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Congregation Neveh Shalom Assistant Executive Director Michelle Caplan, a breast cancer survivor, sports pink ribbon fingernail paint in recognition of Breast Cancer Awareness Month. (Rockne Roll/The Jewish Review)

'A lifelong journey'

Breast Cancer Awareness Month an important reminder, especially for Jewish women

By **ROCKNE ROLL**
The Jewish Review

October is Breast Cancer Awareness Month. According to the World Health Organization, 25 percent of cancers diagnosed in women will be breast cancer. Approximately one in eight women will develop breast cancer in her lifetime, per the American Cancer Society.

Michelle Caplan, Marlene Edenzon, and Becky Ewer were

each the one in eight. All three are alive and well today thanks, they all say, to early detection.

Caplan, the Assistant Executive Director at Congregation Neveh Shalom had a grandmother and two aunts who battled breast cancer.

"It was something in my head that I knew that I needed to regularly get checked," she said.

See **CANCER**, page 4

Impact returns Nov. 16

By **ROCKNE ROLL**
The Jewish Review

One of the highlights of Jewish Portland's pre-pandemic fall is back.

The Jewish Federation of Greater Portland's Women's Philanthropy will host Impact 2023 at the Mittleman Jewish Community Center Thursday, Nov. 16 at 5:30 pm, featuring keynote speaker Juju Chang.

"It's the first time connecting this way with our community, in person, since 2019," explained event co-chair Karen Blauer. "That's really exciting to have an opportunity to come together."

Chang has won three Emmy awards for her work with ABC News, where she started working in 1984. She's appeared on *World News Tonight*, *Good Morning America* and *Nightline*. Chang converted to Judaism in 1995 before marrying her husband, Neil Shapiro. All three of the couple's children have attended a Jewish day school in New York, and she is active in her synagogue, Congregation Rodeph Shalom, while also working with the Anti-Defamation League. She's spo-

See **IMPACT**, page 6

Learning Lab brings Jewish study to Mother's Bistro Oct. 25

By ROCKNE ROLL

The Jewish Review

Learning can be delicious. Especially Jewish learning. At least that's Rabbi Josh Rose's idea.

Co/Lab's latest Learning Lab program, "Question Everything: The Jewish Challenge to the Present," will be held Wednesday, Oct. 25, 6:30 pm, at Mother's Bistro in Downtown Portland.

Rabbi Rose was inspired by the work of Rabbi Charlie Schwartz, founder of Sefaria, who opened Lehrhaus, a "Jewish tavern and house of learning," in Boston in 2022. Rabbis Rose and Schwartz were previously Portland neighbors, and Rabbi Rose loves the idea of food and study coming together.

"I can't open a restaurant," he said, "but the next best thing was going to an awesome Portland institution."

Motner's is owned by Lisa Schroder, who assisted with previous Co/Lab food events.

"It's a kind of central location and the food is great," Rabbi Rose said. "I need a place to do this that's not just the same old, same old."

Rabbi Rose has a passion for teaching Jewish sacred texts, dating back to his days as a congregational rabbi.

"One of the insights of Jewish learning is that the text does not have in it an inherent meaning," he said. "That takes shape based on the dialogue between the people who are approaching it."

In order to facilitate that approach, the conversation and texts will be provided in English, and no prior knowledge or experience is required. But while the discussion is easily accessible for those without a background in Jewish textual study, Rose is confident that it will not lack for depth.

"The goal of this program is, on the one hand, to make it accessible to people no matter what their background is in terms of their own knowledge base, but to do that in a way where the learning is not superficial; to take folks who don't have the rich background but to show them how to go very deep into some of these texts and ideas to enrich the conversation," Rabbi Rose said. "I want to make it well worth their while. I want them to walk away with some insight, inspiration, something to think about."

The conversation will start in a group manner and then move to a partnered discussion, in the classic manner of Jewish study. This program will be centered on what Rose identifies as the first question of the Torah, in the third chapter of Genesis where Adam and Eve hide in the Garden of Eden after they become aware of their nakedness. The translated text reads "G-d called out to the Human and said to him, 'Where are you?'"

"That question in and of itself becomes a way to understand what each human being, not just the two in the imagined Garden of Eden, but every one of us faces," Rabbi Rose said. "Where are you, as the world is in this situation it's in, where are you and why are you hiding?"

The cherry on top of the evening? Valet parking is free.

