



Portland, ORE

An Affiliate of the Society for Humanistic Judaism

Banner photo by JP: KS Hanukah party 2007

Humanistic Judaism embraces a human-centered connection to Jewish culture, values and heritage. Our goal is to create a context for our diverse Jewish and intercultural members. Kol Shalom is about sharing and celebrating life's passages, challenges and joys as friends, as family, and as a community.

REFRESHED KS WEB SITE

After many months of creative effort, it's here at last. In case you're wondering what it took, I'll briefly walk you through the process. Our stated goal was "to refresh the existing Kol Shalom Web site and transform it into an important portal for outreach for the community, especially unaffiliated Jews in the greater Portland/Vancouver area."

That means we want people who visit our site to linger there to get a good feel for our community; we want those who may be so inclined to further check us out and maybe even join us; and we want members to visit the site often. We'd like the Kol Shalom Web site to be a central part of our community. We want to give you reason to come back often.

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DARFUR ACTION FOR THE HOLIDAY SEASON

Holidays are approaching. Remember: the Darfur Action-Group offers two possibilities to honor your friends and family. We will send attractive tribute cards to your honorees.

- Fund a Solar Cooker (\$15 each). Contact Muriel Adler, imadler@verizon.net.
- Help build a school for Darfurian refugee children (any amount welcome). Contact Diane Koosed, koolake@comcast.net.

SCRIP FOR THANKSGIVING? (It's a good thing.....)

Are you making a Thanksgiving dinner this year? Why not buy some scrip from the markets of your choice? Kol Shalom will earn 4% of your purchase if you use our scrip program.

There is no additional cost to you so why not add a little more joy to your holiday by supporting us? We will be ordering scrip on Tuesday and picking it up on Thursday Nov. 18 & 20.

Give us a call or email us by Monday and we will be glad to order your scrip.

Happy Thanksgiving!
Ann & Larry Kruss
(503)-768-5982
larryann@comcast.net

KOL SHALOM SUPPORTS

THE SOUTHWEST COMMUNITY HEALTH CENTER

The Walk: Again we walked through city neighborhoods and Gabriel Park, with old and new friends from P'nai Or, St. Clare Catholic, Neveh Shalom, St. Andrews Presbyterian, other institutions, and some interested neighbors -- strengthening our leg muscles as well as our support for the clinic.

Walking the one, three and five mile courses in rain gear this month were Muriel and Irv Adler, Ellen Carlin, Marsha Cooper, Debbi Strode, Myra Glasser and Richard Keogh. {Thanks! to

(Continued on page 6)

CONNECT.....

CELEBRATE....

EDUCATE

UPCOMING EVENTS CALENDAR

NOVEMBER	TIME	EVENT
11/20 Thursday	1:30 p.m.	Book Discussion. "A FOOL AND HIS MONEY: Life In A Partitioned Town in Fourteenth Century France" by Ann Wroe, 1995. A short story set during the Hundred Years War. For info., dir's, ph. 245-9223
11/21 Friday	7:00 p.m.	15th Anniversary Shabbat—MJCC (see flyer)
11/22 Saturday	2:00p.m.	Yiddish Group—KS Center
11/23 Sunday	9:45 a.m.	Children's Education—MJCC
11/26 Wednesday	11:00 am	Sounding Board discussion group
11/29 Saturday	9:00 a.m.	Oregon Food Bank volunteering
DECEMBER	TIME	EVENT
12/03 Wednesday	7:00 p.m.	Executive Committee mtg.
12/04 Thursday	7:00 p.m.	Social Action Mtg—KS Center
12/07 Sunday	9:45 a.m.	Children's Education—MJCC
	9:45 a.m.	Sunday Forum: The Role of Religion in the State of Israel—MJCC
	1:00 p.m.	PR Committee Meeting—KS Center
12/10 Wednesday	11:00a.m.	Sounding Board discussion group—KS Center
12/13 Saturday	9:30 a.m.	KS Board meeting—KS Center
	1:30 p.m.	Jewish Culture study group—KS Center
12/14 Sunday	9:45 a.m.	Children's Education—MJCC
	2:00 p.m.	Community Walk benefit SW Community Health Ctr-Multnomah Arts Ctr. Meet & choose 1, 3, or 5 mile walk with friends, dogs, kids.... Free.
12/18 Thursday	1:30 p.m.	Book Discussion: "THE NINE: Inside the Secret World of the Supreme Court" by Jeffrey Toobins, 2007. For info., dir's ph. 245-9223.
12/20 Saturday	2:30 p.m.	Chanukah Party—WHUUF everyone welcome!
12/24 Wednesday	11:00a.m.	Sounding Board discussion group—KS Center
12/27 Saturday	9:00 a.m.	Oregon Food Bank volunteering

