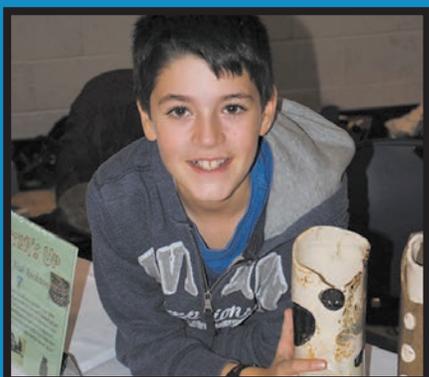


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## Andrea Freedman named as new Federation CEO

By Michael Regenstreif

A chance encounter while Andrea Freedman was attending graduate school at Carleton University in Ottawa changed her life and set her on a career path in Jewish communal service.

Freedman, 42, has been named the Jewish Federation of Ottawa's new president and chief executive officer. She succeeds Mitchell Bellman who announced his resignation in August.

In an interview with the *Bulletin* during a visit to Ottawa on January 4, Freedman said Jewish community life had been important to her while growing up in Montreal.

"Growing up, I was always involved in the Jewish community," she said. "I was involved in BBYO, in my synagogue. I went to Jewish summer camp. Our family was always Jewishly engaged. My first trip to Israel was on a federation family mission when I was 14. [Jewish iden-

tity] was always part of who I was."

After graduating from McGill University in 1992 with a BA in political science, Freedman went to Israel with Project Otzma, a 10-month volunteer project.

"I immediately gained an absolute love and appreciation for the country, for the land and for the people."

Returning from Israel, she spent a year at Carleton where she began a master's program in political science with a plan to go on to law school and become a volunteer in the Jewish community. But that chance encounter changed her direction.

"I met someone who I thought I was applying for a summer job with," she said. "Instead, he passed on my resumé to the executive director of the Jewish Community Centre in Springfield, Massachusetts, who was looking for a full-time youth director."

Moving to a full-time job in a

place where she knew no one had not been part of Freedman's plan. "But, somehow, I was bitten by the bug, and wound up spending two terrific years there directing the youth program and really learning about the field of Jewish communal service," she said.

Freedman decided Jewish communal service "was what I wanted to do with my life" and returned to school at the University of Michigan for a master's degree in social work and Jewish communal service.

"I was fortunate to receive a scholarship from the federation movement, so I had a commitment to work for a Jewish federation somewhere in North America for two years and I chose to go back home to Montreal," she said.

Beginning in 1998, Freedman worked at Federation CJA in Montreal for six years – well beyond her

(Continued on page 2)



Andrea Freedman is looking forward to working with Ottawa's Jewish community. She will take the helm at the Jewish Federation of Ottawa in March.

(Photo: Michael Regenstreif)

## Former Israeli ambassador expects Levy Report will be adopted

By Michael Regenstreif

Alan Baker was a familiar figure in Ottawa's Jewish community while serving as Israel's ambassador to Canada from 2004 to 2008. An expert in international law who was prominently involved in negotiating Israel's peace treaties with Egypt and Jordan, and the Oslo Accords with the Palestinians, Baker returned to Israel in 2008 where he now practises law and is director of the Institute for Contemporary Affairs at the Jerusalem Center for Public Affairs.

Baker was in the news in 2012 as one of the three members of the committee appoint-

ed by Israeli Prime Minister Benjamin Netanyahu to determine the legal status of settlement building on the West Bank. Chaired by former Israeli Supreme Court justice Edmund Levy, the committee issued the Report on the Legal Status of Building in Judea and Samaria, popularly known as the Levy Report, in July.

The Levy Report – which was published in July, but has yet to be adopted by the government – found that Israeli settlement activity in the West Bank cannot be considered illegal under international law.

On a recent visit to Ottawa, Baker spoke

with the *Ottawa Jewish Bulletin* about the Levy Report and prospects for the peace process.

While some commentators suggested the Levy Report was buried by the Netanyahu government after it was released because it was too controversial, Baker expects it to be adopted following this week's Israeli election, from which he anticipates Netanyahu will emerge victoriously.

"The Levy Report was a list of 17 recommendations for placing in order the process of building settlements, extending settlements, enabling the various planning and zoning

commissions to function, establishing courts to deal with competing land claims," all of which need government approval, said the former ambassador.

"While it was being bandied about as a sort of political ping-pong ball, it's been difficult for the prime minister to bring it to the government. The assumption is that [the Levy Report] will be brought back immediately after the election and adopted."

The issue of settlements, according to Baker, is on the negotiating table in future peace negotiations with the Palestinians.

(Continued on page 9)

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## Winter comes to Israel



The weather in Jerusalem on January 10 wasn't very different from Ottawa when *Bulletin* columnist Barbara Crook took this picture of her balcony there.



Three Israeli teenagers with the snowwoman they built above the Seam clothing shop in Jerusalem on January 10. (Photos: Barbara Crook)

# New CEO looks forward to joining Ottawa's Jewish community

(Continued from page 1)  
two-year commitment.

"It was an incredible experience. I started as a campaign associate working with some of the smaller divisions and became the director of the Israel and Overseas Department in Montreal in 2001, just as the Second Intifada broke out and my job was transformed overnight," she said. "I was supposed to just be responsible for the Partnership 2000 initiative and a couple of other minor community programs, but instead ended up spearheading community involvement and engagement in a revitalized advocacy effort on behalf of the State of Israel."

Freedman described the experience as "a classic case of learning crisis management and how to balance the needs of the day – which were intense and significant – with building a strategy

that would build a sustainable and viable future."

Freedman retains a great appreciation for the experience.

"There's nothing more rewarding than working on an agenda that is meaningful to you and that so many other people find meaningful as well," she said.

Wanting to broaden her experience, and to hone her skills as a fundraiser, Freedman moved on to UJA Federation of Greater Toronto where she was associate campaign director for two years, and then spent another two years as director of special initiatives for Jewish Toronto Tomorrow, the capital campaign to build and revitalize three Jewish campuses in Greater Toronto.

Beginning in 2008, Freedman spent three years as national director of planning and development at UIA

Federations Canada, the national umbrella organization of Canada's Jewish federations, including the Jewish Federation of Ottawa.

"It was a great opportunity to engage my passion for the Jewish people on a broader canvas and work on behalf of all of Jewish Canada," she said. "I was able to develop great relationships with lay leaders and professionals across the country including very particular relationships right here in Ottawa where I was involved in a mission with the Lions of Judah, with the Dragon Boat Israel initiative, and with the Partnership 2Gether committee."

In September 2009 – along with UIA Federations Canada CEO Linda Kislowicz – Freedman spoke in Ottawa at a Federation members' meeting to present the Ottawa-oriented findings of

the organization's National Task Force on Jewish Demographics.

Most recently, Freedman has been vice-president, philanthropy and operations, at Mount Sinai Hospital Foundation in Toronto, a job she describes as "a real eye-opener" where she learned much about donor relations.

"We have to do a better job of thanking our donors and making sure they understand their gift is valued and appreciated. The hospital did a great job of doing that and there's some great lessons that I learned and hope to apply to the campaign here."

Freedman – who remains a passionate Montreal Canadiens fan, despite her years in Toronto – is looking forward to moving to Ottawa and cites the warmth and energy of the

Jewish community here.

"My sense, from talking with lay leaders and staff, is that, while there are real challenges that exist in the community, there's a real sense of alignment as to what those challenges are ... and, with everyone pretty much in agreement as to what the real issues facing the community are, then you can really put all of your energy into coming up with creative solutions to tackle them," she said.

"There is a real energy and excitement in this community to tackle some of the key challenges and to continue to elevate Ottawa's Jewish community."

Freedman said her first priority on the job will be to meet people – including key lay leaders, agency representatives and donors – and begin to engage in discussions with them.

"It's very important that

I, and the Federation, gain our key stakeholders' trust and confidence – because that's what's ultimately going to lead to our success," she said.

"There's a lot of work to be done, but there are a lot of great things already happening."

The Federation's lay leadership expressed excitement on Freedman's engagement as the new president and CEO.

"From the moment outgoing CEO Mitchell Bellman announced his resignation in August, the Federation Board has worked tirelessly to ensure that the organization would find the best possible candidate for the job, a superb new leader to help take us forward. In hiring Andrea, we have accomplished our goal," said Federation Chair Debbie Halton-Weiss.

Freedman expects to begin working at the Federation sometime in March. Bellman, who served as president and CEO for 15 years and agreed to stay on during the search for his successor, officially left on January 15. Until Freedman's arrival, Shelley Crawford, the Federation's chief financial officer, will act as interim CEO.

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# Jewelry event brings students and young professionals together

By Ilana Belfer

“The first of December is frosty and cold, so what better way to spend it than with diamonds and gold!” read part of a poem on the Facebook invitation to attend *Bijoux Affair* at True Bijoux, a Sparks Street jewelry boutique.

More than 100 people showed up on December 1 dressed to code – “classy with edge” – for a DJ, open bar and silent auction in support of the Jewish Federation of Ottawa’s Emerging Generation Division. Oh, and partygoers could also shop at the same time.

“It was just a fresh idea,”

said Mira Levine, a fourth-year University of Ottawa student who organized the event with Lindsay Silverberg, also a fourth-year uOttawa student.

“It was new, it was different [and] it was catered to older people [within the emerging generation],” Silverberg said. The emerging generation encompasses young adults between 18 and 35.

*Bijoux Affair* certainly wasn’t a typical networking and fundraising event.

Additional décor wasn’t needed, as the store sparkled on its own with jewels and mirrors at every turn. Rideau Bakery provided cake pops, elegant, candy-coated cakes on a stick; *Instagram*, the popular photography app for smartphones, was used as a promotional tool; and Mellos Restaurant set-up a pop-up bar.

The idea for *Bijoux*

*Affair* was sparked by Levine and Silverberg’s involvement in *FRAMED*, the jnet fashion show this past October that featured jewelry from True Bijoux. It was then that Mandy Gosewich, True Bijoux’s social media and events co-ordinator, brought the space to their attention.

They also worked with Samantha Banks, the Federation’s director of initiatives for the emerging generation. Together, they decided to bring young professionals and students together at the event.

“We wanted the Hillel people to meet the [Parliament] Hill people,” Silverberg said.

The turnout, they said, was better than expected.

“We had students and we had people who were married,” Levine said. “You could hardly move at one point. It was exciting.”

The other purpose of the

event, Levine said, was to bring attention to a local, community-owned business. True Bijoux is owned by Lindsay Appotive and is the sister store to Appotive-family owned Howard Fine Jewellers.

“Awesome event!” exclaimed attendee Daniel Gold. “It was a very different experience.”

By planning the event independently, Levine and Silverberg jumped aboard what Banks called a growing trend: “People are taking action and creating events that suit their interests and desires.”

The launch of the openOttawa Innovation Fund Micro Grant program, from which Levine and Silverberg received a grant, has helped inspire that innovation, Banks said.

“I think people want to get involved,” Silverberg said. “If you put on a decent event with a creative idea, people will show up.”



Organizers Mira Levine (left) and Lindsay Silverberg show off some of the jewelry at *Bijoux Affair*.

(Photo: Yael Kamil)

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## Talking with Ottawa Jewish community leaders

# Roger Greenberg is 'very encouraged' about the future of Ottawa's Jewish community

By Louise Rachlis

**Editor's note:** This conversation with Roger Greenberg is the first in a series. Throughout 2013, the Ottawa Jewish Bulletin will be speaking with a number of longtime community leaders about some of their leadership accomplishments and about challenges the community faces now and will face in the future.

Roger Greenberg, chairman and CEO of the Minto Group, announced last month he will step down as CEO later this year, after serving in the position for more than 20 years.

Greenberg was the force behind the 1996 Community Capital Campaign that raised more than \$29 million and enabled the building of the Jewish Community Campus, fulfilling the dream of his late father, Gilbert Greenberg.

