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OTTAWA JEWISH BULLETIN

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Rabbi Deborah Zuker set to donate kidney to David Uzan

BY MATTHEW HORWOOD

After months of searching for a suitable living organ donor, David Uzan will receive a kidney from Rabbi Deborah Zuker.

As reported in the Ottawa Jewish Bulletin ("David Uzan searches for a living kidney donor," October 15, 2018), Uzan, a married father of four young children, has IgA nephropathy, also known as Berger's disease. IgA nephropathy occurs when an antibody (immunoglobulin A) gets lodged in the kidneys, causing inflammation that hampers the kidney's ability to filter wastes from the bloodstream.

Without a kidney transplant, Uzan faced a lifetime of dialysis treatments lasting several hours several times per week. Uzan told the Bulletin last fall that while dialysis would keep his body in balance, it "results in a significantly reduced quality of life and life span. So a new kidney is the highly preferred option."

Rabbi Zuker, the associate rabbi at Kehillat Beth Israel, was found to be a direct kidney donor match for Uzan. Rabbi Zuker said she has been friends with David's wife, Ru, for about a year, so she was aware the family was getting ready to "ask a wider circle of people" about donating a kidney to him.

Rabbi Zuker and Ru met through their children, who have special needs. The pair connected through their desire "for them to be accepted and included in our Jewish community," said Rabbi Zuker.

Rabbi Zuker, Ru and Madelaine Werrier founded JOIN – the Jewish Ottawa Inclusion Network. JOIN is described on



David Uzan (right) visits Rabbi Deborah Zuker, January 21. Rabbi Zuker will donate a kidney to Uzan, who suffers from IgA nephropathy and has been searching for living donor.

its Facebook page as "a grassroots organization promoting and facilitating the inclusion of children of all abilities in the Ottawa Jewish Community."

"It's been a real blessing, in more than one way, to get to meet these people because we are improving the lives of all our children and our whole com-

munity, and I'm now improving David's life," Rabbi Zuker said.

As Rabbi Zuker explained, the process of becoming a kidney donor involves "a lot of blood work and lab tests, and when you get past a certain point there are a lot of different scans and clinic visits."

Rabbi Zuker said the tests began at the beginning of September, before Rosh Hashanah. She said the transplant procedure has been scheduled to take place on February 21.

Rabbi Zuker says she is not feeling at all nervous about the surgery.

"Ever since I knew that David needed a kidney, I knew it would be me," she said. "I just had a sense that this would happen and it feels like it's happening according to someone's plan."

Rabbi Zuker says she feels it is a "tremendous blessing" to be a part of something so miraculous.

"The fact that I can do this for another person because of the science feels pretty amazing," she said.

Uzan says that when he was told that Rabbi Zuker was a suitable kidney donor, he was in disbelief.

"I was very touched that she would be so enthusiastic about doing something that would cause her so much discomfort," he said. "I am maybe feeling a little bit nervous because it's a big procedure to go through, but more than anything I feel gratitude."

Uzan says he feels so appreciative of the gift he will receive from Rabbi Zuker, and adds how appreciative he is to "lots of other people who have stepped up in other ways to help."

Meal Train sites have been set up so that community members can volunteer to assist the Uzan and Zuker families with such tasks as meal preparation, child care, rides, etc. in a coordinated way. Visit www.mealtrain.com/trains/5y437z for the Uzan family site and www.mealtrain.com/trains/wyro27 for the Zuker family site.

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Library and Archives Canada acquires book from Hitler's personal collection

BY MICHAEL REGENSTREIF
EDITOR

A rare 1944 book that hints at what could have happened to Jews in Canada and the United States had the Nazis prevailed in the Second World War – and that came from Adolf Hitler's personal collection – has been acquired by Library and Archives Canada.

According to Library and Archives Canada, "The 137-page German language report, *Statistik, Presse und Organisationen des Judentums in den Vereinigten Staaten und Kanada* (Statistics, Media, and Organizations of Jewry in the United States and Canada), was compiled in 1944 by Heinz Kloss.

"The data contained within the book provides details on population statistics in certain cities," including Ottawa, "as well as key organizations and presses of Canadian and American Jewish communities.

"This work hints at the story of what might have happened in Canada had the allies lost World War II. It also demonstrates that the Holocaust was not a purely European event, but rather an operation that was stopped before it reached North America. The book adds a great deal of insights worthy of reflection for Canada about World War II, and is an important tool to fight Holocaust denial.

"The bookplate bears a stylized eagle, swastika, and the words 'EX LIBRIS ADOLF HITLER' indicating it came from Hitler's personal library."

Michael Kent, curator of the Jacob M. Lowry Collection at Library and Archives Canada unveiled the book at a



Michael Kent, curator of the Jacob M. Lowry Collection at Library and Archives Canada, unveils *Statistik, Presse und Organisationen des Judentums in den Vereinigten Staaten und Kanada*, a book once owned by Hitler, January 23.

press conference on January 23.

Recognizing the controversial nature of the acquisition, Librarian and Archivist of Canada Guy Berthiaume explained, "It is fundamental for a national institution like Library and Archives Canada – and other memory institutions around the world – to acquire, preserve and make available documents no matter how controversial or contentious they could be. It allows

us to educate and to advocate for the most complete historical record possible. The truth of history is woven from many sources, and it is only when history is presented in its entirety that it can support the free exchange of ideas that lies at the heart of a democratic society."

Rebecca Margolis, a professor in the Vered Jewish Canadian Studies program at the University of Ottawa and president of the Association for Canadian Jewish Studies, said the book was invaluable and "offers a documented confirmation of the fears felt so acutely and expressed by so many Canadian Jews during the Second World War: that the Nazis would land on our shores and with them, the annihilation of Jewish life here. While these fears may seem unfounded given the geographic distance of Nazi Europe to Canada, this handbook offering detailed statistics of Jewish populations across North America underlines their nightmarish potential."

Jewish advocacy organizations expressed support for the acquisition.

"This chilling document proves that the Nazis had terrifying global ambi-

"The data contained within the This work hints at the story of what might have happened in Canada had the allies lost World War II. It also demonstrates that the Holocaust was not a purely European event, but rather an operation that was stopped before it reached North America. The book adds a great deal of insights worthy of reflection for Canada about World War II, and is an important tool to fight Holocaust denial."

tions for the Holocaust. We are pleased that something of such important historical significance is in the hands of a responsible collection like Library and Archives Canada," said Martin Sampson, vice-president for communications of the Centre for Israel and Jewish Affairs.

"We are particularly grateful to Michael Kent, Library and Archives curator of the Jacob M. Lowry Collection, for understanding just how significant this document is and for acquiring it. We will use it as a tool to combat one of the most insidious and preposterous forms of anti-Semitism: Holocaust denial," added Sampson.

"This finding already sheds important new information about Hitler's objective to conquer America and Canada and initiate wide-scale genocide against its Jewish inhabitants and others. For researchers, educators and scholars alike, this information will transform the way we think about the Holocaust and neo-Nazis and white supremacists who live within our midst today," said Avi Benlolo, president and CEO of Friends of Simon Wiesenthal Centre.

The book was scheduled to be displayed at the International Holocaust Remembrance Day observance at Library and Archives Canada on January 27. As the event was taking place after this issue of the Ottawa Jewish Bulletin went to press, we will have a report in the February 18 edition.

CORRECTION

In a photo caption for the Canadian Jew Experience book launch article in the January 21 edition, Mark O'Neil was identified as the "former CEO of the Canadian Museum of History." In fact, he is the current CEO of the Canadian Museum of History and the Canadian War Museum.



Jason Ralph, Manager at Royal LePage Team Realty, would like to extend his hearty congratulations to **DAVID RESNICK** on his remarkable achievement of celebrating 30 years with Royal LePage Team Realty.

David always represents his clients with professionalism, loyalty and due care. He is highly respected by his peers within the real estate industry and has achieved many award levels over his career including the prestigious Lifetime Award of Excellence.

David is committed to excellence and strives to help his clients reach their real estate goals. Well done David and here's to continued success in the years to come.

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Josh Engel named managing partner at GGFL

BY LOUISE RACHLIS

Ingrid Levitz says that when Josh Engel emailed to let her know he had just been named the new managing partner at GGFL Chartered Professional Accountants, she was “over the moon.”

Levitz is the widow of Gerald Levitz – the long-time managing partner of GGFL – and the daughter of firm founder Leon Gluzman, the “L” and a “G” of Ginsberg Gluzman Fage & Levitz. As well, the firm was ‘born’ on her birthday.

“I’m overwhelmed with this,” she said. “I’m walking around as if I’m his mother. It’s just a perfect fit.”

She feels that her late husband “knows” about the promotion. “I said, ‘Gerry knows, Josh. He really wanted it.’”

Levitz recalls writing, “Oh boy, oh boy” on the card when Engel and his twin brother, Eric, were born, and that’s what she said when she learned Engel had become managing partner.

Engel joined Ginsberg Gluzman Fage & Levitz in 1996 and became a partner in 2010. The firm is a corporate partner of the Jewish Federation of Ottawa.

“Josh is a real professional,” said Levitz. “I think the firm now is a young firm at 72-and-a-half, and that’s marvellous... It’s wonderful for his mother as well, and his late father.”

Engel’s late father, Abe, was a local businessman and executive director of State of Israel Bonds. His mother, Cynthia, is a writer and was editor of the Otta-

wa Jewish Bulletin for 12 years between 1980 and 1992.

“We have a great thing going here, and my first goal is to keep a great thing going,” said Engel, 46.

“There are challenges ahead with advances in technology and artificial intelligence and business on a global basis, and we want to be on the cutting edge... The managing partner is the community face of the firm. I’ll be spending more time making sure the partners are on the same page and a harmonious group,” he said.

“I am deeply honoured and humbled to have the respect and confidence of my partners who have appointed me to this role,” he added.

Along with his eight other partners, he will form the vision and annual and long-term goals of the 100-person staff of the venerable, fourth-generation firm.

“I hope at the end of my tenure the firm is still going strong,” Engel said.

Deborah Bouchier was the managing partner for the past 11 years, and prior to her, it was Gerry Levitz.

“Planning for our future, Deborah is still continuing to provide guidance to me and to mentor other partners as well,” said Engel. “I can grow into the role with her guidance and support, long enough to get a good transition. That’s how it was done for Deborah. She had taken over in 2008 and was mentored by Gerry to start the transition to the next generation – the same as we’re doing here.”

