

THE
CHRONICLE

A PUBLICATION OF CONGREGATION NEVEH SHALOM



Welcome to Our *Shabbat on the Plaza Chronicle* Issue!

This issue is a celebration, and as such is little bit different. Where we normally have a central theme that our clergy and writers use as the focus of their articles, this issue is celebrating our most popular summer program - Shabbat on the Plaza - so we decided to let each article focus on one of the different themes, which occurs each week of the summer. We know you will enjoy the variety of the issue, just as you enjoy the variety of our weekly Shabbat's on the Holzman Plaza.

See if you can figure out which Shabbat each article is connected to!



June 9 Taste of CNS Roses



June 16 CNS Pride Shabbat



June 23 Strawberry Festival



June 30 Independence Day



July 7 The Chosen Frozen (Ice Cream Social) – Honoring Young Families



July 14 Chanukah in July



July 21 Israel at 75 – Cantor Bitton Concert



July 28 A Vision of Service: Recognizing our Volunteers



August 4 Honoring Our Wondering Jews



August 11 Simcha Shabbat



August 18 Rock n' Roll Shabbat



August 25 Ukrainian Independence Day



September 1 Pickle-Fest II

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An article about the Ukrainian Independence Day will be shared via email prior to the August 25th Shabbat on the Plaza.

Half Sour or Pickled Lime? Reflections on Pickle Fest II

Rabbi's Corner

By Rabbi David Kosak

Developing a sense of gratitude requires that we explore and celebrate our blessings. With that in mind, it's worth remembering that while very few people pick the correct numbers for the Powerball, most of us have won at least one of life's lotteries. For me, it's the salt mega-millions: My blood pressure runs low, so my doctor has encouraged me to eat more salt while staying hydrated. Maybe that's why since childhood I have always enjoyed a good half-sour garlic pickle—perhaps it was my body's way to encourage salt consumption!

It may not often be commented upon, but every time we bite into a pickle, we are celebrating human ingenuity and acknowledging how much of our history is a continuous and alternating story of famine and plenty as well as our efforts to prevent the former. The road to the tremendous wealth that billions of humans now enjoy was paved with countless setbacks: crop failure brought on by drought, insect infestation, or a poorly timed hailstorm often spelled disaster for early human civilization. If we were to survive, we needed to find ways to preserve food for the bad times. Pickles, enter stage left!

Today, we are blessed with refrigeration, canned food, and packaged dry goods, yet most of our food preservation techniques are fairly ancient; examples of smoking, salting, brining, drying, and fermenting have been discovered in countless cultures, all with the sole aim of ensuring that we could sit down to dinner at any time of year. In other words, a pickle is more than a pickle—it represents how very precious life is.

I have had an endless fascination with smoking, fermenting, and pickling; each technique not only preserves food, but also radically transforms taste and texture, adding nuances of umami depth while offering health benefits. Long before there were sports drinks, pickles were a source of electrolytes, along with dairy products, fresh fruits, vegetables, and natural spring water, which often has a high mineral content. Additionally, those pickles produced traditionally through lacto-fermentation are often probiotic, offering still more health benefits.

The Jewish story of pickling tracks our long diasporic roots; while the Talmud mentions *chamutzim* and *gefanim chamutzim*—pickled grapes and vegetables—the actual processes used in their creation are lost to time. We do, however, possess recipes and techniques for the pickles created and enjoyed by Jews of Sephardic, Ashkenazic, and Indian descent. Each of these speaks of another avenue upon which our Jewish heritage developed.

Preserved lemons, *torshi lift*, or turnips pickled with beets; the pickled onions of Moroccan Jews; *kapusta kiszona*, or the sauerkraut of Polish Jews; lime, mango, and mixed vegetable pickles of the Bene Israel and Cochin Jews of India are all examples of Jewish pickle culture, and chances are you had an uncle in the pickle business! Apparently, even the Kaifeng Jews of China developed their own version of *suan cai*, or Chinese-style fermented cabbage or mustard greens. To this day in Israel, there are shops dedicated to all things pickled and preserved, the equivalent of New York's Jewish American appetizing stores that grew popular at the end of the 19th century.



We can see from these examples how pickling offered health benefits while extending the shelf-life of food. Simultaneously, food inevitably has become a source of additional meaning for us. Many of our Jewish foods, such as hamantaschen, served as a way for us to figuratively ingest our enemies, thereby symbolically representing our victory over our enemies.

I don't know of any pickles from the Jewish kitchen that fulfill this function, but that's not to say pickles don't have other stories to tell. Unsurprisingly, the sourness of pickles came to represent the "lachrymose history" of the Jewish people, as one historian put it. This is akin to the tradition many of us have of dipping *karpas* or a hard-boiled egg into salt water during the Passover seder. The connection of salt and brining to sorrow may seem obvious to us, but that's *because* of our Jewish tradition, not the other way around. In the Greco-Roman world, for example, salt carried a different set of associations, represent-

Continued on page 4

Roses and

Rabbi's Corner

Thorns *By Rabbi Eve Posen*

As a child at sleepaway camp, we always participated in a bedtime ritual called roses and thorns. In this common camp tradition, the bunk would sit in a circle in the middle of the cabin, and we'd go around and share our rose, a favorite highlight from the day, and then our thorn, the part of our day that was not so great. This daily routine was a way for our counselors to check in on the campers to see what was going on; it also allowed for additional group bonding.