Registration is \$10 and available at colabpdx.org/learninglab. While the program is accessible for newcomers to Jewish textual study, Rabbi Rose emphasized that even advanced students will be able to gain something from the conversations.

"I would say that these texts are rich enough and the way we're approaching them unique enough that even for seasoned Jewish learners, there's going to be something surprising and interesting," he said.

A Reflective Reunion



Participants in the Jewish Federation of Greater Portland's March Mission to Israel gathered for a hummus-tasting reunion at the Eastside Jewish Commons Sunday, Oct. 15. Planned before the Simchat Torah terror attacks, the reunion became a point of connection to process events. "Coming together, for me, feels really good," EJC Board Chair Karen Blauer said. "It's comforting." (Rockne Roll/The Jewish Review.)

Rohr's essay among the "Fruit of Yitzhak's Tree"

By ROCKNE ROLL

The Jewish Review

Congregation Neveh Shalom's own Brian Rohr is featured in an upcoming volume celebrating storyteller and *maggid* (spiritual teacher) Yitzhak Buxbaum z"l.

"*Sefer P'ri Etz Yitzhak*," known in English as "The Fruit of Yitzhak's Tree," published by Shoshannah Brombacher and Bruce Dov Forman, explores Buxbaum's life and influence on Jewish storytelling through essays by his students and others who were influenced by his work and legacy.

Beyond his oral storytelling, Buxbaum authored a dozen books, most notably "Jewish Spiritual Practices," "The Life and Teachings of Hillel" and "The Light and Fire of the Baal Shem Tov." When he passed in 2020, Brombacher and Forman, two of his students, wanted to provide a compendium of his legacy.

"We started putting together our ideas and thinking we'd be

lucky if we can get 100 pages and that would be OK," Forman said.

The finished work is over 600 pages of stories, essays, photographs and original artwork across two volumes. Among them is Rohr's essay on being what he calls a story carrier.

"The idea is there's storytellers in the world obviously, but it's equally, and I would sometimes argue more, important to know what it means to be a story carrier," he said. "The whole idea of being a story carrier is that stories can be maps of our lives. We use stories to understand the world."

The collection concludes with an essay by Brombacher, a writer and visual artist, and Forman, a therapist, about the future of Jewish storytelling.

"I feel very honored to have been invited to be included with this," Rohr said. "[Buxbaum] was very influential for a lot of people."

The full book will be released Oct. 22 and is available on Amazon.

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CANCER

(continued from page 1)

A mammogram in October of 2015 was clean, but during a routine physical six months later, her doctor paused during the breast exam portion.

"She suddenly says, 'Do you feel that?'" Caplan recalled. "And I said, 'Well, now that you mentioned it, yes, I do.'"

Becky Ewer, the Marketing and Creative Director for the Mittleman Jewish Community Center and Portland Jewish Academy, had a similar experience – her physician found a lump during a routine exam.

"She just thought like, 'oh, that's nothing' because I was only 35," Ewer recalled.

Nevertheless, they investigated further. A mammogram was negative, but subsequent ultrasound and biopsy found the tumor. Ewer had just gotten engaged.

Marlene Edenzon, Neveh Shalom's Executive Director, found her own – a self-exam unearthed a suspicious region that further testing revealed to be cancerous. She received her diagnosis on Thanksgiving Day.

"Anytime you hear the word 'cancer,'" she said, "it's a moment where everything else shuts down for you."

For Ashkenazi Jewish women, genetics is an extra issue when it comes to breast cancer.

Mutations in what are known as the BRCA1 and 2 genes are associated with a 60 percent lifetime chance of developing breast cancer, as well as increased risk of ovarian cancer and with aggressive forms of prostate cancer in men as well as pancreatic cancer across sexes. These mutations are present in approximately one in 400 American adults, but that frequency is 10 times higher in the Ashkenazi population.

Stephanie Goettl, a genetic counselor with Oregon Health and Science University in Portland, encourages people who have higher risk factors for BRCA mutations, including Ashkenazi Jews, who have a family history of cancer to speak to their primary care provider about genetic testing and counseling. The procedure is as simple as a blood draw or a saliva swab.

"We have pretty good luck with having insurance cover genetic testing, especially when people meet the criteria," Goettl said. "Probably about 90 percent of people end up paying. \$100 or less for testing."

