

# OTTAWA JEWISH BULLETIN

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## Louis Kardish reminisces about bakery life

When **Rideau Bakery** closed the doors of its two locations, it sent shockwaves through Ottawa's Jewish community – and well beyond. **Matthew Horwood** reports.

Customers, many of them lifelong, were shocked and saddened when Rideau Bakery, Ottawa's legendary kosher bakery, an institution in the Jewish community owned and operated by three generations of the Kardish family for 89 years, officially closed on June 28.

The bakery had two locations – at 384 Rideau Street, in the neighbourhood where Ottawa's Jewish community was once concentrated, and at 1666 Bank Street, in the Alta Vista area. As well as



David Kardish in the doorway of Rideau Bakery at 384 Rideau Street in 1997.

at its two stores, Rideau Bakery supplied breads and other kosher baked goods to a variety of other retailers in the area – including supermarkets.

Louis Kardish, who ran the Bank

Street store, told the Ottawa Jewish Bulletin that sales had been declining over the past few years.

Louis said he had been working with his brother, David Kardish, who ran the

Rideau Street store, on plans to consolidate production to the Bank Street location. However, some weeks ago Louis was diagnosed with T-cell lymphoma, which “took the wind of the sails.” It was then that Louis and David made the decision to close.

“A few prominent members of the Jewish community were aware of my situation and tried to go for some continuity and transition, but unfortunately by Thursday morning of last week [June 27] it was becoming obvious it wasn't going to be feasible,” Louis said.

Brothers David and Abie Kardish opened the original Rideau Bakery in 1930 at Rideau and Nelson Streets – just steps from the current Rideau Street store – using recipes their mother Rivka once used to make bread in Ukraine. While a number of Ottawa bakeries went under during the Great Depression, Rideau Bakery survived.

In 1946, a fire next door to the original Rideau Bakery location forced the family to relocate the operation to Clarence Street, and a second generation of **See Rideau Bakery on page 2**

## Farm Boy plans to keep Rideau Bakery brand alive

In a late development as the Bulletin was preparing to go to press, it was announced on July 10 that Farm Boy is planning to purchase Rideau Bakery's assets from the Kardish family and continue to produce bread products under the Rideau Bakery brand name for the 28 Farm Boy locations in Ontario.

“This really is a white knight scenario for us,” said Louis Kardish in the Farm Boy press release announcing the plan. “We will see the tradition of our grandmother's old-world, kosher baking live on, supported by Farm Boy's modern management and logistics. We are thrilled that customers will soon be

able to find Rideau Bakery products at all Farm Boy locations.”

Farm Boy will not re-open the two Rideau Bakery retail locations, but told CBC News that it will continue to bake bread at the Bank Street facility while it builds its own kosher-certified location.

Rabbi Levy Teitlebaum, director of the Ottawa Vaad HaKashrut, cautioned that discussions with Farm Boy are not yet fully finalized. An agreement with the Ottawa Vaad HaKashrut for kosher supervision and certification under Farm Boy's ownership was not yet in place at press time, but is expected.

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Operation Entebbe rescuer was just doing his duty > p. 18



**Jeremy Roberts** MPP  
 OTTAWA WEST - NEPEAN

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## Rideau Bakery: Running bakery was ‘a 24-hour operation’

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the Kardish family – David’s sons Louie, Sam, Moe and Issie, with the assistance of their sisters Jennie, Libby and Ann – took over the business in 1947.

A second location, the store at 384 Rideau Street, opened in 1965, and the Bank Street building was purchased after the city expropriated the Clarence Street property in 1970 to make way for new housing units.

The third generation to run Rideau Bakery, brothers David and Louis Kardish, and their cousin, David “The Bear” Kardash (who died in 1999), took over in 1993. Since Louis had worked at the bakery the longest, it was decided that he would become “president for life.”

Louis said he has worked full time at the bakery for 42 years, and it “becomes a way of life.” Unfortunately, he said, there didn’t seem to be another generation willing to operate the bakeries.

“It’s a 24-hour operation, so even when you’re home, you’re at the store. It’s tough,” he said.

A 2007 documentary film, “One of the Last,” tells the story of the Kardish family, their journey from Ukraine to Canada, and Rideau Bakery.

In the film, Debbie (Kardish) Baylin says her father “would be really upset if he knew I would be in the back packing orders. This was not what he wanted for his kids,” while David predicts the next generation would not take over the business.

“People’s ideas change over time, and right now nobody is interested. I suspect it’s probably one of the last businesses like this around,” he said.

“One of the Last” can be viewed online. <https://vimeo.com/123309511>

Aviva Aptowitz Rotenberg, co-founder of the Facebook group Ottawa Kosher Foodies, said she has seen, “a lot of sadness and loss for something people have come to rely on and have a lot of nostalgia for” in the Facebook group.

“The family has played a really important role in the community and in people’s lives,” she said.

Speaking to the Bulletin, Louis said he is “disappointed for all the staff and loyal customers,” of Rideau Bakery, and



Louis Kardish behind the counter at Rideau Bakery at 1666 Bank Street in 2000.

COURTESY OF OTTAWA JEWISH ARCHIVES

that the Kardish family appreciates the outpouring of support and well-wishes they have received from the community.

The Ottawa Vaad HaKashrut has published a list of caterers and retail outlets providing kosher bread and baked goods in the city. <https://tinyurl.com/ovh-bread>



Louis Kardish speaks with the Ottawa Jewish Bulletin in his Rideau Bakery office at 1666 Bank Street.



Baked goods on display in undated photo from Rideau Bakery’s Facebook page.



The iconic Rideau Bakery sign at 1666 Bank Street.

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Allan Shefrin (right) receives the Freiman Family Young Leadership Award from A.J. Freiman.



Steven Kimmel (far right) receives the Gilbert Greenberg Distinguished Leadership Award from Robert Greenberg (far left). Joining Kimmel as he accepted the award are (from left) daughters Leora with granddaughter Avie, Dalia and Ariella.



Charles Schachnow receives the Freiman Family Young Leadership Award from Linda Kerzner.

# New Federation Chair Michael Polowin calls for strengthening of Jewish education

*Federation AGM also includes presentation of community awards*

BY MATTHEW HORWOOD

The communal leadership torch was passed at the 85th annual general meeting of the Jewish Federation of Ottawa, as Hartley Stern ended his two-year term as Federation chair and Michael Polowin began his.

“I thank you for the tremendous opportunity to have chaired the Federation. The added meaning to my life is greatly appreciated,” Stern said in his address at the AGM, held June 19 at the Soloway Jewish Community Centre.

Stern said that while governments do their best to “provide for the suffering and give environments we can live in safely and thrive in” there are still significant gaps, which Federation and its partner agencies work to fill.

Stern said helping the vulnerable and the aged, as well as ensuring every child can receive a Jewish education, are “major efforts this community has tackled and because we do it so well in Ottawa, I am quite comfortable and happy about the future.”

Stern said that while he couldn’t individually address every person who has helped him during his term as Federation chair, he gave special thanks to Tamir Executive Director Mark Palmer and Federation President and CEO Andrea Freedman.

Stern concluded his remarks by reminding the community, “individually and collectively,” of its power to do good work.

“You can continue to do the volunteering needed to ensure the agencies with whom you affiliate with continue to thrive. You can ensure every Jewish child in this community can get a Jewish education, that the future of Ottawa’s Jewish community is underwritten, and that we have resilience to deal with everything that comes our way,” he said.

Incoming Chair Michael Polowin thanked Stern for “his wisdom and leadership in his role as chair, and for all the hard work he has done over the past two years.” Polowin said he was excited to work with the Federation board.

During his remarks, Polowin spoke about growing up on Edgecliffe Avenue in the Carlington area, at the time a predominantly Jewish street. He encouraged Ottawa’s Jewish community to “transmit to our children the same values that were transmitted to us” and

to rekindle the spirit of Edgecliffe Avenue.

*[Editor’s note: Polowin wrote about growing up on Edgecliffe Avenue in the Federation Report column in the June 24 issue of the Ottawa Jewish Bulletin.]*

Polowin also said Federation board members would be “more visible, in person and electronically,” and called for the continued strengthening and preservation of Jewish education.

Federation President and CEO Andrea Freedman said the 2019 Annual Campaign was “successful by any and all measures” with \$1.1 million in new and increased gifts being raised.

Freedman highlighted two specific Federation initiatives she said are “adding value to the community and helping to build the Jewish Superhighway.”

The first is Jewish Experience Microgrants, a special fund which allows any individual or community organization to apply for a programming grant of up to \$2,500 to bring more people to Jewish Superhighway.

The second initiative is Jewish Jumpstart, an incentive grant program meant to encourage Jewish individuals and families to join the Soloway Jewish Community Centre or “a synagogue of their choice.” Freedman said the program had already received over 50 applications.

Freedman also called for an endowment of tens of millions of dollars for sustainable Jewish education,

saying it would be “challenging, but doable.”

Freedman said Federation is “helping more people have increasingly meaningful and impactful Jewish experiences.”

“As excited as I am for everything that has already been accomplished, great things are yet to come as we continue to build the Jewish Superhighway, and our community as a whole benefits from the exceptional leadership of Michael Polowin,” she said.

The most eagerly anticipated part of the AGM was the presentation of the community service awards.

See Federation AGM on page 4

## BIRTH ANNOUNCEMENT

Rhonda and Howard Goodman, of Ottawa, are happy to announce the birth of their second grandchild, **Asher Boaz Shalem Hass Goodman**, on Wednesday, June 5, 2019, at Sunnybrook Hospital, Toronto, weighing 6 lb., 13 oz. Second child for our son, Ian Goodman, and his wife, Naomi Hass. Brother for Shira. Twenty-second grandchild for Avelyn and Sidney Hass, of Jerusalem. First nephew for Wendy Goodman. First great-great-nephew for Shirley Vosberg and Libby Vosberg. *B.H.*

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## Federation AGM: New initiatives helping to build the Jewish Superhighway

Continued from page 3

Steven Kimmel received the Gilbert Greenberg Distinguished Leadership Award. Presented every second year, it is the highest tribute the Ottawa Jewish community can bestow on an individual for exceptional leadership over many years.

In his acceptance speech, Kimmel, Federation chair from 2013 to 2015, said leaders should encourage and facilitate actions in others. “You can’t lead from the bleachers, you have to be on the field to lead,” he said.

Kimmel also spoke about the importance of “caring for the elderly, providing assistance for the vulnerable and ensuring our children have the opportunity to attend Jewish schools.”

The Shem Tov Community Volunteer Award, recognizing many years of dedication and service, was presented to Charles Schachnow.

Schachnow – the 1998 recipient of the Freiman Family Young Leadership Award – was recognized for his many years of volunteerism on behalf of such



Incoming Federation Chair Michael Polowin speaks at the Jewish Federation of Ottawa annual general meeting, June 19.

community organizations as Jewish Family Services, the Chevra Kadisha, Hillel Lodge, and Federation’s Annual Campaign, which he co-chaired.

Schachnow said volunteers are “the lifeblood of every organization” and his greatest life lessons have been learned through work in the community.

“I will cherish the Shem Tov Award always, as we continue to work together in making the world a better place,” Schachnow said.

Allan Shefrin received the Freiman



Outgoing Federation Chair Hartley Stern receives tokens of appreciation for his service from Past-Chair Linda Kerzner at the Jewish Federation of Ottawa annual general meeting, June 19.

Family Young Leadership Award, which recognizes someone under 40 who exemplifies exceptional leadership and service. Shefrin said it was “an honour” to receive the award, and he couldn’t have done it without his wife, Stephanie Levitz.

Shefrin said he hoped that by showing his children the importance of giving, they would be encouraged to “give back to the community they will inherit.”

“I firmly believe people can give time, money or both – they just need to be

asked,” Shefrin said.

