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‘Heartfelt giving’ highlighted at inaugural fundraiser

Party with a Purpose, the Jewish Federation of Ottawa’s inaugural flagship event for women, raised more than \$20,000 for three vital community initiatives, while giving women in the community an opportunity to mingle and make friends. **Louise Rachlis** reports.

The idea for “Party with a Purpose,” held May 21 at Bayview Yards, was kindled last year when event chairs Jenny Shinder and Lenora Zelikovitz were travelling through Israel with a Jewish Federation of Ottawa-sponsored group participating in a Jewish Women’s Renaissance Project tour.

When the bus stopped at Susan’s House, a place for at-risk teens that teaches vulnerable kids how to create glass work and ceramics, Shinder thought to herself, “I’m not buying any of this stuff. I don’t need any more tchotchkes in my house.”

But she listened to the speaker and that immediately changed her mindset from “I don’t need any more tchotchkes” to “take all my money.”

“Hearing the story touched my heart,” Shinder told the full house audience at Party with a Purpose. “Hearing the story was the difference that moved me from the typical feeling of obligatory giving to a completely different feeling, which I like to call ‘heartfelt giving.’”

Then Shinder and Zelikovitz had the conversation that led to the creation

of Party with a Purpose. “We thought, ‘what if we could go home and bring some heartfelt giving experiences to our own community?’”

Party with a Purpose was a two-hour cocktail and dessert reception. After an hour of socializing, or “friend-raising,” the second hour was dedicated to fundraising and learning about three vital initiatives in the Jewish community: Ten Yad, which steps in to provide support for those experiencing an acute life-changing event; Shalom Bayit, a Jewish Family Services of Ottawa program supporting women suffering abuse; and Keshet for Kids, a Tamir inclusivity initiative that allows children with special needs to go to summer camp.

Spokespersons from each of the three initiatives were given 10 minutes to explain their project and attendees were given the opportunity to make targeted donations to them.

Sarah Caspi, executive director of Jewish Family Services of Ottawa, spoke about the Shalom Bayit program.

“Unfortunately, domestic abuse happens in all communities, and it happens



Sarah Caspi, executive director of Jewish Family Services of Ottawa (centre), and Party with a Purpose Co-Chairs Jenny Shinder (left) and Lenora Zelikovitz, gather at the event, May 21.

in our community,” said Caspi. “Think about what you can do to help the women you know” who are dealing with emotional, psychological, financial or physical abuse.

Esti Fogel and Debbie Scharf spoke on behalf of Ten Yad and explained the all-volunteer organization has coordinators in neighbourhoods across the city. Scharf read from Psalm 121, “A song for ascents. I shall raise my eyes to the mountains, from where will my help come?” in noting the group’s mission to assist individuals and families dealing with difficult situations including deaths of loved ones, serious illness, hospitalizations and other traumas.

Laurie Oakley, Tamir’s residential services manager and Madelaine Werier, a parent of children with autism, and a co-founder of JOIN (Jewish Ottawa Inclusion Network), spoke on behalf of the Keshet for Kids program, which

supports children with special needs in having summer camp experiences.

“Keshet for Kids will benefit families like mine,” said Werier, “but it will also benefit the entire community... The community is stronger by supporting the inclusion of all kids.”

The response to the inaugural Party with a Purpose was strong.

Funds raised at the event totalled more than \$20,000. Interestingly, many in attendance gave to all three organizations.

Women attending the first Party with a Purpose were enthusiastic in their praise for the event.

Adele Sidney attended as a supporter of Ten Yad. “That was the catalyst,” she said, “but I like the more casual atmosphere.”

“It’s a beautiful creative space with a nice energy,” said Eileen Melnick McCarthy, a member of the executive of **See Party on page 2**

inside:



Jeremy Roberts MPP
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World Jewish Congress holds Ottawa panels on online hate

BY MATTHEW HORWOOD

The World Jewish Congress (WJC) and the Centre for Israel and Jewish Affairs (CIJA) presented two panel discussions, May 15 at the Ministry of Foreign Affairs' Lester B. Pearson Building, during the WJC governing board meetings, held this year in Ottawa.

The panels took place on the same day as the Christchurch Call to Action Summit, a global effort by some governments and tech companies to "eliminate terrorist and violent extremist content online."

In the first discussion, Facebook executives Peter Stern and Kevin Chan were interviewed by Tamara Fathi of Ottawa, a member of WJC Jewish diplomatic corps.

In the aftermath of the Christchurch shooting – which was live-streamed by the perpetrator on Facebook – Stern said the site has introduced measures to tighten restrictions on its live-streaming service.

These measures include restricting the use of Facebook Live for those who have repeatedly violated community standards, as well as working with universities to "get smarter about identifying images and taking them down faster if they violate our policies," said Stern.

When determining whether someone should be permanently banned from Facebook – as was the case for conspiracy theorist Alex Jones and alt-right polemicist Milo Yiannopoulos – Stern said the site looks at the "types of statements they've made on Facebook," as well as whether they have "detailed connections to violence and organized hate."

Stern said Holocaust denial is "one of the most difficult policy areas we deal with," and that Facebook works regularly with Jewish organizations around the world, such as CIJA, to "promote accurate information about the Holocaust."

Facebook's policies do not allow people to "celebrate, defend or justify the Holocaust, or mock victims or survivors," but Stern said posts cannot be removed solely on the grounds of being historically inaccurate.

"We are trying to protect people through our policies, not ideas or institutions," Stern explained.

Chan said when it comes to moderating online content, Facebook wants "other people to share in the responsibility of making some of these tough decisions." This is partially why Facebook has plans to create an external content oversight board, which would allow an independent body to adjudicate important decisions on content moderation.

During the second discussion, CIJA CEO Shimon Koffler Fogel moderated a discussion on online hate with MPs Anthony Housefather (Liberal), Michael Cooper (Conservative) and Tracey Ramsey (NDP).

Housefather said governments need to cooperate internationally to create "uniform definitions of hateful content" in order to make it easier for tech companies to regulate social media. He also spoke about the importance of educating Canadians on how to spot "fake" news. Housefather said one of the "main things that distresses me in my office" is the number of emails and letters he receives a week containing information that is "completely false."

"People believe what they read on social media, so we need to teach digital literacy and teach our youth and our seniors what is and is not fake," Housefather said.

Cooper said there is "no question" that online hate is a serious issue that is getting worse with time. He also spoke about the need for clear definitions of online hate that can be applied without "unduly killing free speech and expression."

Tracey Ramsey, vice-chair of the House of Commons Standing Committee on Justice and Human Rights, acknowledged that many religious communities are feeling "fearful and uncertain" because of the "fostering of online hate that turns into real life violence."

Ramsey said MPs have a role to play in the fight against online hate speech, and a simple way to do that is "calling out online hate when we see it."



(From left) MP Tracey Ramsey, CIJA CEO Shimon Koffler Fogel, and MPs Anthony Housefather and Michael Cooper discuss strategies to combat the spread on online hate during the World Jewish Congress meetings in Ottawa, May 15.



Attendees mingle during the friend-raising hour of Party with a Purpose, Federation's new flagship event for women, May 21 at Bayview Yards.

Party: Friend-raising and fundraising

Continued from page 1

the Women's Collective Philanthropy Program.

"This is a really new and interesting venue to try," agreed Fran Freedman-Kesler. "I feel very strongly that Jewish women should support Federation activities. That's why I'm here."

"I like attending Jewish community events that showcase all the good

being done in our community," said Stephanie Levitz. "I like that this event attracts a diverse group of women across the community."

"I loved the opportunity to meet new people," said Devora Caytak. "It provided a meaningful evening out. It couldn't get any better than that... My hat's off to the organizers – very, very well done."

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Community members receive Forty Under 40 Awards

BY MATTHEW HORWOOD

Six members of the Jewish community were recipients of Forty Under 40 awards. The awards, organized by the Ottawa Business Journal and Ottawa Board of Trade, recognize “accomplished and rising business leaders under the age of 40 in the National Capital Region.”

This year, over 160 applications were submitted. All nominees were scored by several judges using a 40-point system: 20 points for business accomplishments, 10 for expertise in their field, and 10 for community and charitable activities.

The award recipients gathered at the University of Ottawa’s Telfer Executive MBA facility, May 29, to network and share their stories ahead of a gala celebration, June 21, at the Hilton Lac-Leamy Hotel and Casino.

Stephanie Appotive of Howard Fine Jewellers said she felt “humbled” to be chosen for the award. “I never thought to apply, much less imagined being acknowledged. It was the encouragement and support of friends and colleagues that inspired this achievement,” she said.

Appotive said her Jewish upbringing has always taught her the importance of giving back to the community, “whether it be supporting children, hospitals and schools for many charitable events, or providing learning opportunities for our staff.”

Jacob Shabinsky, managing director at Glenview Homes, said the award is



(From left) Danya Vered, Joelle Zagury, Jacob Shabinsky and Sender Gordon were among the Forty Under 40 award recipients who gathered, May 29, at the University of Ottawa’s Telfer Executive MBA facility.

a great way for young business leaders in Ottawa to “celebrate their accomplishments and share ideas with one another.”

Shabinsky also said his goal is to use the award as a platform to “emphasize the importance of giving back to the local community through philanthropy and volunteering.”

Joelle Zagury of Merivale Vision Care said she was “proud and humbled” to be recognized, and hopes the award will “help some of the newer and younger doctors build up their patient base.”

Zagury said Ottawa’s Jewish community has been supportive of her clinic, by bringing their families and “always coming in with kind words.”

Danya Vered, vice-president at StrategyCorp Inc., said the award is a “testament to the hard work and long hours that I have put into my professional and

volunteer career.”

Vered said the recognition, along with being the first female vice-president in her firm and incoming chair of the board of directors of the United Way, gives young women “reassurances that there is a path to success for you.”

Sender Gordon, director of investments and leasing at Regional Group, said he too feels humbled by the award, but finds it “difficult” to be in the spotlight.

Gordon said his study of Talmud, which to him is about “taking a story and looking at it from different angles and cutting it into many pieces,” has carried over to his job at Regional Group.

“I analyze investment opportunities and try to uncover things others have not yet seen, and I think the way I was taught definitely plays a role in that,” he said.

Josh Garellek, co-founder of Arctic Leaf Inc., said he could not have achieved the award without the “support and dedication” of his team.

Garellek said the Jewish values of “community, work ethic and perseverance” have given him the motivation to build his business, and he hopes to continue to “give back to the Jewish community and help support the new generation of entrepreneurs.”



Ambassador opens Israeli Film Festival: Israeli Ambassador Nimrod Barkan brings greetings to the opening of Ottawa’s annual Israeli Film Festival, June 6, at the Ottawa Art Gallery. The festival concludes with a screening of “Working Woman” by director Michael Aviad on Thursday, June 27, 7 pm.

TAMIR *Tamir invites you to join us for our*
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Hillel Lodge President's Award for Service: At the Hillel Lodge annual general meeting, May 29, the Shalom Perel President's Award for Service was presented to Issie Scarowsky (left) by Hillel Lodge Board of Directors Past-President Irwin Kreisman.

Federation announces new microgrants and membership incentives

BY KEVIN BARWIN, CHAIR
GRANTS AND EVALUATION COMMITTEE
JEWISH FEDERATION OF OTTAWA

Generous donations to the 2019 Annual Campaign have paved the way for the Jewish Federation of Ottawa to offer exciting, new strategic funding opportunities for our community agencies. During the past few months, the Grants and Evaluations Committee has worked closely and tirelessly with Federation staff to implement new processes in order to distribute these dollars to our community in an equitable and timely manner.