Let's Talk



Our Let's Talk session this month was once again interesting and entertaining.

We started the conversation with "laughter

as the best medicine." Humor and its importance in dealing with stress was evident as we told jokes and funny stories that kept us rolling in the aisle raising our endorphin levels.

The bulk of our discussion however centered on our desire to provide healthy food for our events, particularly impressing the importance of promoting healthy eating behavior in our children. It was suggested that the snacks during the breaks for Sunday school should also be less sugar and fat based, perhaps with more fruits and vegetables such as carrot sticks. The next event, Hanukkah,

is certainly one that could serve as such an example. Recipes for baked latkes rather than those fried in oil are available and we would like to suggest that at least some of the foods that we bring to the Hanukkah celebration be given the consideration of more wholesome and healthy ingredients.

Bringing more fruit for dessert was also encouraged. The seder is certainly another food-centered event that also was discussed. Finally, we talked about our responses to the present economic downturn and how that is impacting our physical and emotional well-being. Exercise, meditation and sharing concerns are helpful. Attitudinal shifts, changes in expectations and challenges to our resourcefulness are, in all probability, going to be required.

We all felt the discussion was quite helpful and are aiming for another meeting probably in mid-January, taking December off.

Thanks, Mike Lezak

Potato (or Sweet Potato) Latkes

Ingredients

- 3 lbs potatoes (or sweet potatoes),
- 1 medium onion
- 1/3 cup unbleached white flour
- 1/2 tsp baking powder
- 1 cup Egg Beaters or similar egg substitute
- 2 Tbsp chopped fresh parsley
- kosher salt (to taste)
- freshly ground black pepper (to taste)
- nonfat, zero-calorie olive oil flavored cooking spray

Instructions

Place three non-stick baking sheet pans in the oven and preheat to 450 degrees Fahrenheit. Peel potatoes and remove dry outside layer of onion. Grate together (either on a box grater or in a food processor with a shredding disk). Squeeze handfuls of grated mixture to reduce liquid content as much as possible, then add to large mixing bowl. Stir together with flour, baking powder, egg substitute, parsley, and salt and pepper to taste, and set aside.

Working with oven mitts, carefully pull warmed baking sheets from oven and spray with nonfat, zero-calorie olive oil flavored cooking spray. Spoon mixture onto baking sheets, creating small pancakes 2 to 3 inches in diameter, leaving at least 1 inch gap between. Bake 5 to 8 minutes per side, or until golden brown, before spraying tops with cooking spray and flipping with a spatula. Serve hot, with fat-free sour cream and/or unsweetened applesauce.

Potlucks Return In February

On Saturday, February 28, Kol Shalom's potlucks return.

Picture this: a dining table at someone's home, with 8 to 12 people enjoying lively conversation while feasting on an array of potluck dinner dishes, from salads to main dishes to desserts, complete with wine and challah. Who are these people? Some are Kol Shalom members and some are people who might want to become members when they get to know us. The diners are hosted by members, and some are co-hosted as a cooperative effort of two households. (Don't have room for a dinner at your house? Team up with someone who does, and could use some help.)

