

The JEWISH REVIEW

Oregon and SW Washington's Online Jewish Newspaper

May 25, 2022 / Iyar 24, 5782 Volume 57, Issue 11

Resources for mental health

May is Mental Health Awareness Month, a tradition dating back to 1949. The annual observance raises awareness about mental illness. This year's theme is "Together for Mental Health." Together, we can create a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives.

Following are resources available in the Jewish community locally and online.

JEWISH FAMILY & CHILD SERVICE

JFCS' Counseling program provides compassionate, person-centered, trauma-informed mental health services to children, teens, adults, couples and families facing life's challenges. JFCS prioritizes support based on trust, empathy and understanding to ensure clients feel safe, empowered and able to make progress toward their goals. You can access JFCS counseling at:

- JFCS, 1221 SW Yamhill St., Ste.301, Portland, 9 am-5 pm, Mon.-Thurs., 9 am-2 pm, Fri.
- Eastside Jewish Commons, 2420 NE Sandy Blvd., Portland, 9 am-7 pm Tue.
- Telehealth, Zoom or phone, during JFCS hours.

For more information, visit jfcs-portland.org/services/counseling/, call the intake line at 503-226-7079, ext. 100, or submit a request online at jfcs-portland.org/get-help.

BLUE DOVE FOUNDATION

Blue Dove Foundation, a national resource for the Jewish community, is dedicated to education and de-stigmatization around mental health and addiction. Blue Dove provides resources about mental illness and addiction through a Jewish lens. We are closer than ever to eradicating the shame and stigma that have stopped so many from talking about mental health and seeking help when they need it, but we need your support.

Learn more at thebluedovefoundation.org

BEWELL: Helping Teens and Young Adults Thrive

This new website focuses on teen and young adult mental health. The Jewish community is dedicated to promoting the well-being of young people. With BeWell, you will find support and tools to respond to the growing mental health

See **MENTAL HEALTH RESOURCES**, page 8



Rabbi Kenneth and Aviel Brodtkin

Brodtkin farewell honors 17 years of building community

BY DEBORAH MOON

Congregation Kesser Israel invites the community to help celebrate the contributions and vibrancy Rabbi Kenneth and Aviel Brodtkin have shared with the local Jewish community during their 17 years in Portland.

Before the couple moves to take on fresh challenges at a new congregation in New Jersey, Kesser Israel has planned a June 19 farewell celebration that is open to all (see box on page 10). "The greater Portland Jewish community will sorely miss the energy and commitment of Rabbi and Aviel," says Jewish Federation of Greater Portland President and CEO Marc Blattner. "They were tremendous assets to Kesser Israel, Maayan Torah and the overall Jewish community. Our loss is central New Jersey's gain."

GROWING KESSER KEHILLAH

Since their arrival in Portland in 2005, the couple helped Kesser move into a new home in the heart of the local Jewish community. The rabbi reinvigorated the daily minyan, which now consistently meet three times a day, ensuring there is always someplace for Portlanders and visitors to say kaddish or start and end their day with a prayer minyan. The rebbetzin has created and led extensive programs and classes for women and children, served as a parenting coach and created a manna pantry, where families in need can find kosher meat to supplement the foods they can get at a community food pantry.

See **BRODKINS**, page 10

INSIDE

Marching toward justice – page 2

Ukraine: Cards; United for Peace – page 3



Sussman scholars, Rogoway winner to be honored – page 4

People: New PSU lecture; JFCS finance director; Caplan degree; Maccabiah; Overseeing CSP PPE; Jobs – pages 6-7

Mental Health: End stigma, reduce human cost – pages 8-9

New juice bar – page 9

Dollars for CSP, JFCS, Maayan Torah – page 11

Chaplain: Now is time to create ritual – page 12

Teen shares tips for college tours – page 13

EVENTS: BB Pizza in Park; OJCF meeting; honoring Savinar; Judy Chicago exhibit; Art/Lab evening; Cheesecake for young adults; Shavuot study; Wine talk and tasting – pages 14-15

Maayan student wins national writing contest – page 16

Obituaries: Giangreco, Coltoff – page 16

Where will your march take you?

Reflections after Portland's civil rights trip to the South

BY JENN DIRECTOR KNUDSEN

On the bus from Atlanta to Montgomery, Ala., tour guide Billy Planer told his 39 charges from Portland to check their watches.

The native Atlantan said, "As we say in Georgia, when you cross the state line into Alabama, you go back one hour and a few decades."

The bus pulled to a stop in Montgomery on April 25, also known only in Alabama as Confederate Memorial Day. State government offices close for business and people lay Confederate flags at the gravesites of soldiers who fell fighting the Union during the Civil War, which ended in 1865.

A few decades indeed.

The Portlanders, ages 8 to 80, embarked on the civil rights trip in late April, which was jointly organized by The Jewish Federation of Greater Portland's Jewish Community Relations Council and Vancouver First Avenue Baptist Church.

At one of the trip's key stops, in Selma, Ala., the Portland civil rights participants walked across the Edmund Pettus Bridge. In 1965, it was where African Americans and their allies began their 53-mile march to Montgomery to fight for Blacks' right to vote. Armed law enforcement met those marchers on the other side, brutalizing them.

The next day marked the conclusion of the JCRC-Vancouver Avenue civil rights trip. Now that it's over, how will Portland participants continue the proverbial march?

"What I plan to do now is to 'Give a damn,' and get involved," says Eliana Temkin, referencing the slogan on a pin Planer gave every Portlander on the trip's last day.

"A small group of us from this trip are meeting in June to think about where we can put our energy," for example, toward prison reform or reversing today's voter-suppression laws, says Temkin, 59, a Federation board member and a Kaiser Permanente consultant.

Shawn Flynn, 49, is helping elect Captain Derrick Peterson, a Black man, as Multnomah County Sheriff. "You will see he is the only (local) candidate publicly talking about criminal-justice reform," Flynn says.

"I recall all the billboards of candidates running for sheriff as we drove through Alabama, and it clicked," he says. He adds he could see "how controlling that position is in the South and how important it is to have representation from the Black and brown communities if we are going to make inroads in changing the system."

Taylor Stewart, 26, is responsible for publicizing the name – and memory – of Oregon's first known victim of lynching, and he is wrapping up prep work for a TED Talk on a related topic on May 28 at the Moda Center.

"My biggest post-trip plan that I hadn't been pursuing beforehand is hosting my own civil rights tour to Atlanta, Alabama and Mississippi," says Stewart, who is Black. This was his second civil rights trip (this one with father, Trent Stewart, in tow).

"I want trip participants when they're going through and after



Portlanders participating in a civil rights trip to the South march across the Edmund Pettus Bridge as part of their journey toward a more just society. The bridge, now a National Historic Landmark, was the site of the brutal Bloody Sunday beatings of civil rights marchers during the first march for voting rights in 1965. Photo by Jenn Director Knudsen.

the Legacy Museum in Montgomery, for example, to ask themselves 'Why?'" he says. "Yes, slavery evolved, but why did it evolve? Why did slavery become lynching, why did it become segregation, why did it become mass incarceration?"

Taylor's story of researching Oregon's only named lynching victim, Alonzo Tucker of Coos Bay, inspired some on the trip to join in the search for others.

"There are other Oregon lynchings that need our attention," said Leslie Warren, 50, a financial advisor. "There are at least three others who need our help, and I'm happy to start a research group if anyone is interested," she informed the group in an email.

Randie Friend Peterson raised her proverbial hand. "I just volunteered to be on the team conducting research," responded Peterson, a grandmother and Congregation Beth Israel member.

Active for years in civil rights and social-justice work, Peterson says she will continue the work she's been involved in for years, such as get-out-the vote efforts in Georgia and Texas, meeting and talking with people of all races and casting her ballot for political candidates who enhance opportunities for the socially and economically disenfranchised.

"I will continue to listen," she adds. "I am still processing the words said by one of the Black members of Vancouver Avenue when she informed me (on the trip) that I could not understand the meaning of the places we visited and the people we met in the same way she understood them."

Danaya Hall, 47, who is Black, the granddaughter of a sharecropper and Jewish, says, "I will do what I have been doing since 2019, which is to continue to steward the Alliance of Black Nurses Association of Oregon as the founding president."

Danaya continues, "The rich experience of our trip has embedded within me a visceral comprehension of the civil rights movement that I look forward to sharing with my community of nurses, students and family."

Back in Selma, before the group retraced the 1965 march across the Edmund Pettus Bridge, they met and spoke with Joanne Bland, 70, a civil rights activist who was jailed as young as 8 and beaten and bloodied at age 11 by hateful white law enforcement officials.

The group followed behind her as she walked to a site close to where she grew up, in the George Washington Carver Homes, and pointed at a diminutive, dilapidated play structure between nondescript brick buildings. "Five hundred children live here," Joanne said.

She is part of a small, grassroots effort to raise money to create the kind of playground 500 kids should have. Doug Blauer, 53, a longtime JCRC member, was moved to start a fundraising effort once home, and Peterson says she, too, would jump aboard. Others likely will follow.

As Bland told Portland's Black and Jewish trip participants: "You are the dream."

Inna Kovtun, a Ukrainian refugee who arrived in Portland last month, sings Ukrainian folk songs accompanied by Michelle Alany's The Ot Azoy Orchestra.