For those who wouldn't otherwise qualify, the Healthy Oregon Project offers free testing for 30 genetic disease risk factors, including both BRCA mutations, for free as part of an ongoing research project at OHSU. More information is available at Healthyoregon-project.com.

Ewer, Edenzon and Caplan were all negative for BRCA mutations. All three had surgery to treat their cancer. Caplan needed a mastectomy, where the entire breast is removed. She elected to have both breasts removed at the time – a double mastectomy.

I don't want to be always looking over my shoulder, thinking 'When is it going to happen on the other side?'" she said.

Ewer had a lumpectomy, but the surgeon didn't achieve satisfactory results, so she went back under the knife to have a mastectomy. In between the two breast surgeries, she had eggs harvested because her post-surgical treatment involved chemotherapy drugs that would potentially damage those eggs. Today, women undergoing egg harvesting have an 80 percent chance of being able to have a child successfully; when Ewer was diagnosed, that number

was closer to 30 percent.

"We were like presented with this crazy news that I might not have any fertility after I got through the treatments," she recalled.

While Edenzon avoided chemotherapy after her surgery, she had to endure eight weeks of daily radiation treatments that "knocked the crap out" of her.

"Radiation was the most challenging for me," she elaborated. "I burned severely and had skin grafting done afterwards. Because of where my cancer was on my left side, up high, you have heart and lungs right there, they're not into radiating hearts and lungs, so they had to create a prosthesis."

Something akin to a miniature shielding apron from a dentist office was implanted to protect Edenzon's heart and lungs and hold the cancer in place for the radiation.

"It's cumulative," she said of the effects of the radiation treatment. "Suddenly you wake up one morning and go, 'I just can't drag myself out of bed.'"

Edenzon was living in Los Angeles at the time and credits her community with getting her through the process.

"[I] had access to lots of doctors, lots of knowledge, lots of information which is very helpful, but more than anything the support the meals, the visits, the willingness to drive you, take you and sit with you," she said. "Those were the moments that made a difference."

Ewer had significant side effects from post-surgical treatment, but credits the MJCC and PJA with supporting her with a flexible work schedule.

"At the time nobody worked from home," she recalled. "I took one week off every round and I had four rounds and they were just worked with me and were super supportive for me to be able to do that."

Her egg harvesting was successful – she had one child with a surrogate and later was able to carry a child herself – and recently completed the last of her long-term hormone treatments to prevent recurrence.

Caplan appreciated the support she received from her then-employer, Nike, but particularly thanked the Neveh Shalom community, where she was a member before rejoining the staff, for lifting her and her family up through her treatment.

"I have a few friends that you know came with me to appointments throughout that period," she said. "For me and for my husband, it was important for us to be able to talk about it because it was how we were processing it."

Caplan blogged extensively about her experience and became involved with [Breast Friends](http://BreastFriends.org) and [Fighting Pretty](http://FightingPretty.org), two national organizations that support breast cancer patients. She's become something of a resource herself – she mentioned that she frequently gets phone calls from women in Portland's Jewish (and non-Jewish) community who have been recently diagnosed. Sharsheret, the Jewish Breast and Ovarian Cancer Community, has a variety of resources about breast cancer, BRCA gene mutations, and more at sharsheret.org.

"You have to be an advocate for yourself," Caplan said. "So I really push people to use those resources to pull them in because that makes all the difference in the world to know that you're not alone."

While she remains cancer free, Caplan said her illness will always be a part of her life.

"It's a lifelong journey because it's always going to be part of who I am," she said. "It has become easier. I don't feel as anxious about it as I did for the first few years. But it's always there."

All three women emphasized the importance of mammograms and check-ups to spot the disease early.

"It was really lucky because if she hadn't felt that," Ewer said referring to the exam where her doctor found her cancer, "I probably wouldn't have felt it and we would have been a year or two later and then that would have been a different story."

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"Braids" a 'lifelong dream' for Sanford

By ROCKNE ROLL
The Jewish Review

After 15 years of culinary work, including opening and running Beetroot Market and Deli here in Portland, Sonya Sanford is fulfilling a childhood dream with the upcoming release of "Braids: Recipes from my Pacific Northwest Jewish kitchen."

"I started collecting cookbooks at a very young age," Sanford said. "It has been a lifelong dream to write and publish a cookbook."