Outside of GGFL, Engel is treasurer of the Otta-



Josh Engel joined GGFL in 1996 and became a partner in 2010.

wa Tennis and Lawn Bowling Club and treasurer of DFK Canada, a national association of independent accounting firms. He’s a past treasurer of Camp B’nai Brith of Ottawa and the Tamir Foundation, and has been chair of the Accountants Division of the Jewish Federation of Ottawa Annual Campaign for several years.

He’s also an active tennis player, golfer, cyclist and downhill skier.

“I thought, Josh is young,” said Levitz, “and then I reflected on that. Gerry was young, too. Josh is warm, and very visible in the Jewish and non-Jewish community. He has all the characteristics to move the firm ahead.”

Federation’s IMPACT

Access to Jewish Life

THE ISSUE: How do we ensure easy access points for involvement and meaningful connections to Jewish life in our city?

HOW WE HELP: Federation invests in a diversity of “on-ramps” that serve as entry points and steps along a Jewish journey, meeting the needs of people of all ages.

Jewish Federation of Ottawa



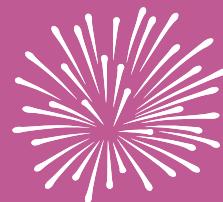
100+

teens were engaged in programs funded through new Teen Programming Grants.



1,200+

participated in Federation events such as challah making, Mitzvah Day, and the Holocaust Community Commemoration.



800+

community members came together for Yom HaA’tzmaut celebrations.



80

children attended Ganon, SJCC’s Jewish preschool program.



See the full *Our Impact* report online at jewishottawa.com/reports

For more information contact Sarah Beutel at sbeutel@jewishottawa.com or 613-798-4696 x253



ArtScroll prayer books have dominated in Orthodox synagogues for decades. Is that ending?

BY BEN SALES

NEW YORK (JTA) – For decades, one name dominated the bookshelves and pews of [North] American Orthodox synagogues: ArtScroll.

The Brooklyn-based publisher of Jewish books put out the most widely used Orthodox prayer book, or siddur, as well as a popular text and translation of the Torah, or Chumash.

But that dominance appears to be fading.

In 2009, Koren Publishers Jerusalem, an Israeli label, published a competing Hebrew-English prayer book with commentary by Rabbi Jonathan Sacks, the former chief rabbi of the United Kingdom. Now another prayer book has entered the fray.

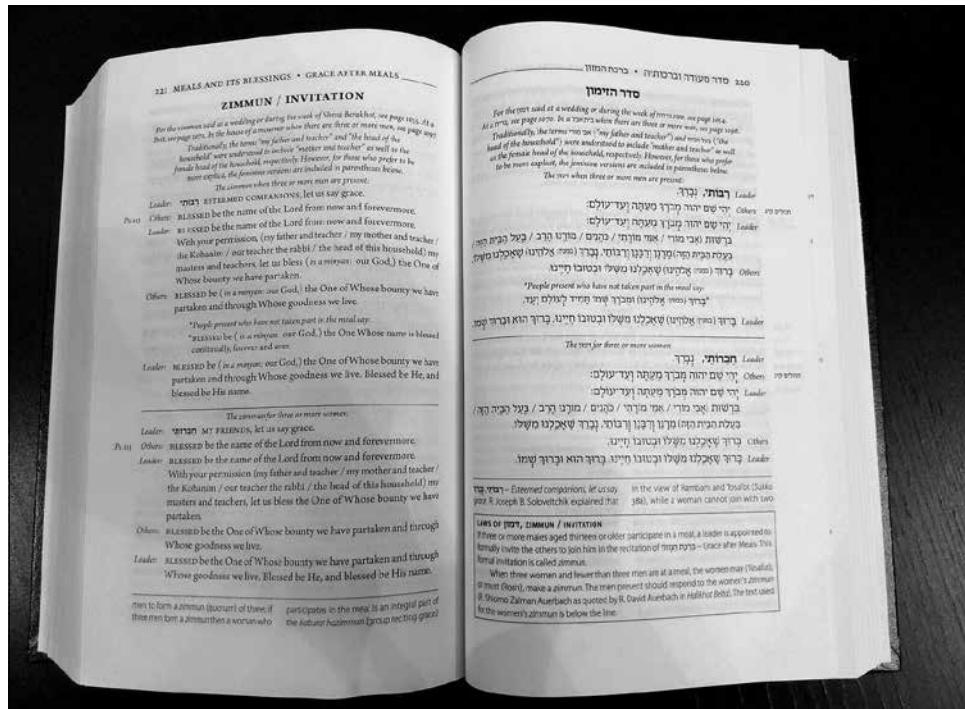
Since the 1980s, the Rabbinical Council of America (RCA), the umbrella group for Orthodox rabbis, had put its seal of approval on a version of the ArtScroll prayer book. But the RCA has ended that partnership and in October released its own prayer book, called *Siddur Avodat Halev*, published through Koren. The printing of the ArtScroll-RCA siddur will mostly end.

Koren also just released a new Chumash, or Torah book, in September, with a translation and commentary based on the teachings of Rabbi Adin Steinsaltz, a leading Jewish scholar who also has translated the entire Talmud from Aramaic to Hebrew. The Chumash, like ArtScroll's, is meant for use in synagogues on Shabbat.

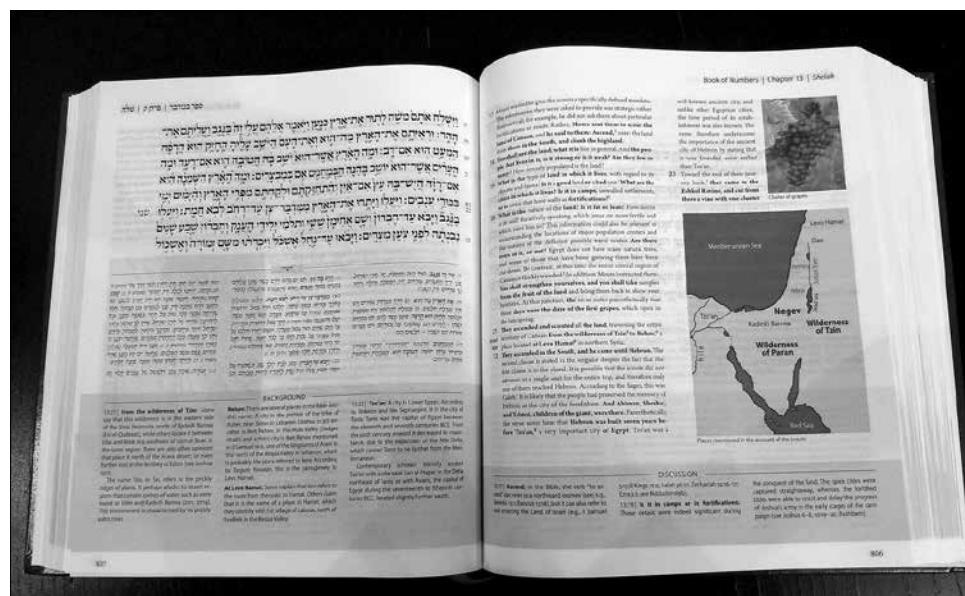
The new prayer and Torah books, published independently of each other, reflect a shift in the priorities and profile of today's [North] American Jewish Orthodox community, their creators say. ArtScroll revolutionized Jewish books by providing an accessible translation of prayers and clear instructions on Jewish ritual. The new books also try to do that, but also have many more prayers and other content focused on the State of Israel and Zionism.

The new RCA siddur also has broken barriers by including more prayers geared toward women than either the ArtScroll or Koren-Sacks prayer books. In Hebrew, nearly all the words are gendered, and in Orthodox Judaism, men traditionally lead major prayers. The new siddur aims to be inclusive by printing prayers in the two genders, as well as by adding specific prayers to be recited by women.

"It's not just about embracing Israel," Yehudit Singer, Koren's marketing manager, wrote JTA in an email. "There are big ideological differences that manifest in a variety of ways. ... It's different and people appreciate having the opportunity to choose between high-quality



The new RCA prayer book, *Siddur Avodat Halev*, includes unprecedented prayers geared toward women.



The Steinsaltz Chumash includes a mix of translation and commentary, as well as illustrations, drawings, maps and photos.

prayer books depending on their worldview."

When it was first printed in 1984, ArtScroll's siddur was itself revolutionary as a user-friendly and cleanly laid-out alternative to stodgier prayer books. But its language is geared toward men – using the word "he" at times in explaining how to pray, including only masculine language for some personal prayers and without any ceremony for a bat mitzvah or the birth of a baby girl.

It also includes no prayers for or about the State of Israel, in deference to more traditionalist Orthodox Jews whose attitudes toward Zionism vary. (The RCA edition of the same prayer book, released soon afterward, does include traditional prayers for the state as well as the Israel Defense Forces.)

But the RCA wanted more than that when composing *Avodat Halev* (Hebrew for "Worship of the Heart"), so the three-decade relationship ended.

"There was a mutual agreement that this was not the usual ArtScroll type of fare," said Rabbi Basil Herring, the editor of the new RCA prayer book and a former executive vice-president of the RCA. "ArtScroll caters or projects itself as being very loyal to 'tradition' ... and the haredi community. It would never encroach in those areas outside of what the haredi community would embrace."

Rabbi Gedaliah Zlotowitz, ArtScroll's president, said his publishing house continues to put out new editions of the Chumash, including one with corresponding teachings of the Talmud and another that focuses on a traditional

Aramaic translation.

He said that ArtScroll does not plan to focus immediately on the women's prayer experience because it released a women's prayer book in 2005. That book does not denote ways that women can lead prayer and omits prayers that women are not obligated to say under traditional Jewish law.

"The RCA went with their own siddur and we wish them a lot of *hatzlochoh*," Rabbi Zlotowitz said, using the Hebrew word for "success." "We feel we did a wonderful women's siddur. We feel it's very well received. It helps people. It gives women very clear direction. There's no reason to do something over and to spend a lot of time and effort if we can spend time and effort opening up Torah to Jews around the world."

More than any previous major Orthodox prayer book, the new RCA version's language includes women in the prayer experience. It provides feminine alternatives in Hebrew to the masculine texts, makes more of the instructions gender-neutral, and includes prayers for a bat mitzvah and a ceremony for the birth of a girl.