United for Peace

BY DEBORAH MOON

Congregation Beth Israel hosted a United for Peace gathering May 17 that drew speakers, musicians and support from a multitude of faith traditions. Those who thronged to the historic sanctuary were joined by 267 people on the Livestream, while 158 watched the recording later in the week.

"Tonight, we are united for peace, we are united for justice," said CBI Senior Rabbi Michael Z. Cahana in his welcoming remarks. "We honor the people of Ukraine through music and words. They have inspired ... the world – they will not give in to aggression."

Rabbi Cahana spoke of the shock, horror and outrage we share as we witness "the unjust aggression, the unjust war" and scenes of destruction "we thought we had left behind."

The Rev. Andrea Cano, interim president of Ecumenical Ministries of Oregon, thanked all those who came to Beth Israel or joined the program on Livestream. Noting faith groups believe in the importance of compassion and caring, she said the evening's theme was "We see you, we hear you, we are with you – our Ukrainian sisters and brothers."

Inna Kovtun, who arrived from Ukraine last month, told organizers she could not speak about her experiences, but she sang beautiful songs from her homeland, first alone and later with a klezmer band.

Tatiana Terdal of the Ukrainian Cultural Association of Oregon and SW Washington said that support is very important.

"Thank you for the prayers, and displays of Ukrainian flags and the fundraisers," she said, speaking from the podium of Beth Israel. "We see and appreciate (the support)."

The Rev. Father Volodymyr Yavorskyi of St. John the Baptist Ukrainian Church came here nine years ago. He shared news from his cousin, who is fighting on the front lines in eastern Ukraine, about the Ukrainians' courage despite being severely outnumbered. "God is with Ukraine," he said.

Imam Abdullah Polovina thanked Beth Israel for hosting the night of peace so people could "come together to share our sorrows. ... Ukraine is a lesson to humanity."

Matthew Westerbeck, Director of Refugee Services at Catholic Charities, said that meeting new arrivals at the airport "reminded me of our shared humanity." He said Oregonians have shown the ability to come together to aid the refugees.

Video messages and prayers were shared by Archbishop Alexander Sample of the Portland Archdiocese, U.S. Sen. Ron Wyden, State Sen. Kayse Jama and Elder Allen Oyler of Beaverton Church of Jesus Christ of Latter Day Saints. Others offering prayers or words of support in the sanctuary came from diverse faiths including Islamic, Pentecostal, Lutheran, Evangelical and Assemblies of God.

Rabbi Cahana also shared slides and stories from his recent trip to Poland as part of a group of 26 Reform rabbis who went to aid Ukrainian refugees there. (His [story](#) was shared in the Jewish Review last month.)



Congregation Beth Israel Rabbi Michael Z. Cahana, above, was joined by many faith leaders including, below, the Rev. Andrea Cano of Ecumenical Ministries of Oregon, for an Interfaith program for peace.



PJA fifth graders fundraiser for Ukraine

BY JANET COLLIER & JANA HOPFINGER

Talking about the Russian invasion of Ukraine was something we just had to do in our fifth-grade class at Portland Jewish Academy.

We have been talking about social justice and social movements and the origins of our system of government and civics since the beginning of the year. As the students began planning this year's Purimspiel (a fifth-grade responsibility), the themes of social justice and of having a voice and using it were obvious areas of concentration. We studied Megillat Esther as the students planned and wrote the production. "Let justice well up like water, righteousness like a mighty stream" (Amos 5:24) was our guiding text.

As we learned about the authoritarianism in Russia and its assault on another country, the fifth graders brainstormed ways to raise money. They wanted to support the Ukrainian people's resistance and defense of democracy. We learned that the sunflower was the national flower of Ukraine, and that it was being used in many ways as a symbol of resistance and support.

Service Learning Coordinator Elana Cohn-Rozansky explained fundraising and how students could raise money with the support of people and resources within our community. Designing and making notecards to sell was a low-cost, quick option using their available resources. She also introduced students to four nonprofit organizations working in and with Ukraine – each with a different focus. After learning about ranked-choice voting, the students voted to donate the money to UNICEF with its singular focus on children.

Each fifth grader designed a 4x6-inch artwork using a variety of media, with all featuring a sunflower or sunflowers in some way. Many of them also featured the blue and yellow of the Ukrainian flag. The art was scanned and printed as notecards.

We kicked off our fundraiser at the Purimspiel, and later that day, began selling to the wider PJA community. As of this writing, we have raised \$3,900.

Janet Collier is the fifth-grade general studies teacher, and Jana Hopfinger is the fifth-grade Hebrew and Jewish studies teacher.

Scholarships aid students now, community in future

BY DEBORAH MOON

Two Portland-area Jewish students will join the ranks of the dozens who have received scholarships from the Sussman Fund to pursue undergraduate degrees.

Scholarship honorees Mayah Greenfield and Ike Salinsky will be recognized at the June 13 annual meeting of the Jewish Federation of Greater Portland (see box).

"Each year, we are fortunate to have so many outstanding applicants," says Sussman selection committee chair Richard Meyer. "Our committee was particularly impressed by both Mayah's and Ike's commitments to tikkun olam and the leadership roles they take on in both the Jewish and local communities. With all the applicants, we felt confident that our Jewish community will be in good hands for many years to come."

Ike became a bar mitzvah at Congregation Beth Israel, where he served as a madrich (teacher assistant) and youth group leader. He has been active in the Jewish Student Union at Lincoln High School. He also was a counselor at B'nai B'rith Camp last year.

"Winning the Sussman Award is so meaningful to me as it represents one final push of support from my Jewish community," says Ike. "Ever since preschool, Portland's Jewish population has been there to support me. In turn, I have connected with my temple as well as youth organizations, and I have helped younger generations engage with our culture. Now, as I stand on the precipice of setting off from Portland, I find my community once again supporting me as I go on to the next chapter of my life."

Mayah became a bat mitzvah at Congregation Neveh Shalom. She has been a member of the Oregon Jewish Community Youth Foundation for four years, the last three on the leadership committee. She is a leader in her school's Jewish Student Union and the JSU Leadership Institute, serving as president since 2018. Pre-Covid, she spent summers at Camp Miriam Habonim Dror.

"College is really expensive," says Mayah. "This definitely will help support me in my academic path. I do a lot with the Jewish community – especially with OJCYP and JSU – and I really appreciate this award. It's kind of like a thank you."

Many past recipients (who received the grants anonymously in the early years) now serve in lay and professional roles in Portland Jewish organizations and congregations.

"In the 41 years the Sussman Fund has existed, we have given more than 100 grants to deserving Jewish teens from the greater



Mayah Greenfield

Parents: Lisa & Scott Greenfield
High school: Lakeridge High School, class of 2022
College: Pitzer College, Claremont, Calif., with major in Human Biology
Awards: National Merit commended student; AP scholar with honor; first team all-league soccer; varsity tennis; Congressional Award bronze medalist



Ike Salinsky

Parents: Linda & Michael Salinsky
High school: Lincoln High School, class of 2022, varsity cross country
College: University of Michigan with major in Biomedical Engineering
Awards: Lincoln Stem-Dickey Award, MAC Scholar-Athlete

JFGP 102nd ANNUAL MEETING

WHEN: Monday, June 13, 2022, 4:30-6 pm

WHERE: Mittleman Jewish Community Center.
Light refreshments will be served. Also on Zoom.

RSVP: jewishportland.org/102

Portland area," says Lois Shenker, daughter of fund founders Lillian and Gilbert Sussman, z"l. "I only wish my parents were here to see the benefits of their generosity."

Fry wins Rogoway Award

Social worker Missy Fry is the 2022 recipient of the Laurie Rogoway Professional Leadership Award.

Named in honor of Laurie Rogoway and her 30+ year career in the local Jewish community, the annual award was created by the Jewish Federation of Greater Portland. It recognizes a current Jewish communal professional in Greater Portland.

Fry will receive an \$1,800 stipend toward professional development of her choosing. Fry is the eighth annual Rogoway winner; she will be honored June 13 at the JFGP annual meeting (jewishportland.org/102).

Fry received her bachelor's and master's degrees in Social Work at Portland State University with a graduate certificate in Gerontology. She is a Certified Advanced Grief Counseling Specialist.

Fry is a JFCS Behavioral Health Social Worker, currently working with adult individuals and groups. She has worked at the social service agency for 11 years.

"She is seen as a true professional committed to the mental well-being of those around her, always seeking to ensure that each person is heard, is seen and is given respect, no matter the circumstance," says Eliana Temkin, chair of the award committee.



This year's Laurie Rogoway Professional Leadership Award winner received a surprise visit at her office at Jewish Family & Child Service on May 20 to notify her of the honor. From left are Rogoway Award Committee chair Eliana Temkin, award recipient Missy Fry, committee vice chair Jodi Fried and JFGP Director of Community Planning and Allocations Caron Blau Rothstein, who staffs the Rogoway committee.



Jewish Federation
OF GREATER PORTLAND



102nd Jewish Federation Annual Meeting

Monday, June 13

4:30 p.m. - 6:00 p.m.