The plan started taking shape in late 2020, when the pandemic had closed Beetroot for good and Sanford was looking for a way to share the food she loved and build a sense of Jewish community without the physical space of a restaurant.

"I created the deli wanting to create Jewish community, wanting to share recipes that were part of my life and part of my family that made people feel comfortable, comforted and connected to each other," she said.

Sanford describes the book as something of a "greatest hits" collection of her favorite recipes. Her challah recipe, a decade in the making, along with the babka and matzo ball soup that were served at Beetroot are all included, marking the first occasion they've been published in any form. While Sanford's work is rooted in the staples of Jewish deli foods, she's brought in the culinary hallmarks of the Pacific Northwest to interpret old classics in a new way. Savory wild mushroom blintzes and marionberry rugelach are just a couple examples.

"One of the things in the Northwest is there's this genuine interest in freshness, seasonality, a kind of lightness that doesn't always exist in Ashkenazi Jewish food," she said. "So things are made with seasonal



Above: Sonya Sanford's babka recipe will be published for the first time in her debut cookbook "Braids: Recipes From My Pacific Northwest Jewish Kitchen." Below Right: The cover shows off Sanford's challah recipe. Below left: Sanford (Courtesy Sonya Sanford)

ingredients; when you eat them, you feel nourished and light and you know don't have to take a nap."

Sanford's book is self-published – a step she took to help this work feel authentically hers. She's looking forward to making more books and is open to conventional publishing channels for those work, but because this book was the product of a transitory time in Sanford's life following the closing of Beetroot – a "*schmita* period," she called it, using the Hebrew word for the year of every seven in which land was allowed to lie fallow in Temple times.

"I had to let everything go, I had to kind of stop everything and see what could emerge, doing it on my own terms, in my real voice," Sanford said. "Authentically, it just felt like the natural way to go for this project."

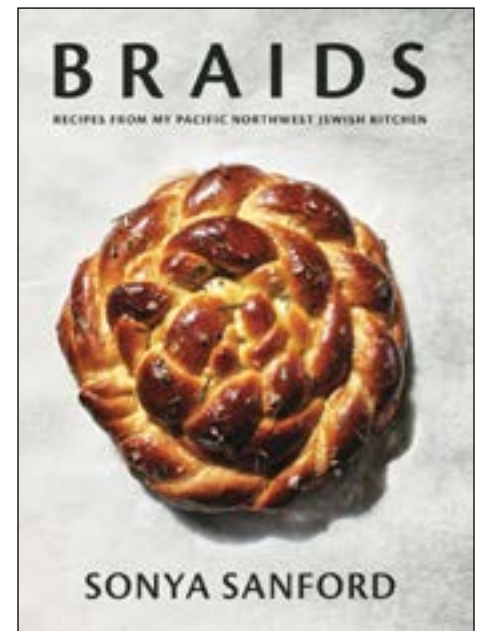
Connection was a motivating factor in the opening of Beetroot, and Sanford has already seen some of the ways recipes connect people. Sanford recalled a woman in Italy whom she knew exclusively through Instagram, where the woman sometimes shares pictures of food she made with Sanford's recipes. She messaged last week, checking in after the events of Simchat Torah.

"She spent all weekend in her kitchen filling her freezer and how many of the recipes were ones that I had shared with her and how much comfort that brought her," Sanford recalled. "And I think that's the reason we do this, to be able to connect

through shared food across the ocean and feel like you know each other, like there's a bond there."

"In Judaism. I think, you know, we're scattered all over the world," Sanford continued. "So much of our history has been displacement and lost family members and all of that. This thing ties us together. These recipes are more than just food. They're stories."

"Braids" will be available for pre-order at sonyasanford.com and should ship in time for Hanukkah.



Chabad hosts kids' challah bake for Israel



Left: Shira Wilhelm instructs youngsters in braiding challah loaves at Chabad's Kids Bake Challah for Israel Sunday, Oct. 15 at the Multnomah Arts Center in Portland. Above: Rachel Stoller and 19-month-old Noah Stoller prepare strands of dough for braiding. (Rockne Roll/The Jewish Review)

IMPACT

(continued from page 1)

ken regularly about antisemitism.

"It's so clear to me that anti-Asian American Pacific Islander hate and antisemitism are rooted in scapegoating a minority group within a majority. The COVID pandemic brought so much fear and anxiety into our world, and some chose to weaponize that fear against a group they sought to 'blame' for the virus," she said. "Antisemitism is often the same kind of blaming the outsider."