He gives generously of his time to countless community causes and in 2007 was the recipient of the Gilbert Greenberg Distinguished Service Award in recognition of his tireless ongoing commitment to Ottawa's Jewish community. He has also been involved in many worthy causes in the broader Ottawa community, such as the Ottawa Children's Treatment Centre Foundation, Carleton University and the Community Foundation of Ottawa.

The success of the Community Capital Campaign and having received the award named for his father – the Ottawa Jewish community's highest award – are among the achievements Greenberg remains most proud of.

"I haven't been shy about helping with fundraising as some people are and so I've been glad to take it on," Greenberg said, when asked how he got involved in the community. "Everybody has different skill sets and that's where I've decided to focus my efforts, instead of on governance matters."

Born and raised in Ottawa, he moved to Toronto and returned to Ottawa in 1991.

"I wasn't particularly involved in community in the early days as I was pretty focused on my company responsibilities after my Uncle Irving passed away," he said. "Then, in 1994, I made the mistake of commenting to my cousin Lawrence, then Vaad president, on what was going on regarding the campus redevelopment. The next thing I knew, I was chair of the Community Capital Campaign.

"I thought it was odd I landed as chair



Roger Greenberg

with such little fundraising experience, but, under the expert tutelage of Stephen Victor – he said he created a monster – I took to fundraising like a fish to water. My official role was chair of fundraising, but I got involved in a lot of different areas as well, supporting the likes of my brother Robert who was co-chair of the Building Committee.

"People thought we were crazy with our initial goal of \$15 million and yet we had an outstanding success that was later increased once we got provincial government approval to include a new Hillel Lodge as well. I was also sitting on the board of the JCC at the time and assisting with the transition from Chapel Street.

"My next major Jewish activity was the Ottawa Jewish Community Foundation. I ultimately became the chair, and four years ago finished my stint on the executive though I'm still on the investment committee. My father was one of the Foundation's founders in the 1970s, and I've had a close relationship with the organization for more than a decade."

Recently, Greenberg has been involved in ensuring the financial future of the Ottawa Jewish Community School.

"It seems to be coming together nicely," he said.

Family legacy, inherited from his parents, was another reason he got involved in the community.

"My involvement stems from their ex-

ample of giving time as well as money to help out. I hope I've set an example the same way to others."

Ottawa's Jewish community is growing, said Greenberg, but "we are still a small community without industrialists. We're more a community of professionals now and they can't make the same kind of financial gifts that used to be the case. Our basic challenge is raising funds to make the community the way we want it to be. We are working hard to ensure that the community day school will survive. Most of our major community institutions are struggling financially. The Federation Annual Campaign hasn't kept up with inflation. But we have a new CEO now, Andrea Freedman, and one of her key tasks will be to engage senior members of the community who have drifted away. I see this as an opportunity to renew and move forward. There are a lot of challenges for her and it's important to encourage good senior leadership, to figure out how to re-engage those who are 50 or older to get back involved."

Another community challenge Greenberg mentioned pertains to the sale of Beth Shalom's building and whether it will

achieve a merger with Agudath Israel.

"It's important that we end up with a strong Conservative shul in the city," he said.

"It's great the Bess and Moe Greenberg Family Hillel Lodge added on the extra wing. Now it can accommodate the needs of another 21 seniors," said Greenberg reflecting on the current state of the Jewish Community Campus. "The Soloway JCC has solid core programming. But, after 15 years, the physical structure of many buildings on campus is going to need some major repairs. The vacant Kerr Avenue site is a great community asset, but how do you make effective use of it? If there's not a viable use, then we should sell it. That's an issue to come to grips with.

"We won't ever have a community the size of Toronto, and we aren't going to try to compete with that. But we can provide a good quality of life for people who don't want to be in a mega city."

Greenberg said he is "very encouraged" about the future of Ottawa's Jewish community. "I think Ottawa is a terrific community, a great Jewish city and a great place to raise your children."

## Jewish Community Service Awards

Members of the Jewish community are invited to nominate individuals to receive community awards at the Annual General Meeting of the Federation in early June.

### 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.

### Freiman Family Young Leadership Award

The Freiman Family Young Leadership Award recognizes an individual under the age of 40, who has rendered exceptional service to the Jewish community.

### The Shem Tov Community Volunteer Award presented by the Ottawa Citizen

The Shem Tov Community Volunteer Award recognizes an outstanding and active volunteer with the Jewish community who, through many years of service, has contributed to the enrichment of Jewish life in Ottawa.

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# Mitzvah Day: *Doing Good Together* as a community

When I was approached to get involved in this year's Mitzvah Day program, I did not have to think too long before jumping on board and accepting the challenge of chairing Mitzvah Day 2013.

My husband Ian and I have raised and taught our sons, Jonathan, Matthew and Adam, the concepts of *tikkun olam* (repairing the world), *tzedakah* (good deeds) and *gemilut chassadim* (acts of loving kindness). Mitzvah Day provides a great opportunity and is a logical extension of how our family has always lived.

I am very excited about this year's lineup of wonderful Mitzvah Day programs and look forward to February 10 when all the Mitzvot will come to fruition.

Mitzvah Day is a wonderful way for our Jewish community to get involved with many different organizations in the Jewish and broader Ottawa community by helping those in need of our assistance. This year, Mitzvah Day will be expanding its scope to not only focus on family participation, but to provide programming that will incorporate involvement from all



## Federation Report

Randi Sherman  
Mitzvah Day

ages and stages of life within our Jewish community.

A free bagel breakfast and a celebratory launch ceremony at the Soloway JCC (SJCC) will kick-start the day. While many of the programs will still take place at the SJCC, we have also created several exciting off-site programs that include preparing sandwiches at the Ottawa Mission, packing food at the Ottawa Food Bank, activities with the Caldwell Family Centre at Congregation Beth Shalom and working with the Shepherds of Good Hope, to name a few.

We are also very enthusiastic about the charities we have partnered with this year.

Fairy Godmother Inc. of Ottawa, which provides prom dresses, shoes, purses, etc.

for those in need, is looking for new stock. We will be assisting them in their efforts.

We will be collecting toiletries, socks, gloves, mittens, hair accessories and used sports equipment that will be given to the needy, in conjunction with the Ottawa Jewish Community School.

We will be creating birthday kits for children in shelters and hygiene kits for CHEO and the Élisabeth Bruyère Hospital.

Rogers House is in need of CDs and DVDs for its entertainment library, so we plan to help facilitate its collections as well.

New activities for this year include a spin-a-thon at the SJCC with proceeds going to support Kfar Yeladim David, a blood drive scheduled the week following Mitzvah Day; organizing care packages for IDF soldiers in Israel; and preparing comfort blankets for the young and old in our community.

We also are very proud to be continuing our Locks of Love program in support of children who suffer from long-term

medical hair loss, as well as the Gift of Life program where swabs are taken to be part of the bone marrow transplant registry. And, of course, we will have our Brighten Your Day crafts and Singalong with Hillel Lodge as well as our special Challahs for Hunger program, plus many more wonderful family-oriented activities.

I would like to encourage anybody and everybody to participate in Mitzvah Day. *Doing Good Together* combines all of the concepts we, as Jewish people, hold so dear and allows us to reach out to those who need us. There is no greater Mitzvah than that.

Please join me and my dedicated committee – Ranit Braun, Ryan Goldberg, Celia Goldstein, Arielle Kreisman, Natalie Miller, Jessica Shabinsky, Jenny Shinder, Jordan Stenzler and Steven Wollock – on February 10 to help those in need by performing good deeds on Mitzvah Day 2013.

For more information or to register, please visit [mitzvahdayottawa.com](http://mitzvahdayottawa.com) or contact Rena at [rgarshowitz@jewishottawa.com](mailto:rgarshowitz@jewishottawa.com) or 613-798-4696, ext. 241.

# From eating buksa to the Tu B'Shevat seder

As a kid growing up in the United States, I noticed the many holidays or special days that appeared on our secular calendars. I'm referring to those less popular than the Fourth of July or Lincoln's Birthday. Groundhog Day, for example, or, for our discussion, Arbor Day, shown on the calendar as the last Friday in April.

Growing up, we never did anything special on the American Arbor Day. But, at Yavneh Academy in New Jersey, we modestly marked Tu B'Shevat, the Jewish arbour day, the New Year of the Trees, by eating, or, at least seeing, handling and smelling, *buksha*, the fruit of the carob tree. Fast forward 15 years, and I was in Israel where you can find carob trees on almost every street corner. In Israel, we never ate *buksha* on Tu B'Shevat, but we did eat a lot of dried fruit imported from Turkey (not one of Israel's great friends these days)!

The amount of rabbinic ink spilled over the Tu B'Shevat holiday has been minimal. It is first mentioned, very briefly, in the *Talmud* in conjunction with a discussion regarding the various new years in the Jewish calendar. The *Mishna*, in *Tractate Rosh Hashanah*, includes an argument between *Beit Hillel* and *Beit Shammai* as to when we mark the New Year of the Trees. It was decided we would follow the tradition of *Beit Hillel*, and it is on the 15th day of Shevat, so its name is Tu B'Shevat (the Hebrew letters *Tet-Vav* equal 15).

In *The Observant Life: The Wisdom of Conservative Judaism for Contemporary Jews*, the Conservative Movement's new book on Jewish law and custom, Rabbi Alan B. Lucas notes the *Talmud* "explains



## From the pulpit

Rabbi Barry Schlesinger  
Agudath Israel

that, as the majority of the winter season's rainfall has already fallen by this date, fruit trees that only blossom later on are considered part of the following year's crop." Tu B'Shevat is actually the cutoff date for determining which tithing year the fruit of a tree belongs to.

The *Shulchan Aruch* (Code of Jewish Law) simply mentions that it is customary not to say *Tachanun* on Tu B'Shevat. There is no long-lasting written tradition of eating *buksha*, singing the praises of the Land of Israel, or even of planting trees.

The 18th century Kabbalists turned Tu B'Shevat into a holiday that includes a seder, mimicking the Pesach seder. Although not everyone accepted this new ritual, because it was thought to have been initiated by the believers and followers of Shabbtai Tzvi, the false messiah, it has become very popular, especially in Israel. There is a plethora of *Hagadot Tu B'Shevat* for people to use in their homes, synagogues and community centres. During these seders, people drink and mix red and white wines, eat from the seven species Israel was blessed with (see *Deuteronomy* 8:8, "a land with wheat and barley, vines and fig trees, pomegranates, olive oil and honey"), learn Torah, and sing Jewish liturgical and modern Israeli

songs. This seder gives participants an opportunity to sing God's praises and thank God for Israel's great agricultural successes, while looking forward to the end of winter and the coming of spring.

In the early-20th century, *Histadrut HaMorim* (the Israeli teachers' association) initiated the element of tree planting in pre-State Israel as part of the Tu B'Shevat ritual. They popularized the mitzvah of planting trees in Eretz Yisrael, as it is written, "When you come to the Land and you plant any food tree ... (*Leviticus* 19:23)"

Over the past 10 years, with the rise of environmental awareness, ecological con-

cern became a value connected to Tu B'Shevat and it developed into a day devoted to learning about how to better the environment and to treat *Ima Adama* (Mother Earth) with greater respect.

This year, Tu B'Shevat falls on January 26 which is also Shabbat Shira. So, in addition to going to shul to read about the Exodus from Egypt and to listen to *Shirat Hayam* (Song of the Sea), let's really celebrate Tu B'Shevat and adopt the Kabbalistic custom and conduct Tu B'Shevat seders, support the continued tree planting and afforestation of Israel, sing God's praises and plan how we could better the environment.

Chag Tu B'Shevat Sameach!



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# Thank you Mitchell, we will miss you

In the middle of the week that passes between this issue of the *Ottawa Jewish Bulletin* going to press and its arrival in your mailbox, Mitchell Bellman will have served his last day as president and chief executive officer of the Jewish Federation of Ottawa – a job which also entails being publisher of the *Bulletin*.

