

# The JEWISH REVIEW

Oregon and SW Washington's Online Jewish Newspaper

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## HOLIDAY RESOURCES

*The Jewish Federation of Greater Portland has curated a web-page jam-packed with resources to help you observe this year's High Holidays.*

*The page, [jewishportland.org/highholidayhappenings](http://jewishportland.org/highholidayhappenings), features links to several resources including the [High Holiday Community Calendar](#), which includes High Holiday services, classes and programs presented by congregations and Jewish organizations in Oregon and Southwest Washington.*

*The page also features links for holiday recipes and activities for families with young children, DIY Yom Kippur and Sukkot resources and projects, online resources, and general information about Rosh Hashanah, Yom Kippur and Sukkot.*

*One link provides [A Guide to Improve Mental Health in the New Year from the Blue Dove Foundation](#). That site features resources for individuals to reflect on and improve their own mental health as well as to contribute to the mental wellness of the Jewish community as we look forward to a sweet new year.*

*See pages 2 and 3 for contact information for congregations in Oregon and SW Washington.*



Rabbi Barry Cohen is the Jewish community chaplain of the Greater Portland area. [chaplain@jewishportland.org](mailto:chaplain@jewishportland.org)

## From Shofar to Shalom

BY RABBI BARRY COHEN

A piece of trivia: We cannot find the words “Rosh Hashanah” in the Torah. This holiday is rather labeled *Yom Teruah*, the day of the shofar blast. In that spirit, we hear four distinct shofar blasts during Rosh Hashanah worship: *tekiah*, *shevarim*, *teruah* and *tekiah gedolah*. Each blast sounds different. Each one elicits a different emotion. Each one teaches different lessons.

*Tekiah* is a single, short, uninterrupted blast. This expresses our longing for a sense of stability and consistency – qualities that are currently in short supply. Many of us use variations of the word “normal” to express how we wished life could be. During the past months, I have purposely tried not to say, “I hope things get back to normal.” Though I may hope to experience a sense of consistency, I know that hopes for returning to normal are unrealistic and counterproductive. Who knows what “normal” even means anymore.

In that way, *tekiah* is instructive. This blast teaches us to redefine the word “normal.” This blast reminds us that longing for normality sets a trap for us to long for a romanticized past or be satisfied with the status quo.

*Tekiah* grabs our attention. Its blast prepares us for what we need to do.

What follows is *shevarim*, three broken blasts. For many of us, this sound reminds us of the sound of crying. When we hear *shevarim*, we can recall our legitimate, authentic emotional response to tragedy, loss and trauma. This blasts emotionally connects us with others who are in pain, who are suffering and who are grieving. With *shevarim*, we are instructed not to sympathize with others’ pain, not to hold their pain at arm’s length. Rather, we are to empathize with their pain, to be with them during their suffering.

This blast calls us not only to get in touch with our own emotions but to connect with others who are feeling similar emotions. No one should suffer or grieve alone. *Shevarim* teaches us that these conditions are to be witnessed, expressed and shared.

See SHOFAR, page 4

## INSIDE

**Rosh Hashanah, Yom Kippur, Sukkot, Simchat Torah explained** – page 2

**Congregations**  
– pages 2 & 3

**Rabbis and leaders share thoughts for new year** – page 4

**Holiday Sensitivity Calendar with Jewish holiday dates through June 2025** – page 5

**Did you know? 1927 deal for hospital bed for needy** – page 6

**JFCS Walks Beside You** – page 6

**Free speech in polarized era** – page 6

**Respond to hate in virtual space** – page 7

**OJMCHE's campaign for human rights' space** – page 7

**ReJewvenation turns 18** – page 7

**RSVP NOW**  
**Sept. 22 is deadline to sign up to join Jewish Federation's 100th anniversary Gala**  
– page 8

**OBITUARIES:**

**Please visit**  
[jewishportland.org/obituaries](http://jewishportland.org/obituaries)

# HIGH HOLIDAYS 5783

(Jewish holidays start at sunset the evening before the first day of the holiday)

**Sept. 26-27: Rosh Hashanah | Oct. 5: Yom Kippur**  
**Oct. 10-16: Sukkot | Oct. 17-18: Shemini Atzeret & Simchat Torah**



Rabbi Michael Cahana of Congregation Beth Israel blows the shofar.