Mittleman Jewish Community Center
6651 SW Capitol Highway

Also available via Zoom

Link provided upon registration

Light refreshments will be served

Proof of vaccination is required for in-person attendees

REGISTER: jewishportland.org/102

Meeting will include:

- Highlights of the past year
- Recognize Lauren Goldstein for her outstanding leadership as Chair of the Board
- Elect and welcome JFGP's newest board members
Craig Berne • Christie Moore • Jeffrey Weitz (as of May 6)
- Thank outgoing board members:
Jack Birnbach • Karen Blauer • Ted Nelson • Ed Tonkin
- Celebrate our campaign successes
- Recognize our Laurie Rogoway Award and scholarship recipients
- and so much more.

People in the News

Lecture honors PSU Judaic Studies founder

A new annual lecture series honoring Bob Liebman, one of the founders of Portland State University's Judaic Studies program, launched with a lecture on Zoom that drew 85 people on May 19.

The inaugural Robert Liebman Annual Sociology Lecture featured Brittany Friedman, Ph.D., discussing "Racism and Mass Incarceration in the Wake of Covid-19 and Its Afterlives." Dr. Friedman is assistant professor of sociology and a faculty affiliate of the Center for Social Innovation and the Equity Research Institute at the University of Southern California.

The lecture was hosted by the PSU Department of Sociology. Dr. Liebman was a member of the Sociology Department for 31 years before retiring in 2018.

Dr. Liebman served as the acting director of the Judaic Studies program when a 2002 donation from the Schnitzer family helped create the Harold Schnitzer Family Program in Judaic Studies. He went on to serve for many years on the program's advisory committee.

Initially, the program offered classes within other departments, such as sociology, as well as hosting lectures on campus. Now the department offers a bachelor's degree in Judaic Studies. Students can also earn a minor in Judaic Studies.

"We're very excited to see this new lecture series in his name," says Natan Meir, Lorry I. Lokey Professor in Judaic Studies and Department Chair. "(He) has always been one of our most stalwart supporters. As a PSU Sociology professor, he used to teach an important course on the sociology of the Jewish family."

The Robert Liebman Lecture is generously supported by Portland State Sociology Professor Emeritus Robert Liebman.

"Bob wasn't particularly keen about naming the event after him," says PSU Sociology Dept. Chair Lindsey Wilkenson. "Many of you who know Bob know he's a pretty humble person ... But Bob was kind enough to roll with the title and humor us ... (During his career) he made significant contributions to PSU – to sociology, Judaic studies, Faculty Senate, AAUP, etc. and to the larger PSU community. He is still making contributions."

At the May 19 event, Wilkenson shared the origins of the lecture: "Bob approached me a few years back about a vision for an annual event. Key to this vision (my interpretation) was bringing people together – a diverse group of folks – from across campus; from the larger community, and perhaps beyond – to engage in some spirited and lively discussion about relevant topics that were inherently sociological, as a way to help build connections and community and to provoke conversation and perhaps collaborative action around social justice and injustices."

Alfano joins JFCS as finance director



Sue Ellen Alfano has been hired as the new director of finance at Jewish Family & Child Service.

Sue Ellen earned her bachelor's degree in business administration and accounting, a master's in both accounting and human resources, and she holds a certificate in nonprofit accounting.

"Sue Ellen was an easy choice for JFCS because she understands how important our work is to the community,



Robert Liebman

she supports our mission and shares our values," says Janene Richards, benefits and operations manager.

For 25 years, Sue Ellen worked in San Francisco-based hotels in a variety of roles. After five years as a deputy sheriff in Alameda County, Calif., she returned to the hospitality industry and began to provide bookkeeping for restaurants.

Sue Ellen lives in Arroyo Grande, Calif., where she will work remotely. She will work in JFCS' downtown Portland offices once a quarter and take advantage of her visits to town to spend time with her Beaverton-based son, daughter-in-law and 5-year-old granddaughter.

She is drawn to nonprofits such as JFCS, because she loves helping an organization whose mission is to help others.

She calls accounting foundational to an organization – "the pillar everyone can organize around."



Michelle Caplan is flanked by husband, Jon Caplan, and daughter, Jen Caplan, at Michelle's graduation from the Spertus Institute.

Caplan earns master's in Jewish leadership

Portlander Michelle Caplan graduated from the Spertus Institute for Jewish Learning and Leadership May 15 with a master's degree in Jewish Professional Studies.

"I never in a million years thought I would go back to school, and I am so grateful I did," Caplan wrote in an email announcing her graduation. "We are never too old to go back to school."

Caplan is Director of Congregational Advancement at Congregation Neveh Shalom. She is a connector in the CNS kehillah. She's known for her creative approaches to building community and her desire to ensure that CNS is here l'dor v'dor, for every generation. Her responsibilities include membership, community building and development/fundraising.

The 30-month master's program is taught by creative, effective faculty who bridge theory and practice. It takes place online and during seminars at Spertus Institute's downtown Chicago campus. Designed for busy, working adults, the program includes individual professional mentoring.

Jobs board

The Jewish Federation of Greater Portland's job board for the ongoing listing of job opportunities in the Jewish community features Jewish job openings including a new post for a [Development Director for B'nai B'rith Camp](#). Organizations can post job openings and jobseekers can explore those posts at jewishportland.org/ourcommunity/jewish-jobs.

Berris, female ice hockey to debut at Maccabiah

Jodi Berris will be part of Team USA as a member of the first Women's Ice Hockey Team competing at the 21st Maccabiah in Israel this summer. The Maccabiah Games, also known as the Jewish Olympics, are the third-largest international multi-sport event in the world.

Berris divides her time between Portland and Park City, Utah. In Portland, Berris has been an unparalleled, tireless event-planning volunteer for some 16 years. She has organized Jewish events for Portland's young adults as well as modern Orthodox Shabbatons. In Park City, Berris runs a pickleball league and organizes Jewish bar night socials, programming for Jewish youth and women's Israel trips through Momentum.

Berris learned to play ice hockey in the fifth grade. As a teen, she represented her hometown delegation, Detroit, in the JCCs of North America Maccabi Youth Games for 13- to 16-year-olds, playing five sports over five years of annual summer competitions.

She played hockey her last two years of high school and played on the University of Michigan Women's Ice Hockey club team for her four years of college.

Men's Ice Hockey was first included in the 15th Maccabiah in 1997. But women were left behind. Finally, in 2022, female ice hockey athletes will be a part of the 1,200+ team members representing the United States in the games in Israel this summer.

After a training camp in Philadelphia in early July, Berris and more than 10,000 Jewish athletes from 80 countries will gather for opening ceremonies on July 14, 2022, at Teddy Stadium in Jeru-



21st Maccabiah Games: July 12-26, 2022

The Maccabiah Games, first held in 1932, are an international Jewish and Israeli multi-sport event held quadrennially in Israel.

maccabiah.com/en/

Maccabi USA/Sports for Israel sponsors American participation to the World Maccabiah Games, the European Maccabi Games and the Pan American Maccabi Games, and is a founding partner of the JCC Maccabi Games. maccabiusa.com

salem. The American women will compete against Canadian and Israeli teams in this inaugural competition, competing in the Pais Arena in Jerusalem. Other competitions will take place in Haifa, Jerusalem, Netanya and Tel Aviv.

The Maccabiah, which accommodate religious observance, is an opportunity for *shomer shabbat* athletes such as Berris to compete at a high level without the typical conflict sports presents.

Berris says she is the oldest and least skilled player on the team. Most of the girls are playing their senior year in prep school, for NCAA college teams or in the women's pro league.

"I'm much older, at least double the age of many of the players, I have had five knee surgeries, so I think I'm at a slight deficit." Nonetheless, she says, "I'm honored to be a part of this team and inaugural program. I can't wait to put on the Team USA jersey and step out on the ice with my fellow teammates ... in Israel, no less, a place where you wouldn't think ice hockey would exist."

Each Maccabiah participant needs to pay or fundraise for their \$8,500 entry fee. Fees cover a week touring in Israel with the entire U.S. delegation, on Israel Connect, as well as all other expenses relating to staying and competing in the games – uniforms, accommodations, food, officials, transportation. Make a tax-deductible donation at support.maccabiusa.com/goto/jodiberris.

Parts of this article first appeared in the Park City Jewish News in a story by Jeff Stier.

In-home care director guides CSP's PPE efforts

BY SYDNEY CLEVENGER

No one could have imagined in March of 2020 that Cedar Sinai Park would still need a dedicated staff person managing personal protective equipment more than two years after Covid-19 was declared a pandemic.

Sinai In-Home Care Director Rachael White, a member of CSP's Safety Committee, suddenly found herself in a new role managing the evolving system of ordering and tracking PPE.



"I had the bandwidth to help when we went remote in March of 2020," she says. "I learned where to get supplies and how to plan for the unexpected when we've never done this before, and all of the regulations, and how we can make the PPE work for everybody and how much to keep on hand."

With the fluctuating supply chain and all the unknowns, she tries to keep 180 days'

worth of supplies on campus. For CSP, that means about 65,000 gloves, nearly 20,000 gowns and about 110,000 masks.

"I drew on my military experience with equipment and supplies, but it was all new to me," says Rachael. After high school, Rachael enlisted and was stationed at U.S. Naval hospitals in Okinawa, Japan, and Camp Pendleton in California.

Rachael's role in managing CSP's PPE is ongoing. The Oregon Health Authority still requires senior living facilities to follow mask regulations for health facilities.