Shefrin also received the Lawrence Greenberg Young Leadership Development Award, which will allow him to attend the General Assembly of Jewish Federations of North America, where he will be recognized along with young leaders from other North American Jewish communities.

The Jewish Student Leadership Award, meant to recognize “a student pursuing a post-secondary degree who demonstrates leadership and outstanding commitment to the Ottawa Jewish community” was presented to University of Ottawa students Seth Kerzner and Tom Podolsky.

Kerzner received the award for his various Jewish leadership roles on campus, including serving on the Hillel Ottawa executive and the Chabad Student Network board, while Podolsky received the award for actively working to “engage students on campus in Jewish learning” by volunteering as an adviser on NCSY trips and spearheading multiple Sinai Scholar classes.

## Canada will adopt IHRA definition of antisemitism

BY MARCY OSTER

(JTA) – The federal government will adopt the International Holocaust Remembrance Alliance (IHRA) definition of antisemitism.

Minister of Canadian Heritage and Multiculturalism Pablo Rodríguez made the announcement on June 25, saying the decision is part of the government’s anti-racism strategy, “Foundation for Change: Canada’s Anti-Racism Strategy 2019–2022.”

The IHRA working definition offers a comprehensive description of antisemitism in its various forms, including hatred and discrimination against Jews, Holocaust denial and, sometimes controversially, the way antisemitism relates to the ways criticism of Israel is expressed.

“Peddlers of antisemitism must be held accountable, but this can only happen if authorities can clearly and consistently identify acts of Jew hatred,” said Joel Reitman, co-chair of the Centre for Israel and Jewish Affairs (CIJA), in a statement. “This is why CIJA has been calling on all three levels of government to use the International Holocaust Remembrance Alliance working definition of antisemitism. The IHRA definition – which has been adopted by dozens of democratic countries – is a vital tool in countering the global rise in antisemitism.”

“The International Holocaust Remembrance Alliance commends the Canadian Government’s decision to adopt the IHRA working definition of antisemitism. Canada is now the 17th country to adopt

the working definition domestically and we are pleased this tool will be used to further support the global effort to counter antisemitism. We continue to work with our 33 member countries to fulfil the international community’s responsibility to fight the evil of antisemitism,” said current IHRA chair Georges Santer of Luxembourg in a statement sent to the

Ottawa Jewish Bulletin.

NGO Monitor President Gerald Steinberg said in a statement that “Canada adopting IHRA’s definition of antisemitism is an important symbolic and declaratory move. We hope that the next steps will pertain to its implementation within Canadian policy, including regarding Canadian international aid

and support of NGOs.” Steinberg noted that his organization has “identified Canadian funding that was making its way to actors supportive of BDS as well as theological antisemitism.”

Canada joined the IHRA in 2009 and is one of its 32 member nations.

*Michael Regenstreif, editor of the Ottawa Jewish Bulletin, contributed to this report.*

### Spelling of ‘antisemitism’

The Ottawa Jewish Bulletin has traditionally used ‘anti-Semitism’ as the form of the word describing hatred of Jewish people. This is the form of the word specified in the Canadian Press style guide.

However, we will now switch to ‘antisemitism,’ for reasons described by the International Holocaust Remembrance Alliance (IHRA), whose definition of antisemitism has now been accepted by the government of Canada.

According to the IHRA, its “concern is that the hyphenated spelling allows for the possibility of something called ‘Semitism,’ which not only legitimizes a form of pseudo-scientific racial classification that was thoroughly discredited by association with Nazi ideology, but also divides the term, stripping it from its meaning of opposition and hatred toward Jews.

“The philological term ‘Semitic’ referred to a family of languages originating in the Middle East, whose descen-

dant languages today are spoken by millions of people mostly across Western Asia and North Africa. Following this semantic logic, the conjunction of the prefix ‘anti’ with ‘Semitism’ indicates antisemitism as referring to all people who speak Semitic languages or to all those classified as ‘Semites.’ The term has, however, since its inception, referred to prejudice against Jews alone.

“In the mid-19th century, the derived construct ‘Semite’ provided a category to classify humans based on racialist pseudo-science. At the same time the neologism ‘antisemitism,’ coined by German journalist Wilhelm Marr in 1879 to designate anti-Jewish campaigns, was spread through use by anti-Jewish political movements and the general public. The modern term gained popularity in Germany and Europe incorporating traditional Christian anti-Judaism, political, social and economic anti-Jewish manifestations that arose during the Enlightenment

in Europe, and a pseudo-scientific racial theory that culminated in Nazi ideology in the 20th century.

“Although the historically new word only came into common usage in the 19th century, the term antisemitism is today used to describe and analyze past and present forms of opposition or hatred towards Jews. In German, French, Spanish and many other languages, the term was never hyphenated.

“The unhyphenated spelling is favoured by many scholars and institutions in order to dispel the idea that there is an entity ‘Semitism’ which ‘anti-Semitism’ opposes. Antisemitism should be read as a unified term so that the meaning of the generic term for modern Jew-hatred is clear. At a time of increased violence and rhetoric aimed towards Jews, it is urgent that there is clarity and no room for confusion or obfuscation when dealing with antisemitism.”



# THANK YOU, RIDEAU BAKERY

The Jewish Federation of Ottawa extends a heartfelt *toda raba* to Rideau Bakery and the Kardish family for 90 years of serving the Jewish community and for their many acts of generosity and support.

For generations, Rideau Bakery has been part of our lives. From birthdays and weddings to our Shabbat and Yom Tov tables, Rideau Bakery has helped us celebrate our milestones.

Rideau Bakery will always be a cherished part of Ottawa Jewish history.

Once again, thank you to the Kardish family.

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Building meaningful Jewish journeys where no one is left behind.

FEDERATION  
REPORT



RABBI LEVY TEITELBAUM,  
OTTAWA VAAD HAKASHRUT

## Ottawa Vaad HaKashrut: Meeting our city's kosher needs

food products as kosher. After research, we may then set up an initial inspection where we audit all ingredients (including seasonal). Depending on historical use of the equipment, they may require extra sanitization to make them usable for producing kosher products. Kashrut inspections are performed periodically to confirm a successful kosher program is in place.

Examples of kosher clients of OVH include Delisse Fine Cuisine, a manufacturer of hummus and cheese spreads, and Agrosparta Food Processors, an olive packer. Special protocol is in place to ensure the dairy components do not adversely affect the non-dairy hummus, and likewise that the wine used in the marinated olives does not compromise the kosher status of the remaining certified olive recipes.

Such products are sold locally and are available under private label agreements to the public, as well as used in

industry as ingredients in recipes of other companies.

Of the most significant roles of OVH is the service we provide to the Ottawa Jewish community, and the many visitors each year that grace our city. We answer questions on various religious topics, most importantly kashrut. Community members of all walks of life seek advice as to availability of products in Ottawa, in cities they will be visiting, as well as answers to questions on kosher law.

An appropriate example is the recent decision of Rideau Bakery to cease operations. Once a hallmark of the Ottawa Jewish community, the Kardish family made the hard decision to close their two kosher bakeries. OVH quickly set immediate and long-term goals to assist our community. Within two days, we published lists of available commercial bread detailing where they are available (<https://ovhkosher.ca/>). We entered

into negotiations with Loblaws College Square to start baking eight varieties of breads in their existing kosher bakery, where in the past it was only baguettes, challah and buns. We also worked with our community caterers to ensure they can provide options for the community. Finally, we worked with independent retailers to sell fresh breads baked in Montreal. Now that these tasks have thankfully been accomplished, we are working with business people who may be interested in opening a kosher bakery that will service our community.

We have a beautiful and diverse community, where all are welcome and made to feel included. OVH plays an important role in their life-cycle events and all religious and cultural milestones.

If you have questions or require more information, please contact Rabbi Levy Teitlebaum at [RTeitlebaum@jewishottawa.com](mailto:RTeitlebaum@jewishottawa.com).

Of the most integral components of a Jewish community, together with synagogues, mikvah, cemetery, and education, is the availability of kosher food.

Ottawa is fortunate to have its own kashrut agency established in the 1920s. Its role is to facilitate the availability of kosher food and services in our community.

Ottawa Vaad HaKashrut (OVH) works hard with local and Canada-wide companies that wish to market their

FROM THE  
PULPIT



RABBI CHAIM MENDELSON,  
CHABAD OF CENTREPOINTE

## Bakery closure affects community emotionally

Shavuot. Rideau Bakery was part of our community's life cycle events. You could see their food at a brit milah, a baby-naming, or at a shiva home.

As far back as anyone can remember, they were a part of the community and it always seemed like they would be with us forever.

Despite all of this, the reaction to its closure seemed a little over the top. After all, it was only a bakery.

In fact, I was highly surprised at my own reaction. When I heard the news, less than 24 hours before it closed, I could feel myself getting emotional and fighting back tears. During the entire day of its closing, I had a desire to go to the bakery one last time. I did not need anything in particular, I merely had a nostalgic feeling to go.

I arrived about 15 minutes before closing. There were a few customers, some who were not even aware of the upcoming apocalypse. The workers, some of whom had been employees of Rideau Bakery for decades, were packing up the bread to be used for charity. There was a despondent energy.

I purchased the last cake ever sold by this legendary bakery: a round, nine-inch cake with the Canadian maple leaf. I saved the receipt as a souvenir. I took a photo with David Kardish. I felt a lump in my throat.

I was struggling to understand my own state of mind. What was it that caused me to feel so emotional? Was I possibly a food addict anxiously concerned about going through pastry withdrawal?

As I scanned a Facebook thread where people were sharing their memories of Rideau Bakery, the mystery behind my emotions finally dawned on me.

For me, Rideau Bakery was the ultimate community centre. Without any physical exterior trappings, the bakery provided a safe space for the community. Jews and non-Jews, black-hatters and the seemingly secular, were able to connect on bar stools in Rideau Bakery with their favourite comfort foods.

The Torah tells us that the Jewish people achieved authentic unity while standing at the foot of Sinai. Mount Sinai was chosen specifically because it was simple and humble. In a humble state, our trivial differences cease to matter and our souls can connect.

The reliable and consistent Rideau Bakery brought out the best in Ottawa's Jewish community. In its humble and unassuming style, our disparate differences melted away.

Far more than missing my fix of cronuts, it will be the warmth and unity that will be most difficult to replace.

The reactions have been surprisingly overwhelming. Social media has been full of passionate comments. The major news outlets have covered the story. In Jewish Ottawa, it was the primary water cooler conversation. All of this as a result of a bakery.

Rideau Bakery, an 89-year-old beloved institution in the city of Ottawa, has closed its ovens and shuttered its doors.

Known for its rye bread and pastries (and my personal favourite the cronuts), Rideau Bakery has been an integral part of our city's mosaic. From its unassuming buildings on Rideau and Bank Streets with their old fashioned interior design, this family-owned bakery provided the Jewish community with challah for Shabbat, jelly doughnuts on Chanukah and cheesecake on

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**FROM THE EDITOR**



**MICHAEL REGENSTREIF**

## We know not to trivialize the Holocaust

camps used by Germany's Nazi regime in its perpetration of the Holocaust, a genocide in which six million Jews were murdered in an attempt to eradicate European Jewry.

"Concentration camps assured a slave labour supply to help in the Nazi war effort, even as the brutality of life inside the camps helped assure the ultimate goal of 'extermination through labour.' Learn about concentration camps," Yad Vashem – The World Holocaust Remembrance Center, in Jerusalem, tweeted to Ocasio-Cortez.

Even U.S. Senator Bernie Sanders, a candidate for the Democratic Party's 2020 U.S. presidential nomination usually seen as an ally of Ocasio-Cortez, distanced himself from the comparison. While saying, "locking up children and keeping them in deplorable conditions for weeks in places that are not meant for kids ... is absolutely unacceptable," Sanders stressed that he didn't and wouldn't "use that terminology."

