

The JEWISH REVIEW

Oregon and SW Washington's Online Jewish Newspaper

Dec. 22, 2021 / Tevet 18, 5782 Volume 56, Issue 25

PJA Auction goes live (and virtual)



Portland Jewish Academy held their 60th Anniversary Hybrid Academy Awards Auction on Sunday, Dec. 12. They hosted 80 people, who walked the red carpet for a Watch Party at the Mittleman Jewish Community Center and were joined virtually by hundreds more. The spirited evening was led by emcee Josh Kashinsky and auctioneer Ian Lindsay. It was a lively, energetic night – and when all was said and done, they raised over \$784,000 for tuition assistance and program support. Jay and Diane Zidell matched every Mitzvah Moment gift and sponsorship, and Steve “Rosy” Rosenberg and Ellen Lippman contributed an additional 50% match of these gifts.

New Kesser Torah honors *proste Yidden*

BYSURARUBENSTEIN

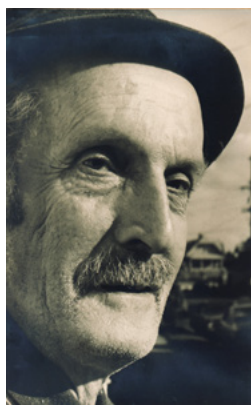
Sunday, Jan. 9, will be a time of celebration – the completion and dedication of a new Torah scroll.

Everyone in the Portland community is invited to join the festivities at the Mittleman Jewish Community Center and watch the scribe as he writes the last letters of the Torah (see box page 8). The completion of the final word of the Torah will be followed by a procession to nearby Congregation Kesser Israel, where the new Torah will take its place in the *Aron Kodesh*.

For Kesser Israel, the celebration is an important milestone: It is the congregation's first new Torah in 20 years.

For me, and for my family, it's especially meaningful, because the Torah is being dedicated in memory of my parents, Flo and Meyer Rubenstein, *z”l*.

Our sponsorship was sparked by a conversation



Kesser Israel's first new Torah in a generation will be dedicated in memory of Meyer (circa 1972) and Flo Rubenstein (circa 1940), *z”l*.



my husband, Rick Haseton, and I had just before Rosh Hashana in 2020. We had read an essay by Rabbi Jonathan Sacks, *z”l*, on *Parshat Vayelech*, the *parsha* in which G-d commands Moses to “write down this poem and teach it to the people of Israel; put it in their mouths” – a command considered the 613th mitzvah, the final mitzvah in the Torah.

As we spoke, Rick said, “Why don't we

donate a Torah in memory of your parents?”

In his writings, Rabbi Sacks often described every Jew as a “letter in the scroll,” explaining that, just like the letters in a Torah, each individual Jew is an essential part of the Jewish people.

Dedicating the Torah in memory of my parents is a tribute to that teaching. Flo and Meyer were what Flo would call *proste Yidden* – “plain” or “simple” Jews. Nothing fancy. Just regular folks.

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Join Climate Fest before Jewish Earth Day

The Big Bold Jewish Climate Fest returns virtually Jan. 10-14, 2022, in the week leading up to Tu B'Shevat, the Jewish new year for trees, which is often called the Jewish Earth Day.

Sessions will be on Zoom and stream on Facebook and Instagram Live. Last year, the fest engaged 6,000+ people to make confronting the climate crisis a central moral priority of the Jewish community.

"Participating in the Big Bold Jewish Climate Fest is paramount to being a partner in creation and in the process of tikkun olam (repairing the world)," says Portlander Josh Lake, chair of the Climate Action Committee of the Jewish Community Relations Council. "Learning how we can heal creation is the first step in being a steward of creation, and the Big Bold Jewish Climate Fest is a first step in learning how to do tikkun olam."

The 2022 Big Bold Jewish Climate Fest will be centered around investing in solutions – focusing on how our values can be expressed through our personal, professional, communal, organizational and societal investments – and shifting away from systems, practices and ways of thinking that perpetuate climate destruction and inequity.

Lake shares a quote from Chief Seattle of



Josh Lake has been part of the JCRC's Climate Action Committee since the group's first program in December 2019, when a panel of experts discussed "Climate Change: Is it a Jewish Issue?"

the Squamish/Duwamish tribes: "What we do to the world, we do to ourselves." Lake feels this embodies the Jewish sentiment of

pikuach nefesh, Hebrew for preservation of the soul.

"By taking care of the Earth and ensuring the health of our host, we actually help preserve our nefesh, souls, and our future generations," says Lake. "This is a small part of the learning that will happen at the Big Bold Jewish Climate Fest."

This year's festival is full of practical and informative workshops on how each person in the Jewish community can take action for our climate, including:

- Events for individuals, lay leaders, professionals, youth and young adults
- Workshops and case studies on investing organization endowments, retirement funds and donor-advised funds to work for good
- Roadmaps and policies for our clean energy future
- Exploration of fossil-fuel-free career paths for young adults
- How to engage younger generations in Jewish life through climate action.

For more information about the Fest, visit jewishclimatefest.org.

Visit jewishportland.org/ourcommunity/climate-action-committee to get involved locally. Or contact Jewish Federation of Greater Portland Community Relations Director Bob Horenstein at 503-245-6496 or bob@jewishportland.org.

College bound? Check out Jewish Free Loan

With the Federal Reserve's projection of three interest rate hikes in 2022, the interest-free loans available from the Jewish Free Loan of Greater Portland are more attractive than ever.

Free Loan Chair Les Gutfreund thinks students headed for college and those paying off student loans should pay attention.

"Free Loan can lower your student debt with a no-interest loan," says Les. "Consolidate your student loans or use Free Loan to purchase your books and supplies or get that computer you need for college."

Jewish Free Loan, under the auspices of the Jewish Federation of Greater Portland, offers interest-free loans of up to \$5,000 with two cosigners and \$1,000 emergency loans that require no cosigners. Since it was launched in 2016, JFL has made more than \$150,000 in loans through 41 regular loans and 24 crisis loans. At

least five loans have been student loans – both to pay tuition and pay off existing student loans.

"We have \$60,000 in loan receivables from our \$230,000 loan fund with the remaining \$170,000 available for new loans," says JFGP Director of Finance Ben Winkleblack.