The framework provided by the roses and thorns activity is more than just a reflection on the day that was; it's also a metaphor for how growth occurs. Living in Portland now, famously the "Rose City," I have a newfound appreciation for roses and how they bloom. Having used this activity at the dinner table with my own family, we've taken it a step further by adding buds, stems, and roots. Buds are something to look forward to, stems are what we're going to build, and roots are how we feel supported.

When you put this all together, we've got a complete rosebush, a system that works together. Having each component representing something special, yet working toward a common purpose,

reminds me of our congregation. For us to exist as a sacred community we must have our roots, the tradition of our religion, the values that sustain us. We need our stems, those parts that grow in individual ways to lead the way to growth and beauty. The buds, the next generation, are just opening up to their expansive journey in community and Judaism. The flowers show the way we burst and thrive in all our radiance when we're nourished and nurtured.

As much as we'd like to avoid them, however, come the thorns. A rosebush needs thorns, just as life needs ups and downs for us to really appreciate its beauty. In the case of roses, the thorns are actually what protect them. Yes, individually we have our vulnerabilities, but the ways in which we protect each other make us the community we are today.

On the day Duncan and I bought our house in Portland, nine years ago, we



left the signing and went to the Rose Garden. On a beautiful June day we stood with a tiny Shiri admiring the blossoms, the possibility of growth in our new home. Nine years on, I am still in awe of the beauty and growth the Rose City has provided me and am honored to be a part of the blossoming in so many of your lives as well. That is why our first Shabbat on the Holzman Plaza celebrates the roses.

As the Talmud teaches, "Just as our ancestors planted for me, so too do I plant for my descendants." May we continue to nurture our rosebush so that we, as Neveh Shalom, continue to blossom.

Pickles *Continued from page 3*

ing friendship, wisdom, and currency, though both Jews and Greeks used salt as part of their sacrificial offerings.

Given the rich history that pickles have played in Jewish history, it is no sur-

prise that Jewish author Mark Kurlansky wrote the marvelous book *Salt*, which tracked the important role that salt has played in human culture. It is also no surprise that on the first of September, Neveh Shalom should also celebrate the

importance of salt with our Pickle Fest II, currently slated as our final Friday night Shabbat on the Plaza. I hope you will join us—even if you didn't win the salt lottery, there will be tasty options for all.

Israel at 75: Singing in a Strange Land

Cantor's Corner

By Cantor Eyal Bitton

One of the songs I might sing at my “Israel at 75” Shabbat in the Plaza concert on July 21 is “By the Rivers of Babylon.” In the song, from Psalm 137, the timeless question posed by the Psalmist echoes through the ages: “How can we sing the Lord’s song in a strange land?” The Temple has been destroyed. The people of Israel have been exiled. They were brought, as captives, to Babylon, with the love of Zion not a distant memory, but a fresh and painful source of loss and grief. How, then, could they sing songs from their homeland in this foreign land?! The Psalmist says that they have hung up their musical instruments. Their music and their cultural expression of identity were so firmly rooted in their land that they struggled with the idea of maintaining their culture away from that land.



While I love modern Israeli music, I don’t think it’s a prerequisite for Jews outside of Israel to be well-versed in every aspect of contemporary Israeli culture. Just as Italian-Americans can proudly celebrate their Italian heritage without being fully immersed in the nuances of modern Italian culture, American Jews can cultivate a vibrant Jewish-American identity while preserving our deep connection to Israel.

Our connection to Israel extends beyond mere cultural expressions; it encompasses a sense of belonging, shared history, and the values that have shaped us as a people. By acknowledging Israel as our ancestral homeland, we draw strength and inspiration from the struggles and triumphs of our forefa-

thers, fostering a collective identity that transcends geographical boundaries.

As diaspora Jews, we can strike a delicate balance between developing our distinctive Jewish-American culture and upholding our connection to Israel.

As diaspora Jews, we can strike a delicate balance between developing our distinctive Jewish-American culture and upholding our connection to Israel. By cherishing our ancestral homeland and recognizing its profound significance,

we reaffirm our identity and ensure that the historical narrative that has shaped our community remains alive.

On July 21, I will be performing a concert called “Israel at 75” following our Shabbat in the Plaza service. The concert will feature fabulous Israeli songs, some older and some newer, as well as a few English songs. The songs in English will highlight our identity and heritage and our connection to our beloved Israel.

Recognizing and embracing Israel as our ancestral homeland allows us to honor our shared heritage, draw inspiration from the past, and forge a vibrant and proud Jewish-American identity that reflects our unique experiences, values, and aspirations.



Upcoming B'nai Mitzvah



Dayton Izenson | July 1

Dayton Bradley Izenson is son to Martha Klein Izenson and Brian Izenson, younger brother to Zachareth Klein-Sampsell and Riley Amend, grandson to Laura and David Sheinhorn and AnneBelle Klein, and co-conspirator with his four-legged sister Radar. Dayton is heading into 8th grade at Portland Jewish Academy. He's a model-building and Lego enthusiast who enjoys Jiu Jitsu, wrestling and beating his parents at strategy games.



Riley Simon | July 8

Riley Lavi Simon is the son of Jodi Garber-Simon and Neil Simon, big brother to Aviva and Violet Simon, and grandson to Terri Simon, Mort Simon, and Gloria and Bruce Garber. By the time of his Bar Mitzvah, Riley will be heading into 8th grade at Robert Gray Middle School. In his spare time, Riley enjoys playing soccer with his sisters and friends and on his team with United PDX, researching Japan, attempting to learn Japanese, playing the flute, and planning future adventures. He also loves his dog, Charlie.