Mitchell has spent most of his working life at the Federation's helm. Following five years as a legislative assistant on Parliament Hill, he joined the Federation – then the Jewish Community Council of Ottawa/Vaad Ha'ir – in 1995 as director of community relations and public affairs and became executive director two years later.

When the Federation staff gathered for lunch in Mitchell's honour on January 8, Chief Financial Officer Shelley Crawford, who will serve as interim CEO until Mitchell's successor, Andrea Freedman, arrives in March, spoke about how far the Federation and Ottawa's Jewish community have come under his direction.

Using then-and-now comparisons, Shelley spoke about the early days of Mitchell's tenure when the Vaad and its 16 employees were headquartered in the rundown conditions of the old JCC building on Chapel Street, working with few and primitive computers.



## Editor

Michael Regenstreif

With Mitchell at the helm, the Federation became a modern, professionalized operation and today's Jewish Community Campus was built, creating a hub of constant activity.

"There was Chapel Street – today there is Ottawa's vibrant Jewish community. And many, many great memories, and many great friendships," Shelley said.

"On behalf of your staff, thank you Mitchell! You are turning a page and we will miss you," Shelley concluded as the staff applauded.

Speaking personally, I was impressed early in my time at the *Bulletin* that Mitchell was a mensch by observing the compassionate way he handled the circumstances created by the illness that tragically claimed the life of the late Barry Fishman, my predecessor as editor of the *Bulletin*.

In 2007, when Barry was diagnosed with ALS and it became clear that he would not be able to continue to work in

the long-run, Mitchell created the position of assistant editor (for which I was hired), to help Barry in the day-to-day operation of the *Bulletin* while learning about this newspaper and the community it serves.

This allowed Barry to continue working for as long as he could, which he did with great dignity, until the progression of his illness meant that was no longer possible. And, when I stepped into the editor's office early in 2008, Mitchell designated Barry as *editor emeritus*, a role he continued to fill as a valuable adviser until he passed away a year-and-a-half later.

I know how much Mitchell's support and friendship meant to Barry during the three difficult years of his illness.

As mentioned, part of Mitchell's job as Federation CEO was being publisher of the *Bulletin*. As editor, I have appreciated Mitchell's insights into the community we serve, his advice on approaches we might take in covering certain issues, and his comments on the 19 editions of the newspaper we produce each year.

When she spoke at the staff lunch, Shelley noted it was under Mitchell's direction that the Federation became the modern organization it is today. It was also under his direction that the *Bulletin* continued to evolve into the modern community newspaper it has become.

On behalf of the *Bulletin* staff, I will also say, 'Thank you Mitchell! We will miss you.'

### The power list

"The Power List: 25 Most Important People in Ottawa" was the cover story in the December 3 issue of *Maclean's* magazine. Beginning with Prime Minister Stephen Harper and Supreme Court Chief Justice Beverly McLachlin, the list includes a variety of Conservative cabinet ministers and MPs – including local MPs John Baird, the minister of foreign affairs, and Pierre Poilievre – as well as prominent opposition MPs, agency heads, senior bureaucrats and a few other influential individuals like Lauren Harper, the prime minister's wife.

Israeli Ambassador Miriam Ziv was the lone non-Canadian that *Maclean's* included on the list. Noting that "relations between Canada and Israel have rarely been as warm as they have become during Prime Minister Stephen Harper's time in office," attention is called to the strong relationships Ziv has developed with various ministers, particularly Baird.

In the article, Ziv stresses that Canada's "very special relationship" with Israel "is based on really understanding the fact that we are a democracy in a hostile, non-democratic region."

# Much of the world sees Israel as intransigent

At the Israeli Foreign Ministry ambassadors' conference on December 31, Ron Prosnor, Israel's ambassador to the United Nations, asked Yaakov Amidror, head of the National Security Council, for the rationale for building 3,000 more Israeli houses on the West Bank. The question was greeted with applause from many of the 160 Israeli ambassadors in attendance.

"If you do not agree with government policy, either go into politics or resign," said Amidror in response.

The question and answer reflect months of growing tension in the Middle East, and more and more of it seems to impact negatively on Israel in the eyes of the world. So many other key issues revolve around the settlement policy.

The vote for Palestinian semi-statehood at the United Nations was an overwhelming vote in favour. They voted for something more than mere observer status and something less than full statehood, but their intent was clear – a vast majority of the countries of the world want and expect a Palestinian state.

The contrary argument put forward by the United States and Canada that Palestinian statehood should be negotiated, not



Jason Moscovitz

mandated, did not fare very well in world opinion.

World opinion is what it is and has progressively turned against Israel since the days of the war in Lebanon in the early 1980s. I recall the conversations in a national newsroom at the time and I remember how hard it was, as a Jew, to hear such negative thoughts and comments about Israel. The change in world view was starting to change – Israel was no longer seen as the heroic start-up miracle nation. Instead, from the early 80s on, it was seen as an aggressor.

It is more than 30 years since this shift in world thinking, and the results of these increasingly hardened views continue to take a huge toll – and yet you know the truly hard stuff hasn't even begun yet.

As we know and have learned over the years, there are so many seemingly unsolvable problems. Where is the line be-

tween a two-state solution and Israel being secure in the knowledge that more rockets won't be pointed at its citizens from even more strategic locations? Who will have the Solomon-like wisdom to settle the future of Jerusalem? What is Israel's position on past and future settlements in what the rest of the world sees as occupied territory? And, finally, where is the line between anti-Semitism and anti-Israel sentiment.

The world has a seemingly naive view that all will be well when the two sides go back to the 1967 borders. For proponents of that view, Israel's future security cannot be uppermost in their minds – if a thought about Israel's security is even there at all.

The ceasefire in Gaza and the favourable Palestinian vote at the United Nations seem to have set the table for a renewed effort to get the two sides talking again. Most of the rest of the world is getting impatient and Israel is blamed for intransigence. And that brings us back to the subject of settlements.

Over the past couple of months, many friends of Israel have openly questioned the Israeli government's talk, or intention, or threat, to build 3,000 more houses in the West Bank. They can't figure

out how that serves Israel if it is truly interested in peace. For those who say timing is everything, the question, even being asked by some Israeli ambassadors, is why now, why at all.

Not living in Israel, one doesn't always understand the nuances of how things are said, and why they are said, but, somehow, even giving every benefit of the doubt, as much as a big supporter of Israel can, there is something troubling about talk of more settlements. It is a huge red flag to the rest of the world, a world at large that has a strong point of view that is not favourable to begin with.

Appeasing the world to the detriment of Israeli security is not, and should not be, what this is about. But to be more sensitive to what the world thinks might be a better place to be.

There are, of course, no easy answers. There is a rocky, difficult road ahead. But you get the feeling that recent and ongoing events in the Middle East have changed things a great deal – and will continue to – and that somewhere, somehow, Israel is going to have to find a place where, once again, it can be seen by the world as an interested partner in the difficult process of settling with the Palestinians.

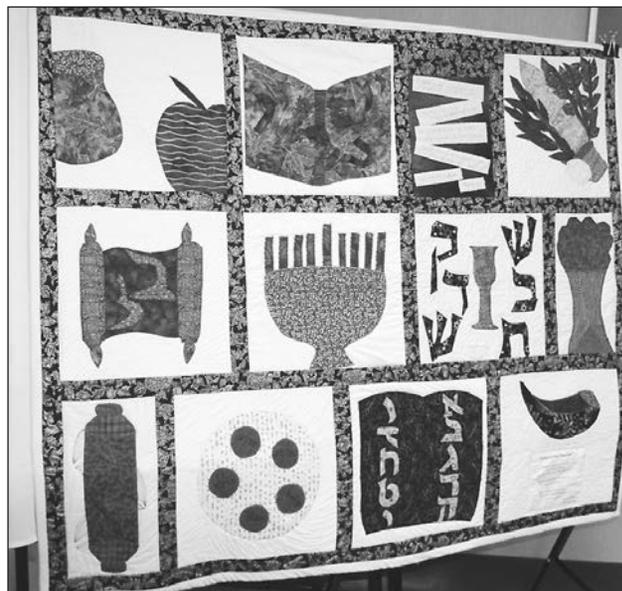
# Quilt depicting aspects of Judaism donated to Élisabeth Bruyère Hospital

By Ilana Albert-Novick

Ottawa artist Orly Aaron has donated a handmade quilt entitled *Solace in the Familiar* to the Élisabeth Bruyère Hospital for its prayer room. There are 12 sections to the quilt, each representing different aspects of Judaism.

“One of my goals in creating this piece was to draw the viewer in and to find something of meaning which speaks to them and brings them comfort from what is familiar, stable and known,” said Aaron.

One can literally find layers within layers of meaning when viewing the quilt. For example, one section of the quilt depicts the Torah itself. Another layer of quilting on the same square has the Hebrew letters Beit and Lamed on it representing the first and last letters, the beginning



Orly Aaron's quilt, *Solace in the Familiar*, now hangs in the Élisabeth Bruyère Hospital prayer room. Each of the quilt's 12 sections represents an aspect of Judaism.

and the end, of the Torah scroll. The third layer of the square, the stitching, has rays of light extending outward, the *keter* (crown) of the Torah above it and clouds underneath.

Aaron, a busy mother of four children and an active volunteer, was inspired by family, her obviously deep connection to Judaism and the values of Torah passed on to her from her parents.

She hopes to pass this love of Judaism further on to her own children and to share it with others through her art.

Rabbi Arnold Fine, a clergy member who supports Bruyère patients, approached Aaron with the idea of creating a piece for the hospital. She jumped on board the project as an act of *chesed* (kindness).

What is also meaningful in the presentation of this artwork is that Bruyère, a Catholic institution, is recognizing and acknowledging its diverse clientele, something Aaron said she is proud to be part of.

The quilt was officially unveiled on December 19 and will be kept in the hospital's prayer room under protective Plexiglas. A plaque next to the quilt will have Aaron's biography and a description of each section of the quilt.

# Young potter's bar mitzvah project supports Tamir

By Katherine Carter  
Tamir

The Tamir table at the Soloway Jewish Community Centre Chanukah Gift Fair, December 2, featured an array of greeting cards created by the Tamir Visual Arts Program. Joining Tamir for the fair day was young potter Noah Reichstein of *Potter's Up!* who was selling his pottery and supporting Tamir as part of his bar mitzvah project.

Each piece Noah creates is an inspired work of art, ranging from vases resembling tuxedos and basket weaved bowls to tiny cups and dishes that can hold everything from jewelry to candies. Noah uses a free-hand style of creating pottery instead of a potter's wheel, so each piece has something special that is a testament to his creative abilities. Whether it's using a garlic press to form a braided effect or combining different colours of clay for a marbled finish, there's always some-

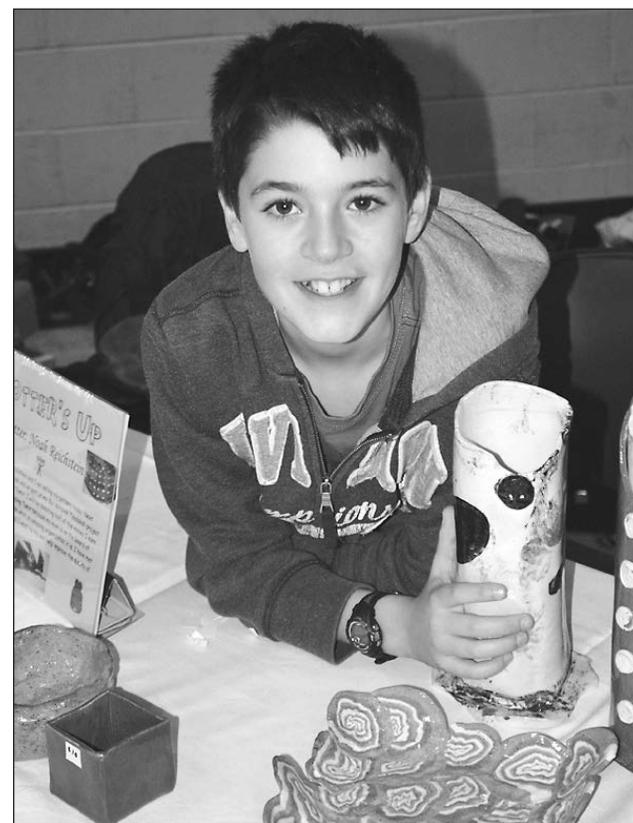
thing to catch the eye.

