

INSIDE

**PJA Auction is
Dec. 10** – page 2

**Keinon discusses
Israel, war** – page 2

**Staggs publishes
first novel** – page 4

**Chabad's Chesed
Connection** – page 5

**CBI to host Zioness
Dec. 1** – page 6

**Photos: United in
Song** – page 7

Baking for Israel
– page 8

**Portlanders march
for Israel** – page 8

**OJCF launches
Impact Together**
– page 9

**JFCS gets its
gobble on** – page 9

**Chaplain: An
antidote to spiritual
fatigue** – page 10

Obituaries – page 11

Events – page 11

The JEWISH REVIEW

Established 1959
Oregon and SW Washington's Online Jewish Newspaper

Nov. 15, 2023/2 Kislev, 5784 Volume 58, Issue 24



The Empty Table

Above: Two hundred forty empty place settings and chairs line a Shabbat table in a parking lot in downtown Beaverton Friday, Nov. 10, to raise awareness of the hostages still held by Hamas in Gaza following the Oct. 7 terror attacks. Each empty place setting featured a poster on the back of its chair for one of the hostages; children's plates and cups were set at places for each child held hostage. "Nothing can fill the void of their absence at the Shabbat table," a speaker said at the event. Left: Dorice Horenstein lights Shabbat candles at the center of the table. (Rockne Roll/The Jewish Review)



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Drescher to dazzle at Spotlight Dec. 2

By **ROCKNE ROLL**
The Jewish Review

The woman who brought Nanny Fine to life will be knocking on Portland's door next month, but not to sell cosmetics!

Actress, comedian, author and union leader Fran Drescher will

be the star attraction at the Jewish Federation of Portland's Spotlight event Dec. 2 at the Reser Center for the Arts in Beaverton.

Spotlight, a major annual event for the Campaign for Community Needs, is a highlight of the year. Jack Birnbach,

the campaign's co-chair, recalls the meetings to select a headliner for this year's version.

"I think all of us agreed who was going to bring the community together, where we were going to get the biggest crowd

See **DRESCHER**, page 2

PJA Auction is Dec. 10

By **ROCKNE ROLL**

The Jewish Review

Portland Jewish Academy's annual benefit auction is giving you a chance to win – even more than usual!

The theme for this year's auction, set for Dec. 10 at 4:30 pm at the Mittleman Jewish Community Center, is Game Night.

The event kicks off with games and a cocktail hour before a buffet dinner, a Game Night-themed costume contest and the real game of the evening, the live auction. This year's event is returning to an in-person-only live auction after pandemic-induced hybrid solutions in recent years.

The items up for bids this year are still being gathered, but Becky Ewer, the marketing and creative director for PJA and the MJCC said the live auction usually includes things like vacation packages, bigger-ticket fashion items and perhaps the

most competitive item at every year's auction: A front-row reserved parking space at the Schnitzer Family Campus.

"It usually gets quite a large bidding war because there are many families that really want it," Ewer said of the parking spot. "It's always a big hit."

For those who can't make it in person, this year's silent auction is all-virtual, with bids accepted the week before the big night. The silent auction items vary, though Ewer said there's typically a large quantity of fine wine available to bid on.

Participation in the silent auction is free, while tickets for the live event are \$85 before Dec. 1 and \$100 after. Registration for both is available at pjaproud.org/support-pja/auction.

"We like to call it the party of the year," Ewer said. "Because it usually draws over 300 people and it's just a lot of fun."

DRESCHER (continued from page 1)

and the most excitement and the most interest?" Birnbach said. "Hands down, it was Fran Drescher!"

Drescher is best known as the title character on CBS's "The Nanny." Originally airing from 1993-1999, the Emmy Award-winning centered on a Jewish nanny for a New York family that shares many details with Drescher, from her upbringing in Queens to her first name. The show was developed by Drescher and her then-husband, Peter Jacobson, and her character is somewhat autobiographical, with other details drawing from Drescher's mother.

"I just remember thinking how cool she was when I was a kid and just funny and fashionable and confident, you know, on "The Nanny," Rochelle Abitz, one of the volunteers helping organize the event. "I didn't really know anything else about her at that age. Now she's more involved in the actors guild and a leader in that area. I think that's something to look admire."

Drescher was elected National President of the Screen Actors Guild - American Federation of Television and Radio Artists in 2021 and led the union through their recent strike.

Born in 1957 in Queens, New York, Drescher attended high school with Ray Romano. Her debut film was "Saturday Night Fever" in 1977. She worked as a character actress in a number of films throughout the 1980s and appeared in cameo roles on a number of television shows before her first television starring role in 1991 on CBS's "Princesses."

"People know not just that she was successful in her shows and various acting opportunities but she's also in the limelight right now with what's going on," explained Max Forer, who will serve as master of ceremonies at the event. "I think it is absolutely a big deal to have someone so recognizable be there for our Jewish community."

Tickets for the event are \$75 and available online at jewish-portland.org/2024spotlight.

Keinon visits virtually to discuss Israel, war

By **ROCKNE ROLL**

The Jewish Review

"What happened is unfathomable," Herb Keinon, a senior contributing editor for *The Jerusalem Post* told viewers of a webinar Monday, Nov. 6. "[The Oct. 7 terror attacks are] an event whose impact and influence on the country will be felt for generations."

