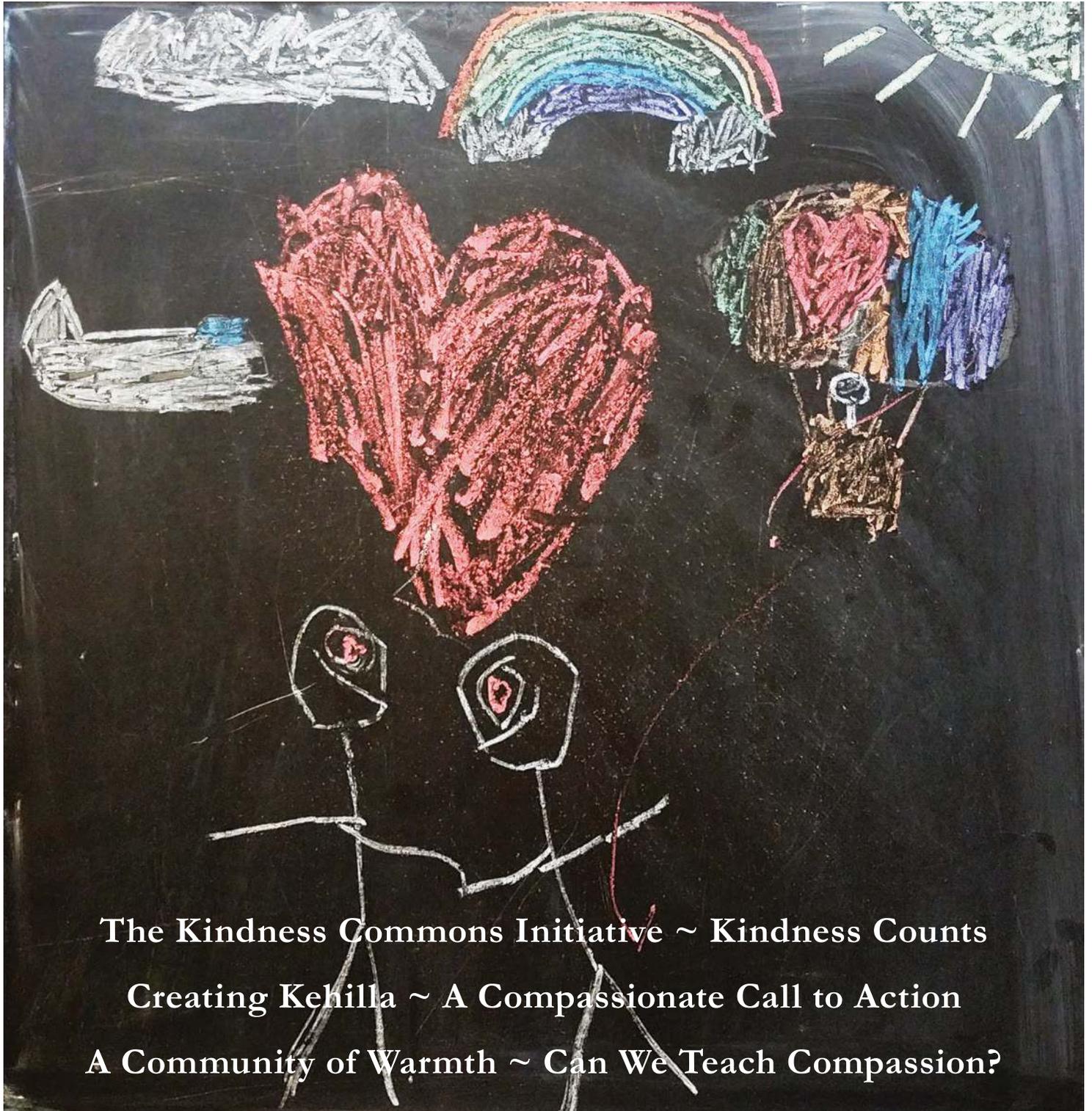


# The Chronicle

Kindness and Compassion

Congregation Neveh Shalom  
No. 10 March-April 2017



The Kindness Commons Initiative ~ Kindness Counts

Creating Kehilla ~ A Compassionate Call to Action

A Community of Warmth ~ Can We Teach Compassion?

"Compassion" Artwork by Liam Hale, age 7

# Connecting with Neveh Shalom

## Celebrating Rabbi Stampfer's 95th Birthday



## Ugly Sweater Chanukah Party



## USY at the International Convention in Dallas, TX



Seven members of CNS Portland Rishonim USY chapter get ready to represent pinwheel region at the opening ceremonies of the 66th annual USY international convention in Dallas, TX. Also pictured, Rabbi Eve Posen and her son, Matan Gilman. *Pictured from L to R: Izzy Levy, Hannah Glass, Mira Katz, Abby Glass, Maude Elovitz, Rabbi Eve Posen, Marissa Friedman. Front row: Emma Hayward, Matan Gilman.*

## Foundation School Winter Camp Singing for CNS Office



## Foundation School Walk-a-Thon



## Wondering Jews Speaker Series with Brad Nahill from SEE Turtles



Albert Kolkin spoke about Computer Security at the Feb Men's Club Talk

# Ahavat Chesed: Love of Kindness

**By Rabbi David Kosak**

Kindness.

What is it? Why is it important? How might it help address so many people's current state of anxiety?

This issue of the Chronicle is dedicated to questions such as these.

In recent months, many people are suffering from fear and trauma. Insomnia rates among the people I encounter have gone up. During the past year, I've watched in deep sadness as our country has sunk into a divided morass. Watching large numbers of people I care about struggle forced me to demand of myself a response. The Kindness Commons initiative is the result of those questions. I hope you'll read Debra Shein's article (pages 8-9) which describes this new project, as well as many other compelling stories within these pages. They paint a hopeful picture of the world and how we can make it better.

So what about kindness? Many thinkers have offered their musings. Lao Tzu, author of the "Tao Te Ching," noted: *"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."* Nietzsche once claimed that kindness and love were the most curative herbs in human relations. That's probably true, and if you are caught in your own difficult thoughts and emotions, engaging in an act of kindness with another person can really help lift your mood.

While I never want to minimize the importance of these sorts of small acts, I do want to distinguish between our simple understanding of kindness and a more robust and richer sense of it.

At its core, kindness is an exchange where one person sees another's needs, and fills them in a manner that can change both people. Kindness is a tool by which we make ourselves available to others in profound ways. Repeated exposure to kindness deepens those changes, just as repeated exposure to cruelty or coarseness will change us for the worse.

What is also true of kindness is that the person whom we help may not even be aware that they have a need. In a trivial way, we can understand this by thinking of someone on the street who notices you dropped your wallet and hastens to return it to you. Yet our lack of awareness of what we need goes much further than the above example.