Thanks to new and increased gifts, plus a generous matching fund, we now have \$1 million in fresh funding available to the community. This "strategic funding" does not change the regular operational allocation that Federation provides to agencies on a two-year basis. Strategic funds are over and above the two-year allocation, and are designed to have maximum impact on the four key priority areas set by Federation: Jewish education, Jewish experiences, care for the vulnerable, and security.

Strategic funding presents an amazing opportunity for our volunteer committee, which consists of 12 people from various backgrounds, representing a cross-section of our community. We often say that Grants and Evaluations is one of the most interesting volunteer roles in Federation because, through annual meetings with funded agencies and the grant application process, this committee gets to see first-hand the amazing and diverse work of Jewish Ottawa. Our challenge is, of course, to select the initiatives and programs that best align with our community needs and priorities and those that will have the greatest measurable impact.

We are very pleased to report that the rollout of new funding has already begun. The first recipient program, Jewish Experience Microgrants, was approved in April. This program offers grants of up to \$2,500 for events, projects, and initiatives that bring us together in Jewish life. Anyone in the community can apply at any time throughout the year. Also in the

area of Jewish experiences, Federation has launched Jewish Jumpstart. This is an incentive grant for unaffiliated individuals and families to join the Soloway Jewish Community Centre and Ottawa's Jewish congregations.

Jewish education is another key area of focus for strategic funding. Our two community day schools will see funding increase by almost 40 per cent through strategic grants. These dollars are intended for specific, one-time activities that will help the schools improve financial sustainability, provide excellence in education, and undertake collaborative projects that benefit both schools. In addition, there is \$25,000 for special education projects, in addition to the \$50,000 raised in summer 2018. Applications are now open and funds will be allocated to projects in time for the 2019-2020 school year.

To help offset the costs of the significant security needs in our community, a matching grant for the Federal Security Infrastructure Program has been put in place in time for the next round of applications in July. We have \$50,000 in this fund to share among successful applicants.

In winter 2020, the Jewish Journeys fund will be added to funds for Jewish Experiences. A grant from this fund is renewable for three years and will be available to organizations to arrange meaningful Jewish programs.

Finally, in spring 2020, a significant portion of strategic funding – \$240,000 – will be allocated to grants that help to care for the vulnerable in our community.

These new strategic funds, together with the Innovative Fund for Capacity Building, have greatly increased the Grants committee's ability to support Ottawa's Jewish community. We are excited about the potential impact of these new funds and look forward to sharing the success stories of these projects with you in the coming months.

For more information on these strategic funding opportunities, contact Kara Goodwin, Federation director of Community Collaboration, at 613-798-4696, ext. 200, or kgoodwin@jewishottawa.com.



(councillor)

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Hillel Lodge Volunteer Service Award: At the Hillel Lodge annual general meeting, May 29, family members accepted the Thelma Steinman Award for Outstanding Volunteer Service on behalf of the late Sheila Hartman.

(From left) Hartman's daughter Tracy Bielak, husband Larry Hartman and daughter Marni Hartman with presenters Gail Victor and Adele Tate, daughters of Thelma Steinman.

ISSIE SCAROWSKY

Foundation AGM hears about Canada's new cannabis industry

Philanthropy, scholarships, and a new five-year plan also on the agenda at the Ottawa Jewish Community Foundation annual general meeting. **Matthew Horwood** reports.

Canada has a “generational advantage” when it comes to cannabis, according to Bruce Linton, founder, chair and co-CEO of cannabis company Canopy Growth.

Linton was the guest speaker at the annual general meeting of the Ottawa Jewish Community Foundation, June 6, at the Soloway Jewish Community Centre.

Canopy Growth, founded in Smiths Falls in 2013, was the first cannabis company in North America to be listed on a major stock exchange.

Linton began by explaining the differences between two of the main active ingredients in Cannabis: THC, which causes psychoactive effects, and CBD, which can be used to manage neurological problems, such as Parkinson's disease and epilepsy, as well as assist people with anxiety and sleep problems.

Linton said he is not in the business of convincing people to like cannabis, he only wants them to recognize the illegal cannabis market “does \$8 billion in business a year, and they have no criteria when they sell it except whether you can pay for it.”

Linton said his company is prioritizing seeking out regulation, as their main competitor is “bad public policy.” An example of this, according to Linton, is when cannabis-infused foods and drinks have no limit on how much THC is in them.

“You can imagine the reputational damage that can occur to a sector when a beverage has 50 times more of an active ingredient in it than is necessary to cause an effect,” he said.

Linton said Canopy Growth has sponsored several charitable events in Smith Falls and also partners with the Canadian Drug Policy Coalition and Mothers Against Drunk Driving to help prevent impaired driving, and the University of British Columbia to research the use of cannabis in treating opioid addiction.

Foundation President and CEO Andrea Freedman presented the Foundation's new Five-Year Strategic Plan and spoke specifically about two initiatives: using the Foundation 50th anniversary celebrations in 2021 to help with fundraising and brand promotion; and a partnership with the Harold Grinspoon Foundation's Life & Legacy program to promote “after-life-time giving to benefit Jewish day schools, synagogues, social service organizations and other Jewish entities.”

Freedman also said the strategic plan has an “ambitious” goal of securing an average of one new legacy commitment each month over the five-year period, for a total of at least 60 gifts with a min-

imum estimated value of \$6 million.

The AGM was chaired by outgoing Foundation Chair Gillie Vered, who said the Foundation is the “bridge that connects the past, present and future.”

Vered thanked the community for the “honour, opportunity and responsibility” of chairing the Foundation over the past two years, and acknowledged his fellow board and committee members.

“We have had a lot of interesting debate at the committee and board level, but it's always been constructive, interesting and for the benefit of the community,” he said.

Vered also discussed the special nature of Ottawa's Jewish community and talked about a woman he met while serving on the board of Hillel Academy (now the Ottawa Jewish Community School) who had recently moved her family to Ottawa from Argentina. Vered encouraged the woman to enrol her son at Hillel, and said she later told him the community gave her a life, and that she was “ever thankful.”

He also spoke about his parents who, he said, moved to Ottawa from Israel 63 years ago with no connections, but were invited into Ottawa's Jewish community.

The fact that any member of the community can be active, “regardless of age or background,” as well as the community's supportive and compassionate nature, is what makes it so special, Vered said.

However, he warned, the community must not be taken for granted, which is why it needs “ongoing care, resources and all of us getting involved to do our part,” for the community to grow and flourish.

Incoming Foundation Chair Lawrence Weinstein said each of his family members has “benefited from the Jewish institutions that visionary leaders before us built.”

Weinstein said he took on the role of Foundation chair because, “I value our Jewish community and want to make sure the generations that come after me have the same opportunities I did.”

Weinstein, who mentioned he is “in the home-building business,” compared the strength of Ottawa's Jewish community to that of a house, saying “without a strong foundation, the home will collapse.” He said for the Jewish community, this strength comes from sustained funding – provided in perpetuity – to the Foundation.

“As a businessman, the idea that I can make a gift to the Foundation, that it is invested wisely, and that annual disbursements can be made to the causes



Paul Finn presents the 2019 George Joseph Cooper Scholarship to McGill University student Hannah Srour at the Ottawa Jewish Community Foundation AGM, June 6, at the SJCC.



Lynne Oreck-Wener (left) presents a Women's Collective Endowment Fund Award to the Ottawa K kosher Food Bank, represented by food bank manager Dahlia Milech, at the Ottawa Jewish Community Foundation AGM, June 6, at the SJCC.

I care most about, is extremely attractive,” he said.

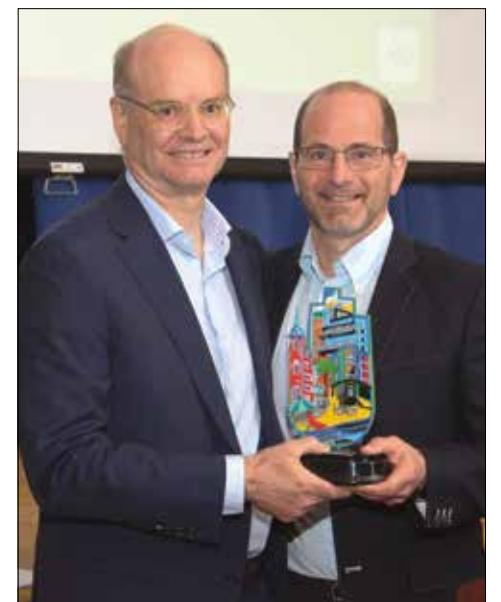
Weinstein paid tribute to the work Vered did as Foundation chair and said he is excited “to do my part to ensure our community's future.”

Foundation Treasurer Adina Libin presented the financial report, noting the Foundation made grant commitments of \$2,728,619, 94.4 per cent of which were to Jewish agencies in Ottawa, with 1.4 per cent of the grants going to Jewish agencies elsewhere in North America, 2.8 per cent to non-sectarian agencies, and 1.4 per cent to Israeli agencies.

Several awards and scholarships were presented during the AGM.

Two Women's Collective Endowment Fund Awards, valued at \$1,000 each, were presented to the Ottawa K kosher Food Bank and Hillel Ottawa, and the Norman Lesh Philanthropy Award, valued at \$3,500, was presented to Ottawa Torah Centre Chabad.

McGill University student Hannah Srour received the George Joseph Cooper Scholarship. Valued at \$19,171, the scholarship is presented annually to a student from Ottawa's Jewish community who has “displayed leadership qualities, academic excellence, a strong commitment to the Jewish community, and whose studies and career goals will advance the

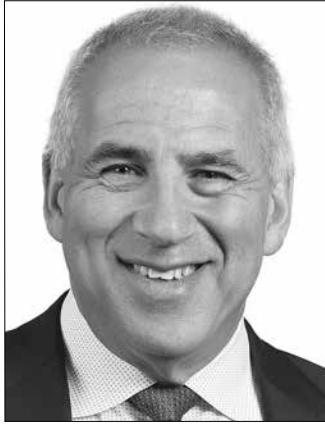


Outgoing Foundation Chair Gillie Vered receives a gift in appreciation of his service presented by Michael Landau, a past chair of the Foundation, at the Ottawa Jewish Community Foundation AGM, June 6, at the SJCC.

arts, literary or social sciences.”

The Ilana and Steven Rubin Scholarship was presented to graduating high school students Eden Ayele and Matthew Mendonca, who each received \$1,800 toward their university education.

**FEDERATION
REPORT**



**MICHAEL POLOWIN,
FEDERATION CHAIR**

Rekindling the spirit of a remarkable street

The community we inherited was envisioned and inspired by giants, but was built by everyone.

time Canadian families. Almost all of the children on the street went to the only Jewish day school, Hillel Academy. Those that didn't, went to supplementary school. We were community. We represented the spectrum of Ottawa's Jewish community, our parents participated in it strongly, and that got passed down to us.

From the kids that grew up there, we count three shul presidents, and leaders of Hillel Lodge, Ottawa Jewish Community School (OJCS), Camp B'nai Brith, the Jewish Federation of Ottawa Annual Campaign, two Federation chairs and one future chair. We have two recipients of the Gilbert Greenberg Award. Those kids became teachers, cantors and rabbis. We learned community values at our parents' knees.

The community we inherited was envisioned and inspired by giants, but was built by everyone. It welcomed new people, from overseas and across

Canada. It was a community that built Jewish education in Ottawa, provided services to the needy, and transmitted the values of community to the children. It is all of this that we must do, to keep our community strong as it moves further into the 21st century, and looks to the 22nd. We must rekindle the spirit of Edgecliffe Avenue.

So what can the Jewish Federation of Ottawa do to move "back to the future"? We have to transmit to our children the same values that were transmitted to us. We have to ensure that our community is a welcoming one. We have discovered in our consultations that people do not understand what Federation is and does. We have to correct that in order to strengthen community bonds. In short, Federation is the spine, the infrastructure of community. It helps make possible all that we want in community. These are captured in our new five-year strategic plan.