"Rachael is the quintessential Cedar Sinai Park employee who embraces and models the role of a leader in our community," says CSP CEO Kimberly Fuson. "Stepping up and volunteering to be the person in charge of ensuring all 500 of us had what we needed on a daily basis ... makes Rachael's service to our organization even more extraordinary," she adds. "That's in addition to her regular role, in which she always goes above and beyond."

As Sinai In-Home Care Director, Rachael supervises a team of caregivers providing

CSP's Our Stories

To celebrate its more than 100 years serving Portland's most vulnerable, our Jewish elders, Cedar Sinai Park is sharing 100 stories of people who live, work and volunteer on the nonprofit's campus. Here is an excerpt from the most recent story, which is about the staff member overseeing PPE.

Visit cedarsinainpark.org/our-stories.

care to elders in their homes, including residents at Rose Schnitzer Manor and the Harold Schnitzer Center for Living. Rachael recruits, onboards and trains Cedar Sinai Park caregivers and then carefully matches caregivers with elders to help with whatever is needed: tasks such as laundry, medications, bathing and grooming, light housework, errands, field trips, playing games, etc.

For more information about Sinai In-Home Care, call 503-595-7388.

Sydney Clevenger is CSP's Communications and Events Manager.

Mental health awareness month: End stigma

BY LEAH KATZ

The month of May marks National Mental Health Awareness Month. According to the ADAA (Anxiety and Depression Association of America), around 450 million people worldwide are living with a mental illness, yet almost two-thirds of people with a known mental illness don't seek treatment.

One purpose of Mental Health Awareness Month is to battle the stigma around mental illness and the stigma that still exists around receiving mental health treatment. Hopefully, by talking more about mental illness and mental well-being, we can start deconstructing the notion that struggling with mental health is something to be ashamed of. As the numbers show, struggling with mental health isn't the anomaly. Just like we don't hesitate to talk about physical illness, the hope is that we can get to the same point in destigmatizing the conversation around mental health and wellness.

Mental Health Awareness Month is more relevant than ever this year. We are still managing Covid, and there have been dramatic hits to our collective mental health as a result of going through this global trauma. Rates of depression and anxiety are significantly elevated across all age groups. In an article released in March 2022, the World Health Organization reported that in the first year of the pandemic, global prevalence of anxiety and depression increased by a whopping 25 percent. Younger people and women were found to be more vulnerable to increased risk to their mental health in this report.

These statistics are sobering. What can we do with this knowledge to aid in the efforts of supporting those who are struggling?

Pause here for a moment, given all that you have likely been through these last couple of years, and use that moment first to check in with yourself and then with those around you. How are you doing? I like the three-way check-in – like a triangle – where you check in with your thoughts, your emotions and your body sensations. This is an excellent, quick idea for taking your mental health pulse and then dealing with what you find. If you're struggling in some way, take the time to take care of yourself and your mental health. Talk to someone supportive, make sure you are taking the time to process your stress and rest. Just because we are in a challenging time (still!) doesn't mean we should take hard feelings and thoughts for granted. There are things you can do to get support and process the hard stuff.

You might also want to take a moment and check in with the people around you. Oftentimes, people struggle silently, and

Leah Katz, Ph.D., is a clinical psychologist practicing in Portland. She specializes in working with teenagers and adults with anxiety and depression. Leah is a member of Congregation Ahavath Achim and a member of the Wexner 2021 Portland cohort. She is also a contributing blogger for [PsychologyToday.com](https://www.psychologytoday.com).



Dr. Katz just released her first book, Gutsy: Mindfulness Practices for Everyday Bravery, which is available on Amazon and all other major book retailers and at local bookstores.

there is a good chance that some of the people around you are, as well. If you haven't heard from someone in a while, send them a text (if you have the wherewithal). One of the most powerful factors in getting through hard times is knowing you have social support, knowing you are not alone. One of the most special things about being a part of the Jewish community is how it provides this sense of belonging. We can capitalize on the built-in sense of community that comes with sharing the common thread of being Jewish to ease loneliness.

I recently published my first book and heard from different people on my publishing team how neat it was that I was part of the Jewish tribe, and how their experiences with people in the Jewish community have always stood out to them because of how supportive our community seems from the outside. I heard their reflections with pride – but also with the knowledge that indeed one of the most beautiful things about being Jewish is how it gives you an automatic sense of belonging.

If you're struggling and feeling alone, there are local Jewish organizations that you can reach out to. [Jewish Family & Child Service](#) is one such local mental health organization.

We are seeing a lot of burnout right now, as well. If you are feeling burned out, or concerned you are heading there, first and foremost remind yourself that there is no shame in experiencing burnout. This is the feeling that comes from pushing ourselves too long and too hard without taking the time to process our stress.

Another good three-way check in for processing your stress is asking yourself how are you eating, sleeping and moving your body. Making sure we are on top of these three basic self-care items helps us to de-stress on a daily basis.

It is precisely in the times when we are

MENTAL HEALTH RESOURCES (cont. from page 1)

concerns of young people aged 12 to 26, and resources for parents, caregivers and Jewish professionals.

The Centers for Disease Control and Prevention warns of an accelerating mental health crisis, with more than 4 in 10 teens reporting that they feel "persistently sad or hopeless," and 1 in 5 saying they have contemplated suicide. The Jewish community is mobilizing to create the support young people need as they face challenging moments.

Visit jewishtgether.org/bewell

HERENOW

HereNow is a teen-led online and in-person initiative promoting mental health, well-being and resilience through innovative content and creativity, in partnership with the Jewish Board. The app is a place for teens to read stories (written by the teens and the professional team), make comments, post and ask questions. Download the app in Google Play or the App Store. Find HereNow on Instagram or Facebook.

For people who live with and work with teens, the HereNow website showcases both teen and professional writing and has resources: ProjectHereNow.org

OTHER RESOURCES

Facebook group for mental health in the Jewish community: [facebook.com/groups/2271312056499440](https://www.facebook.com/groups/2271312056499440)

Institute for Jewish Spirituality: [jewishspirituality.org](https://www.jewishspirituality.org)

Or HaLev Jewish Spirituality & Meditation: [orhalev.net](https://www.orhalev.net)

most likely to throw stress-processing and self-care out the window (because we are too busy or overwhelmed) that we need it the most. Taking care of yourself in this way is not only good for your mental health, but provides important modeling for the people around you. In case you need a little extra motivation to check in with your mental health, here it is: parents, bosses, rabbis – modeling what it looks like to take care of yourself will go a long way not only for yourselves, but for the people observing you, too.

Reducing the human and organizational costs of mental illness

BY DEBORAH MOON

During Mental Health Awareness Month, Portland native Adam Nemer returned to his hometown to promote the consulting firm he created to help businesses deal with the human and organizational costs of mental illness in the workforce.

Multiple studies reveal 20 percent of people suffer from depression, anxiety or another diagnosable mental issue at any given time. Nemer has both a personal and a corporate understanding of the toll that takes.

Nemer left a 19-year career at Kaiser Permanente, including a decade as CFO of Kaiser's Sunny-

side Hospital, to start Simple Mental Health Leadership Consulting, which launches Aug. 1. The company will be headquartered in Atlanta, where a major hub airport offers easy access nationwide.

As a hospital executive, he saw the absenteeism and lower-than-expected performance among employees. "Every business in America has this problem, but they don't want to talk about it."

Nemer's father committed suicide in 1999. For the next 18 years, the stigma of mental illness and suicide plagued Nemer.

"I was so ill and didn't know it," he says, noting he thought the way he felt "is just what life feels like."

"As I became aware of my depression, anxiety and panic, I started talking across Kaiser Permanente about my experiences and learnings as an executive who had undiagnosed mental illness," he says. "As a senior executive, I was probably at 20 percent of what I could have been."

Nemer says the solution to easing employee pain and increasing productivity is simple. Mental Health First Aid should be added to annual training

programs alongside first aid and CPR.

"Recovery is possible," Nemer says. "Conventional therapies work. It's not like we're waiting for a cure. We know exactly what to do to help folks. But we've become paralyzed as a society from the stigma, myths, shame and silence of mental illness."

As a certified Mental Health First Aid Instructor, Nemer teaches business leaders how to recognize mental illness, how to approach employees in a nonjudgmental manner, and how to provide hope and reassurance.

"The steps to help employees are so easy," Nemer says. "The problem is the stigma. Studies

show people don't get help because of the stigma ... Stigma is a lack of understanding and education."

But the dark cloud of the Covid pandemic, which has significantly increased stress, depression and anxiety, also has a silver lining.

"Attitudes changed during Covid," Nemer says. "The conversation with business owners now is a different conversation than five years ago."

So Nemer left his job to found Simple Mental Health Leadership Consulting "to improve productivity, retention and employee satisfaction by creating stigma-free mental health cultures ... increased organizational performance and personal wellness at the same time."

Simple Mental Health will offer keynote talks and business consulting that include mental health first aid training and leadership coaching to help businesses transform their culture.

Earlier this month, Nemer worked with Video Narratives, a Portland production company, to create a short promotional video to explain his vision. To view the video and for more information, visit the company's website at simplementalhealth.co.



Fresh Love founders Ben Cutler and Serina Leedy.