The role of parents is to constantly demonstrate deep and consistent kindness by teaching and correcting their children's behavior. The child often may not appreciate or recognize these scoldings as an expression of kindness. Yet to allow someone to live selfishly and without awareness of others is to do a great disservice to them. Their lives will be terribly diminished in the most important of ways.

Kindness is thus not always easy. It can demand a lot of us emotionally. To continue with our parental example, it's much more convenient to let our children run wild, indulge their whims or not demand that they say thank you or clear their dinner plates. On the front end, there's far less struggle involved. But consistently choosing convenience will stunt our children's moral growth,



and that is ultimately very unkind parenting.

Most of us understand this when it concerns our children, yet we may be more hesitant to do so with friends, spouses, employees and other members of our community. I hope that in the months to come, we will all have an opportunity to practice acts of kindness, whether of the simple or robust variety. I think it will make us all feel much better.

On a personal note, I'm offering up a little prayer and asking that my own understanding of kindness in all of its wide-ranging complexity will deepen. And I'm hoping that God will oblige if this is what I really need.

Warmth and blessings,  
Rav D

# Kindness Counts

Rabbi's Corner

**By Rabbi Eve Posen**

**W**e have many opportunities throughout the year to come together as a community for the purpose of social action. We have a food drive on Yom Kippur, we cook regularly for Outside In, and we collect toilet paper during Hanukkah just to name a few. I can confidently say that we, as a CNS community, take caring for our greater community seriously. However, when we focus on these big, annual moments that are a part of our institution, they become more like traditions, and, while still important, they risk losing their chesed, their kindness factor.

As we're all too aware, we've had some particularly crazy weather this winter in Portland. In January, we had a seven-day lock-in at our house since we lacked the right kind of vehicle or chains for any vehicle to get out. Thankfully I had done a massive restocking of grocery items the day before the storm hit, anticipating a few days stuck inside, but we were ill-prepared for what ensued, to say the least. We were stuck at home with a sick five-month-old son and a very active three-year-old daughter. Duncan works for an organization based in



two kids. Needless to say, there were moments of tears, a bit of panic, and a lot of having to let go.

During this time, Mel Berwin suggested that our community members check in with other members to see if any of them were stuck as well. That morning I sat at my desk in our makeshift office (Matan's bedroom) and called 20 members to check in on them. Every single one of them was appreciative of the phone call and of the kindness extended by our community.

At first I doubted whether my calling would make a difference since I couldn't really get out and help, but I made the calls because I knew there were CNS members who were mobile and at the ready to help.

There were members who volunteered to shovel sidewalks or go grocery shopping, who offered rides to doctor appointments and medicine pick-up. Even when my own household was short on milk or needed to get to an event, there you were to help us out too. Our members are phenomenal.

Kindness counts. Because we weathered the storm together, we are stronger. Because we do this regularly, whether as a part of a program, or more spectacularly out of the kindness and compassion that we have as a community for one another 365 days a year, we are better together.

While I hope that there will not be another storm quite like that (and I promise to have chains and a shovel before it hits) I know that my CNS community will be there.

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***There were members who volunteered to shovel sidewalks or go grocery shopping, who offered rides to doctor appointments and medicine pick-up.***

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Orlando, so his office was sympathetic, but unaffected, so he still had work to do, and I was frantically trying to get as much work done from home as I could (like writing this article) while caring for

# Creating Kehillah

President's Corner

By Stephen Blake

For this issue, our theme is kindness and compassion. How are these terms defined? Compassion is the ability to feel for someone or to have the same feeling as that of someone else. Kindness is an act such as trying to help others in need or in difficult situations.

During the snow and ice storms this past winter, the media was full of stories of people engaging in random acts of kindness. Why do some people who would not notice you in normal conditions go out of their way to be good Samaritans in times of trouble?

Now let's apply this to our Neveh Shalom community. Our members consistently engage in random acts of kindness and compassion. Our members support those who are sick. Some regularly drive others to services or events. There is a cadre of members who prepare meals for the homeless or work at food banks. We also support one another in times of sorrow and at *simchat*. These are but a

few examples of our members in action.

Next how do we apply these concepts personally? Are we engaged in acts of kindness and compassion outside of our immediate circles? How do we motivate ourselves to step up and become involved? How do we make ourselves interact with those we do not know? Do we engage in acts of kindness and compassion when there is no pressing need? This is the challenge I charge myself with and ask that you think about and then act on.

Here is a short list of opportunities to be kind and compassionate:

1. Attend a funeral outside of your immediate circle;
2. Join a morning minyan so that others may say *Kaddish*;
3. Consider donating canned goods regularly to the Food Bank when you come to shul, not just at the High Holidays; and
4. Be a CNS volunteer to help create a caring *kehillah*.



There are many other ways to engage in compassionate acts both within CNS and outside of our immediate community. Now it's up to you.

A final thought. Was my wife's assistance in preparing this article a random act of kindness or compassion? Maybe both?

## The Chronicle

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### On the cover:

"Compassion" by Liam Hale (age 7)

### CONTRIBUTORS

Rabbi David Kosak, Senior Rabbi  
Rabbi Eve Posen,  
Rabbi, Education and Youth  
Stephen Blake, President

Mel Berwin, Director of  
Congregational Learning  
Jessica Fenton  
Jennifer Greenberg  
Rick Hartoch  
Jenn Director Knudsen  
Toinette Menashe  
Debra Shein  
Cory Raiton

To contact us with ideas, comments  
or to become a contributor:  
[programs@nevehshalom.org](mailto:programs@nevehshalom.org)

Subscriptions and member news:  
[news@nevehshalom.org](mailto:news@nevehshalom.org)

Membership inquiries:  
[cnsmembership@nevehshalom.org](mailto:cnsmembership@nevehshalom.org)

For a full stafflist go to:  
[nevehshalom.org/clergy-and-staff](http://nevehshalom.org/clergy-and-staff)

Congregation Neveh Shalom  
2900 SW Peaceful Lane  
Portland, OR 97239  
(503) 246-8831  
[www.nevehshalom.org](http://www.nevehshalom.org)  
[facebook.com/  
CongregationNevehShalom/](https://facebook.com/CongregationNevehShalom/)



### **Miriyam Perl – March 25**

Miriyam (Mimi) is the daughter of Karrie Perl Fox and younger sister to Sam Perl and Jessen Perl Fox. She is a 7th grader who is passionate about music, dance and sports. Mimi enjoys singing, dancing and performing whenever she can. She has lots of energy and is talented in almost any sport she tries. This year she is on the basketball team and track team for her school and previously she played on the district soccer team. Last year she set the record as the fastest in the 100 meter dash in her school district. Mimi is a very kind person who aspires to improve the lives of others, especially children with disabilities and those that are particularly vulnerable. The first school she attended was Neveh Shalom's Foundation School.