Chang was born in South Korea but emigrated with her family to the United States when she was 4. She later attended Stanford University. Chang has become notable for her work on stories centering women's health and refugee crises.

"I'm also drawn to stories of immigrants and the disempowered because of the Jewish notion that 'we were once strangers in a strange land.' For me, that's quite literal," she said. "So I still, to this day, see the world through the eyes of that young stranger who found herself in a strange land and wasn't always made to feel welcome."

"I think that we're so fortunate to have Juju come in and share her personal journey, and we all have a personal journey," Blauer said. "Hearing each other's journeys I think is really inspiring."

Impact has been a traditional showcase

for Women's Philanthropy but has not been held since 2019 due to the pandemic.

"There is a different space that is created when you have a group of women together, and you could not create that space over Zoom," explained Federation Chief Development Officer Wendy Kahn.

The unique energy created when community-minded women come together to make a difference has been powering programs in Jewish communities around the country for decades.

"Women's philanthropy started because of the fact that women didn't have a place in boardrooms. Historically, that is why we have gathered in these spaces and created powerful moments," Kahn said.

"Each of us as an individual has a responsibility to be counted, and Impact has been an event that gives women an opportunity to come together as individuals to make a collective," Blauer added. "It's really exciting to have the opportunity to do that as women."

That need to come together has only been amplified in the wake of the Simchat Torah attacks in Israel.

"As we enter the second week of this sad and difficult time, our charge in the Portland Jewish community is to ensure that our Greater Portland Jewish community continues to thrive," Kahn said. "Our task is to bring the community together – to fill the room with women who want to make a



Chang (Courtesy Photo)

profound impact on our Jewish community locally, in Israel, and worldwide."

Impact is for cisgender women and girls, transgender women and girls, and non-binary people who are comfortable in female-centered spaces. Registration is \$85 and is available online through Nov. 7 at jewishportland.org/2024impact. For more information, email wendy@jewishportland.org.

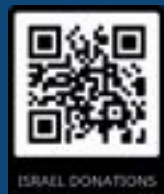
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Chaplain's Corner

The Limits of Empathy

By RABBI BARRY COHEN

Much of the training during my chaplaincy residency was devoted to developing a sense of empathy: finding a way to feel what patients/clients feel. One of the strategies is to listen to their words, notice body language, pay attention to tone and facial expressions. And then try to find a memory that is comparable or similar to what I witnessed.

The goal: feel what they feel.

Most of the time, I am able to use this technique to feel what patients and their families and friends feel. That is ... most of the time.

But right now, we continue to learn the horrors Hamas inflicted upon Israelis: the shootings, beatings, executions, assaults, kidnappings, and much, much worse.

Have I successfully empathized with Israeli grandparents, parents, siblings, children and friends with what they have endured?

No.

I may try, but whatever I feel is but a shadow of the severity of what Israelis have felt and continue to feel.

So what now? I can keep responding in the way our people has responded to tragedy, horror and terror for generations: I can say *Hineini*, "I am here." Collectively, we can say *Hineinu*, "We are here"

At the Oct. 9 Israel Solidarity Gathering, we said, *Hineinu*. Every day, in small and big ways, as we support and strengthen Israelis, we say *Hineinu*. Every day, in small and big ways, as we support and strengthen family and friends, whether locally or halfway around the world, we say *Hineinu*.

Who knows how long this war with Hamas will last. Who knows whether it will expand against other terrorist groups, whether in Gaza, the Galilee or the West Bank. Who knows what terror and horrors await Israelis and their extended families.

We must continue to say *Hineinu* by giving of our time, resources, money ... by giving our strength, compassion, love and hope. We must continue to say *Hineinu* by taking care of ourselves spiritually and physically.



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

For me, the past days have been emotionally, spiritually and physically overwhelming and draining. I have struggled to maintain boundaries between keeping in touch with what is going on in Israel and taking care of family and myself. I welcomed Shabbat like I have never welcomed it before. I desperately needed rest and respite.

But I knew that after Shabbat was complete, I would need to say *Hineini*, "I am here," in various and unanticipated ways again. In order to do so, I am going to have to pace myself. I am going to need to limit the time I devote to keeping in touch with the latest updates from Israel. I am going to have to be vigilant about the stories I read because the web and social media are filled with false information and false reporting.