## Rosh Hashanah

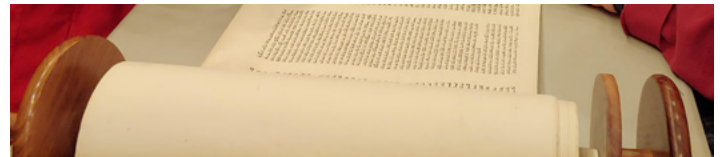
Rosh Hashanah, the Jewish New Year, celebrates the creation of the world. The day is a time of rejoicing as we wish each other *L'Shanah Tovah*, a good year. Apples dipped in honey symbolize hopes for a sweet new year. It is also a solemn day because it is also the Day of Remembrance, when the sound of the shofar calls each of us to recount our deeds of the past year in preparation for repentance on Yom Kippur. Throughout the High Holy Days, the challah is traditionally a round spiral loaf rather than a long twisted one. The round challah symbolizes the cyclical nature of life, the seasons and the Jewish year.

## Yom Kippur

Yom Kippur, the Day of Atonement, is a solemn fast day. We pray for forgiveness from G-d and repent sincerely for our sins during the past year. Families gather for a plentiful if simple meal before sundown on the eve of this holy day. At the end of the meal, festival candles are blessed and the fast begins for all adults whose health permits. Kol Nidre is recited as the opening prayer of Erev Yom Kippur services. At the conclusion of Yom Kippur, a single long shofar blast signals the end of the holy day, and families and friends gather for a light break-the-fast meal.

## Sukkot

This seven-day festival (eight days in the Diaspora for non-Reform congregations) is a celebration of the abundance with which G-d has blessed us. We are encouraged to eat our meals in the sukkah throughout the festival. The sukkah is a temporary dwelling covered with leafy branches and decorated with fruits and vegetables, symbols of the harvest. The sukkah is a reminder of the temporary dwellings our ancestors in ancient Israel used to live in the fields during the harvest. It also reminds us of the booths in which the Children of Israel dwelled during their wanderings in the desert after the exodus from slavery in Egypt.



## Shemini Atzeret/Simchat Torah

The days immediately following the end of Sukkot are the semi-independent holidays Shemini Atzeret and Simchat Torah. Some liberal congregations celebrate both in one day as Atzeret-Simchat Torah. Shemini Atzeret and Simchat Torah formally end the season of the High Holy Days. Simchat Torah is also the day on which we celebrate the renewal of the annual cycle of Torah readings. We read the final verses of Deuteronomy, then immediately recommence the cycle by reading the opening verses of Genesis.

## OREGON CONGREGATIONS BEYOND PORTLAND AREA

### SALEM/EUGENE

#### AHAVAS TORAH (Orthodox)

Eugene  
541-844-1340 | [ahavastorah.info](http://ahavastorah.info)

#### TEMPLE BETH ISRAEL (Reconstructionist)

1175 E. 29<sup>th</sup> Ave.  
Eugene, OR 97403  
541-485-7218 | [www.tbieugene.org](http://www.tbieugene.org)

#### BETH SHOLOM

1274 Cunningham Lane S  
Salem, OR 97302  
503-362-5004 | [www.tbsholom.org](http://www.tbsholom.org)

#### CHABAD OF SALEM

503-383-9569 | [www.JewishSalem.com](http://www.JewishSalem.com)

### CORVALLIS

#### BEIT AM Mid-Willamette Jewish Community

4318 NW Circle Blvd.  
Corvallis, OR 97330  
541-753-0067 | [beitam.org](http://beitam.org)

### BEND

#### BETH TIKVAH (Reform)

Bend  
541-388-8826  
[www.bethtikvahbend.org](http://www.bethtikvahbend.org)

#### SHALOM BAYIT (Reconstructionist)

Bend  
541-668-6887 | [jccobend.com](http://jccobend.com)

### SOUTHERN OREGON

#### CHABAD OF SOUTHERN OREGON

Ashland  
541-482-2778 | [ChabadofAshland.org](http://ChabadofAshland.org)

#### TEMPLE EMEK SHALOM

1800 E Main St.  
Ashland  
[www.emekshalom.org](http://www.emekshalom.org)

#### HAVURAH SHIR HADASH (Renewal)

Ashland  
541-488-7716  
[havurahshirhadash.org](http://havurahshirhadash.org)

#### MAYIM SHALOM

Coquille, OR  
541-759-3522

# GREATER PORTLAND-AREA CONGREGATIONS

## Ahavath Achim (Sephardic)

6686 Capitol Highway  
Portland, OR 97219  
503-227-0010  
Rabbi Devin Villarreal  
[ahavathachim.com](http://ahavathachim.com)

## The Alberta Shul

503-703-5205  
[albertashul.org/](http://albertashul.org/)

## Beit Haverim (Reform)

111 Country Club Drive  
Lake Oswego, OR 97034  
503-568-1241  
Rabbi Alan Berg  
[beithav.org](http://beithav.org)

## Beit Yosef (Sephardic)

4200 SW Vermont St.  
Portland, OR 97219  
971-220-8152  
Rabbi Eliyahu Weisman  
[beityosef.org/](http://beityosef.org/)