### **Isaac Borden – April 22**

Isaac Borden is the son of Gary and Marcy Borden, brother to Max, and grandson of Abraham Herman Borden and Mildred Borden (Santa Monica, CA) and Joe and Linda Gibbs (Sandpoint, ID). Isaac is a 7th grader at Oregon Episcopal School with an academic strength in mathematics. In his spare time, Isaac enjoys creating and editing YouTube videos for his own YouTube channel, playing basketball, socializing with friends and vacationing with his family in Palm Springs.

# Is it Possible to Teach Kindness & Compassion?

By Mel Berwin, Director of Congregational Learning



Last year I read *The Psychopath Inside*, a book by neuroscientist James Fallon on his accidental discovery, after years of researching the anatomy of brains of psychopaths, that his own brain scan shows the same patterns as the psychopaths he studies. It's a fascinating book, and one side comment he made has stuck with me; it was a comparison of the brain anatomy of psychopaths to those of people with autism. Psychopaths have strong traits of "theory of mind" (understanding the perspectives of other people), and very weak or non-existent traits of empathy (caring about how others feel), allowing them to manipulate people's feelings easily. People with autism have

the opposite traits. Contrary to earlier prevailing understanding, people with autism are not lacking in empathy. In fact, they are often overwhelmed by empathy—imagine walking into a room and "reading" all of the emotions on all of the faces or in all of the voices of every individual—but not knowing what to do with all of that. But what people with autism lack is theory of mind, the ability to predict how someone else will react or what someone WILL feel in a given circumstance.

That particular comparison caught my eye because of my work with kids with autism—but the understanding of how these traits work is one that is beneficial to all of us.

It is fascinating to me how much we now know about how our brains work—and how much we as parents and educators can teach in the realm of important social-emotional life skills. Teaching these skills isn't necessarily easy, but it's helpful to recognize how behaviors in our kids that we call "kindness" and "compassion" can translate from abilities like "empathy" and "theory of mind."

The truth is that even the most basic social-emotional skills, the ones we teach our kids from the earliest ages, such as identifying and naming their emotions, self-soothing when they are

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***The truth is that even the most basic social-emotional skills, the ones we teach our kids from the earliest ages... are not simple skills. Many of us still struggle with these skills as adults.***

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anxious or angry, sharing and listening and putting themselves in someone else's shoes—are not simple skills. Many of us still struggle with these skills as adults, and all of us practice them constantly, at home and at work and out in the world. Teaching our children throughout their lives and helping them to practice these essential social and emotional life skills—even as we practice them ourselves—is one important way of ensuring more kindness and peace in the world.

*For more information on teaching Social-Emotional skills, I like these resources:*

- [Casel.org](http://Casel.org)
- [Socialthinking.com](http://Socialthinking.com)



# The Kindness Commons Initiative

## Becoming a bridge to a society that seeks common ground

By Debra Shein

As Charles Dickens begins his *Tale of Two Cities*, “It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness ... it was the spring of hope, it was the winter of despair ....” Of course, he wrote of the days of the French Revolution, but today we’re living in another such challenging time, one in which people are actively seeking change, but are feeling distraught and deeply divided from their fellow citizens. We feel as if we are living in two nations. Our land is filled with invisible barriers that confound attempts to engage in meaningful conversation with “the other side” as surely as if they were made of solid lead. What should be our individual and communal response?



Photo by: Sam Churchill/flickr (cropped)

*Tillikum Crossing Bridge, also known as “The People’s Bridge.”*

In recent weeks, Rabbi Kosak has proposed a deeply Jewish answer to that question — **the cultivation of “a social and spiritual commons where the wisdom to live richly can be found and shared.”** As he writes, the idea of a “commons,” originally shared land belonging to an entire community, has today come to be “extended to include cultural resources, including intellectual property, that are freely available for all to use.” The foundational concepts and practices of our Jewish heritage are our shared property. Rabbi Kosak explains that they “have traditionally helped our people nurture and maintain communities rich with relationships and steeped in meaningful actions. In past eras, this warm communal embrace was confined to the Jewish ghettos and

shtetls of yesteryear. [However] when Jews were finally allowed to mix freely with the larger society, many of our values were given up to better fit in with the world at large.”

In January, I met with Rabbi Kosak to learn more about the initiative. He pointed out that the “Jewish people have been able to maintain social cohesion for over 3,500 years. Our own community at Neveh Shalom needs what our tradition has to teach us about the discrete kinds of behaviors and education that let us get along.” He

suggests that Neveh Shalom can strengthen our internal bonds and step in to help mend the rifts in our nation by delving into the resources of our Jewish heritage — our cultural commons — deepening our understanding of them, and sharing them for the “betterment

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***Neveh Shalom is dedicated to the idea of relational Judaism... that community engagement and revitalization is all about relationships.***

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of all.” By doing so, we can “become a bridge to a society that seeks common ground across our many real cultural divides.”

But why a Kindness Commons? As the rabbi brought up when discussing the topic, kindness (in Hebrew *chesed*, often translated as lovingkindness) is a core Jewish value, and the one with the most potential to mend the tears in our social fabric. The Talmud teaches that acts of lovingkindness (*gemilut chasadim*) rise above charity in several ways: “Charity can be accomplished only through money; acts of lovingkindness can be accomplished through personal involvement as well

own associations with the English word will deepen and richen.”

To give a better idea of the Jewish understanding of the term, the rabbi emphasized that “Kindness from a Jewish perspective is not a sort of ‘kumbaya’ moment, but a series of actions and habits that strengthen social cohesion.” It is a powerful tool. Some people have the mistaken notion that “kindness doesn’t achieve results; a fierce boss can accomplish what a softer

perfection that developed in 19th-century Lithuania. The members of the Novardok yeshiva engaged in a kind of tough love — even going to the extent of playing tricks on people in order to force a person to see who they are — and this was deemed kindness because it led to spiritual and moral growth.

Rabbi Kosak stressed that “Neveh Shalom is dedicated to the idea of Relational Judaism put forth by Ron Wolfson,” derived from the understanding that community engagement and revitalization is all about relationships. “And yet relationships as we know them are really hard,” the rabbi continued, “because we all want what we want, and it doesn’t always match up with what others want. **A healthy Conservative community is one that will celebrate its differences and not coerce people into one pigeonhole or another.** We have broken down the building blocks of society that allow us to have a sense of shared fate... [In the past] people saw and interacted with those who were different, and by being with each other realized they weren’t so different.” Kindness, the rabbi noted, also “includes real debate.”

To build this initiative, Rabbi Kosak suggested, we might hold town halls and establish task forces, coordinate with already existing activities, engage in communal learning, and embark on whatever further projects these efforts might prompt. We could achieve profound results. As the rabbi concluded in our discussion, “This is our moment in life, and we have the capacity — particularly if we work together — to make things better.”