What will make this happen? How about hosts and guests? Norma Rowe, bless her heart, is

the potluck coordinator and will be circulating sign-up sheets at Kol Shalom events between now and then. Sign up, or contact Norma, to be a host or co-host; or indicate that you want to be a guest. Norma will assign guests to hosts, and the hosts will call their guests to decide who will bring what, and with time and location. One or more of the host homes will be especially for adults and children.

If you're not a member of Kol Shalom, this is a really good chance to get acquainted with some nice people in a small, informal setting, so please don't be shy about asking to be put on the guest list. We want to get to know you. It would be great to have five or six host homes with an average of ten diners at each. Get involved—you'll be glad you did!

Jane

THE ROLE OF RELIGION IN THE STATE OF ISRAEL *SUNDAY, DECEMBER 7, MJCC, 9:45 - 12:00*

The Program Committee is always delighted that Rabbi Joshua Stampfer is a regular presenter at our Sunday Forums, and he usually offers a program that he believes is "made to order" for us, so when I spoke to him about the program he originally had proposed, he said "Thinking it over, I believe the topic of religion in the state of Israel will be interesting to your group."

"Israeli voters are expected to choose a new government in February. Mr. Olmert's designated heir, Tzipi Livni, the foreign minister, failed to put together a coalition government for

the right reasons: She refused the ultra-Orthodox Shas Party's demand that there would be no negotiations on the status of Jerusalem." (NY Times editorial, 11/5/08). So these questions are currently and dramatically relevant: Should the state of Israel be the fulfillment of religious dreams? Should Israel be a secular state?

Mark your calendars now and invite friends and family to what promises to be an interesting, provocative Forum.

Muriel Adler,
for the Program Committee

THANKS, LARRY

I'd like to thank Larry Kruss for doing a lot of my birthday-Chanukah-Christmas gift shopping for me! All I have to do is telephone or e-mail Larry, and he'll order and deliver...yes, Scrip (also called "gift cards" and "gift certificates").

My son-in-law wants things he can get at Joe's. My daughter loves browsing Powell's and Borders' book stores. Didn't know what my daughter-in-law wanted for her birthday, so I enclosed four J.C. Penney gift cards in her card. My neighbors did some favors for me, so I sent them gift cards

for McGrath's Fish House with my thank-you note. Baskin & Robbins certificates are "stocking-stuffers" my grandchildren like.

This really cuts down on the time, energy, and travel needed to shop for gifts, and hoping that what I get is something that someone wants or likes. Not to mention the good it does for Kol Shalom's funds. Thanks again, Larry!

Jane

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In the Beginning

In December 2007 we applied for a grant from the Society for Humanistic Judaism (SHJ) for funds for a Web site re-design. It was awarded us this past spring. We gathered quotes from six area Web developers during the winter months and in April awarded the business to Consistent Image Web Design. The PR committee (Jon Dickman, Jazz Duberman, Jim Prelack, Gary Sampson, myself and others) reviewed three homepage designs that were custom made for our particular organization based on the messages and photos we provided. We chose the design that we felt conveyed us best, using rich, warm colors of our Pacific Northwest home, photos of our city as well of our community in action.

Words

Next came the content building. This part was a labor of many. Our goal was to provide visitors with an in-depth look at all that Kol Shalom does so we solicited descriptions from each committee head. Contributors included Walter Hellman on Children's Ed, Irv Adler (Adult Ed), Jon Dickman (Life Cycle events), Jane Goldhamer (Sunday Forums), Muriel Adler (Discussion groups), Nancy Lezak (Music Makers), Myra Himmelfarb and her committee members (Social Action), Ann Kruss, Jazz Duberman (Membership). Jim Prelack and I edited the material and passed it on to Consistent Image (CI). This phase took much of the summer, working around vacation travel. A final editorial polish was donated by a member of the PR committee who prefers to remain anonymous.