Loans of up to \$5,000 are available to Jewish residents of Oregon and SW Washington. The loans require two cosigners and are interest free with repayment over three years. Application-to-approval can take a few weeks. Smaller loans of up to \$1,000 for people directly impacted by Covid-19 do not require a cosigner, and application-to-approval takes just one to a few days.

To apply or to donate, visit jewishportland.org/freeloan. For more information, email freeloan@jewishportland.org or call Les at 503-932-7783.

Local undergraduates invited to apply for Sussman Fund grants

Portland-area Jewish students who will be undergraduates at a U.S. college or university for the 2022-2023 academic year are invited to apply for a Sussman Fund grant.

Awards will be given to two to five recipients per year in the amount of \$1,000-\$1,800 each. Applications are due by March 1, 2022. Recipients will be notified in April 2022.

The Sussman Fund was established in 1981 by Lillian and Gilbert Sussman to provide grants to Jewish students from the Portland Metropolitan area toward their higher education. In keeping with the founders' wishes, students pursuing undergraduate studies toward a degree in an accredited college or university in the United

States are encouraged to apply for grants from this fund.

When last year's winners were announced, committee chair Rich Meyer said, "I think our community is better because of it (Sussman scholarship). Recipients from past decades have given back to our Jewish community here in Portland and other places in so many ways."

He added that committee members enjoy reviewing the applications and seeing the contributions the students have already made to the Jewish community and beyond.

For more information and to apply, go to jewishportland.org/sussman. For questions, email rachel@jewishportland.org.



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Fred Rothstein to retire next fall from Neveh Shalom

Congregation Neveh Shalom's Executive Director Fred Rothstein will retire on Oct. 31, 2022, after 21 years of service to CNS and over five decades of Jewish communal leadership. Included in those decades were 12 years at the Mittleman Jewish Community Center. Rothstein moved to Portland as MJCC Program Director in 1983 and served as MJCC Executive Director May 1987-August 1995, when the family moved to Israel. They returned to Portland in 1999 and he took the helm at CNS in 2001.

"Please join me in congratulating and thanking Fred on his remarkable career, during which time he worked with six rabbis, three cantors and 10 congregation presidents; stewarded more than \$20

million in gifts; and oversaw an entire building remodel," says CNS President Glen Coblenz. "He celebrated numerous family simchas, including the marriage of his daughters and birth of his grandchildren, and navigated tougher life-cycle events in and alongside our kehillah. As a measure of his strong leadership, Fred guided us – and continues to do so – through the unprecedented Covid-19 pandemic. Fred and Nora have been, and will continue to be, a part of our CNS family."

Neveh Shalom plans to begin a search for a new executive director, a process co-chaired by past president Jason Kaufman and board member Steffanie Goldsmith. CNS hopes to welcome a new executive director by Sept. 1, 2022.



OJCF hires marketing/donor relations manager

The Oregon Jewish Community Foundation has hired Susan Berniker as Donor Relations & Marketing Manager. She will help advance the mission of OJCF by advising donors about giving approaches, community needs and foundation services.



Prior to joining OJCF last month, Berniker worked as an educator as well as in the nonprofit arena in fund and policy development, program management

and advocacy. She brings a passion for social justice work grounded in Jewish values as a member of the Women of Reform Judaism's Pacific District Social Action and Advocacy Team, as Congregation Beth Israel's Sisterhood Social Action Chair and as a CBI Sunday School teacher.

"Susan is a marvelous addition to the OJCF team," says OJCF Vice President of Philanthropy Tara Siegman, who previously served in the donor relations role. "Her demonstrated passion for improving the world is in natural alignment with the foundation's vision of a world in which all Jewish people practice tikkun olam. Susan is excited to begin working with our kindhearted fund-holders, and I know they will enjoy working with her. Their philanthropy will be very well and thoroughly supported."

Berniker holds a B.A. in Political Science from UCLA, a Master of Public Administration from the University of Oregon and a Master of Art in Teaching from Concordia. She can be reached at susanb@ojcf.org or 503-248-9328.

Nava Sherwood, Megan Harned join CNS Covid team

Congregation Neveh Shalom Covid-19 Outreach and Services (CNSCOS) has hired two new staff members. Nava Sherwood joins the team in a new role as event coordinator. Megan Harned becomes communications manager/volunteer coordinator, succeeding communications manager JoAnna Wendel, who joined the Oregon Health Authority as a public affairs specialist.

CNSCOS is a team appointed by Congregation Neveh Shalom, with funding from the Oregon Health Authority, tasked with helping inform and vaccinate the Jewish communities of Multnomah, Washington and Clackamas counties. The team also collaborates with a range of Jewish and non-Jewish organizations and volunteers to increase access to vaccines by hosting vaccination clinics in community spaces across the tri-county region.



As the Covid events manager, Sherwood works with organizations and communities to provide free Covid vaccination clinics as needed with the CNSCOS Mobile Vaccination Team.

"I am thrilled to be directly serving our community, both the Jewish community and the greater Portland community, supporting this team and increasing the vaccine rates in our area," says Sherwood. "It has been such a gift meeting with all the different folks coming in, sometimes overcoming fears and misinformation, and supporting their decision to protect themselves and others. I have only increased my respect for and gratitude to our medical community, especially our volunteer vaccinators who make this possible by giving their time to save lives."

Originally from Puerto Rico, Sherwood lived across the United States before mak-

ing the Pacific Northwest home for more than a decade. She has worked and volunteered for nonprofit and community-building organizations including Kesser Israel and Jewish Family & Child Service. She served as a program administrator for the Jewish Federation of Greater Portland for a year and a half. A member of Congregation Neveh Shalom, she supports Foundation School and Maayan Torah Day School, both of which her children – Ephraim, 14, Liam, 12, Ethan, 9, and Alia, 6 – have attended. Ephraim is in high school in Israel.

Harned said she is looking forward to her new role.

"I am excited to help our community access vaccines," she says. "In particular, I look forward to helping people feel informed and as confident as possible about how they navigate their lives and the changing Covid landscape."

A member of Congregation Shaarie Torah, Harned previously worked as the volunteer coordinator for the Education Department of the Oregon Jewish Museum and Center for Holocaust Education and as a patron services associate at Portland Center Stage. She has also written for the Willamette Week and the Portland Mercury. Most recently, she was the sales and customer success manager and managed email marketing for Mental Health Match, a locally founded start-up that helps people find therapists who are a good fit.