The webinar, hosted by the Jewish Federation of Greater Portland's Jewish Community Relations Council and Congregation Neveh Shalom's Israel360, was originally scheduled to be an in-person event at Congregation Neveh Shalom. Keinon has three sons in the Israel Defense Forces and spoke to a crowd of over 300 virtually from his home in Israel.

Keinon has covered Israeli politics for 38 years. He listed off a series of the major events in Israeli history he has covered to explain that the scale of the Oct. 7 attacks was beyond anything he had covered before.

"Everyone is feeling the trauma," he said. "There's so much pain and sorrow in this country right now, so many people suffering, that it's almost unbearable. Were it not for the stories of heroism and altruism that you're hearing now every day, were it not for the sense of the people finally coming together for the first time in many years, it all would be unbearable."

Beyond the dead, the wounded and those who remain hostages of Hamas, the casualties of the attacks include Israel's policy of containment and deterrence surrounding Gaza. For years, the presence of Hamas in Gaza was tolerated due to the sophisticated defense equipment deployed around the enclave, including the perimeter fence and the Iron Dome system, and the seeming understanding by Hamas that provocation would prove catastrophic.

"[People could] live with the genocidal organization right on its border, within spitting distance of its population centers, and feel protected by a super technological fence and a sense that the other side has been deterred from doing anything dramatic or anything. It was a philosophy of containment through deterrence and technological security," Keinon said. "That philosophy, that conception has totally collapsed."

Keinon referenced the Octopus Doctrine put forward by Naf-tali Bennett in 2018, which stated that Iran was an octopus that threatened to wrap Israel in its "tentacles," represented by proxies such as Hezbollah, Hamas, the Syrian government and others, and that Israel had been addressing the problem by attacking the tentacles. Keinon expects that to change.

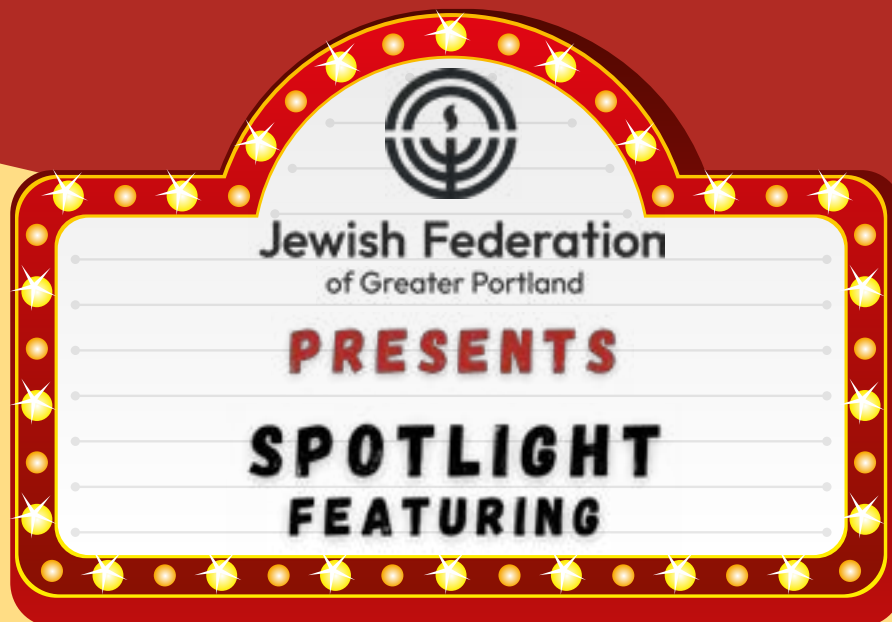
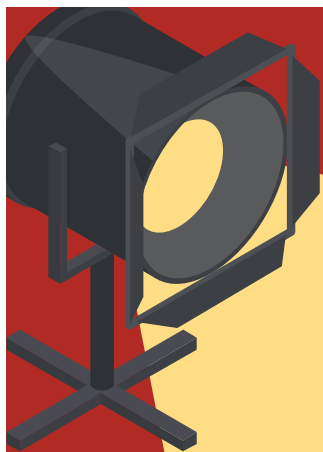
"The security concept is going to be revised. It's going to be revised across the board," he said. "We had become too reliant on a defensive posture. I think now you'll see that defensive posture augmented by more offensive actions, by more people on the borders, by a bigger army taking more aggressive offensive steps."

That ideology ensures that Israel will maintain a presence in Gaza for the foreseeable future. This is not to say that we'll see a return of Israeli settlements in Gaza, Keinon said, but the Pre-Oct. 7 status quo is no longer on the menu.

"It's not as if as Israel is going to go in, destroy Hamas's infrastructure, and then withdraw like we've done in the past," Keinon explained. "The idea that you just leave a territory, throw them the keys, say good riddance, build a fence and hope for the best hope, it's gone out the window. It's collapsed."

The alternatives – like handing Gaza over to the Fatah-con-

See **KEINON**, page 4



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With 'Uncontrollable,' Staggs retakes control

By GLORIA HAMMER

For the Jewish Review

Sara Staggs forged a career as a civil rights litigator while also raising two children – an impressive accomplishment on its own made more so by her life-long struggle with epilepsy. But after a pair of brain surgeries, doctors told her she needed to move into less stressful work.

Staggs has found her way into writing with the May 2023 release of her first novel, “Uncontrollable.”

The work is autofictional. Her protagonist mirrors her own circumstances as an epileptic attorney forced to choose her career or her health, and the novel draws deeply from the details of her own life without being purely autobiographical.