## Beth Israel (Reform)

1972 NW Flanders Street  
Portland, OR 97209  
503-222-1069  
Rabbi Michael Cahana  
Cantor Ida Rae Cahana  
Rabbi Rachel Joseph  
Cantor Rayna Green  
[bethisrael-pdx.org](http://bethisrael-pdx.org)

## Chabad of Oregon

Rabbi Moshe & Devora Wilhelm  
[rabbi@chabadoregon.com](mailto:rabbi@chabadoregon.com)  
[chabadoregon.com](http://chabadoregon.com)

## Chabad Jewish Center of Clark County

9604 NE 126th Ave # 2340  
Vancouver, WA 98682  
360-993-5222  
Rabbi Shmulik & Mrs. Tzvie Greenberg  
[jewishvancouverwa.com](http://jewishvancouverwa.com)

## Chabad Jewish Center of Hillsboro

965 SW Brookwood Ave  
Hillsboro, OR 97123  
503-747-5363  
Rabbi Menachem & Chaya Rivkin  
[chabadh.com](http://chabadh.com)

## Gresham Chabad Jewish Center

503-389-0312  
Rabbi Avrohom & Cheina Dyce  
[jewishgresham.com/](http://jewishgresham.com/)

## Chabad of Lake Oswego

Rabbi Shimon & Etti Wilhelm  
[jewishlo.com](http://jewishlo.com)

## Chabad of Northeast Portland

4635 NE 9th Ave.  
Portland, OR 97211  
503-309-4490  
Rabbi Chaim & Mushka Wilhelm  
[jewishnortheast.com](http://jewishnortheast.com)

## Chabad Center for Jewish Life SW Portland

6612 SW Capitol Hwy  
Portland, OR 97219  
503-381-7119  
Rabbi Motti & Mimi Wilhelm  
[jportland.com](http://jportland.com)

## Chabad at Reed College & Southeast Portland

3355 SE Steele Street  
Portland, OR 97202  
503-752-2258  
Rabbi Dov & Chani Bialo  
[jewishreed.com](http://jewishreed.com)

## Chabad Urban Jewish Oasis

1218 NW Glisan St Portland  
503-246-5437  
Rabbi Chayim & Simi Mishulovin  
[everythingjewishportland.com](http://everythingjewishportland.com)

## Chabad Young Professionals/ Chabad NW

503-583-2025  
Rabbi Meir & Sheina Posner  
[www.Pdxcyp.org](http://www.Pdxcyp.org)

## Tigard Chabad

12555 SW Summer Crest Dr  
Tigard, OR 97223  
Rabbi Menachem & Chaya Orenstein  
971-329-6661  
[jewishtigard.com](http://jewishtigard.com)

## Havurah Shalom (Reconstructionist)

825 NW 18th Ave.  
Portland, OR 97209  
503-248-4662  
Rabbi Benjamin Barnett  
[havurahshalom.org](http://havurahshalom.org)

## Kesser Israel (Orthodox)

6698 SW Capitol Hwy  
Portland, OR 97219  
503-222-1239  
Rabbi Sholom Skolnik  
[kesserisrael.org](http://kesserisrael.org)

## Kol Ami (Reform)

7800 NE119th St  
Vancouver, WA 98662  
360-896-8088  
Rabbi Elizabeth Dunsker  
[jewishvancouverusa.org](http://jewishvancouverusa.org)

## Kol Shalom (Humanistic)

2420 NE Sandy Blvd  
Portland, OR 97232  
503-459-4210  
[kolshalom.org](http://kolshalom.org)

## Neveh Shalom (Conservative)

2900 SW Peaceful Lane  
Portland, OR 97239  
503-246-8831  
Rabbi David Kosak  
Cantor Eyal Bitton  
Rabbi Eve Posen  
[nevehshalom.org](http://nevehshalom.org)

## P'nai Or of Portland (Renewal)

c/o Hillsdale Com. Church  
6948 SW Capitol Hwy.  
Portland, OR 97219  
503-248-4500  
Rabbi Hannah Laner  
[pnaiorpdx.org](http://pnaiorpdx.org)

## Shaarie Torah (Conservative)

920 NW 25th Ave  
Portland, OR 97210  
503-226-6131  
Rabbi Gary Ezra Oren  
[shaarietorah.org](http://shaarietorah.org)

## Congregation Shir Tikvah (Independent)

2420 NE Sandy Blvd.  
Portland, OR 97232  
503-473-8227  
Rabbi Ariel Stone  
[shirtikvahpdx.org](http://shirtikvahpdx.org)

## Related Organizations

### Community Chaplain

Rabbi Barry Cohen  
[chaplain@jewisportland.org](mailto:chaplain@jewisportland.org)  
971-361-6124