The Federation Board needs to be more visible, and will be. Did you know that our meeting summaries are available on our website? They are – and I encourage you to read them. Board members will be more visible, in person and electronically, across the community. If you have things to say, please tell us. We would be pleased to hear from you.

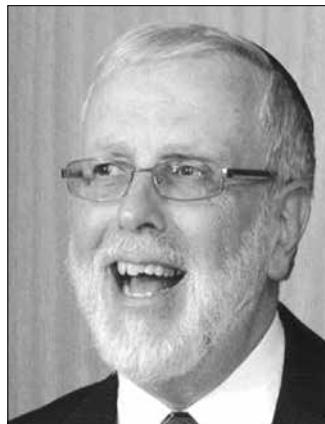
Most importantly, we need to strengthen and preserve Jewish education. To that end, we will be working with Torah Day School and OJCS to better understand the financial needs, and then to help close the gap. Endowment funding of a size never seen in our community will likely be necessary, providing stable funding without the need for yearly campaigns to keep schools going. We will be working through the summer to formulate a plan, and then we will report to you.

This is an exciting time for our community. It will take all of us to enhance its foundation for the future. And so, with apologies to John F. Kennedy, I encourage all of us to "ask not what our community can do for us, but what we can do for our community."

I grew up on a remarkable street. Of course, we had no idea that it was remarkable. Edgecliffe Avenue, in the Carlington area, was a solidly middle class street in the 1960s. One of its distinctions was the number of Jewish families – it was perhaps 65 per cent Jewish, in a time when that was quite unusual.

All of our shuls had members on Edgecliffe. Indeed, one of our shuls was founded by Morris Kimmel, of blessed memory. We had Holocaust survivors, teachers at Hillel Academy, a cantor, immigrant families, and long-

**FROM THE
PULPIT**



**RABBI HOWARD FINKELSTEIN,
BEIT TIKVAH**

Parting shouts: Thank you, Ottawa Jewish community

administration for their amazing dedication to the students and to the profession. Most importantly, the students I have had the pleasure to meet and teach are sophisticated, articulate and possess excellent character traits.

Collegially, I have benefitted from working with the various rabbis, committees and organizations in Ottawa's Jewish community. My sole bittersweet experience in Ottawa was the opening and closing of Yitzhak Rabin High School, where I had the honour of serving as head of Judaic Studies in its 20 years of existence.

Looking back at Rabin, I think of the many who increased their knowledge and love of Judaism through their study of Torah, Talmud, Halachah, Jewish history, Israel, and Hebrew, in addition to excelling in secular studies. I think of those who had the Rabin experience who continued on to yeshivot, seminaries, schools of advanced Jewish learning, and I think of those who lead Torah-imbued lives today.

Rabin developed a cadre of Jewish leadership, which marks itself in our community and beyond. Its graduates have excelled in the secular world, and are contributing greatly to the betterment of society in the endeavours they have chosen to follow.

At present, there are supplementa-

ry high school programs available to high school students, and I urge these programs to imbue and inspire these young men and women with a love of Yiddishkeit through the study of texts and through experiential opportunities. I hope and pray that Ottawa Torah Institute and Machon Sarah can grow, and provide yeshiva and seminary education to more and more students as they enter adulthood. I also pray our elementary day schools in Ottawa continue to grow and provide Jewish learning and a love of Yiddishkeit. At the same time, I encourage the afternoon and Sunday Jewish educational programs in Ottawa to continue to engage their students in meaningful, life inspiring Jewish experiences.

Ottawa's Jewish community is indeed a special and blessed one. But it has to continue to build and grow, a project of importance indicated in the Jewish Federation of Ottawa's Jewish Superhighway endeavour. Federation carries a heavy responsibility, along with its various agencies and communal institutions in providing for Jewish continuity and preservation in Ottawa.

Thank you, the Ottawa Jewish community, for giving me, my wife and family the opportunity to share in your history as you build for the future. May Hashem bless the Ottawa Jewish community.

As I contemplate retirement after a career in the rabbinate and Jewish education, the last 28 years in Ottawa, I make the following observations looking at the past and thinking of the future.

I have been privileged to be rabbi of an amazing congregation, Beit Tikvah, whose members have taught me a great deal and who have been a source of inspiration. The shiurim and chavrutot that take place daily in my shul are a testament to the dedication and love of Judaism of my congregants. The project of Beth Shalom West manifesting itself today as Beit Tikvah is a tribute to the families that created a synagogue in the Craig Henry-Centrepointe areas.

I had the privilege in the last several years to work at the Ottawa Jewish Community School as dean of Jewish Studies and I admire the teachers and

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FROM THE EDITOR



MICHAEL REGENSTREIF

Israelis went to the polls in an early election on April 9 – an election did not need to be held until seven months later. But Prime Minister Benjamin Netanyahu, faced with increasing dissension within his right-wing coalition, a new and credible opposition party, and the possibility of looming criminal indictments in three corruption cases, sensed he would fare better sooner than later in his quest to remain head of Israel's government.

When the votes were tallied, Netanyahu's Likud Party had 35 seats, the party's best showing since Ariel Sharon led Likud to 38 seats in 2003. And although the new Blue and White Party – led by Benny Gantz, a former chief of the Israel Defense Forces – also won 35 seats, Netanyahu was tasked by President Reuven Rivlin with forming a coalition govern-

No predicting Israeli election outcomes

ment because the right-wing bloc of parties who indicated their likely support for him formed a majority of the 120 members elected to the Knesset.

Then came the wheeling and dealing necessary to form a government with majority support. Such negotiations typically involve promising control over certain ministries and policies to particular parties, many of which, like the religious parties, are narrowly focused and thus wield influence far greater than their percentage of the vote would indicate. For example, in the April election, Shas and United Torah Judaism, the two religious parties combined, took less than 12 per cent of the vote, but Netanyahu could not have formed a coalition without them – and their presence in the government would ensure continued haredi Orthodox control of religious matters in Israel.

But Netanyahu's potential coalition also needed the five seats of former defence minister (and former foreign minister) Avigdor Liberman's Yisrael Beiteinu Party – and that's where the wrench got thrown into the coalition-building spokes. One of Liberman's main planks is the end of exemptions allowing haredi men studying Torah to avoid military service – which the religious parties insist on maintaining.

Many Israeli pundits expected Liberman would back down from his position in the coalition negotiations and become defence minister in the new government. But he called Netanyahu's bluff and the prime minister's time, and extended time, to form a government ran out. Israelis will vote again in a do-over election on September 17. Netanyahu's early-election strategy didn't work.

Opinion polls taken right after the new election date was announced indicated the possibility of similar results to the April election. Those polls also suggested Liberman's party might increase its seat count from five to eight, or even 10.

According to the cliché, a week is a long time in politics, which means there are about a dozen long times to go before the election. A lot can happen over the next three months and there might well be new alliances that come together and older alliances that fall apart (recall that in the 2013 election, Netanyahu's Likud and Liberman's Yisrael Beiteinu ran as a joint ticket). Some parties, like the once-mighty Labor, will have new leaders and it remains to be seen what will happen with the New Right Party of once powerful Netanyahu ministers Naftali Bennett and Ayelet Shaked, which fell just short of the electoral threshold for Knesset seats in

April. Although they are firmly on the right, any loyalty they might have had to Netanyahu is in question after he dumped them from his provisional cabinet in the wake of the new election call.

So, the results of the September vote are not a foregone conclusion. Will Gantz's Blue and White – which virtually tied Netanyahu's Likud in the April vote – take more seats this time and have enough possible coalition support to be tasked to form a government?

There is no doubt that Netanyahu was weakened by his failure to form a government after the last election and should he win again in September it's very possible that the same stalemate that led to the new election will still be there.

And complicating matters further are that Netanyahu's pre-indictment hearings on the three corruption charges are scheduled for October 2 and 3, just when he'd be trying to put a coalition together if he is successful on voting day. Those hearings were originally set for July but were rescheduled after Netanyahu's lawyers argued they needed more time after the April election. Attorney General Avichai Mandelblit has already rejected Netanyahu's request for further delay.

As noted, there are 12 long times to go before the election.

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

How much longer Justin Trudeau will be prime minister is a question no one expected to ask so close to the October 21 federal election. That the question is being asked demonstrates how hard a hit he took over the SNC-Lavalin affair.

Scandal is a word that may be over-used in political circles these days, but by any measure SNC-Lavalin is the real thing, intensified by the realty of the 24/7 news cycle. Put simply, it is one of the biggest scandals in Canadian political history. Just look at the carnage.

It is a scandal that brought down the two most prominent men in the Trudeau government. In one fell swoop, the clerk of the Privy Council and the

Will scandal bring down Trudeau?

prime minister's principal secretary were gone after Jody Wilson-Raybould and Jane Philpott slammed the door in Trudeau's face. Both women, who Trudeau personally recruited, showed no mercy. Worse, the battle lines were drawn along gender lines.

There is a human cost to a leader with this kind of tzuris. Political leaders are proud people. They have to be to survive daily life in politics. Pride is their fuel, but when a leader is wearing a train wreck around his or her neck, it's hard to be proud.

Trudeau was actually earning a positive place in history for making gender equality a reality, something his government promoted from day 1. And then the sky fell in. High profile, prominent, and respected women cabinet ministers, casting daggers-of-doubt on the prime minister's feminist follow-through, was a spectacle. When you cut it all away, Raybould-Wilson and Philpott depicted Trudeau as an old boy, playing old boy politics. And with that assessment, they cut his stature in half.

The huge success of Trudeau's election win in 2015 was his personal success. Only the dashing and articulate Trudeau could get Canadians to forget

why they defeated the Liberals in three successive election campaigns before Trudeau, almost single handedly, carried them back to power.

At the beginning, every chord Trudeau hit was the right one for the time. He was new. He was different. He really was going to do politics differently – and the people wanted his youth and his promise that his government would not be tied to the past.

Liberals of the Jean Chrétien and Paul Martin eras were told their advice and counsel were not welcome because the Trudeau team wanted a fresh start. They went on that fresh-start path with skill and determination, as Trudeau carved out a nice niche for himself as the leader who was finally going to get rid of the old ways. With his "sunny ways," he made people feel good, which is the place all political leaders strive to get to.

And then, like Humpty Dumpty, Trudeau came crashing down. In no time, other warts began to show and soon after people started remembering that before politics, Trudeau was a high school drama teacher. As Jerry Seinfeld would say, "not that there's anything wrong with that."

And the truth is there are all kinds

of Liberals with agendas who ultimately won't have Trudeau's best interests in mind if things get worse.

It is hard to see a good outcome for Trudeau but for the fact that once written off in 2015, he stormed back to a historically impressive victory. He proved he thrives as the underdog, but one has to wonder what he has left in the tank.

Trudeau's reputation issues won't disappear overnight. Canadians don't need to know the details of the SNC-Lavalin affair because the single takeaway is how voters see Trudeau as a person as well as a politician. Reputation matters.

Sadly, the whole country has lost something. After all the promises, nothing ever really changes in the political world, no matter who the prime minister is. Sometimes I'm told I'm far too naive and sometimes I think we are on the cusp of something really big happening in front of our eyes.

The people who want change in western democracies are realizing they have the power to actually begin to make it happen. They can get some people elected who will not dispose of their principles for the good of a political party.

But Justin Trudeau is not one of those.



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SHAIMOS IN MAY 27 BULLETIN

The May 27 issue of the Ottawa Jewish Bulletin inadvertently contained *shaimos* (holy writings). Specifically, on page 19, the picture of Robert Alter's book, *The Art of Bible Translation*, consists of Torah passages in Torah scroll script. The picture should be treated with respect by subscribers and disposed of in the appropriate manner due this type of shaimos. Please consult your rabbi for instructions on how to deal with this. **Issie Scarowsky**

POWAY GUNMAN

I was surprised to see and read the JTA article published

in the May 27 issue of the Ottawa Jewish Bulletin about the accused gunman in the Chabad of Poway shooting ("Accused Poway gunman faces hate crime charges").