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***“In most cases Judaism says you can’t separate the ends and the means.” To create a kinder society, kindness must be employed.***

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as with money. Charity can be given only to the poor; acts of lovingkindness can be done for both the rich and the poor” (Sukkah 49B). Rabbi Kosak also noted that although the English word “kindness” does not quite capture all that the Hebrew “*chesed*” implies, “as we all begin to learn about these Jewish notions of what builds a community, our

boss would not.” However, we know that is not the case, and “in most cases Judaism says you can’t separate the ends and the means.” To create a kinder society, kindness must be employed.

Nevertheless, he explained that kindness can have a hard edge. Kindness and compassion can go hand in hand, but they should be distinguished from each other: “Compassion as a psychological notion is talking about an emotional receptivity to another person, and in that sense it may be a subset or one mechanism by which kindness is deployed, but it’s limited.” *Gemilut chasadim* can sometimes be accomplished by strong tactics that at first glance may even seem to be lacking in compassion. Rabbi Kosak gave the example of the the Alter of Novardok (Yosef Yoizel Hurwitz, 1847-1919) and the Musar (moral) movement focused on self-



# A Compassionate Call to Action for the Newest Among Us

By Jenn Director Knudsen



Portland is a destination city for so many amenities, like great food and a quirky cultural scene. It's also become a destination for up to 1,000 refugees a year. Most are Muslim and arrive with next to nothing: limited funds, limited clothing, limited household basics, limited English. What is unlimited is their need for help.

The refugees' opportunity to seek peace and freedom here is our compassionate community's opportunity to help. Unsure where or how to start? Here are but a few ways to do so and whom to contact. First, some context:

People fleeing Syria -- up to five million in 2015, according to HIAS -- are the dominant Muslim refugee population

one sees in the media. HIAS (formerly known as the Hebrew Immigrant Aid Society) is an advocacy organization based in the East Coast whose tagline is, "Welcome the stranger. Protect the refugee." Other countries, too, bled up to five million additional refugees -- desperate children, teens, adults, and seniors -- including Afghanistan, Iraq, Jordan, Somalia, Myanmar, and Bhutan. And the numbers keep rising.

For the more politically minded, [hias.org](http://hias.org) is a great place to go. In fact, Neveh Shalom is part of its national Welcome Campaign and the non-profit has a new Facebook page, *Jews for Refugees*. In mid-January they announced that 1,500 rabbis (including our Rabbi Kosak) signed a National Rabbinic Letter in Support of Refugees that states, in part,

*"We, Rabbis from across the United States, call on our newly elected officials to keep America's doors open to refugees. Faced with the largest refugee crisis in all of human history, the United States must continue to be a safe haven for people fleeing religious persecution, genocide, and terror."*

HIAS does not have a local affiliate. But...

...Catholic Charities does ([www.catholiccharitiesoregon.org](http://www.catholiccharitiesoregon.org)). Liz Schwartz, an ALIYAH teacher and Congregation Havurah Shalom member, along with wife Beth Hamon, an

occasional performer at Neveh, now are "cultural navigators," thanks to Catholic Charities' training. Along with Itai Dewar, a fellow ALIYAH and Machon Ivrit instructor, they have helped a pair of recently arrived brothers from Syria navigate the Tri-Met system and Fred Meyer. Liz said that once the young men sniffed and identified the cumin, they immediately were more comfortable in that behemoth of a store. To connect to this non-profit, contact Daniela Meltzer,

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***The refugees' opportunity to seek peace and freedom here is our compassionate community's opportunity to help.***

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CNS' program director: [dmeltzer@nevehshalom.org](mailto:dmeltzer@nevehshalom.org); (503) 293-7313.

How's your English? Nahid Sultana, a Muslim woman originally from Bangladesh, wants your help teaching English (science and math, too) to recently arrived youths, teens, and adults. Middle and high schoolers resettled near Sunset High School and another dozen in Southeast Portland need assistance now. In November 2016, Nahid created World Without Borders, a non-profit to back up her grassroots effort. **This is a terrific way for teens to earn their community-service hours.** To get involved and make a big difference in the newcomers' transition, please connect directly with Nahid: [nagarbaul420@yahoo.com](mailto:nagarbaul420@yahoo.com), or (503) 819-6090.



*Elementary age girl from Myanmar (Rohinga refugee)*

# The Kindness Diet

By Jennifer Greenberg



In December, ramping up for my youngest son's bar mitzvah, I went on an extreme crash diet. Not food related, as I was in Israel and faced an onslaught of halvah and falafel, impossible temptation at every meal. Instead I steeped my cup with an immersion of kindness.

The seventeen women on our journey, most of us not knowing each other before we embarked, remarkably adopted a powerful set of norms. This unspoken social contract was sparked from a lecture that challenged the group to jump gung-ho into a different frame of mind by, in my words, "not talking smack," as well as by changing the framework in which we view others. As children we learn that if we can't say something nice, don't say anything at all. From a Jewish context many of us know to avoid *lashon hara*, the "evil tongue." Like poison in the well, we know an unkind word spreads through the plumbing of an entire neighborhood.

Yet this human inclination has a strong pull in a few ways. Linguists will point to the social bonding that "sharing dirt" reinforces. Furthermore, when we say something nasty about someone, we judge their behavior against whatever complex set of social norms we have adopted. With this we reinforce our own positive self perception. For these reasons keeping our words in check can be a challenge. So what do our sages teach?

The section of the Mishna titled Pirkei Avot may be familiar to you. If not you can actually find the entire thing written in the back section of siddur *Sim Shalom* (I didn't know this). This ancient source looks at ethics and, in that twisty-turny commentary-laden way of our Jewish people, provides a guideline on behavior.

In Pirkei Avot, Hillel says "Do not judge

others until you are in their place." But here lies the plot twist...can we really ever stand in someone's place? Even if we were in the exact same set of circumstances, we come to our experiences through our own individual filter of history and perspective. Hillel seems to be telling us not to judge. But how do we avoid judging, an ego-boosting and addicting behavior in itself?



very differently. Judging favorably is giving the benefit of the doubt. There are times that this is hard to do, say when someone's actions are deplorable. But if we remember that we can never stand in that person's place, that we do not know the set of circumstances that tainted their decision, that there is more to their life than meets the eye, when we judge favorably, disdain can make way for compassion.

During the High Holy Days, Rabbi Kosak spoke about seeing the God-spark in each person. We all have one and it connects us all (even that person who just cut you off on Highway 26...with the non-Oregon license plate). When we judge favorably we search for the God-spark. And when we search for the God-spark we connect with someone in a much deeper way, with more than just compassion, with something that feels holy.

Leviticus states "With righteousness, shall you judge your fellow." In Pirke Avot, another passage teaches us to "judge favorably." Perhaps if you have to judge, do so favorably. But how?