Equally as important, I need to eat well and sleep well, and guilt-free enjoy personal indulgences.

I need to ensure I have enough energy, creativity and patience to share with co-workers, colleagues and community. And I need the resources to be present for my children and my family.

In the coming days and weeks, let us all remember to be kind, forgiving and compassionate to ourselves. I imagine the stresses, emotions and strains of the war in Israel will test our resolve. We are allowed to make mistakes.

Let's also ensure we are kind, forgiving and compassionate to family, co-workers, friends and even strangers.

The only way to weather this storm is by facing it together. I end with my favorite quote from Winston Churchill: "If you're going through Hell, keep going."

May we all take these words to heart.

Clergy Corner

In addition to the Chaplain's Corner, *The Jewish Review* offers space for the community's professional clergy to share their thoughts on the week's parsha or current events. Rabbis are invited to schedule a date to submit a 500- to 600-word piece. For more information or to request a date, email editor@jewishportland.org.

Obituaries

Submit obituaries to The Jewish Review's new online form at form.jotform.com/JFGP/jr-obituary

YAACOV BERGMAN

The Board and Musicians of the Portland Chamber Orchestra are mourning the passing of our beloved Music Director/Conductor, Yaacov (Yaki) Bergman z"l, who died Sept. 20, 2023.

Under the leadership of Maestro Bergman, PCO has become one of Portland's most progressive and daring ensembles with its mission devoted to artistic fusion and multi-arts concepts, and programs that promote cultural and social diversity.

With his innovative programming and fusion of the arts, Yaki turned the PCO into "the intimate symphony with infinite imagination." For 21 years, Yaki has led the orchestra with passion, enthusiasm, and creative energy that mirrored his love of the music he created. He opened the portal into the history of human emotion and expression, and provided an essential framework for contemporary entertainment which will continue to fill our lives.

SUSAN MOSLER

Susan Barbara Mosler (Popick) z"l died comfortably at home Sept. 27, 2023, at the age of 82.

Born June 25, 1941 in Portland, Ore., to Hyman and Rachel (Honeo) Popick, Susan grew up in Northeast Portland where she graduated from Grant High School and then moved to Seattle where she graduated from the University of Washington.

Susan is survived by her three grandsons, Sam Matterazzo, Ben Robinett and Max

Matterazzo; her daughter and son-in-law, Melissa and John Matterazzo; her son-in-law, David Robinett; her sister and brother-in-law, Linda and Larry Veltman; and her two nieces, Amy and Julie Veltman. She is also survived by her large extended family whom she loved and took great interest in. She was predeceased by her daughter, Lesley Robinett z"l; and her former husband and best friend, Laurence Mosler z"l.

Services and a memorial gathering were held in Portland, Ore., Oct. 1, 2023. Remembrances may be made to the Lesley Robinett Memorial Fund at Fred Hutchinson Cancer Research Center in Seattle, benefiting melanoma research and patient and family services.

TED RUBENSTEIN

Congregation Beth Israel mourns the loss of Ted Rubenstein z"l, who passed away on Sunday, Oct. 1, surrounded by his family.

Ted is survived by his spouse Davia Rubenstein, daughters Susan (Barry) Menashe, Sunny Rubenstein, and Marcy Lehman, grandchildren Lauren Menashe, Jordan (Jackie) Menashe, and Max Lehman, great-grandchildren Miles and Sutton Menashe and sister Helen Stern. Ted was preceded in death by his parents, Harry and Anne Rubenstein z"l.

A memorial service was held Thursday, Oct. 5 at Congregation Beth Israel.

Donations in memoriam can be made to the Oregon Food Bank, Legacy Home Hospice,

and the Oregon Jewish Museum & Center for Holocaust Education.

PEARL TRACHTENBERG

Congregation Beth Israel mourns the loss of Pearl Trachtenberg z"l, who passed away Saturday, Oct. 7.

Pearl is survived by her son, Bruce S. Trachtenberg, and her nieces, Meryl Horowitz and Eleanor Wachs. Pearl was preceded in death by her husband, Irving Trachtenberg z"l, and her son, William Trachtenberg z"l.

A funeral service was held Wednesday, Oct. 11 at Landau Chapel at Beth Israel Cemetery.

Donations in memoriam can be made to the Oregon Food Bank or to Cedar Sinai Park.

