father and two young children and say:

"Looking for anything special for your mom?"

"It's nice of you to give your mom a break on her day."

"I hope you enjoy Mother's Day with your family."

These words came from the heart. They had no idea that my kids' mother had passed away. They were just trying to be kind. That being said, their words felt like a punch in the gut.

Slowly, we learned how to navigate Mother's Day. We would brace ourselves for ads on TV or references on social media. We stopped running errands or shopping on that Sunday. To create a protective cocoon, we planned things to do by ourselves, disconnected from TV and media.

We maintained this routine for years.

We are now eight years down the road. Mother's Day has become easier for us all now that my kids are 18. But that does not mean it is an easy day. I never know what could happen to trigger a memory or an emotion. It's impossible to completely protect my children (and myself) from what is waiting for us on Mother's Day.

Milestones this year occurring near Mother's Day have made the holiday even more emotionally challenging. This spring, my kids will graduate high school. In the weeks leading up to graduation, they have been going through the process of deciding their next academic pursuits.

This exciting time in their lives has made their mother's absence more glaring. If only she could have seen the amazing young adults our children have become. If only we could have celebrated these milestones together. If only they could get that post-graduation hug from their mom. If only we could experience together what they will be doing this summer to prepare for what they will be doing in the fall. If only ... if only ... if only.

All of us can share similar emotions as other holidays/milestones draw close: Father's Day, anniversaries and birthdays; when our kids start



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

college, move out of the house, marry or have a child of their own.

At such times, the absence of loved ones who have died becomes intensified. That's OK. That is a normal path of grieving. When a family member or friend dies, we are always in a state of grieving. Sometimes it is negligible. Sometimes it rises to the surface. At such times, we can experience a whole range of emotions.

We can face an added challenge of navigating the calendar of holidays and milestones. American cultural norms teach us that there is an appropriate or expected way to observe these days. We are supposed to miss our family who have died. We are expected to feel sadness. We are instructed to long for them.

But what if we had a problematic or even toxic relationship with our deceased family member? What if unresolved conflict remains? What if that person was physically or psychologically abusive?

A trap exists for us to feel guilty if we do not celebrate these holidays and milestones as our culture and society instruct us to celebrate. Talk about a one-two punch. These milestones dredge up negative emotions and memories, and then we feel guilty for feeling these emotions.

During Mother's Day and throughout the calendar, let us feel what we will feel. Let us remember what we want to remember. It's all OK. It's all part of grief.

As we navigate holidays and milestones, I hope we can be self-compassionate and self-forgiving. I hope we can find just one confidant, one person we can talk to and share our emotions and memories.

In particular, for my children and me, I would like to experience a Mother's Day that is more sweet than bitter. I hope the time will be right to share memories and tell stories. After all, she will always be their mom.

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NEXT ISSUES

Issue date Deadline

MAY 24 MAY 18

JUNE 8 JUNE 1
(Thurs.)

JUNE 21 JUNE 15

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Rabbis' Corner

In addition to the Chaplain's Corner, the Jewish Review offers space for the community's rabbis to share their thoughts on the week's parsha or current events.

Rabbis are invited to schedule a date to submit a 500- to 600-word piece.

For more information or to request a date, email editor@jewishportland.org.

Medicaid safety net under threat

BY BOB HORENSTEIN

Medicaid, a longstanding safety net program that is critical to the Jewish as well as the general community, is once again under threat of severe cuts, this time in U.S. House Speaker Kevin McCarthy's debt ceiling bill passed by the House on April 26.

In our state, the vast majority of the Oregon Health Plan Medicaid funds go directly to health-care providers to pay for health-care services. This includes mental health-care providers, primary care providers, hospitals, nursing facilities (e.g., the Harold Schnitzer Center for Living on the campus of Cedar Sinai Park), community health workers, dental care providers, health-care interpreters and non-emergency medical transportation.

In June 2022, the Congressional Budget Office estimated that imposing work requirements on certain Medicaid enrollees ages 19-49 would cut Medicaid by \$135 billion over 10 years with 2.2 million individuals losing coverage. McCarthy's proposal goes much further by imposing work requirements on a larger population of enrollees, ages 19-55, including some

of the most vulnerable individuals in our country – medically frail older adults and some people with disabilities who receive Supplemental Security Income.

In recent years, Arkansas, to cite one example, temporarily imposed work requirements on adults as a condition of Medicaid eligibility – requirements that led to widespread coverage losses, a rise in the number of uninsured in the state and no demonstrated increase in employment. Moreover, it's highly possible that with the House budget proposal, many people who should be able to show that they are working the requisite amount would still lose coverage due to the onerous and complex reporting requirements, language and literacy barriers, and limited internet access.