We have learned not to trivialize the Holocaust – the worst genocide and the ultimate manifestation of antisemitism in history – with comparisons that do not rise to that horrible standard. That is why objections were raised to Oca-

sio-Cortez's use of the term "concentration camps" and why we bristle when Israel is fallaciously accused of behaving like Nazis toward the Palestinians.

And yet, perhaps the most trivial of comparisons to the Holocaust in recent memory came from no less a figure than Rafi Peretz, Israel's minister of education.

Peretz, who served as chief military rabbi of the Israel Defense Forces from 2010 to 2016, was elected leader of the Jewish Home Party in advance of the last Israeli election after former leader and former education minister Naftali Bennett, and former justice minister Ayelet Shaked, left Jewish Home. In a deal brokered by Prime Minister Benjamin Netanyahu, Jewish Home and Otzma Yehudit (Jewish Power), a Kahanist successor to the banned Kach Party, stood together in the April election as the United Right, winning five seats in the short-lived 21st Knesset. A new election is scheduled for September 17 after Netanyahu failed to build a governing coalition.

On July 1, during an Israeli cabinet meeting, Peretz compared intermarriage – when a Jew marries a non-Jew – to "a second Holocaust" and rhetorically said that six million Jews have been lost to intermarriage over the past 70 years.

The comment came after a cabinet briefing on trends in Jewish communities around the world from Dennis Ross, chair of the Jewish People Policy Institute.

As Jonathan Greenblatt, CEO of the Anti-Defamation League tweeted in response to Peretz, "It's inconceivable to use the term 'Holocaust' to describe Jews choosing to marry non-Jews. It trivializes the Shoah. It alienates so many members of our community. This kind of baseless comparison does little other than inflame and offend."

Surely, the minister of education of the State of Israel should have known better.

### RIDEAU BAKERY

Like so many in our community, I was saddened by the sudden closure of Rideau Bakery.

Some years ago, before a visit to my mother in Montreal, Sylvie and I picked up a blueberry Bundt cake there to bring her. She loved it and since then, stopping at Rideau Bakery to pick up a Bundt cake became a ritual of our trips to visit my mother. And despite how easy it is to find challah in Montreal, my mother also wanted us to bring Rideau Bakery challahs for special occasions like Rosh Hashanah.

Last month, U.S. Congresswoman Alexandria Ocasio-Cortez, a left-wing progressive who was first elected in her New York district in 2018, came under attack when she referred to the detention centres used by the United States government to warehouse Central American migrants – including children needlessly separated from their parents – as "concentration camps."

As horrible as the conditions are at those detention centres – and from all credible reports the conditions are truly horrible – Ocasio-Cortez quickly came under sharp attack from political opponents, scholars, and several American Jewish organizations for her use of a term that conjures comparisons to the

**IDEAS AND IMPRESSIONS**



**JASON MOSCOVITZ**

## Biden was a man of the past in first debate

thoughtful conviction.

One of those show-of-hands questions in particular raises doubts about the Biden candidacy. The question was straight up. There were no tricks. Candidates were asked if they wanted a publicly funded health care system that would eliminate private insurance companies. After almost three decades in the U.S. Senate, and eight years as vice-president, you'd think Biden would have had an instinctive answer to that fundamental policy question.

The fact he didn't indicates a lack of conviction, a lack of preparedness, or a lack of confidence. Pick one. There is no answer that makes Biden look like anything other than a bumbling candidate who doesn't have what it takes to be president.

But the lights really went out on Biden when Senator Kamala Harris left him bloodied over his opposition to bussing, a key civil rights issue in the 1970s. You had to wonder how his campaign team left him so unprepared to deal with a glaring blotch from his past.

Biden opposed underprivileged children of colour being bussed to better schools in white neighbourhoods. In today's Democratic Party, there is no way to justify that position. Biden's mistake was in not admitting he was wrong back

then. He should have been advised to do so.

Biden, like most old-time politicians, has a problem admitting a mistake – any mistake – under any circumstances. It is part of an old belief that once a leader admits a mistake, he or she will be forever vulnerable. The new generation of politicians knows better.

There is another old-time tendency in politics for the establishment of a political party to support a leadership candidate who appears to be the most middle-of-the-road, the least likely to ruffle feathers, and the most likely to win. Of course, that playbook was thrown out the window in 2016 when the Republicans held their noses and chose Donald Trump. The Democrats remember only too well what going with "safe" Hillary Clinton cost them.

The present nomination process in the Democratic Party might change the party and the changes could be, comparatively speaking, a clear departure from the past. Biden represents the past. Other serious candidates represent the future – and the future, by definition, represents change and a different way of looking at how the world works, and how the United States fits in the world.

This inevitably leads to the question of the Democratic Party's support of

Israel. Traditionally strong and steadfast, through good times and bad, there is mounting evidence the Democratic Party could head in another direction under new leadership.

Part of the mounting evidence comes from the young voices of newly elected Democrats in Congress who are challenging long-standing traditional American support for the State of Israel. Their view is that unequivocal support of Israel is wrong and they don't like the many diplomatic nuances that keep support levels so entrenched.

The congressional leadership in the Democratic Party faced many recent challenges in keeping all of the support-for-Israel "genies" in a bottle, and from all appearances it looked as if the nomination of Biden as the presidential hopeful would seal further leakage.

With Biden off to such a horrible start, support for Israel in the Democratic Party is shakier. Without Biden the party can conceivably go anywhere on Israel.

The anywhere is the troubling part. In a world where Israel has so few friends, any weakening of support from the other major political party in the United States is problematic.

Under those circumstances, it could even make Donald Trump look good.

It was pathetic to see Joe Biden do so poorly in the first Democratic Party debate leading up to the 2020 U.S. presidential election. He looked old and out of touch. He looked unsure of himself, and by the end of the debate, he looked like he wished he was still a retired statesman.

There were many telltale moments. When the moderators asked the candidates to answer questions with a show of hands, Biden hesitated each time as he nervously peered around to see how others were voting.

If a photo is worth a thousand words, then video is worth 10,000. True leaders don't lead by looking around to see how their opponents are answering questions. They have the strength and confidence to answer questions with



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**JEWISH EDUCATION CHOICES**

**S**tephanie Shefrin is right in pointing out the “where to send your kid to school” conversation is one parents have a lot (“Modern Mishpocha,” June 24).

Shefrin expresses difficulty understanding reasons why Jewish parents who value Jewish education may, for reasons other than financial constraints or French language curriculum, elect not to send their children to day school.

As a member of this cohort, I felt compelled to respond.

My wife and I value the experience our kids get from going to public school. We see our kids’ relationships with their friends of diverse ethnic and religious backgrounds as a triumph of a core Jewish value of living in the Diaspora: learning to trumpet your Jewish identity, while forming bonds with other members of your community who are racially and ethnically diverse. This balancing act is a huge challenge that hopefully will reinforce our kids’ Jewish identities. This

is one reason why we chose public school and Jewish supplementary school. We have others, as do many parents who choose this alternative.

Who knows? Maybe it won’t pan out. Forging a Jewish identity is not a mathematical equation, and while enrolling kids in day school certainly ticks a lot of boxes, it is no panacea to ensuring your kid stays in the Jewish fold. Parents who make the choice to send their kids to Jewish day school are making a commitment to fostering their children’s Jewish identity, but so are those who send their kids to supplementary Jewish school, visit Israel, have Shabbat dinner, go to shul the odd Saturday, send their kids to a Jewish camp, receive PJ library books, etc.

We all share a common goal of raising confident, happy kids who have a strong foundational knowledge of and pride in their Jewishness. Our community needs to continue to recognize and celebrate that there are many different methods to achieving this goal and we need to value and respect these paths, as well as the decisions of the parents who choose them.

**Ami Wise**

**Ottawa studying proposal to rename park in honour of Rabbi Bulka**

**T**he City of Ottawa’s Commemorative Naming Committee is conducting a public consultation on a proposal to rename Featherston Park as Rabbi Bulka Kindness Park.

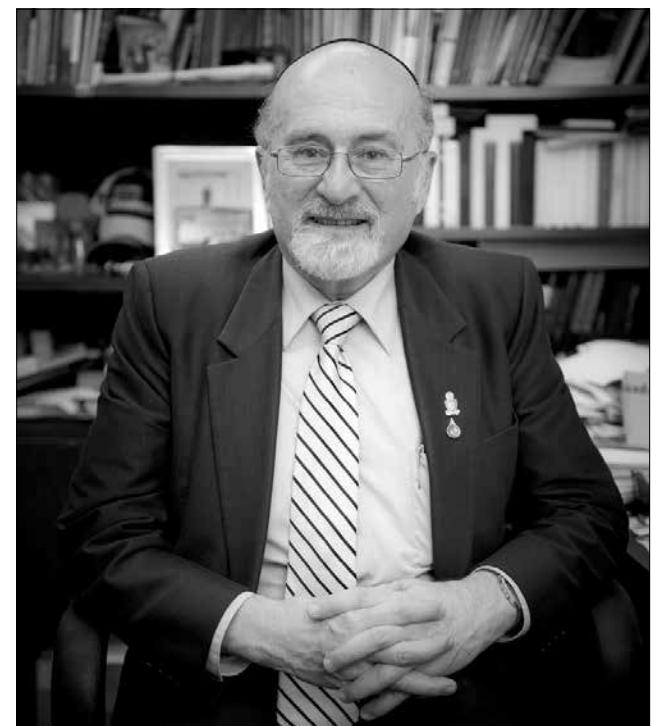
The park is situated next to Congregation Machzikei Hadas in the Alta Vista neighbourhood. Rabbi Reuven P. Bulka, now the congregation’s rabbi emeritus, served as spiritual leader of Machzikei Hadas from 1967 until 2015.

Rabbi Bulka is currently co-chair of the Jewish Federation of Ottawa’s Annual Campaign and is a past-co-president of the Canadian Jewish Congress.

A committee, led by Bram Bregman and Ron Prehogan, organizing celebrations around the centennial of the congregation and the half-century of Rabbi Bulka’s leadership, launched the process to have the park renamed.

In a press release announcing the consultation, the City of Ottawa notes, “Rabbi Bulka is the founder of Kind Canada, an Ottawa-based charity committed to spreading kindness. He is a member of the Community Advisory Board for Ottawa Integrative Cancer Centre and chair of the Trillium Gift of Life Network. Past roles include vice-chair of Pallium Canada, a charity based in Ottawa dedicated to improving palliative care in Canada, chair of Bruyère Hospice Ottawa West Campaign, which raised \$6 million to build a hospice in Kanata, and chair of the Courage Campaign for the Ottawa Regional Cancer Foundation, which raised \$25 million for cancer care.

“Rabbi Bulka is a Member of the Order of Canada and has received the Key to the City of Ottawa and the Mayor’s Award for Community Service. This commemorative naming proposal seeks to celebrate Rabbi Bulka’s remarkable dedication and service to the community for the past 52 years, while his kindness continues to inspire.”



ASHLEY FRASER

The City of Ottawa is studying a proposal to rename Featherston Park in honour of Rabbi Reuven P. Bulka, rabbi emeritus of Congregation Machzikei Hadas.

For more information on the proposal, or to submit written comments, contact:

Coran Graham  
City of Ottawa  
Recreation, Cultural and Facility Services Department  
100 Constellation Drive  
Ottawa, ON K2G 6J8  
613-580-2424, ext. 27551  
[namingottawa@ottawa.ca](mailto:namingottawa@ottawa.ca)  
Comments must be made in writing and received no later than July 26, 2019.

# Shinshinim thank Ottawa for a great year

*'Amazing facilitators' who 'really care about the community'*

BY MATTHEW HORWOOD

**L**iam Afota and Inbar Haimovich, recent high school graduates from Israel, arrived in Ottawa last August as the Jewish Federation of Ottawa's third pair of shinshinim.