She is excited to help raise awareness of the CNSCOS team's great work.

The CNSCOS newsletter has pandemic-related news, updates and tips for navigating a Covid-19 world. She encourages people to sign up: lp.constantcontactpages.com/su/r2cZiPd/covid19





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"Every year I would make a small contribution to Federation feeling like I was doing my good deed and giving to an organization that was doing a lot for the Jewish community, but never thinking I was going to be getting anything out of it. Then I got an email from Federation announcing an LGBTQ mission to Israel. I really saw through this experience how Federation touches peoples lives in Israel and in the United States...
The Jewish Federation of Greater Portland is here for the entire Portland community."

Ted Nelson,
Campaign Co-Chair & Board
Member, Jewish Federation

**Support programs in Israel
and at home by donating to our
2022 Campaign for Community Needs today!**

jewishportland.org/donate



Build resilience for a brighter future

BY DEBORAH MOON

The uncertainty, stress and isolation of growing up in a global pandemic will unquestionably have long-term, perhaps lifetime, impacts on the emotional and mental health of today's children and teens. Yet one of those lingering effects could be a lifelong ability to face new challenges with resilience.

Resilience – the ability to bounce back from difficulties – can, to a degree, be taught and supported. While genetics and a family's resources play a role in the ability to deal with trauma, how parents “model and talk about responding to adversity or making meaning out of a difficult time absolutely has an impact,” according to psychologist Allan Cordova, Ph.D., of the Children's Program.

Dinah Gilburd, LCSW, a consultant with Jewish Family & Child Service, agrees. “Resilience develops when children experience challenges and learn to deal with them positively with adaptive coping techniques. Parents and caregivers can help children learn these skills and develop resilience.”

THE CHALLENGES

Cordova considers disruption of daily life, especially school and social activities, as the key stressor adolescents have faced during the pandemic. For younger children, the lack of socialization at a time when they are learning to become social beings has been problematic.

“Nationwide and of course locally, schools are seeing serious upticks in anxiety (often in conjunction with anxious parents) and mental health issues,” says Maayan Torah Day School Principal Rabbi Yerachmiel Kalter, adding that the surgeon general recently called this a crisis.

BUILDING RESILIENCE

“One of the really important things is making space for difficult emotions rather than trying to sweep them aside,” says Cordova. “I think part of resilience



begins with just acknowledging the truth about how and why something is hard; and then being able to move through that process so that you don't get stuck in the pain or the negativity and identify what are going to be the coping responses to that difficult circumstance.”

Cordova says it is important to acknowledge what is hard before shifting into coping and problem-solving modes. “Helping kids understand and work through their emotions is a huge piece of supporting resiliency,” he says.

“Sometimes as parents, we can get stuck in one phase or the other,” says Cordova. “Overly fixating on how bad something is ... doesn't do any good.” But equally unhelpful is to jump to problem-solving mode, which “can be pretty invalidating and lead kids to feel misunderstood or that their concerns aren't really important.”

Shaarie Torah Education Director Dr. Sharon Pollin says, “It is incumbent that we provide space for our children to share, discuss and reflect on what they have been through during these past months.”

While Sunday School was on Zoom over the past year, Pollin says teachers used fun emotional check-ins before each class – “for example showing photos of dogs in various poses and expressions and asking, ‘Where are you on a scale of dogs today?’”

Shaarie Torah teachers also used resilience vocabulary and asked questions such as “How

did you make that happen?” so students could become self-aware of the strategies they employed as well as sharing those with their peers.

In NCSY youth activities and at the weeklong Camp Keshet, NCSY Oregon Director Meira Spivak says, “We have worked individually with teens, specifically the leaders, and coached them to stay committed to a cause despite challenges. It is always easy to run an event when their peers sign up willingly. But what about when recruitment is challenging – do we just give up or double down? Encouraging teens to stay motivated despite setbacks is a skill that we try to instill in them from early on.”

Spivak adds, “If a child sees their parents getting up despite adversity, they will learn how to do it as well. Parents have a real opportunity to model resiliency for their kids. When you feel frustrated and want to throw in the towel, make an intentional decision to take action.”

She says NCSY has worked with parents of teen leaders, encouraging them to stay strong amid teen temper tantrums, threats or bad behavioral spells.

“Teens face many ups and downs, and the roller coaster they ride can often make their parents crazy,” she says. “We are there for the parents, ‘holding their hands’ so they can navigate through tough times, and when needed, recommend professional help for their kids.”

Maimonides Jewish Day

School Principal Karen DeNardo notes that the past 20 months have provided ample opportunities to help develop resilience. DeNardo and her teachers have worked directly with students who have been struggling.

“The one on one seems to help as we are able to pinpoint the times of day that are causing a struggle,” says DeNardo. “It is during these conversations that we work on the resilience needed to succeed.”

Rabbi Kalter says he believes resilience is best taught through mentor modeling and role playing. He says Maayan Torah teachers share how they persevered in a tough situation and work with students to explore ways to persevere in different situations.

“Lastly, pointing out when a student was resilient and the ‘rush/good feeling’ they had through persevering teaches young minds that it is worth it to stick with it,” says Rabbi Kalter.

JUDAISM'S TOOLS

Cordova, who is a member of Havurah Shalom, says Judaism offers an important resource to deal with feelings of isolation. Judaism is great at expanding the focus beyond oneself through *tikkun olam* and service. “Figuring out how you can both connect to community as well as serve community also really supports resilience,” he says.

For B'nai B'rith Camp CEO Michelle Koplan, Jewish values, *middot*, are central to both her work at camp and raising her own children.

“For me, teaching resiliency is aligned with gratitude, *hakarat hatov*, which means ‘recognizing the good,’” says Koplan. “Practicing gratitude is recognizing the good that surrounds you. Through our activities at BB Camp, we infuse *hakarat hatov*. For example, our arts & crafts and *teva* (nature) specialists teach the *middot* of *hakarat hatov*, while campers paint and depict their gratitude for the

See **RESILIENCE**, next page

14 “Bear Witness” in exhibit relevant for today

“To Bear Witness – Extraordinary Lives,” an exhibit twice delayed by pandemic restrictions, is perhaps more relevant today than when it was envisioned, according to speakers at an exhibit preview.