It is also the only major Orthodox prayer book to include a *Birkat Hamazon* (grace after meals) led by women. Traditionally, in Orthodox settings, only men would lead *Birkat Hamazon*, but Rabbi Herring explained that Jewish law provides the option for women to lead the prayer in certain circumstances.

Still, the prayer book is not gender-egalitarian: Orthodox Judaism maintains that daily prayers must be led by men, and language about leading those prayers uses the word "he."

"Our community should recognize ... and has recognized that women today are getting an advanced Jewish education, much more so than in previous ages," Rabbi Herring said. "Women are rightfully demanding that they take their place in the synagogue and Jewish communal life. Therefore this siddur seeks to be sensitive to women's prayer experiences, to encourage women to pray on a regular basis in the synagogue or at home."

Rabbanit Leah Sarna, one of a growing number of Orthodox women clergy, said the new RCA prayer book's inclusion of women is "awesome" and that the Chicago synagogue where she works, Anshe Sholom B'nai Israel, may order it for use by the congregation. But Rabbanit Sarna adds that the book could have done more to highlight women. Of the 18 essays in the back of the book, 17 are by men.

"I've never seen the pronoun 'one' used more in a document," said Rab-

See Prayer Books on page 5

Prayer books ‘provide an easy-reading experience for Jews across the spectrum’

Continued from page 4

banit Sarna, her congregation’s director of religious engagement. “I’m sure that took a lot of work to make that happen, and it’s very much appreciated. The assumption that the user of this siddur is not a man is a wonderful thing.”

The new RCA prayer book, like the Koren version a decade ago, also includes prayers relating to Israel throughout its pages. In addition to traditional prayers for the state and its army, there is a section with prayers for Israeli holidays like Yom HaZikaron, Yom Ha’Atzmaut, Yom HaShoah and Yom Yerushalayim.

Rabbi Herring said that those prayers reflect the increasing centrality of Israel to [North] American Orthodox life. Many Orthodox families send their children for a year of study in Israel after high school, and Rabbi Herring said many RCA members are moving there.

“For our community, the connection with Israel has become very strong over the years and is only growing stronger and stronger,” Rabbi Herring said. “In terms of our community and our constituency, there’s a recognition that Israel – it has to be a central part of our religious life.”

Rabbi Herring is proud as well of the prayer book’s new translation and commentary, which draws on an array



COURTESY OF RABBI HERRING

Rabbi Basil Herring, editor of the new RCA siddur, points to its broad range of commentary.

of sources and is based on historical research into the evolution of Jewish prayer. It shares that with the Rabbi Steinsaltz’s Torah book, which aims to draw on a range of commentaries to provide an easy reading experience for

“Our dream is that you’re going to have a teacher in your pocket. From here you can go anywhere you want. Secondly, you can go to sleep with this book. This is the people’s book.”

Jews across the spectrum.

“My father’s emphasis was for years to make as transparent a commentary as possible,” said Rabbi Meni Even-Israel, Rabbi Steinsaltz’s son, who oversaw the Chumash translation. “It’s very fluid and it doesn’t stop you from asking questions – very clear. There’s no agenda. The agenda is your understanding.”

The book has an unordinary format: Alongside the Hebrew is a mix of literal translation (in bold) and commentary (in regular print). Below that is more commentary. The book is also full of illustrations and diagrams, as well as maps and photographs of Israel. Rabbi Even-Israel hopes that reading it will be like reading a regular book aimed at a mass audience.

“Our dream is that you’re going to have a teacher in your pocket,” he said.

“From here you can go anywhere you want. Secondly, you can go to sleep with this book. This is the people’s book.”

The question, of course, is how many synagogues will adopt these books. The Koren prayer book with Rabbi Sacks’s commentary has sold hundreds of thousands of copies, and already provides a popular alternative to ArtScroll. A wealth of Koren books provides a religious ritual focus on Israel and Zionism. And countless other new prayer and Torah book offerings have come out in recent years, though not all with the imprimatur of a major Orthodox rabbinical association or Jewish scholar.

Rabbi Herring is confident that as time passes and synagogues look to replace their siddur stock, they will turn to *Avodat Halev*. The book is already on its second printing

One Orthodox congregation, the Boca Raton Synagogue in South Florida, has ordered 1,000 copies for its 900-member families to use every week. It had used ArtScroll – and will keep a few in stock.

“We decided to switch because it’s more aligned with the values and practices of the community,” said the synagogue’s Rabbi Efreim Goldberg. “It’s more sensitive to some of the prayers we recite and practices that we have. It enables us to practice our observance more fully.”

COMMUNITY SERVICE AWARDS

Nominate someone for the 2019 Community Service Awards today!

Gilbert Greenberg Distinguished Service Award

The Gilbert Greenberg Distinguished Service Award is the highest tribute the Ottawa Jewish community can bestow on an individual for exceptional service and leadership to the Jewish community over the course of many years.

Shem Tov Community Volunteer Award

The Shem Tov Community Volunteer Award recognizes an outstanding volunteer for a lifetime of service dedicated to the betterment and enrichment of Jewish life in Ottawa.

Freiman Family Young Leadership Award

The Freiman Family Young Leadership Award recognizes a member of the Ottawa Jewish community 40 and under, who has demonstrated proven leadership to the benefit of Ottawa’s Jewish community.

Student Leadership Award

The Student Leadership Award recognizes a student currently pursuing a post-secondary degree who demonstrates leadership and outstanding commitment to the Ottawa Jewish community.

All Community Service Award nominees must be members in good standing of the Jewish Federation of Ottawa (minimum gift to the Annual Campaign) and cannot previously have received the award for which they are nominated.

To be considered, nominations must include 2 letters of support, including one from an organization.

The nomination must specifically address all the outlined criteria.

Nominations for all awards will be considered for the year in which they are received and will be carried over once.

Awards will be presented at Federation’s Annual General Meeting
June 19, 2019.

Questions?

Please contact Bedy at 613-798-4696 x 236 or bisrael@jewishottawa.com



The deadline for nominations is **March 29, 2019.**

Please visit jewishottawa.com/awards for more information or to download a nomination form.



Building meaningful Jewish journeys where **no one is left behind.**

FEDERATION
REPORT



**RABBI REUVEN BULKA AND AVIVA BEN-CHOREEN
CO-CHAIRS, ANNUAL CAMPAIGN**

Annual Campaign donors answer the call

donors rose to the call and helped us match the \$500,000 Challenge Fund by either making a new gift or increasing past donations. The result is an additional \$1 million in funding for our community. Because of this success, the Challenge Fund was boosted by

another \$50,000 and we are on the way to match that funding as well!

To give you a deeper understanding of the Campaign's success, here are some numbers: There were 909 new or increased gifts; 56 per cent of donors increased their gift, which led to a 23 per cent increase in Campaign fundraising, giving us a total raised so far of more than \$5.1 million and growing!

These dollars are having an immediate impact. For example, last summer's Golf Tournament raised \$51,000 for special education – money already put to use in our Jewish days schools.

At Torah Day School, the funding went to create a hybrid Behaviour Specialist and Kindergarten assistant position. This specialist works directly with students with high needs who require individual attention. We have learned

firsthand from the school's educators that these efforts are already making a difference in the students' progress.

Meanwhile, the Ottawa Jewish Community School will be using the funding to launch two significant initiatives. The STAR Reading program focuses on early identification of reading disorders along with possible interventions. The school will also acquire much-needed furniture and devices that make a huge difference to students with special needs, including voice-to-text devices, sound-cancelling headphones, special chairs and desks.

We will soon be announcing more exciting initiatives to fuel the Jewish Superhighway, including a micro-grants project and an incentive to support new members in joining a synagogue and the Soloway Jewish Community Centre.

THANK YOU FOR YOUR SUPPORT!

The past two years of co-chairing the Campaign have flown by. I had wonderful examples before me in Sharon Appotive and Michael Polowin, who helped me find my feet at what was a daunting task. I've learned so much about our community, from the amazing generosity, the wonderful volunteers, and the dedicated staff. Rabbi Bulka has been an amazing fundraising companion and much of this

year's success is due to his efforts.

Campaign provides funding that builds community, helps the vulnerable, educates Jewishly, and supports Israel. Without Federation acting as a communal resource, individual agencies would face a more difficult job. Federation gives our community more depth and reach, and connects us to other Jewish communities, so we can pool knowledge and share experiences to bring best practices to our city.

All of this is made possible by you. Your contributions of time, effort and donations, give Ottawa a strong, compassionate, Jewish community. It is so true that many hands make the load lighter. If you would like to become more involved, be sure to reach out. New canvassers are always deeply appreciated!

If you have yet to donate, please take advantage of the increase in the matching fund and double your impact with a new or increased gift today. Visit www.JewishOttawa.com, or call 613-798-4696, ext. 270, or to donate. And to all the many who have already donated, thank you for an amazing Campaign response!

This column is shared with you in a somewhat different fashion. I, Rabbi Bulka, will start, the middle section is an update, and the close is by my Campaign Co-Chair Aviva Ben-Choreen.

It has been a privilege and delight to work on the Jewish Federation of Ottawa's Annual Campaign with Aviva over the past year. I have been continually impressed by her dedication, energy, and insights. We at Federation headquarters are immensely grateful to Aviva for the tremendous difference she has been for the Campaign. Kol Hakavod, Aviva!

CAMPAIGN UPDATE – WHAT A SUCCESSFUL YEAR!

It is with gratitude and community pride that we share the great success of this year's Campaign. Our generous

FROM THE
PULPIT



**RABBI MENACHEM BLUM,
OTTAWA TORAH CENTRE CHABAD**

In Jewish therapy

based on learned behaviour. This therapy is about getting a person to realize that changing their behaviour will lead to changes in how they feel and how they react to the world around them.

Cognitive therapy, on the other hand, is based on the notion that our feelings and actions are shaped by our thoughts and perception. This therapy aims to change the way we think, which will, in turn, affect our feelings and behaviours.

Jewish life is very similar in that it has two aspects: the cognitive and the behaviour.

The "cognitive" side of Judaism is our love for learning and the workings of the mind. Over our history, we developed a culture of studying, arguing, and reaching extraordinary intellectual heights. The mitzvah/commandment to study Torah is considered one of the greatest mitzvot of the Torah. This is something unique to Judaism, where learning for the sake of the learning, even without practical relevance, is a way of connecting to God. While great empires and nations were building armies, gymnasiums and colosseums, we were sitting in study halls and syna-

gogues studying and debating. Even in times when everything else was missing, we never stopped valuing education as a sacred task.