The Federation shinshinim program brings young Israeli emissaries to Ottawa for a year of voluntary service during a gap year between high school and their military service. While in the city, the shinshinim help young people in Jewish schools, congregations and camps to "enhance their Jewish identities and ties to Israel," Afota explained.

After 10 months spent working with schools, Jewish agencies and congregations, the pair were feted by Federation with a pizza party on June 13 at the Soloway Jewish Community Centre. Afota and Haimovich are now spending the summer working as counsellors at Camp B'nai Brith of Ottawa (CBB) before returning to Israel to begin their military service.

Haimovich said her time spent in Ottawa has been "an honour."

"We've been here teaching these kids all about Israel, but at the same time we learned about ourselves, and about all these amazing people we've met in this city on the other side of the planet," she said.

Afota described his time in Ottawa as a "lifetime experience" he will tell his grandchildren about. "I learned a lot about myself and about Judaism."

The shinshinim stay with three different host families from the Jewish community while in Ottawa – becoming part of the families as they join them in their day-to-day lives and activities.

Haimovich said witnessing the dynamic of each family was "such an interesting experience," and allowed her to learn more about people.

Afota said living with the host families was an "amazing" experience, especially seeing the "dynamic of each family."

"Of course it's difficult because it's different than your house, but after a couple months of living with them they feel like your second family – your home away from home," he said.

The shinshinim said they will use social media to keep in contact with their Ottawa friends and host families when they return to Israel.



Shinshinim Inbar Haimovich (left) and Liam Afota, standing between the Canadian and Israeli flags at the Soloway Jewish Community Centre, say their year in Ottawa has been "an honour" and "a lifetime experience."

*We've been here teaching these kids all about Israel, but at the same time we learned about ourselves*

"Social media helped us keep our connection with home, and now it will help us to keep our connection when we are home," Haimovich said.

Asked about the similarities and differences between Canada and Israel, Haimovich said Ottawa's diversity reminded her of Israel. "There are so many different cultures, colours and languages that people just accept it as normal, and I love that about this city," she said.

Afota said compared to Ottawa, people in Israel are "much more direct, and constantly checking the limits of personal space."

Kara Goodwin, Federation director of community collaboration, said the shinshinim have been "amazing" to work with, and she has seen them grow throughout their time here.

"They are amazing facilitators, very professional and really care about the community. That shows

in the work they do," she said.

Goodwin highlighted the "deep relationships" the shinshinim developed with community members, as well as the fact that many people living in Ottawa now have personal connections to Israel.

Speaking to the Bulletin before departing to spend the summer at CBB, Haimovich said she was not sure what to expect, as summer camps on lakes are "not a very Israeli experience."

"From what we've heard it's going to be amazing, but it's a weird time for us because we are saying goodbye to everyone, yet some of the kids we have worked with all year will be at camp," she said.

Afota said he was excited to attend CBB, but was also sad to leave his Ottawa friends behind. "When we left Israel we knew we would be coming back, but now that we are leaving Ottawa, we will not be back for at least three years," he said.

The shinshinim both gave thanks to Ottawa's Jewish community for "making our year the best it could be."

Ottawa will welcome a new pair of shinshinim in late August.

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# ‘The present is a slippery place to explore’

MURRAY CITRON  
BOOK REVIEW

**21 Lessons for the 21st Century**  
By Yuval Noah Harari  
Signal  
372 pages

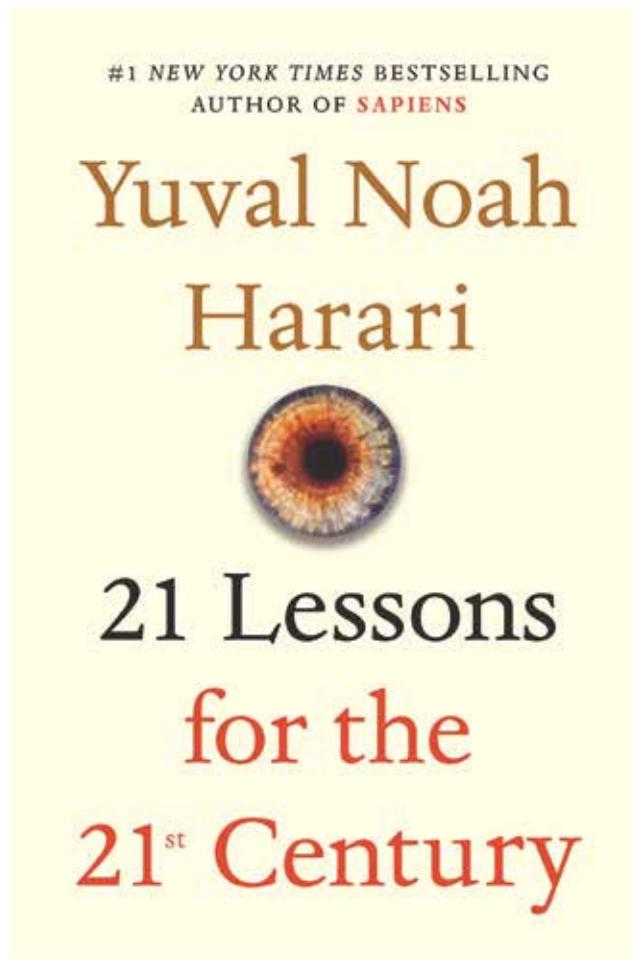
Yuval Noah Harari is one of those Israelis who doesn't exactly know everything, but sure knows more than most of us. He has a PhD in history from the University of Oxford, lectures in history at the Hebrew University of Jerusalem, and has already written two widely reviewed and bestselling books, *Sapiens* and *Homo Deus*.

The book jacket blurb on *21 Lessons for the 21st Century*, Harari's latest book says, "*Sapiens* explored the past, *Homo Deus* explored the future, *21 Lessons* explores the present."

The present is a slippery place to explore. It keeps sliding into the past, which is never really past, and gobbling up the future. The book itself deals not with the present, but with the 21st century, a more measurable concept.

Harari states his purpose in the introduction: "In this book I want to zoom in on the here and now. My focus is on current affairs and on the immediate future of human societies. What is happening right now? What are today's greatest challenges and most important choices? What should we teach our kids?"

That is no small agenda. It is carried out with 21 "lessons," really 21 essays on topics chosen by the author. Some of the chapter titles are: "Work," "Liberty," "God," "Justice," and "Meaning." Of course, any such title can easily support a book all by itself. A visitor to any library will find lots of books on all of them. Harari moves briskly from one chapter to the next, and connects them by reference to a theme: "The twin revolutions in information technology and biotechnology confront us with the biggest challenges our species has



ever encountered... It is crucial to realize that the AI revolution is not just about computers getting faster and smarter. It is fueled by breakthroughs in the life sciences and the social sciences as well."

The point is that research in neuroscience has disclosed that human decisions result from "billions of neurons calculating probabilities within a split second." So machines can be trained to read people faster – and therefore better, than people can. Harari sees a time, not far off – when artificial intelligence will rule the world.

Harari is candid that he is a secular person of liberal opinions. He doesn't believe in anything supernatural, and is contemptuous of national or religious chauvinism. He gives special attention to Judaism, "since it is

more polite to criticize one's own people than to criticize foreigners." A few of his comments:

"What my people lack in numbers and real influence, they more than compensate for in chutzpah."

"The Talmud is a far more thoughtful and compassionate book than the Old Testament."

"Jewish orthodoxy...even today holds that Jews are intrinsically superior to all other humans."

I asked Rabbi Reuven Bulka about that last statement and he assured me it is *narishkeit* (foolishness).

Harari finishes by becoming personal, even intimate, in Chapter 21, "Meditation." He tells how, at Oxford, he was persuaded by a friend to go to a 10-day Vipassana retreat. Vipassana is a Buddhist meditation technique, and "in principle meditation is any method for the direct observation of one's own mind." The experience was a life-changing one for Harari and he has practised daily meditation since.

The importance of the activity, for Harari, is in the distinction between mind and brain: "They are really very different things. The brain is a material network of neurons, synapses and biochemicals. The mind is a flow of subjective experiences such as pain, pleasure, anger, and love... We have absolutely no explanation for how the mind emerges from the brain."

Then he reminds us how his book started, discussing the dangers of artificial intelligence: "We had better understand our minds before the algorithms make our minds up for us."

So Harari is a philosopher, and he is dealing in his way with the mind-body problem, which has been stated by many philosophers in many ways. This reader admires his prose style and breadth of knowledge, but isn't convinced. Meditation has been going on, as Harari says, for thousands of years. Is it likely to meet the AI deadline? And if Yuval Harari gets to understand his own mind, how will that help the rest of us?

A really scholarly approach would have required reading Harari's first two books, *Sapiens* and *Homo Deus*, before reviewing *21 Lessons for the 21st Century*. I have now obtained *Sapiens*, and will read it next. I mention this only to say that whatever my concerns are about *21 Lessons*, it is good enough to make me want to read more by the author.

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# Head and shoulders, knees and toes: Just a few areas your chiropractor can treat

When I tell someone I am a chiropractor, it's often interesting to see the person's reaction to the news. Sometimes it's elation ("Great! I need a chiropractor!"), sometimes it's wide-eyed apprehension ("Chiropractors scare me") and sometimes it's just plain confusion ("So, that's like a physiotherapist, right?").

While chiropractic care has existed since 1895, many people are unaware of the training required and the scope of care.

In Canada, the chiropractic degree is a rigorous four-year postgraduate or five-year post-CEGEP program.

Chiropractors play a unique role in health care. We are primary care providers who assess and diagnose malfunction in the neuromusculoskeletal system, and treat these conditions using manual techniques. In simpler terms, we assess how the nerves (neuro), muscles (musculo), bones (skeletal) and joints are functioning in the body. We then address any problems using manual therapies, hence the name "chiropractic" from the Greek words cheir meaning 'hand' and praktos meaning 'done,' that is, done by hand.

Most people associate chiropractors with treatment for back pain, and in fact spinal complaints do account for a significant portion of the care we provide. But chiropractors can address many other conditions, from pregnancy mechanics to mobility issues and sports injuries. Here are few cases I have seen that demonstrate how we can diagnose and treat conditions that people might not realize can be addressed by chiropractic care.

**Case 1:** A few months ago, I treated a young woman who could not open her jaw more than half of the normal range. Chewing was difficult and opening wide was painful, so her dentist recommended she see a chiropractor. Assessment of the jaw joint, known as the



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temporomandibular joint, or TMJ, found the joint to be mechanically restricted. With a manual jaw adjustment and intraoral muscle release (yes, we do this and yes, we have gloves on), her jaw released and she regained the entire range of motion, pain free. She was very excited to be able to eat normally again!

**Case 2:** A few years ago a friend of mine, a medical doctor, asked me to look at his three-month-old daughter who was presenting with torticollis, abnormal contractions of the neck muscles that cause restricted range of motion. In her case, the inability to turn her head to the right side was also affecting her nursing. I treated her using gentle infant adjustments and light, targeted mobilizations. The next day I received a message from the father saying, "Wow! My daughter's neck mobility is so much better and her nursing has improved!" Pediatric care is an important aspect of chiropractic care and an area that I personally find very satisfying.

**Case 3:** Sometimes it's important to think outside the chiropractic box. Years ago, an 11-year-old girl presented with headaches occurring several times a week. I conducted a full orthopedic exam, which yielded no mechanical or neurological issues. After reflecting that the headaches presented predominantly at the end of the school day and were located at the back of the head, in the occipital lobe, I asked the child's mother, "When was the last time your daughter had her eyes checked?"

It had been a while, so I asked that the child have an eye exam before proceeding with any care. A few weeks later, I heard back that she was now wearing glasses and that the headaches had, indeed, disappeared. It was a case of undiagnosed myopia (nearsightedness) and it needed a solution that was outside of my scope to treat, but certainly within my scope to recognize and refer.