I really admired and respected the response from Prime Minister Jacinda Ardern of New Zealand to the mass murder of Muslim worshipers in Christchurch on March 15. "You will never hear me mention his name," she said about that shooter. She will deny him any notoriety he may have sought through his act - for her, he will remain nameless.

This response resonates with me. Let us remember and honour the victims, and let the perpetrator remain forever nameless.

Phil Kretzmar

JET promises a week of Jewish learning, food and friends at Yarchei Kallah

BY DANIELLE ALTONAGA
JET

Interested in Jewish medical ethics? Curious about controversies in Jewish history? How about the Jewish view on cannabis?

Start off your summer with hot topics in Jewish learning! Join JET for Yarchei Kallah, our annual summer learning extravaganza, June 30 to July 6.

This year's Yarchei Kallah promises to be an amazing week of Jewish learning, food and friends. Check out our program and choose the classes that interest you during times that fit your schedule. Whether you're a seasoned learner or just getting your feet wet, you'll find a class to meet your needs. You can commit to a class series (or two, or more) that runs four or five times during the week, drop in to a Lunch and Learn, or pick a combination that's right for you. Explore Kabbalah, relationships, the meaning of life, 'fake news' and battling with your better self. Check out the program for the full list of fascinating topics!

Rabbi Mordechai Becher, our special guest scholar this year, is a former Israel Defense Forces (IDF) chaplain, author and teacher who has taught in the U.S., Canada, England, Israel, South Africa, Australia and Russia, and has conducted tours in Africa, Asia, Australia, Europe, Israel and India. Rabbi Becher has answered thousands of questions at www.AsktheRabbi.org and presents a Talmud class on cable TV. His latest book is *Gateway to Judaism*. Rabbi Becher holds an MA in medieval Jewish history from the Bernard Revel Graduate School of Yeshiva University, where he is currently pursuing his PhD.

Other teachers include Shaindel Simes, Rabbi Idan Scher and Rabbi Howard Finkelstein, as well as JET staff members Danielle Altonaga and Rabbis Zischa Shaps, Yoey Shaps and Michael Altonaga.

Rabbi Becher will open Yarchei Kallah with an introduction to Kabbalistic thought in a talk on "Finding Pleasure through Oneness," to be followed by a dessert reception. He will also help end the week on a high note at our rejuvenating Shabbaton, where he will share his and his son's experiences and antics in the IDF, as well as the ethical dilemmas of the Mossad and "How to be a Kosher Spy."

JET's Yarchei Kallah is a much-anticipated annual



Rabbi Mordechai Becher is the special guest scholar at this year's edition of Yarchei Kallah, JET's annual week of Jewish learning.

event - a chance to open your mind, schmooze, and connect with inspiring teachers and friends. This week of focused learning allows you to delve deeper into topics, ask questions and gain perspective on life - a refreshing oasis for your soul!

Classes take place at the Soloway Jewish Community Centre and Hillel Lodge. The opening program will take place at Machzikei Hadas, and the Shabbaton will be at Beit Tikvah.

Visit www.jetottawa.com for the program guide and online booking form and. Contact JET at 613-695-4800 or info@jetottawa.com for more information.

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Teenagers from Kehillat Beth Israel's youth group, along with Cantor Jason Green, participating in a USY/Kadima Supermarket Sweeps benefiting the Ottawa Koshers Food Bank at Loblaws College Square, April 12.

Meet your Ottawa Koshers Food Bank neighbours

BY DAHLIA MILECH
OTTAWA KOSHER FOOD BANK

Editor's note: The Ottawa Jewish Bulletin has agreed to protect the identities of the Ottawa Koshers Food Bank clients quoted in this article. Their caseworker at Jewish Family Services of Ottawa has verified the authenticity of the clients and their quotes.

Since becoming manager of the Ottawa Koshers Food Bank (OKFB) in November, I have truly enjoyed getting to know the clients and their families. Our clients come from all over the Ottawa Jewish community — they may be our colleagues, our neighbours, or our friends. With their permission, I would like to share a couple stories of some of the people you help when you support the OKFB.

“As a single mom to a one-year old, budgeting is key. Being able to provide everything I need for myself and my son is often challenging. I was directed to Jewish Family Services and the food bank to help me make ends meet, and the help they provide me is invaluable. Knowing that I have a place I can go to once a month that provides me with diapers, wipes, fresh fruits and vegetables, non-perishables and more is a huge weight off my shoulders. The help I receive allows me to ensure my son gets the kosher and healthy food he needs, which is especially crucial at his age. Without the food bank this would be a tremendous struggle, and I am incredibly thankful and appreciative to have

them,” said one OKFB client.

“I never ever thought that I would find myself homeless and penniless, but life being what it is at times, I ended up living in one of Ottawa's shelters for over two years. City resources were adequate, and I am grateful for them. But it was the resources of [the] Jewish [community] that nourished me and lifted me both physically and spiritually. They pulled me out of the abyss, allowing me not only to survive but to put my life back together in a meaningful way. Along with Miriam's Well, [a fruit and vegetable program run by Jewish Family Services], the Ottawa Koshers Food Bank was instrumental in so many ways. It allowed me and all the other clients to have a proper and nourishing diet on a monthly basis. I was able to appreciate the tremendous amount of work that volunteers put into managing a thriving food bank and treating clients with great dignity,” added another OKFB client.

There are many ways to support the food bank and help clients, or neighbours, like these. Recently, two groups conducted shopping drives to provide food for the OKFB. The groups had a great time shopping for our clients, who appreciated seeing some exciting new items on our shelves.

For more information, or to donate to the OKFB, contact Dahlia Milech at dahlia@kehillatbethisrael.com or 613-728-3501, ext. 235. You can also visit our website at www.okfb.ca to donate online.

30 years of service celebrated:

Thomas Dean (left) receives a certificate from Jewish Federation of Ottawa President and CEO Andrea Freedman.

Jewish Federation of Ottawa, Soloway Jewish Community Centre and Jewish Community Campus staff gathered May 30 at the SJCC as Thomas Dean, a member of the Jewish Community Campus custodial staff, was honoured for 30 years of service to the community.



Thank You for your support & generosity!

The inaugural Party with a Purpose was a phenomenal fundraising success. We are delighted to share that together we raised over **\$20,000** for three amazing programs, Keshet for Kids, Shalom Bayit and Ten Yad.



Thank you to committee members: Jackie Barwin, Linda Melamed and Sandra Zagon



Special thanks :

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Veteran Jewish educator to lead Ottawa Torah Institute/Machon Sarah



BY RABBI BORUCH PERTON
FOR OTTAWA TORAH INSTITUTE/
MACHON SARAH

Ottawa Torah Institute (OTI) (boys) and Machon Sarah (girls), the only Jewish high school in Ottawa, is proud to announce that Rabbi Dov Nimchinsky has accepted the position of principal for the coming academic year. Rabbi Nimchinsky comes to Ottawa from San Antonio, Texas, where he was head of school at Shmuel Bass Torah Academy of San Antonio. This position afforded him a unique perspective of the school community, and allowed him to see the big picture, while addressing the needs of individual students and their families.

Rabbi Dov Nimchinsky has been named principal at Ottawa Torah Institute and Machon Sarah for the coming academic year.

Prior to coming to San Antonio, he was assistant principal for kindergarten to Grade 8 at Hillel Academy of Pittsburgh for six years, where he also taught

in Hillel Academy's middle school, and its boys' and girls' high schools. Prior to that, Rabbi Nimchinsky was director of Curriculum and instruction at Robert M. Beren Academy in Houston, where he also taught middle and high school Judaic studies (Gemara, advanced Chumash, Mishna, Navi, Jewish history) for 16 years.

Throughout his years as an administrator, Rabbi Nimchinsky never left the classroom, an important ingredient in being accessible to both teachers and students.

Rabbi Nimchinsky is an advocate for children and young adults and is passionate about making sure that no child's needs ever go unaddressed. His overall pedagogical approach focuses on skill building in order to enable students to become lifelong independent learners with a love for learning. He believes teachers do their best when they are

supported and acknowledged for their efforts and accomplishments.

Rabbi Nimchinsky has been awarded the Irving L. Samuels Outstanding Teacher Award for Judaic Studies, the Grinspoon-Steinhardt Award for Excellence in Jewish Education, as well as a grant from the Avi Chai Foundation to develop technological tools to assist in the teaching of Judaic studies. Rabbi Nimchinsky has developed a strong reputation among Jewish day school educators as an excellent school leader.

Rabbi Nim, as he is affectionately known, holds a master's degree in education and two smichot. He has been teaching adults, children, and teens for over 28 years.

For more information about OTI and Machon Sarah, or to schedule an interview for your child, contact Rabbi Boruch Perton at rabbi.perton@torahday.ca or 438-930-4174.

Adath Shalom to hold Shabbaton with Rabbi Ariel Goldberg



BY PAUL ADLER
ADATH SHALOM CONGREGATION

Rabbi Ariel Goldberg, a Jewish educator and clinical social worker from Ottawa now based in New York City, will explore Judaism's approach to addressing mortality and immortality at a Shabbaton sponsored by Adath Shalom Congregation.

The event, "Encountering Death and Afterlife through Jewish Spirituality," will be held Saturday, July 6, in the Ottawa Jewish Community School chapel.

Rabbi Goldberg received *smicha* (rabbinic ordination) in Israel in 2012 from Rabbi Shlomo Riskin and Rabbi Nathan Lopes Cardozo, and received his master's degree in Jewish education from the Jewish Theological Seminary in 2014. He served as a board-certified chaplain for Manhattan's Mount Sinai Medical Center and is currently a master of social work candidate at Hunter College, working in the fields of psycho-

Rabbi Ariel Goldberg will discuss "Encountering Death and Afterlife through Jewish Spirituality," during an Adath Shalom Shabbaton, July 6.

therapy and life coaching.

Active in leading Jewish adult education during his years in Ottawa, Rabbi Goldberg has maintained his connection with his hometown community as a guest educator. He recently presented on the Book of Job and psychotherapy at Limmud Ottawa, and has also taught at Limmud in New York City and London, England. He and his wife, Francesca, have been active in building "The Beis," an intentional community in the Washington Heights neighbourhood of Manhattan, dedicated to Orthodox Judaism and personal growth.

On July 6, during Adath Shalom's Shabbat morning services, he will speak on the parasha, Korach, and will explore how we

can claim the positive contributions we have made in our lives and create an ethical legacy. Services begin at 9:45 am.

At 1:15 pm, after a Kiddush lunch, his first shiur will highlight Jewish spirituality and practices for addressing our mortality, such as creating a *tzava'ot* (ethical will) and Jewish advanced care directives.

A second shiur will be held on Sunday, July 7, 1 pm, at the home of Adath Shalom members. It will explore *ha-olam ha-baah* (the afterlife), and the concepts of *gilgul ha-neshama* (reincarnation) and *zikaron* (how we maintain a connection after the passing of our loved ones).

To RSVP and for further information including the location of the Sunday session, contact psadler@psadler.com.

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Top athletes and teams honoured at Sports Breakfast of Champions

BY JON BRAUN
SOLOWAY JEWISH COMMUNITY CENTRE

The Soloway Jewish Community Centre (SJCC) celebrated our 18th annual Sports Breakfast of Champions, June 2, when student and community athletes, volunteers, and SJCC winning teams were honoured. As always, the guests at the breakfast were truly impressed by the winners and their wonderful accomplishments.