Sara’s mission is to normalize the mystique around epilepsy. Over 3 million people in the United States have epilepsy, 65 million worldwide: it’s the fourth-most common neurological condition in the U.S.

Staggs is quick to explain she had spent years writing as

a litigator, but she needed to relearn how to write fiction. It was a different process than law briefs. Committed to the project, she signed up for writing classes, including a summer seminar at Yale University, to hone her craft.

She was successful – The Pacific Book Review wrote that “Staggs has created a compelling story that tackles complex themes with sensitivity and nuance. This is a book that anyone interested in adult drama genres should read. Well written, incredibly interesting, raw, and unique, ‘Uncontrollable’ is a book that readers are not likely to forget.”

Raised at a conservative synagogue in Dallas, Staggs is now an active member of Congregation Shaarie Torah, where she sits on the board of directors. She also has an enthusiasm for high-heeled footwear that goes back to her teen years. These two passions intersected quite dramatically, she recalled, when she accidentally stepped on a women’s foot while dancing at Rabbi Gary Oren’s wedding celebration.



Sara Staggs (Courtesy photo)

“Uncontrollable” is available at Powells Books, Annie Bloom Books, and other booksellers.

Gloria Hammer, a Portland educator and Pilates instruc-

tor, has written for The Jewish Review for over 20 years. She was a producer for OPB’s Emmy-nominated documentary “The Three Rabbis.”

KEINON (continued from page 2)

trolled Palestinian authority – are neither feasible nor appealing, Keinon explained.

“The Palestinian Authority right now is weak. Mahmoud Abbas is old and weak. He can hardly control Ramallah, let alone the rest of the West Bank. Hamas cells and pockets have developed inside the West Bank as well,” he said. “There are many elements inside Fatah whose ideology is not that strikingly different from Hamas’s ideology.”

Keinon also predicted that Israeli politics will look funda-

mentally different in the wake of Oct. 7 in much the same way that the Yom Kippur War spelled the end of the Israeli Labor Party’s influence on the national political landscape.

“Be prepared to see a similar realignment today. Not that the country’s going to move left. That’s not going to happen. But it will reject Likud,” he said. “Politically, I think Netanyahu is done.”

Keinon said that the support of Diaspora Jewry is noticed and appreciated and that, in the face of increasing casualties,

reinforcing the idea that Israel must eliminate Hamas, an organization committed to destroying the Jewish state, will be important.

“Those arguments which I think can resonate need to be just said over and over and over again,” he said. “Israel doesn’t want to kill innocent people, obviously, but Israel wants to survive, and it can’t survive with Hamas.”

JCRC Director Bob Horenstein emphasized that local members of Congress, who have thus far strongly supported Israel’s right to self-defense,

will be important, and encouraged community members to express those sentiments to them. (For contact information, see below)

“We are encouraging everyone to make calls to your members of Congress,” Horenstein said. “They need to hear from us. They need to know that we expect them and urge them to remain steadfast in their support of Israel. I can assure you that they’re hearing from the other side, and we have to make sure that that strong support that we had early on remains strong.”

Oregon and Washington Members of Congress

President Joe Biden - 202-456-1111
Oregon:
Senator Jeff Merkley - 202-224-3753
Senator Ron Wyden - 202-224-5244
Rep. Cliff Bentz - 202-225-6730
Rep. Earl Blumenauer - 202-225-4811
Rep. Suzanne Bonamici - 202-225-0855
Rep. Lori Chavez DeRemer - 202-225-5711

Rep. Val Hoyle - 202-225-6416
Rep. Andrea Salinas - 202-225-5643
Washington:
Senator Patty Murray - 202-224-2621
Senator Maria Cantwell - 202-224-3441
Rep. Suzan DelBene - 202-225-6311
Rep. Rick Larsen - 202-225-2605
Rep. Marie Gluesenkamp Perez - 202-225-3536

Rep. Dan Newhouse - 202-225-5816
Rep. Cathy McMorris Rodgers - 202-225-2006
Rep. Derek Kilmer - 202-225-5916
Rep. Pramila Jayapal - 202-225-3106
Rep. Kim Schrier - 202-225-7761
Rep. Adam Smith - 202-225-8901
Rep. Marilyn Strickland - 202-225-9740

Forging connection through food

Chabad's Chesed Connection combats loneliness one Shabbat meal at a time

By **ROCKNE ROLL**

The Jewish Review

On a Thursday afternoon in late October, the smell of fresh challah wafted from the kitchen at Chabad of Northeast Portland. A group of volunteers chopped cucumber salad and dished hummus into containers, while Rabbi Chaim Wilhelm slipped matzo balls into a pot of gently simmering stock.

They're all together for a purpose – something bigger than just making food. They're forging human connections, one meal at a time.

Chabad's Chesed Connection, which takes its name from the Hebrew word for kindness, brings people together to make and distribute Shabbat meals for those in the community who could use not just a meal, but a point of loving connection with their fellow humans.

It's the brainchild of Rabbi Wilhelm, and its origin story goes back to 2017 when the rabbi was in Houston during the aftermath of Hurricane Harvey. Handing out Target gift cards to survivors, he questioned what good he was doing with what felt like token assistance to people whose homes were uninhabitable due to flood damage.