Chiropractic care can be beneficial for everyone, from babies to older adults (my oldest patient is 93 years old), from weekend warriors to elite athletes, and from individuals with chronic pain to those just striving to maintain optimum health. Today, chiropractic care is part of many interdisciplinary clinics, where medical doctors, physiotherapists, massage therapists and other health care providers all work together in collaborative patient care. This is the model of the future and I am so excited for chiropractic care to be a part of it.

Dr. Stacy Goldstein is a chiropractor at the Hampton Wellness Centre located at 1419 Carling Avenue ([www.hamptonwellnesscentre.com](http://www.hamptonwellnesscentre.com)). She can be reached at [dr.stacygoldstein@gmail.com](mailto:dr.stacygoldstein@gmail.com) for any questions you have about chiropractic care.

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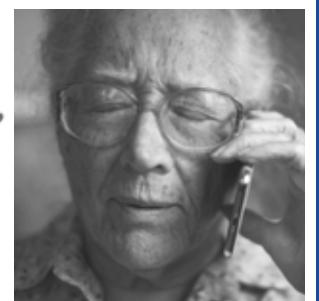
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## Plant-based 'meat' is trendy, but is it healthy?

Some environmentalists claim it'll save the planet. Some vegans believe it'll help end animal cruelty. Some people think it's healthier than meat. I'm referring to a recent addition to the Canadian food industry, a product marketed as "plant-based meat." Is this meat alternative really a healthy source of protein, or just an over-hyped Frankenburger?

Television and radio advertisements for A&W and Tim Hortons recently caught my attention. I was intrigued by A&W's "Beyond Meat Burger," as well as both chains' plant-based 'sausage' patties.

Red meat consumption is associated with increased risk of some cancers and other chronic diseases. Eating less red meat in favour of alternative proteins is recommended in the 2019 edition of "Canada's Food Guide."

Plant-based 'meat' is being touted as a healthy food; but whether you purchase it as ready-to-eat burgers or in breakfast sandwiches at fast food restaurants, or raw at grocery stores, it's a highly-processed product. The term "plant-based meat" is marketing genius aimed to convince consumers these engineered food products are made from whole vegetables and as tasty as meat. The Beyond Meat brand's plant-based meat contains pea protein isolate. Peas are dehydrated and grinded into a powder. The fibre and some nutrients are removed during the extraction process. Beyond Meat also contains canola oil and refined coconut oil, which adds saturated fat. There are 18 other ingredients such as beet juice extract (to provide a blood-like appearance when you cook the raw plant-based 'meat'), maltodextrin (sugar powder made from potato starch, corn, wheat or rice, which rates high on the glycemic index) and various preservatives and flavour



GLORIA SCHWARTZ  
**FOCUS ON  
FITNESS**

### Canadian grocery stores have started selling plant-based beef for consumers who want a meat alternative

enhancers such as salt. It doesn't take a dietician to conclude that this product – like many vegan products – is not really healthy. The 'sausage' patty contains most of the same ingredients and is fortified with some vitamins and minerals.

Canadian grocery stores have started selling plant-based 'beef' for consumers who want a meat alternative that looks and feels more like beef than veggie burgers. Plant-based 'meat', certified kosher by the Orthodox Union, may soon be available in Canada from a company called Impossible Foods.

Are A&W's plant-based 'meats' a healthy choice or just a different choice? Weight- and health-conscious people don't typically eat at fast food chains. If you do eat there, a combo with fries and a sugar-laden soft drink will provide a fattening 1200 calories.

A&W's 3-ounce Beyond Meat plant-based burger (with bun, toppings and seasoning) provides 20 grams of protein, 500 calories, 1,110 mg of sodium, and five grams of saturated fat. A&W's 3-ounce beef Mama

Burger has the same protein, 100 fewer calories, 260 fewer mg of sodium and two more grams of saturated fat. Neither is a wise choice if you have hypertension or are trying to lose weight. The store-bought patties have 290 calories and 450 mg of sodium. A store-bought unseasoned beef patty has fewer calories and 90 per cent less sodium. If you want a non-meat protein, choose whole foods such as lentils (115 calories and 12 grams of protein per cup) and beans (335 calories and 20 grams of protein per half-cup), both low in sodium and high in fibre.

You'll have to fork over an extra couple of bucks at A&W for the plant-based burger (\$6.99) versus the equivalent-sized beef Mama Burger (\$4.89). Beyond Meat is also more expensive than ground beef at grocery stores.

Since I stopped eating at fast-food restaurants over a decade ago, I recruited my husband as a taste-tester. He was eager to indulge. On a scale of 1 to 10, he rated the plant-based patty at 5. He didn't care for the texture or taste. He said it was mushy. However, when he ate it hidden in the bun and toppings, he rated it 7. My 21-year-old son reluctantly took a bite of the patty and rated it 3. It didn't look like quality ground beef to me. Then again, neither does fast-food hamburger meat. When I told my 18-year-old son about the taste test, he volunteered to try Tim Hortons' plant-based 'sausage' with egg and cheese on an English muffin. He rated it 7.

I like to be informed. When I eat cake, I know it's a treat. If you're striving to maintain a balanced diet with occasional treats for pleasure, you might consider plant-based 'meat' a source of protein that's more of a convenience food than a health food.

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# After Operation Entebbe, rescuer came to understand the meaning of being a Jew

**Rami Sherman**, operations officer of Operation Entebbe tells his story at SJCC. **Matthew Horwood** reports.

BY MATTHEW HORWOOD

Operation Entebbe, the successful mission to rescue 94 Israeli passengers and a 12-member Air France flight crew being held hostage by terrorists in Uganda, is one of the most celebrated success stories of the Israel Defense Forces (IDF).

Rami Sherman, a veteran of the mission, said he doesn't believe he is a hero. He was just doing his duty to save lives.

Sherman visited Ottawa on June 20 and discussed the mission at the Soloway Jewish Community Centre (SJCC) at an event organized by the Vered Israel Cultural and Educational Program.

Serving in the IDF's elite Sayeret Matkal unit, Sherman was the operations officer for Operation Entebbe.

Sherman said the hijacking was a "reminder of what could happen to any Jews in any corner of the world."

On June 27, 1976, an Air France Flight carrying 248 passengers was flying from Tel Aviv to Paris. After a stopover in Athens, the plane was hijacked by two terrorists from the Popular Front for the Liberation of Palestine and two from German Revolutionary Cells. The hijackers diverted the flight to Benghazi, Libya and then to Entebbe, Uganda.

"It wasn't against Israel in the beginning," Sherman said of the hijacking. "It was a terror attack against civilian people from all different parts of the world."

After moving the hostages from the aircraft into a disused airport building, the hijackers split the 246 hostages into two groups of Jews and non-Jews, based on their passports. On June 30, 48 hostages – picked from among the non-Israeli group – were released and flown back to Paris.

The terrorists demanded \$5 million for the release of the airplane, as well as the release of 53 Palestinian and pro-Palestinian terrorists, 40 of whom were being held in Israel. The hijackers

threatened to kill the hostages if their demands were not met by their deadline of July 1.

Israel tried using political avenues to obtain the release of the hostages, but their efforts were unsuccessful. By July 1, the Israeli cabinet managed to convince the terrorists to extend the deadline to July 4, giving Israel time to plan a rescue mission.

As operations officer, Sherman was tasked with preparing the team for the operation. Sherman said before the plan could go forward, there were several difficulties that needed to be taken care of.

As Sherman explained, the IDF lacked the logistical capacity to refuel their aircraft so far from Israeli airspace, so the government secured permission from Kenya for the planes to refuel there.

Little was known about the situation in Entebbe, so Mossad – the Israeli intelligence agency – gained intelligence for the operation by flying a spy plane over the airport, as well as conducting interviews with some of the recently released hostages.

On July 3, four Israeli air force C-130 Hercules transport aircraft took off from Tel Aviv, carrying 100 commandos, plus air crew and support personnel, as well as vehicles and armoured personnel carriers. Sherman said due to time constraints, the planes left before the Israeli government had given the green light for the operation.

The pilots flew only 30 metres above the Red Sea in order to avoid radar detection, which caused constant turbulence and resulted in many soldiers becoming sick.

Sherman recalled that during the flight, the mission's commander, Lt. Col. Yonatan Netanyahu – the older brother of current Israeli Prime Minister Benjamin Netanyahu – said there was "a mutual responsibility between all Jews to help each other."

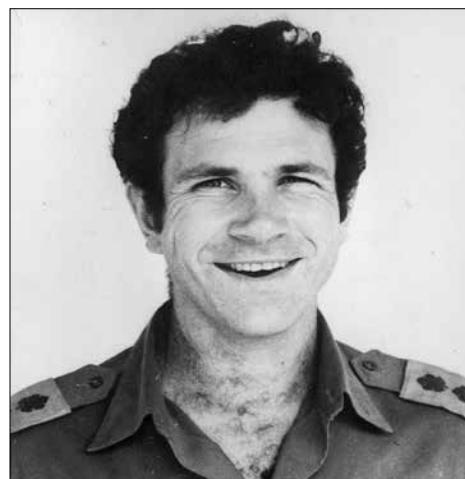
Sherman said he understood what it means to be an Israeli, "but what did it mean to be a Jew? I did not know what he was talking about."

According to Sherman, Netanyahu also said he had a feeling he would not come back from the operation.

The planes landed at Entebbe at 11 pm, with their cargo doors already open. From there, Sherman and his team drove to the security checkpoint in vehicles painted and decorated to look



Rami Sherman, operations officer during Operation Entebbe in 1976, describes the rescue mission during a talk at the Soloway Jewish Community Centre, June 20.



Lt. Col. Yonatan Netanyahu, the commander of the rescue mission, was the only IDF fatality during Operation Entebbe.

– as well as gathered intelligence and destroyed Ugandan air force planes – they took off for Israel.

The entire operation lasted just 53 minutes. All seven hijackers and between 33 and 45 Ugandan soldiers were killed. Netanyahu was the only Israeli rescuer who was killed, although three of the Israeli hostages were killed during the gun battle with the terrorists.

Recalling Netanyahu's words during the flight to Entebbe, Sherman said that "for the first time, the meaning of being a Jew, and saving the lives of Jews, was so clear to me. That was the first step of my journey to accept myself as a Jew, not only an Israeli."

Sherman said in the decades since the operation he has met several former hostages that are still suffering from trauma. "Some are afraid of flying, have nightmares and are using medication. It was not all a happy ending," he said.

Sherman said he doesn't believe the Israeli soldiers who landed in Entebbe were heroes. "We did our duty to save lives and bring the hostages back home. I am sure most of the soldiers in the world would have done the same. We don't need any medals."

Instead, Sherman said Air France pilot Michel Bacos was a hero for refusing to leave his Jewish passengers behind when the terrorists offered to release the flight crew along with the non-Jewish passengers.

Sherman recalled attending a ceremony in Entebbe in 2016 marking the 40th anniversary of the rescue, where he gave Prime Minister Netanyahu a book as a gift. On the last page he wrote, "I flew to Entebbe as an Israeli officer and came back as a Jew – but it took me 40 years to understand that."

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# Goodbye sand, hello turf

*Newly renovated playgrounds open on Jewish Community Campus*

BY STEPHANIE LEVITZ  
EARLY BEGINNINGS BOARD  
OF DIRECTORS

With sand-filled shoes now a thing of the past, it's hard to tell who is more excited about the two newly renovated playgrounds on the Jewish Community Campus: the kids, or their parents.

The renovated playgrounds on the site of Early Beginnings Multicultural Daycare officially opened in late June. It was the biggest project undertaken by the centre since director Sandy Deyo started there more than two decades ago.

"There were a lot of pieces that had to fit together," Deyo said.