“Timing is everything,” says Judy Margles, director of the Oregon Jewish Museum and Center for Holocaust Education. “The need for this exhibit is more urgent than ever. There is a humanitarian crisis on our streets. ... We are brokenhearted about the state of the world today. Our world is in need of repair, of *tikkun olam*.”

“To Bear Witness” features photographs, profiles and short films that capture the stories of individuals who left their homelands for safe haven in Oregon. The 14 individuals featured in the exhibition include four survivors of the Holocaust – from Austria, Hungary, Czechoslovakia and Germany – and 10 others – from Bosnia, Myanmar, Cambodia, Rwanda, Sudan, Syria and Tibet. These brave men and women witnessed the atrocities of war, genocide and the Holocaust.

“Take time to absorb the multimedia stories (of each individual),” says Sankar Raman, founder of The Immigrant Story, which partnered with OJMCHE to create the exhibit. “Decide how you want to consume it.”

Each story is filled with resilience. Eliza-



Sankar Raman, founder of The Immigrant Story, speaks to a socially distanced crowd at a preview of the new exhibit, “To Bear Witness – Extraordinary Lives,” at the Oregon Jewish Museum and Center for Holocaust Education.

**“I see this exhibit as
a call to action.”**

– Jim Lommasson

beth Mehren, of The Immigrant Story, says she is especially moved by the smiling face of Emmanuel Turanye of Rwanda.

“If he can smile, if he can forgive, so can we all,” she says.

Jim Lommasson, who photographed an

object each person brought to their new home, spoke about the 10 stages of genocide, each insidious, including an early step of name calling.

“Each step has an effect ... in dividing us,” he says. “I see this exhibit as a call to action.”

The exhibit continues through May 15, 2022, at OJMCHE, 724 NW Davis St., Portland. The museum is open 11 am-4 pm, Wednesday-Saturday. For more information, visit ojmche.org or call 503-226-3600.

RESILIENCE (Continued from previous page)

Earth and *tikkun olam*, repairing the world together.”

“Teaching *hakarot hatov* and Jewish values creates resilient children,” she says.

Devora Wilhelm, Judaic studies director at Maimonides Jewish Day School, says that Judaism teaches us God gives us the ability to persevere. “Hashem does not overbear his creatures,” she quotes. “G-d gives us the ability to rise above the occasion and handle whatever comes our way. That does not mean it is easy. Sometimes we have to change our mindsets.”

Rabbi Chaim Wilhelm of Northeast Chabad Hebrew School adds to that concept of Hashem’s guidance the fact that “Purpose helps us in times of challenge: We have Torah and *mitzvos* that help us stay focused.”

THE SILVER LINING

“Has Covid been challenging? Yes. Has the mental health of our teens suffered? Yes,” says Spivak, a facilitator in the Systemic Inventive Thinking method. “But at the same time, we have spent more time with family, reevaluated our priorities and thought a lot about work/life balance. I am not sure if teens and kids learned more re-

silience, but they are now being raised by parents who have a different focus. I am sure that overall, that will prove beneficial for their upbringing.”

“Disruption enables and fosters emergence,” says Pollin. “Intentional challenges, such as ziplining, mountain climbing or a demanding class, help to build resilience skills that we may transfer to other life situations.”

“In the wake of the pandemic, things like showing gratitude and finding the good in daily life are lifelong skills that are go-

ing to support children and contribute to their healthy development,” says Gilburd. “Learning self compassion at an early age and being kind to ourselves are incredible skills. They are skills to be practiced, and the pandemic has given us an opportunity to learn these skills.”

“Children’s lives have been so disrupted, and yet they have moved forward,” she adds. “I think that as they develop and grow, this experience is going to be part of their fabric, part of who they are and part of who they become as older human beings.”

Raising Resilient Kids – Role of Grandparents

The Jewish Federation of Greater Portland is partnering with the national [Jewish Grandparents Network](http://JewishGrandparentsNetwork.org) for a 4 pm, Jan. 11, virtual program called “Raising Resilient Kids in a Stressed-Out World: How Grandparents Can Play a Role.”

Join internationally renowned Harvard professor Dr. Chris Willard to explore the foundations of resilience and how grandparents can cultivate qualities of resilience in their grandchildren, among them kindness and generosity, honesty, patience and steadiness. He will include experiential exercises along with simple takeaway tips for you and your family. You can register for the program at jewishgrandparentsnetwork.org/event/raising-resilient-kids-in-a-stressed-out-world-how-grandparents-can-play-a-role/.

Happenings

Dec. 22: Girls in Trouble at the MJCC

Local artist Alicia Jo Rabins will share her beautiful song cycle about the inner lives of Biblical women and how their complicated experiences resonate with our own at 6:30 pm, Dec. 22.

During this in-person event at the Mittleman Jewish Community Center, Rabins will perform a selection of solo songs from her *Girls in Trouble* song cycle. She will also screen excerpts from her award-winning collaboration with director Alicia J. Rose and producer Lara Cuddy, “A Kaddish for Bernie Madoff.”

Drawing inspiration from rabbinic midrash, bluegrass, feminist Torah commentary, indie rock and mysticism, Rabins’ classical violin training and background as a poet combine with her years of Jewish text study to offer an intimate window onto the surprisingly relevant lives of these ancient women. With her “gorgeous” (New York Times) voice, violin, looping pedal and guitar, Rabins single-handedly conjures the stories of Miriam, Judith, Lilith, Tamar and others, invoking their power to keep us company in moments of joy and difficulty.

As we head into 2022, Rabins also will unveil the next stages of the *Girls in Trouble* project: a musical (supported by the Jewish Federation of Greater Portland’s Women’s Giving Circle) and a screen adaptation (in collaboration with Rose and Cuddy).

Masks will be required (for ages 5 and up).

Cost is \$5 per person. Walk in or register in advance at oregonjcc.org/aliciajo.

Dec. 25: Chinese Food, Movie for young adults

Jews Next Dor and Moishe House present a Jewish Christmas tradition – Chinese Food and a Movie, 5-8 pm, in The Atrium at Eastside Jewish Commons.