Eventually, Rabbi Wilhelm said, "I saw that really, the gift card was just a symbol of peo-



Above: Chabad of Northeast Portland's Rabbi Chaim Wilhelm drops matzo balls into soup destined for Chesed Connection's weekly deliveries Thursday, Oct. 19. Below: Chesed Connection volunteers slice up cucumbers for a salad. (Rockne Roll/The Jewish Review)

ple saying they care. There are people out there saying 'we're here for you, we care.'"

What Rabbi Wilhelm saw was that having a network in place that could mobilize when need arose was crucial. He returned to Portland and started building such a network, compiling a list of vulnerable seniors to check in on in case they needed medicine or anything else. He described the program as "bare-

bones" as Passover approached in 2020 – and the COVID pandemic began.

"The problem was that people simply couldn't get food. It wasn't a money issue. You couldn't get what you needed," he said. "So, we did this Passover-To-Go. We assembled everything and then volunteers delivered that."

The food deliveries continued as the pandemic wore on, and Rabbi Wilhelm noticed that the program wasn't just benefiting those who were receiving the deliveries, but those making them as well.

"It's the empowerment of 'I can make a difference,'" he said. "When you think on a global scale, it's hard, but we should think on a more local scale; 'I am making a difference in this person's life. I'm bringing this person food.'"

And while the aspect of kindness is an important part of the program's name and work, so is the connection. Rabbi Wilhelm pointed to a report from the Surgeon General stating that loneliness has become an epi-

demic in the United States, with serious consequences for both mental and physical health.

"The increased risk of premature death associated with this social disconnection is comparable to smoking daily and maybe even greater than the risk associated with obesity," the Rabbi read. "As it has built for decades, the epidemic of loneliness and isolation has fueled other problems that are killing us and tearing our country apart."

Barbara Petrie, a regular volunteer who started delivering food during the pandemic, explained how just delivering food forges the bonds that break that cycle of loneliness.

"You get to know them. They look forward to talking to you, you look forward to talking to them," she said. "You know, you don't realize how you impact other people's lives, and it's really wonderful."

Those connections pay dividends. Rabbi Wilhelm explained that delivery volunteers

See **CHABAD**, page 6





From left, Shari Katz and Hope Sasek bring together a cucumber salad for Chabad of Northeast Portland's Chesed Connection Thursday, Oct. 19. (Rockne Roll/The Jewish Review)

CHABAD (continued from page 5)

have let him know about people in the community who are having a hard time so he can check in on them, and that volunteers who have common interests have struck up friendships through the work of Chesed Connection.

While Chesed Connection relies on a cadre of regular volunteers, an offshoot called Giving Kitchen opens the doors the third Thursday of each month to a broader community to come in and contribute.

Isaac Babus was one such volunteer; a student in Chabad's Sinai Scholars program, he and some of his classmates were ladling soup into containers as part of a *tikkun olam* project. Babus saw the power that food has to forge connections.

"I think food is a way to

connect not only just between people, but between different groups of people that may not necessarily be getting along in time," he said. "It can always just be a connector. People love to eat."

With Chabad of Northeast Portland's new quarters on NE 9th Avenue, there's now space for the program to host birthday and b'nai mitzvah parties where people can celebrate by giving back to the community. These can be scheduled with Rabbi Wilhelm by emailing chaim@chabadoregon.com.

"What I'm seeing more and more is the value of people experiencing the joy of giving to others and connecting with others," Rabbi Wilhelm said. "That's really what the Giving Kitchen is about."

CBI hosts progressive Zionism talk Dec. 1

By ROCKNE ROLL

The Jewish Review

With so much media attention focused on left-leaning critics of Israel, it's easy to lose sight of the idea that Zionism, rooted in Jewish self-determination, is a progressive value.

That's the message Amanda Berman is bringing to Congregation Beth Israel at 6 pm Friday, Dec. 1 at "Zioness: How to be Progressive and a Zionist."

"Zioness is a domestic social justice activist organization for Jews and our allies who are committed to social, racial, economic, gender, and environmental justice in America, and also care about the inclusion of Zionists and social justice," explained Berman, who is Zioness' founder and executive director.

The event is co-sponsored by Greater Portland Hillel, the Jewish Federation of Greater Portland and Congregation Beth Israel. Rabbi Michael Cahana, senior rabbi at CBI, is on the steering committee of Zioness' clergy council. He recalls a meeting with fellow clergy in the wake of the Oct. 7 attacks.

"Our conversation centered around our concern for young people who are getting such powerful messages that they have to choose between being progressive and being Zionist," Rabbi Cahana said. "And I felt like I needed the young Jewish adults of Portland to hear her message."

Berman discussed the way that progressive organizations, which Jewish progressives have worked with and within, turned their back on Jewish people in the wake of Oct. 7, taking stances that ranged from blaming Israel to openly celebrating Hamas terrorists.

"It's not just that they're not showing solidarity for Jews who are feeling a vulnerabil-

ity that we have not known in our lifetime," she said. "It's a lot of people who feel the need to virtue signal, who feel the need to be on record about a very complicated issue with a very complex history that they don't understand."

"I think it's even harder for our younger people," Rabbi Cahana added. "They're feeling that difficulty, that pain of feeling strongly about progressive causes that they really believe in, from feminism to Black Lives Matter to all the variety of things that they care about and feeling like the people that they admire in those circles have, really turned on them."

Berman and Cahana both emphasize that Zionism isn't just capable of coexisting with progressive values – Zionism is a progressive value of its own.