Early Beginnings has been part of the community since 1989, moving to its current home at 11 Nadolny Sachs Private in 1999.

The playgrounds date back over 15 years, and are used by upwards of 100 kids a day – there are 63 children at Early Beginnings and as many as 79 enrolled at Ganon, the preschool program at the Soloway Jewish Community Centre (SJCC). As well, they are used by the Soloway JCC's summer day camp program.

What felt like buckets of sand coming home in kids' shoes wasn't the only concern voiced by parents and staff, the structures were showing signs of age and no longer fit the needs of all kids.

So when Early Beginnings received charitable status in 2015, enabling it to apply for grants, redoing the playgrounds became a priority.



Children enjoy one of the new playground structures outside the Early Beginnings Multicultural Daycare on the Jewish Community Campus.

In late 2018, Early Beginnings secured just under \$133,000 for repairs and maintenance from the City of Ottawa, thanks to special purpose funding made available from the province.

Deyo immediately began work alongside Ganon directors Angela Lowe and Reesa Shinder to bring the space up to date with guidance from local company Playground Planners.

Ottawa Centre MPP Joel Harden, whose riding encompasses the Jewish Community Campus, was among those

who braved a rainy day in late June for the official ribbon cutting.

He noted that one important feature is that the yards are more accessible to kids of varying abilities, adding to the daycare's overall appeal.

"People are clamouring to get in here already, and this is just another element," he said.

Replacing all the sand with turf is only one of dozens of improvements.

New climbing structures, slides, natural wood accents, a mud kitchen and



(From left) Ottawa Centre MPP Joel Harden, Early Beginnings Board Chair Neil Presner, Ganon Preschool Directors Angela Lowe and Reesa Shinder, and Early Beginnings Director Sandy Deyo at the ribbon-cutting ceremony for the new playgrounds on the Jewish Community Campus.

a play tent are among the new installations geared towards increasing the space's play value.

"These playgrounds, the money that we were lucky enough to get, will only enhance our programs for our community as a whole, not just the Jewish community. We don't only have Jewish families in any of these programs," said Neil Presner, chair of the Early Beginnings Board of Directors.

"It's really encouraging that this is the future of the space they can play in," he added.

## 'Falsettos': Musical with Jewish themes coming in September

BY ADAM MOSCOE  
FOR ORPHEUS MUSICAL  
THEATRE SOCIETY

Deep into rehearsals to play Mendel, the psychiatrist-turned-stepdad, in "Falsettos," a landmark musical and perhaps the only one with a bar mitzvah boy as hero, I am living my musical theatre dream!

I am thrilled that the Orpheus Musical Theatre Society is presenting this ambitious show, for the first time in Ottawa, September 4 to 7, at the Gladstone Theatre, and I hope you will agree it is as beautiful as it is timely. As the New York Times described the recent hit Broadway revival, it's a perfect musical, starring an imperfect family.

"Falsettos" is William Finn's Tony Award-winning masterpiece, a sung-through marathon where love tells a

million stories, at a time when "something bad is happening." That something is the early days of the AIDS crisis in the gay community.

It is 1979 in New York City. Marvin, our protagonist, reveals he has left his wife, Trina, for a man, Whizzer, and is trying to keep his "tight-knit family" afloat. His 10-year-old son, Jason, anxiously ponders over whether being gay is a hereditary trait. Trina, on the verge of a nervous breakdown, starts seeing Marvin's psychiatrist, Mendel, who takes great interest in his new patient – "I think she's very insecure, but so am I" – and the two end up married. Meanwhile, Jason starts developing a bond with Whizzer, the only adult he will fully trust. Throughout Act I, the family gets closer and closer to capsizing, until Marvin has a heart-to-heart

See Falsettos on page 23



Singer Adam Moscoe performs during Limmud Ottawa, March 31, 2019, at the Soloway Jewish Community Centre.

# Rabbi Shaps retires as executive director of Torah Day School

*Will continue in advisory role at school, and carry on as founding director of JET*

BY MATTHEW HORWOOD

**A**fter 15 years of service, Rabbi Zischa Shaps has retired from his role as executive director of Torah Day School of Ottawa.

Torah Day School was created in 2016 by the amalgamation of two Orthodox day Schools: Torah Academy of Ottawa and Rambam Day School. Rabbi Shaps had been executive director of Torah Academy.

Rabbi Shaps received his ordination from the Rabbinical Seminary of America-Yeshiva Chofetz Chaim in New York, and holds a master's degree in education from Adelphi University.

Rabbi Shaps came to Ottawa in 1989 to teach at Ottawa Torah Institute, an Orthodox high school affiliated with Yeshiva Chofetz Chaim. He also taught at Hillel Academy – now the Ottawa Jewish Community School – starting in 1993.

In 1992, Rabbi Shaps wanted to “do something more,” and so he founded Jewish Education through Torah (JET), with the help of his wife, Lauren.

“Adult education was something I felt there was a need for in the city,” Rabbi Shaps said. “The Ottawa synagogues had a class or two, but there weren't any direct adult education programs.”

In 1996, Rabbi Shaps and Lauren were two of the nine original board members who founded Torah Academy of Ottawa.

“The board worked together to hammer out what the school should look like and how everyone could be happy,” he said.

In 2004, Rabbi Shaps became executive director of Torah Academy, while still maintaining his role as director of JET.

It was “not easy” to go from teaching to being responsible for two organizations simultaneously, he said. “With teaching you are responsible for your own class. You don't have responsibility for finances, for anybody else's job or for making sure the building is operational.”



Despite retiring as executive director of Torah Day School of Ottawa, Rabbi Zischa Shaps remains actively involved in Jewish education for children and adults in Ottawa.

During his time as executive director at Torah Day School, Rabbi Shaps said he personally completed many hands-on jobs that needed to get done. “I've put out road salt and shovelled snow, I've mopped floors and washed dishes. If you don't have enough money to pay someone to do it, you need to do it yourself,” he said.

“I'm not the only one who has done

that, you can't accomplish much without other staff and volunteers.”

Rabbi Shaps said a major accomplishment was keeping Torah Day School in a “reasonable financial situation” despite financial limitations.

“We were able to pay every person their salaries and any vendors, and we never owed any money. I was proud we were able to live within our means,”

Rabbi Shaps said.

In 2016, Rabbi Shaps was also involved in the logistics of unifying Torah Academy and Rambam Day School.

Tamara Scarowsky, writing on behalf on behalf of the Torah Day School of Ottawa Board of Directors, said Rabbi Shaps “has selflessly done whatever was required to promote the vision of Jewish education for our children, from assuming the role of interim principal during times of need, to the smallest, thankless jobs no one else would volunteer for. He has touched the lives of so many students and their families and has built relationships that have carried through generations... His quiet strength and unwavering *bitachon* [trust] have been the bedrock upon which we now continue to build and grow the school.

“Words cannot do justice to the contribution to Jewish education in our community that Rabbi Shaps has made – and continues to make – as the seeds he has sowed and nurtured for over 30 years continue to bear fruit,” Scarowsky said.

Torah Day School is planning to recognize and honour Rabbi Shaps at a date to be announced this fall, Scarowsky added.

Rabbi Shaps is staying on with Torah Day School in an advisory role – by sitting on the newly established Rabbinical Advisory Committee and as a consultant on fundraising.

He will also continue as director of JET and recently joined the board of Ottawa Torah Institute. As well, he has been a member of the board of Congregation Beit Tikvah for the past two years.

Between those roles, and spending time with his family, exercising, and studying Torah, Rabbi Shaps says he will keep busy.

Ottawa, said Rabbi Shaps, has been a “wonderful place” to raise his children. “The community has a lot going for it, and everyone needs to keep pitching in to sustain it and allow it to grow.”

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# Temple Israel's Ranit Braun honoured for excellence in Jewish education

BY MATTHEW HORWOOD

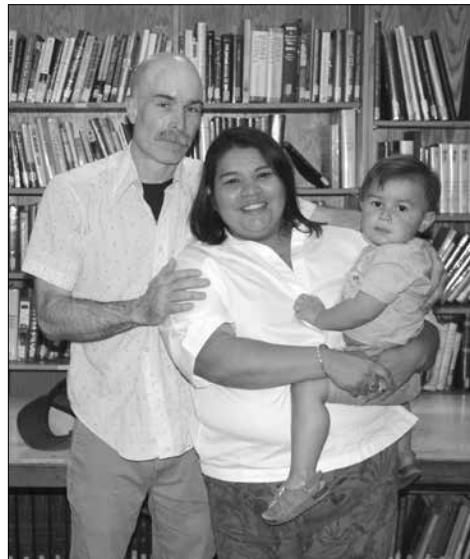
**R**anit Braun, a teacher at Temple Israel Religious School (TIRS) and Ottawa's 2019 recipient of the North American Grinspoon Award for Excellence in Jewish Education, says she learns something new from every group of students she teaches.

The North American Grinspoon Awards for Excellence in Jewish Education, formerly known as the Grinspoon-Steinhardt Awards, celebrate "successful innovation in Jewish education by partnering with local community partners across the United States and Canada." In Ottawa, the Harold Grinspoon Foundation – which also created the PJ Library program – partners with the Jewish Federation of Ottawa.

Braun received the award, June 16, during Temple Israel Religious School's end of the year potluck picnic.

Braun has been at TIRS for nearly 15 years, teaching Hebrew, Tanakh, Jewish history, tikkun olam, tzedakah, and gemilut hasadim.

Braun said she chose to become a teacher because both her parents – Rabbi Ely and Sheli Braun, who made



Ranit Braun, seen at Temple Israel with husband Jason Demorest and son Gibby, follows in the footsteps of her mother, Sheli Braun, as Ottawa recipient of the North American Grinspoon Award for Excellence in Jewish Education.

aliyah to Israel in 2015 – were teachers, and she finds "a lot of purpose and meaning in teaching every day."

Braun said because TIRS is a supple-

mentary school, teachers are required to use "a lot of creativity and individual prep work" to make the most of the few hours they have with the students.

One example of creative lesson planning is Braun's Shoah unit, where each student researches and develops a character – Jewish or non-Jewish – living around the time of the Second World War. As the students move through the unit, they record entries in their diaries as if they are experiencing the events of the Holocaust as they transpire.

In addition to teaching, Ranit has been the junior youth group adviser for Temple Israel since last year.

Braun also created two JBaby programs, in which parents and their children under two years of age gather to socialize in a group setting.

Braun said she had the idea for the JBaby program during her maternity leave, because she wanted to "do stuff with my baby and connect with other people in the community."

After the success of the first JBaby program, held at Temple Israel on the second Shabbat of every month, Braun approached Marilyn Adler, the recre-

ation program and volunteer manager at Hillel Lodge, about starting a second program to allow seniors to engage with the babies.

Adler said the JBaby program provides opportunities for "meaningful and positive interactions between babies and toddlers and the Hillel Lodge residents."

"This is an amazing intergenerational program, connecting three important elements: children, the elderly and Jewish culture," she said.

Braun said the JBaby program is a "great start for Shabbat and the seniors are so happy to have young people around. It warms their spirit."

Braun said the award was "very much a surprise," especially since her mother, Sheli Braun, received the award in 2005.

Braun said her favourite aspect of teaching is learning something new from every group of students in her classroom. "You can use the same material and have the same taglines, but it's different every year because the students are different," she said.

"The students are the ones developing my skills and maintaining my desire to teach."

# Congregants, colleagues and students fete Rabbi Howard and Rivka Finkelstein

BY AARON KAISERMAN  
FOR CONGREGATION BEIT TIKVAH

**C**ongregation Beit Tikvah of Ottawa (CBTO) hosted a retirement party, June 3, for Rabbi Howard Finkelstein, its beloved spiritual leader of 28 years.