Images

Because photographs do such a good job of showing our rich and diverse community, they are a critical part of the site's design. We try to take photos at all major events and use the best ones in our marketing outreach, including the Web. Rarely do we name the people in the photos – we mainly want to convey the spirit of our commu-

nity. As they say, "a picture's worth. . ." The Board took the final prudent step to ensure that all members consent to having their images and/or names on the public-facing Web site. All members were asked to sign and return a release form that grants or denies us permission. Thank you to those of you who have returned your forms. If you have not yet done so, please send it to the KS office or hand it to Jazz (or me) at the next event you attend.

Launch

The Executive Board (Roberta, Stan, Maureen, and Mary) did a final review of the site and gave us the green light this fall. And here we are! It's taken a village to create our beautiful new Web site. Heartfelt thanks to all contributors! Special thanks to Kelli Sussman of CI who is knowledgeable, professional, creative and easy to work with. She helped make this daunting task almost a pleasure to accomplish.

Going forward, several people, according to their position as a committee head, will have the ability to update the content to keep it fresh. Check back often to see what's new.

Members Area

Soon it will be your turn to contribute. If you go to the Contact Us drop-down menu, you'll see "Members Area" on the bottom of the menu. Click on it and you'll come to a login. We are in the process of creating passwords for all Kol Shalom members so you can enter the area. Look for an email with your personal password in the near future. There is nothing on the area yet, but soon we'll have KS newsletters (with life cycle and donation acknowledgements), member announcements, and a discussion "blog" area.

Our thanks also goes to the Society for Humanistic Judaism whose generous grant partially supported the Web site re-design. This is one of several benefits of Kol Shalom's affiliation with SHJ.

Ellen Carlin, Marketing/PR Chair



Ritual Briefs

See you at Kol Shalom's 15th Anniversary celebration at the MJCC this Friday (November 21st) at 7 p.m! If you're planning on bringing hors d'oeuvres or refreshments, you are encouraged to bring something on the healthier side: healthier hors d'oeuvres, fruit, low-fat cheese, whole grain crackers, and the like.

Also, the MJCC has a policy that we can't prepare food at home, so check out store Deli departments: Fred Meyer's nutrition center, Whole Foods, New Seasons, Trader Joe's, and so

on. If you have any questions, please call me at 503-281-2296.

Thanks

Jon Dickman, Ritual Director

MYSTERY ??? MAVEN

Congratulations to Joan Starker for correctly identifying November's Mystery Maven: Victoria Woodhull. Nominated by the equal rights Party along with former slave Frederick Douglass for President and Vice President of the United States in 1872. She was a colorful—if notorious—symbol for women's rights, free love, and labor reforms. Definitely a woman born 100 years ahead of her time. She would be proud of our country today! To learn more about this amazing woman, Google, Victoria Woodhull.

A new Mystery Maven will return with the New Year. Until then happy googling. It's amazing how many mavens you can find.

If you have a Mystery Maven suggestion, please send it to debi@t-h-e-b-e-s-t.com. We welcome all mavens and menschen.

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these, from KS, and apologies to anyone we've missed.}

Remember, we're walking the second Sunday afternoon (2p.m.) of every month. No charge. No registration required. We've just agreed with other local congregations to build our neighborly relations, our general health and our support of the clinic, as we anticipate a fund-raising Walkathon in April. But for now, just friendly walks!

News about the Clinic: *A new facility?* This little clinic has been serving uninsured working families out of two borrowed rooms in the Multnomah Arts Center (the old Multnomah School building on Capitol Highway).

Now, Neighborhood House, meeting other needs of low income residents, understandably wants its rooms back. After a long and difficult search, the clinic staff and board are hopefully negotiating for larger quarters nearby.

We wish them and their volunteer medical staff well. Our own volunteers, Ann Kruss, Marsha Cooper, Selma Zack and Eva Rickles, along with volunteers from St. Clare Church, continue to leave evening meals for the "docs" and their students, working on after hospital hours. Want to volunteer? Donate? Walk? Just visit?