A woman is pushing her screaming two year old through the store. His face is bright red, he won't stop wailing. Clearly, she should get him out of there so that the rest of us can shop in peace! OR... clearly she is waiting for his prescription to be filled for his painful ear infection, so she can get him home. These two thoughts frame your perception of her

My kindness diet did not consist of paying for Starbucks for the people behind me; it had nothing to do with performing a record number of good deeds. My diet, buoyed by those around me embracing the same practice, was rooted in pushing myself further than I ever have to be open, judge favorably, see the piece of God in each person.

And this feeling of connection brought with it an openness that led to acts of kindness as a daily response to human need around me, two God-sparks coming together in this world.

# Building a Foundation of Kindness

By Cory Raiton



Erin Rosengarten and Julia Simms, Foundation School students.

It's no secret that one of the biggest points of pride for our community is the Foundation School. From twelve months to five years old, the children in our community can participate in an early learning program inspired by an Italian teaching approach, led by skilled educators and steeped in Jewish values.

When director, Leah Conley, joined the team in 2013, she introduced a subtle but significant shift in the way the program approaches early learning. Modeled after the Reggio Emilia teaching philosophy, the Foundation School program is based on the principles of respect, responsibility and community.

"When new families look at our program," Leah explains, "I talk less about the academics we teach, and more about the people we equip our students to be. We aim to foster capable learners and kind friends through various modalities that support the idea that each child has an individual voice and the

ability to advocate for themselves. Concurrently, their voice is part of a community that thrives when everyone is heard and respected. Our daily programming is built to bolster our students' skill sets to explore this concept through art, academics and Jewish learning."

To see the program in action is to witness empathy at work. For

example, a typical preschool classroom might have a job board, where students

whole community. "More often than not, the kids find their solution in the arms of a friend. There is a lot of hugging going on at Foundation School!" says Leah.

Another important life concept that students explore, is that problems can't always be solved. People get sick, families move away, loved ones die. While we can't always fix things, we can always come together to show support. We look to Jewish principles including *Middot* (Jewish values), *Mitzvot* (commandments), *Tikkun Olam* (repairing the world), *Bichor Cholim* (caring for the sick), and *Tzedakah* (charitable giving) for guidance. So, when someone in the Foundation School community is undergoing a transition - happy or sad - the school comes together to support them. From

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***"Educating the mind without educating the heart is no education at all."***

***– Aristotle***

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are tasked with community work like leading the line, wiping tables or turning off lights. At Foundation School, these jobs exist along with the most coveted job of "Problem Solver." In this role, this student helps friends in conflict. Aided by flash cards with choices like: "set a timer," "ask for a turn," or "find a Morah," the student is equipped to help friends work through struggles to find a compassionate and fair solution.

The Problem Solver takes pride in being a listener, and students in need feel heard. This dynamic empowers the entire classroom and by extension - the

a meal delivery calendar for new parents to cards for a sick family member or a photo book for a child moving out of town - the entire community surrounds them with love.

Implementing a curriculum as thoughtful as this one takes the dedication and expertise of fine educators and staff. Foundation School teachers model kindness and compassion to make the program's mission visible every day. According to Leah, "It's a beautiful thing to see our students learning that no matter how small, their voices matter."

# A Community of Warmth

By Jessica Fenton



walk, and take a couple folks to grocery stores.”

One senior responded, “I don't get to synagogue very often, but this is exactly why I'm part of a community. If I could get out of my house, I'd be happy to help in this effort too.”

That's exactly how I felt. I really wanted to help with this effort, but honestly, it was difficult. Aside from my street being treacherous to drive on, I have three children, so snow days were more stressful than fun. When I tried to make a phone call, there were screaming, stir-crazy children in the background that made it nearly impossible for people to hear me.

My family didn't participate in this effort, and I accepted the situation. I do, however, make an effort to act upon my compassion whenever possible, and I am grateful that Neveh offers me so many opportunities to do so. When I had emergency surgery a few years ago, a group of families created a meal train for us. My children saw that our Neveh Shalom community was helping out our family when things were rough. They witnessed kindness and compassion firsthand. Since then, we make an effort to

participate in other meal trains no matter how hectic our life is at the time.

For me, the CNS community exemplifies kindness and compassion. When life hits you like a cold, hard winter, it's nice to

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***One senior responded, “I don't get to synagogue very often, but this is exactly why I'm part of a community.”***

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know that a fellow member might just be that cup of hot chocolate that warms your soul.



**D**uring one of the coldest days last December, my 8-year old son, Joseph, asked if we could swing by Starbucks to pick up a hot chocolate and bring it to a freezing gas station attendant. It warmed my heart just as much as it warmed the man when my husband and son delivered a hot chocolate on a freezing day.

Even into January, the snowstorms and their aftermath created challenges for Portlanders, including numerous CNS senior members. Feeling compassion, Mel Berwin decided to take action. On the ALIYAH Facebook page, she asked families if they would be able to help make calls and offer support to seniors who might be alone and in need of assistance. Within 24 hours, 15 families responded. Mel commented, “We were able to connect members with visits, help put chains on a car, shovel a

# Member News

## Kvell With Us

**Mazel Tov to Dr. Dana Kostiner Simpson** for once again being listed among the 100 Top Docs for 2017 in the *Portland Monthly* magazine. This is an honor she has had for several years.

**Mazel Tov to JoAnn Bezodis** on receiving her commission as a Notary Public.

**Mazel Tov to Duncan Gilman** who was awarded "Barbershopper of the Year" for the Bridge Town Sound Barbershop Chorus.



**Mazel Tov to Reuben and Fran Biel** on the birth of their beautiful baby girl, **Amira Sarah**, born January 10, 2017. Mom, Amira, Dad and **Big Sister Hannah** are all doing well and enjoying getting to know each other.

**Mazel Tov to David Leckner & Shalini Guerrero** on the birth of their beautiful baby girl, **Kalea**, born January 16, 2017.



## Yihi Zichram Baruch - Our condolences to CNS members who have recently lost loved ones:

**Our condolences to Amy (David) Spurr** on the passing of her beloved mother, **Patricia Sarasohn (z"l)**.

**Our condolences to Thomas (Teresa) Coughlin** on the passing of his dear father, **Ronald Coughlin, z"l**.

**Our condolences to Joshua Stevens** on the passing of his dear uncle, **Jonathan Miller, z"l**, on December 31, 2016.

**Our condolences to Lucille Kraiman** on the passing of her dear cousin, **Dennis Lazar, z"l**.

**Our condolences to Joyce (Larry) Mendelsohn** on the passing of her beloved mother, **Dara Shuhandler (z"l)**.

**Our condolences to our dear friend and CNS Past President, Alan (Ellyn Sternfield) Blank** on the passing of his dear mother, **Lois B. Blank (z"l)**.