After an elegant reception, speakers shared words of appreciation for Rabbi Finkelstein and wife Rivka for their devotion to the growth and wellbeing of the Ottawa Jewish community. Rabbi Finkelstein was celebrated not only by the membership of CBTO, but also by many of his students from his tenure as a teacher and dean of Judaic studies at the Ottawa Jewish Community School and Yitzhak Rabin High School (YRHS). A contingent of former congregants from Kingston's Beth Israel Congregation, where Rabbi Finkelstein served for 12 years, also attended to wish him a happy retirement.

The evening's MC was Bobby Wollock, president of CBTO and a former student of YRHS.

Rabbi Reuven Bulka began the series of moving speeches with a video message recalling the partnership he and Rabbi Finkelstein shared as members of Ottawa Jewish clergy.

Neima Langner, who was instrumental in the founding of YRHS, spoke fondly of the partnership she and the

*After an elegant reception, speakers shared words of appreciation for Rabbi Finkelstein and wife Rivka for their devotion to the growth and wellbeing of the Ottawa Jewish community.*

rabbi shared in the high school, as well as their long personal friendship. She noted his ability to surprise and inspire, as well as his deep, heartfelt commitment to his congregants, students, and the Jewish people.

Ed Fine, a founding member of CBTO, offered similarly warm praise, describing Rabbi Finkelstein's "subtle and profound form of leadership" that has shepherded the congregation from strength to strength over the past three decades.

Several speakers commented on the rabbi's hallmark qualities of integrity and strength of will when addressing ethical concerns. They also celebrated his desire and ability to form meaningful connections with each of his congregants and students.

They also fondly discussed Rivka's exuberant warmth and tireless desire to be of service to her community, such as when she prepared hot meals for



At his retirement party, Rabbi Howard Finkelstein receives a plaque of appreciation from Bobby Wollock, president of Congregation Beit Tikvah.

those in the Craig Henry neighbourhood affected by the tornado last year.

Toward the end of the evening, Wollock presented the rabbi with a plaque and offered his own personal words of appreciation, playfully mimicking Rabbi Finkelstein's style when officiating at bar mitzvahs.

Rabbi Finkelstein himself then delivered a moving speech to thank the community for being a strong partner in the shul's material and spiritual growth and describing his love for the congregation as a family. He even credited congregants for helping raise his son, Tani. Rabbi Finkelstein concluded by urging continuity of the community and education in Ottawa, and expressed his desire to keep in touch with his students and congregants, even after he and Rivka make aliyah. A standing ovation and more than a few tears ushered the rabbi



Rivka and Rabbi Howard Finkelstein pause for a photo during their retirement party, June 3, at Congregation Beit Tikvah.

from the podium.

To close the evening, Jonathan Isserlin, another founding member of CBTO, sang "I'm Reviewing the Congregation," a parody of a song from the musical "Oliver!" that gave comedic voice to the rabbi and the congregation's relationship through the years. All in attendance were inspired to join together in wishing "kol hakavod" and a wonderful retirement in Israel to Rabbi Howard and Rivka Finkelstein.



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**R'Fuah Shlema:**

Donna Klaiman by Marion Silver and Alan Brass and family

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Joel Diener Mazel Tov on your hat trick – 60th Birthday, retirement and becoming a Zayda

by Lisa and Mitch Miller and family, Bill Izso, Adam Schacter, Sam Firestone, Roger Greenberg, Mark Shore and Adam Tanner, Seymour and Aviva Diener and Lawrence Greenspon

Hartley Stern With thanks for all your contributions by Barbara and Joel Diener  
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Linda Kerzner In recognition of your great work by Barbara and Joel Diener  
Steven Kimmel Mazel Tov on receiving the Gilbert Greenberg Service Award by Barbara and Joel Diener

Michael Polowin Mazel Tov on your new appointment as the Chair of the JFO by Barbara and Joel Diener

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**R'Fuah Shlema:**  
Donna Klaiman by Henry and Maureen Molot

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Sol Shinder Mazel Tov on your special Birthday by Joan and Russell Kronick  
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Mark Molot by Joan and Russell Kronick

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Ken and Leah Miller Happy Anniversary by Haley, Dalia, Lisa and Mitch Miller  
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Bonnie and Bruce Engel Mazel Tov on Gabby's baby naming by Mitch, Lisa, Dalia and Haley Miller  
Dr. Allan Shefrin Mazel Tov on receiving the Freiman Family Young Leadership Award by Mitch, Lisa, Dalia and Haley Miller  
Charles Schachnow Mazel Tov on receiving the Shem Tov Award by Mitch, Lisa, Dalia and Haley Miller

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Morris Agulnik by Paula and Manny Agulnik  
**In Honour of:**  
Len Bennett wishing you good health on your special Birthday by Paula and Manny Agulnik

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**In Honour of:**  
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**In Memory of:**  
Myles Taller by Monica Robidoux and Ruth Calof and David Moskovic

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The Honourable Benjamin Greenberg by Louis and Diane Tannenbaum  
Claude Refour by Louis and Diane Tannenbaum  
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Louis and Diane Tannenbaum Mazel Tov on your 60th Anniversary by Carolyn Tannenbaum

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Morris Agulnik by Risa, Brent and Shira Taylor

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**In Honour of:**  
Cynthia and Art Turner Mazel Tov on your 50th Anniversary by Toby and Joel Yan

Continued on page 23

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Continued from page 22

**Carole and Norman Zagerman Family Fund**

**R'Fuah Shlema:**  
Zelaine Shinder by Carole Zagerman  
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**Feeding Program**

**In Memory of:**  
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**In Honour of:**

Fay Koffman Happy 95th Birthday by Zena Lief and Sweetie  
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Hymie Reichstein In appreciation by David and Judith Kalin  
Dr. Alex and Linda Wakter and Sally Taller Mazel Tov on Tara's engagement to Kobi by Annette Albert

**R'Fuah Shlema:**

Jill Bellack by David and Judith Kalin  
Donna Klaiman Fine by David and Judith Kalin  
Leslie Cramer by David and Judith Kalin  
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**Recreation Program**

**In Honour of:**

Ruth Victor Best wishes on your 104th Birthday by Ronnie Goldberg, Beverley Gershkovitch and Mona Lefort  
Annette Albert Best wishes on your special Birthday by Esther and David Kwavnick  
Cynthia and David Blumenthal Mazel Tov on

your 50th Anniversary by Beth Roodman  
Enid and Jeff Gould Mazel Tov on your 50th Anniversary by Beth Roodman  
\*\*\*\*\*

**Therapeutic Program**

**In Honour of:**

Annette Albert Mazel Tov on your milestone Birthday by Selma, Murray and Greg Gilfix  
Charles Schachnow Mazel Tov on your most deserving honour by Ingrid Levitz  
Dr. David Malek Best wishes on your Birthday by Zelaine and Sol Shinder

**In Memory of:**

Mark Molot by Carol Gradus  
\*\*\*\*\*

**In Memory of:**

Ann Zussman by Linda and Stephen Weiner  
Raphael Fleming by Carolyn Weiss  
Morris Agulnik by David's friends from Merivale High School and Hillel Academy and Irwin and Annie Hinberg  
Mark Molot by Sandy and Marvin Granatstein  
Sheila Hartman by Roz and Stan Labow  
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Pauline Hochberg by Stan and Roz Labow  
George Bond by Monica Rosenthal

**In Honour of:**

Howard and Alicia Starr Warmest wishes on your 50th Anniversary by Sheela and Ozzie Silverman  
Len Bennett Mazel Tov on your special Birthday by Phyllis and Bill Cleiman  
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Ralph Levenstein Best wishes on your Birthday by Bill and Laurie Chochinov  
Mark and Carol Tolchinsky Best wishes on your Anniversary by Bill and Laurie Chochinov

**R'Fuah Shlema:**

Charles Starosta by Betty Steinmetz

## Falsettos: Poignant song-filled drama

Continued from page 19

with his son and reaffirms his dedication as a father.

In Act II, Jason's imminent bar mitzvah is the focal point for the drama, although the planning process becomes obsessive and further flares the tensions between Marvin and Trina. Jason can't understand "what have I done that they'd ruin my bar mitzvah" with all the adults' bickering. He is also growing up, listing off the girls in his class and wondering which ones to invite to the big day, and whether they would laugh at his Hebrew. (Cooper Dunn, who plays Jason, has been working hard on his pronunciation!)

As everyone gathers to cheer on Jason at a baseball game – "We're watching Jewish boys/Who cannot play baseball/Play baseball" – Whizzer returns to the scene and gets back together with Marvin. But something isn't right. Whizzer develops a mysterious illness, and once it worsens, Jason is beside himself, nearly cancelling the bar mitzvah, until he has an epiphany and insists the bar mitzvah be held in Whizzer's hospital room. "Falsettos" is at its most touching during these final scenes, culminating in a moving love duet, "What would I do/If I had not loved you?"

*"Falsettos" is an epic undertaking, and the Orpheus Musical Theatre Society is to be applauded for embracing the challenge and diving into Jewish theatrical styles and humour.*

Much-needed comic relief is provided by the next-door neighbours, including Cordelia, an ambitious kosher caterer, played by well-known Ottawa actor, Andréa Black.

"Falsettos" is an epic undertaking, and the Orpheus Musical Theatre Society is to be applauded for embracing the challenge and diving into Jewish theatrical styles and humour. My fellow actors and I are sinking our teeth into the quick-witted ensembles and heart-wrenching ballads. We very much hope you will join us.

"Falsettos" runs September 4 to 7 at the Gladstone Theatre. Visit [www.thegladstone.ca](http://www.thegladstone.ca) for more information or tickets.



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Tamir's AGM, held on June 27th 2019, offered something for everyone! Starting with an enthusiastic performance by the Neshama Choir, an informative business meeting and our very own Amazing Race, where attendees participated in a series of "challenges" to learn more about Tamir and win a prize. The evening truly was "Amazing!"



**Spinning and citizenship** – “Pedalling and sweating to the beat of fabulous music, while building strength and resilience in the company of a group of great fellow spinners, is a typical SJCC spin class experience,” writes Sabina Wasserlauf. “Occasionally, an extra element creeps in, as it did on Friday, June 14, when the class surprised our intrepid instructor (and SJCC president and COO) Barry Sohn, with a party to celebrate the wonderful occasion of Barry and his family having been sworn in as Canadian citizens. “Our strenuous physical output was followed by a slice of truly nutritious Canada Flag cake, but only after Barry successfully (for the most part) answered group members’ Canadiana skill-testing questions!”

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**Machzikei Hadas Blood Drive** – Congregation Machzikei Hadas held its annual blood drive, June 19 and 20, at Canadian Blood Services. (From left) Zena Lief, Brian Mordfield and Debbie Arenau wait with Rabbi Reuven Bulka, rabbi emeritus of the congregation, to donate blood.

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# Managing challenges in your child's life

Summer fun was on the agenda for my sons and me on July 21, 2017. It was a relaxed day spent playing, laughing, toy shopping and eating ice cream. We planned to end the day with a romp in the splash pad and dinner in the park after a quick stop at the doctor's office. I remember driving around the city that day feeling grateful for the simple, easy, fun time we were having. It was a day of "yes" – a day when you say "yes" to requests more often than you say "no." Those days don't happen all that often.

I wasn't expecting anything significant to come from the doctor's appointment. Our youngest, only three at the time, had started wetting the bed again. This coincided with his first experience at day camp, so we chalked it up to a reaction to the change in his routine. But then the frequency of the accidents increased significantly. During the day, he was constantly thirsty and always needing to pee.

Our amazing family physician came into the exam room and upon hearing the symptoms went straight to get a small device to check his blood sugar. Within minutes of arriving at her office, she looked at me and said, "He most likely has Type 1 diabetes. You need to take him straight to CHEO. Do not go home first, do not make any stops along the way. I will call ahead and tell them you are coming."