Noah's support for Tamir began as a project for his bar mitzvah, which will be take place in October. He decided, as part of his special year, that he wanted to take on a project that would benefit his community, so he's donating half the proceeds of his sales to Tamir.

Browsers at the Chanukah Gift Fair couldn't help but look at all the beautiful pieces available for sale, but deals were sealed when, from behind the table, Noah would proudly say, "I'm the potter," to which there were many amazed faces. Much pottery and many cards were sold.

"My mom has always talked about what a great organization it is and how they are helping people with disabilities in our community. I want to do something to help, too," Noah said when asked why he chose to support Tamir.

Noah was so successful at the fair he had to rush home



Noah Reichstein with some of his pottery at the Tamir table during the SJCC Chanukah Gift Fair.

to bring back more pottery because it was selling so fast. By the end of the day, he had sold enough pottery to donate \$111 to Tamir.

"I feel really good about having had the opportunity to

do this for Tamir. I hope it helps to make someone's life better," he said.

Visit [tamir.ca](http://tamir.ca) for more Tamir news, events and information on how you, too, can get involved.



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### New Ottawa Executive Director

We had a significant change in our Ottawa organization in early-December. JNF Ottawa now has our own Executive Director and I would like to take this opportunity to warmly welcome Lynda Taller-Wakter, who is well known in our community and to our JNF family. A former JNF Board member and active volunteer in the Jewish community, Lynda has an MBA from the Telfer School of Management at the University of Ottawa and has been successful in her business career. She worked as a marketing executive with MD Management, a leading Canadian financial services organization, for many years and was also a successful consultant assisting businesses with their marketing and start-up needs. Lynda reports directly to the JNF Canada CEO and will be responsible for JNF activities in Atlantic Canada as well.

### Our Tu Bi'Shevat Project

JNF Ottawa's 2013 Tu Bi'Shevat Telethon campaign will be held on Sunday, January 27. This year, the campaign will support residents of Southern Israel. Your generous donation will help to reforest a park and recreational area in Kissufim for children and young families of Southern Israel who have been traumatized by terror, rockets and missile attacks.

Rest and recreation add enormously to the quality of life for Israelis who have been traumatized by terror. Kids suffer post-traumatic stress syndrome. Studies show that providing forest recreation alleviates tension. This is the time to show our solidarity. It is our chance to contribute to their peace, tranquility and prosperity. Let's establish a forest in Kissufim and encourage Israelis to get out and appreciate the outdoors once again.

### Volunteers needed

Every year, JNF Ottawa welcomes more than 100 volunteers to work the phones and reach out to the community – and we welcome more volunteers. We would be delighted to deploy you in one of our three shifts: 10 am to 12:00 pm, 12:00 to 2:00 pm, or 2:00 to 4:00. The hours qualify for community service.

### How to Donate this Year

While any size of donation and tree purchase is appreciated, we are asking you to consider a minimum purchase of five trees to show your solidarity with the residents of Southern Israel.

Donate Trees Online at [JNF.CA/TUBISHEVAT.HTML](http://JNF.CA/TUBISHEVAT.HTML)  
Email us at [Ottawa@jnf.ca](mailto:Ottawa@jnf.ca) or call Ottawa JNF Office at 613-798-2411

Stay in touch with us on Facebook. Negev Dinner photos are posted on the JNF Ottawa page.

On a daily basis you can plant trees for all occasions. An attractive card is sent to the recipient. To order, call the JNF office (613.798.2411).



# Visiting Ottawa is like coming back to second home, says former ambassador

(Continued from page 1)

"It was agreed upon in the Oslo agreements that one of the final status negotiating issues – in addition to Jerusalem, refugees, and water, etc. – is the whole issue of settlements. Israel agreed to this, and it is still on the negotiating table."

Some sort of compromise, wherein "some settlements will remain part of Israel and others will either be moved or become part of a Palestinian state," is inevitable should negotiations come to a successful conclusion, Baker said.

The Levy Report, he added, acknowledges the outcome of peace negotiations will determine the future of the settlements.

Although Baker expressed some optimism that peace negotiations will eventually resume with the Palestinians, "it's difficult to know with whom to negotiate now," he said in reference to divisions in Palestinian society between Fatah and Hamas.

"Hamas does not want to negotiate with Israel and does not want to accept the concept of peace with Israel, and Fatah, who are committed, according to the Oslo agreements, haven't got the authority to represent the whole of the Palestinian people.

Negotiations, Baker said, will only resume when the Palestinians come to a consensus on who will represent them and what their positions will be.

Baker described the recent UN General Assembly vote recognizing Palestine as a non-member observer state as essentially meaningless because it is only through ne-

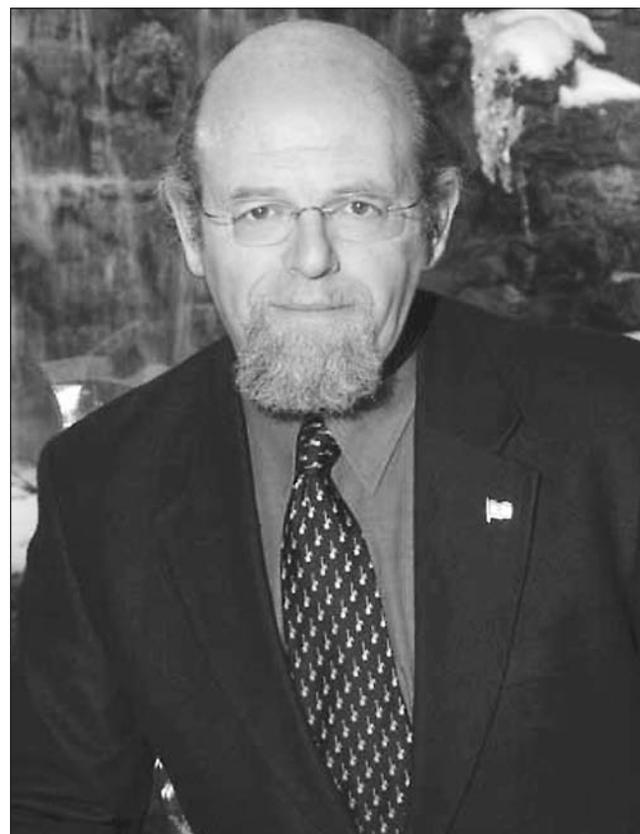
gotiations with Israel that a real Palestinian state can be created and borders determined.

Baker said his and wife Dalia's visit to Ottawa was very special and a great reminder of the many friends they made here.

While in Ottawa, Baker attended the Negev Dinner honouring Foreign Minister John Baird and had several meetings with members of Parliament who wanted briefings on the Levy Report and on the situation in Gaza.

"Coming back to Ottawa after being away for almost five years, I was quite taken aback by the warmth of the welcome I got from everybody – particularly at the Negev Dinner. I found this very heartwarming," he said.

"It was a lovely, warm reception – like coming back to a second home. My wife and I both found this very special."



Alan Baker, Israel's former ambassador to Canada, served on the committee appointed by Benjamin Netanyahu to investigate the legal status of Israeli settlements in the West Bank.

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# Cotler tells law students to follow Wallenberg's example by supporting human rights

By Noah Kochman  
Faculty of Law  
University of Ottawa

MP Irwin Cotler, a former minister of justice, law professor, human rights activist and international counsel for many prisoners of conscience, gave an intricate overview of the lessons of the Holocaust when he spoke, November 19, at the University of Ottawa's Faculty of Law event marking Holocaust Education Month.

Cotler's talk was framed by the legacy of Raoul Wallenberg, with discussion of

both the international legal framework and domestic contemporary human rights concerns, particularly in the 30th anniversary year of the Canadian Charter of Rights and Freedoms. He outlined six poignant lessons of the Holocaust, each nuanced by an in-depth discussion of the prevention of genocide, human rights and the danger of indifference.

One of the lessons is the danger stemming from state-sanctioned cultures of hate and the danger of cultures of impunity. The test case used

by Cotler for this lesson was that of Sudan. Learning from the Holocaust, he said, means we cannot be indifferent nor be bystanders in the face of atrocities like those witnessed in recent years in Sudan, Rwanda, or even Syria.

During his talk, Cotler frequently returned to the question of what should be done in the face of injustice. More specifically, as students or community members,

what cause should we rally behind? Cotler mentioned he has been drawn to defending prisoners of conscience, like Nasrin Sotoudeh, because their experiences are a window into a country's most pressing human rights issues. Cotler drove home the point that, for him, it is not about which human rights cause we choose to rally behind, but rather following the example of figures like Wallenberg and getting behind the cause

of human rights.

Cotler ended his speech with Hillel's quote, "If I am not for myself, who will be for me? But if I am only for myself, who am I? If not now, when?" showing it is not only our place, but also our responsibility, to stand up to be counted – to choose a human rights issue and make that our cause.

The event was co-sponsored by the Vered Jewish Canadian Studies Program



MP Irwin Cotler

and the Faculty of Law and was the beneficiary of an openOttawa Innovation Micro Grant from the Jewish Federation of Ottawa.

## Bar-Ilan professor to analyze Israeli election at Agudath Israel

By Hal Grossner  
for Agudath Israel

With the Israeli election slated for January 22, there are many burning questions on the horizon.

To help make sense of these fast-changing political realities, the Agudath Israel Adult Education committee

will present analysis from Mordechai (Moti) Kedar of Bar-Ilan University.

Kedar will speak at Agudath Israel, 1400 Coldrey Avenue, on Monday, January 28, 7:30 pm addressing the topic, *The Israeli Elections, the Morning After: What Does the Future Promise?*

There are many questions left to be answered in the wake of the election.

Will this year mark a rejuvenation of the peace process or see its quiet death? Is the two-state solution still a possibility? What is the fate of the government's attempt to draft the ultra-Orthodox? What will be the result of the new

government commission created to address issues of women's prayer at the Western Wall in the wake of a slew of new arrests of women wearing tallit and chanting prayer?

Will the social protest movement for housing and cost of living issues translate into electoral victories now that some of those grassroots leaders are on party lists?

What can we expect from the new coalition agreement in an always dynamic parliamentary arrangement? What is the fate of Israel's political centre? What will be the impact of the Likud's merger with Avigdor Lieberman's Yisrael Beiteinu party? And

how will Naftali Bennett, the new leader of the religious-right Jewish Home party, affect Likud's prospects?

A lecturer in the Department of Arabic at Bar-Ilan and a research associate at the Begin-Sadat Center for Strategic Studies, Kedar specializes in Arab political discourse, the mass media, Syrian politics, and Islam and politics. He served in IDF military intelligence for 25 years, has appeared on Al Jazeera, and writes frequently in the Israeli press.

The community is invited to what promises to be a lively evening of analysis and discussion. Bring your questions.

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# The Varsity Jews choral group is coming to Ottawa, February 17

By Sharon Letovsky  
for Agudath Israel

One day more than a dozen years ago, Jeremy Burko and Adam Cutler, two Jewish high school students, experienced a concert that positively wowed them when Pizmon, a New York-based Jewish a cappella group, stopped at their high school during a tour to Toronto.