## We are saddened by the loss of these members of our CNS community:

**Marlene Newman Davis (z"l)**, beloved daughter of the late **Si and Inga Newman (z"l)**, dear mother of **Marissa (Nick) Stoll, Kerry Davis and Dana Davis**, and treasured sister of **Rosanne (Al) Levi and Nanette (Bruce) Willhite**.

**Sima Men (z"l)**, beloved mother of **Alexander (Valentin) Mann and Anatoly (Revekka) Men**, and grandmother of **Victoria (Michael) Mann, Alla (Daniel) Kaplan, Michael (Olga) Men and Samuel Eugene Mann**.

**Kira Grinberg (z"l)**, beloved mother of **Maxim Grinberg**.

**Joyce Singer (z"l)**, beloved wife of **Steve**, mother of **Staci (Stewart) Rosman, Jen (Kevin Brown) Singer and Rob Singer**; dear sister of **Sue (Rich) Garber** and grandmother to **Rileigh, Maya, Brooklyn and Lucy**.

**Regina Atlas (z"l)**, dear mother of **Linda (Karl Puls) Atlas, Barbara (Brian Suher) Atlas and Rochelle (Robert Ballato) Atlas**, grandmother to **Xavier and Walker Clark, and Mariella, Avery and Elliot Ballato**, and great grandmother to **Torren Clark**.

## A Successful Fundraiser!

Thank you to everyone who came to help make our Mardi Gras Fundraiser a success! In particular, we'd like to thank all the sponsors:

**Big Easy Backer:** Lori and Richard Landgarten

**Masked Mega Sponsor:** CNS Board of Directors, Rosalie Goodman, Holman's, Reliable Credit Association, Carolyn Weinstein of the Hasson Company

**Beaded Benefactor:** 13 Creative/Jenn Topliff, Michelle and Jon Caplan, Julie and Tom Diamond, Garfinkle Orthodontics, Sarah and Jonathan Glass, Wendy Gutmann and Jeffrey Menashe, Anna and Eric Kodesch, Priscilla and Tony Kostiner, Malka Diamonds and Jewelry, Lora and James Meyer, Debra and Alan Montrose, Arlene and Irv Potter, Felicia and Todd Rosenthal, Kim and David Solondz, West Bearing Investments, a Division of Ferguson Wellman, Jen and Jon Yoken, Mindy and Mark Zeitzer

**Special thanks to our auction chair team:**  
**Michelle and Jon Caplan!**

# The congregation gratefully acknowledges the following contributions:

## Burton Gevurtz Israeli Scholarship Fund

**Andrea Arai:**

in memory of Suzy Gevurtz  
in memory of Burton Gevurtz

## Becky Menashe

### Bookshelf Fund

**Joya Menashe and Vaune**

**Kemp:**

in memory of Regina Atlas

## Cantor's Discretionary Fund

**Norman and Kathy Chusid:**

in memory of Beatrice Chusid  
in memory of Monte Chusid

**Carolyn Gorin and Family:**

in appreciation of Cantor  
Bletstein

**Rosanne and Albert Levi:**

in memory of Marlene Newman  
Davis

**Jeanette Philan:**

in appreciation of Cantor  
Bletstein

**Laurence and Corinne Spiegel:**

in appreciation of Cantor  
Bletstein

**Marisa Stoll:**

in appreciation of Cantor  
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**Douglas and Joan Turner:**

in memory of Marlene Davis

**Nanette and Bruce Willhite:**

in memory of Marlene Davis

## Cemetery Fund

**George Bodner:**

in memory of Hannah Bodner

**Maria Borenstein:**

in memory of Jacob Borenstein

**Marlene Brenner:**

in memory of Florence

Bookman

in memory of Joyce Singer

in memory of Regina Atlas

**Cooper Wynne:**

in memory of Sidney Cooper

**Rosalie Goodman:**

in memory of Lorraine Lippoff

in memory of Ray Goodman

**Bari Isaacson:**

in memory of Lorraine Lippoff

**Irina and Roman Munblit:**

in memory of Nuhim Munblit

in memory of Lev Kabatsky

**Arne Rosencrantz:**

in memory of Betty Rosencrantz

**Nancy Slifman:**

in memory of Louis Slifman

**Melvin and Janet Swire:**

in memory of Preva Swire

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in memory of George Stubbs

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in memory of Nathan Kane

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in memory of Joyce Singer

## Charack Kitchen Fund

**Jacqueline Constantine:**

in memory of Rita Pearlmutter

## Camp Solomon Schechter Fund

**Joanne Blauer:**

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in memory of Robert Mudrick

in memory of Zelsey Duitch-  
Rotenberg

**David and Carol Twain:**

in memory of Marlene Davis

## Danzker Fund

**Jack and Darlene Menashe:**

in memory of Regina Atlas

## Elaine and Gloria

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**Thelma Geffen:**

in memory of Anne Geffen

in memory of Marlene Newman

Davis

## Shuldman Kiddush Fund

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in honor of Eddy Shuldman

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in memory of Samuel Garber

**Lee and Sheri Cordova:**

in memory of Laura Cordova

**Stuart and Reena Davis:**

in memory of Jack Cohen

in memory of Rose Cohen

**Gail and Mark Sherman:**

in memory of Michael Cohen

**Eddy Shuldman and Jeff & Ari**

**Edmundson:**

in memory of Anne Schuldman

in memory of Renate Riback

**Marvin Wolfson and Katherine**

**Snook:**

in memory of Philip Wolfson

## Jacob Freedman

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**Howard and Evelyn Freedman:**

in memory of Eva Freedman

in memory of Amy Freedman

in memory of Bertha Freedman

in memory of Archie Freedman

## Foundation School

**Stanley and Judith Blauer:**

in memory of Sol Sax

**Barry and Barbara Caplan:**

in honor of Ronald and Barbara

Blumenthal's 50th anniversary

**Richard and Roberta Cohon:**

in memory of Stanford

Nudelman

**Elisa Funes:**

in memory of Marlene Davis

**Rachael Goldenberg:**

in memory of Fred W.