However, Judaism has another side to it, its "behaviour," the action and application of what has been learned. To be a Jew is not only to exercise the brain, to be an educated and knowledgeable Jew. Judaism's greatness is that it takes the highest ideals and most noble visions and turns them into patterns of daily behaviour and activities we call mitzvot. Judaism is not only about deep philosophical, spiritual, and social ideas. It is something the Jew lives every moment of his life, in words and in actions. It is a 613-step program toward perfecting ourselves and the world around us.

The popular model in psychology today is to combine the two in Cognitive Behavioural Therapy. We need to do the same for our Jewish survival. It is essential for us to study and understand the Torah as God wants us to use our mind. At the same time, we can't only be Jews in our minds, we must be Jews with our hands. We need to act and do. As the Nike slogan says, "Just Do It."

comment made by a couple as they settled in on the couch in my office prompted me to write the next few lines. "It feels like we are coming to see our shrink," they said with a chuckle. Their reference to therapy and psychology got me thinking in those terms about our Jewish experiences.

When it comes to psychological counselling, there are generally two schools of thought. One focuses on behaviour and the other on the cognitive. Behavioural therapy is built on the premise that the way we act and feel is

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FROM THE
EDITOR

MICHAEL REGENSTREIF

Anti-Semitic Toronto 'newspaper'
convicted of spreading hate

examined 22 issues of YWN published between 2015 and 2018, said, "YWN repeatedly and consistently dehumanized Jews and women. Both men were fully aware of the unrelenting promotion of hate."

Jews and women, as per the conviction, are the most frequent targets of YWN's hatred but others include virtually all peoples of colour, the LGBTQ community, non-white immigrants, anti-racism activists, and mainstream politicians. Politicians like Prime Minister Justin Trudeau, YWN says, are under the domination and control of rich Zionists and Jewish groups. Holocaust denial, Hitler-glorification and the promotion of raping women are also hallmarks of YWN.

Since 2016, Canada Post has not permitted our mail system to deliver YWN.

So, too, are not-so-veiled threats of violence. After anti-racism activists Warren and Lisa Kinsella helped raise awareness about YWN, Sears wrote, "there was the chance that some hot-head who cares deeply about me and my family would lose it and do something illegal, like bludgeon the Kinsel-

la's to death (sic)." In a separate court case, Justice Dan Moore found Sears not guilty of threatening the Kinsellas.

Sears refers to himself in the pages of YWN as "Dr. James Sears." However, the College of Physicians and Surgeons stripped Sears of his licence to practice medicine in 1992 after he was convicted of sexually assaulting three of his patients. In the years since, Sears has adopted a persona of "Dimitri the Lover" under which he claims he can teach men how to seduce any woman.

Sears has also been a perennial fringe candidate for political office. In the 2018 mayoralty election in Toronto he received 680 votes – about 479,000 less than John Tory, who won re-election). Also last year, he ran to be the MPP here in Ottawa Centre – a riding he apparently chose because incumbent Yasir Naqvi was then the attorney general of Ontario – receiving just 92 of the 64,403 votes cast.

On being found guilty, Sears likened his conviction to that of Jesus in the New Testament and said he expected to be crucified for his principles. In reality,

though, the conviction of Sears and St. Germane reinforces the concept that free speech does not extend to hate speech.

The Centre for Israel and Jewish Affairs (CIJA) released a statement from Noah Shack, CIJA's Toronto vice-president, applauding the conviction "which sends a clear message that those who promote hate will be held accountable. For years, YWN has been peddling anti-Semitic conspiracy theories, misogyny, homophobia, and racism. We ... hope that this ruling will mark the end of YWN."

CIJA further pointed out that YWN is also published online and called on the federal government to launch a national strategy to combat online hate. "We can preserve free speech while protecting Canadians from those who demonize and slander entire communities."

While some free-speech absolutists have decried the conviction, we have too often seen the resulting actions of individuals and groups who buy into the kind of extreme hatred preached by YWN. Hate speech should never be seen as free speech.

January 24 was a good day in the fight against hatred in Canada.

That day, James Sears, the editor and principal writer of a free-distribution "newspaper" in Toronto called Your Ward News (YWN), and LeRoy St. Germane, its publisher, were convicted in the Ontario Court of Justice of relentlessly and criminally promoting hatred against women and Jews in the pages of YWN.

I put the word newspaper within quotation marks in the preceding paragraph because YWN – which has published for more than a decade and claims to distribute more than 305,000 copies of each issue – is not a real newspaper. The editions of YWN that I've ever looked at are simply and purely hate literature. In rendering his judgement, Justice Richard Blouin, who

IDEAS AND
IMPRESSIONS

JASON MOSCOVITZ

Storm clouds swirl around the White House

Trump is both a disgrace to the office and a disaster for the United States – and potentially the world.

It is astonishing that the world has not yet seen a Trump-laden calamity but the clock is ticking and there are enough global trouble spots to know how precarious a state we find ourselves in. That fear can still be dismissed, by some, as left-leaning "fake news," but we are past that now.

It has been said before, but every week there is mounting evidence which leads serious people to publicly question Trump's battle with reality. His thousands of lies are now a comparatively small part of his losing touch with reality. The far bigger part is the Russia probe – which increasingly indicates a tsunami of trouble is going to hit the White House and the president right between the eyes.

How in the world could so many people so close to Trump and his campaign have so many business and political dealings with so many Russians so close to Vladimir Putin? And no one is blowing smoke speculating this. The unassailable fact is a series of criminal convictions to no lesser people than Trump's former campaign manager, his former national security adviser and, of course, the cherry on

the sundae, his long-time personal lawyer and fixer.

Paul Manafort, the campaign manager, has been jailed for months because authorities feared he was a flight risk. Among his dirty deeds with Russians was his being paid millions working for the pro-Russia faction trying to tear Ukraine apart. His rogue-deeds-for-profit working against a democratically elected government speak for themselves.

General Michael Flynn, before he was security chief, illegally talked about lifting American sanctions against Russia with the Russian ambassador to the United States – and then lied under oath that those discussions never happened. How could a multi-starred army general not know that you don't tell lies to the FBI? The takeaway is how far the career soldier went to protect Trump.

And then there is Michael Cohen, who looked like a terribly unsavoury character as the lawyer told all kinds of lies to shield Trump from culpability during the campaign and in the early days of the presidency. It is a lowlife activity to pay off an adult film star, and a former Playboy "playmate of the year" so they wouldn't talk about their intimate affairs with Trump, but that was peanuts compared to his mammoth

business lie.

To shed the unsavoury label, and obviously to reduce his prison sentence to the three years he got, Cohen spilled the beans on Trump's business dealings in Russia. The president swore he never did business in Russia and yet, as recently as 2016, Cohen – likely Trump's children – was negotiating building a Trump Tower in Moscow. Of Trump's many lies about never having any business dealings in Russia is key.

The president's most repeated phrase has been there was never any Trump campaign collusion with Russia – and, indeed, his presidency is anchored to that emphatic denial. But as the Russia probe nears its end, there are so many telltale signs that Trump's team was doing a lot of talking and comparing of campaign notes and polling data with well plugged-in Russians.

There was so much talking between the Trump team and, if you will, the Putin team, that Trump lawyer Rudy Giuliani admitted as much defensively saying the collusion didn't involve the president and that Trump knew nothing of it.

Maybe it was merely idle talk with those big shot Russians, and maybe, as Richard Nixon insisted, Watergate was just a third-rate burglary.

Two years in and there is no reassuring way to describe U.S. President Donald Trump's America. I recently had lunch with friends and the table erupted with laughter when somebody blurted out that Richard Nixon was a tzadik compared to Trump. Only Trump could make Nixon look good.

There are so many storm clouds swirling around the White House that you need a program to follow the scandal of the day, and some days, you get dizzy following all the new ones.

Getting back to Nixon, it's interesting, several political generations later, to see Watergate war horses Bob Woodward and Carl Bernstein playing their resignation or impeachment tunes again, convinced as they both are, that

Lots coming up at Adath Shalom in February and March

BY RUTH KAHANE GOLDBERG
ADATH SHALOM CONGREGATION

Adath Shalom Congregation has a flurry of Shabbatons and programs open to the community in February and March.

“We don’t cocoon over the winter,” says co-president Elaine Vininsky. “It is a wonderful time to partake Jewish learning programs, be welcomed, and make personal connections.”

An egalitarian Conservative congregation based at 31 Nadolny Sachs Private in the Jewish Community School chapel, we are now celebrating our 40th anniversary.

“We think of programming as one of our outstanding features, a major complement to our weekly Shabbat services,” says co-president David Brooks.

Upcoming Shabbaton programs will take place February 2 with Shawna Dolansky, Adath Shalom scholar-in-residence, and March 16 with Rabbi Shimshon Hamerman of Montreal, who has served as spiritual leader for Adath Shalom High Holy Days services since 2015.

Dolansky, a Carleton University professor specializing in biblical studies at the College of Humanities, will explore the Ten Commandments, known as “The Covenant Code,” in her D’var Torah for Mishpatim. After a Kiddush lunch, she will compare it with other



“Labour of love,” the Adath Shalom chuppah, hangs in the Ottawa Jewish Community School chapel.

legal collections found in the Torah, and other known law codes from the ancient Near East.

Rabbi Hamerman’s pre-Purim Shabbaton will examine topics concerning Jewish identity and survival. His D’var Torah will ask, “Does Judaism have a future according to Moses?” He will continue after Kiddush with “Jewish Survival in Exile: Is the Book of Esther the Jewish Model for Survival?” On Saturday night,

his topic will be, “Is the State of Israel on a collision course with liberal Judaism by choice or prescription? Do the upcoming elections in Israel make a difference?”

In conjunction with Jewish Disability Awareness and Inclusion Month, Tamir residents will join Adath Shalom for Shabbat morning services on February 9. Tamir Neshama Choir members with director Nigel Harris will help lead services.

“Members of the Ottawa Jewish community are invited to join us in wel-

coming Tamir that morning,” says Joel Yan, Adath Shalom’s ritual co-chair and Tamir’s Judaic program leader.