Ava Gottheiner | July 15

Ava Gottheiner is the daughter of Janine and Simon Gottheiner, big sister to Hadley and Liam, and granddaughter to Shirley and Michael Kurnoff of Calabasas, CA, and Toby and Jenny Gottheiner of Palo Alto, CA. Ava is a rising 8th grader at Northwest Academy. In her spare time, Ava swims competitively for the Multnomah Athletic Club and enjoys drawing, dancing, singing, and hanging out with her friends.



Kayla Willow | July 29

Kayla Elora Willow is the delightful daughter of Joshua and Rouli Willow and a caring big sister to Arielle Willow. Kayla is a 7th-grade student at the Arts and Communication Magnet Academy. Kayla's passions include riding her bike, being obsessed with all things anime, and creating wonderful memories with her loved ones. Kayla is a true believer in kindness, spreading strength and joy wherever she goes.



Samuel Mast | August 12

Samuel Mast is the son of Rebecca Babener and Walter Mast, brother to Ani Mast, grandson to Rosalind and Jeffrey (z"l) Babener, and Sonja Warberg and Chet Mast. Sam will be in 8th grade at Park Academy. Sam enjoys building and animating Legos. He volunteered with Cascadia Clusters and PATH Home to support the houseless in our community.

Strawberry Fields: A Rite of Passage

By Marlene Edenzon, Executive Director

When I was asked to write about strawberries, I was a bit perplexed. What is there to say about a strawberry? Then my mind wandered to our annual family trip to the strawberry farm. Each year we took our kids on a trek to the fertile valley near our home to enjoy a day in the sunshine picking fresh strawberries. Everyone received a strawberry basket “necklace,” then went running through the fields in search of the perfect strawberry. No walls to encumber them, only sky above and earth below, while they were screeching to each other as they filled their baskets with the red, ripe berries. They thought that no one noticed their red lips or the juice dripping down their chin as not every berry ended up in the basket. This was the best of both a personal and communal experience. They independently experienced the joy of Mother Nature, knowing that the berries picked would be shared communally.

For the Edenzon family this was a rite of passage marking the end of the school year and the beginning of the summer season. Fresh summer fruit was every-

where and summer activities were close behind. While my kids did not understand the significance of this ritual, it was transformative. It separated the ordinary from the extraordinary. Summer is the time when we can explore different spaces, both literally and figuratively, so there was a palpable excitement in the air, which is not unlike the energy surrounding Shabbat on the Plaza.

I can feel the energy and enthusiasm in our office as the planning begins to welcome our *kehillah* back to our Shabbat summer festivities. This has the feeling of a transformative experience: welcoming Shabbat outdoors, creating a new sanctuary without walls, with only sky above and earth below. This is an opportunity for both an independent and shared experience. This important summer ritual at Neveh Shalom is, in fact, a rite of passage. It is an occasion for entering into a new season, welcoming new faces, offering a space for all ages and stages to come together, a time to

President's Corner



Marlene with granddaughters Riley and Kaylie

search for the perfect strawberry and explore the fruits of summer personally, as well as with family and friends.

I look forward to sharing this transformative experience with my new Neveh Shalom family.

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Pride: In Our Community

Mel's Corner

By Mel Berwin, Director of Congregational Learning

I came out in college. Among my friends who were queer, we traded coming out stories. It felt like a big deal. It was a big deal. I didn't even know the words gay, lesbian, bisexual, or queer (let alone non-binary or trans) when I was growing up, and I didn't recognize the queer people in my life, either, until I looked back with a new lens. It took my parents a few years to adjust. My mom was pretty sure that lesbianism was a cult until she took a Women's Studies course at the university where she worked, which was taught by a queer woman whose books and discussions on feminism offered my mom a helpful reframe of her own life and values, as well as until she met my new friends (they were decidedly not cultish).

When my kids were in middle school, and many of their friends casually began identifying as bisexual, gay, or pansexual, part of me was indignant, part of me was thrilled, and part of me was just plain curious at how easy and nor-

malized it seemed for this generation to try on a different sexual orientation and express new aspects of their identities.

Although it can be hard to keep up with, I appreciate the more nuanced language and identity options for our expanding LGBTQ2SIA+ (lesbian, gay, bisexual, transgender, questioning or queer, two-spirit, intersex, asexual, and other identities) community. The concept of sexual orientation as a wide spectrum, including the addition of more culturally specific language, are important improvements on the much more limiting gay/lesbian, and sometimes bi communities of my generation. As a society, we are now growing our understanding of gender as a spectrum as well, differentiating between biological sex, gender identity, and gender expression. One of my favorite sources for learning and teaching about these concepts is www.genderbread.org. This website offers visual infographics and written explanations of how we can understand and talk about these different concepts. I highly recommend a read! And the national organization doing important work towards equality within the Jewish community is Keshet (www.keshetonline.org), which is how we named our CNS Keshet group for LGBTQ+ folks and allies. (*Keshet* means rainbow in Hebrew.)

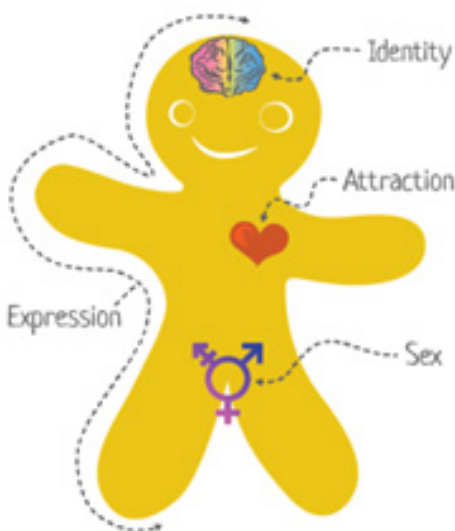
We recently celebrated the graduation of five teens from our Tichon program. One of them, in her speech,



described how Neveh Shalom has always been a place where she feels safe. Nothing matters more to me than that. At the end of the day, I want all of our kids to feel they can be authentically themselves in this community, to know that we see them and love them for who they are, and who they are becoming.