Learn about the clinic from you social action committee or at www.swchc-pdx.org



GEMISHT aka "Mixture"

Got something to announce? Something you want to get off your chest? Kvetch? Praise someone's efforts?

So long as it's legal and (hopefully) tasteful, put it here!

Rabbi Jerris Named Rabbi of the Society for Humanistic Judaism

Rabbi Miriam Jerris, former Community Development Director, has now been named rabbi of the Society for Humanistic Judaism. The change of title occurred at the Society's October board meeting in Farmington Hills, Michigan, and reflects the expanded job function that Rabbi Jerris has assumed in the year following the death of Rabbi Sherwin Wine, founder of Humanistic Judaism.

As the rabbi of the Society for Humanistic Judaism, Rabbi Jerris is available as a consultant to affiliated communities. She will work to help grow and strengthen communities by traveling to them to provide holiday celebrations (including *Shabbat*), educational programs and assistance in organizational development. She is always available to listen, she says, "with an open and compassionate heart."

Said Louis Altman, president of SHJ, "Rabbi Jerris brings an unmatched length and depth of

experience in Humanistic Judaism, as well as the warmth, insight and personal commitment necessary to be the rabbi of the Society. In addition, she is a creative thinker who is always a source of ideas."

"I am honored to be recognized by the SHJ board of directors for the work that I do," said Jerris. "I am committed to doing my work with passion and compassion."

Rabbi Jerris has a Ph.D. in Jewish Studies and masters' degrees in Near Eastern Studies and clinical and humanistic psychology. Over the years, she has served SHJ in various positions, including as its first executive director. She is the 2006 recipient of the Sherwin T. Wine Lifetime Achievement Award and serves as current president of the Association of Humanistic Rabbis.

SHJ Board Votes To Change Community Service Month

Change is good every once in while. Change is refreshing—at least that's what must have been on the minds of SHJ Board members when they met in October and voted in March instead of May as Community Service Month, 2009 (Actually, driven by the hardships faced by so many in these difficult economic times, the board voted to implement a March project that would help the less fortunate in our communities).

March is awfully close; it's coming upon us. But SHJ communities don't have to think too hard about their commitment to a March Community Service Month if they just remember that March 10, 2009 marks the start of Purim.

Remember Purim? Reading the *megilla* and applauding the fictitious Queen Esther who courageously saved the Jews? It's a time when we, too, can do good deeds—real ones. The *megilla* lists four ways to celebrate

Purim: reading the *megilla*, giving charity, giving gifts of food, and sharing a festive meal.

SHJ is inviting our communities to join in providing *shalakh manot*, the sending of baskets to the poor—to local food banks, to international famine relief organizations, to the homeless, and especially to those in your community—those closest at home who need your care. Don't forget: it's a time, too, to open your doors and celebrations to all around. Be a hero in welcoming newcomers to your town.

Get busy now and keep in touch. Let SHJ know your community's plans by emailing SHJ Communications Associate Harriet Maza at harrietmaza@shj.org who will share the wealth of ideas in forthcoming news.

**It'll Be Here Before You Know It!
Save the Date and Don't Be Late!
The SHJ Conference & Hujews
Conclave in Toronto, Ontario April 23-26, 2010**

**KOL SHALOM
ORGANIZATIONAL
DIRECTORY**

Officers

President Roberta Hellman

Vice President Mary Raskin

Secretary Maureen Sloane

Treasurer Stan Sandberg

Past President Sharon
Buckmaster

Other Board Positions

SHJ Board Rep. Jane

Goldhamer

Committee Directors

Children's Education Walter
Hellman

Membership Ann Kruss

Programs Jane Goldhamer

Public Relations Ellen Carlin

Social Action

Myra Himmelfarb

Ritual Director Jon Dickman

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Elly Adelman

Sheila & Carl Fink (shared)

Ron Katon

Larry Kruss

Gary Sampson

Newsletter Editor Jim Prelack

Staff

Administrator Jazz Duberman

Children's Ed Facilitator

Marsha Cooper

Activity Directors

Adult Education Liaison

Irv Adler

Music Makers Nancy Lezak

Mishpoche Louise Feldman

Book Group Myra Himmelfarb

CRC Board Rep.