Congregation Beth Israel’s Jews Next Dor and Moishe House join forces to bring the Greater Portland Area’s 20s and 30s Jewish community together for this yearly tradition! Entry is \$5 online or at the door. Registration details coming. Visit ejcpdx.org.

Jobs board

OREGON JEWISH MUSEUM AND CENTER FOR HOLOCAUST EDUCATION

Museum Education Manager

SALARY: \$50,000 annually plus health and retirement benefits

The Museum Education Manager works under the guidance of the Director of Education to provide creative and strategic education programs for OJMCHC at its primary locations, 724 NW Davis Street and the Oregon Holocaust Memorial, and offsite in regional classrooms. The duties of this position include, but are not limited to, creating, organizing and facilitating learning opportunities for students and adults; developing resources related to the core and temporary exhibitions; and working with education colleagues on existing and new initiatives.

Find the full job description on ojmche.org/jobs/.

Send cover letter and resume to jobsearch@ojmche.org by Jan. 7.

CONGREGATION P’NAI OR

Musician/Accompanist

Compensation per event to be negotiated

Guitar/instrumental and vocal musical support for the rabbi at Friday and Saturday services (usually one Friday night and two Saturday mornings per month), Jewish holidays, life-cycle events and other congregational events.

Send resume/CV and cover letter to admin@pnaiorpd.org.

SEFER TORAH CELEBRATION

Join Congregation Kesser Israel as it celebrates the completion of a new Sefer Torah.

Sunday, Jan. 9

Mittleman Jewish Community Center

Free – All Ages Welcome

3:30 pm: Observe the *Sofer* (scribe) as he writes the last letters of the Torah. Open house with kids’ crafts, activities and light refreshments.

4:30 pm: Program begins with completion of the final word of the Torah, followed by a procession to Kesser Israel.

5:15 pm: Special ceremony as the new Torah takes its place in the *Aron Kodesh* (ark).

For more information about the event, or to sponsor part of the writing of the Torah: sefertorahpdx.com

SEFER TORAH (from page 1)

Both had immigrated from Poland as children with their families. They worked hard, Flo as a fry cook in a neighborhood Italian restaurant, Meyer as a baggage handler at the Greyhound Bus Depot downtown.

They didn’t have much in the way of material things. What mattered to them was how they treated people, whether it was putting a quarter in the cup of a disabled veteran or insisting that every drop-in visitor have a cup of coffee and a cookie. Being a *mensch*.

And Kesser, then “the Meade Street Shul,” half a block from their home in South Portland, was always a part of their lives.

“This is really G-d’s little house of worship,” Flo said in an oral history interview for the Oregon Jewish Museum and Center for Holocaust Education.

Over the years, Meyer would always help make a *minyan*, as would Flo’s brothers, Harry and Izzy Steinberg. In later years, Meyer became the *shammes* – the sexton – of the shul, opening the doors for services and closing up afterwards. When he was no longer able to do so, Flo’s sister Rose Steinberg, and then their brother, Izzy, took over.

Today Kesser is no longer on Meade Street, and the community has grown in many ways. But the bedrock is still there, and G-d willing, will remain there for years to come – a community of people taking the Torah into their hearts and living out its precepts in the best ways they can.

Both Rick and I had been deeply involved in Kesser’s 2001 Torah campaign, made possible through the generous support of Peryl Gottesman, z”l, and her sister, Sylvia Gold, z”l. And we knew how important that Torah has been to the congregation.

We are grateful to *HaShem* for enabling us to do this *mitzvah*, which we dedicate to the spirits of Flo and Meyer Rubenstein, to those of Harry, Rose and Izzy Steinberg, and to all who have helped build, and continue to build, our Jewish community.

And we welcome everyone to join in the joyous celebration of Kesser Israel’s new Sefer Torah.

Aviel Brodtkin, Kesser Israel’s director of community engagement, is organizing the *Sefer Torah* Celebration and invites all to join in the “community *mitzvah*.”

“We are joining together, each of us dedicating part of this new, life-giving Torah, a generational inheritance,” she said. “Kids, adults and people of all backgrounds will participate in the last *mitzvah* in the Torah. What a *simcha*!”

J-pros get discounts

BY DEBORAH MOON

In recognition of the contributions Jewish communal professionals make to our community, some organizations offer them membership or tuition discounts. Special offers include tuition discounts at two day schools, complementary membership at Congregation Shaarie Torah and reduced member rates at Mittleman Jewish Community Center.

Most recently, Portland Jewish Academy announced the rollout of a new Jewish Communal Professional tuition discount of 30% beginning with the 2022-23 school year.

"We believe that there is a long-term benefit to PJA specifically and to our Jewish community more broadly when the children of our Jewish communal professionals are enrolled in our school," says PJA Director of Admission Sarah Glass.

"This is a substantial increase from the JCP tuition discount we have offered in the past," wrote Glass in a Dec. 10 email to J-Pro Oregon. "Our goal is to extend support to our Jewish communal professionals for whom PJA is the right fit for their child/children. We greatly appreciate the work of our Jewish communal professionals and want to support and honor those who work on behalf of our Jewish community."

Students with a parent or guardian who works in a Jewish school, organization, agency or synagogue will automatically receive the JCP discount. Additional tuition assistance from PJA's scholarship fund can be combined with this award.

"We want to make a PJA education more accessible to the individuals who keep our Jewish communal organizations humming, often making personal sacrifices when choosing to work in the Jewish not-for-profit sector," says Glass.

This initiative was developed with the support of data analysis and admission-related workshops from Prizmah: Center for Jewish Day Schools, of which PJA is a member.

[Portland Jewish Academy](#) is

a K-8 community Jewish day school and an early childhood program for infants through Pre-K. [Applications](#) for the 2022-23 school year are open.

[Maayan Torah Day School](#), another local school, also offers a 30% tuition discount. Maayan Torah created its discount for Jewish communal professionals in March of 2019. Maayan Torah serves children ages 18 months through eighth grade.

"We established and sent out to JPro a set 30% discount for all Jewish professionals regardless of income," says principal Rabbi Yerachmiel Kalter. "We also have a number of various discounts that lay families can take advantage of – some income based and others not. They are listed on our website maayanpdx.org/financial-aid/."