Young Jeremy and Adam decided they wanted that kind of music to be part of their university experience. So, when they became first year students at the University of Toronto, they decided to start a Jewish a cappella group of their own.

Since a cappella means without instrumental accompaniment, the boys had to shop around for musical arrangements that showed the harmonies for each vocal range. They contacted a cappella groups everywhere, but found very little Jewish material. So, Jeremy, the more musical of the two, wrote his own arrangements and Varsity Jews was formed.

Jeremy led Varsity Jews for five years until he graduated. The leadership was then taken over by his younger brother, Robby, who led the group for another five years. It is only in the past two years now that the group has had a non-Burko leader.

The Varsity Jews, bound together by their love of music and their desire to incorporate Judaism into campus life, have been delighting audiences since 2002.

Their repertoire includes a wide variety of music from traditional Hebrew folk, to modern Israeli songs, to classic rock with an added Jewish flavour. Varsity Jews is made up of undergraduate, graduate and professional school students, as well as University of Toronto alumni and community members.

The group sings at synagogues, university and Hillel events, bar mitzvah luncheons, Friday night dinners and Jewish a cappella festi-



The Varsity Jews a cappella choral group of Toronto will perform, February 17, at Agudath Israel.

vals in the U.S.

Each year in early spring, the choir selects a charity and puts on a fundraising concert.

Varsity Jews has raised thousands of dollars for organizations such as One Family Fund, Beit Hashanti (youth shelter), Save a Child's Heart, Latet – Israeli Humanitarian Aid, and Te-Amim Music Theatre – Tolerance education through the arts. They have even released a debut album, *This*

*One's a Kippah!*

The Varsity Jews will be performing in Ottawa at Agudath Israel Congregation on Saturday night, February 17, and various other workshops and performances throughout that weekend.

For more information or tickets, contact Agudath Israel at 613-728-3501.

By the way, young Jeremy and Adam are now Chazzan Jeremy Burko of Agudath Israel Congrega-

tion in Ottawa and Rabbi Adam Cutler of Beth Tzedec Congregation in Toronto.

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**Monday, January 28th at 7:30 p.m.**  
The Adult Education Committee of Agudath Israel takes great pleasure in inviting the entire Jewish Community to participate in a lively discussion on the results of the January 22nd elections in Israel. Featuring special guest speaker Dr. Mordechai (Moti) Kedar, Professor at Bar-Ilan University.

**Friday, February 1st, 2013**  
**Shabbat Dinner with Dr. Shawna Dolansky.**  
Kabbalat Shabbat services at 4:55 p.m., followed by dinner and lecture. "The Ten Commandments as They Would Have Been Understood in Biblical Times." Cost: Adults • \$40, Students • \$25, Children 6-12 • \$20, Children under 6 • Free. Payment at Reservations. Visa and MasterCard accepted. Only those with Paid Reservations will be admitted. R.S.V.P. to Susan Grossner at 613.728.3501 by Noon on Thursday, January 31st. NO REFUNDS AFTER THIS DATE!

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R.S.V.P. to Susan Grossner at 613.728.3501.

**YOUTH PROGRAMS**

**Youth Tu B'Shevat Celebration!**  
Saturday, January 26<sup>th</sup> at 7:00 p.m. Featuring a concert by Israeli recording artist, **Michael Greilsammer**, Havdalah service, refreshments and more. Free Admission. Please consider bringing a donation for the Kasher Food Bank. R.S.V.P. to Youth Director, Malachi Handler at youth@agudathisrael.net.

**Tot Shabbat**  
February 9<sup>th</sup> at 10:30 a.m. ALL children Grade 1 and younger and their parents are invited to 'Tot Shabbat' in the Nursery. The Program will feature singing of Tefillot, Parashat related story time, activities and refreshments.

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For more information, call the *Shul* office at 613.728.3501. Agudath Israel Congregation 1400 Coldrey Avenue Ottawa, ON K1Z 7P9

**UPCOMING EVENTS**

February 23<sup>rd</sup> - 24<sup>th</sup> • *Megillat Esther*.  
March 22<sup>nd</sup> • *Leil Shabbat Hagadol* (the Friday night before Pesach) Dinner and Lecture.  
March 26<sup>th</sup> • Congregational Second Seder.



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JNF Telethon co-chairs Jane and Martin Gordon at the Kissufim Forest and Recreation Area in southern Israel.

## Tu Bi'Shevat Telethon to help restore the Kissufim Forest and Recreation Area

By Jane  
 and Martin Gordon  
**JNF Tu Bi'Shevat Telethon**

The Kissufim Forest and Recreation Area is close to the Gaza border, just west and south of Sderot, in southern Israel. The surrounding area is mostly rolling countryside. Scattered around the small towns are kibbutzim, moshavim and army bases. In the spring, the area blossoms with wildflowers. The residents are proud of its fragile beauty, so different from crowded central Israel.

The security situation in the south has been tense over the past few years, making life very difficult for its residents. Headlines are made when there is an increase in rocket and missile attacks, but living daily with this situation is the reality. Now

there is calm, but a heavy cloud still lingers.

JNF has been active in this area to improve the lives of the residents. A generous donation from a Canadian JNF supporter has allowed for the restoration of remnants of a Byzantine-era synagogue and mikvah, mute testimony to the continued presence of Jewish people in this area.

Some forests provide security by sheltering communities from rockets fired by terrorists in Gaza. Other forests provide recreational opportunities. Rest and recreation in forests add enormously to the quality of life for Israelis traumatized by terror. Studies show that providing forest recreation alleviates tension.

Living in Israel for four months of the year gave us

the opportunity to visit the Kissufim Forest in December with a JNF forester. As the co-chairs of the Ottawa JNF Tu Bi'Shevat Telethon, we wanted to be able to tell our Telethon supporters firsthand that the JNF project choice for Canada – to renovate the Kissufim Forest and Recreation Area – is a good one. Having seen the site, we can affirm this. It has been damaged by the recent attacks and the ravages of time. It needs restoration.

This Tu Bi'Shevat, please help the physiological transition from shelters to forest and bring respite and calm to the children and other resi-

dents of the south. They all deserve our support.

The Ottawa JNF Tu Bi'Shevat Telethon is on Sunday, January 27. Our volunteers will be calling you to buy trees. You may also purchase trees anytime online at [jnf.ca](http://jnf.ca) or by contacting the JNF Ottawa office at [jnf@ottawa.ca](mailto:jnf@ottawa.ca) or 613-798-2411.

This is the time to show our solidarity, our chance to contribute to peace, tranquility and prosperity in southern Israel. Let's restore the Kissufim Forest and Recreation Area and encourage Israelis to get out and appreciate the outdoors once again.

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# Bulletin redesign brainstormed at Federation members' meeting

By Sharon Letovsky

As Mike Shahin, chair of the Jewish Federation of Ottawa's Communications and Community Relations Committee, has noted ("The *Ottawa Jewish Bulletin* prepares to re-launch for the future," November 26, 2012), the *Ottawa Jewish Bulletin* is currently undergoing a print and web redesign process, with a decidedly 21st century, multi-generational mindset.

On November 15, at the Federation's semi-annual members' meeting at the Soloway Jewish Community Centre, David Berman of David Berman Communications, the firm commissioned to redesign our Jewish community newspaper, held a fabulous brainstorming event to aid in conceptualizing the redesign. The meeting was open to the public and representatives were invited from all of the Federation's constituent organizations.

Following a brief introduction by Berman, the ideas began to fly. Berman's team had set up the room in advance. There were six

round tables with a flip chart at each one. Each table was assigned a topic for discussion – readership, financial sustainability, design and production, editorial content, accessibility, competencies – and each table group was assigned the task of writing individual ideas on sticky notes, then organizing them onto flip charts to pull out key suggestions.

As if things were not buzzing enough, David asked for volunteers from each group. He then gave each volunteer a headband with bee antennae swinging on springs. The bees were to fly from group to group, cross-fertilizing ideas. What a buzz!

Many ideas were generated – some reflected one person's thinking while others represented broader consensus.

Just a few of the many dozens of ideas flying around the room were identifying non-readers and attracting new markets via engaging content and different points of view; using the Internet – including social media, archiving and web-searchable articles – to build



Mike Shahin (left) and Barry Silverman were among the bees flying around the room at the *Bulletin* brainstorming session.



David Berman, with paddle in hand, discusses potential ideas to be incorporated into the *Bulletin's* redesign.

new relationships within the community and attract new readers, including using micro-targeting; increasing the use of guest columnists from across the political spectrum; making the *Bulletin* website an inclusive portal for Jewish agencies and services; and, using the Internet to make the *Bulletin* more accessible to the visual-

ly impaired.

It was clear our community representatives love the *Bulletin* and want it to reflect both the local and wider Jewish community. They want it to take advantage of the vast opportunities that could be offered by an online version, yet not lose the readership that prefers the traditional print news-

paper. They want a range of articles from across the community and political spectrum with opportunities for readership comment. And they want to do all this while remaining fiscally responsible.

## The countdown to summer 2013 has begun!



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# Inspiring fundraiser for the Friendship Circle

By Elianna Saidenberg  
for Friendship Circle

When you look at a circle, you can't tell where it begins and where it ends. Now, think about the Friendship Circle of Ottawa, a charitable organization that pairs volunteer teens and youths with special needs. Each pairing forms a little circle of learning and growth with neither being able to tell where the circle begins or how it will end.

I was thinking about circles when I attended the 8th Day Band concert on December 17 at the Irving Greenberg Theatre Centre. The concert was a fundraiser for the Friendship Circle, so maybe that's what started me thinking about circles. But, when the show started, I couldn't help but cheer, clap and sway along to the awesome music with the rest of the audience.

Let me provide some context to the night. First, it was a Monday and I usually don't feel particularly energetic at the end of a workday. It was also two nights after the conclusion of Chanukah and I would guess that many in the audience were suffering from the fatigue of a week of partying and eating greasy, sugary foods. And it was only three



The 8th Day Band performs, December 17, at a fundraiser for the Friendship Circle.

(Photo: Alex Sarna)

days after the horrifying massacre at Sandy Hook Elementary School in Newtown, Connecticut.

So, getting the crowd energized that particular Monday night was no easy feat. But 8th Day did it!

In the first set, Shmuel and

Benzi Marcus, drummer Rosy Rosenquist, and their backing band of local musicians played songs from their second album, *All You Got*. The songs feature the same irresistible rhythms and positive messages the band became known for

with its first album. They concluded the set with "Cheery Bim," a song they said was currently their favourite. It was clearly a hit with the audience as well.

After a short break, they returned for a second set filled with

favourites from their first album and even took requests passed to them on scraps of paper.

The concert concluded with an amazing rendition of "Ya'alili," their biggest hit. During this song, my thoughts of circles were made manifest as men and boys in the audience rushed the stage to dance a hora. The dancers' energy flowed to the musicians whose animated performance fed the audience's excitement, which, in turn, went back to the performers, until no one could say where the circle of energy began.

I think the energy created in the theatre that night will flow into ever-larger circles as those in attendance will help spread the band's message of faith and good will.

The audience members will also be counted among the circle of Friendship Circle supporters who are part of the larger circle of amazing people in the Ottawa Jewish community who volunteer their time and energy to help others and the energy from these circles will create light – light that will penetrate the darkness wrought by horrors like the Connecticut school shooting.

That is the power of circles.

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# Ottawa celebrates Chanukah



**PJ LIBRARY:** Children and parents were entertained by the Tweedle Dees, who brought their Chanukah repertoire to the PJ Library Chanukah Party, December 2, at the Soloway Jewish Community Centre. The event was co-sponsored by the SJCC Family Life Centre and also featured holiday crafts and book readings.



**OTTAWA TORAH CENTRE:** Mayor Jim Watson looks on as Rabbi Menachem Blum leads Chanukah songs, December 9, at Bayshore Shopping Centre. Participants helped build the OTC's six-foot Lego menorah.