Martin Heisler

Yiddish Group Selma Zack

Havdallah Potlucks

Norma Rowe

Telephone

Janet Guggenheim

Teachers Karen Peterson, Leah
Parker

Newsletter deadline: the 15th of the month.

Submissions from members are most welcome and encouraged!

Jim Prelack... Newsletter Editor E-mail address: ejprel@yahoo.com

We will mail three free issues of our monthly newsletter to non-members who may continue to receive the newsletter for an annual subscription of \$22.00.

For members, the newsletter is included in the membership dues.

**If you would like information about membership, please call
503-459-4210 for a prospective member packet.**

Kol Shalom website: www.kolshalom.org

Office phone: 503-459-4210

Kol Shalom
Community for Humanistic Judaism
invites you to our
Fifteenth Anniversary Celebration



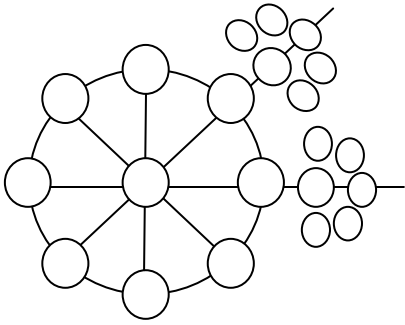
Friday, November 21st at
7 p.m.
at the Mittleman Jewish
Community Center
Portland, Oregon

The evening will include:

- ~ a short Shabbat ceremony*
- ~ piano and violin selections performed by Kol Shalom members Janet Guggenheim and Carol Sindell*
- ~ a sing-along hootenanny led by the Kol Shalom Music Makers*
- ~ "Remember When"- a revolving exhibition of Kol Shalom photographs*
- ~ hors d'oeuvres and dancing*
- ~ And song and spoken presentations from Kol Shalom members aged seven to eighty-seven*

Please come and help us celebrate!

RSVP by Nov. 17th,
By e-mail to office@kolshalom.org,
Or call 503-459-4210



CNS

Career Networking Group:

Connecting People

Six degrees of separation - is that what separates you from your next career opportunity? Many believe the Portland business community really has only three degrees of separation. So, what are you waiting for?

Who is this for?

Business professionals and recent college grads who are currently unemployed and/or proactively searching for a new position.

What is the Focus?

- Networking for the job search
- Proactively and openly sharing information about opportunities, local career events, and individual contacts with other members of the group
- Supporting a positive and energetic attitude about their search
- Regularly attending to support others who may be looking to connect with someone that could be in your network.

How does it work?

- Bring a positive attitude
- Have an elevator speech (also known as a 30-second commercial) ready
- Be willing to reach into your network for individuals that may be able to provide information about an industry, an organization, or a specific type of work
- Attend regularly until you find a position—even if you don't need a contact this week, someone else may need to find someone you know.

The value of the group is the weekly meeting which allows everyone to help you and for you to help the others. In addition, you can take the opportunity to network before, after, and between the weekly meetings.

The time is structured to allow everyone to identify their networking need(s) and share their network with others.

Networking is not a support group, nor is it a workshop to learn how to write résumés. It is an opportunity to build your personal and professional network by sharing it, allowing it to continue to grow, making it more valuable to you.

First meeting:

Wednesday / October 29, 2008 / 7:45 AM / Congregation Neveh Shalom
Free

Questions: JoAnn Bezodis at 503.293.7309 or Susan Goldstein at 503.880.1473



Kol Shalom CHJ
1509 SW Sunset Blvd., Ste. 2H
Portland, OR 97239