"The Jewish community in America is deeply committed to social justice work and has been at the forefront of social justice movement building since its inception," Berman said. "So, the idea that we would have to have to self-select out of social justice spaces because we believe in our own liberation as we fight for the liberation of other minority communities and marginalized communities is obviously a perverse idea."

"[Zionism] speaks about the liberation of an Indigenous people in their original homeland," Rabbi Cahana said. "The problem is that the language of auto-emancipation has not just been co-opted, but it has been made to exclude Jewish emancipation."

Berman will speak as part of CBI's evening Shabbat services in the main chapel. Services are also available by livestream at bethisrael-pdx.org/worship/watch-services-live.



United In Song raises voices for Israel

Clockwise from top left: Cantor Eyal Bitton, center, encourages audience members to sing along to "Al Kol Eleh" at United in Song: A Concert for Israel, co-hosted by Congregations Beth Israel and Neveh Shalom Wednesday, Nov. 8 at the main chapel at Neveh Shalom; Ilene Sayfan performs at the concert, sponsored by Bob and Marla Weiner; Linoy Yecheli sings "Shar Libi;" Attendees, among hundreds present, sing along to an ensemble performance of "Am Yisrael Chai" from Cantor Bitton, Sayfan, Yecheli, Cantors Ida Rae Cahana and Reyna Green, David Pollack, Kim Schneiderman and Michele Tredger; Cantor Green performs "Heal Us Now" along with Cantor Cahana and singers from the Congregation Beth Israel Choir. The event was supported by a backing band of violinist Michelle Alany, bassist Joseph Aloia, pianist David Kim, saxophonist Brian Myers and percussionist Rivkah Ross. (Rockne Roll/The Jewish Review)



Baking for Israel

Right: Ezra, Shoshana and Joshua Dall peruse the selection of kosher baked goods with their father, Darren Dall, at the Community-Wide Bake Sale for Israel Relief at Congregation Neveh Shalom Sunday, Nov. 12. The sale, organized by Abby Menashe and Sallie Cohen, saw more than a hundred "customers" select from eight tables of donated baked goods in exchange for donations to the Jewish Federation of Greater Portland's Israel Emergency Fund. Bottom right: Individually-packaged cookies with Jewish designs await hungry donors. Below: Families line up to make their selections; many chose to donate their "purchases" to local Israeli families. (Rockne Roll/The Jewish Review)



Portlanders among 290,000 marching on DC for Israel

From left, Mimi Berlin, Jewish Federation of Greater Portland President and CEO Marc Blattner, Peter Beard and Federation Campaign Co-Chair Leslie Beard join marchers on the National Mall in Washington, D.C. for Americans March for Israel Tuesday, Nov. 14. The Jewish Telegraph Agency reported that 290,000 people attended Tuesday's march to show solidarity with Israel, to demand the release of Hamas hostages and to push back against growing public antisemitism. (Courtesy photo)

OJCF launches Impact Together

By RACHAEL EVANS

Oregon Jewish Community Foundation

The Oregon Jewish Community Foundation has created a new charitable fund to address social issues in Oregon and Southwest Washington. The fund is designed to engage and inform our community about solutions that address societal problems as a cause. Donating to a cause (rather than isolated services) allows members of our community to have a broader and more sustained impact, addressing root issues, driving systemic change, and promoting long-term solutions to complex problems.

For 2024, the fund, “Impact Together: A Philanthropic Fund of OJCF for Social Impact” will focus on homelessness in our community. The initiative facilitates the collaboration of six established human service organizations specializing in affordable housing and support services for those experiencing or at risk of homelessness and simplifies the process of donating to homelessness services.

The six organizations are: Community Partners for Affordable Housing, Rockwood CDC, HomeShare Oregon, Hygiene4All, Stone Soup PDX, and Outside the Frame. OJCF worked in partnership with nonprofit experts, government representatives, and people with lived experience of homelessness to assemble these organizations.

Impact Together allows for a more comprehensive, efficient, and holistic way to tackle the interconnected challenges that at-risk individuals face. The six organizations provide services across the spectrum that focus on various facets of homelessness. Together, they collectively tell the story of individuals navigating homelessness, encompassing the journey from houselessness to obtaining services, stability, job training, and full societal engagement.

By giving to the Impact Together Fund, donors have a simple way to support the six organizations in their collective effort to provide a continuum of care. Donations can be made online, and every gift, regardless of size, is valuable. Impact Together will distribute all contributions equally among the six organizations.

From January to June 2024, donors will receive monthly updates featuring each of the six organizations, opportunities to give, and invitations to exclusive events to foster deeper connections with these organizations. These educational opportunities are designed to inspire donors to become more deeply engaged with the issue of homelessness and the community these nonprofits serve.

“The Community Study Report from the Jewish Federation of Greater Portland clearly illustrates the diversity of engagement within our Jewish community,” says OJCF President & CEO, David Forman. “The Jewish community understands the interconnection of all communities, and that no one particular community, including the Jewish community, can exist without a strong and vibrant general community. Impact Together is one way that OJCF touches the entire community on behalf of the Jewish community. Through Impact Together, we aim to address the data from the community study by connecting with those involved in our community and those seeking further and deeper engagement to express the value of *ahava kehillah* – for the love of community.”

To learn more about Impact Together, visit ojcf.org/impact.

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Volunteers help pack Thanksgiving Food Boxes for Jewish Family & Child Service at their 2022 packing event. (Courtesy JFCS)

Help JFCS get its gobble on

By JENN DIRECTOR KNUDSEN

Jewish Family & Child Service

As we look to the celebrations of Thanksgiving, Hanukkah, Christmas, Kwanzaa and more, we know that for many, the celebratory spirit can be hard to come by.