Congregation Shaarie Torah created a membership category for Jewish professionals after Rabbi Gary Oren took the pulpit at the congregation this summer.

"We understand that Jewish professionals give so much more than their time to ensuring that our community is strong," says Shaarie Torah Executive Director Jemi Kostiner Mansfield.

To recognize that commitment, the leadership of the Conservative synagogue offers complimentary membership for any Jewish professionals currently working for a community Jewish organization.

"In addition to showing our appreciation for all these folks do for our larger community, we also know that they will greatly enrich our Shaarie Torah community by sharing their talents and passions for Jewish living," says Rabbi Oren.

The [MJCC](#) has offered a discount for those who work at local Jewish institutions for several years. Currently, Jewish professionals can join for about 50% off general monthly membership rates. A membership where one member of the family is a Jewish professional is \$50, couple \$64 and family \$77, compared to regular monthly rates of \$100, \$131 and \$155, respectively.

Life-cycle events

BIRTH

Shimon Yehuda Spivak

Shimon Yehuda Spivak was born Nov. 24, 2021, to Rabbi Chanan and Meira Spivak. Rabbi Tzvi Fischer, who founded the Portland Kollel with Rabbi Spivak in 2006, flew in from Detroit to perform the *bris* on Dec. 1.



ENGAGEMENT

Shana Meyer- Michael Barta

Marcia and Mark Meyer are delighted to announce the engagement of their daughter, Shana, to Michael Barta, son of Sandy and Thomas Barta of Warren, New Jersey. Shana is the granddaughter of Lora and the late Jim Meyer, z"l, and Eleanor and the late Sheldon Halpern, z"l.



Events set to pack Dignity Totes

Dignity Grows Portland plans two packs in January to provide hygiene products to women, girls and individuals assigned female at birth who cannot afford them.

Dignity Grows Portland is a chapter of a national nonprofit and a Jewish Federation of Greater Portland Women's Philanthropy project. At each pack in Portland, volunteers will have a chance to learn about period poverty and the Jewish reasons for engaging in this social justice effort, and then they will pack Dignity Totes. Each tote includes a month's supply of sanitary pads and tampons, toothpaste and a toothbrush, a bar of soap, deodorant and shampoo.

Dignity Grows has added a third community distribution partner – Virginia Garcia Memorial Health Center & Foundation. The center provides high-quality, comprehensive and culturally appropriate primary health care to the communities of Washington and Yamhill counties, with a special emphasis on migrant and seasonal farmworkers and others with barriers to receiving health care.

Existing partners Outside In and Transitions Projects continue to distribute the group's Dignity Totes to neighbors in need. Outside In supports youth ages 18-24 experiencing homelessness and other marginalized people. Transition Projects delivers life-saving and life-changing assistance to Portland's most vulnerable residents on their journey from homelessness to housing.

On Jan. 9, Dignity Grows will host a pack at the Eastside Jewish Commons from 2:30 to 4 pm. Due to social distancing protocols and best practices, attendance is limited and registration is required. Masks and social distancing measures will be required for the full program.

Register for the Jan. 9 pack at the EJC at jewishportland.org/dignitygrows. For more information, email Julie Alferez at julie@jewishportland.org.

Portland Dignity Grows Chair Nicole Sacks said she is excited that the chapter also will partner with PDX Hillel for a pack at Lewis and Clark campus. Students at Portland-area campuses should email PDX Hillel Executive Director Hannah Sherman at hannah@pdxhillel.org or visit pdxhillel.org.

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,
email your name and email
address to
editor@jewishportland.org

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

Upcoming issues

Issue date	Deadline
Jan. 5	Dec. 29
Jan. 19	Jan. 13
Feb. 2	Jan. 27
Feb. 16	Feb. 10

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

Chaplain's Corner

Time to respond with “Hineini”

BY RABBI BARRY COHEN

Hineini is one of my favorite Hebrew words. It means “here I am.” Most of the time, I am not fully present. My mind is too busy. I am in the past, in the future or in the “what if.” I find myself in hypothetical worlds, surrounded by stress, anxiousness, fear and worry.

Saying *Hineini* helps me exist in the here and now.

Leonard Felder explores the practice of saying *Hineini*, being present, in his book *Here I Am*. He begins his work by teaching: “Every so often, it’s a good idea to sit down and ask yourself, ‘How am I going to improve the way I deal with the pressures, complexities and stressful moments that are now an undeniable part of my life?’”

Felder urges us to be honest with ourselves and look for realistic ways to be healthier and more centered. *Here I Am* provides eight easy to understand, stress-reducing and mind-focusing methods to improve our quality of life.

Felder introduces various mindfulness techniques. These skills are relatively easy to cultivate, like exercising a long-forgotten muscle.

The book’s eight chapters help us, in part:

- Feel more alive and focused
- Discover blessings, solutions and support
- Cultivate gratitude for what we already have
- Delegate
- Address recent loss and trauma
- Foster inner resilience and strength
- Develop a daily state of

Resist the urge to check out or disengage, but rather say Hineini, here I am, ready to face the situation.



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

curiosity to avoid the boredom of the same daily routine.

Let me provide just a taste of the wisdom in his book with an overview of Chapter 1: A Recentering Method for Any Stressful Moment. Most of us at times feel overwhelmed by stress. We describe ourselves as overextended, swamped, carrying too much on our shoulders or running on fumes.

In response, we can ask ourselves the oldest question in Torah: Where are You? (Of note, God asked Adam this question after he ate of the Tree of Knowledge.) Felder says we can respond, *Hineini*, here I am. By doing so, we focus and center ourselves.

Where am I? I am right here. I have used this technique when my high-school-aged children want to talk with me after having had a stress-filled day. When they are in pain, my knee-jerk reaction is to do something about it. Part of me wants to go into problem-solving mode and take their pain away. But that is not what they need. They need someone to listen to them, affirm what they are feeling and be present. When I say silently to myself, *Hineini*, I increase the likelihood I can be

the parent they need.

Felder explains that my saying *Hineini* is effective spiritually. I can use this word to be in relationship with my son or my daughter. It is not about me. It is about how I can be present for them. Felder also teaches that saying *Hineini* creates a positive scientific result. When I say *Hineini* before interacting with my kids, I increase the likelihood of activating a particular part of my brain that otherwise would remain dormant. When I connect with my son or daughter, when I am curious, open, accepting and loving, I activate a part of my brain that increases our sense of well-being.