### Oregon Board of Rabbis (OBR)

Introduction to Judaism Class  
JoAnn Bezodis  
971-248-5465  
Rabbi Jonathan Seidel, Chair  
[oregonboardofrabbis.org](http://oregonboardofrabbis.org)

### Rachel's Well Community Mikvah

6655 SW Capitol Highway  
Portland, OR 97219  
971-220-5580  
[mikvahpdx@gmail.com](mailto:mikvahpdx@gmail.com)  
[jewishportland.org/mikvah](http://jewishportland.org/mikvah)

### Mikvah Shoshana

[portlandmikvah@gmail.com](mailto:portlandmikvah@gmail.com)  
[Facebook.com/PortlandWomensMikvah](https://Facebook.com/PortlandWomensMikvah)



# Rabbis & leaders share thoughts for new year

**Marc N. Blattner, President and CEO Jewish Federation of Greater Portland**

Rosh Hashanah is the time for introspection. We take the opportunity to reflect on the past. This will guide our actions going forward. On behalf of the leadership at the Jewish Federation, warmest wishes to you and your family for a year of joy, prosperity and good health in 5783.

**Rabbi Eve Posen, Associate Rabbi, Neveh Shalom**

*Teshuvah, Tefillah, Tzedakah* – Return, Renew, ReGrow. In this new year, may we find ourselves guided by returning to a center of balance, a strong sense of faith and the ability to contribute proactively in our society.

**Hannah Sherman, Executive Director PDX Hillel**

As we enter 5783, my hope for the year is to build bridges between our college students and the Portland Jewish community, strengthening students' connections to a vibrant Jewish life.

**Rabbi Ariel Stone, Shir Tikvah**

The work of *teshuvah* is about understanding we need to find wholeness for ourselves, but not only for ourselves. Our healing is bound up in that of others. May 5783 be a year of kindness: let not the social, political and environmental stresses of our times drive us away from each other.

**Meira Spivak, NCSY Ore. Director**  
New beginnings | A chance to start fresh | Undo the past | Set new goals | Expect nothing from others | Give only of yourself | It's never too late | You're never too old | For a second chance | At a new beginning.

**Rabbi Dov Bialo, Chabad at Reed College & SE Portland**

Some think we do a mitzvah for G-d to love us – *chossidut* flips that. G-d loves us and so gifts us a "piece" of Himself in Torah. Let's begin the year confident in G-d's love. Embrace Torah and *mitzvot* and "tip the scale to bring healing and redemption to the world."

**Abbie Barash, Cascadia Field Manager, OneTable**

Blessed are those who create fresh starts at their Shabbat tables. May we have the courage to try out new traditions – maybe it's an added ingredient in your challah recipe, a candle-lighting ritual borrowed

from another Jewish culture or welcoming someone brand new into your home for Friday night Shabbat.

**Rabbi Meir Goldstein, Ore. Hillel**

The first *tikkun* is the *tikkun* of self for its perfection. The second is the *tikkun* of this world (Zohar II:15b). The shofar awakens us to our life's work: becoming compassionate in a world of outrage, humble in a world of self-promotion ... new, better selves for a new, better world.

**Judy Margles, Director, Oregon Jewish Museum and Center for Holocaust Education**

I associate Rosh Hashanah with baking Runi Hyman's honey cake. The kosher caterer fed Jewish visitors and eventually cooked for synagogue events, weddings and bar mitzvahs for more than 50 years. Although most of Runi's recipes have disappeared, her honey cake lives on, a wonderful foretelling for a sweet year.

**Rabbi Avrohom Dyce, Chabad of Gresham**

This upcoming year is unique being a "Year of *Hakel*," when in Temple times the entire Jewish people would gather in Jerusalem to hear the reading of the *Shema Yisrael* prayer from the Torah. I pray that this year the *Shema* resonates in our hearts as we achieve new milestones.

**Steve Albert, Executive Director, Middleman Jewish Community Center, Portland Jewish Academy**

On behalf of everyone at the Schnitzer Family Campus, I wish for a new year filled with peace, joy and good health, as well as meaningful opportunities for renewed connection throughout our community.

**Rabbi Eliyahu Weisman, Beit Yosef**

Rosh Hashanah affords us an opportunity to reflect on our past and conscientiously shape our future. May we merit another year of precious life filled with blessings, gratitude and kindness. May we forge genuine connections to each other and bring a beaming smile brimming with *nachas* to God's face.

**Kimberly Fuson, CEO, Cedar Sinai Park**

*Don't you know yet? It's your light that lights the world. ~Rumi*

Each of your lights brightens the soul of Cedar Sinai Park. Keep shining! May 5783 connect us with love and peace in our local and global communities. From all of us at CSP, know that you are a blessing.