The Noah Cantor Middle School Student Athlete Award winners were Zoe Neuman, a student at the Ottawa Jewish Community School, and Jordan Shinder and Dylan Ages, both students at Turnbull Academy.

The Jack and Morley Goldfield Memorial High School Student Athletic Award was won by Rachel Lyman of Sir Robert Borden High School and Max Cantor, who attends the Canada Topflight Academy basketball program.

Jonah Cantor and Sydney Leith, both students at Sir Robert Borden High School, were honoured with the Parliament Lodge Graduating High School Student Athletic Achievement Award. This coming fall, Jonah will be studying at Brock University, while Sydney will attend Queens University.

The Sharon Koffman Memorial Athletic Award, given to the top university student athlete in Ottawa's Jewish Community, went to Shelby Calof, who had a fantastic freshman season at Syracuse University playing on the varsity women's hockey team.

Mitch Novick, who has been part of the JCC Men's Basketball League (JMBL) for over two decades, and has experienced the pure joy of playing in the JMBL with his three sons over the past five years, was the winner of the Lou Honigman Athletic Award.

The Irving 'Shap' Shapero Volunteer Memorial Award went to Ben Sherman, who has volunteered in youth basketball and has been a volunteer captain in



(From left) Noah Cantor Middle School Student Athlete Award winners Zoe Neuman, Jordan Shinder and Dylan Ages were honoured at the Sports Breakfast of Champions, June 2, at the SJCC.

the JMBL for many seasons.

Also acknowledged were Team Red Army, winners of the JCC Men's Hockey League and Team Grey, this year's champs from the JMBL.

Andrew Fainer, a former McGill University varsity hockey team captain, community member, and long-time director at the Canadian Mental Health Association, gave the keynote address at the breakfast.

Andrew, whose hockey career ended with a serious concussion, spoke about head trauma and mental health. Guests appreciated his insight and knowledge.



Jonah Cantor (left) and Sydney Leith received the Parliament Lodge Graduating High School Student Athletic Achievement Award at the Sports Breakfast of Champions, June 2.



Hockey player Shelby Calof (right), seen with presenter Sandra Zagon at the Sports Breakfast of Champions, June 2, received the Sharon Koffman Memorial Athletic Award as the Ottawa Jewish community's top university-level athlete.

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The next issue of the
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will be published
July 22, 2019

Simple rules and health tips for every decade of life



DR. MICHAEL LANDAU
HEALTH & WELLNESS

If I knew 10 years ago what I know today about health, I would be so much better off. These words are true in every decade, and by the time you reach 100 – if you are lucky enough to do so – you will know all you need to know to live a long healthy life. The only problem is, you are already 100. With that in mind, though, it is always the right time, at any age, to take stock and ask what you can do to keep on going with life in a healthy way.

The truth is, any way you spin it, it will always come down to diet and exercise, no mystery here, as well as other factors such as smoking, drinking and genetics. How to use that information in each decade is the true challenge.

One must keep in mind, and accept the fact that as you age, you cannot

physically do what you used to – but you can still be very active. As well, while the basics of a healthy diet remain the same, there may be adjustments needed based on a variety of medical conditions.

Let's begin in your 20s and 30s, because really, when you're younger than 20, you can get away with almost anything. In these two decades, most people go through life changes such as graduation, transition into the work force, marriage, and starting a family. The stress involved with these can be huge, and there is often a tendency toward non-intentional self-neglect. There is little time for exercise, and you will eat what you can, when you can. So, with all of this happening, one must dig deep, remind yourself that you are

The truth is, any way you spin it, it will always come down to diet and exercise, no mystery here.

slowly getting older, and while you feel good, your habits at this early age will greatly help you later in life. Find time to exercise, and be very aware of your eating habits.

In their 40s, most people seem to settle into their lives, and work, kids, family and life in general, all seem to stabilizing factors. Most of us will find more time for personal care again. Exercise can easily pick up in this decade, whether it be team sports, solo sports, or just working out. There can be a bit of a rude awakening, though, when your body starts to tell you that you are no longer 20. Play with a little bit of caution or you may be spending a fair bit of time with a variety of physical therapists. It's easy to gain unwanted pounds in your 40s, so one simple tip: practice mindful eating and play close attention to portion size. Enjoy your 40s, you are still young.

Let's now jump to the 50s and 60s. You are not considered old, but you are certainly not young. You look in the mirror, you see yourself and say that something is a little different. You sort of look the same as you always did, but just can't put your finger on the difference. These are two great decades where, nowadays, we see parents playing sports with their kids or working out with their kids.

It is a fabulous time for activity if we just keep in mind that pulled hamstrings, sprained ankles, and all sorts of back problems are just one bad move away. So, participate for sure, but be aware of your abilities – or lack thereof.

Enjoy what you eat in your 50s and 60s. Enjoy good company with your food, but if you want to remain healthy into the senior years, continue to be mindful and wise in your choices.

Now we are in the senior years, the 70s and beyond. I have always admired older men and women who I see remaining well into their 80s, looking very fit, remaining active, and seeming to be much younger than their age. I am not near that age yet, but I do believe that if I practice the simple rules of smart physical activity and mindful eating habits, my hope of being like them may become a reality.

While health challenges can increase in these decades, both mentally and physically, again you must continue to practice the good eating and activity habits that got you here safely.

Of course, while all of this seems simple enough, there are other factors that come into play, as I mentioned earlier. Genetics is a big one, but the more things you do right, the more you can help ward that off. Do not smoke, drink responsibly, never underestimate the importance of sleep, and probably one of the most important factors to help you in all decades is to laugh, have fun, and to try and enjoy every single day you are blessed to have.

Dr. Michael Landau is a dentist in Ottawa.



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A mourner's rebellion and return in compelling novel

RUBIN FRIEDMAN
BOOK REVIEW

Kaddish.com
By Nathan Englander
Alfred A. Knopf
224 pages

Part 1 of this short novel reads more like a Philip Roth story about Larry, the eldest son of an Orthodox family, who has become completely secular, unobservant and unbelieving, but has been called to the home of his Orthodox sister and her family, to sit shiva for their recently deceased father.

Larry's discomfort at the ritual rules he has to follow, and his open rebellion against them, are made obvious. He has several confrontations with his sister about his unwillingness to follow the rules, especially as his behaviour makes his discomfort obvious to the other Orthodox participants during the shiva. As Larry notes later, sometimes, "rejection is a way to let people know that the thing we reject truly matters. It is its own kind of faith, even if it's the opposite of faith."

Yet his open rebellion is also marked by his sense of owing his father respect, and of his knowledge that his father had always accepted him and respected his choices, while still believing Larry would come back one day to his "true self"; that he and his son would see each other in *Gan Eyden*.

After a final confrontation with his sister, her rabbi and a community representative, where he first refuses absolutely to follow the rules, the rabbi suggests Larry could yotzei someone else, a kind of *shaliach mitzvah*, a proxy to say Kaddish in his stead for the requisite time to ensure his father's soul would find peace in the afterlife.

Larry later turns on his computer and finds a website, *kaddish.com*. He signs an agreement with an individual identified as Chemi, a religious student, to carry out what was required, and provides background information on his father to enable the student to say Kaddish while keeping his father in mind. After Larry signs what he understands to be a *kinyan*, a binding agreement to transfer his responsibility to someone else, he suddenly feels the "the true weight of the duty that was ... his" and, racked with sobs, he weeps until he pays.

Part 2 of the narrative starts with Larry receiving a letter from Chemi informing him that the formal period of mourning is over. He feels again a sense

of loss and finds himself weeping, not for his father, he thought, but for his own lost self.

This brief intro is followed by a very short summary of Larry's gradual return to Orthodoxy, first starting with his sister's family, then leading to his integration into an Orthodox community in Brooklyn, becoming a Grade 7 Gemara teacher in the very yeshiva where he had studied, marrying an Orthodox woman and having two children with her.

Larry, now known as Reb Shuli, 20-plus years after the loss of his father, is comfortable in his role, agreeing with his wife Miri that she should be the one who learns Torah every day at the women's kollel, blessing his two children at the Shabbos meal.

"Sometimes, 'rejection is a way to let people know that the thing we reject truly matters.'"

Larry sees himself as a *Baal Teshuva* and is seen that way by everyone else in his community.

But, when confronted by a student who refuses to stand for Kaddish, even though he had recently lost his father, he comes to a sudden realization: he had never asked for the formal transfer of the responsibility of saying Kaddish back to himself.

He becomes obsessed with the thought that without this return, his 20 years of saying Kaddish for his father had no effect.

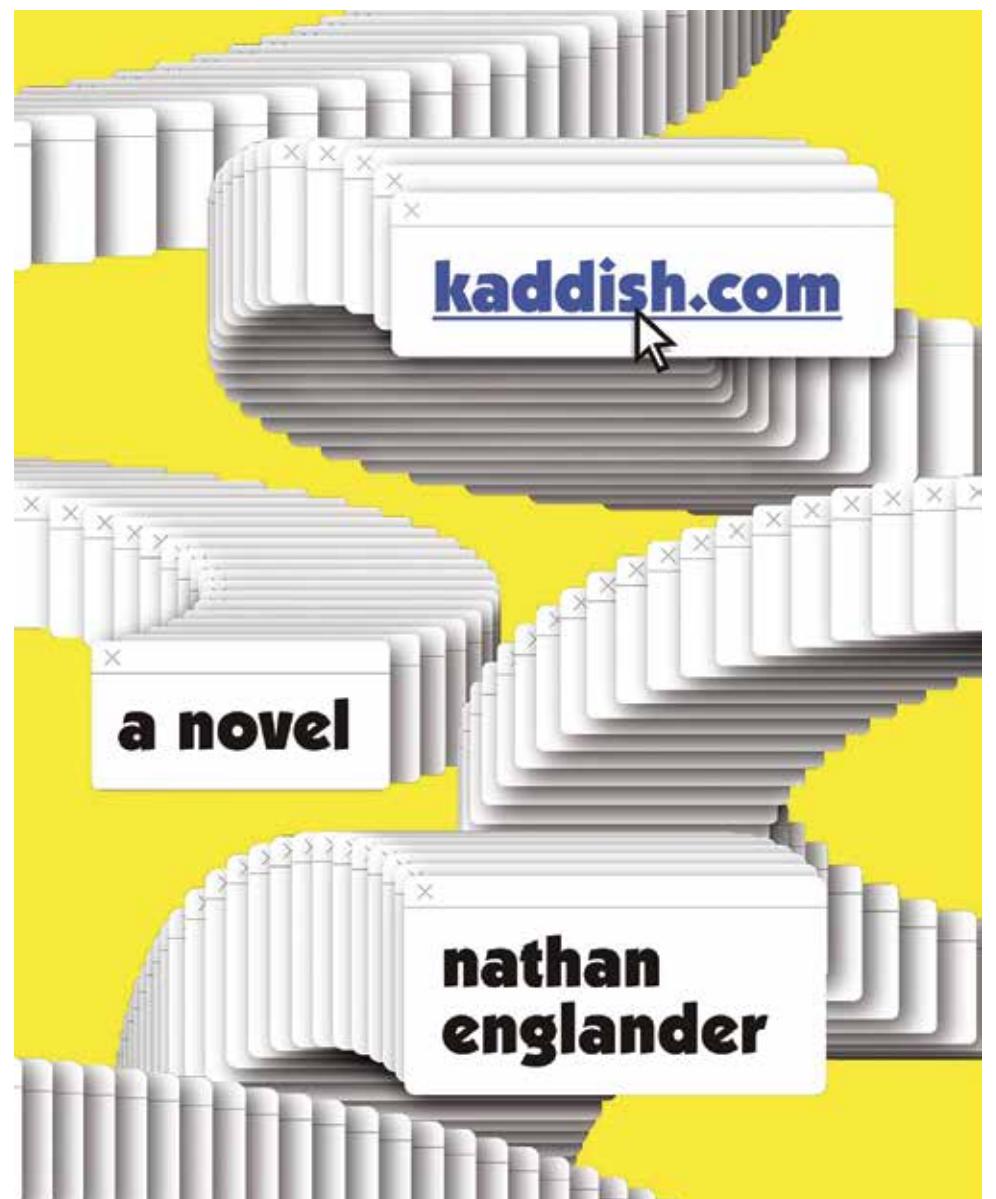
The rest of the narrative – the major part of the novel – is a combination mystery and adventure story about Larry's search for Chemi, for a return *kinyan* and what he sees as his ultimate redemption: getting back his whole authentic self and making peace with those he felt he had betrayed.