Support CNS Keshet Community

If you would like to support our CNS Keshet community, please consider joining us at the PDX Pride parade, this summer on Sunday, July 16. The CNS contingent will be walking with the Jewish community coalition, made up of over 16 Jewish organizations from around the Greater Portland area. You can also consider contributing to the CNS Keshet Tribute Fund to support this and other activities that bring together and uplift our LGBTQ+ community.



Genderbread person from genderbread.org

Meet Your Newest Board of Directors Members

We are excited to introduce to you our newest members to join the Neveh Shalom Board of Directors. We look forward to their leadership and contributions.



Naomi Fink is excited to join the board and looks forward to positively enhancing our *kehillah* as we come out of Covid and welcome our new executive director. When Naomi is not schlepping her three kids around, she enjoys hiking, reading, and traveling.



Jennifer Greenberg is an executive coach, leadership search consultant, and adjunct professor of business. In 2011, she joined Neveh Shalom as the Program Director, where she served for five years. Since that time, she earned an MBA and a certificate in leadership coaching. Currently Jennifer is an executive search consultant with Talence Group and runs her own coaching business. Jennifer shared, "I am excited to join the Neveh Shalom Board at this moment. Having been on staff, I know the challenges of providing programming that drives engagement as well as the rewards of being part of a warm and caring community. We all look to a congregation that thrives, and I am honored to serve the mission in this direction."



Lindsay von Colditz shares about why she joined the CNS Board, "I was recently reminded of author Brene Brown's insightful words: genuine belonging is not achieved through passivity. It demands vulnerability, discomfort, and, most importantly, presence. My family has found belonging at CNS and fostering that sense of belonging means showing up not just for the connection but also for the work on the business side of our community. I share my home life with my husband, Nathan, our son, Zev, my father-in-law, John, and two enormous dogs."



Vikki Wilson says, "My best friend tells me I have the gift of bringing people together through my persistence and positive personality. I hope to use this strength to influence CNS in the areas of broadening participation of senior singles, social justice, and community outreach! I moved from Los Angeles to Lake Oswego about two years ago and joined CNS last September after looking at many other synagogues. This community really speaks to my heart and soul! I feel very honored to be part of this amazing Board of Directors, look forward to working with the wonderful leaders, and to making a real difference at CNS!"



Mark Zeitzer is returning to the CNS Board. Of this decision, he says, "I decided to return to the Neveh Shalom Board because I want to help lead the congregation into the future. Neveh Shalom has been a wonderful Jewish 'home base' for our family. We have had two *brit milahs* here, two Bar Mitzvahs, and we are starting to plan for the third. I'm interested to see the congregation invest even more into our youth and youth programming. USY was formative for me, so I want our congregation's children to have similar opportunities."

Wondering Jews

By Lisa Richmond, Program Director

Do you ever wonder where the name of CNS's senior and empty-nester group, "The Wondering Jews," came from? Well, so do I, because no one seems to remember (and if you do, please let me know!). Regardless, it seems to fit. **Jennifer Greenberg**, who was the Program Director at the time of the Wondering Jews' inception, shares, "We spent a lot of time as a group trying to figure out what it was that we wanted, what kind of connection would be meaningful. It was clear that they wanted activities that were intellectually stimulating (this is a smart group!), but adapted to their activity level which, while it varied person by person, we wanted it to work inclusively for all."

Almost 800 of Neveh Shalom's congregant population are sixty or older – a powerful demographic! As Wondering Jews member, **Ruth Oxman**, points out, "The synagogue community is comprised of families and individuals that includes infants, young children, school age, young adults, older adults and seniors, so one type of program, activity, event, or even religious service will not meet everyone's needs." **Julian Kaufman**, a driving force behind Wondering Jews' creation, agrees and emphasizes, "We need to give as much consideration to seniors as we do to families with kids."

Every demographic was and is affected by the pandemic in unique ways. For seniors, the lack of social interaction was particularly difficult. When I assumed role as Program Director a little over a year ago, we held a town hall-style forum for seniors to assess what types of programs and activities would feel relevant. It became evident very quickly that they were on the same page, wanting to gather in an accessible space with Jewish peers to have fun, socialize, and



Wondering Jews visited the World Forestry Center, May 2023. Left to Right: George Fendel, Chuck Kaufman, Laurie Fendel, Perla Kaufman, Marlene Abrams, Harvey Oxman, Ruth Oxman, Miriam Rogson, Lisa Richmond, and Stephanie Arnheim

learn something along the way. With those principles in mind, we've had a wonderful year of programming. Our first event last June was a "Welcome Back, Wondering Jews Luncheon." This was the first time that the fifty-or-so attendees had seen one another (or in some cases, any friend) since the beginning of the pandemic. The joy in the room was palpable and the laughter echoed throughout the vestry.

Throughout the coming months, we enjoyed Jewish TV theme songs with **Can- tor Bitton**, Jewish Genealogy, Pesach Haggadot and wine-tasting, Israeli Democracy with **Rabbi Isaak**, and so much more. But we're not done yet. This summer, the Wondering Jews will wander as we embark on field trips and spend time outdoors at the World Forestry Center, the Oregon Jewish Museum for a Salvador Dali exhibit, the Tualatin Hills Nature Center and food carts, and a special

Wondering Jews Shabbat on the Plaza on August 4.