Juice bar opening

Fresh Love, a juice bar and café targeting people "who like fresh, healthy food," opens in Northeast Portland June 8.

The café and juice bar will be open 7:30 am-4:30 pm, Wednesday through Sunday, at 7434 NE Fremont St. The menu will feature a mix of smoothies and juices, fresh breakfast and lunch items, and baked goods. A grand opening celebration is planned for later in the summer.

Fresh Love founders Serina Leedy and Ben Cutler are longtime devotees and supporters of fresh, local foods and neighborhood connections.

Serina graduated from the Western Culinary Institute and was the pastry chef at Andina for three years and then a personal chef for several local families. She is now a Realtor, a career she plans to maintain, but says, "I am excited to be doing more cooking and creating menus. I miss being in a restaurant."

For a decade, Ben worked at Organically Grown Company and still has contacts with many local farmers. While living in Eugene, he was product manager for Genesis Juice Co-op, where he developed his passion for juice. Since moving to Northeast Portland, he has been very involved with neighborhood food projects. Eight years ago, he helped launch the Beech Street Community Garden, which donates nearly 80 percent of its produce to a neighborhood food pantry. He is a founding volunteer of the nearby Rocky Butte Farmers Market, which will be open every Saturday beginning June 4.

Since the café does not have a full-size oven and stove, most of the pastries will come from Bee's Cakes, a local bakery. Using a countertop oven, Serina will put her pastry skills to use whipping up what Ben calls "amazing, big, chunky chocolate chip cookies."

Fresh Love will also offer a limited amount of fresh produce, with plans to expand and offer more retail groceries down the road.

The couple are also involved in the Jewish community. The family are members of Congregation Shaarie Torah, where Mae, 11, and Ruth, 9, attend religious school. Serina and Ben also are active at Co/Lab: Reimagine Jewish, where they helped launch the Jewish PDX Small Business Networking Group. The first event was last fall at Leikam Brewing, a kosher brewery operated by Theo and Sonia Marie Leikam. Last month, the group held another meeting at the Eastside Jewish Commons, where Co/Lab maintains coworking space.

For more information, visit freshlovepdx.com or call 503-206-7066.

BRODKINS (cont. from page 1)

“At our very first encounter, before the Brodkins were hired, I had the chutzpah to say that we need total commitment to leading and building the kehillah,” says Aki Flesher, a past president and longtime member of Kesser. “I can honestly say they met and even exceeded the challenge!”

The rebbetzin believes that having a young rabbi and his family move to Portland helped move a congregation rich in history into its second 100 years. She says she especially enjoyed working with architects and artists to design the Orthodox congregation’s new space on Capitol Highway.

“It’s smaller, but rich with flavor,” says Mrs. Brodtkin. “I love davening here.”

The congregation ran a successful “burn the mortgage” campaign for the new shul in Southwest Portland.

Rabbi Brodtkin describes burning the mortgage as more than a financial campaign. “It was more than the money raised – it was the feeling of momentum, of moving forward.”

It was followed by a capital campaign to expand the shul.

“I wanted to see us complete the building here – a community needs a proper building,” says Rabbi Brodtkin of one of his regrets about leaving Portland now. But the pandemic and Portland’s permitting process slowed that effort. “No one can accomplish everything. I believe it is going to happen.”

GROWING THE BROADER JEWISH COMMUNITY

Their efforts have extended well beyond the congregation.

“The Brodkins have never limited their classes or programs to just the Kesser congregation,” says Miriam Lambert, who is chairing the farewell dinner. “I believe they have helped the whole Jewish community of Portland grow, and I think there are lots of folks who will appreciate the chance to celebrate them and say goodbye.”

The couple was instrumental in establishing Maayan Torah Day School in 2011, with Mrs. Brodtkin serving as the principal for the school’s first 11 years, and Rabbi Brodtkin serving as rabbinic dean throughout. Rabbi Brodtkin says Aviel “really created the program. She had the educational vision, she knows what children need.”

Rabbi Brodtkin notes that Maayan appeals to a mix of people, some affiliated with Kesser or other parts of the community and some not. He says it has been gratifying to see the broad support of the school – including individuals, Congregation Neveh Shalom (which rented space to the school for its first several years) and the Jewish Federation (which helped the school raise the funds to lease a long-term home in Lake Oswego).

“Maayan is my most significant contribution to the community,” says Mrs. Brodtkin.

“Rabbi Ken and Aviel created Maayan out of a need they saw, and in the process made a robust educational institution that rivals schools much greater in size with better resources,” says Rabbi Yerachmiel Kalter, now Maayan’s principal. “The educational foundation that Mrs. Brodtkin established at Maayan has brought students to success in high school, college and beyond.”

He adds that Maayan is just part of the couple’s contribution: “The amount of communal responsibility the Brodkins have shouldered is unparalleled. The vision they brought to see the short-term and long-term needs, to step forward into the voids and fill them, to work to make a brighter future for Portland’s Jewish community is astounding.”

GROWING ORTHODOX PORTLAND

Over the years, the couple’s efforts have helped make Portland an attractive destination for Orthodox families and have changed the way the broader community views Orthodox Judaism.

GALA FAREWELL DINNER

WHY: Celebrate Rabbi Kenneth and Aviel Brodtkin’s 17 years of service to Congregation Kesser Israel, Maayan Torah Day School and the greater Portland Jewish community

WHEN: 5:30-8:30 pm, June 19

WHERE: Mittleman Jewish Community Center

CHILDCARE: Ages 2-12, 6-8:30 pm (complimentary but reservations required)

COST: Suggested donation for dinner: \$36/person; \$72/family max

REGISTER: Dinner and childcare registration due June 7 at kesserisrael.org/form/brodtkindinner

TRIBUTES: Submit a short video tribute and a message with a picture for a keepsake book by May 30 (be sure to include your name). kesserisrael.org/brodtkintribute

“We have been able to help people view the Orthodox community as a vital part of Jewish Portland,” says the rabbi. “We could not have launched Maayan without community support ... and that support came from the recognition of how important this community is.”

In addition to establishing Maayan Torah, Rabbi Brodtkin was a wholehearted, vocal supporter of a community mikvah. He says he played a supportive role alongside the Portland Kollel, community rabbis and the Federation to bring Rachel’s Well Community Mikvah to the nearby Schnitzer Family Campus, also home to the Mittleman Jewish Community Center. He also has supported the Kollel as it expanded Oregon Kosher and established an eruv (ritual boundary) in Portland.

Mrs. Brodtkin says those efforts, combined with a Torah day school, have enabled observant families to consider Portland a destination. She says Portland’s different social values and resources make it a nice option for families wanting something with a different vibe than the long-established Orthodox communities on the East Coast and California.

In the past, many observant young adults moved away from Portland for college and marriage. But over the past decade, many have returned to their hometown to raise their families.

“The founding of Maayan has led to a renaissance of young families moving to Portland, as now they had a traditional Torah Day school to send to,” says Rabbi Kalter.

Jodi (Meyerowitz) Fried’s family moved to Portland when she was 10. She moved away as a young adult but returned in 2015. Jodi worked in Kesser’s office for five years when she returned. Now she and her husband have four children at Maayan Torah.

“The Brodkins, working together with other leaders in the community, paved the way for observant families like mine to move to, and move back to, Portland,” says Jodi. “For some, a daily minyan, three times per day, is critical, and for others Portland would not be a viable option without a school like Maayan. It’s also easy to lose sight now of how critical it was for the community to move Kesser from Meade Street in Old South Portland to the heart of the Jewish community in the Southwest – a move the Brodkins took from vision to reality. Without the foundation that the Brodkins helped to lay, my family would likely not have moved back to Portland. This foundation, will, please G-d, benefit the community of Portland for years to come.”

The Brodkins both believe Kesser, the Orthodox community and Maayan Torah have strong leadership going forward and are poised for continued growth.

Cedar Sinai Park benefit raises more than \$500K



Cedar Sinai Park's virtual benefit emcees Jennifer Felberg and Dale Johannes shared what makes the nonprofit so special to the Jewish community.

Skits in Marcy's Bar and residents sharing stories of what makes Cedar Sinai Park so special provided an evening full of fun and laughs at the nonprofit senior living community's annual benefit on May 12.

"The expression of love was truly moving," says CEO Kimberly Fuson. "Watching our community come together was inspiring."

Board Member Felicia Rosenthal agrees: "The benefit show was so genuine, and the heart was so apparent that you knew this was a community."

Presenting sponsors included Jordan Schnitzer, Ralph and Sandi Miller, and Marcy Tonkin. Tonkin is the namesake and benefactor of Marcy's Bar, located in Rose Schnitzer Manor.

"A very special thank you goes to Marcy," says Fuson. "At the end of the evening, Marcy generously gifted us even more than she already had to close the gap toward our \$500,000 goal."

The nonprofit [Cedar Sinai Park](https://cedarsinai.org) provides residential and community-based care to elders and adults with special needs, allowing them to live with comfort, independence and dignity in an environment based on Jewish values.

"While we are thrilled to have met our goal for the benefit, the needs of Cedar Sinai Park are ongoing," says Fuson. "Every dollar helps us to serve our residents in the manner they deserve so completely: with love, honor and respect."

You can still donate to support Cedar Sinai Park residents at cedarsinai.org/kindful.