Goldenberg

**Sondra Greenberg:**

in memory of Philip Greenberg

**Herbert and Barbara Hochfeld:**

in memory of Frank Hochfeld

in memory of Marlene Davis

**Marilyne Lakefish:**

in memory of Stanford

Nudelman

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in memory of Pearl Leopold

**Jerry and Gayle Marger:**

in memory of Joyce Singer

**Albert J. and Esther Menashe:**

in memory of Charlotte Mitchell

**Jeanette Philan:**

in memory of Bertha Gotesman

**Joeen Rodinsky:**

in honor of Rhoda and Irv

Leopold's anniversary

**Geraldine Roth:**

get well wishes for Jerry Barde

in memory of Marlene Davis

in memory of Miriam Roth

in memory of Joyce Singer

**Janis Shleifer-Rosenfeld:**

in appreciation of Eve Stern

**Norman and Suzan Wapnick:**

in memory of Kenneth

Leventhal

## General Synagogue Fund

**Stan and Sheryl Adams:**

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**Linda Atlas:**

in memory of Sidney Atlas

**Jeff and Sandy Axel:**

in memory of Joyce Singer

in memory of Lois Blank

**Stuart and Jacqueline Barthold:**

in memory of Matthew

Barthold, Anne Barthold,

Grayce Greenwald, Rose Glick,

and Martin Glick

**Sandra and William Bennett:**

in memory of Helen Bennett

**Jeffrey Melnick and Dana**

**Benson-Melnick:**

in memory of Laura Benson-

Pollack

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in memory of Marlene Davis

**Ruth Blum:**

in memory of Hova Rosenberg

**Ronald and Barbara**

**Blumenthal:**

in memory of Charlotte Kapel

**Molly Bodner:**

in memory of Hannah Bodner

**Mark and Cindy Braverman:**

in memory of Frances

Braverman

in memory of Yetta Buckman

**Pam Calvo:**

in memory of Greta Kay

in memory of Edward Kay

**Steven and Tess Caplan:**

in memory of Robert Caplan

**Barbara Cohen:**

in memory of Bernard Cohen

**Jacqueline Constantine:**

in memory of Joyce Singer

## The congregation gratefully acknowledges the following contributions:

**Mitch and Eileen Cooper:**  
in memory of Arthur Cooper

**Elizabeth and David Director:**  
In memory of Joyce Singer

**Lynn and Bobby Doraine:**  
in memory of Joyce Singer

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in memory of Milton Konecke

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in memory of Maxwell Eason

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in memory of Louis Albert

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in memory of Anne Ellis

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in memory of Al Feves

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in memory of Harry Mandrow

**Tina Genesisina:**  
in memory of Boris Telengator

**Bernice Gevurtz:**  
in memory of Burton Gevurtz

**Robert and Lesley Glasgow:**  
in memory of Joseph Glasgow

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in memory of Betty Glassman

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in memory of Samuel Goodman

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in memory of Pincus Gotlieb

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in memory of Max Grant

**Peter Grant:**  
in memory of Charlotte Grant

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in memory of Gloria Gurian

**Judy Hoffman:**  
in memory of Joyce Singer

**Hy and Myra Jackson:**  
in memory of Scott Fiore

**Diane Kahn:**  
in memory of Eddie Vosen

**Steven, Wendy, Rebecca and Michael Kahn:**  
in memory of Dara Shuhandler

**Susan Katz:**  
get well wishes for Peter Bedrick

in memory of Marlene Davis

**Julian Kaufman:**  
in memory of Sharon Kagna

**Steven Kaufman:**  
in memory of Bernard Kaufman

**Lidia and Raul Krivoy:**  
in memory of Marlene Davis

**Daniel and Loren Ladizinsky:**  
in memory of Eli Ladin

**Jim and Lora Meyer:**  
in memory of Minnie Rabinowitz

**Robert Michel:**  
in memory of Jacob Abraham Michel

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in memory of Abram Mikhlin

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in memory of Motria Moraru

**Joel Mullin and Sheri Katz:**  
in memory of Dara Shuhandler

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in memory of Burnetta Packouz

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in memory of Lois Blank

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in memory of Jack Paige

**Helen Runstein:**  
in memory of Al Brownstein

**Phyllis and Michael Shankman:**  
in honor of Rabbi Kosak

**Jerry and Bunny Sadis:**  
in memory of Joyce Singer

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in memory of David Shaman

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in memory of Henry Sherman

in memory of Lillian Sherman

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in memory of Joyce Singer

in memory of Lois Blank

in memory of Ellen Katz

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in memory of Ayzik Dinets

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in memory of Ray Solomon

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in memory of Solomon Stelmakh

in memory of Eydil Stelmakh

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in memory of Arthur Seibert

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in memory of Gregoriy Tolchinsky

**Sharyl and Rick Vagy:**  
in honor of Danit and Candace's marriage

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in memory of Dorothy Wiener

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in memory of Jack Winkler

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in memory of Jack Zidell

**Rena Ziegler:**  
in memory of Dorothy Spiro

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in memory of Esther Feldstein

in memory of Morrie Gumbert

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in memory of Sonia Willer-Neuman

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in memory of Sidney Atlas

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**Bruce and Phyllis Ritchie:**  
in memory of Jack Ritchie

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in honor of Steven Kahn's birthday

in honor of Joshua Berkman's Bar Mitzvah

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in memory of Ellen Katz

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in memory of Monte Chusid

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in memory of Rae Kirshner

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in memory of David Papper

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in memory of Sylvia Mae Becker

in memory of Kate Freda Shapiro

**Ron and Rebecca Eiseman:**  
in memory of Frank Eiseman

in memory of Hilde Jacob

**Elizabeth Gold:**  
in memory of Judy Gold-Woods

in memory of Leo Schwartz

# The congregation gratefully acknowledges the following contributions:

## **Lesch Camp Fund**

**Harold and Jacqueline Lesch:**

in memory of Lois Blank

**Jeanette Philan:**

in honor of Harold and

Jacqueline Lesch's 40th

Anniversary

in memory of Samuel Wolf

in memory of Elizabeth Wolf

in memory of Harry Lesch

in memory of Mary Lesch

in memory of Max Philan

## **Milt Horenstein**

### **Minyan Fund**

**Samuel Gottlieb:**

in memory of Arthur Gottlieb

**Marlene Lazarus:**

in memory of Freda Rovech

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get well wishes for Phil Kane

get well wishes for Jack

Wolinsky

**Lawrence and Susan Rein:**

in memory of Lillian Rein

in memory of Hortense Frank

**Linda Shivers and Albert**

**Kolkin:**

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## **Moskowitz Fund**

**Riley and Marci Atkins:**

get well wishes for Peter

Bedrick

in memory of Arnold Parris

in memory of Herman Atkins

in memory of Sylvia Moskowitz

## **Montrose Video Fund**

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in memory of Lillian Montrose