**TEMPLE ISRAEL:** Children play at the Chanukah Lego station at Temple Israel's Chanukah party, December 9.

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## Ottawa celebrates Chanukah



**OrH SIMCHA BAND AT HILLEL LODGE:** The Simcha Band of Or Haneshamah, Ottawa's Reconstructionist congregation, perform Chanukah songs for the residents of Hillel Lodge, December 11.



**CHABAD HEBREW SCHOOL:** Grade 6 and 7 students at Chabad Hebrew School perform in the school's Chanukah musical production, December 9.



**CSN:** The Chabad Student Network held a Chanukah menorah lighting ceremony, December 10, at the University of Ottawa.

(From left) Yocheved Boyarsky, Kaitlyn St. Pierre, uOttawa President Allan Rock, Rabbi Chaim Boyarsky, Zach Allen and Ian Shabinsky.



**OMJS:** Ottawa Modern Jewish School students celebrate Chanukah, December 16, with Daniella and Haim, students from Tel Hai College in northern Israel.

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**CICF:** Duo pianists Evelyn Greenberg and Judith Ginsberg, and singer Donna Strauss, performed at the Canada Israel Cultural Foundation (CICF) Ottawa Chapter's Chanukah party, December 16, at the home of Carol Greenberg.

(From left) CICF Ottawa President Norman Barwin, Evelyn Greenberg and Judith Ginsberg.

# Ottawa celebrates Chanukah



**CHW OTTAWA:** (From left) Una Folkson Singh, Doris Rauch and Judy Aranoff at the CHW Ottawa Centre table at the SJCC Chanukah Gift Fair, December 2.



**HILLEL OTTAWA:** (From left) Students Arielle Ellis, Andrew Richler, Samantha Pearl and Jason Miller at the Hillel Ottawa Chanukah Ball, December 1, at Beth Shalom.

A photograph of a person in a black harness running on a green grassy field, holding a large blue flag that is flying in the air. The background shows a clear blue sky and some trees.

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# Shawna Dolansky guest speaker at Agudath Israel Shabbat dinner

By Estelle Melzer  
for Agudath Israel

Agudath Israel Congregation has invited the community to Shabbat Dinner on Friday, February 1 with guest speaker Shawna Dolansky of

the College of Humanities and Department of Religion at Carleton University.

Dolansky's lecture, *The Ten Commandments as they would have been understood in Biblical Times*, relates to

*Parshat Yitro*, the giving of the Ten Commandments, which will be read that Shabbat. From the perspective of a biblical historian whose research has focused on Israelite daily life, she will ex-

plain how each commandment actually meant something slightly, or even substantially, different to the ancient Israelite than it is commonly understood today.

Dolansky has an MA in Judaic Studies and a PhD in history from the University of California, San Diego. Her major area of research was the history of Israel in the biblical period. Her minor research studies were in ancient Near Eastern history and religions and the Bible in western literature.

She is the co-author of *The Bible Now*, which was reviewed in the September 5, 2011 issue of the *Ottawa Jewish Bulletin*. The book explores issues such as women's rights, homosexuality, abortion, the death penalty and human responsibility for the environment from the perspective of what the Bible has to say and what it actually would have meant in its own time.

She is also the author of *Now you See It, Now You Don't: Biblical Perspectives on the Relationship Between*



Religion professor Shawna Dolansky will be the guest speaker at Agudath Israel's Shabbat dinner on February 1.

*Religion and Magic* and editor of *Sacred History, Sacred Literature: Essays on Ancient Israel, the Bible and Religion*.

Dolansky has also taught many adult education mini-courses and won a Faculty Excellence in Teaching Award from the University of California, San Diego.

Dolansky's talk will take

place after Kabbalat Shabbat services at 4:55 pm and Shabbat dinner at Agudath Israel Synagogue, 1400 Col-drey Avenue. Cost for the dinner is \$40 (adults), \$30 (students) or \$25 (children six to 6-12). To reserve, contact Susan at 613-728-3501 or [susan@agudathisrael.net](mailto:susan@agudathisrael.net) by Thursday, January 31. Everyone is welcome.



## Ambassador votes

Ambassador Miriam Ziv casts her ballot at the Embassy of Israel in Ottawa in advance of the January 22 Israeli election. Only Israelis who are abroad on official business are permitted to vote outside Israel.

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 Thursday, February 7: Minyan, 7:30 am.  
 Thursday, February 21: Minyan, 7:30 am.

Thursday, January 17: Adult Education, 8:00 pm – The Myth of the Muslim Tide: Do Immigrants Threaten the West?  
 Speaker: author/journalist Doug Saunders

Sunday, January 20: Books and Bagels, 10:00 am  
*Song for the Butcher's Daughter* by Peter Manseau (2008).  
 Reviewer: Prof Rebecca Margolis. Bagel breakfast at 9:30 am.  
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# Joel Diena returns to the town that hid him during the Holocaust

By Ze'ev Diena

In October, members of my family travelled to Tradate, Italy – a small town near Milan – to attend a special ceremony with my parents, Joel and Rachel Diena of Ottawa, marking the granting of Righteous Among the Nations recognition by Yad Vashem to three families who hid my father, then eight years old, and my grandmother from Nazi deportation during the Second World War.

In 1938 and '39, under Fascist leader Benito Mussolini, sweeping Racial Laws were passed in Italy barring Jews from business ownership, government jobs, land purchase, school attendance, and skilled employment. Initially, however, there was no round-up and deportation of Italian Jews.

That changed in 1943 after Mussolini was dismissed as prime minister and imprisoned and Italy signed an armistice with the Allies. Enraged, Germany invaded Italy, easily occupying northern and central Italy. Over the next two months, SS troops began rounding up and deporting Jews in Rome, Milan, Genoa, Florence and Trieste. About 8,000 Jews were deported to Nazi death camps where approximately 95 per cent of them perished.

In 1942, to flee the Allied bombings of Milan, my father's family moved to Abbiate (now Tradate). When the Germans invaded in 1943, my grandfather and uncle escaped to Switzerland, while my father and grandmother remained in Abbiate, having been assured by the Germans that women and children were not in danger. They soon realized, however, that Jews of any age were not safe.

My father and grandmother found refuge with Erminio and Ada Lomazzi and for 19 months made their home in a second-floor room of the Lomazzis' tavern. While Fascists often came to the tavern to search for partisans and deserters, Erminio managed to convince them to not bother the frightened Milanese lady and her child who had run away "from the

bombs of our enemies."

Twice, my family had to leave the relatively safe haven of the tavern. Once for a week, following an aborted escape attempt to Switzerland; and again for two months in the winter of 1944 when German attempts to find Jews became much more aggressive.

On these occasions Erminio's brother, Davide Lomazzi, with his wife, Giovanna, and Ada's sister, Pina Galbiati, with her husband, Carletto, took the pair into their homes at great personal risk.

Following a two-year investigation, Yad Vashem decided to grant Righteous Among the Nations status to all three branches of this special family. While Ada and Erminio's son and nephew, Pietro and Pasqualino Lomazzi, were designated to accept the award on behalf of the family, it seemed like the entire town took great pride in the recognition.

The day of the ceremony included a meeting with Canadian, Israeli and European Union diplomats in the chambers of the mayor of Tradate, a tree planting ceremony, and the awards ceremony itself attended by 300 people, including high school students, townspeople and veterans in colourful dress uniform.

At the ceremony, my father was asked to present his

testimony. Speaking in Italian for about 20 minutes to the spellbound audience, he took them back to his childhood in Milan some 70 years ago, and transformed into little 'Nello,' the young Jewish boy protected by a community of decent townspeople.

He told how his father, a knighted Italian army officer in the First World War, was persecuted with the arrival of Racial Laws in 1938 and how entire Italian Jewish communities were destroyed by the Holocaust. In Rome alone, some 3,000 Jews were deported, and only 15 returned.

He then told them how he and his mother were rescued by the Lomazzi family.

Especially poignant were his recollections of the town's children who, besides playing with him, also saved him from the authorities. During a week when the elementary school curriculum was devoted to the "Jewish danger," the Grade 5 class was encouraged by the principal and teacher to report any Jews they knew. Miraculously, no one said anything about young Joel, despite about half the class knowing him well. He recalled his friend Giuseppe taking great pride in reporting to him later that day that no one in the school had tattled. Amazingly, this same Giuseppe, now 80, was in the audience at the awards ceremony.



(From left) Israeli diplomat Dan Haezrachy, Holocaust survivor Joel Diena of Ottawa, Canadian Ambassador to Italy James Fox and Rabbi Giuseppe Laras of Milan gather in Tradate, Italy for a Righteous Among the Nations ceremony recognizing the families that sheltered Diena and his mother for 19 months.

Dan Haezrachy of the Israeli Embassy in Rome presented the three branches of the Lomazzi family with the Righteous Among the Nations certificates, to a standing ovation.

"Because my parents were good people, plain and simple," answered Pietro Lomazzi when asked why his parents risked their lives to save a Jewish mother and child.

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# New additions to JCC summer camps team

By Pamela Rosenberg  
Soloway JCC

The JCC of Ottawa Summer Camps directorial crew has added three new talents to its team, each bringing years of camp experience and tons of enthusiasm.

Arielle Kreisman joins Director Lauren Lee this summer as the new assistant Day Camp director. Arielle's long history with JCC Summer Camps began as a young camper.

In addition to her summers at JCC camps, Arielle spent a dozen summers as a camper and then staff at Camp B'nai Brith of Ottawa and Camp Walden before returning to JCC Day Camp as a staff member.

"I wanted to spend my summers in the city, but still didn't want to let

go of having that special camp experience," says Arielle. "Working as a counsellor at the JCC Day Camp was the perfect choice."

During her first two summers at the JCC Day Camp, Arielle was a senior counsellor for a group of six-year-old campers and in 2012 she was the music, drama and dance specialist looking after everything from daily dance warm-ups, and all the camp dances, to the talent show, and to teaching the whole camp an Israeli dance on Israel Day.

Arielle plans to become a teacher. A recent graduate of Queen's University, Arielle is currently enrolled in the On-Site Teacher's College Program at the University of Ottawa.

This summer, Arielle plans to

focus some of her attention on Judaica programs, including weekly Oneg Shabbats, Mitzvah Week and an Israel Day celebration for the entire camp.

"For me, camp is an enriching environment where you meet new people, learn the importance of leadership and taking responsibility and, most of all, have fun," said Arielle. "I feel I can contribute greatly to the JCC because of the love I have for this place and all that it has to offer."

According to JCC of Ottawa Summer Camps Executive Director Jon Braun, Arielle brings a great deal to the day camp table.

"Having grown up in our community, Arielle has the JCC in her blood and is very committed. We're

very excited that Arielle has agreed to take on this position and be a part of our 2013 JCC Summer Camp Senior Management Team," said Jon.

Aaron Polowin returns as head instructor at Travelling Sports Camp and adds counsellor-in-training (CIT) director to his already lengthy JCC resumé.

"While we want this revamped CIT program to be a fun summertime experience, it's imperative the teens learn the skills required to be responsible, committed future leaders," said Jon. "Aaron has embraced this new challenge and created a program which will help our CIT's be the best they can be."

Aaron's sister, Meghan Polowin, is the new camp administrator, who moves to the position in the camp office from the Soloway JCC front desk.

This summer, for the first time, JCC of Ottawa Summer Camps will have online registration. Those who



JCC of Ottawa Summer Camps have named Arielle Kreisman as assistant day camp director for 2013.

prefer to sign their kids up with pen and paper can pick up a form at the Soloway JCC or print one from [jccottawa.com](http://jccottawa.com).

## Andrew Calof leads the Princeton Tigers in scoring

(JTA) – Andrew Calof of Ottawa, a member of the Canadian Maccabiah hockey team, netted his first collegiate hat trick – including the game winner in overtime – to send Princeton past Harvard, 3-2 in a January 4 game.