Jewish Family & Child Service provides an antidote. The agency continues its 23-year tradition of brightening the season for families and individuals of all ages, including greater Portland's Holocaust Survivors, experiencing hard times.

Our Thanksgiving Food Boxes and Family-to-Family programs give hundreds of people who are struggling hope and reasons to celebrate. As one food box recipient shared with us, “The box is a blessing for us every year.”

JFCS partners this year with 14 local synagogues and community organizations (list available [here](#)) to collect food items and \$25 gift cards for nearly 200 households – that means a festive and nutritious Thanksgiving meal for hundreds of people throughout greater Portland. Thanksgiving meal boxes include a turkey, potatoes, chicken broth, stuffing, yams, cranberry sauce and pumpkin pie. Appropriate products are provided for vegetarians, those with gluten-free diets and those who keep kosher. JFCS staff and community volunteers help pack and deliver boxes. Please see below for details on how to donate and volunteer.

JFCS adds joy to holiday celebrations in December by providing gift cards to clients so they can meet their own needs, most often by purchasing household items, clothing and toys for children. Cards will be distributed the week of Nov. 20, in advance of Hanukkah (beginning Dec. 7) and this season's many festivities.

To support JFCS' holiday programs, please [click here](#) to make a secure donation.

To volunteer your time on Sun., Nov. 19, at the MJCC to deliver food boxes, [click here](#) to sign up. If you have any questions, please visit JFCS' [holiday program website](#), or contact Sammy Monk, volunteer coordinator, at volunteer@jfcs-portland.org.

Chaplain's Corner

An antidote to spiritual fatigue

By RABBI BARRY COHEN

I get the clear impression that many of us are experiencing spiritual and emotional fatigue. The pressures, stresses, strains, anxieties, fears and responsibilities are pulling us in too many directions simultaneously. If we paused right now, reflected, and put together a personal list of what is wearing us out, I imagine that list would be quite long. There is only so much we can take before we burn out.

Here are some ideas of what we can do to ameliorate our spiritual and emotional fatigue.

We can begin by creating clear boundaries with our consumption of news and social media. How much time do we devote every day to trying to keep up with what is going on in the world, particularly with the Israel war with Hamas? We can start by cutting this amount of time in half and see if we begin to feel better psychologically and physically.

We can slow down. Everybody has a to-do list. And everybody will continue to have a to-do list. Let's carve out time and devote our attention to what we need to accomplish in the future by being present in the moment. Look outside. The fall colors are still gorgeous. The misty air is beautiful. Better yet, get outside. If we can't take advantage of the network of nature trails, we can at least walk around the neighborhood. Connecting with nature is inherently therapeutic. It enables us to recalibrate our priorities and be grateful that we are part of the awe-inspiring beauty of the Pacific Northwest.

There are plenty of other ways to slow down and exist more in the moment. We can turn to music, TV, movies, cooking or a long bath. We can connect with a trusted family member or friend and make time to catch up, grab a cup of coffee, visit a park or go to food cart on the other side of town.

We can also turn to our rich variety of Jewish communal organizations. Synagogues, Jewish Family and Child Service, Jewish Federation, the MJCC and OJM-CHE, among many others, are offering an array of programs and services that enable us to connect with one another. (Here's [the link](#) to the federation community calendar.)

We can also remember to have fun. There's a kid trapped inside each and every one of us, whether we are 2 years old or 92 years old. Let's get to know that kid again



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

and remember how to play.

I must talk about the importance of sleep. Too many of us don't get enough of it. (I am guilty as charged...) If we can, don't feel guilty if occasionally, we sleep late or wake up without setting an alarm clock. When was the last time we woke up when our body told us it was time to get up?

In no particular order, we can also indulge in a new podcast. We can re-arrange a room. We can plan a vacation. Find something to look forward to. Visit your local library and simply wander around. Walk by sections you've never been to before. There are so many treasures waiting for us that can expand our horizons.

If necessary, depending upon how emotionally or spiritually fatigued we are, the time may be right to establish a relationship with a therapist. Family and friends can help us, to a point. Sometimes the healthiest decision we can make is to turn to a trained and trusted professional.

Something else we can do? Exercise. For years, I have looked to exercise as free therapy. During my last three annual checkups, my primary care doctor has reminded me that I need to lose 10-15 pounds. I finally dedicated myself to putting his words into action. During the past few months I have made simple decisions: I am hitting the trails more often, and when I don't have time, I walk around the neighborhood; I no longer add creamer to my coffee; I have decreased the amount of food I eat at breakfast, lunch and dinner, and when I get hungry, I eat healthy snacks; every other day, I do an intense 10 minute session of weight-free circuit training. This new routine has paid off. My clothes fit better, and more importantly, I physically feel better; it no longer hurts my knees to climb stairs.

These are a small number of ways we can address our emotional and spiritual fatigue and develop new habits to refresh and recharge. As the nights grow longer during these fall and winter months, may we all make an extra effort to be healthy and vibrant – both physically and psychologically.