Costumes, exchanging kosher Mishloach Manot and a cheque made out to KBI/Ottawa Kosher Food Bank are your ticket to Purim services on Wednesday, March 20, 7 pm. There will be a “very participatory” rendition of Megillat Esther led by Danielle Dugas with 11 readers, and a short program presented by the children, arranged by Sylvia Greenspoon.

Watch out for Klez 12, on Sunday, March 24, 3 pm, at the Soloway Jewish Community Centre. The annual festival in support of the Ottawa Kosher Food Bank with live klezmer music and dancing, is all about audience participation. Adath Shalom takes the lead organizing the multi-congregation-sponsored event geared to all ages.

Ernie Brodo, a founding member of Adath Shalom, is the Klez 12 coordinator. He will be playing mandolin with A Touch of Klez and singing with Musica Ebraica, as he has since the event’s conception.

“Get out your dancing shoes and join us, all in support of a great cause,” he says.

For further information about Adath Shalom programs, call 613 240-4564 or email webmaster@adath-shalom.ca. For membership queries, email membership@adath-shalom.ca.

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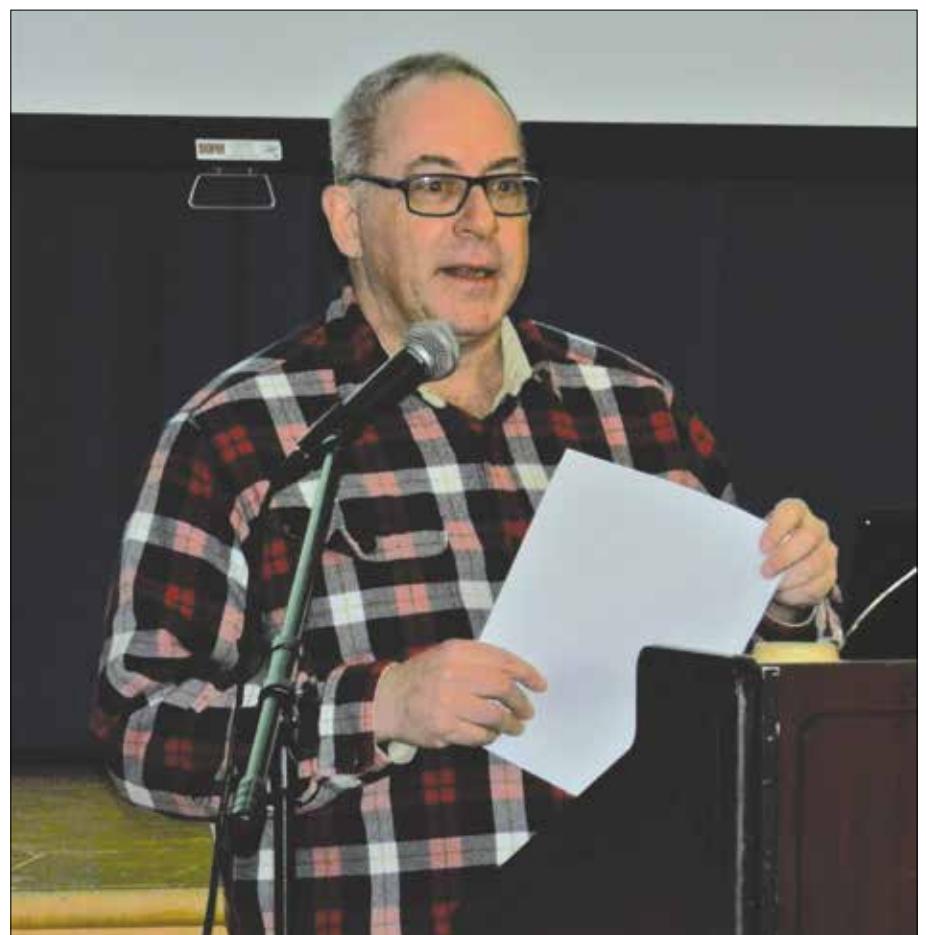


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JFK conspiracy: Ottawa author Fred Litwin discusses his latest book, *I was a Teenage JFK Conspiracy Freak*, at an AJA 50+ event, January 21, at the Soloway Jewish Community Centre.

The book examines and refutes many of the conspiracy theories that have pervaded popular culture since the assassination of U.S. president John F. Kennedy in 1963.



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**It's a mitzvah to support
children with PTSD –
how you can help**

Save the Date: Sderot Mayor Alon Davidi, March 3.

Under constant threat of attack, the small yet enduring city of Sderot has suffered a barrage of ongoing rocket and mortar attacks from Gaza. Living in a continuous state of alert has resulted in a population of children and adults who suffer from post-traumatic stress disorder (PTSD).

Over 70 per cent of the trauma victims are children. Hence, there was a decision in 2015 to establish an animal-assisted therapy centre in Sderot to enhance the therapeutic options in treating the city's child and adolescent victims who may have difficulties expressing suppressed emotions. Contact and interaction with a "furry" animal is comforting, reduces anxiety, induces a sense of security and soothes the nervous system. Animal-assisted therapy has shown to be a significant tool in reducing PTSD symptoms, strengthening self-image and confidence and coping.

The Centre for Animal-Assisted Therapy – Sderot Resilience Centre – treated 251 residents last year, with a waiting list of more than 50 additional people. KKL-JNF, in cooperation with the Sderot Municipality, is planning to establish an extensive therapy courtyard on the grounds of the Centre for Animal-Assisted Therapy – Sderot Resilience Centre. The expansion of the Centre will help deliver important therapies to more residents. In addition, residents of the Sha'ar HaNegev and Hof Ashkelon Regional Councils will also be able to use the services of the facility, thereby rendering it a regional treatment centre.

With the expansion of the facility, an expected 480 patients will be able to use the centre's services. A great deal of thought was invested in the planning of the outdoor animal-assisted therapy space. It will provide a sense of tranquility and security in an intimate, green area, with flowing water and spacious, attractive animal enclosures. The animals' welfare is paramount in planning living environments to suit their needs.

For more information on how to support the project, please contact JNF Ottawa.

**JNF Ottawa presents Sderot Mayor
Alon Davidi on March 3.**

Mayor Alon Davidi has been a driving force in making Sderot a very resilient and beautiful city in the Western Negev. Despite the threats of rockets and mortars, new housing starts are up, the economy is thriving and parks and playgrounds are part of the mayor's strategy for creating an atmosphere of normalcy for children. Please join JNF Ottawa on March 3 to meet the inspiring mayor. Contact JNF Ottawa for more information on meeting Mayor Davidi and supporting the KKL-JNF initiative.

Sefer Bat Mitzvah Inscription

Yamaya Newman, inscribed by her parents, Rosalie Armstrong and Adam Newman.

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Controversial 1906 Yiddish play inspires 'Indecent'

BY FRAN PEARL
FRIENDS OF ENGLISH THEATRE
NATIONAL ARTS CENTRE

Indecent" is a provocative title to any play, let alone when it refers to a play written in Yiddish over 100 years ago. Actually "Indecent" is not the title of a Yiddish play – it is the title of an English play written quite recently that tells the history of the Yiddish play.

The Yiddish play is "Der Got fun nekome (The God of Vengeance)," written in 1906 by 23-year-old Sholem Asch. Within months of its completion, it was performed in several European cities, its popularity firmly established. Considering the content of the play, one can only be amazed at such a result.

Asch's play tells the story of a family in which the father acquires a Torah scroll to impress a prospective son-in-law. But this same father is the owner of a brothel and while he does his best to keep his daughter far away from the sordid influences of this establishment, he is not aware she has fallen in love with one of his prostitutes.

Due to its popularity in Europe, the play was soon taken to America, where it played in Yiddish for 10 years to packed houses on New York City's Lower East Side, then a neighbourhood of largely Jewish immigrants.

In 1923, the American producers were convinced that it should be translated into English and presented on Broadway, but their attempt came to an abrupt and decisive end. During the opening night performance at the Apollo Theatre, the producers, the theatre owner, and the cast were arrested on grounds of obscenity. Soon after, a trial took place.

It is hard to believe that a play about brothels and lesbians could be the focus of a Yiddish play written in 1906. However, the indictment against that play is the inspiration behind the new play, "Indecent," by Paula Vogel. Since its 2015 premiere, "Indecent" has been performed in several U.S. theatres, including on Broadway where it received three Tony Award nominations, winning two.

The Segal Centre for the Performing Arts in Montreal is mounting a production of "Indecent" from April 28 until May 19. The production is being directed by Lisa Rubin, the Segal Centre's executive and artistic director.

"If there was ever a show destined for the Segal, this is it," said Rubin. "'Indecent' is a powerful story from our past that tackles many relevant issues. It's an extraordinary example of how art and culture matters, and I just had to do it."

Many people from Ottawa will surely want to see this important play – and will have an opportunity to do so by joining the theatre trip organized by the Friends of English Theatre (FET) of the National Arts Centre.

The FET trip to Montreal to see the play will be Sunday, May 5. The cost will be \$175 and includes coach



Yiddish writer Sholem Asch, seen in a 1940 photo, wrote "Der Got fun nekone" in 1906.



Paula Vogel wrote the Tony Award-winning "Indecent" about the controversial history of "Der Got fun nekone."

transportation from the Solway Jewish Community Centre or downtown, a kosher buffet lunch, a ticket to the 2 pm matinee performance, and kosher post-performance refreshment. Since participation is exclusive to members of FET, a \$10 membership fee is required for those who are not yet FET members.

For more information, contact FET at 613-726-9330 or fetnac@gmail.com.

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Alice Dwyer as German Holocaust survivor Hanni Levy in "The Invisibles."

'The Invisibles' tells the story of Jews who somehow survived in Nazi Berlin

BY CURT SCHLEIER

(JTA) – In May 1943, after years of killings and deportations, the Nazis declared Berlin *judenfrei* (free of Jews). What they didn't know was that approximately 7,000 Jews remained in hiding in the city, and not only in attics and basements – often in plain sight.

"The Invisibles," a German film, tells the story of four of these real-life Jews who hid from their oppressors in everyday Berlin society. It's a story that has been told before – in 1982, Leonard Gross published *The Last Jews of Berlin*, a critically acclaimed best-seller that covered similar ground – but never in such a unique way. Part documentary, part cinematic re-creation, the movie weaves together footage of interviews with four of these survivors into a slightly fictionalized docudrama.