Felder recommends that the next time we find ourselves in a stressful, anxious or uncomfortable situation, we resist the urge to check out or disengage, but rather say *Hineini*, here I am, ready to face the situation.

I encourage us to read Felder’s *Here I Am*. Doing so is good for our bodies, good for our spirits and can improve the quality of our relationships with others.

Rabbi's Corner

In addition to the Chaplain's corner, The Jewish Review offers space for a Rabbi's Corner each issue. Our community's rabbis are invited to share their thoughts on the week's parsha or current events. The Oregon Board of Rabbis organized the project. Rabbis are invited to schedule a date to submit a 500- to 600-word piece.

For more information, email editor@jewishportland.org.

Agency Column: OneTable

An extra magical year with 53 Shabbats

The Jewish Review has offered the 18 organizations that receive allocations from the Jewish Federation of Greater Portland the opportunity to write a column during the coming year. The following column is from OneTable.

BY ABBIE BARASH

Since Jan. 1 and Dec. 31 are both on a Friday in 2021, we at [OneTable](#) felt lucky to have an extra Shabbat to celebrate this year! Having that extra opportunity to elevate time, be filled with joy and welcome new people is exactly what the Shabbat doctor ordered after the challenges that began in 2020.

For those new to OneTable, we are a national nonprofit organization on a mission to empower young adults who don't yet have a consistent Shabbat dinner practice. Our team and resources help our users build a Friday night practice that feels authentic, sustainable and valuable. We envision a whole generation of young adults slowing down, getting together, unplugging from the week, creating intention in their lives and building meaningful communities around this powerful wellness practice.

As a biased-toward-action, "yes, and..." organization, the past 20 months of the pandemic gave us an opportunity to offer new, exciting and meaningful ways for Shabbat gatherings to take place. We acknowledged that the larger Shabbat dinners from pre-pandemic times open to friends and strangers alike weren't necessarily feeling safe and Covid-conscious to our hosting community. Therefore, we now offer a variety of safe ways to celebrate Shabbat, including Household-only, Solo, Virtual, Indoor (vaccination required), Outdoor (vaccination required) and Outdoor (socially distanced). These options are not going anywhere anytime soon, and our OneTable Portland community is taking advantage of these opportunities to mark the end of their weeks.



In its first official in-person event since before the pandemic, OneTable hosted 19 people for "Harvesting Chessed: Sukkot Shabbat at the Kindness Farm."

Over the past year, our Portland Shabbat-ing community has had new preferences: hosting Shabbat outdoors, followed by hosting for their roommates and partners in their household, and finally hosting solo Shabbats. Young Jewish Portlanders have hosted Shabbats to celebrate birthdays, for housewarming parties, to embrace their queer identities, to gather in social activism, to engage in meditation and to try new recipes from diverse cultures. Slowly and cautiously, we are hearing of more OneTable hosts who want to open up their tables to new people, and guests who are seeking connections through Shabbat dinner.

This past September marked our first official OneTable hosted event, back in person, since before the pandemic. Nineteen of us gathered for "Harvesting Chessed: Sukkot Shabbat at the Kindness Farm" to volunteer in the garden and celebrate Shabbat and the harvest festival, Sukkot.

It felt great to make an impact and gather again in person around the Shabbat dinner table. Here's to more in-person Shabbat

dinners, welcoming new and familiar OneTable community members alike! If you're interested in learning more about becoming a OneTable host, finding a seat at the Shabbat table or sharing the gift of Shabbat with a donation to OneTable, please reach out to me, Cascadia Field Manager Abbie Barash, at abbie@onetable.org.



Abbie Barash (she/her) is OneTable's Cascadia Field Manager, supporting the young adult Shabbat-ing communities in Oregon and Washington. She is also OneTable's National Community Ambassador

Coordinator — supporting part-time OneTable ambassadors across the country. When not celebrating Shabbat, Abbie enjoys snowboarding, wine tasting and spending quality time with her husband and friends.

Reed Professor finalist for Jordan Schnitzer Book Prize

Reed College Professor Laura Leibman's *The Art of the Jewish Family: A History of Women in Early New York in Five Objects* was a finalist for the 2021 Jordan Schnitzer Book Prize. The Association for Jewish Studies awarded eight prizes this year (four winners and four finalists).

The awards are made possible by funding from Jordan Schnitzer and Arlene Schnitzer through the Harold & Arlene Schnitzer Family Fund of the Oregon Jewish Community Foundation. Winners receive a \$10,000 prize and finalists receive a \$2,500 prize.

Winners were: *Songs in Dark Times: Yiddish Poetry of Struggle from Scottsboro to Palestine* by Amelia M. Glaser, University of California, San Diego; *The Promise and Peril of Credit: What*

a Forgotten Legend about Jews and Finance Tells Us about the Making of European Commercial Society by Francesca Trivellato, Institute for Advanced Study; *Forging Ties, Forging Passports: Migration and the Modern Sephardi Diaspora* by Devi Mays, University of Michigan; and *Levinas's Politics: Justice, Mercy, Universality* by Annabel Herzog, University of Haifa.

Other finalists were *Salvage Poetics: Post-Holocaust American Jewish Folk Ethnographies* by Sheila E. Jelen; *Rashi's Commentary on the Torah: Canonization and Resistance in the Reception of a Jewish Classic* by Eric Lawee; and *The Invention of Jewish Theocracy: The Struggle for Legal Authority in Modern Israel* by Alexander Kaye.

MARK HIRSCH PETERMAN

Mark Peterman, z"l, died Dec. 12, 2021, at age 74 of acute myeloid leukemia after a hard year of illness. His life was one of family and professional dedication. He is survived by his wife of 49 years, Judy; his son and daughter, Daniel (Chloe) and Abbie; and two cherished granddaughters, Samantha and Harper.