Published biweekly by

Jewish Federation of Greater Portland
9900 SW Greenburg Road, Suite 220

Tigard, OR 97223

503-245-6219

JewishPortland.org

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Circulation

To receive the Jewish Review in your email inbox, fill out the form at

jewishportland.org/subscribe

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

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Jewish Review Online:

jewishportland.org/jewishreview

NEXT ISSUES

Issue date	Deadline
NOV 29 (Hanukkah)	NOV 22
DEC 13	DEC 7
JAN 3	DEC 28
JAN 17	JAN 11

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Obituaries

DAVID GOLDFOOT

David Alan Goldfoot z"l passed away in Austin, Texas Oct. 8, 2023, at the age of 81. Born in Portland, Ore., on August 2, 1942, to Maurice and Mildred Goldfoot, David grew up with his older sister, Nadene, in a multicultural community. All who knew him described David as brilliant, kind, fun loving, creative, and a wonderful friend.

At just ten years old he became the first Jewish child to be named Prime Minister of Portland's Junior Rose Festival. In 2003, his lasting influence on his community was honored when he was knighted as Sir David Goldfoot of Rosaria.

In 1964 he graduated from Reed College and married Heather Birnie, also from Portland. David later graduated from OHSU with a Ph.D. in Medical Psychology. He was a widely respected psychologist who specialized in working with individuals with anger problems and sexual addictions. David will be remembered by his loving wife, Lorraine Broll, sons Joel (Jill Jodar) and Josh (Matthew Berry), daughter, Michelle, sister, Nadene Goldfoot, and his beloved poodle, Roxy. He was a devoted father who taught his children to love learning and to treat all people equally. As a partner, he was beyond compare supportive, kind, patient, and thoughtful.

There will be a celebration of David's life later this fall in Austin. In lieu of flowers, contributions in David's memory may be made to Cancer Research Institute (www.cancerresearch.org)

THEODORE ZELL

Theodore Mark "Ted" Zell z"l passed away Nov. 3, 2023, at the age of 86.

Born May 28, 1937 in Portland, he lived nearly all his

life on the same street, attending Ainsworth grade school, Lincoln High School, and the University of Oregon. After graduating from college, he joined the family business, Zell Bros., where he worked six days a week alongside his father, uncles, and cousins until retirement.

In 1962, he married Carol Janz, and they had two children, Adrienne Zell (Alan Hungate), and Peter Zell (Carla). Ted and Carol were married 55 years until Carol's death in 2017. Ted had many hobbies, including showing cars, trap shooting, model trains, collecting clocks and barometers, travel, and relaxing with his family and dogs at their beach house in Ocean Park, Wash. Ted greatly enjoyed spending time with, and was very proud of, his three grandchildren, Andrew, Joseph, and Abby Hungate. Ted spent the last few years of his life at Robison Jewish Health Center where he played a lot of bingo and made new friends.

SHELLI STERN

Congregation Neveh Shalom regrets to announce the passing of Shelli Stern z"l on Sunday, Nov. 12, 2023 at the age of 74 years old.

She was predeceased by her parents, Sol Stern, z"l and Sylvia Stern Jackson, z"l, and Hy Jackson, z"l, and is survived by her stepmom Myra Jackson; sisters, Abby (Rick) Menashe, Suzi (Bob) Fiore; stepbrothers Todd Coblens, Ross, z"l (Sarah) Coblens, and Glen (Mia Birk) Coblens; cousins Tom (Mary Jane) Stern, Eve (Les Gutfreund) Stern, and Sharon (Steve Rallison) Stern; and many nieces and nephews.

The funeral will be held Thursday, Nov. 16, 2023 at 2:00pm at the Shaarie Torah Cemetery, 8013 SE 67th Ave. in Portland.

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

Events

Nov. 15: Storytime, Songs and Art with Chari Smith

Join the Mittleman Jewish Community Center and PJ Library for story time, songs, and art with local author Chari Smith Wednesday, Nov. 15 at 4 pm at the MJCC. Smith's book, *The Piano*, is the story of a girl and her piano, and how their friendship evolved over time. The book will be available for purchase and signing at the event. Free. Please RSVP at oregonjcc.org/arts-culture/upcoming-events/story-time-the-piano.

Nov. 15: Mario Castelnuevo-Tedesco Recital

At the heart of this recital by Soprano Amy Hansen and Guitarist Cameron O'Connor Wednesday, Nov. 15 at 7 pm at the Eastside Jewish Commons, is the work of the Italian Jewish composer Mario Castelnuevo-Tedesco. Castelnuevo-Tedesco was one of the foremost composers for guitars of the 20th century. His family had lived in Italy since their expulsion from Spain in 1492. O'Connor and Hansen delve into Castelnuevo-Tedesco's

work in the context of a larger set based on Romantic German poetry, Spanish Songs, and even a Japanese tune! Castelnuevo-Tedesco's cultural and ethnic heritage placed him at an important crossroads in music history. This concert showcases that history and is the perfect complement to our other events in our Crypto Judeo Series. Tickets \$12-18 sliding scale. For more information, visit ejcpx.org/events.

Nov. 16: Torah in the Tarot

Tarot cards have played a role influencing people for centuries. They elicit fascination, obsession, and investigation. Author and scholar Stav Appel comes to Portland in November to share his compelling presentation on how the cards' imagery and design Thursday, Nov. 16 at 7 pm at the Eastside Jewish Commons, starting with the Jean Noblet Tarot de Marseille created in France circa 1650, are consistently embedded with Hebrew letters, Judaic ritual objects, Torah stories, and Jewish holy days. He writes, "...the presence of Judaica in the cards suggests they may have been used as a tool for clandestine

See EVENTS, page 12

EVENTS

(continued from page 11)
tine Jewish continuity.” Part of EJC’s Storytelling Crypto-Judaism Week. For more information, visit ejcpdx.org/events.