Carolyn Weinstein, a Wondering Jews regular, endorses the group and touches upon its primary mission: "I am so happy to be part of the Wondering Jews events. It is great to have the opportunity to meet other like-minded Jews, have interesting events and topics to discuss, and lots of schmoozing."

So whether we're wondering, wandering, or simply enjoying the company of others, we do hope you'll join us.

To ensure that activities are truly accessible for seniors, we make a pledge: Neither cost nor transportation should be prohibitive factors in your participation in Wondering Jews. This is made possible by our Hazak Tribute Fund. Please contact Lisa Richmond to learn more: lrchmond@nevehshalom.org

You Ain't Nothing But a Hound Dog (and/or Cat!)

By Jenn Director Knudsen

It's written in the Torah, extrapolated in the Talmud, analyzed in the *Mishneh*, glorified in *Midrash*, and noted in the *Shulchan Aruch*: Humans are to feed their animals before they sate themselves. Is it a Jewish missive? Or is it simply fulfilling the responsibilities of being a pet owner, chief among them keeping the cute furry creatures' tummies – and thus their hearts – full. Regardless, pets are an important part of people's lives, including (big-time) for Neveh Shalom congregants.

Rabbi David Kosak and shul staff were hoping to put on a "Pet Shabbat" this summer as part of the Shabbat on the Plaza series. However, due to logistics, the vision this year cannot be realized; in its furry stead, there will be a rock 'n' roll Shabbat. Still, we do love honoring the four-legged ones that are a big part of our families. Our tradition even has a *Rosh Hashanah LaBehemot*, or the Shabbat of the (domesticated) animals,

this year falling on Aug. 18.

A few among you happily shared your life-long love of pets, their place in your family, and even how Judaism infuses your relationship with them.

"Our kids have never *not* had pets," said **Mia Osherow** of her and her husband, **Dave's**, household that includes **Colette**, 6, **Amelia**, 10, and **Sue Bee**, their 17-year-old cat who – let's be honest – was their first child when she was adopted eleven years ago. "Because she is easygoing and social, she's a good source of emotional co-regulation for each of us when things get stressful," Mia noted. Amelia and Colette added, "She means everything. Love." Mia explained that "In our Jewish home, we practice compassion for others, including animals. Colette's chore is to feed Sue Bee her evening meal, and she strives to provide that prior to sitting down to our dinner, as the Torah commands us to do."



Sue Bee Osherow

Dana Sacks was firmly a cat-lover-only until husband **Jeremy** put his foot down: a dog needed to join the family. "Jeremy convinced me that kids deserve a dog, so we got our first golden retriever, **Sasha**, when the kids were quite young," Dana said of **Hannah** and **Jonah**, who today are young adults. In tandem with learning how best to care for a four-legged loved one, the kids also had to learn about grief and that life is finite. Sasha died from an aggressive cancer when only 6 years old. "We were able to have discussions with the kids about what was good for the dog and her comfort," Dana said. Today they are the very happy pet parents of **Hazel** and **Olive**.

Naomi Leavitt, husband **Scott**, and daughters **Abigail**, 11, and **Isabella**, 13, are proud owners of a dog, **Maggie**, as well as two cats, **Charlie** and **Sage**; they foster cats, too, ensuring they receive excellent care before joining their forever families. Naomi says, "Our pets



Hazel and Olive Sacks

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How Sweet it is to be a Young Family at CNS

By Candace Rothstein, Foundation School Administrative Director

Nevah Shalom is a great place to belong for anyone who is looking for a Jewish home, but the young families of CNS have a special place at the shul. From Tot Shabbat to 4th Friday at **Rabbi Eve's** house, to ice cream Shabbat on the Plaza, young families have a variety of opportunities throughout the year to connect with other families and with Judaism in a family-friendly atmosphere.

Foundation School is also proud to represent families of many backgrounds. Our parent population includes interfaith families, single parent families, LG-BTQ+ families, and Jewish families of all levels of observance. Some of our families come to Foundation School through their connection with Neveh Shalom and some become members at Neveh Shalom because of their connection to Foundation School. Either way, we love our FS families and want to highlight a few of them here.

The Freilich-Vladimer Family

This four-member family of outdoor-loving-explorers moved to Portland last year from the Bay Area to be closer to family. Before arriving, they researched Jewish preschools in the area and found Foundation School. Rabbi Eve zoomed with the family before they moved up to Portland; when they arrived, they attended a Tot Shabbat and a 4th Friday. They felt welcomed and connected to the community right away.

Their older daughter, **Rosie**, 3, loves Shabbat at Foundation School, Tot Shabbat at Neveh Shalom, and she is excited to share a BimBam dance or two with her little sister **Alina**, 1, who will be attending Foundation School this fall. Their house is filled with Shabbat playlists on

Spotify and Rosie enjoys singing Shabbat songs all week long—with gusto!

As their daughters grow up at Foundation School and in Neveh Shalom, parents **Mike** and **Sarah** hope that the girls “are proud of their culture, understand where they come from, and live a life guided by the values of Judaism.”

The Furman Family

Adam and **Courtney**, along with their two boys, **Benjamin**, 3, and **Jonah**, 6, (as well as their golden-doodle, **Leo**!) have created



The Furman family enjoy spending time outdoors with their goldenoodle, Leo

traditions around the holidays to ensure that their children stay connected to Judaism. They enjoy coming to young family programming, especially on their favorite holidays to celebrate as a family—Rosh Hashanah and Chanukah.