For co-screenwriter and director Claus Raffe, the project started in an unlikely place: a bordello. He was shooting a documentary in 2004 about the legendary Salon Kitty, a brothel that German intelligence bugged to get dirt on high rollers, both Germans and visiting dignitaries. In the research phase, an old man told him that he had information about a young Jewish woman who was hidden by the establishment's owner and immigrated to America after the war.

Supposedly, Raffe was told, she was a subject of the popular mid-1950s Ralph Edwards documentary show "This is Your Life." That a Jew managed to survive in Berlin during the war amazed and fascinated Raffe, and his mind filled

with cinematic possibilities.

With the help of historians, he tracked down and interviewed 20 or so of these survivors who stayed in Berlin. He ultimately decided to concentrate the film on two women and two men: Hanni Levy, Ruth Gumpel, Cioma Schonhaus and Eugen Friede.

They hid in abandoned buildings or were hidden by righteous Germans, and all had epic stories.

Schonhaus, for instance, forged hundreds of passports and used one of them to cross the border into Switzerland just prior to his imminent capture. Friede joined the Jewish resistance, spending much of his time handing out leaflets and hunting Jewish traitors and informants cooperating with the Nazis.

"The Invisibles" is Raffe's first theatrical film. His previous documentaries aired on German television. In part because of the bigger canvas, he decided to forego the traditional mix of head-and-shoulder interviews combined with archival footage. Instead he chose to add re-creations of actual events, believing it would provide audiences a "deeper understanding" of the events.

The approach has resonated. Only 55 prints of the film were made for German distribution – a comparatively small number, even for the small German film market – but over 100,000 Germans saw it. That led to an international release: It opened January 25 in New York and Los Angeles and will soon be in wide release.

Raffe, 57, has a dark connection to
See *The Invisibles* on page 15

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The Invisibles: Four Berlin survivors had ‘epic stories’ to tell

Continued from page 13

the subject matter: His grandfather was a Nazi.

“He was one of those Germans who thought the Nazi movement was one of the best things to happen to Germany,” Rafle said. “I remember when I was 13 or 14 years old, I asked him if he was in the army. He just didn’t want to talk about it.”

In part because of this, Rafle was uncertain how the film would be received when it was shown in Israel in April.

“I was a little bit nervous about how the people would feel about it. I’m not Jewish. The movie touches a very sensitive point of [Jewish] history,” he said.

But crowds in Jerusalem and Tel Aviv liked it very much.

“The people of Israel liked it because it showed some [German] people with a heart, who wanted to do something to help,” Rafle said. “There weren’t many, but there were some. And there were people in this terrible dark age who survived in Berlin because of them.”

While in Israel, he visited the Yad Vashem Holocaust Memorial and Museum in Jerusalem and was happy to find that the people who aided the four survivors in his film were all honoured as Righteous Among the Nations.

Feedback wasn’t all positive though:

Following the film’s successful release in Germany, neo-Nazis responded on social media.

“I didn’t get emails or anything like that because I’m not really on social media,” Rafle said. “I heard about those negative comments, but I didn’t read them.”

After Hanni Levy appeared on a French television show with Rafle, she was subject to threats so potentially serious that the matter was turned over to the police.

But aside from that, reaction to the film has been positive and emotional.

“The Invisibles” debuted last year at the New York Jewish Film Festival, and Rafle remembers watching one of the last climactic scenes, when Russian troops capture two young men they assume are Nazis. They say they are actually Jewish, but the Russians can’t imagine Jews surviving the war in Berlin and don’t believe them.

One of the Russians is Jewish, and he insists his prisoners say a Jewish prayer. So they recite the Shema.

“My wife and I were standing at the side [of the auditorium] and we were watching the people, many of whom were Jewish, and some of them were moving their lips,” Rafle said. “They were saying the prayer as well.”



Aaron Altaras as German Holocaust survivor Eugen Friede in “The Invisibles.”

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Get To Know Us



Ethel Kerzner

Ethel Kerzner was born in Troyanuvka (NW Ukraine near the borders of Poland and Russia) on December 4, 1931 to Mordechai and Ritzie Kott. Ethel’s father was a butcher and she had an older brother (Moishe) and sister (Gittel). She was the baby of the family and she will tell you that she could get her way in the house by simply crying. Life was good...until the Germans invaded.

In 1941 Nazi Germany occupied Ukraine, and that was when life changed for young Ethel. When the Jews of Troyanuvka were being marched to a pit (similar to Babi Yar) by the few Germans and many

Ukrainian collaborators – Ethel saw a dead body by the side of the road. She reacted to the horror she had never witnessed before and ran.

At the age of 10, Ethel became an orphan – losing her parents and siblings. In her words “You matured overnight”. Ethel did more than mature overnight – she found ways to survive. She hid with other Jews and the Romani (aka Gypsies) people in the forests. They built bunkers and occasionally came out to experience the wonders of the forest.

Ethel was part of the resistance movement until the Russians liberated them at the end of the War. Ethel witnessed horrible acts by the Ukrainian people against the Jews who survived the War. She and others travelled from the Ukraine to Rosenheim, Germany (almost 1400 kms) to join the new Kibbutz that had been established by Jewish people from Palestine to help survivors of the Holocaust to prepare and thrive in the Holy Land. “We lost our families, so the survivors became our new family” said Ethel. She trained how to shoot a gun and to do other tasks

that may be necessary when she arrives in British mandated Palestine. Note that in 1946 – Ethel was only 15 years old.

From Germany, Ethel went to Cremona, Italy and waited in a displaced persons camp. Miraculously, her father’s aunt who had previously moved to Canada learned that Ethel survived the war, and got word to her to stay there until the great aunt could secure papers for Ethel to come to Canada.

In 1947, the papers arrived and Ethel was on her way to Canada to live with her great aunt and uncle in Pembroke, Ontario. Her first time on a boat, to live with family she had never met. Along the way, she stopped in Montreal and was hosted by her mother’s brother (her aunt and uncle) who had young children. Ethel was happy, especially when her uncle came home with treats from the bakery for the children. But, she still had to go to Pembroke. Her father’s aunt was waiting.

Ethel made it to Pembroke and in a short while, the great aunt knew that Ethel would be happier in Montreal and sent her by train to Montreal with a three hour layover in Ottawa. A friend would have someone host her during the layover.

The friend sent their son, Syd Kerzner. A few days after Ethel returned to Montreal, the phone rang...Syd wanted to visit her in Montreal. They were married in Ottawa in 1948. Ethel and Syd had four children, seven grandchildren and eight great grandchildren.

Ethel had a deal with Syd...he was never to ask her questions about the War – it was too painful to discuss. But 4 years ago at the age of 83 – she recorded a 30 minute video that tells her story and bears witness to what happened (you can find it on Youtube “My name is Ethel”).

By Mitch Miller, Executive Director, Hillel Lodge LTC Foundation



A journey to find both hope, and oneself

RUBIN FRIEDMAN BOOK REVIEW

**Child of the Holocaust:
A Jewish Child in Christian Disguise**
By Jack Kuper
Penguin Random House Canada
256 pages

Child of the Holocaust: A Jewish Child in Christian Disguise, Jack Kuper's autobiographical memoir was originally published in 1967. A new edition, with a new foreword by the author, has just been published.

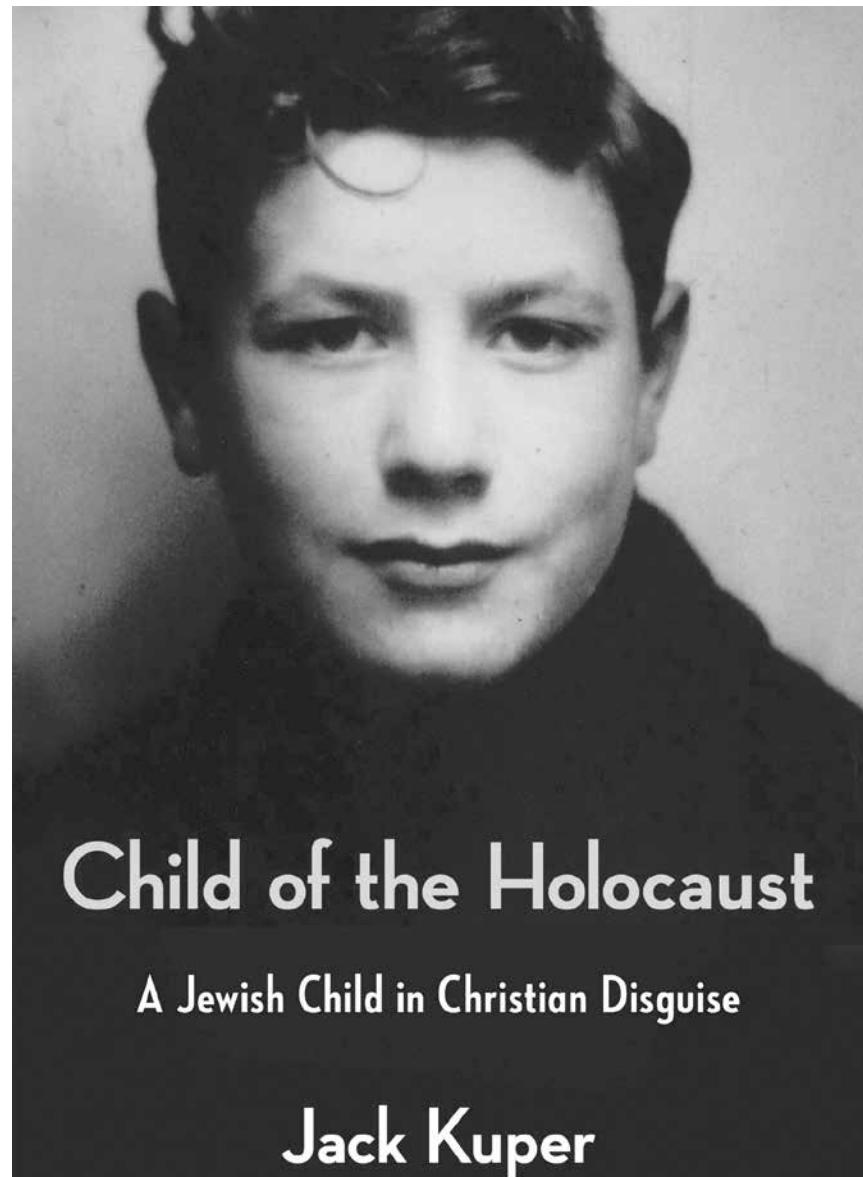
Shortly before Kuper's book first came out, Jerzy Kosinski published his novel, *The Painted Bird*, which became a sensational and sensationalist success. Both books deal primarily with the experiences of a young boy alone, facing the multiple dangers of Eastern Poland: Nazis, local partisans of the left and right, local villagers and farmers who had negative perceptions of Jews and were themselves under threat from the Germans for harbouring Jews, Gypsies and other "enemies." Even the weather held its own menace.