Runi Hyman, c. 1960 (OJM635), started a kosher catering business in Portland in the 1920s. Most of her recipes have been lost, but you can find the recipe for Runi's honey cake for the New Year at [voices.washingtonpost.com/all-we-can-eat/recipes/honey-cake-off-day-2.html](https://www.voices.washingtonpost.com/all-we-can-eat/recipes/honey-cake-off-day-2.html). Runi's story will be part of OJMCH's Sept. 21 Noon Zoom on [High Holiday stories](#) from the oral history collection. A recording of the session will be available at [ojmche.org/calendar/recorded-events/](https://ojmche.org/calendar/recorded-events/)

## SHOFAR (cont. from page 1)

Next we hear *t'ruah*, nine staccato blasts. This sound represents the traumas we have experienced, wave after wave. But *t'ruah* is also an alarm clock waking us up. *T'ruah* demands that we respond to the trauma and pain we have experienced. It requires us to be aware of our broken world, of the injustice that continues to exist and of the suffering of others.

Within *t'ruah* is the wisdom of how to respond pragmatically. The multiple notes of this blast teach us to act systematically and strategically. We are to take one step after another – sometimes forward, sometimes sideways, sometimes even backwards. But the goal remains the same: healing.

The final blast is *tekiah g'dolah*. It is long, uninterrupted and unbroken. We can connect this blast with the word *shleimut*, wholeness. This blast reminds us to keep an eye on the ultimate goal: the fulfillment of our hopes, dreams and aspirations.

"Aspiration" is a fascinating word. It conjures the image of "the action of breathing into." The sound of each shofar blast requires a skilled use of our breath. *Tekiah*, *shevarim*, *teruah* and *t'kiah g'dolah* embody a "breathing into" to teach specific lessons that lead to a desired common result: healing and wholeness.

During Rosh Hashanah and culminating with Yom Kippur, when we hear the shofar blasts, let us focus our energy and emotion in a disciplined way to ensure that the year 5783 is healthier than 5782.

The blasts remind us of the preciousness of our "breathing into." Through our carefully chosen words and deeds, we can heal ourselves, heal our relationships, heal our families, heal our communities and even heal our nation.

The air we have in our lungs – representing our psychological, spiritual and physical energy – is limited. Throughout 5783, may we use it patiently, passionately and pragmatically to foster *shalom*.

# At a Glance – Jewish Calendar Sensitivity Guide

Calendar data pulled from <https://www.hebcal.com/holidays/> Links will take you to HebCal's in depth pages.

For questions about holidays or any challenges with school/work conflicts  
please contact the Jewish Federation of Greater Portland for support 503-245-6219

## Shabbat

Shabbat begins on Friday night at sundown and ends at nightfall on Saturday (about 25 hours later) every single week. Traditionally observant households refrain from “work” and don’t use cars, electricity, etc.

## Major holidays (Biblical in Origin):

Holidays begin at sundown on the first date specified and end at nightfall on the last date specified.

Dates in bold are *Yom Tov*, so they have similar obligations and restrictions to Shabbat in the sense that normal “work” is forbidden.

Holiday	Mood:	Considerations:	5783 2022-2023	5784 2023-2024	5785 2024-2025
Rosh Hashana	Contemplative/Joyful	People likely to miss school/workAppropriate to send Greetings ahead of Holiday. – “Shanah Tovah”	<b>Sep 25-27 Su-Tu</b>	<b>Sep 15-17 F-Su</b>	<b>Oct 2-4 W-F</b>
Yom Kippur	Repentant/Awe Fast Day	People likely to miss school/workAppropriate to send greetings ahead of holiday “May you be inscribed and sealed for a good year.”	<b>Oct 4-5 Tu-W</b>	<b>Sep 24-25 Su-M</b>	<b>Oct 11-12 F-Sa</b>
Sukkot	Joyful/Celebratory	People may miss school/work on <b>BOLD</b> dates.	<b>Oct 9-11 Su-Tu</b> Oct 12-16 W-Su	<b>Sep 29-Oct 1 F-Su</b> Oct 2-6 M-F	<b>Oct 16-18 W-F</b> Oct 19-23 Sa-W
Shmini Atzeret	Joyful	People may miss school/work on <b>BOLD</b> dates.	<b>Oct 16-17 Su-M</b>	<b>Oct 6-7 F-Sa</b>	<b>Oct 23-24 W-Th</b>
Simchat Torah	Joyful	People may miss school/work on <b>BOLD</b> dates.	<b>Oct 17-18 M-Tu</b>	<b>Oct 7-8 Sa-Su</b>	<b>Oct 24-25 Th-F</b>
Pesach/Passover	Joyful (Stressful for many leading up to the holiday due to significant preparation needs.)	People may miss school/work on <b>BOLD</b> dates.Kosher rules on Passover are significantly more restrictive. Food should not be served unless it's coming directly from the DK's Passover offerings.	<b>Apr 5-7 W-F</b> Apr 8-10 Sa-M <b>Apr 11-13 Tu-Th</b>	<b>Apr 22-24 M-W</b> Apr 25-27 Th-Sa <b>Apr 28-30 Su-Tu</b>	<b>Apr 12-14 Sa-M</b> Apr 15-17 Tu-Th <b>Apr 18-20 F-Su</b>
Shavuot	Joyful	People may miss school/work on <b>BOLD</b> dates.	<b>May 25-27 Th-Sa</b>	<b>Jun 11-13 Tu-Th</b>	<b>Jun 1-3 Su-Tu</b>