While it's true that states on their own technically would be allowed to maintain coverage for people who would otherwise lose coverage, they would have to give up the federal Medicaid funding that they currently receive to cover these individuals. In the case of Medicaid enrollees in the expansion population, if Oregon wanted to maintain coverage, it would lose the 90%



Bob Horenstein is the Director of Community Relations and Public Affairs for the Jewish Federation of Greater Portland.

federal matching funds.

States, which must balance their budgets and may already be under significant financial strain, would be forced to choose between maintaining Medicaid coverage or making deep cuts to Medicaid provider reimbursement rates and optional services, such as home- and community-based services and dental care for adults. Speaker McCarthy's proposal thus would have very serious and far-reaching consequences to Medicaid and an estimated 21 million enrollees nationwide.

The Jewish Community Relations Council supports the safeguarding of Medicaid funding for Oregon's most vulnerable populations. It is therefore imperative that we actively oppose the proposed draconian U.S. House cuts to Medicaid by contacting Senators Ron Wyden (202-224-5244) and Jeff Merkley (202-224-3753).

Climate Corner

Springing into Action

BY SARA SAFDIE

It finally feels as if spring has decided to grace us.

It's not wise to work soils when they're very wet – even to pull weeds, since that breaks up the intricate system of *mycorrhizae* (microscopic, beneficial threads) in the soil. These threads help keep your soil healthy. Not tilling your soil is another part of the healthy soil equation. Not tilling helps to keep carbon in the ground and keep those *mycorrhizae* happy.

Instead, add a layer of compost, either what you've created or bags of organic compost. Then, when you plant new vegetable seedlings, just make a hole in the compost, add some organic vegetable food into the mix of compost and topsoil and plant your seedlings. I'm stressing organic here, since that's best for soil, the environment and your health. Stay away from products that promise miracles, because they add harsh elements, compromising the soil's viability.

For a healthy environment, stay away from chemical herbicides and pesticides. These chemicals can kill off many critters we actually want in our gardens – bees, bumblebees and birds are invaluable pollinators. Toxic chemical use is causing increasingly high losses of these pollinators. Even monarch butterfly numbers are plummeting due to lack of the specific food they need, theoretically seen as a weed (milkweed), which gets summarily destroyed.

Instead, pull out weeds by hand. Get a dandelion puller. Buy a stirrup hoe to eliminate errant grass in your walkways. Use your hose to get rid of aphid infestations, or better yet, invest in a bag of lady bugs. Once they've eaten their fill of the offending bugs, they will leave you and will move on to your neighbor's garden, where they



Flowering strawberry plants in author's yard.

will continue to naturally get rid of those bad, plant-eating bugs.

One more thing to keep in mind: stay away from gas-based power tools such as lawn mowers and leaf blowers. We know how much fossil fuels add to the climate crisis, so why use them in your garden, especially when you breathe in all those fumes and create so much noise? We switched to manual mowers years ago. My husband has gotten used to it, and doing so gives him a healthy workout without any gym fees.

Even better, replace your lawn with native plants. You can find a list of such plants online at backyardhabitats.org/resources/native-plants-2020/. If you feel you must have a lawn, mow infrequently and leave the cuttings on the ground, which again benefits birds and even the health of your lawn.

Although most of what I've written revolves around a vegetable garden, the same holds true for flowers, bushes and fruit trees.

If you adopt even one of the practices I've listed here, you'll have more birds, more pollinators and a productive garden providing lots of healthy, delicious food for your family.

I'm looking forward to eating all those organic heirloom tomatoes that I'll soon put in my raised beds. I haven't even touched on the benefits of planting heirlooms; perhaps that's food for a future Climate Corner.

Sara Safdie has been a member of the Climate Action Committee since its inception in 2020. She taught college writing classes that focused on sustainability.

Obituaries

ISAAC FRANKEL

Isaac Frankel, z"l, a longtime member of Congregation Kesser Israel, died at his home in Israel on April 29, 2023. The funeral was held May 1 in the Modi'in-Maccabim-Reut cemetery.

Mr. Frankel was born in Hungary and was a child survivor of the Holocaust. He and his wife, Sylvia, moved to Oregon in the mid-1970s. He was a key member of Congregation Kesser Israel for decades, reading the Torah on every Shabbat and on holidays. In addition to his wife, he is survived by daughter, Bat-Ami Frankel; son, Boaz; and two grandchildren.