Adam grew up at Neveh Shalom; his family first started coming to the synagogue back in 1995. Courtney joined Adam at Neveh Shalom shortly after they got together. They currently reside in Garden Home. Adam is a Pharmacist at Regence BlueCross BlueShield and Courtney is a Traffic Engineer for the City of Tigard.

This summer, the Furman family is looking forward to gardening, fishing, playing at the beach, taking walks, reading, and playing with Legos. They are joined by grandparents Robin and Abe Furman who are longtime members of Neveh Shalom!



The Freilich-Vladimers get ready to walk through the snow to the Chanukah party at Neveh Shalom

Continued on next page

As Jonah and Benji grow up at Neveh Shalom, Adam and Courtney hope that they “embrace their heritage as they create their own Jewish identities.”

The Cambreleng Family

Rebecca Cambreleng is a single mom by choice. Her daughter **Maggie**, who is almost 2, is in the Wolves class at Foundation School, with two cats at home. Maggie’s donor is a good friend of the family and was happy to help Rebecca build her family.

When looking for preschools for Maggie, Rebecca knew she wanted Maggie to attend a Jewish preschool; she loved Foundation School’s Reggio Emilia approach to early childhood education. She fell in love with Foundation School and everything it offered. She was familiar with Neveh Shalom, having taken her nephew Jack to Tot Shabbat on occasion. However, as someone who was Re-

becca wasn’t sure if Neveh was a good fit for her family, but the more she learned about Neveh, the more she grew to appreciate “what it’s bringing to Maggie’s growth, both as a human and as someone who is Jewish.”

This summer, Rebecca is looking forward to hanging around at splash pads and going to the Beaverton Farmers’ Market each weekend, where they often see many of Maggie’s Foundation School classmates and friends.

More than anything, Rebecca wants Maggie to feel accepted “no matter what she chooses, and I’m happy we found religious institutions that are inclusive of all family types and



Rebecca Cambreleng and daughter Maggie are big Oregon Ducks fans!

all humans so she can feel free to express herself, however that will look, without fear of judgment from her community.”

Hound Dog (and/or Cat!) *Continued from page 11*

are part of the family—they provide us so much love, joy, and humor. They remind us that looking out the window and slowing down to enjoy the scenery is important.” She continues, “I used to think I had a pretty good social life, and then I got a dog. I have more friends

now and know more of my neighbors because of Maggie.”

Dana shares that when still in elementary school, she begged her parents for a kitten, so they finally granted her the feral white, blue-eyed Mio she desired.

“He was just what I needed in what I feel was a lonely childhood,” she remembers. “He made me responsible. He loved me. My husband was right to suggest that we get pets for the kids — they make life infinitely better.”



Maggie Leavitt



Charlie Leavitt



Sage Leavitt

Being the Light in the Light

By Emily Silverman

There is something magical about the visual landscape of Chanukah—the sharp, pointed brightness of the flames against the inky black night. The spiritual message of the holiday perfectly dovetails with the image. Stand up to the ones who would defeat you; protect the inner light of your identity in the face of assimilation; *be* the light in the darkness. It is a powerful, motivating narrative, and the flames standing out against the dark winter backdrop underscore the message poignantly.

While the winter holiday offers us an opportunity to celebrate the light in the darkness, summer offers a different perspective entirely. Late into the summer season, between the sunny days at the beach, hiking outdoors, and family barbecues, we mark Tisha B'Av, the commemoration of the destruction of the Temples in Jerusalem.

The solemnity of Tisha B'Av is dissonant with the pleasant radiance of summer. The story of Tisha B'Av, as well, stands in contrast to the natural ebb and flow of summer days. While we spend time with our family, socialize with friends around the picnic table, take vacations, and lounge on the beach, we are called to remember that the reason the Temple was destroyed was due to *sinat chinam*, baseless hatred of Jews toward their fellow Jews. In the bright light of the lazy days of summer, what could feel farther from our reality than the destruction of the Temple due to our own cruelty to one another?

Yet these two points in the year, in such opposite seasons, seem to be reflecting two sides of the same story. On Chanukah we tell the story of what happens when an outside force comes to extinguish our light. Tisha B'Av, on the other

hand, is the story of what happens when we extinguish that light ourselves.

The visual landscape of Chanukah speaks to us deeply because it is so compelling. To be the light in the darkness is to be a hero. It is to recognize the stark difference between light and darkness and unequivocally choose light. The enemy in Chanukah is external; it is the Other who comes to take what is ours, and in our unification, our shared light, we defeat them.

Tisha B'Av tells a far more complex story. In the bright light of the summer sun, how does the holy light of the Temple stand out? When there is no darkness, what is the point of the light at all? In the light—in the day to day—where do we find those heroic moments?

The answer is that we don't. In the light there are no heroic moments. The work

in the light is simply to *be the light*. It is to maintain the light, in a thousand tiny little actions of peace, compassion, and kindness to others. The light in the light lies in the small interactions, the *ahavat chinam* that is a daily practice. It is not always glamorous, it is not always obvious, and it's possible no one will notice our hard work until it's gone. There is no shadow to cast a contrast, no enemy to beget a hero. But without that light, without the consistent practice of *ahavat chinam* with the ones with whom we are closest, the bright light of our holy Temple doesn't stand a chance.

It is always right to be the light in the darkness. But this summer, let us not forget the vital work of being the light in the light. On Tisha B'Av, we remember what happens when we allow ourselves to extinguish our own light, and we reconnect to the love, kindness, and unity that makes us a true light unto the nations.