He takes significant risks, leaving his home, travelling to Israel, putting his and his wife's finances in danger while encountering numerous obstacles in tracking down all his leads.

Kaddish.com is hard to put down – the kind of story one can read in one sitting.

The ultimate redemption that Larry finds is both ironic and heartwarming, highlighting Englander's unique skill as a story teller of shorter fiction.

And in a real-life twist, JTA recently reported that after publication of *Kaddish.com* in March, "someone in fact created a website called *kaddish.com* offering mourners the very service described in Englander's book."



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On behalf of the residents and their families, we extend sincere appreciation to the following individuals and families who made card donations to the Hillel Lodge Long-Term Care Foundation **between May 9 to June 3, 2019 inclusive.**

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Unlike a bequest or gift of life insurance, which are realized some time in the future, a named **Honour Fund** (i.e., endowment fund) is established during your lifetime.

By making a contribution of \$1,000 or more, you can create a permanent remembrance for a loved one, honour a family member, declare what the Lodge has meant to you and/or support a cause that you believe in.

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In Observance of the Yahrzeit of:

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In Memory of:

Noah Raskin by Zahava and Barry Farber

R'Fuah Shlema:

Steven Kimmel by Zahava and Barry Farber and family

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In Honour of:

Bert and Rhoda Blevis Mazel Tov on your 60th Anniversary by Malcolm and Vera Glube

Nell Gluck Memorial Fund

In Honour of:

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Henry Molot Mazel Tov on your 80th Birthday by Julia Gluck, Ted Overton and Jess and Ayelet Overton

Eric and Claire Wilner Mazel Tov on the birth of your grandson by Henry and Maureen Molot

In Memory of:

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In Honour of:

Barry and Ricki Baker Mazel Tov on your grandson Benjamin's Bar Mitzvah by Elissa and Avraham Iny

Charles Schachnow Mazel Tov on receiving the Shem Tov Award....a perfect choice by Elissa and Avraham Iny

Rhoda and Bert Blevis Mazel Tov on your special Anniversary by Elissa and Avraham Iny

R'Fuah Shlema:

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"Honey" Monson by Elissa and Avraham Iny
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Rhoda and Bert Blevis Mazel Tov on your 60th Anniversary by Sol and Estelle Gunner

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In Memory of:

Noah Raskin by Issie and Evelyn Hoffman
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R'Fuah Shlema:

Barbara Levinson by Issie and Evelyn Hoffman
Steven Kimmel by Issie and Evelyn Hoffman

Haley Miller by Issie and Evelyn Hoffman

In Observance of the Yahrzeit of:

Morris Kimmel by Issie and Evelyn Hoffman
Liza Hoffman by Issie and Evelyn Hoffman

Dorothy and Maurie Karp Family Fund

In Honour of:

Etta Karp Mazel Tov on your very special Birthday by Dorothy Karp

Dorothy Karp Mazel Tov on your special Birthday by Claire Bercovitch

Morris and Lillian Kimmel Family Fund

In Honour of:

Steven Kimmel Mazel Tov on being the recipient of the Gilbert Greenberg Award by Elissa and Avraham Iny and Mindy Bullion and Joel Benmergui

R'Fuah Shlema:

Steven Kimmel by Martin and Ellie Black, Esthel Huniu,

Bill and Phyllis Leith Family Fund

In Honour of:

Sydney Leith Mazel Tov and best wishes on your graduation from High School and your acceptance at Queens by Arlene and Seymour Isenberg

Zachary Leith Mazel Tov on your graduation from middle school by Arlene and Seymour Isenberg

Esther and Irving Kulik Mazel Tov on the birth of your granddaughter by Arlene and Seymour Isenberg

Norman and Gert Leyton Family Fund

In Honour of:

Dora Litwack Wishing you health and happiness on your next adventure by Cheryle Leyton and Manuel Glimcher

Ken and Leah Miller Family Fund

In Honour of:

Leah Miller Happy Mother's Day by Haley, Dalia, Lisa and Mitch Miller

R'Fuah Shlema:

Haley Miller by Issie and Leah Scarowsky

Roslyn and Lee Raskin Family Fund

In Honour of:

Jerry and Lily Penso Mazel Tov on being honoured by the CHW, an honour well-deserved by Roz and Lee Raskin

Roz and Lee Raskin Mazel Tov on Robbie's graduation from Medical School by Claire Bercovitch

Charles Schachnow Mazel Tov on receiving the Shem Tov Award by Roz and Lee Raskin

Steven Kimmel Mazel Tov on receiving the Gilbert Greenberg Award by Roz and Lee Raskin

Rabbi Dr. Reuven Bulka Mazel Tov on your special Birthday by Roz and Lee Raskin

In Memory of:

Myles Taller by Roz and Lee Raskin

Noah Raskin by Leah and Ken Miller, Claire Bercovitch, Phil and Norma Lazear, Lillian Zunder

Ratner / Levine Family Fund

In Memory of:

Shirley Bettel by Danny and Rhonda Levine and Family

Louis Cherry by Danny and Rhonda Levine

Noah Raskin by Danny and Rhonda Levine
Shirley and Seymour Levine by George Salzberg
Ben Meltzer by Danny and Rhonda Levine

Sonia Rawicki Agulnik Music Fund

In Honour of:

Shirley Siegel and Sidney Bernstein Mazel Tov on your 30th Anniversary by Paula and Manny Agulnik

Schachter/Ingber Family Fund

In Memory of:

Terry Roy by Rachel, Howard, Davida, Josh and Kayla Schachter

Sternberg / Jacobsen Family Fund

In Honour of:

Laya and Howard Kaplan Mazel Tov on your recent marriage by Sandy Shaver and Roz and Nordau Kanigsberg

Joan Brodie Mazel Tov and best wishes on your birthday by Laya and Howard Kaplan

Roslyn and Myles Taller Family Fund

In Memory of:

Myles Taller by Jan Jones, Rhoda and Eddy Weinberg, Roz and Nordau Kanigsberg

Noah Raskin by Roz Taller

Anna and Sam Wex Family Fund

In Honour of:

Dr. Allan Shefrin Congratulations on receiving the Freiman Family Young Leadership Award by Anna and Sam Wex

Carole and Norman Zagerman Family Fund

In Honour of:

Herbert Zagerman Mazel Tov on your special 95th Birthday by Carole Zagerman

Steven Kimmel Mazel Tov on receiving the Gilbert Greenberg Award by Carole Zagerman

Charles Schachnow Mazel Tov on receiving the Shem Tov Award by Carole Zagerman and Andrea Arron

William and Mera Goldstein Mazel Tov on your 50th Anniversary by Carole Zagerman and Andrea Arron

R'Fuah Shlema:

Kenneth Mirsky by Carole Zagerman and Laurie and Andrea Arron

Continued on page xx

THE LODGE EXPRESSES ITS SINCERE APPRECIATION FOR YOUR KIND SUPPORT AND APOLOGIZES FOR ANY ERRORS OR OMISSIONS. DUE TO SPACE LIMITATIONS, THE WORDING APPEARING IN THE BULLETIN IS NOT NECESSARILY THE WORDING WHICH APPEARED ON THE CARD.

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"Donate Now" button to make your donations. Cards may be paid for by Visa or Mastercard. Contributions are tax deductible.

Jewish Unity Live



Glebe Shul founders Rabbi Michael and Stacy Goldstein (left) and Smin and Rabbi Yoey Shaps, the Glebe Shuls' current directors, were honoured "for their outstanding contributions to young adults and families," at JET's annual Jewish Unity Live event, May 27, at Ben Franklin Place.



Continued from page xx

Feeding Program

In Memory of:

Noah Raskin by Glenda Goldmaker and David Moss

Rema Zaslavsky by Violet and Ben Segal
Delores Padrow by Violet and Ben Segal

In Honour of:

Francine Greenberg Mazel Tov on Samantha's engagement by Joy and Seymour Mender and family

Neil and Debi Zaret Mazel Tov on the birth of your granddaughter by Joy and Seymour Mender and family

Hannah London In appreciation by Phil Brons-ther

Howard Levine Mazel Tov on your 60th Birth-day by Barbara and Steve Levinson

Joel and Barbara Diener Mazel Tov on the birth of your grandson by Barbara and Steve Levinson

Steven Kimmel Mazel Tov on receiving the Gilbert Greenberg award by Carol and Stuart Levine

R'Fuah Shlema:

Tracey Kronick by Sara Shabsove
Steven Kimmel by Carol and Stuart Levine

Recreation Program

In Honour of:

Rhoda and Bert Blevis Mazel Tov on your 60th Anniversary by Ingrid Levitz

In Memory of:

Anna Benchimol by Aliza and Lawrence Gauzas
Isaac Shanefield by Aliza and Lawrence Gauzas
Benjamin Meltzer by Debbie and Jim Farrow

Ritual Program

In Honour of:

Dina Teitelbaum With sincere appreciation by Henry Horovitz

In Memory of:

Jacob and Pearl Gold Beloved Parents by Sylvia Gold Fisher and Marvin Fisher
Louis and Sydney Gold Beloved brothers by Sylvia Gold Fisher and Marvin Fisher
Noah Raskin by Harris Pleet and Aurete Lavie, Sylvia and Morton Pleet,

Myles Taller by Susan Feldberg, Anna Bilsky
Rosalinde Klyman by Elaine Hauptman

In Honour of:

Donna and Eric Levin Mazel Tov on the birth of your new granddaughter by Ingrid Levitz, Martin and Ellie Black

Janet and Norman Ironstone Mazel Tov on your granddaughter's Bat Mitzvah by Sheela and Ozzie Silverman

Mr. and Mrs. Steven Latner and family Mazel Tov on the birth of your new grandson by Evelyn Eisenberg

Bunnie Cogan Wishing you a very Happy Birthday by Evelyn Eisenberg

Alec and Barbara Okun In appreciation of your hospitality and friendship by Joni and Chummus Spunt

Alfred Friedman Mazel Tov on your 85th Birthday by Bill and Jane James

Rochelle and Rob Waxman Mazel Tov on Hali's Bat Mitzvah by Sheela and Ozzie Silverman

R'Fuah Shlema:

Steven Kimmel by Evelyn Eisenberg

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JUNE 30 – JULY 6, 2019

Special Guest: Rabbi Mordechai Becher



The Ten Plagues
-or-
The Meaning of Life
10:45 AM- 12:00 PM

Lunch and Learns
Mon: Midrash and Metaphor
Tues: Fake News
Wed: Relationships
Thurs: Cannabis
Fri: Criticism

The Kabbalah of Life
- or - Kashrus at Home and Beyond
9:15 - 10:30 AM

OPENING NIGHT

Opening Night with Rabbi Mordechai Becher

"Finding Pleasure Through Oneness"
Sunday, June 30 • 7:00 pm
\$18.00 – includes Dessert Reception
@ Congregation Machzikei Hadas
2310 Virginia Drive

Great Controversies in Jewish History
- or -
Battling with our Better Selves
7:20 - 8:20 PM

Penetrating Insights into the Jewish Holidays
8:00 - 9:00 AM

Jewish Medical Ethics
8:30 - 9:30 PM

Shabbaton
- Rabbis, Rice, and Rifles
- The Mossad and How to be a Kosher Spy

Beit Ha'Am Journey in Ottawa

The Canadian Zionist Federation (CZF) and the World Zionist Organization's Department for Diaspora Affairs (DDA-WZO) brought the Beit Ha'Am Journey to Ottawa from May 23 to 26.