MARC KOENIGSBERG

Congregation Beth Israel mourns the loss of Marc Koenigsberg z"l, who passed away Monday, Oct. 2.

Marc is survived by his wife, Cheryl Kratz, his brother, Paul Koenigsberg, nephew, Todd Koenigsberg, niece, Amy Remick, grand-nephews Dylan Koenigsberg and Brady Remick, and grand-nieces Haley Koenigsberg and Olivia Remick. Marc was preceded in

death by his parents, Sylvia and Irwin Koenigsberg z"l, and his brother, Elliot Koenigsberg z"l.

A memorial was held Sunday, May 15, at the home of Paul Koenigsberg. Donations in Marc's memory may be sent to the American Cancer Society.

JILL KLANFER

Jill Klanfer z"l passed Oct. 7, 2023, in Portland, Ore., surrounded by family. She was born in Cleveland, Ohio on April 27, 1961. The daughter of Michele Lurie and Murray Klanfer z"l.

Jill is survived by her mother, her beloved brother Jay Klanfer and his wife, Nicole, and her other mother Marlene Klanfer. Her nieces Jordan and Maya Klanfer were the loves of her life. She was dearly loved by her extended family, Andrea, Howard, Debbie Wedren, Jeff Wedren, Janna Fraboni and their children Gabrielle, Noa, Chloe, Beckett and Stella Wedren.

Donations can be made to The Murray and Jill Klanfer Memorial Fund, c/o Lynn Krumholz, to provide Reiki, massage and other therapies for cancer patients at Montefiore Hospice through the Menorah Park Foundation at 27100 Cedar Road, Beachwood, Ohio 44122.

Burial Societies

Portland has two holy societies of volunteers who prepare the deceased for burial according to Jewish tradition: Chevra Kavod haMet and the Portland Hevra Kaddisha. For questions about end of life, death and mourning, email chevrakavodhamet@gmail.com, visit ChevraKavodHaMet.org, or contact Michael Rosenberg at the Portland Hevra Kaddisha at michael@cashcolan.com or 503-519-2454.

Life cycle

Submit births, b'nai mitzvah, engagements, weddings, anniversaries and landmark birthdays to The Jewish Review's new online portal at form.jotform.com/JFGP/jr-life-cycle.



 Jewish Federation
OF GREATER PORTLAND

 theatre
dybbuk

PORTLAND RESIDENCY
PUBLIC EVENTS
October 23-26, 2023

FOR DETAILED INFORMATION AND TICKETS
www.jewishportland.org/events/theatredybbuk



Oct. 19: Cafe Shalom Israeli Folk Dancing

Weekly open Israeli dance session Thursdays, 8-10 pm at CHCC, 8936 SW 17th Ave in Portland. All experience levels and ages welcome. Learn new dances and practice favorites and classics from long ago. \$7. For more information, contact Allison Victor at allisuev@gmail.com.

Oct. 20: Chronic Pain & Mental Health

Jewish Family & Child Service offers Mental Health Spotlight Friday, Oct. 20 at 10 am on Zoom to shine a light on areas where all people – children through older adults, including self-identified disabled members of our community – struggle and can seek help. Mental Health Spotlight's goal is community outreach and providing pertinent information about topics our clinicians are tuned in to through their client work. For more information or to register, visit jfcsp-portland.org/services/counseling/mental-health-spotlight.

Oct. 20: EJC Free Noontime Concert

Join us for our free monthly concert Friday, Oct. 20 at noon! Jason Okamoto combines elements of Bossa Nova, Flamenco, and Gypsy Jazz using primarily classical guitar. H Pack a lunch or stop by one of the many eateries at NE 24th and Glisan, bring your food in (no pork or shellfish, please) and come hear the music! EJC welcomes seniors, parents and kids, students, and all others. For more information, visit ejcpdx.org/events.

Oct. 22: JFCS Schmoozapalooza Senior Prom

Jewish Family & Child Service Presents Schmoozapalooza, a prom for seniors 60 and better Sunday, Oct. 22 from 1-4 pm at the Mittleman Jewish Community Center. Boogie in style with friends old and new for a celebratory afternoon.

Light kosher refreshments included. For more information, email Missy Fry at MissyFry@jfcsp-portland.org.