You can also still catch the show at avstream.me/marcysbar.

Maayan Torah Day School receives federal grant

In late April, Maayan learned it was one of just 16 schools in Oregon receiving a grant from the American Rescue Plan's Emergency Assistance to Non-Public Schools program. ARP EANS is a federal grant to address the impact that Covid-19 has had, and continues to have, on non-public school students and teachers. It is intended for private schools with a high percentage of low-income students.

Maayan will receive a little over \$210,000 in student supports for Covid learning loss.

"Together with the first round of CRSSA EANS, our EANS allocation has brought close to \$300,000 of student supports to Maayan," says Maayan Principal Rabbi Yerachmiel Kalter. "This is huge, as a small school like ours with a high percentage of students on scholarships has very limited means to pay for specialists and student support personnel."

The school used the first round of funds to improve curriculum, buy some tech and expand personnel in the resource room. "Next year, we plan to do pretty much the same with the funding with an even larger emphasis on the resource room/support personnel," says Rabbi Kalter.

"With the extra supports we were able to put in place this year, we saw our reading comprehension scores go from 65 percent at or above grade level to 82 percent," he says.



Sips & Sweets attendees give a standing ovation to event honorees Leslie (z"l) and Eva Aigner (left). Photos by Ken Klein.

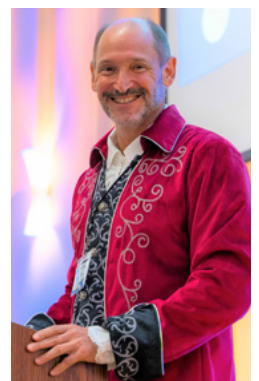
Sweet for so many reasons

On May 19, Jewish Family & Child Service held its annual fundraiser, Sips & Sweets, at the Mittleman Jewish Community Center.

The evening of wine and desserts drew 180 in-person attendees – and more than 100 who watched the Livestream from home. The event featured honorees Leslie (z"l) and Eva Aigner, Holocaust survivors from Hungary, as well as Congresswoman Suzanne Bonamici and Lisa Schroeder, chef and owner of Mothers Bistro & Bar.

The evening ended with a surprise twist: Ben Sandler, education director at Congregation Beth Israel, closed out the event with a wild, shofar-blowing unicycle ride into the Stern Ballroom to help kick off JFCS' 75th year. A celebration of its 75th year of providing stability and hope to the Jewish and greater Portland communities takes place throughout the next year, culminating in a gala in May 2023.

Thanks to JFCS' generous event sponsors, matching grants from Martha Soltesz and Bob and Rita Philip and dig-deep giving by in-person and online attendees, JFCS exceeded its fundraising goal.



JFCS board president Larry Holzman donned fancy attire to emcee Sips & Sweets with event chair Elana Stampfer Emlen.

Chaplain's Corner

A Green Light to Create Ritual

BY RABBI BARRY COHEN

With the arrival of spring, despite my seasonal allergies, I have enjoyed the warmth of the sun, the pleasant breezes, the return of blue sky and gorgeous sunsets.

I have begun to feel something simultaneously comfortable and strange: optimism.

I look forward to the time when I can put my mask away. I look forward to gathering in large groups. I want to be able to shake hands again, exchange a “high five” or share hugs. When doing hospital visits, I look forward to when I no longer have to wear a mask or a faceguard, and when I can hold a patient’s hand or touch a shoulder.

But realistically, I have no idea when these hopes will become realities.

Professionally, Covid has deprived me of ways to make emotional connections with patients and their families and friends. I have had to accept the cold reality that the nature of my hospital visits will remain changed, and that I must continue to learn how to adapt to restrictions.

In addition, for all of us, Covid has changed the way we grieve and mourn. The timetable of the grieving process has at times been interrupted and extended. Rituals that have worked in the past are no longer effective, because they lack an in-person aspect.

That being said, we have the ability to create new mourning rituals to respond to our current spiritual needs.

An article in Omega: Journal of Death and Dying, “Mourning During Corona: A Phenomenological Study of Grief Experience Among Close Relatives During Covid-19 Pandemics,” speaks of the relationship between grieving and ritual.

The July 20, 2021, article by Seyede Salehe Mortazavi, Nazanin Shahbazi and Mozgan Taban explains we can preserve the legacy of our deceased loved ones by reconstructing their memory through our memories and actions. This “reconstruction” can include ritualized times for family and friends to talk about the deceased, recall memories, share photographs and tell stories. We can also purposely spend time at the favorite places of the deceased, such as parks, museums or restaurants. Finally, if possible, we can make it routine to visit the graveside (which of course Jewish tradition already encourages, particularly in the days surrounding Rosh Hashanah and Yom Kippur).

In addition, the authors suggest that loved ones can choose an object and associate specific anecdotes, stories or memories with it. We can place that item on display by framing it or placing it in a special container. We thereby transform that object by giving it a more transcendent meaning. A watch is no longer just a watch; a hat is no longer just a hat; a book is no longer just a book.

These efforts, according to the authors, “can



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

chaplain@jewishportland.org

reduce the symptoms of people with unresolved grief and provide an opportunity to express their emotions.”

Through another article, I learned about an app that we can use to create new rituals to address our needs. The article is on The Doc Project: First Person website, titled “With memorials, graduations and other ceremonies cancelled because of Covid, I went on a quest for new rituals,” by Kent Hoffman.

Hoffman references Megan Sheldon, the co-creator of [Be Ceremonial](https://www.be-ceremonial.com/), an app to create rituals for every experience, from birth to death to grieving. Sheldon explains that rituals include actions with intentions that create meaning. The purpose of ritual is to create experiences that bring people together for an expressed purpose. With this app, users can select from a variety of secular rituals, with an option to add personal and religious elements.

For additional Jewish inspiration, we can turn to [Ritualwell.org](https://www.ritualwell.org/). At the top of the page, click either “Lifecycles” or “Healing and Hard Times.” On each page, we can refine our search to find ways to grieve and heal.

I also must include a gem that exists in our backyard: Rachel’s Well Community Mikvah ([jewishportland.org/mikvah](https://www.jewishportland.org/mikvah)). Too many of us believe that only “Traditional” Jews use the mikvah. We can turn to a practice thousands of years old to help us grieve and celebrate healing. To personalize the experience, we can supplement our visit to the mikvah with the meditations or prayers of our choosing.

Rituals have to come from somewhere. They did not spontaneously or magically come into existence. We have the opportunity to adapt current rituals or create new rituals in response to our unique 21st century reality. What will we create? What elements will they include? What effect will they have?

We have all weathered a cold, rainy winter. We have changed our behaviors and made difficult decisions in response to Covid. Let us embrace spring’s rebirth and renewal. Let us feel empowered to create new rituals for the sake of health and healing. And let us remember we are allowed to feel optimism, even if it is guarded.

Published biweekly by
Jewish Federation of
Greater Portland
9900 SW Greenburg Road,
Suite 220
Tigard, OR 97223
503-245-6219
[JewishPortland.org](https://www.JewishPortland.org)

facebook.com/JewishPDX
[instagram.com/
jewishfederationpdx/](https://instagram.com/jewishfederationpdx/)

Editor

Deborah Moon
editor@jewishportland.org
503-892-7404 (message)

Circulation

To receive the Jewish
Review in your email inbox,
email your name and email
address to
editor@jewishportland.org

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

Next issues

Issue date	Deadline
June 8	June 1
June 22	June 16
July 6	June 29
July 20	July 14

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

9 Schools, 5 Days: What to know about college tours

BY RUTHIE ZEIDMAN

Over spring break, my mom and I traveled to California with the goal of seeing nine colleges and universities in five days. Little did we know how overwhelming, but fun, our experience would be. Here are some tips to make the most out of your own college tours.

My Touring Story

We flew into San Diego on a Sunday and out of San Luis Obispo on a Saturday. Our schedule was as follows: Monday, University of San Diego and UCSD; Tuesday, Chapman University; Wednesday, University of Southern California and Loyola Marymount University; Thursday, Pepperdine University and UCLA; and Friday, UCSB and California Polytechnic University. My favorites were definitely USC and USD because their campuses are gorgeous, and I just felt like I belonged as soon as I stepped onto those campuses. I felt immediate connections to my favorite schools, but you may not and that's totally fine.

Sign up for tours early

I cannot stress this enough. I signed up for my tours at the beginning of February for dates at the end of March, and there were a lot that were already full. Be aware some dates might not be available due to breaks, finals, holidays, etc. If you don't get an official school tour, you'll still have a great experience. Check back often to see if a spot opened up, reach out to someone who attends that school and meet up with them, or do a self-guided tour.

This Facebook group for parents can be used to request a Jewish student talk with a prospective student: [facebook.com/groups/GFMOTs/?ref=share](https://www.facebook.com/groups/GFMOTs/?ref=share).

Research the college you're visiting

This is important so you know what to expect. It's always good to go into a tour with at least some background, including their most popular majors, number of students, size of the campus, etc. Take notice of what you like or don't like on their website and make a note to ask about it on the tour. Research their majors and different programs, including career services and study abroad. Don't focus too much on their statistics — these are not a good indicator of what the school is actually like.