## Minor holidays (“Rabbinic” in Origin):

Holiday	Mood:	Considerations:	5783 2022-2023	5784 2023-2024	5785 2024-2025
Tu BiShvat	Joyful	New Year of the Trees	Feb 5-6 Su-M	Jan 24-25 W-Th	Feb 12-13 W-Th
Purim	Joyful		Mar 6-7 M-Tu	Mar 23-24 Sa-Su	Mar 13-14 Th-F
Chanukah	Joyful	Candles lit in evening for 8 nights	Dec 18-26 Su-M	Dec 7-15 Th-F	Dec 25-Jan 2 W-Th

## Modern Israeli holidays (observed by Jews in the US, too):

Holiday	Mood:	Considerations:	5783 2022-2023	5784 2023-2024	5785 2024-2025
Yom HaShoah	Sad/Mournful	Holocaust Remembrance Day	Apr 17-18 M-Tu	May 5-6 Su-M	Apr 23-24 W-Th
Yom HaZikaron	Sad/Mournful	Israeli Memorial Day	Apr 24-25 M-Tu	May 12-13 Su-M	Apr 29-30 Tu-W
Yom HaAtzma'ut	Joyful/Prideful	Israeli Independence Day	Apr 25-26 Tu-W	May 13-14 M-Tu	Apr 30-May 1 W-Th



Jewish Federation  
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## Next issues

### Issue date Deadline

Oct. 12	Oct. 6
Oct. 26	Oct. 20
Nov. 9	Nov. 3
Nov. 23	Nov. 17

Submit photos, news and  
obituaries to  
[editor@jewishportland.org](mailto:editor@jewishportland.org)

6 Jewish Review Sept. 21, 2022

Did you know?

## A hospital bed for someone in need

*This marks Jewish Family & Child Service's 75th year. In the runup to JFCS' culminating, celebratory event on May 18, 2023, this space offers occasional looks back at agency history our community may – or may not – remember.*

In 1927, the National Council of Jewish Women Portland Section paid \$5,000 to St. Vincent Hospital-based Sisters of Charity of Providence. The NCJW payment ensured the hospital would furnish ward accommodations and services in perpetuity to provide needed healthcare to a low-income Jewish person. The NCJW and JFCS would vet the individual seeking care.

Fast-forward to the mid-1960s. Garry Kahn, then a young lawyer and JFCS board member, recalls the story of a young Jewish woman in need. She was poor, scared and uncertain where to turn.

She made her way to JFCS, whose executive director was Alvin Rackner, z"l, who served in that role for 27 years. Desiring to help the woman in need, Alvin looked into providing the St. Vincent-based bed to her. However, the Sisters of Charity claimed hospital costs were too high and believed the woman's care too expensive to provide gratis.

Alvin requested that Garry take on the case pro-bono. He did – with the assistance of fellow young lawyer, Howard Feuerstein – and they prevailed in Multnomah County Circuit Court. The hospital appealed the decision to the Oregon Supreme Court. This was the first time the state's highest court addressed this issue in a medical-treatment case.

In 1973, Oregon's highest court ruled the 1927 agreement was enforceable and the "Jewish Endowed Bed" should be available to Jewish patients who are needy and "the legitimate objects of charity," Garry says.

The Jewish Endowed Bed agreement remains in place and has been used many times in the years since the binding legal decision of 49 years ago.

"It was one of the most gratifying cases I ever took on; Alvin said on numerous occasions how gratified he was about the outcome," says Garry.

Throughout this 75th year, JFCS is sharing history and memories. Do you have a JFCS-related "Did you know" story of your own for this space? If so, please contact Jenn Director Knudsen, communications manager, at [jdirectorknudsen@jfccs-portland.org](mailto:jdirectorknudsen@jfccs-portland.org).