A tunnel under the Western Wall

Member News

Mazel tov to **Dr. Avital O'Glasser** on being awarded the Walter J. McDonald Award for Early Career Physicians by the American College of Physicians, a national organization of internal medicine physicians. Award recipients were recognized at ACP's annual convocation ceremony on April 27, 2023.

Mazel tov to **Lisa Schroeder**, who was named "Small Business Person of the Year" for the state of Oregon. She owns Mother's Bistro in downtown Portland.

Mazel tov to **Bella Leavitt**, and her parents, **Naomi and Scot Leavitt**, on their recent trip to Amsterdam to participate in a ceremony to remember Bella's "Bat Mitzvah twin" Betje de Vries, a Dutch girl who died in the Holocaust a few days before she would have turned 12. Bella and Naomi spoke, along with surviving members of the family and the ambassadors from the United States, Israel, and Germany.

A big thank you to volunteers joining **Marty and Sharyn Schneiderman** putting flags out at the Neveh Zedek Cemetery for Memorial Day: **Allan and Judy Weingard, JoAnn Tower, Gail Maron, Cheryl Livneh, Avrel Nudelman, Ric Tower, Marty Schniederman, Lee Cordova, Ruthie and Harvey Oxman, Robin Bodner, Mel Berlant, and Rich Koplan.**

Mazel tov to **Neveh Shalom's YAFE Associate and ALIYAH teacher Sarah Rohr** on being one of 15 fellows from around the county in The Light Lab's first-ever T'fillah Teachers Fellowship.

Mazel tov to **Neveh Shalom's Sisterhood**: they are the 2023 Woman's League for Conservative Judaism's "Jewels in the Crown (JIC)" award recipient. The award will be presented on July 18 at the annual convention.

Mazel tov to our Tichon graduates! (See back page)

Mazel tov to **Neveh Shalom Past President Arnold Cogan** who has just written and published *The Boyhood Adventures of Jimmy and Arnold*. In this well-illustrated book, he recounts growing up in Bath, Maine, where he and his best friend were part of the small Jewish community. They "Explore a Haunted House," "Go Fishing," "Make Maple Syrup," and have other adventures in the mid-1950s. **Elaine Cogan**, also a Past President, edited and helped publish the volume. The book will be available in the Neveh Shalom Library.

Mazel Tov to **JFCS co-chairs Elana Stampfer Emlen and Carolyn Weinstein** for a successful event on May 18 celebrating JFCS's 75th year and its community of supporters.

Yihi Zichram Baruch – Our condolences to CNS members who have recently lost loved ones.

We regret to inform you of the passing of CNS member **Lev Astrakhan, z"l** on April 16th at the age of 103. **Lev** is loved and remembered by his sons, **Boris (Tatiana)** and **Alex (Svetlana, z"l) Astrakhan**, and three granddaughters, **Alisa, Nadine** and **Natalie**. The family also honors that **Lev** was a decorated WWII veteran with the Soviet Army.

We regret to inform you of the passing of Mark L. Danish, z"l, on April 3, 2023 in Dallas, TX. He was 70 years old. He is survived by his wife, Louise; siblings, **Debbie Plawner**, Susan Danish, Tracy Frankel, Kimberly Rosenberg, and Scott Danish, and stepmother, **Carol Danish**. A private family memorial was held.

We regret to inform you of the passing of CNS member **Semion Stolyar, z"l** at the age of 78. **Semion** is loved and remembered by his wife, **Larisa**; stepson, **Dmitriy (Alla) Shore**; grandchildren, **Daniel, Benjamin, Rebecca**, and **Jacob**; daughter, **Nataly (Igor) Mogilevsky**; grandchildren, **Arthur (Elizabeth), Erika (Jake)**, and **Kevin**, and great-granddaughter, **Lyanna**.

We are sorry to inform you of the loss of Yitzchak Frankel, z"l, beloved husband of **Sylvia Frankel**, and father of Bat-Ami (Michael Hammer) Frankel and Boaz (Brooke Barker) Frankel, on Saturday, April 29. He was buried in Modi'in, Israel.

We are sad to share about the death of Miriam Bazelon Richman, z"l, who passed away on May 4th. Miriam was the mother of Jim (Michael) and Ken (Marilyn) Richman; grandmother of Kama (Joe Earhart) Simonds, Chris (Melissa) Richman, Taylor (Sarah) Richman, and **Callie (Noah) Barish**, of Portland, and of Rachel (JP) Young, Lauren (Jason) Crane, and Ricki (Matt) Alva, of Chicago, and a great-grandmother of eighteen. A funeral was held in Chicago on May 10th.

We are sad to share about the death of member **Grigoriy Shabashevich, z"l** on May 19 at the age of 68. He is lovingly remembered by his wife, **Vera Shabashevich**; his son, Roman (Callie) Shabashevich; his brothers, **Marat (Inna) Shabashevich** and Michael (Larisa) Shabashevich, and grandchildren, Ari and Eva.

We are saddened to announce the passing of Phyllis Roberts Spielman, z"l, mother of member **Loren R. Spielman** on May 30 in her home in Park Slope, Brooklyn. Loren, his wife **Michelle**, and their children **Julia** and **Micah** will remember Phyllis as a loving parent, a devoted grandmother, and a passionate advocate for equality, justice, and the rule of law.

We regret to inform you of the passing of Enid Lee Watsky, z"l, who died on June 8th, 2023. Enid was predeceased by her husband Dr. S. Robert (Bob) Watsky, z"l, and is survived by her five children: **Diana (Steve) Sirkin**, Russel (Genie) Watsky, Mana (Paul Levine) Watsky, Matthew (Nancy Gottlieb) Watsky, and Jay (Jackie) Watsky. She is also survived by eleven grandchildren and seven great grandchildren.