Calof's third goal came 58 seconds into overtime as the Tigers fended off an upset bid by their Ivy League rival Crimson, who rallied from a 2-0 deficit.

Calof, a third-year chemical and biological engineering major, leads the Tigers with eight goals and 12 assists through 16 games.

In November, Calof was named



An overtime goal by Ottawan Andrew Calof gave the player his first collegiate hat trick and won the game 3-2 for the Princeton Tigers over the Harvard Crimson.

to the Team Canada roster for the 2013 Maccabiah Games in Israel. It will be the second time the quadrennial international Jewish sports competition will include hockey.



### You Can't Take It With You

This year's Cappies production at the Ottawa Jewish Community School was *You Can't Take It With You* by Moss Hart and George S. Kaufman. There were three sold-out performances from November 27 to 29.

In this scene, members of the Sycamore clan line up to meet the wealthy Tony Kirby. Cast members (from left) Eric Buckshon, Jonathan Roytenberg, Meera Landau, Raphael Sandler, who also directed the play, Itzy Kamil, Cassandra Sarosta and Ethan Sabourin. (Photo: Howard Sandler)

## 2013 Reach Lawyers Comedy Night presented by Foord Davies LLP

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**Master of Ceremonies: David W. Scott, Q.C.**

**Tickets can be ordered by phone at 613 236 6636**

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**Admission: \$75 pp (with a charitable tax receipt of \$30), students \$25;**

**pre- and post-show receptions included**

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JOEY ELIAS



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(Continued on page 22)

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(Continued from page 21)

**Frances Greenblatt** by Toby and Joel Yan

**In Honour of:**

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**Sandy Eisen** by Arlene and Norman Glube

**Bert Phillips** by Sye Mincoff and Susan Heisel

**R'FUAH SHLEMA:**

**Viviane Sandler** by Golda and Ned Steinman  
**Brenda Levine** by Claire and Irving Bercovitch



**Guest column**

**Jews in modern times**

**By Bernard Shinder**

Two books and research for a talk on Jewish music got me thinking. The result is this column which is meant to provoke discussion.

I recently read a biography of Johannes Brahms. While Brahms was not Jewish, he surrounded himself with Jewish friends, both musical and social. He did so because Jews were part of the intellectual and professional fabric of Vienna during the mid-to-late-19th century. However, Jews were not accepted into the social fabric of Vienna. It took a public declaration in favour of Jews by Kaiser Franz Joseph I to quell overt and public expressions of anti-Semitism. The pressure on Jewish musicians such as Gustav Mahler to convert was extreme. In order to show their conversions were not nominal, they became highly invested in their Christian life. But Jewish blood runs deep, and Mahler's first symphony contains klezmer music.

*The Hare with the Amber Eyes* by Edmund De Waal chronicles the lives of the Ephrussi family. First established in Odessa as grain merchants, they transplanted their business to Paris and Vienna. They were a huge success and moved their business into banking. They were Jewish, but there is no evidence they ever attended synagogue, had their children bar mitzvahed or observed the Jewish holidays. However, they were Jewish enough to attract the attention of the Nazis. While some perished, the clan as a whole was impoverished and lived out their days in rural England. They sold the bank in return for exit visas.

When the kaiser legitimized the great synagogue in Vienna by insisting it become "more Lutheran," the cantor did just that. He introduced choral music into the service to give it a more Lutheran feel, which attracted Jews such as Louis Lewandowski to write monumental choral pieces in the style of Beethoven and Brahms.

Consider the conversion of Moses Mendelssohn's son, Abraham (Felix's grandfather), to Christianity. Moses Mendelssohn was an established Talmudic scholar of his day. Yet, there is no record of his disowning his son over the conversion. The answer lies in the *Enlightenment*. Moses Mendelssohn was an advocate of philosopher Baruch Spinoza's doctrine that more reason and less religion was the basis of intellectual development. Many Jews, it seems, felt Judaism had

become intellectually archaic and not relevant to modern life. In Germany and Austria, a sort of compromise existed. Reform Judaism appeared as a movement that had a foot in both Jewish and Christian camps.

Extreme anti-Semitism drove many Eastern European Jews to Austria and beyond where the environment was less toxic. Many came from centres of Jewish learning such as Vilna. The birth of the Chasidic movement in the 1850s was to have a profound effect on traditional Jewish observance and faith. The effect was the birth of the modern Orthodox movement.

Theodore Herzl was a completely assimilated Jew with little or no religious background. During this period, Jews were seen as 'homeless.' Herzl's answer was to find a home for the Jews. When Zionism became an established movement, the more religious insisted that Palestine be the home of the Jews.

David Ben-Gurion, Chaim Weizmann and other founders of modern Israel were – while not anti-religious – deeply secular. They were committed socialists.

Many Israelis no longer associate Israel with Zionism. Zionism was created to find a place for the Jews. Now that the place has been found, some say Israel is in a post-Zionist period. Israel now has to find a way to govern itself as a modern state.

Jewish life in North America has evolved from virulent anti-Semitism through to assimilation. Jews are not seen as people without a country. Support for Israel as the ultimate *insurance policy* for North American Jews is wearing thin. Inter-marriage is endemic. Many are Jewish by association and custom. To them, *Fiddler on the Roof* and eating bagels is a 'being Jewish.' They are cultural Jews. Established Orthodox, Conservative and Reform movements are treading water.

Jews have evolved over the years and, from time to time, catastrophic events have threatened to obliterate Jews and Judaism. But Judaism has a unique gift for reinventing itself, from the desert, to the Temple, to Babylonia, to the rabbinate, to the various forms it takes today. It can't be destroyed by gas chambers. Jews, in all of our diversity, contribute to society in every way beyond our proportion of the general population. Despite the cries of doom, I am confident there will still be Jews and Judaism 1,000 years from now, and beyond.

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# 'Honest broker' means being honest about what we stand for

**Jerusalem** – A wise man asked me an interesting question after reading my November 26 column advising U.S. President Barack Obama to take a harder line with Mahmoud Abbas and the Palestinian Authority, which now wants to be known as the State of Palestine.

"I don't know if I'm softening as time goes on," my very pro-Israel friend wrote, "but I find myself wondering at times what good we could realistically expect to come from the U.S. or Canada taking hardline stances against the Palestinians.

"Your column helps remind me of the reasons why we should, but I still find myself asking that question."

I was in my usual rush, so I promised him a detailed answer at a later date.

Here's the short version: "Because it's the right thing to do."

Now for the details.

Because I wrote about the U.S. and Israel in my November column, I'm going to focus on the Canadian government's unwavering support of Israel and its concomitant tough stance on the would-be Palestinian state, both of which continue to confound those who lament what they perceive as the end of our role as an 'honest broker' in the Middle East.

Let's be clear about the issues. The Harper government does not give money directly to the Abbas regime, and has cut off funding to UNRWA (the United Nations Relief and Works Agency) because of the Palestinian refugee organization's sloppy track record in hiring Hamas sympathizers, and the anti-Israel curricula in many of the schools under its supervision.

But the Canadian government is not against Palestinian statehood. In fact, it favours a two-state solution, and funds programs, including those focusing on improving access to justice, that will ultimately build a better Palestinian state and improve the lives of Palestinian civilians.



## My Israel

Barbara  
Crook

Is there anything 'dishonest' about that?

What's different from the futile hand-wringing of previous Canadian governments – "Yes, the Palestinian leaders sometimes behave badly, but we can't hold them accountable because they're victims" – is that the Harper government has dared to be brutally honest about where its values lie – values that align most closely with those of Israel, the only democracy in the Middle East.

Yes, Israel is a flawed democracy. Its antiquated political system is a proportional representation system that necessitates unnatural and fragile coalitions among political parties with radically different ideologies. That's why fringe parties, including ultra-Orthodox factions and extreme right-wing parties such as Avigdor Lieberman's Yisrael Beiteinu, wield disproportionate amounts of power and can blackmail even the most moderate of governments into compromises that ultimately please no one.

Israel has had more than its fair share of corrupt leaders. And the country has yet to come to terms with how to deal with the second-class status of its Arab minority.

But freedom of speech flourishes here – sometimes to a fault. What other country would allow members of its ruling coalition to publicly upbraid its prime minister and trash his policies?

Outside of the ultra-Orthodox world, which, sadly, is still allowed to make many of its own rules, women's rights are respected here, as are gay rights.

Palestinian civilians enjoy few such rights under the Palestinian Authority. The news media are tightly controlled by the government, so there is no such thing as an independent press. While gays are not actively persecuted, most are forced to lead double lives.

Despite protestations that it wants peace, the would-be Palestinian state has little to show for these pronouncements. More than 10 years after the Quartet on the Middle East (the UN, the U.S., Russia and the U.K.) established its Road Map for peace, the Palestinian entity has not even begun to fulfil its most basic requirements – recognition of Israel, cessation of incitement to hatred and rejection of terror and violence.

Three years after his term as president officially ended, Abbas has still not called elections. And, rather than returning to peace talks, Abbas has sought statehood through the back door of the United Nations without demonstrating a shred of readiness for statehood.

Abbas's increasing coziness with Hamas – whose charter explicitly demands the destruction of Israel and the world supremacy of a radical interpretation of Islam – is reason enough for Canada to draw a line in the sand.

Gone are the days when Canada needs to appease dictators and repressive regimes – or even those that are merely corrupt and incompetent, like the Palestinian leadership – in a misguided and outdated desire to be everyone's best neutral buddy.

We have not lost our effectiveness on the world stage by daring to state our values – peace, democracy and transparent governance – and demanding that regimes that seek our help are at the very least moving towards these values.

We can still be an honest broker – by being honest about what we stand for.

## Tamara Levine describes her healing journey through the country of breast cancer

*But Hope is Longer: Navigating the Country of Breast Cancer*

By Tamara Levine

Second Story Press; 266 pages

"I could write a book," many breast cancer patients and survivors say with a sigh, when asked about their experiences.

Ottawa writer Tamara Levine, who was diagnosed with breast cancer in 2009, did just that, producing *But Hope is Longer: Navigating the Country of Breast Cancer*.

Levine's book was born from a letter to her friends and family announcing her breast cancer diagnosis. The letter proved to be cathartic and empowering to Levine and invaluable to her friends. This first spontaneous communication from the heart and soul soon became a series of lengthy "Healing Journey" letters sent out over a period of 16 months as Levine chronicled her experiences and her growth over the course of her illness, treatment and recovery. Each chapter of *But Hope is Longer* includes one of the "Healing Journey" letters along with her reflections.

At age 58, Levine was married with adult children and a wide circle of friends. She was happy with her career as a literacy co-ordinator and educator in the labour movement. She had accomplished a lot, she had done everything right, and she was a woman with plans. She had a full day ahead of her when, one morning in the shower, she felt a lump in her left armpit.

The first chapter begins with Levine describing her "descent" into the "country of breast cancer," having left the "land of the healthy." She writes about entering "a country which no one wants to visit, where a language is spoken that is vaguely familiar yet distant until now," and about being "an unwilling

(and unwitting) immigrant or even a deportee."

Levine was not one to be dictated to on her journey through the cancer care system. Her initial biopsies resulted in the diagnosis of an aggressive form of invasive ductal carcinoma and the surgery, which would yield the pathology results necessary for a more precise prognosis and treatment plan, could only be scheduled for seven weeks later. She was facing surgery, chemotherapy and radiation in that order.

Levine questioned the plan for chemotherapy to begin, at best, in three months. But, then, an infection in her lymph nodes led to a referral to an oncologist who started her on chemotherapy, to be followed by surgery – a practice that is becoming increasingly commonplace.

Levine chronicles her determined management of a complex treatment plan to ensure her road back to health. Heralded throughout is the relationship with what she calls her "team of healers," including the conventional specialists – a medical oncologist, a surgeon and a radiation oncologist – and a naturopathic oncologist.