Oct. 22: Israeli Folk Dancing at SWCC

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

Oct. 23: Israeli Folk Dancing at Leedy Grange

Enjoy Israeli folk dancing Mondays, 7:30 - 10:30pm with this friendly group in Cedar Mill (now in our 10th year). The session, run by Sue and Donna, starts with easier, classic dances and moves on to newer forms, couples' dances, line dances, and teaching, too. Email Sue at pifdnews@gmail.com. Find us on Facebook at "Israeli Folk Dancing in Portland, OR."

Oct. 24: Yoga for Renewal with Sido Sirkus

Come and enjoy/explore your inner self in "Yoga for Renewal," a gentle yoga class Tuesdays, 10-11 am at the Eastside Jewish Commons. Designed to help bring you back to yourself, to your own body and soul as we enter the season of turning within, planting the seeds of what will spring forth in the springtime (and we'll do it with humor and with heart!). This class is appropriate for both beginners and seasoned mature yogis. \$10. For more information or to register, visit ejcpdx.org/events.

Oct. 24: theatre dybbuk Writing Workshop with Aaron Henne

Join Aaron Henne, Artistic Director of theatre dybbuk as he takes you on a journey through your own personal narratives Tuesday, Oct. 24 at 11 am at the Eastside Jewish Commons. During this session you will have the opportunity to de-

velop your stories of visibility and invisibility in our world, exploring both challenging and joyful experiences in your past and present. Bring a lunch, stay afterwards and nosh (no pork or shellfish please)! This workshop is focused on senior members of our community. \$10. For more information, visit ejcpdx.org/events.

Oct. 24: theatre dybbuk presents "One Community, Many Stories: Belonging"

As part of theatre dybbuk's Portland residency, this workshop brings together creative writing and performance Tuesday, Oct. 24 at 6:30 pm at the Eastside Jewish Commons. Attendees will have an opportunity to craft their own personal narratives and then hear a selection of these stories read by theatre dybbuk's team of professional actors. This event is focused on LGBTQ+ members of the community. \$10. For more information, visit ejcpdx.org/events.

Oct. 25: EJC Presents A Community Forum on Hate Crimes with DA Mike Schmidt

Hear from your elected officials (including DA Mike Schmidt) tasked with addressing the violence against marginalized communities, Jews among them, Wednesday, Oct. 25 at 7 pm at the Eastside Jewish Commons. Hear the details and learn how the District Attorney's office ranks nationally in meeting the challenge in our places of business, our shuls and our schools. Bring your questions on other topics as well. All are welcome. For more information, visit ejcpdx.org/events.

Oct. 26: Cafe Shalom Israeli Folk Dancing

Weekly open Israeli dance session Thursdays, 8-10 pm at CHCC, 8936 SW 17th Ave in Portland. All experience levels and ages welcome. Enjoy dancing in a welcoming and friendly atmosphere of dancers at all

levels. Learn new dances and practice favorites and classics from long ago. \$7. For more information, contact Allison Victor at allisuev@gmail.com.

Oct. 27: JFCS Community Connection

Join Jewish Family & Child Service for weekly conversations Fridays, 10-11 am on Zoom: It is a space for anyone in the community to connect with others and share what's on their mind. Online at tinyurl.com/JFCS-Connection.

Oct. 29: BB Camp Trunk or Treat

Join us for Trunk or Treat on Oct 29th 5-7 pm at the BB Camp office in Raleigh Hills (SW Portland). Campers will "trunk-or-treat" around the different cars and celebrate Halloween camp-style! Campers and families can play games, enjoy a sweet treat and have opportunities to win prizes for best costume or car decoration! Don't forget your costume, trick-or-treat bag, and Halloween *ruach* (spirit)! Free. Registration required at bbcamp.org/treat.

Oct. 31: Wondering Jews Podcast

Portland-based co-hosts Josh and Roy drop a new podcast Tuesdays, 6 am every two weeks, focusing on Jews and cannabis. wonderingjewspodcast.com

Nov. 2: Portland Klezmer Festival Opening Concert and Jam

Bubbaville Presents the 2nd annual Portland Klezmer Festival in partnership with Co/lab! Join us for our opening night concert and jam at Alberta Street Pub Thursday, Nov. 2 at 7:30 pm. Performances by local klezmer luminaries Yankl Falk's Carpathian-Pacific Express and the Bieszczady Mountain Boys. Concert at 7:30, jamming at 9:30. Sliding scale \$12-15, festival passes also available. Tickets and more info at Bubbaville.org/klezmer.