Create a list of must-haves

Make. A. List. Of. Must-Haves. I will say it twenty million times if I need to. For me, I wanted some sort of Jewish club/community/Hillel, a communications or public relations program, and study abroad. Know your criteria, and if it changes along the way, that's fine. This will just give you a way to focus on specific aspects of colleges, and you won't feel as overwhelmed.

If you want to know about Jewish life



on campus, visit hillel.org/college-guide/top-60-jewish-schools.

Prepare a list of questions

I suggest doing this so you have an idea of what you want to make sure you hear about during the tour. Asking specific questions, such as ones about your major, housing, clubs, Greek life, etc. will help you make the most of your experience. I know what I want to major in, so it was very helpful for me to ask specific questions about their programs, classes and career opportunities for that major.

Walk around the campus

I highly recommend walking around the campus before or after your scheduled tour. My favorite experience during my visit to USC was when my mom and I were early for our tour, so we sat on a bench near the center of campus and just watched as students walked, biked, skateboarded and ran to class. It gave us a great view into what it's like on a regular day. You'll also be able to see parts of the campus that the tour won't be able to get to, and maybe you'll even find some hidden study spots.

Explore the area around the school

My mom and I had so much fun walking around the areas around the colleges. Our favorite was definitely San Luis Obispo, which is a cute town in central California. This will give you a great idea of what it's like to go to school there and the different places you can go on the weekends. Definitely ask your tour guide for recommendations on what to do, especially if you're in a college town. Doing this can give you an insight into what the students actually do and enjoy on their time off.

Don't be afraid to speak up

Tour guides, admission counselors, and basically, anyone on campus LOVE when you speak up, advocate for yourself, and ask or answer questions. Don't be afraid to ask questions, even if no one else is. This

is not the time to be embarrassed or to hide behind a tree. This is the time to discover what you want out of your next four years and what environment will best fit you.

Take notes

I had planned to take notes during the tours but ended up just being present and taking notes afterward. Even if you're a note-taking person, I wouldn't necessarily recommend doing it during the walking tour so you don't miss anything. However, they'll usually have an information session before or after the tour, so definitely take notes then. Make sure to write down all your thoughts about the school right after you've left, including specific things about what you did and didn't like. This way, your experiences are fresh in your mind, and you'll have something to look back on when application time rolls around.

The most important question

In my opinion, the most important question to ask when visiting a college is, "What is your least favorite part of this school?" I highly recommend pulling your tour guide aside after the tour to ask — you're more likely to get a genuine answer that is not crafted to make the school look perfect.

Keep an open mind

If you don't keep an open mind, or you dismiss things too quickly, you probably won't enjoy your experience. The school is probably not going to look exactly like it does on the website and that's OK. Keeping an open mind on college tours is important because it gives you a chance to really get to know the school, and yourself too. I discovered a lot about what I did and didn't like. If you get to the tour and find that you just don't like the school, stick with it. This will help you find what you do not want, which is just as important as knowing what you do want.

Take time for yourself

College tours are a lot and they can be very tiring as it's a lot of walking, socializing and outside time. Remember to take time for yourself and have fun! You're there for you. I felt myself getting very overwhelmed with everyone talking about college applications, acceptance rates and tuition prices, so taking a moment to center myself and remind myself that college is not everything is very helpful. Reminder: the college you attend does not determine who you are or who you're going to be. You can do this, and you have so many people who are rooting for you.

Ruthie Zeidman is a third-year high school student from Portland. She is an active member in BBYO and first published this piece in The Shofar, an international newsletter for tens of thousands of BBYO teen members across the world.

Events

Find more local events at jewishportland.org/community-calendar

May 31 & June 1: BB Camp Pizza in the Park

B'nai B'rith Camp's Pizza in the Park is a free event for camp families to connect campers and families with each other. BB Camp invites you to meet some camp leadership staff, get answers to your overnight and day camp questions, and have a taste of the fun summer has in store.

At Pizza in the Park, BB Camp provides dinner for families, activities and games for campers, and conversations and connection for adults. Pizza in the Park will be at Gabriel Park in SW Portland from 5-7 pm, May 31, and at Grant Park in Northeast Portland from 5-7 pm, June 1. Register at bbcamp.org/pizza

June 1: OJCF Annual Meeting

The Oregon Jewish Community Foundation Annual Meeting and Reception will be on Wednesday, June 1, at 5:30 pm at the Mittleman Jewish Community Center.

OJCF's 2022 Legacy Society Honoree Julie Diamond, z"l, will be celebrated for her steadfast dedication to the Jewish community and the Foundation.

The meeting will include voting on the slate of individuals nominated for OJCF's 2022-2023 Board of Trustees and a thank you to Josh Frankel for his three years as president. The Foundation's activities in the past year will be reviewed.

There is no cost to attend and there will be no fundraising during this event. To register, visit ojcf.org.

June 1: Post-school disability planning

Jewish Family & Child Service will host a webinar on future planning for people with disabilities, their families and loved ones. The webinar will focus on life after an individual has left the school system.

JFCS Disability Support Services will host "Future Planning with Jerry Cohen" at 6:30-7:30 pm, June 1, on Zoom. Cohen is a past AARP Oregon State Director and holds a law degree and a master's in public administration. He has been an advocate, educator and consultant in issues of planning ahead for more than 40 years.

This event is open to anyone. Advanced registration is required.

Registration is available on jfcs-portland.org.

For questions or access needs, email Disability Support Services Manager Shayna Sigman at ssigman@jfcs-portland.org.

June 2: Lunch honors Lion's Elaine Savinar

A June 2 luncheon will honor Elaine Savinar, the Jewish Federation of Greater Portland's 2022 recipient of the Kipnis-Wilson/Friedland Award.

The national award honors extraordinary women who have set a high standard for philanthropy and volunteerism. Honorees were scheduled to receive their awards at the International Lion of Judah Conference in January, but the conference has been postponed to December 2022 in Phoenix. Local Lions didn't want to wait that long to honor Elaine, so they are sponsoring this Women's Philanthropy event.

Born in Vancouver, B.C., in 1928, Elaine has been involved in Portland's Jewish community since moving to Oregon in 1949. She has served on the board or been active in JFGP, Congregation Beth Israel and its sisterhood, Jewish Family & Child Service, National Council of Jewish Women, Oregon Jewish Museum and Center for Holocaust Education, and many organizations in the broader com-



munity. She and Robert Weil, z"l, whom she married in 1949, raised three daughters, Sharon Weil, Marlene Weil-Perez and Dana Hunt. In 1990, Elaine married Norman D. Savinar. In 1999, she became a Lion of Judah, which recognizes women who make a minimum gift of \$5,000 to their community's annual Federation campaign.

All vaccinated female-identifying individuals who would like to celebrate Elaine's contributions to the Portland Jewish community are welcome to attend this free event. The celebration will be from 11:30 am to 2 pm, June 2, at The Town Club, 2115 SW Salmon St., Portland. Register by May 25 at jewishportland.org/2022kipnis.

For questions, contact JFGP Campaign Director Wendy Kahn at 503-892-3015 or wendy@jewishportland.org.



"On Fire at Eighty." Image by Aaron Wessling Photography.

June 2-Sept. 23: Judy Chicago exhibit

"Turning Inward, JUDY CHICAGO, From the Collections of Jordan D. Schnitzer and His Family Foundation" will be on display June 2-Sept. 23 at the Oregon Jewish Museum and Center for Holocaust Education.

The exhibit traces Judy Chicago's development as an artist and Jewish woman across six decades, from her early formal vocabulary of geometric color abstraction and groundbreaking work with pyrotechnics to the powerful explorations of self-identity, the politics of gender and her personal formative experiences.

Curated by Bruce Guenther, OJMCHE Adjunct Curator for Special Exhibitions, and OJMCHE Director Judy Margles, this exhibition of 35 pieces primarily focuses on works on paper, including preliminary works leading to her monumental work, *The Dinner Party*, 1979; a stained-glass panel from Chicago's Holocaust Project, 1985-1993; a cast glass piece, *Grand Flaming Fist*, 2007; as well as a group of large-scale photographic prints of Chicago's *Atmospheres* series.

"Turning Inward" brings into focus an artist whose lifelong artistic exploration has at its foundation art as activism. For six decades, Judy Chicago has remained steadfast in her commitment to women's rights to engage in the highest level of art production and to the power of art as a vehicle for intellectual transformation and societal change.

The exhibit is open 11 am-4 pm, Wednesday-Sunday. Admission costs: adults, \$8; students and seniors, \$5; and members and children under 12, free. Proof of Covid-19 vaccination is required for all visitors 18 years and older.

For more information, visit ojmche.org.

Events continued

June 2: Art/Lab presents evening of art

Art/Lab, a project of Co/Lab, presents an evening of art and conversations about art and Jewish identity at 6:30 pm, June 2, at the Eastside Jewish Commons, 2420 NE Sandy Blvd., Portland.

“From the Ground Up: Ancient Texts, Contemporary Art and Evolving Jewish Identity” presents the work and reflections of 10 artists following their eight-month study of the Jewish principles and modern day applications of the *Shmita* (Sabbatical) Year, an ancient tradition with environmental, spiritual and ethical significance.

Co/Lab: Reimagine Jewish is a new, next-generation Jewish organization started by Rabbi Joshua Rose in late 2021. Its flagship program, Art/Lab, brings contemporary artists with Jewish backgrounds together to study Jewish texts and reflect on their relevance to contemporary life and artistic creativity.