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## **Strauss Youth Act**

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**Naomi Strauss:**

in memory of Marlene Davis

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in memory of Sonia Nudelman

**Phillip and Sandra Nudelman:**

in memory of Sonia Nudelman

## **Prayerbook Fund**

**Lidia and Raul Krivoy:**

in honor of Miles Greenberg's

Bar Mitzvah

**Joel Mullin and Sheri Katz:**

in memory of Lois Blank

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95th birthday

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## **Robbie Ball Memorial**

### **Fund for Darfur**

**Melvyn and Elaine Ball:**

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in memory of Morris Baldovitch

in memory of Fruma Baldovitch

in memory of Joyce Singer

**Gail Maron:**

in memory of Ruth Rotman

**Dale Oller:**

in memory of Marlene Davis

in memory of Robert Mudrick

## **Honigstock Education**

### **Scholarship**

**Samuel Gottlieb:**

in memory of Joyce Singer

in memory of Lois Blank

**Susan Honigstock:**

in memory of Joyce Singer

**Bruce and Sheila Stern:**

in honor of Bob and Mimi

Sorkin's 50th Anniversary

**Hilarie and Joel Wasserman:**

in honor of Bob and Mimi

Sorkin's 50th Anniversary

in honor of the Adam and

Noellia's engagement

## **Rabbi Kosak**

### **Discretionary Fund**

**Arnold and Elaine Cogan:**

in memory of Regina Atlas

**Susan Cowan-Scott:**

in memory of Geraldine Cowan

**Mitchell and Nicole Elovitz:**

in appreciation of Rabbi Kosak

**William and Shirley Gintz:**

in memory of William B. Gintz

**Carolyn Gorin and Family:**

in appreciation of Rabbi Kosak

**Andrew and Jennifer**

**Greenberg:**

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Bar Mitzvah

**Diane Kahn:**

in honor of Rabbi Kosak

**Linda Shivers and Albert**

**Kolkin:**

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Hanukkah Chocolates

**Nanette and Bruce Willhite:**

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## **Rabbi Posen**

### **Discretionary Fund**

**Eric Berkman:**

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in memory of Linda Winchell

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**Rosanne and Albert Levi:**

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**Susan Livingston:**

in memory of Marlene Davis

**Marisa Stoll:**

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**Douglas and Joan Turner:**

in memory of Marlene Davis

**Nanette and Bruce Willhite:**

in memory of Marlene Davis

## **Rosa Wigmore**

### **Holocaust Education**

#### **Fund**

**Rochelle Atlas and Robert**

**Ballato:**

in memory of Sidney Atlas

**Jessica and Garrett Fenton:**

in memory of Natalie

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### **Fund**

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in honor of Ron and Taya

Meyer's 60th anniversary

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in memory of Cari Steinbock

in memory of Madison Defler

**Jerome and Shirley Nudelman:**

in honor of Ron and Taya

Meyer's 60th anniversary

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in honor of Noa Illana

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in memory of Samuel Soble

## **Scheuer Camp Fund**

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in memory of Regina Atlas

## **Sylvia Pearlman**

### **Membership**

**Gary and Sylvia Pearlman:**

in memory of Anne Pearlman

## The congregation gratefully acknowledges the following contributions:

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### Stampfer

#### Discretionary Fund

in honor of Rabbi Stampfer's  
95th birthday:

**Marlene Abrams, Marianne  
Buchwalter, Barry and  
Barbara Caplan, Lee and  
Sheri Cordova, Delman  
and Sandey Fields, Ian  
and Beverly Getreu,  
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Lipton, Stanley and Susan  
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Menashe, Victor and  
Toinette Menashe, Jim and  
Lora Meyer, Ron and Marcy  
Morris, Rosalind Roseman,  
Mark and Leah Rubin, Gary  
and Sylvia Pearlman**

#### Mark and Leah Rubin:

in memory of Goldie Stampfer  
in memory of Yoni Suher

### Women's League

#### Scholarship

##### Hilarie and Joel Wasserman:

in memory of Joyce Singer

##### Robert and Marla Weiner:

in memory of Rhea Weinstein

in memory of Jerome Weiner

#### Tikkun Olam

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Sirkin's 40th anniversary

##### Susan Sadis:

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### Toinette Menashe

#### Bookshelf Fund

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Schwartz's new granddaughter

##### Joya Menashe and Vaune

##### Kemp:

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##### Victor and Toinette Menashe:

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#### USY Travel Fund

##### Joel Mullin and Sheri Katz:

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#### Vaad Shel Hesed Fund

##### Trudi and Alan Gardner:

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#### Weinstein Chapel

#### Fund

##### Ruth Ephraim:

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##### Carolyn and Gary Weinstein:

in memory of Dara Shuhandler

in memory of Lois Blank

in memory of Joyce Singer

in memory of Violet Hyman

in memory of Max Weinstein

##### Ron and Devora Weinstein:

in memory of Max Weinstein

#### Olds Youth Lounge

#### Fund

##### Richard and Pamela Ritchie:

in memory of Sam Olds

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## Updates from the Cantor Search Committee

After receiving 415 responses to the survey, the committee worked very hard to compile and analyze the data. We discovered that our community wants a cantor who is knowledgeable of *Nusach*, leads prayers in a musical range that the community can sign along with, and works with and trains Bar/Bat Mitzvah students. The committee presented their recommendation that we hire a trained and/or ordained cantor to the Board of Directors for their approval at their January meeting.

The committee then wrote and put together a questionnaire that was submitted to the Cantorial Assembly in early February and will be posted on other Jewish sites. We hope to start the resume review process as soon as possible.

We are hoping to bring our candidates to Portland in March and April - we will be updating our information on candidates' visits as soon as we schedule them.

Dana Sacks and Liza Milliner

Cantor Search Committee Co-Chairs



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## 2900 Peaceful Lane

**As a Jewish family, how do we practice kindness and compassion?**

**Cathy Blair** - "As Jews we are required to emulate the Almighty in His overwhelming Chesed (loving kindness) toward mankind. Chesed is much more than giving charity or doing a good deed. Chesed comes from identification with the sorrows and deep concern for the welfare of others. My husband, Chris, and I work with Transition Projects by collecting hygiene supplies and undergarments for adult homeless people. We also lead a group of Neveh Shalom volunteers to cook for 60 homeless teens who eat dinner at Outside-In. Once we give our hearts over to Chesed, we cannot help but reach out to those in need." *PICTURED, l to r: Chris and Cathy Blair*



**Galina Kogan and Family** - "37 years ago, my family and I arrived to the United States from the former Soviet Union. During every step of our immigration, we were surrounded by the compassion of ordinary people. We joined synagogues in all of the cities that we lived in prior to Portland. However, Neveh Shalom became a family for us as soon as we joined. Rabbi Stampfer and his late wife Goldie enveloped us with their warmth and we have made many friends here. Our children grew up here and hold their experience of Neveh Shalom forever in their hearts.

About six years ago, Rabbi Greenstein asked if I would like to call congregants over 65 years old with birthday wishes. I loved the idea because it projected the kindness and compassion my family has always received from the Jewish community in the United States. I immediately agreed to do it and still make calls to this day. I enjoy it immensely because it gives me a chance to speak with our members and get to know them better." *PICTURED, l to r: Galina, Peter (my son) Benjamin (grandson) and Boris Kogan (my husband). We are celebrating Shabbat with our children in their home in Pittsburgh, PA.*