JOHN SHIPLEY

John Shipley, z"l, passed away on May 2, 2023. John is survived by his children, David, Ann (Ben) and Thomas (Megan); and his grandchildren, Rosa, Joe, Owen, Fiona, Alex and Henry.

John was preceded in death by his parents, Julian and Erna Shipley; his wife, Joan Lesman Shipley; daughter, Katherine Alexandra Shipley; and sister, Marianne Buchwalter.

The family will hold a private funeral with a celebration of life at a future date. Friends can email johnshipleyremembrance@gmail.com if they would like information.

Congregation Beth Israel offers condolences to the family.

ROSALIND BAILOR

Rosalind Bailor, z"l, passed away April 29, 2023, in New Jersey at the age of 92. She was the beloved sister of Dora (Jerry) Newman of Portland.

The funeral was held May 2.

Congregation Shaarie Torah offers condolences to the family.

Submit obituaries:
editor@jewishportland.org

"It Won't Kill You to Talk About Death!" May 11

The Eastside Jewish Commons presents a symposium on death and dying from a Jewish perspective at 7 pm, Thursday, May 11.

We all die, every one of us, and yet somehow we don't like acknowledging it, and we rarely want to talk about it. But rather than bringing us to despair, thinking about and discussing death and the dying process can truly be a life-affirming experience.

"It Won't Kill You to Talk About Death!" features Rabbis Eve Posen, Barry Cohen, Ariel Stone and Abby Cohen as they explore death and dying from a Jewish perspective.

Topics will include estate planning/advance directives, Jewish death and dying rituals, and green burials.

The event is free, but preregistration is required at tinyurl.com/2p96d37u.

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Jobs Board

The Jewish Federation of Greater Portland's job board includes ongoing listings of job opportunities in the Jewish community.

For all openings and to see full description of openings below or submit job openings go to jewishportland.org/ourcommunity/jewish-jobs.

JEWISH FEDERATION OF GREATER PORTLAND

Associate Campaign and Outreach Director

Salary: \$70,000-81,000

The Jewish Federation of Greater Portland is seeking an associate director of its fundraising campaign and outreach efforts. The responsibilities of this role include:

- Serve as a member of the Federation campaign team and assist with all levels of the campaign. Help develop and implement the annual campaign, and train and recruit campaign leadership.
- Attend appropriate community events. Help identify potential underwriters.
- Cultivation of donors at all levels.
- Maintain Solomon's Legacy Society, identifying and recruiting Chair and Committee members.
- Plan, attend, and recruit for outreach/engagement focused on young adults and young families.

- Recruit leadership committees to develop programs and recruit.
 - Implement young leadership development program (Pathways, other).
 - Cultivate individuals for campaign giving and leadership opportunities.
- Qualifications: Minimum bachelor's degree in related field; 5+ years work experience in related field; ability to work closely with volunteer leaders of the Portland Jewish community; and knowledge of Jewish community.

To apply, email a resume and cover letter to Federation CEO Marc Blattner at marc@jewishportland.org

CONGREGATION BETH ISRAEL

Part Time Office Administrator

Pay: \$20-25 per hour

The Office Administrator role is a flexible 20-27 hours per week position that will take place on the Congregation Beth Israel campus in Northwest Portland. There will be limited options to work from home as needed. To apply, email Program Director Chelsea Ferguson at chelsea@bethisrael-pdx.org

JEWISH FAMILY & CHILD SERVICE

Licensed Clinical Social Worker

Salary Range: \$68,000-78,000, .8-1 FTE (Flexible)

The primary role of this dynamic position is to provide clinical services to adults across the lifespan within the diverse communities JFCS serves. Services will be offered utilizing a hybrid model, with in-office, in-community and telehealth services.

MSW Mental Health Clinician

Salary: \$62,000-73,000

The primary role of this dynamic position is to provide clinical services to children, families and other populations as needed within the diverse communities JFCS serves.

To apply for either JFCS position, email Clinical Director Douglass Ruth at douglassruth@jfcs-portland.org.

MITTLEMAN JEWISH COMMUNITY CENTER

Jewish Enrichment Specialist (Summer Day Camp)

\$20-21/hour; seasonal

The Jewish Enrichment + Inclusion Specialist is responsible for providing meaningful Jewish program content for campers through Friday Shabbat programming, music, games and stories. The enrichment specialist will also promote optimal inclusion and enhance the camp experience for neurodiverse children. For more information or to apply, email Youth Programs Manager Holden Reigner at hregnier@oregonjcc.org.