But Kosinski's fictional narrator was left alone in 1939 when he was six. Every experience is marked by pain, torture, death and sexual sadism. He describes everything in a flat monotone and makes almost no effort to understand others. He shows no insight into his own motives. The net effect on the reader is sheer horror and wonder that a child so damaged could ever find life meaningful.

Kuper was left alone with a Polish family in 1941 at age 10. He was named Jankele Kuperblum and spoke Yiddish and urban Polish. Kuper narrates the story with a conscious effort to describe the thoughts and feelings of Jankel, while indicating that he is no longer that person, one of the challenges of writing a memoir of a past-self.

Unlike Kosinski, he empathizes with the farmers and villagers who hide him and fully understands why, at times, they send him away to look for help elsewhere. The boy is naive, but learned fast and demonstrated ingenuity by finding ways to survive as in his use of Jesus to avoid letting others see his circumcision.

Yet he is conscious of the brute violence involved in rural life, from the slaughter of a pig to the drowning of deformed kittens by throwing them into a pond inside a bag weighted down by stones, and the actions of boys to kill



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frogs or chase down a "Jew" just for fun. He laments that he himself cannot seem to be as cruel as his companions and berates himself for his weakness. One of the kind Poles who shelters him tells him, "You've got to learn how to kill, son. It's part of life." One family is marked by physical beatings but it is the exception.

He is also constantly reminded of the negative stories and stereotypes many Poles held about Jews. Even the Poles who risk their lives to save him share in these ideas: Jews are all rich; Jews use the blood of Christian children to make bread; Jews are only interested in money; Jewish women are built differently from Christian women; Jews killed Jesus and are being punished.

Because of these attitudes and because some Jews are killed when returning to reclaim their property, even after the Soviets liberate their territory, he is cautious about identifying himself as Jewish. Indeed, to protect himself, he has taken on different Polish names and identities in moving from village to village. After he is free, he is not sure of his identity. Is he Jankele, Kubus, Franiu, Zygmunt? He goes back to visit the families who protected him but he cannot find himself there.

He describes the external pres-

ures and internal processes, which lead him gradually away from the dangerous and hated Jewish identity towards a Polish Christian identity, to speaking the local Polish rural dialect and to a moment when he realizes he has forgotten how to speak Yiddish.

Negative ideas began to affect his own view of himself, so much so that he is ready to convert – but the priest refuses to go through with it until after he rejoins a Jewish community. The gradual change he feels in his own thoughts is documented and takes the form of an inner debate between competing voices. At the end, when he is in a Jewish orphanage, he still crosses himself before meals, prays to Jesus before bed and at one point curses his fellow Jewish orphans.

After a violent confrontation with the others, he approaches a church with a like-minded friend in order to be baptized. At the last minute, though, he refuses to step over the threshold. He returns to the Jewish community centre. After hearing a Yiddish lullaby that he remembers, he writes "Jankele Kuperblum is alive."

He notes that someone could find him. "It's possible. Everything is possible."

This is a story not of horror, but of a journey to find both hope, and oneself.

‘What type of parent are you?’

I have fond childhood memories of playing tag, hide-and-seek, and other outdoor games with neighbourhood friends for hours on end with no adult supervision. Yes, I took swimming, piano, and Tae Kwon Do lessons, but there was plenty of leisure time in between. Back in those days, I don’t think much consideration was made by my parents or their peers about their own parenting style. Now kids are bogged down by structured activities, have less time for free play, and are provided with less opportunities to take risks and develop problem-solving skills. Much of this stems from a wide range of parenting styles, including some rather extreme forms of parenting.

Here’s a breakdown of common parenting styles and how they could shape your child’s development.

Lawnmower or snowplow – Lawnmower or snowplow parents mow or plow a path for their children by removing any uncomfortable or challenging obstacles in the way. Going beyond helping their child, this parent actually does most of the work for the child and checks that it is done properly.

Tiger – Tiger parents prioritize excellence in academics and specialty extracurricular activities above leisure time. Tiger parents take an authoritarian approach and set high expectations. Also known as tough-love parenting where children are expected to respond to challenges. Children of tiger parents don’t learn how to adapt to life’s ups and downs and are prone to anxiety.



EMMA MALLACH
**MODERN
MISHPOCHA**

Jellyfish – At the other extreme of the tiger parent, jellyfish parents would prefer to give in to their kids in order to avoid confrontation. They set few rules and expectations, lack authority and are generally overly permissive. Since children of jellyfish parents lack rules and direction, they often look to peers for guidance and are more likely to engage in risk-taking behaviours.

Dolphin – Dolphin parents are the middle ground between the tiger and jellyfish parents. They seek collaborative decision-making with their kids, foster creativity and independence. The parenting style derives its name from the acronym “POD” (a pod is a group of dolphins) where P stands for play and exploration, O stands for others, i.e. developing a sense of community and of giving, and D stands for downtime, which includes rest, exercise and sleep.

Elephant – Elephant parents value the emotional security of their children which hinges on a deep connection. This could mean co-sleeping with children during the 0-5 years. These parents seek not to raise their voices and value encouragement over academic

or athletic success.

Helicopter – Helicopter parents tend to hover and intervene in challenging situations. These parents may be considered over-involved and always assessing risk, which can prevent children from developing that skill for themselves.

Free-range – Free-range parents grant their kids plenty of independence including the right to walk to school alone or play at a nearby playground unsupervised. Young children may even be allowed to ride public transportation or shop alone. These parents believe this freedom promotes independence and self-reliance.

Attachment – Attachment parents desire close contact between baby and caregiver through baby-wearing, breastfeeding and co-sleeping with the goal of developing a strong bond. These parents use natural closeness and a child’s cues rather than the clock or a strict schedule to determine their babies’ needs. Parents emphasize role modeling and positive discipline by using praise and rewards for good behaviour and loss of privileges for poor behaviour.

Clearly there are pros and cons to each parenting style and it’s possible that your parenting style might evolve over time as your child grows older.

So, what type of parent are you?

P.S. I want to thank Stephanie Shefrin for the opportunity to share this column for several months longer than initially envisaged. I will continue to enjoy reading her Modern Mishpocha articles.

Arguing about who and what we are has always sustained the Jewish people

‘American Jews and Israeli Jews are headed for a messy breakup’ was the headline of a January 4 column by Jonathan Weisman, deputy-Washington-editor of the New York Times. A long-time observer of Jewish life and politics, both in Israel and the United States, his latest book is (((Semitism))) : *Being Jewish in America in the Age of Trump*. He is a member of a Reform Jewish congregation in Washington, D.C.

The premise of Weisman’s piece is that American Jews, overwhelmingly non-Orthodox, overwhelmingly anti-Trump and vocally non-supportive of the government of Benjamin Netanyahu, are slowly distancing themselves from the policies of the Israeli government. Consequently, American Jews are distancing themselves from Israel and Israelis, in turn, are distancing themselves from American Jews.

Israelis, Weisman suggests, cannot fathom the American “obsession” with liberal values that continually puts them at odds with the priority that security issues hold in Israeli politics.

“Israeli politicians – and citizens – are increasingly dismissive of the views of American Jews anyway,” he writes. “Evangelical Christians, ardently pro-Israel, give Jerusalem a power base in Washington that is larger and stronger than the American Jewish population. And with Orthodox American Jews aligned with evangelicals, that coalition has at least an interfaith veneer – even without Conservative and Reform Jews, the bulk of American Jewry.”

American Jews, Israeli Jews, Canadian Jews are not monolith communities. Within all three communities



RABBI STEVEN H. GARTEN
**A VIEW FROM
THE BLEACHERS**

there is a generational split on Israel that goes beyond ideology. Older generations, whose connection to the Shoah and the creation of the State of Israel may be both living memory and lived experience, are more willing to champion policy that is rooted in security and preservation of the Jewish people. Younger generations, with no personal experience of the existential endangerment of Israel, tend to see Israel as a heavily-armed Goliath lashing out at small and defenceless Davids. And young Israelis who serve in the IDF do not have the luxury of philosophical conversations that convulse North American universities. For them, army service and the security of the State of Israel are a foregone conclusion.

The schism that Weisman predicts and worries about is real, yet it is probably not the major issue facing either North American or Israeli Jews. Though both worry about survival, the obsession with each other is often a creative means of distraction from real issues.

In North America, we face the challenge of changing norms of Jewish identity. Synagogue membership, Jewish day school enrolment, JCC membership, and the percentage of the population contributing to community fundraisers are all on the decline. Once again, it is an

older generation that remembers how close we came to extinction that fills the pews, donates to Federation campaigns, and pays for their grandchildren to go to Jewish camps and schools.

Yet, intermarriage is real and all attempts by non-Orthodox denominations to halt it have been for naught.

In North America, Judaism is undergoing an overwhelming shift away from Jewish religious identity to a more amorphous form of cultural identity.

We may celebrate Chanukah, light candles, exchange gifts, maybe even recite the blessings, but do we still believe in the miracle that our ancient rabbis taught?

When we observe and celebrate Pesach, we speak of the holiday of freedom, not redemption. It is fairly common for North American Jews to quote Moses saying, “Let my people go,” but only rarely do they add the second part of the verse, “So that they may serve the Lord.”

Even Jewish culture is no longer immune to assimilation. Bagels are served in Tim Hortons, McDonalds and elsewhere without a hint of their cultural origins. Yiddish phrases are now so ingrained in popular culture that the actual the Jewish roots of the words have long since been forgotten.

Fighting about Israel seems to be the most normal expression of Jewish identity. Rather than worrying about it, we might be better served to cultivate the disagreements. As long as the Diaspora and Israel are arguing about “Who is a Jew?” and about the importance of the relationship between the Diaspora and Israel, our sense of self is assured. Arguing bitterly about who and what we are, ironically, has always sustained the Jewish people. Maybe, just maybe, it will be our salvation as well.