The Beit Ha'Am Journey is a series of workshops, films and other learning experiences led by experts from Israel designed to help Jewish people in the Diaspora better understand life in Israel, and to bring Israelis and Jewish communities in the Diaspora closer together.

Events took place at various locations in the city, including the Soloway Jewish Community Centre (SJCC), Kehillat Beth Israel, Hillel Ottawa, Temple Israel and Congregation Machzikei Hadas, and were variously co-sponsored by the Jewish Federation of Ottawa, the SJCC, Vered Israel Cultural and Educational Program, AJA 50+, Hillel Ottawa, Kehillat Beth Israel, Temple Israel and Machzikei Hadas.



ANNA GUREVICH

Shabbat Yerushalmit (Jerusalem Shabbat) – A Jerusalem-style Shabbat dinner was attended by nearly 50 students at Hillel Ottawa. “We had never hosted a Shabbat dinner in the summer and were anxious that less than 10 people would attend,” said Hillel Ottawa Director Dovi Chein. “It was one of the most exciting, fun, engaging, and educational Shabbats we have ever hosted.”



MICHAEL REGENSTREIF

Certificate of appreciation – CZF and DDA-WZO present a certificate of appreciation to Andrea Freedman, president and CEO of the Jewish Federation of Ottawa, for her help in bringing the Beit Ha'Am Journey to Ottawa.

(From left) Roey Yamin, head of the North American delegation of DDA-WZO; Lior Sagi, CZF education program director; Ella Dagan, Vered Israel Cultural and Educational Program manager; and Les Rothschild, CZF executive board president.



MICHAEL BRIN

Cooking in Hebrew – Israeli Chef Einat Abramovitch Partin and Lior Sagi, CZF education program director, led dozens of participants in an interactive workshop that created an Israeli-style feast at Kehillat Beth Israel.

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president@aja50plus.ca

The closing date is June 28, 2019



MICHAEL REGENSTREIF

Beit Ha'Am Journey team – Members of the Beit Ha'Am Journey team gather at the SJCC prior to one of the sessions. (From left) Lior Sagi, CZF education program director; Roey Yamin, head of the North American delegation of DDA-WZO; Or Adi, U.S. east coast director of DDA-WZO; and Les Rothschild, CZF executive board president.



MICHAEL REGENSTREIF

Hatikvah – Esther Serok, representative of the World Zionist Organization executive in North America, leads a discussion on how “Hatikvah” became the anthem of the Zionist movement and eventually the national anthem of the State of Israel.

The hows and whys of Jewish education as a choice

There are some conversations you never stop having as a parent. One of them is about where your kids go to school.

It comes up in nearly every time I meet fellow Jewish parents for the first time, or those whose kids are approaching school age.

When we tell people our daughter attends the Ottawa Jewish Community School (OJCS), we sometimes hear “yeah, we thought about that, but we wanted our child to go to French immersion.”

In a town where bilingualism is considered key to professional success, I see the argument. OJCS is working at improving its French program, and I really do hope it can find a way to make it stronger.

The choice we made to enrol our girl at OJCS doesn't mean we don't think French is an essential skill. But the opportunity for her – and by extension us – to be exposed daily and meaningfully to the Jewish world takes precedence, for now.

Of course, the price of OJCS is another issue. The school works hard to ensure that cost should never stop someone from attending. But the cost remains both a literal and mental block, given the availability of good taxpayer funded schools in so many areas.

But recently I've been involved in a couple of conversations that highlighted a more challenging issue: the extent to which parents don't see value in day school. This is an argument I really struggle with.

One was a debate about what kids learn at supplementary schools. A parent wanted their kid to attend supplementary school and seemed to expect that in so doing, they'd be entirely functional in Hebrew and



STEPHANIE SHEFRIN
**MODERN
MISHPOCHA**

receive just as “good” a Jewish education as if they attended OJCS.

The argument for French immersion goes like this: a child needs full time exposure to French in order to become bilingual.

So, if that's the case, is it truly reasonable to expect, or demand, that without full time exposure to Jewish education, a child will be fluent in Hebrew, or will come away with as much knowledge of Jewish faith, culture and customs as they would if they attended day school?

Around the same time, I met a parent who expressed concern that despite being in supplementary school a couple of hours a week, their kid had no close Jewish friends and didn't seem to be that connected.

I responded – send your kid to OJCS. My daughter has wonderful friends, and it is so sweet to see them all together not just at school but at community events or at synagogue.

Nah, this parent replied. Day school is just not our “thing.”

I asked what they meant.

They said they didn't go to day school as a child, and didn't want their kids to just be around other Jewish

kids all the time. Plus they lived too far away to make day school work, and liked the free time they had as parents on Sundays when their child was in Hebrew school.

This was the first time I'd ever heard someone not explicitly cite French or money as a reason not to send their kids to OJCS.

Instead, what I took away from the conversation was this: they simply saw no value in what experience their child could get from day school.

That's their choice. And to be fair, they were aware that it came with consequences, but accepted them. It just didn't matter enough to them to find another way.

I applaud their honesty, I do, even if I don't understand their point of view.

We see tremendous value in having our daughter at OJCS. But explaining why is harder than I thought, both in conversations like that one and even here – I've been wrestling with this column for days.

So I'll try to explain with a story.

On Passover, we travelled to visit my in-laws. At one seder, all of the other kids had limited exposure to Judaism; among other things, they'd never searched for an afikoman.

So our daughter, the youngest by a few years, explained it to them. She then excitedly led them all on a hunt through the house, while trying to teach them Passover songs. She did this on her own, with no prompting from us.

Her knowledge, her leadership, her delight in Jewish life, her passion for sharing that delight with others – like the old MasterCard commercial said, that's priceless.

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Think about it as a business owner: by not supporting your local community supplier, you are not supporting the members of your community who may be your very customers and friends. Is this not the epitome of cutting off your nose....?

Our fathers knew the value of community supporting community: **why don't we continue that tradition?**

So next time you have the need to 'go' in the field, on the job, at the outdoor wedding or party, or wherever else, make your 'contributions' count for your community. Show your community support: **go Go-Hut!!**

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‘Who are we to give up on *Hope*?’

In September, Israelis will once again march to the election booths to determine who will lead their democratically elected government. Although Prime Minister Benjamin Netanyahu was asked to form a government following the April 9 election, he was unable to cobble together a mishmash of right-wing secularists and right-wing religious parties into a majority of 61 Knesset seats. The opposition Blue and White party hopes this time their middle-of-the-road, slightly to the right-of-centre approach will have greater success.

In the second election of 2019, no major party will speak about peace with the Palestinians as a priority. In the months leading up to the election, representatives of the Trump administration will convene a meeting of interested parties in Bahrain to unveil the long-awaited “Trump Plan.”

Obviously, a plan intended to bring an end to the 72-year conflict between two peoples claiming rights to one land, appears to avoid the issue of peace and rapprochement. The summit is meant to drum up support for the economic component of the yet publicly unrevealed, but privately discussed, peace plan. It is not clear at this writing if representatives of the Palestinian Authority or the government of Israel will attend an economic summit.

While peace has never seemed further from reality, there is a ray of hope. Very much like distressing and chastising haftarot that usually end with a *nechemtah* (a phrase of consolation and a message of eternal hope), so too, in the midst of expanding settlements, promises of Golan Heights expropriation, terrorist attacks, violence in Jerusalem and Gaza, Shaqued Morag, executive director of Peace Now in Israel, who



RABBI STEVEN H. GARTEN
A VIEW FROM THE BLEACHERS

spoke May 15 in Ottawa, offers a message of hope.

Peace Now is the largest and most enduring Israeli movement advocating for peace. Founded in 1978, following the visit of Egyptian president Anwar Sadat to Israel, in an act known to Israelis as the “The Officer’s Letter,” 348 reserve officers and soldiers implored then prime minister Menachem Begin to move quickly and not lose the opportunity for peace. The NGO has continued to advocate for a two-state solution and to publicly hold successive Israeli governments accountable for behaviours it deems morally questionable.

It has been a long circuitous road that Israel and the Palestinians have travelled since 1978. While treaties of peace and cooperation have been signed by Israel with Jordan, Egypt and the Palestinian Authority, the long-sought final resolution is no closer at hand.

Therefore, it would have been understandable if Morag had brought a message of resignation and despair. But quite the opposite message was delivered, her message was one of hope. She reminded us of the message which permeates the history of Zionism: that Israel was not created overnight. In fact, from the second century CE until 1948, Jews prayed for a homeland, perhaps never really expecting one. In the same siddur

which asks us to believe in the return to Zion, we ask for *shlaimut* (peace), wholeness in spite of being surrounded by a world perpetually at war with the Jewish people. Morag’s message was that hope is the value which motivates all of Jewish existence.

It is hope that serves as the foundational message of Peace Now. The programs of Peace Now have been reformatted away from mass demonstrations to more intimate gatherings of Israeli Jews and Palestinians, whether they be Israeli citizens or residents of the West Bank.

I spoke with Morag the day after her formal presentation and she eloquently reminded me there are many Israelis yearning for peace, they just need a public spokesperson to galvanize them the way Yitzhak Rabin, Shimon Peres and others have done. She believes with all her heart that a new leader will arise to remind Israelis of their destiny: a homeland with civil liberties for all its citizens.

The week before Morag spoke in Ottawa, hundreds gathered in Ottawa to observe and celebrate Yom Ha’Atzmaut. The highlight of any observance is the heartfelt rendition of the Israeli national anthem, “Hatikvah” (The Hope). Originally, “Tikvatenu,” a nine-stanza poem written by Naphtali Herz Imber in 1878, it was read by Imber to the earliest settlers in Petah Tikvah. “Hatikvah” became the anthem of the Zionist movement in 1897, and there are reports that it was sung at Auschwitz while Jews were beaten by SS guards.

If *Hope* served to fortify those facing certain death, and those facing an uncertain future in pre-mandate Palestine, who are we to give up on *Hope*?

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Things women need from health and fitness sources

Historically, most medical studies have been conducted using male subjects. Women are significantly underrepresented in research on some of the top killers of women, such as cardiovascular disease, lung cancer and Alzheimer's disease. <https://tinyurl.com/y8qpsu8q>

Trials that exclude women are potentially hazardous to women's health. Ignoring biological sex differences and adjusting the prescribed dosages or making other modifications to account for women's generally smaller stature is often inadequate. Women want and deserve to be included in studies and have the medical research gender gap closed.

A study of some 20,000 Americans who received CPR in public found that women are less likely to be given CPR than men. Fear of pressing too hard and harming a woman, as well as concern about exposing and accidentally touching a woman's breasts, may deter people from performing CPR on women in public. The study found that 39 per cent of women who had a cardiac arrest in public received CPR versus 45 per cent of men, and men have a 23 per cent greater chance of survival. Better CPR training (e.g., use of female mannequins for practice and in-class discussion of this gender issue) may alleviate the problem. Perhaps CPR techniques performed on women should be different to provide better outcomes.