Born in Grand Rapids, Mich., to Milton and Muriel Peterman, May 31, 1947, he grew up a serious student and an avid skier. He was the older son in a family of high expectations. His sister, Jan Peterman Kahn, predeceased him. His younger brother, David Louis Peterman, is a physician in Boise, Idaho. Mark and Judy graduated college in 1969 as Michigan Wolverines (a lifelong devotion), after which Mark went to Columbia Law School and then came west to Portland. He began his legal career at the Rives, Bonyhadi and Hall law firm. In 1989, the Rives firm became Stoel Rives, Oregon's largest law firm. Mark's practice covered complex corporate work, punctuated every five years by adventurous sabbaticals with his family in Japan, England, Kenya, France, Senegal and The Gambia.

In 1998, the business world drew him away from Stoel Rives to a mortgage-servicing business that went from Wilshire Financial Services Group, Merrill Lynch, Bank of America to IBM. By the mid-2000s, Mark had an inside view of the coming financial meltdown, which he viewed with serious concern. His efforts to recommend caution were not heeded, but later he had the chance to redress this in part by serving as a director of the Kroll Bond Rating Agency. Kroll was established in 2010 to restore trust in the kind of bond credit ratings that were so poorly done in the runup to 2007.

Throughout Mark's years as a lawyer, he devoted each winter to skiing. This led to buying a place in Park City, Utah, at the foot of a 10,000-foot-elevation ski lift.

He served on the board of Congregation Beth Israel. Mark served on the boards of Storefront Theater and Third Rail Repertory Theater. In retirement, Mark indulged in two distinct interests: collecting Depression era WPA prints and completing increasingly difficult bike trips including the Markleeville Death Ride – 125 miles with 15,000 feet of climbing when he was 71.

In lieu of flowers or other gesture of condolence, Mark's family suggests a donation in memory of Mark to Congregation Beth Israel Endowment Fund, 1972 NW Flanders St., Portland, OR 97209 or Jan Kahn Fund, Grand Rapids Civic Theater, 30 Division Ave. N., Grand Rapids, MI 49503.

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JULIE BURGER

Julie Burger, z"l, passed away the night of Dec. 16-17, 2021, in Massachusetts. Julie is survived by her husband, Les, and her sons and grandchildren.

Julie served in the leadership of Congregation Kol Ami in Vancouver, Wash., for many years and in many ways. The congregation's announcement noted, "There are volumes of books to be written about the incredible life she lived and the important work she did, not just for us, but for the Red Cross, for Holocaust survivors and for our country as a whole. She will be mourned and greatly missed. Our condolences to Les and their sons and families."

Shiva will be 4 pm, Jan. 4 on Zoom. Email admin@jewishvancouverusa.org for link.

Julie died at the memory care facility where she had begun living. Funeral and shiva arrangements are pending.

MILLARD GULLEDGE

Millard Gulledge, z"l, passed away Dec. 13, 2021, at age 75. Millard is loved and remembered by his brother, George Gulledge; daughter, Rebecca Gulledge; niece, Cassie Naron; and the regular attendees of Congregation Neveh Shalom's Morning Minyan.

The funeral was held Dec. 16 at Ahavai Shalom Cemetery.

Congregation Neveh Shalom sends condolences to the extended Gulledge family.

ELLIOT LUBARSKY

Elliot Lubarsky, z"l, passed away Dec. 13, 2021, at the age of 93. Elliot is loved and remembered by his dear wife, Diana; children, David (Sarah) Lubarsky, Joshua (Rachel) Lubarsky, Rebecca (James) Hardy and Naomi (Lawrence) Fink; nine grandchildren; and three great-grandchildren.

The funeral was held Dec. 17 at Ahavai Shalom Cemetery

Congregation Neveh Shalom sends condolences to the extended Lubarsky family.

MELVA HAMER

Melva Hamer, z"l, passed away Dec. 13, 2021, at age 97. Melva is loved and remembered by her children, Steve Hamer, Neveh Shalom members Sheryl (Ray) Robert, and Scott Hamer; five grandchildren; and three great-grandchildren.

The funeral was Dec. 15 in Carmel, Ind.

Congregation Neveh Shalom sends condolences to the extended Hamer/Robert family.

ROSE SIMKIN

Rose Simkin, z"l, passed away Dec. 6, 2021, at age 96. Rose is loved and remembered by her sons, Isaac (Susan

Rosenzweig) Simkin and Linnaeus (Jan Reed) Simkin; sister, Lillian Schreiber; and granddaughter, Alanna Simkin.

She was interred in Los Angeles, Calif.

Congregation Neveh Shalom sends condolences to the extended Simkin family.

MARIANNE PENNEKAMP

Marianne Pennekamp, z"l, passed away Dec. 3, 2021, in Freshwater, Calif., at age 97. She was the beloved aunt of Portlanders Cliff and Julie Hockley.

Born in Karlsruhe, Germany, in 1924 to parents Jules and Lilly (nee Loewenthal) Hockenheimer, Marianne lived a full and giving 97 years. Her younger brother, Ralph, now 96 and a recent inductee into the French Legion of Honor as Chevalier, pays tribute to their parents in his autobiographical book, *Freedom is Not Free*.

Marianne and her family escaped France and were able to immigrate to America.

On May 14, 1941, Marianne turned 17 in the harbor of Casablanca on the fabled refugee ship, the S.S. Winnipeg.

Her full obituary may be read [here](#).

Congregation Shaarie Torah sends condolences to the entire family at this time.

GARY W. BROUNSTEIN

Gary William Brounstein passed away Nov. 22, 2021, at age 79. Gary is survived by his brother, Dale Brounstein; sister-in-law, Cherrie; sister, Carol Buckle; and the nieces and nephews who loved their 'Uncle G.'

Gary was born Aug. 17, 1942, the eldest son of Bernard and Celia Brounstein. He grew up in Northeast Portland, graduated from Grant High School and earned an AA degree at Chemeketa Community College.

He worked for the Oregon Employment Division for more than 30 years in social service programs and job counseling. Through his work, he lived in several different cities in the state, with Lebanon being his favorite. He lived most of his life in Portland.

When Gary was a young child, his parents were told that he would never walk. For years, his mother took him on the bus across town to the Jewish Community Center for physical therapy and swimming. And he did learn to walk.

Gary's physical disability meant that he had to work twice as hard to achieve what he wanted to accomplish. He was an avid weightlifter, a big fan of wrestling, and loved listening to his collection of rock and roll vinyl and CDs. Gary embraced the free spirit of the '60s. It is that spirit, his unique character and positive attitude are what will be missed most by family and friends.