Which fitness trends will you adopt in 2019?

Each year, major fitness organizations survey their members to predict upcoming fitness-related trends. Fads spread like wildfire but have a relatively short lifespan. Think back to the hula hoop, the ThighMaster, and more recently, the Shake Weight and yoga with baby goats. Fitness trends take root and become longer-term influencers. I reviewed the 2019 survey findings of Canadian Fitness Professionals – <https://tinyurl.com/y9sfd55m> – (of which I am a member) and the American College of Sports Medicine – <https://tinyurl.com/y8kz4egh>.

While the main purpose of these surveys is to generate more income for fitness professionals (individuals and health clubs) and the organizations themselves, the findings suggest what consumers can expect to see offered by trainers and health clubs in 2019.

Functional fitness is number 1 on the Canadian survey and was number 1 in four of the last five annual surveys. Functional fitness training is and will continue to be popular for midlife and older adults as it focuses on practical exercises that simulate and train the body for the physical activities of daily living, for example, balance, mobility, range of motion, strength and endurance. The aim of functional fitness is not to become a body builder or a sprinter but to be able to perform practical tasks with greater ease such as carrying bags of groceries, going up stairs without fatigue and walking with confidence.

The number 2 trend on the Canadian survey is active recovery which refers to post-workout self-care, for example, stretching and using tools such as foam rollers and therapy balls, or meditating. When you're in a rush to get to the gym, do your workout and get back to work, it's easy to overlook active recovery.



GLORIA SCHWARTZ
FOCUS ON FITNESS

People are becoming increasingly aware of the physical and mental health benefits of self-care and the importance of taking time to unwind.

High Intensity Interval Training (HIIT) came in third place on both the Canadian and American surveys. HIIT has been a hit in the last few years as busy people often desire an efficient workout that gets the maximum results in minimum time. HIIT involve a series of short bursts of high-intensity exercises (e.g., running or cycling at near-maximum intensity) followed by shorter periods of active recovery (e.g., walking). HIIT can be done in classes or on your own and participants can adapt the intensity to suit their individual abilities.

Senior Fitness or Older Adult Training ranked fourth and fifth place on the American and Canadian surveys respectively. The ageing population is increasing. People want to remain active for as long as possible and look and feel younger. More seniors view fitness as an important component of a comprehensive health care system. Given that Canadian baby boomers' consumer spending is 66 per cent higher than millennials' – <https://tinyurl.com/ybnlaskg> – expect to see continued expansion of fitness programs geared for the older age brackets.

Nutrition ranked fourth on the Canadian survey.

Fad diets come and go but sound nutrition is a trend that is predicted to continue. People are realizing that eating healthy on a regular basis complements regular physical activities and is necessary to maintain health and fitness. The concept of mindful or intuitive eating is replacing dieting. Mindful eating means you develop a healthy relationship with food, choosing to eat foods that nourish your body and being aware of and taking time to appreciate the flavours, textures, aromas and visual appeal. Mindful eating means listening to your body's hunger cues, eating plentifully as opposed to rigid, restrictive or yo-yo dieting, and eating foods that make you feel well.

Wearable technology ranked number 1 on the American survey. Consumers have purchased a billion dollars worth of Apple watches. The tech trend is expected to continue as wearables become more accurate. Various brands of smart watches and more affordable fitness trackers remain popular and hundreds of millions of such devices are expected to sell in North America in the next few years.

Despite the availability and convenience of online technologies such as YouTube exercise videos and live streaming, many people still enjoy exercising with other people and benefit from the motivation and modifications that an in-person instructor provides. Group fitness classes ranked number 2 on the American survey.

Similarly, training with a personal trainer has consistently ranked in the American top 10 trends since the survey's inception in 2006, as clients benefit from one-on-one goal-setting and tailored workouts.

Trends evolve over time. Find what you like and what works for you, so you can maintain a healthy lifestyle.

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Ottawa Jewish Bulletin
21 Nadolny Sachs Private
Ottawa, ON K2A 1R9

or via e-mail to:

mregenstreif@ottawajewishbulletin.com

Application deadline is Monday, February 25, 2019

WHAT'S GOING ON | February 4 to 17, 2019

FOR MORE CALENDAR LISTINGS, INCLUDING ONGOING EVENTS, VISIT WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR

ONGOING EVENTS

Guf Va'Nefesh – Body-Mind-Spirit Integration Classes

7:30 - 9 pm, first Wednesday of the month until June 5, 2019, Or Haneshamah 30 Cleary Ave.

Contact: Tana.saler@rogers.com
Gentle movement, verbal and non-verbal interaction, conscious breathing styles and visualization. Each class will have a life theme.

FRIDAY, FEB. 1

Rohr CSN Ottawa: Love & Faith: Shabbat Dinner and Luncheon

6 - 11:59 pm, 59 Sweetland
Contact: Chaim Boyarsky, 613-601-7701 rabbichaimb@gmail.com
Featuring Doron Kornbluth, relationship expert, renowned speaker, and best-selling author. Doron will speak on "Love and Religion". Shabbat morning services Saturday at 10 am, followed by a luncheon where Doron will address "Happiness in the 21st century".

SATURDAY, FEB. 2

Movie: Shoelaces

7 - 9 pm, Kehillat Beth Israel Congregation, 1400 Coldrey Ave.
Contact: Deborah Zuker rabbizuker@kehillatbethisrael.com
Cost: \$10 members/\$12 non-members. The story of a complicated relationship between an aging father and his special-needs son.

SUNDAY, FEB. 3

Mitzvah Day

9 - 11:45 pm
Contact: Tanya Poirier tpoirier@jewishottawa.com
The Jewish Community comes together to volunteer time and energy in the spirit

of Tikkun Olam, "repairing the world," and to learn about different Mitzvot. Help not only the Jewish community, but the broader Ottawa community as well.

Machzikei Superbowl Party

6 - 11:55 pm, Congregation Machzikei Hadas, 2310 Virginia Dr.
office@cmhottawa.com
<http://cmhottawa.com>
Cost: \$25. Come out to watch the big game on the big screen with good friends and great food! RSVP online or office.

Crime & Consequence - Jewish Wisdom on Criminal Justice

7 - 8:30 pm, week until March 12, 2019, Ottawa Torah Centre Chabad, 111 Lamplighters Dr.
Contact: Rabbi Blum, rabbi@theotc.org
Cost: \$90. A six-week course exploring 3000 years of Jewish wisdom concerning criminal convictions, sentencing, crime prevention, and rehabilitation.

THURSDAY, FEB. 7

Classic Israeli Film Series

6:35 - 9 pm,
Contact: Ella Dagan edagan@jccottawa.com
The Embassy of Israel in Canada in partnership with Vere Israel Program and CICF present a Winter series of classic Israeli films. Refreshments will be served.

FRIDAY, FEB. 8

Community Gourmet Shabbat Dinner with Lt. Col. Jordan Herzberg

5:10 - 10 pm, Congregation Machzikei Hadas, 2310 Virginia Dr.
office@cmhottawa.com
<http://cmhottawa.com>
Cost: see website. Get the behind the scenes story of the Syrian and Palestinian peace negotiations. Free Babysitting

(0-4) & Youth Programming (5+) provided during the speaker. RSVP by February 6 online or by contacting the shul office.

SATURDAY, FEB. 9

Shabbat Lunch with Lt. Col. Jordan Herzberg

11:30 - 2 pm, Congregation Machzikei Hadas, 2310 Virginia Dr.
office@cmhottawa.com
<http://cmhottawa.com>
Cost: see website. Topic: The Morality of the IDF: How an Ethical Military Operates in one of the World's Most Active Conflict Zones. Free babysitting provided during the speaker.

Community Wide Coffee House

7:30 - 10 pm, Machzikei Hadas 1400 Virginia Dr.
Contact: Alex Griller
Cost: \$36. Coffee, desserts, entertainment.
RSVP cmhottawa.com or 613-521-9700

SUNDAY, FEB. 10

BMX B'nai Mitzvah Xperience

1:30 - 3 pm, Ottawa, ON
Contact Rabbi Blum, info@theotc.org
Rabbis Blum, Finkelstein & Scher have teamed up to lead B'nai Mitzvah age youth on a meaningful journey of Jewish discovery, fostering Jewish pride in these young Jewish boys and girls as they prepare to take their place among tomorrow's Jewish leaders.

PJ Library at OJCS

2 - 4 pm, Ottawa Jewish Community School, 31 Nadolny Sachs Pvt.
Contact: Jenn Greenberg j.greenberg@theojcs.ca
Come and see what OJCS has to offer your child. There will be arts and crafts,

physical games, snacks and more.

The Yellow Ticket

2 - 4 pm, Temple Israel Ottawa 1301 Prince of Wales Dr.
Contact: Heather Cohen reception@templeisraelottawa.ca
Cost: Adults \$20; Students \$10. A 1918 classic silent movie starring Pola Negri. Original sound track written and performed by Klezmatics co-founder Alicia Svigals (violin) with Marilyn Lerner (piano).

Build Your Own Terrarium

7:30 - 9 pm, Ottawa Torah Centre Chabad, 111 Lamplighters Dr.
Contact: Dina Blum dinabl@sympatico.ca
Cost: \$45. A social evening for women presented by OTC and The Urban Botanist.

SATURDAY, FEB. 16

Movie: The Ancestral Sin

7 - 9 pm, Kehillat Beth Israel Congregation, 1400 Coldrey Ave.
Contact: Deborah Zuker rabbizuker@kehillatbethisrael.com
Cost: \$10. Declared a "documentary dynamite" in Israel, this award-winning film reveals the story of Israel's "development towns" as never told before.

CANDLE LIGHTING BEFORE

FEBRUARY 8	5:02 PM
FEBRUARY 15	5:12 PM
FEBRUARY 22	5:22 PM
MARCH 1	5:32 PM

BULLETIN DEADLINES

MONDAY, FEBRUARY 11	FOR MARCH 4
WEDNESDAY, FEBRUARY 27	FOR MARCH 18
WEDNESDAY, MARCH 13	FOR APRIL 1
MONDAY, MARCH 25*	FOR APRIL 15

*Community-wide Passover issue

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:

Brian Kay
Rose Lamont
Norman Polisuk
Franceen Shier

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.



Welcome to the 8th Dimension. The all-new 2019 Audi Q8.



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