<https://tinyurl.com/y3485vsq>

When women present symptoms to their physician or other health care providers, they are more likely than men to be underdiagnosed or undertreated, regardless of the gender of the provider. For example, men and women may present with or discuss different heart attack symptoms. Because women may have



GLORIA SCHWARTZ
FOCUS ON FITNESS

atypical symptoms (e.g., fatigue, nausea, back pain) and not the classic chest pains, women are more likely to be undertreated, or given diagnostic tests and treatments based on cardiac research done on men, resulting in poorer outcomes. In 2016, the American Heart Association released its first scientific statement on women's heart attacks, including a host of recommendations. <https://tinyurl.com/y23zw9qf>

When men tell their doctor they've been experiencing chest pains or other heart attack symptoms, they are more likely to be referred for testing or sent directly to the ER. Women need to advocate for themselves, demand tests and basically to be taken seriously, but the onus shouldn't be on the patients. Medical professionals should be trained to be aware of gender bias, have better knowledge of different symptoms in men versus women, and ensure they take their patients' concerns seriously. Familiarize yourself with women's heart attack symptoms (<https://tinyurl.com/y9wbj15a>). Women want and deserve to be heard, acknowledged and treated appropriately.

Women are the prime target audience of television daytime talk shows. I recently caught a segment of "The Social" featuring a homeopath/chiropractor demonstrating yoga-style exercises. This guest made some claims that I found to be

factually inaccurate – such as stating that holding the dancer yoga pose for 20-30 seconds gives you a "calorie burn." The gullible co-hosts seemed very excited that they could burn extra calories in just a few seconds. The fact is that holding any single pose for a few seconds burns an insignificant number of calories. You burn calories all the time, even when you sit or sleep. You burn approximately four to six calories per minute in a 30-minute yoga session. Therefore, you expend a mere two to three calories of energy by holding a given pose for 20-30 seconds. Yoga is not a high calorie-burning form of exercise, though it does have other benefits. Women want and deserve reputable "experts" who provide truthful information in the media.

Some exercise equipment is designed without consideration for women's anatomy. I can tell which machines did not have design input from women. Machines that require the user to press her chest against a pad, such as the prone leg curl, can be uncomfortable. They should have an impression in the pad to allow space for women's breasts. Machines that lack seat adjustments may be uncomfortable for shorter women. For example, some stationary bikes have seat height adjustments, but the seat cannot be moved closer to the handlebars. Some machines are too heavy by default for women who are petite or just building up their strength. For example, some calf-raise machines require a minimum lift of 20 pounds. Some gyms have a few lighter dumbbells (under 15 pounds) which is what the vast majority of women use. Yet, those gyms have numerous extremely heavy weights. Women want and deserve exercise equipment that addresses their needs.

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Torah Day School of Ottawa is Hiring

Torah Day School of Ottawa is dedicated to building a Jewish future through education. We nurture, educate and inspire our students as they develop a love of Torah and community along with an excellent academic education.

Positions Available:

- Executive Assistant (full-time)
- Bookkeeper (part-time)

Executive Assistant – The Executive Assistant provides administrative and operational services, supporting the Head of School in carrying out his responsibilities, and ensuring efficient and effective school operations.

Bookkeeper – The bookkeeper is responsible for the preparation and maintenance of financial records and reports for Torah Day School of Ottawa, providing financial support through bookkeeping, banking and reporting services.

Full job descriptions, qualifications and additional information are available at www.torahday.ca.

Please submit a cover letter stating qualifications along with a CV to rabbi.perton@torahday.ca.

Deadline for application is June 28, 2019.

Building friendships that last a lifetime



Register Now!
Spaces Still Available

CBB now has an endowment fund.
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For more information contact:
Cindy Presser Benedek - Director
cindy@cbbottawa.com



cbbottawa.com

613.244.9210

WHAT'S GOING ON | June 24 to July 21, 2019

FOR MORE CALENDAR LISTINGS, OR TO SUBMIT EVENT LISTINGS, VISIT WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR

ONGOING EVENTS

Caregiver Group - Connecting with your Loved One
1:30 - 3 pm, every third Wednesday until August 21, 2019, The Bess and Moe Greenberg Family Hillel Lodge, 10 Nadolny Sachs Pvt.
Contact: Lisa Rossman or Joanna Abrams 613-728-3900 ext 114. This discussion and supportive group offers family members and caregivers encouragement, comfort and self care techniques.

TUESDAY, JUNE 25

Ottawa Israeli Dance
6:30 - 10 pm, Ottawa Jewish Community School gym, 31 Nadolny Sachs Pvt.
Contact: judy@ottawaisraelidance.ca
Cost: \$5 at the door. Contemporary Israeli dances. Old favourites, great music and exercise. All in a fun and friendly atmosphere. Beginner to advanced. The latest line and circle dances, as well as old favourites. No experience or partner necessary. All ages welcome.

THURSDAY, JUNE 27

16th Annual Israeli Film Festival
2 Daly Ave., Arts Court
Contact: Ella Dagan
edagan@jccottawa.com
Cost: \$13. Join us at the annual Israeli Film Festival! Schedule here:
<https://www.cfi-icf.ca/iff>

Sponsor: Vered Israel Cultural and Educational Program, Soloway Jewish Community Centre, The Embassy of Israel, Canada-Israel Cultural Foundation, Jewish Federation of Ottawa

SUNDAY JUNE 30 - SATURDAY JULY 6

JET Yarchei Kallah: Jewish Educational Extravaganza
7 - 9 pm, Hillel Lodge & Soloway Jewish Community Centre,
Contact: Sierra Cwinn, info@jetottawa.com
A week of classes, lunch-and-learns, a special opening night and a Shabbaton. Special guest: Rabbi Mordechai Becher, professor of Jewish History, former IDF chaplain, author, teacher and speaker. Opening Night at Machzikei Hadas, classes at Hillel Lodge and SJCC, and Shabbaton at Beit Tikvah. More info and register here: www.jetottawa.com

SATURDAY, JULY 6 & SUNDAY JULY 7

Shabbaton with Rabbi Ariel Goldberg
9:45 am - 3 pm, Ottawa Jewish Community School, 31 Nadolny Sachs Pvt.
Contact: Paul Adler, psadler@psadler.com
Rabbi Ariel Goldberg, a Jewish educator and clinical social worker based in New York City, will explore Judaism's approach to addressing mortality and immortality at a shabbaton sponsored by Adath Shalom Congregation. The second shiur will be held on Sunday at the home of Adath Shalom members.

COMING EVENTS

SUNDAY, SEPTEMBER 8

Kosher BBQ Cook-Off and Festival
3 - 7 pm, Ottawa Torah Centre Chabad
111 Lamplighters Dr.
Contact: Rabbi Blum, rabbi@theotc.org
BBQ competition, food galore, entertainment for the family.

TUESDAY, SEPTEMBER 10

Annual Campaign Kickoff 2020
7 - 9 pm, Algonquin Commons Theatre, 1385 Woodroffe Ave., Building E
Contact: Tanya Poirier, tpoirier@jewishottawa.com
The Jewish Federation of Ottawa's 2020 campaign kickoff event will feature Elon Gold, internationally known comedian and actor.

CANDLE LIGHTING BEFORE

JUNE 28	8:37 PM
JULY 5	8:35 PM
JULY 12	8:32 PM
JULY 19	8:27 PM

BULLETIN DEADLINES

WEDNESDAY, JULY 3	FOR JULY 22
WEDNESDAY, JULY 31	FOR AUGUST 19
WEDNESDAY, AUGUST 14	FOR SEPTEMBER 2
WEDNESDAY, AUGUST 28	FOR SEPTEMBER 23

UNLESS OTHERWISE NOTED, ACTIVITIES TAKE PLACE AT THE JOSEPH AND ROSE AGES FAMILY BUILDING, 21 NADOLNY SACHS PRIVATE

CONDOLENCES

Condolences are extended to the families of:

Jacqueline Davis
Mark Molot
Noah Raskin
Isidore Reef
Rema Zaslavsky

*May their memory
be a blessing always.*

*The Condolence Column
is offered as a public service
to the community. There is no
charge. For listing in this column,
please call 613 798-4696, ext. 274.
Voice mail is available.*

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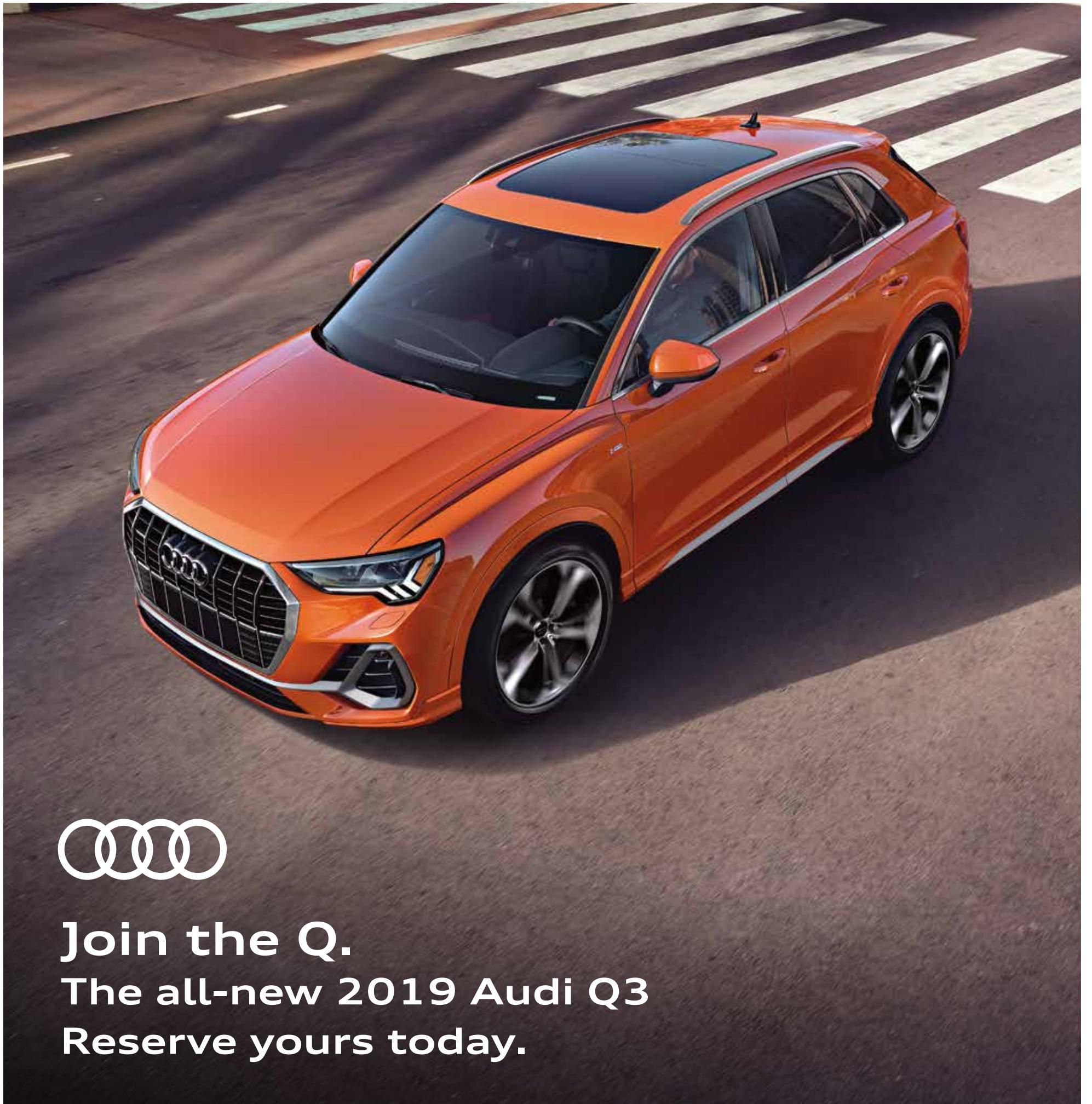
June Home Inspection Tip:

Service air conditioners more than 5 years old, trim back trees and foliage around the outside unit, and replace your furnace air filter, for better efficiency.

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