Neveh Shalom Happenings

Please enjoy this sampling of what is being offered at Neveh Shalom. The best way to get the latest information is through our weekly eblasts. You can sign up at: news@nevehshalom.org. Please visit the website for links at: nevehshalom.org/calendar.

Sisterhood Interfaith/BIPOC Meetings

Wednesday, July 5, Aug. 2, 7:00pm

Women of different backgrounds come together to discuss questions of faith and confronting social justice issues. RSVP: smallfryeterp@icloud.com.

Women's Torah Study

Sat., Summer Dates TBD, 12:30pm

Join Mel Berwin for an hour of uplifting study and conversation. In-person.

Cooking for Outside In

Sunday, July 9, 12:00pm

Cook a meal to feed homeless teens. Contact: 8888octopus8888@gmail.com

Wise Women Social Brown Bag Lunch

Thursday, July 13, Aug. 17, 12:00pm

Socialize and empower one another in a casual environment.

Sisterhood Book Club

Mondays, 7:00pm

7/3 *The Book of Lost Friends* by Lisa Wingate

8/7 *All the Lonely People* by Mike Gayle
RSVP: jenkal@comcast.net

CNS at Hops Baseball Game

Sunday, July 9, 1:05pm

Join the Men's Club as our Hops take on the Vancouver Canadians. To purchase tickets please contact Harold Lesch at leschslive@comcast.net.

Wondering Jews Tualatin Hills Nature Center Guided Walk & Food Carts

Wednesday, July 12, 10:00am

Experience the beauty of Tualatin Hills Nature Center with an accessible, guided walk of about 1 mile. After, we'll visit the BG Food Cartel for lunch. RSVP: Irishmond@nevehshalom.org

CNS at Pride Parade

Sunday, July 16, Time TBD

We are excited to be marching again in the Portland Pride March this year! Jewish Pride Greater PDX is the Jewish community group that marches together. For updates, please contact Mel Berwin at mberwin@nevehshalom.org.

Tisha B'Av Services

Wed., July 26, 8:15pm

Thur., July 27, 9:30am

Sisterhood Board Meetings

Thur., Aug 24 (no July), 7:00pm

For details, please contact Michelle limori-Goldenberg: smallfryeterp@icloud.com.

Shroud Crowd

Sunday, Aug. 27, 2:00-4:00pm

Help create traditional burial clothing to be used by the Chevra Kavod haMet. Contact: sandyaxel@msn.com.

Shevet Meditation Group

1st, 3rd, & 4th Saturdays of the month, 30 mins. after the end of Shabbat services (around 12:35pm), Stampfer Chapel

All are welcome. SHEVET is a new meditation group at Neveh Shalom, melding ancient and modern Jewish meditation practices with traditional awareness practices.

Morning Minyan and Shabbat Services

Please visit the website for more info: nevehshalom.org/current-services

Morning Minyan

Monday-Friday, 7:15am/Sundays, 9:00am

Kabbalat Shabbat on the Plaza

Fridays, starting June 2, 6:15pm

Kol Shabbat

2nd Fridays, 7:15pm

Lay-led, voices-only service. All are welcome.

Saturday Morning Shabbat Service

Saturdays, 9:30am

- **Meditation Shabbat, 1st Saturdays**

Downstairs Minyan Shabbat Service

2nd, 4th, 5th Saturdays, 9:30am

Youth & Young Families

For more information, please contact Rabbi Eve at: eposen@nevehshalom.org.

Kiddush Club (K-3rd Grade)

1st and 3rd Saturdays, 10:30am

Morah Sarah Rohr and Moreh Gershon Liberman alternate leading Kiddush Club.

Tot Shabbat (Ages 0-5)

1st and 3rd Saturdays, 10:30am

Join young families as we gather together for some Tot Shabbat fun.

4th Fridays Shabbat w/Rabbi Eve

4th Fridays, 5:15pm

Rabbi Eve leads Shabbat for families (ages 0-10), with singing, a story, and blessings.



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Mazel tov to our Tichon graduates!

From left: **Talia Valdez**, Cantor Bitton, **Adina Shane**, **Ava Silverberg**, Rabbi Kosak, **Jordan (Mickey) Gilbert**, **Ethan Gilbert**, and Mel Berwin



KABBALAT SHABBAT

NEVEH SHALOM | PORTLAND, OR



You are invited to another year of Kabbalat Shabbat services on the Plaza.
Each week there will be a different theme, food, and beverages.
We hope you will join us for this popular series.

JULY

- 7/7:** The Chosen Frozen Ice Cream Social – Honoring Young Families
- 7/14:** Chanukah in July
- 7/21:** Israel at 75 Concert with Cantor Bitton
- 7/28:** A Vision of Service: Recognizing our Volunteers



AUGUST

- 8/4:** Honoring Our Wondering Jews
- 8/11:** Simcha Shabbat
- 8/18:** Rock n' Roll Shabbat
- 8/25:** Ukrainian Independence Day



SEPTEMBER

- 9/1:** Pickle-Fest II

*For more detailed info, please visit:
nevehshalom.org/shabbat-on-the-plaza*



NEVEH SHALOM'S

BACK TO SHUL 2023

**Sunday,
September 10
12:30-2:30pm**

**Congregation Neveh Shalom
2900 SW Peaceful Lane, PDX**



✱ **Hot Dog Lunch!**

✱ **Library Grand (Re)opening**

✱ **Music, Activities, & More!**



**Registration now at:
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