## JFCS walks beside you during holidays & beyond

BY JENN DIRECTOR KNUDSEN

"This group meant the world to me. It really helped me greatly," says a client of Jewish Family & Child Service's grief-processing group, Walking Beside You. "This is where my home was for the help I needed ... I felt so connected to the participants, like we're all a family. I'm in a much better place than where I started."

Due to community members' very positive response to Walking Beside You, this fall marks the third time its co-facilitators are offering the online opportunity through JFCS' Counseling program. It will run for eight consecutive weeks.

JFCS' Missy Fry, LCSW, CAGCS, behavioral health social worker and certified advanced grief counseling specialist, and Rabbi Barry Cohen, community chaplain at the Jewish Federation of Greater Portland, facilitate the group. They invite anyone experiencing the loss of someone close to log on to Walking Beside You; it might be just right for you, perhaps particularly at this time of year.

"While the holidays are a joyous and busy time for many, it can also be an overwhelming time of constant reminders of loss," Missy says.

As it has been for another client, who says "I did look forward to each session, since each day brings up many challenges after a loss of loved ones. The guidance was helpful."

Yet another adds, "Missy and Rabbi Cohen provided a safe and intimate space for those grieving to share their experiences and support each other."

Walking Beside You is made possible from generous donations from the Leonard & Lois Schnitzer Charitable Supporting Foundation of the OJCF, the Jewish Federations of North America's Center for Holocaust Survivor Care and Institute on Aging and Trauma, the Jewish Federation of Greater Portland and the Zidell Family Foundation.

Walking Beside You, session 3, begins Thursday, Sept. 29, from 2 to 3 pm. For more information, visit [jfccs-portland.org/walking-beside-you/](http://jfccs-portland.org/walking-beside-you/).

## Oct. 2: Freedom of speech in polarized time

Legal scholar Erwin Chemerinsky will speak on "The Meaning of Freedom of Speech in a Politically Polarized Time" at Congregation Beth Israel at 3 pm, Oct. 2.

Chemerinsky is dean of the University of California, Berkeley School of Law. He is an expert in constitutional law, federal practice, civil rights and civil liberties. A prolific author, he is one of America's most respected and widely cited legal scholars. His books include *The Case Against the Supreme Court* and *We the People: A Progressive*

*Reading of the Constitution for the Twenty-First Century*.

He co-chairs the national advisory board of the University of California's National Free Speech Center, which champions free speech and civic engagement on college campuses.

He grew up in a working class Jewish family on Chicago's South Side and graduated from Northwestern University and Harvard Law School.

The program is co-sponsored by CBI's adult education committee and Lewis and Clark Law School.



## Oct. 2: How to respond to hate, antisemitism in virtual spaces

Teens and adults are invited to an Oct. 2 program “How to Respond to Hate and Antisemitism in Virtual Spaces.”

The program will meet from 1 to 3 pm at Congregation Beth Israel, 1972 NW Flanders St.

“It is no longer a question of whether or not they (teens) will encounter or experience hatred toward Jews but rather when will they encounter that hatred,” says keynote speaker Dr. Rachel Fish. “In order to address that in a meaningful way you have to be prepared and have the tools and your tool kit ready to go.”

Jew hatred is not a phenomenon of the past; unfortunately, it persists today from across the political spectrum. Dr. Fish will share with us how antisemitism manifests today, both in real life and online, and how this particular form of hatred has entered mainstream discourse in politics, media and social justice conversations. Dr. Fish will also share tools for how to navigate the complexity of this issue. Following Dr. Fish’s presentation, small-group facilitated conversations will be offered separately for teens and adults.

The program is co-sponsored by the Jewish Federation of Greater Portland, StandWithUs, ADL Pacific Northwest and the Oregon Jewish Community Youth Foundation.

Dr. Fish is a scholar of Israeli history, Zionist thought and Middle Eastern studies. She is the cofounder of [Boundless](#), a think-action tank partnering with community leaders to revitalize Israel education and take bold collective action to combat Jew hatred. Boundless is a new nonprofit reimagining Israel education and engagement and taking bold collective action to combat Jew hatred across North America. Previously, she served as the founding executive director of the Foundation to Combat Anti-Semitism, which focuses on educating young people who spend time on digital platforms.

Register at [jewishportland.org/antisemitism](http://jewishportland.org/antisemitism).

For more information or if you are unable to attend in person, please contact JFGP Director of Educational Initiatives & Associate Director of Community Relations Rachel Nelson at [rachel@jewishportland.org](mailto:rachel@jewishportland.org) or 503-892-7415.