It's always a shock to have to make an unexpected trip to hospital, especially for one of your children. As much as we complain about having to wait to be seen in the emergency room, not waiting brings its own special kind of panic. Not waiting is serious. Sure enough, after more tests and conversations with the stellar team at CHEO, they confirmed a diagnosis of Type 1



JEN PERZOW  
**MODERN  
MISHPOCHA**

*A shoutout to anyone managing big and little challenges in their child's life, especially the challenges that very few people see or know about. You are not alone. If you feel that you are, please reach out.*

diabetes (T1D).

T1D is an auto-immune disorder that causes the pancreas to stop producing insulin. Without insulin, cells in our body are not able to absorb the sugar that they need to survive. A buildup of too much sugar in the blood can cause lifelong complications and/or death. Not enough sugar in the blood can also be fatal. While T1D can be managed today, there is no cure. It can happen to anyone.

T1D signs and symptoms can appear relatively suddenly and may include increased thirst, frequent urination, and bedwetting in children who previously didn't wet the bed during the night. If not detected and treated, additional symptoms can include extreme

hunger, unintended weight loss, fatigue and weakness, and blurred vision.

Parents of kids with T1D speak about the shock, grief, anger, fear and sadness that accompanies the diagnosis. It is a bit like having a newborn. You are overwhelmed, exhausted and emotional at a time when you are taking on heady responsibilities with a steep learning curve.

Your days are filled with multiple injections and constant pleas for the needles to stop. You tell your child that the needles will not go away and eventually you learn to do so without tears in your own eyes. You weigh food, count carbohydrates and measure insulin. You prepare yourself for insulin pumps, continuous glucose monitoring devices, and emergency kits. You teach others how to keep your child alive and safe. You learn about future complications without worrying that every mistake you make will have dire consequences down the road. You learn to manage a disease that previously was nothing more than a word. Now it has changed your life.

While November is officially National Diabetes Awareness Month, for this mom, July is always the month when I look back in wonder and gratitude for all that we've learned, the support we've received, and for every single additional day with this precious child and his amazing siblings who are all daily reminders of bravery, resilience, strength and love.

A shoutout to anyone managing big and little challenges in their child's life, especially the challenges that very few people see or know about. You are not alone. If you feel that you are, please reach out. I guarantee someone is waiting to connect with and support you.

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For more information and to apply for this position, please refer to the job description by logging on to our website:

<https://cbto.org/rabbi-job-posting-2/>

# The power of a word to charify or create obfuscation

**W**ords are important. Words are so important that, in our Jewish tradition, if a word of Torah is mispronounced during worship services, it must be repeated correctly. Words can have multiple meanings. Shalom is a prime example. Hello, goodbye, wholeness, are just a few of the meanings associated with the three root letters: Shin, Lamed and Mem. Words are also the means that we have for communication. They are also the most basic tool we have for creating obfuscation, misleading, and massaging messages. Two seemingly disconnected situations reinforced the power of words to me.

I recently returned from a two-week journey in four Baltic countries: Finland, Russia, Estonia and Latvia. I travelled with my wife's choir, the Ottawa Choir Society, to Helsinki, St. Petersburg, Tallinn and Riga. While she and 75 other beautiful voices offered concerts in historic churches and concert venues, I served as a roadie/schlepper. While many in the choir enjoyed the 14-centuries-old towns of Riga and Tallinn, and the czarist beauty of St. Petersburg, a few of us explored the rich Jewish history and the current situation of Jews in these countries. It was not a journey for the faint of heart.

In each country, I learned there is a particular and unique perception of the events we call the Shoah. In Russia, horrors were perpetrated upon disloyal citizens of the U.S.S.R. Any and all acts ordered for the sake of survival were valid and necessary. They were fighting a life or death struggle against the barbaric fascists. Those who fled the Nazis from Poland and elsewhere were not ethnically Russian. Their deaths were simply collateral damage in the communist struggle against fascism. In fact, the Russian ethnographic



museum proudly speaks of the Jews of Russia. Any and all oppression of our ancestors was the result of the pre-revolutionary horrors of the Romanovs and their predecessors. No anti-Semitism there.

In Estonia, the first country to be "Judenfrei," the collaboration by Estonians with the Nazis was seriously underplayed. The real enemy was the Soviet Union and there, words were directed toward the brave Estonian citizens who helped the Germans free themselves from the evils of Stalin. No anti-Semitism there.

In Latvia, there was a more nuanced approach. They acknowledged the slaughter of 50,000 Jews in the Riga Ghetto, and the murder of another 25,000 German Jews transported to the ghetto and the mass extermination of Jews in the forests. Yet, they spoke of the righteous gentiles and of the priest who saved Riga's main synagogue. Words were used to explore the complicated dynamic between the Latvians and two oppressive conquerors. Words helped the visitor to the National Museum of Occupation, Resistance and Emancipation understand that human interactions are complex and multi-dimensional. Maybe a little anti-Semitism there.

Just before our journey began, the National Inquiry into Missing and Murdered Indigenous Women and Girls report was released.

The outcome of four years of searing personal testimonies of the families of nearly 1,200 missing and murdered women, the report offered hundreds of recommendations in response to tragedies experienced by Canada's Indigenous peoples.

However, the powerful and deeply felt angst of the report was immediately lost in a cacophony of noise related to the use of one word: genocide.

The report minces no words when it says, "there exists a race-based genocide of Indigenous Peoples... empowered by colonial structures... leading directly to the current rates of violence, death, suicide in Indigenous society."

For many of us, the word genocide is reserved for the destruction of European Jewry. What happened in Germany, Poland, Latvia, Estonia, etc. was 'the genocide.'

Unfortunately, there are many other examples of genocide: the mass killing of Tutsi in Rwanda; the ethnic cleansing committed by Bosnian Serb forces. The list is lengthy. Yet, many believe the report misused the term genocide. One word has the power to destroy all the good and noble work of the National Inquiry into Missing and Murdered Indigenous Women and Girls. A sad but true reality of the post-Shoah world is there is a fight over who can claim rightful ownership of a word.

We who know first-hand of the destructive power of genocide might be well served by learning to share the term. "Genocide," as Erna Paris wrote in the June 4 Globe and Mail, "is a legal term, not a societal term." (<https://tinyurl.com/ernaparis>) While technically correct, perhaps words and their meanings do become societal terms. Best not argue over words when the death of a people is at stake. We of all peoples should resonate with that reality.

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# WHAT'S GOING ON | July 22 to August 18, 2019

FOR MORE CALENDAR LISTINGS, OR TO SUBMIT EVENT LISTINGS, VISIT [WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR](http://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.

## WEDNESDAY, JULY 24

### Stem Cell Registry Drive - Get Swabbed Event

8 am - 11:30 am  
Contact: Steve at [gleddiesteve@yahoo.ca](mailto:gleddiesteve@yahoo.ca)  
Save someone like Ottawa's 5-year old, Hillary McKibben. Eligible donors should be between 17 and 35 years old, in good general health, and willing to donate to any patient in need. Men are especially needed as donors. Fewer than 30% of patients who require stem cell transplants find a compatible donor within their family. The rest rely on those who have volunteered to donate stem cells to anyone in need.

## SATURDAY, JULY 27

### TOT Shabbat

10:30 am - 12:30 pm, Kehillat Beth Israel, 1400 Coldrey Avenue  
Contact: Rabbi Zuker  
[rabbizuker@kehillatbethisrael.com](mailto:rabbizuker@kehillatbethisrael.com)  
Join Rabbi Zuker for a Shabbat Beach Party! We'll share prayers, songs, stories, and snacks. Free and open to the community.

## FRIDAY, AUGUST 16

### Temple Israel Erev Pride Shabbat and Dinner

6 - 8:30 pm, Temple Israel, 1301 Prince of Wales Dr.  
613-224-1802  
Contact: Dar Blue  
[blued@me.com](mailto:blued@me.com)  
Celebrate Capital Pride at Temple Israel with an Erev Pride service at 6 pm followed by a potluck dinner. All are welcome to this LGBTQ event. Rainbow wear encouraged!

## MONDAY, AUGUST 19

### Film Night - 'The Fruit Machine' with a discussion

7 - 9 pm, Temple Israel, 1301 Prince of Wales Dr.  
Contact: Dar Blue, 613-297-1838  
[blued@me.com](mailto:blued@me.com)  
Film screening of the film 'The Fruit Machine' and discussion led by Michelle Douglas, who successfully sued the Canadian Armed Forces in a landmark 1992 case that ended Canada's formalized ban on LGBT people in the military.

## COMING EVENTS

## SUNDAY, AUGUST 18

### PJ Goes to the Pool

10 am - 12 pm, Soloway JCC Outdoor Pool  
Contact: Jordan Waldman  
[jwaldman@jewishottawa.com](mailto:jwaldman@jewishottawa.com)  
Join PJ Library for a fun time at the pool! Crafts, pizza included. \$5 per child or \$10 per family. Tickets available online at [www.picatic.com/event15627800227660](http://www.picatic.com/event15627800227660)

## FRIDAY, AUGUST 23

### Capital Pride Shabbat

7:30 - 9:30 pm, Kehillat Beth Israel, 1400 Coldrey Ave.  
Cost: \$10 - \$18 at [www.eventbrite.ca](http://www.eventbrite.ca)  
Contact: Jessica Burke, [jburke@cija.ca](mailto:jburke@cija.ca), 416-728-6376  
Please join us as we celebrate Pride in our diversity! This is a fully catered event including wine and dessert. Dinner will begin at 7:30 pm. Tickets must be purchased in advance, there will be no admission at the door. Get your tickets early. Hosted by The Centre for Israel and Jewish Affairs (CIJA), the Jewish Federation of Ottawa (JFO) and the Canadian Jewish Political Affairs Committee (CJPAC). Co-hosts: Kehillat Beth Israel, Temple Israel, Or Haneshamah

## SUNDAY, AUGUST 25

### Capital Pride Parade Tailgate Party

11:30 am - 2 pm, Pride Parade  
Gladstone at Bank  
Contact: Dar Blue  
613-297-1838  
[blued@me.com](mailto:blued@me.com)

Join us before the parade begins for cold drinks, snacks, schmoozing and fun! Look for our posters with more details on where to meet. Rainbow wear highly encouraged! All LGBTQ people and allies welcome!  
Sponsor: Temple Israel

## SUNDAY, SEPTEMBER 8

### Kosher BBQ Cook-Off and Festival

3 - 7 pm, Ottawa Torah Centre Chabad  
111 Lamplighters Dr.  
Contact: Rabbi Blum, [rabi@theotc.org](mailto:rabi@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](mailto:tpoirier@jewishottawa.com)  
613-798-4696, ext. 241  
The Jewish Federation of Ottawa's 2020 campaign kickoff event will feature Elon Gold, internationally known comedian and actor.

## WEDNESDAY, SEPTEMBER 18

### Shirley Berman Lecture Series:

#### Jacquelin Holzman, former mayor of Ottawa

7:30 - 9 pm, Temple Israel, 1301 Prince of Wales Dr.  
Contact: Elaine Brodsky  
613-798-4696, [ojhsoc@gmail.com](mailto:ojhsoc@gmail.com)  
Ottawa Jewish Historic Society presents a talk featuring the former mayor of Ottawa, Jacquelin Holzman.

## CANDLE LIGHTING BEFORE

JULY 26	8:20 PM
AUGUST 2	8:11 PM
AUGUST 9	8:02 PM
AUGUST 16	7:51 PM

## BULLETIN DEADLINES

WEDNESDAY, AUGUST 28	FOR SEPTEMBER 23
WEDNESDAY, SEPTEMBER 18	FOR OCTOBER 7
WEDNESDAY, OCTOBER 2	FOR OCTOBER 28
WEDNESDAY, OCTOBER 23	FOR NOVEMBER 11

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:

Morris Agulnik

Henri Dahan

Sukie (Sarah) Nadler

**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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