Nov. 16: 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. \$7. For more information, contact Allison Victor at allisuev@gmail.com.

Nov. 17: Forgiveness and Making Meaning Later in Life

Jewish Family & Child Service offers Mental Health Spotlight Friday, Nov. 17 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. Mental Health Spotlight is not one-on-one therapy. It offers groups, workshops and presentations — spaces for anyone in the community to connect with others and share what’s on their mind. For more information or to register, visit jfcs-portland.org/services/counseling/mental-health-spotlight.

Nov. 17: EJC Noon-time Concert

Join Eastside Jewish Commons for our free monthly concert with top Portland musicians Friday, Nov. 17 at Noon. 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 and listen to the music. EJC welcomes seniors, parents and kids, students, and all others. Brenna McDonald is one of the few female flamenco guitarists in the world who has achieved a level of proficiency in flamenco dance and singing

accompaniment. This concert is part of our Crypto-Judaism series. For more information, visit ejcpdx.org/events.

Nov. 18: Drawing Upon What is Hidden: An Evening of Stories

Maggidachs (Jewish Storytellers), Cassandra Sagan and Gail Pasternack along with improviser and stand-up comedian David Fuks present an evening of storytelling on the theme of “What is Hidden” on Saturday, Nov. 18 at 7 pm at the Eastside Jewish Commons. Afterwards YOU get to tell your stories! Sign up to deliver a personal story or even a traditional/folk tale on the theme (5-minute limit). Part of EJC’s Crypto-Judaism Storytelling week. All Ages. \$6-\$18/Person Sliding Scale. For more information, visit ejcpdx.org/events.

Nov. 19: Kol Ami Hanukkah Bazaar

Join Congregation Kol Ami for their annual Hanukkah Bazaar Sunday, Nov. 19 from 10 am – 2 pm at the shul, 7800 NE 119th Ave in Vancouver, Wash. Everyone is welcome. Shop for gifts for family and friends, pick up Hanukkah supplies, Judaica, jewelry and miscellaneous treasures. There will also be a fabulous gift-wrapping station, and more. For more information, email suemeyer18@gmail.com.

Nov. 19: Leikam Brewing Hanukkah Craft Fair

Save the date for our Third Annual Hanukkah Craft Fair! Sunday, Nov 19 from 1-6 pm at the brewery, 5812 E Burnside St. in Portland. Ten percent of each sale will go towards our annual contribution to Habitat for Humanity. For more information, email info@leikam-brewing.com.

Nov. 19: 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.

Nov 19: Laughter and Tears Encore

Sarah Stein will present another hour of Jewish stories Sunday, Nov. 19 at 3 pm at the Eastside Jewish Commons.

Stein says, “If you enjoyed my first ‘Laughter and Tears’ storytelling show, you would also enjoy my new show ‘Laughter and Tears Encore.’ Tickets are \$15 for adults and \$10 for seniors pre-sale, \$17 and \$12 at the door. For more information, visit ejcpdx.org/events.

Nov. 20: Moishe House Potluck Dinner

Potluck dinner hosted by Charlie at Moishe House for young adults Monday, Nov. 20 at 7 pm. For more information, email moishehousepdx@gmail.com.

Nov. 20: 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. New attendees please email Sue at pifdnews@gmail.com prior to the session. Find us on Facebook at “Israeli Folk Dancing in Portland, OR.”

Nov. 21: 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. This class is appropriate for both beginners and seasoned mature yogis. \$10. For more information or to register, visit ejcpdx.org/events.

Nov. 24: Friendsgiving Shabbat Potluck

Welcome one, welcome all to our Shabbat potluck Friday, Nov. 24, at 7pm at Moishe House in Portland! Need a breather from your family? Want to get rid of that weird cranberry pudding your weird aunt insisted you take home? Don’t like Thanksgiving and want to celebrate it’s over? All young adults are welcome to swing by our place to share in the leftovers from the feast. Please RSVP by November 22nd. For more information, email moishehousepdx@gmail.com.

Nov. 26- Dec. 1: ORA Hanukkah Marketplace

ORA Northwest Jewish Artists present a Hanukkah shopping experience in the lobby of the Mittleman Jewish Community Center. Sunday, Nov. 26 from 10:30 am – 4 pm, Monday-Thursday, Nov. 27-30 from 9 am – 6 pm and Friday, Dec. 1 from 9 am – 3 pm. For more information, email mameleh@comcast.net.

Nov. 26: Shir Tikvah Hanukkah Fair

Congregation Shir Tikvah’s annual Hanukkah Pop-Up Fair features gifts, treats and holiday swag for the whole family Sunday, Nov. 26 from 10 am – 3 pm at the EJC. There will be art by ORA: NW Jewish Artists, Luz Jewelry, Mudslinger’s Pottery and more. For more information, visit katie@shirtikvahpdx.org.

Nov. 29: The Laws of Chanukah

Join us for an informative and engaging Chanukah class where Rabbi Spivak will explore the laws and customs of Chanukah. This class will be held Wednesday, Nov. 29 at 8 pm at the Portland Kollel and on Zoom. Great class for beginners! For more information, visit portlandkollel.org/chanukah.

See the latest Jewish jobs at jewishportland.org/ourcommunity/jewish-jobs