## Oct. 13-16: Women ReJewvenate

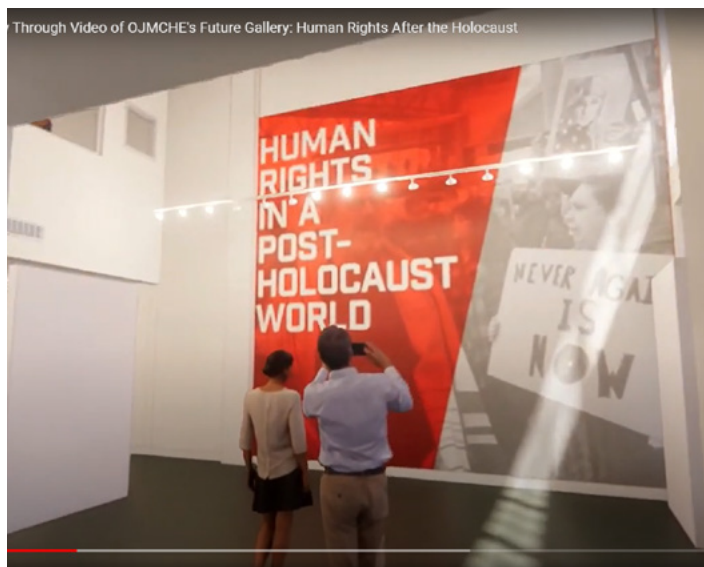
B’nai B’rith Camp will host its 18th ReJewvenation women’s retreat Oct. 13-16 at the camp on Devil’s Lake near Lincoln City.

ReJewvenation is a weekend getaway for all women 21- to 101-years-young. Join the retreat for two or three days of connection with friends new and old at our peaceful lakeside. Step away from everyday responsibilities to focus on recharging your mind, body and soul. At ReJewvenation, Jewish traditions are experienced through the lens of shared values so everyone can connect meaningfully with its warmth, regardless of spiritual background or level of observance.

Please join us in bringing the light and youthful enthusiasm of your 18-year-old self to our Chai celebration. Tell a funny story to highlight “If I’d only known then what I know now,” and share hopes and ideas for how to make the world better for today’s 18-year-old women.

We have all grown up, including BB Camp, and gone are the days of “roughing it.” Instead of trekking to the shower house, each ADA-accessible cabin is heated and equipped with full bathrooms. Instead of choking down “bug juice,” at ReJewvenation, you are invited to sip a glass of rosé with your meal. And instead of being on a counselor’s set schedule, you’re free to be as active or relaxed as you wish, choosing from a myriad of options, some of which include Mahjong, arts and crafts, paddle boarding, kayaking, yoga, getting a massage, soaking in the hot tub, or just tucking into that book that’s been collecting dust on your nightstand.

Registration and more information at [bbcamp.org/rejewvenation](http://bbcamp.org/rejewvenation).



This rendering of future gallery space is from a “fly through” video created by Deca Architecture to show how the new gallery and exhibition will be integrated into the existing Oregon Jewish Museum and Center for Holocaust Education.

## Museum launches campaign to expand space & human rights

Oregon Jewish Museum and Center for Holocaust Education announces expansion of the museum with a new gallery and launches Campaign for the Future: Advancing Human Rights and Civil Rights Education.

On July 1, 2022, OJMCHE acquired the adjacent 1,000-square-foot gallery space on Northwest 8th Avenue to present a new core exhibition “Human Rights After the Holocaust.”

OJMCHE also launched a fundraising campaign to support the museum expansion and the development of this powerful new exhibition. The campaign goal is \$1.5 million and to date through individual gifts, foundation giving and grants, OJMCHE has raised more than \$1 million. Recently, OJMCHE received a challenge grant of \$75,000 from the Maybelle Clark MacDonald Fund, and OJMCHE is now reaching out to the community to support the Campaign for the Future with matching gifts.

As Oregon’s only museum focused on educating the general public about immigration, discrimination and persecution, OJMCHE connects the painful past to the relevant present.

“Telling stories is the best way to reach an audience, including the next generation; our stories influence, teach, inspire and forge human connections,” says OJMCHE Director Judy Margles.

“With the expansion of the museum and the opening next June of the new multi-media exhibition, ‘Human Rights After the Holocaust,’ OJMCHE will dramatically enhance the power and reach of our core mission to include today’s realities. Replacing ignorance, aggression and hate with enlightened understanding, acceptance and compassion is at the very core of promoting human rights and civil rights.”

OJMCHE is working with Deca Architecture Inc. and Emerick Construction to integrate the new gallery within the existing museum and plans to open the new core exhibition in June 2023.

For more information and to contribute to the campaign, visit [ojmche.org/campaign-for-the-future/](http://ojmche.org/campaign-for-the-future/).

# FINAL TWO DAYS TO REGISTER!

RSVP DEADLINE TOMORROW 9/22!



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as we celebrate 100 years  
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Register Today  
[JewishPortland.org/GalaCelebration](https://JewishPortland.org/GalaCelebration)  
RSVP by September 22, 2022