

Board Member Bios

Carol Kast

Carol Kast practiced clinical social work in Corvallis for 30 years, first working for Benton County and then in private practice. Upon moving to Portland, she wanted to expand her learning about Buddhist meditation, and to find a sangha. On the advice of a friend, she took an introductory class with Nelly in 2011, and in 2012 became a member of the Friday group. After a lifetime of wishing for a spiritual community that fits her, Carol found it at Pine Street Sangha. She serves as President of the Board.

Pam Crow, LCSW

Pam Crow is a Licensed Clinical Social Worker who works in a private practice and as a consultant to the CARES NW program in Portland. Pam met Nelly Kaufer in 2005 when both attended a conference on Buddhism and Psychotherapy and she has been studying with Nelly ever since. Writing poems, making quilts and traveling are other interests of Pam's.

Brian Farr

I spent the first half of my professional life in the business world, working as an independent commodity trader, building and selling a personnel agency, and co-founding an investment management firm. Twenty years ago, I was ready for a total change and earned a Masters in Counseling Psychology from Lewis & Clark. Since then I have worked as a Licensed Professional Counselor and Financial Therapist in Portland. I am grateful for the opportunity to be the Treasurer of our Board. Pine Street Sangha provides a home for my spiritual development and a community of intelligent, open-hearted companions.

Moline Whitson

Moline Whitson has owned and operated Harmony Yoga in the Hollywood neighborhood of Portland since 2004. She teaches several yoga classes weekly. Along with her Yoga Certification she is a TRE® (Tension and Trauma Releasing Exercises) Provider and long-time martial artist, holding a 3rd Degree Black Belt in Mo Duk Pai Kung Fu. 2010 was the beginning of her journey with Reflective Meditation. She brings her passion for Body/Mind modalities and love of community to the Pine Street Sangha board.

Nelly Kaufer

Nelly Kaufer, lead teacher at Pine Street Sangha, sits on the Board of Directors. She provides the Board with the information needed to provide oversight and ensure that Pine Street Sangha is ethically, legally and financially healthy. She is very grateful to have this check and balance on the power structures within Pine Street Sangha. She has affectionately been given the title of "Chief Inspirational Officer".

Penny Ruff

Penny Ruff is a mother and grandmother, a social justice activist, a labor and community organizer and an artist. She has lived, labored and loved in Portland, Oregon for longer than she can claim to have done anywhere else. Drawn to meditation and the Dharma since early adulthood, Penny had become certain she could

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not learn to meditate. Having found the gentle and accepting approach of Reflective Awareness meditation, she's been meditating and learning the dharma with Nelly Kaufer and at Pine Street Sangha for over a decade. Her meditation practice and study of the dharma — as its lessons unfold in her inner world and in her life as practice “off the cushion” — has indelibly affected her ways of experiencing and being in the world. These effects have brought awareness, insight and peace unachievable by other means. Currently she serves as Secretary to the Board of her beloved Pine Street Sangha.

Amy Stahl

Amy RM Stahl has been a dharma practitioner for over twenty years and has been mentoring students since 2004. Formerly a Senior Teacher in the Dharma Ocean lineage, she has led a Portland dharma community since 2011. Her training includes a Master of Divinity from Naropa University and she is a teacher in the Sogetsu School of Ikebana. Her role on the Pine Street Sangha Board is to offer an “outsider’s” perspective.