Art/Lab is a creative laboratory developed by Shoshana Gugenheim Kedem and Rabbi Rose for Portland-area contemporary Jewish artists. Kedem, who directs the program, is an American/Israeli interdisciplinary artist, Torah scribe and curator.

“Our focus is on Portland-area contemporary artists whose work is not necessarily Jewish themed, but who wanted to explore their Jewish identity. The result is Art/Lab,” says Rabbi Rose.

Art/Lab’s inaugural artists are Michelle Alany, Justin Carroll, Rebecca Clarren, Jennifer Gwirtz, Amy Leona Havin, Daniela Molnar, Jessica Rehfield, Sonya Sanford, Leila Wice and Ahuva Zaslavsky. Their work will be at the EJC beginning May 29. On June 2, the artists will share their performances, artwork and insights and engage with attendees.

“Art/Lab’s cohort of 10 artists is exploring the intersection of Judaism, cultural politics and creative expression,” says Kedem. The cohort will share performance and insights on June 2.

Free (donation requested) with RSVP: colabpdx.org/artlab/

June 4: Young Adults taste Shavuot cheesecake

Join Moishe Pod-West PDX for a Shavuot Cheesecake Competition 2 to 4 pm, June 4. Do a blind taste test and score several options from bakeries around town. You’re more than welcome to bring an entry for the competition, too.

Moishe Pod is a two-person Moishe House that creates three events a month for young adults. RSVP for location: moishepodwestpdx.com/events/shavout-cheesecake-competition.

June 4: Tikkun Leil Shavuot at EJC

Join TischPDX and partners for the third annual Tikkun Leil Shavuot, 7 pm-midnight, June 4, at the Eastside Jewish Commons, 2420 NE Sandy Blvd.

Tisch PDX, Alberta Shul and Congregation Shir Tikvah will host the Night of Jewish Learning. The Tikkun Leil is TischPDX’s yearly opportunity to showcase the talent and creativity of the leadership cohort’s *amitit* (fellows), alumni, staff and friends. Co-founder Eleya Fugman says TischPDX appeals to young people who want to learn more about their Judaism but do not feel comfortable in more formal organizations.

Although its origins are founded in an ancient grain harvest festival, Shavuot has long been identified with the giving of the Torah on Mount Sinai seven weeks after the Exodus from Egypt. Eating dairy desserts and overnight Torah study are traditional celebrations the night of Shavuot.

Dairy and nondairy desserts will be provided by Babkush. Dairy desserts symbolize the promise of the “land flowing with milk and honey.”

This event will feature 12 different workshops from local Jewish teachers, community organizers, ritualists and activists. This year’s workshops are not yet finalized, but previous topics have included a history of klezmer music in the Pacific NW, blintz making, a Shavuot yoga class, a niggunim circle and a presentation on Jews in anime. The evening will also include some traditional Jewish text study classes.

Masks and vaccinations required. Register at tischpdx.org/eventslist.



Matt Berson will be part of the June 22 wine talk and tasting presented by the MJCC's PDXBiz series.

PDXBiz: Let's Talk About Oregon Wine

Mittleman Jewish Community Center's PDXBiz series will present an in-person program for the first time since 2020. “Let's Talk About Oregon Wine” begins at 6 pm, Wednesday, June 22. Registration includes a wine tasting at Cellar 503, 4407 S. Corbett Ave., Portland.

Learn about Oregon wine from professionals representing three aspects of the wine industry. Panelists are Matt Berson from Love & Squalor Wines; Carrie Wynkoop from Cellar 503; and moderator MJCC President Jason Zidell, co-owner of Cru & Domaine Bottle Shop in Northwest Portland.

The PDXBiz series offers the greater Portland community a forum to explore pertinent business-related topics and gain insight into business and social trends impacting the city and region. These events, which have been held on Zoom for the past two years, feature business leaders who share their insights and perspectives on issues facing the Rose City. They offer MJCC members and others in the local community new opportunities for community engagement.

Spots for the June 22 program are limited. Registration includes wine tasting and a light nosh. Attendees must be 21 or older. The cost is \$36 per person. Sponsorships are available. Register at oregonjcc.org/pdxbiz.

Wine Panelists

Matt Berson is the owner and winemaker of Portland Wine Company, home of Love & Squalor. He and his wife, Angie Reat, are known for their focus on graceful pinot noirs and austere dry Rieslings sourced from vineyards of the northern Willamette Valley. Their daughters attend Portland Jewish Academy, near the urban winery and tasting bar they opened in 2019.

Carrie Wynkoop is the founder and owner of Cellar 503, an online wine club that promotes Oregon wine from small producers across the state. She and her spouse, Kari Chisholm, also own a digital strategy and political consulting firm, Mandate Media. Carrie and Kari's son, Jake, is a student at Portland Jewish Academy.

Jason Zidell is co-owner of Cru & Domaine, Portland's premier fine wine merchant. He serves as president of both the MJCC and PJA boards. A fourth-generation Portlander, he enjoyed MJCC's early learning program, day camp, BBYO and many other activities at the J while growing up. Jason is the father of two PJA students. He is the president of the Argonaut Group and the Jason E. Zidell Foundation, continuing his family's long tradition of philanthropy.

Maayan student wins Better2Write national award

BY DEBORAH MOON

Maayan Torah Day School sixth-grader Aliza Brodtkin won the national Better2Write middle school division, earning a \$25,000 prize for her day school and a \$5,000 Jewish camp scholarship for herself.

The national contest, which drew 3,000 entries, is sponsored by Better Together, which grants funding to schools for inter-generational programming. Students collaborate monthly with seniors and develop relationships through the program. Maayan is in year three of its four-year program.

Aliza's essay, "Not About Me," reflects on the lessons she learned when her partner told her not to call her because "It just does not work well for me." Disappointed that unlike her classmates, she could not continue her partnership with phone calls, Aliza dove into making care packages, writing poems and exchanging letters and postcards.

"Through my entire Better Together experience, I have learned so much about doing kindness and respecting others' wishes," wrote Aliza in her essay. "I have learned how to express my feelings through my letters to my partner. Equally, I have enjoyed hearing how they felt during important events throughout their life. ... I was so touched when I found out my partner put the picture of me on her desk with all of her grandchildren. It made me feel so special and like an important part of her life."

Aliza is the daughter of Rabbi Kenneth and Aviel Brodtkin.

"Aliza is a very talented writer, and we are so proud of her for her beautiful essay and achievement," says Rabbi Brodtkin. "We look forward to her continued growth and success. We are also deeply grateful to the whole team at Maayan, who have supported her academic development and growth."

This summer, the family is moving to New



At left, Aliza Brodtkin makes a winter scarf for her Better Together partner. Above, she shows the bag she decorated and the note she sent with it to the senior she has connected with over the past year. Her winning essay details the lessons she learned about connecting during a pandemic.

Jersey where Rabbi Brodtkin has accepted a post to lead Congregation Sons of Israel. Aviel Brodtkin was the Maayan Torah general studies principal from the school's founding in 2011 through June 2021.

"It is a wonderful note for us to leave the school on," says Aviel Brodtkin.

The Better 2 Write essay contest is organized by the Legacy Heritage Fund for student participants in its Better Together program. Students are asked to describe and reflect on their intergenerational experiences.

"Our judges are impressed with both the impact the Better Together program has had on your students, and your students' ability to reflect on their feelings about seniors, aging and the mitzvah of caring for the elderly," according to a Legacy Heritage email to participating schools.

One judge, Professor Samuel Freedman

of the Columbia Journalism School, wrote: "Amid a pandemic that particularly afflicted the young and the elderly – one group for the psychic toll it exacted and the other for the frighteningly high risk of infection – Better Together defied the unprecedented medical and logistical challenges to build relationships across a vast age difference and to inspire a deeply moving set of essays."

"As a marker of another very unsettled year for everyone, but in particular in young people's education, the Better2Write program and student essays stand out as extraordinary evidence of commitment, meaning and resilience," added the other judge, Dr. Leslie Newman, Professor at the YU Cardozo School of Law. "I read this year's essays with great admiration for the lovely, generous and considerable efforts of the young people in reaching out to elders."

Obituaries

HELEN GIANGRECO

Helen Giangreco, z"l, passed away May 21, 2022, at age 99. She was the mother of Tony Giangreco of Vancouver, Wash., and grandmother of Lisa and Anthony Giangreco.

Tony is in Boston this week with his siblings and their families. Congregation Kol Ami will hold a shiv'minyan in person to support Tony through his mourning on Sunday, May 29, at 7 pm. Kol Ami extends condolences to Tony, Lisa, Anthony and his family on this difficult loss.

EDITH COLTOFF

Edith Coltoff, z"l, passed away May 16, 2022, in Belle Harbor, NY. She was the step-mother of Portlander Dave (Debra Perrin) Coltoff.

Congregation Neveh Shalom extends our deepest condolences to the extended Coltoff family.

SUBMISSIONS

Submit obituaries to
editor@jewishportland.org.

Obituaries are posted at
jewishportland.org/obituaries.

Pay tribute to family or friends in
memory of their dearly departed by
making a donation in their
honor. Call 503-245-6219 or visit
jewishportland.org/kavodtribute