Levine describes an aspect of her treatment plan that was different from that of many other breast cancer patients' – including mine. With the approval of her medical oncologist, she was also treated by a naturopathic oncologist with acupuncture and doses of supplements before and after her treatments with the aim of boosting her immune system and helping her to better endure the side effects of chemotherapy. She received vitamin C intravenously during an especially difficult course of chemotherapy.

Her healing during the treatment process continued with help and support from her life coach, chiropractor and massage therapist; and from a support group for newly diagnosed breast

## Book Review

Sylvie  
Barzilay

cancer patients – all of whom continued to be mainstays in her life after the treatment process.

She expresses the hope that such complementary therapies will, one day, be part of the mainstream approach to cancer treatment and will be accessible to all cancer patients.

As joyous as Levine's journal-keeping was to her own piece of mind, it also proved important to her friends and family, who were also affected by the devastating diagnosis. Her chronicles are elaborate, consistent and filled with a willingness to share. With her social support network par excellence, it is a lesson in getting back what you give.

*But Hope is Longer* delivers without being upsetting, even when Levine describes her brutal experience with a particular chemotherapy drug. She also does not indulge too much in the statistics found in some of the fact-based guide books considered must-reads in breast cancer circles – books that have made me want to scream and slam them shut midway through reading. She offers constructive advice for breast cancer patients, for their friends and for medical practitioners. She is upbeat and even manages to have some fun.

At the end of the book, her doctors and her life coach share, with surprising intimacy, their own professional journeys that led them to focus on the care of cancer patients.

Levine's story speaks to all women with breast cancer – and to those who love them. And, while everyone's breast cancer journey and care-management varies, Levine, with her pioneering spirit, offers an inspiring example of what is possible while "navigating the country of breast cancer."

# Independent chavurot are a growing trend in Judaism

The idea of do-it-yourself Judaism has recently gained increased visibility, specifically through the practice of chavurot: small groups which come together regularly for Jewish ritual celebration.

Rabbi Elie Kaunfer's book, *Empowered Judaism: What Independent Minyanim Can Teach Us about Building Vibrant Jewish Communities*, reviewed in the *Ottawa Jewish Bulletin* by Rabbi Michael Goldstein (January 23, 2012), described the impact of the rise of independent *minyanim*. More recently, Ryan E. Smith, writing in *Reform Judaism*, the Union for Reform Judaism's magazine, mentioned a large congregation in San Diego which facilitates the creation of small chavurot within the congregation ("Action: The Key to Keeping Members," Fall 2012).

In addition to belonging to a synagogue, my family is part of a vibrant and intimate independent chavurah in Ottawa. Comprising six families, our group meets each month at rotating homes for a potluck dinner either on Friday for Kabbalat Shabbat or on Saturday for Havdallah. We recently marked our eighth anniversary together.

When we began, there were six children among us, now there are 12. The oldest celebrated her bat mitzvah last year, the youngest is two. We hail from Ottawa, Winnipeg, Toronto, Montreal, Vancouver and New York. Our various Jewish backgrounds include graduates of Jewish day schools and immersive Jewish summer camps, Jews by choice, Jews with little formal background who are learning more about their heritage, and non-Jews married to Jews.

When we formed the chavurah, it was the only formal Jewish affiliation in Ottawa for most of us. Since then, most of us have joined synagogues – spanning three Jewish denominations.

Here is my advice for those who are drawn to the idea of forming a chavurah. Start with three or four singles and/or couples, allowing for some initial growth and some attrition.



## Values, Ethics, Community

Mira Sucharov

Once the group gels, six families seems to be a good number to maintain. Hosting 24 people for dinner may sound daunting, but running the dinner buffet-style and encouraging informal mixing and mingling helps.

With the varying knowledge of Hebrew language and text our group possesses, it can be challenging to keep a vibrant service or *kumzitz* (singalong) going. Some have Hebrew knowledge but less singing confidence. Others enjoy the music but don't know the words. Those more knowledgeable should commit to trying to create a simple and easily repeatable song-set others can learn and absorb. When we founded our chavurah, we ordered custom benchers (*Birkat Hamazon* and song books) from United Synagogue. They help – when we remember to bring them!

Initially, our chavurah set a monthly topic to facilitate a formal discussion, but we have not always kept this up – to the relief of some and the disappointment of others. If you do wish to have a more formal adult-focused activity, and there are several babies and toddlers, consider hiring a babysitter to join along as an extra set of eyes. Recently, we have tried to create more child-centred Jewish activities so everyone can participate meaningfully.

Allow for some periods of stocktaking. At times, we have debated whether to meet exclusively on Friday evenings or to allow for more a relaxed Saturday late-afternoon Havdallah

event. With no formal consensus reached, the practice evolved into it falling to the host to decide. It was a good and unplanned compromise.

Don't assume the chavurah will meet all the spiritual or communal needs of everyone. When we founded the group, I envisioned we might gather for davening, for holiday celebrations, for life-cycle events and for Shabbat. Perhaps not surprisingly, that proved too ambitious. Joining a shul in addition to being part of the chavurah and taking part in organized Jewish community life around Ottawa has been a good solution for many of us.

Cherish the fact that a chavurah is not a Jewish clique, but rather a cross-section of Jewish families who get to grow together in a particular context. We still haven't all agreed on which denomination's tune we will use for *Hamotzi*, for example. Again, particular hosts can set the tone on a rotating basis, bringing their own favourite rituals to the fore.

I asked some of the members what they most enjoy about our chavurah. Six-year-old Talia said lighting the candles. For Lev, also six, it was playing hide-and-seek. Hannah, nine, said it was the food. Michal, 14, mentioned watching the younger kids play.

Jerry, a dad and psychotherapist, talked about "the simplicity of old friends and a regular kind of rhythm in a year," while Barbara, a mom and English professor, added she enjoys "having continuity over time – especially as we watch the kids grow."

A chavurah is a wonderful opportunity for our kids to nurture a web of relationships with a nest of loving adults around them. For Judaism's sake, being part of a chavurah can remind us that the Shabbat experience, for all its family-centred nature, can be even sweeter when shared in a communal context.

*Mira Sucharov, an associate professor of political science at Carleton University, blogs at Haaretz.com.*

# Hezbollah and Hamas find friends in Chavez's Venezuela

These are critical times for Venezuela – possibly grave times for President Hugo Chavez, but equally opportune times for Vice-President Nicolas Maduro. It might be an even more advantageous moment for a swift corporate climber like former justice minister Tareck El Aissami, who has just become governor of the state of Aragua.

According to *Wikipedia*, Venezuela has the largest conventional oil reserves, the second-largest natural gas reserves in the Western Hemisphere, and non-conventional oil deposits (heavy crude and tar sands) approximately "equal to the world's reserves of conventional oil." But, with today's oil prices, roughly 29 million in population and a socialist government for the past 15 years, why so many poor people?

While Chavez, who has ruled Venezuela for 14 years, won another seven-year term in 2012, he has recently been preoccupied by his battle with cancer and in Cuba for his very difficult surgery and recuperation, leaving Maduro, a long-time friend and ally, in charge at home.

By all accounts, Maduro is level headed, capable, pragmatic and, some say, spiritual. While some see him as Chavez's yes-man, others recognize his capabilities and capacity. However, many have pondered whether he would have been able to run against El Aissami, one of the key figures of the Chavez government until very recently.

El Aissami was censured by the media for his close ties with Hamas and Hezbollah, specifically for providing them with passports when he headed Onidex, the Venezuelan passport and naturalization agency inside the Interior Ministry.

El Aissami's father, Carlos El Aissami, Lebanese born from Syrian descent, was head of Venezuelan branch of the Iraqi Baath political party. His uncle Shible was also deeply

involved with the Baath party during Saddam Hussein's reign in Iraq. Today, despite opposition objections and media uproar, one of his sisters, Haifa El Aissami, with no diplomatic experience, was appointed ambassador to the Netherlands. The other sister, Amin Obayda El Aissami, is an executive of Intevp, the oil technology arm of Venezuela.

El Aissami's brother Firaz has been designated by the United States as an international drug kingpin for his involvement with Walid Makled, a major drug dealer in the region. Makled is now in jail in Venezuela and has implicated Tareck El Aissami and other government officials on the take, and there seems to be a great number of untold stories about who in the Venezuelan government and army have been paid off by drug money, but also whether Hezbollah and Hamas were beneficiaries of the pay-offs.

While Hamas and Hezbollah followed Iran's guiding path to Venezuela, El Aissami seemed too accommodating for their presence and operations within the country and the region. There are allegations he facilitated the recruitment of young Arab Venezuelans for Hezbollah training camps in Lebanon. And there are also allegations he turned a blind eye to non-Iranians – specifically Hamas and Hezbollah personnel – travelling on flights between Iran and Venezuela (by agreement, Iranians and Venezuelans travelling between the two countries do not require international travel documents).

There were great hopes by the Obama administration it could turn Venezuela around through engagement, but, at the end of the day, much like the Arab Spring, Venezuela is another file that seems to have been mishandled by the administration.



## World Affairs

Oliver Javanpour

Interestingly, once the Syrian regime of Assad falls to the Sunni Islamists, the Lebanese Hezbollah will find itself isolated from the rest of the Arab world. This makes it more important for this Shia militia to maintain its global connections and presence, whether officially, as the case may be in Venezuela, Cuba and Mexico, or unofficially, through the support it enjoys among its many immigrants and refugees in other countries.

There is a great deal of uncertainty around Chavez's succession plans and whether he will opt to remain in power for a bit longer. Maduro's position as successor is far more secure with El Aissami having become governor of Aragua. While he won the race for governor by a rather slim margin, it is uncertain whether this was part of a larger Chavez plan. Chavez has been instrumental in assisting close allies, including El Aissami, win governorships across the country.

But, no matter who succeeds Chavez, it is certain that Hezbollah and Hamas are in Venezuela to stay and they will continue with their fundraising and training there.

*Oliver Javanpour is a senior partner at Cyrus Echo, a public policy and international relations consulting firm in Ottawa.*



# Michael & Shimrit Greilsammer

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Presented by the Max & Tessie Zelikovitz Centre for Jewish Studies at Carleton University.  
Co-sponsored by the Soloway JCC and the Vered Cultural and Educational Program.

*Michael Greilsammer is a Schusterman Artist-in-Residence at the Max and Tessie Zelikovitz Centre for Jewish Studies at Carleton University.*

[www.michaelgreilsammer.com](http://www.michaelgreilsammer.com)



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# Four principles of personal training that will get you fit

“Insanity is doing the same thing over and over again and expecting different results,” is a famous quote usually attributed to Albert Einstein.

If you didn’t achieve your fitness goals in 2012, now’s a good time to form a strategic alliance. Partnering with a personal trainer can help you succeed in making lifestyle improvements you haven’t been able to make on your own.

I’ve identified four core principles, which, I believe, drive client success: safety, customization, modification and motivation.

Safety is the cornerstone of success. Safety must take precedence over all else. Time and again, I’ve seen people unknowingly putting themselves at risk when exercising without professional guidance. Lifting weights that far exceed your ability or using machines incorrectly is dangerous. For example, performing a lat pull down behind your head can cause a shoulder impingement. You can’t achieve your goals, if you’re out of commission because of pain or injuries.

At the other end of the spectrum are those who work out with too little intensity because you underestimate your ability. Then you wonder why you aren’t seeing results.

As a personal trainer, I assure your safety while maximizing results. I employ preventative measures – demonstrating the right way to use equipment, providing corrective cues and spotting.

Another common error is holding your breath when lifting a heavy load of weight. Known as the *Valsalva maneuver*, this failure to inhale sufficient oxygen can cause a dangerously high spike in blood pressure with consequences such as a hemorrhage of the retina, passing out or worse. To avoid this hazard, I assess each client, identify an appropriate amount of weight per exercise and teach proper breathing.



## Focus on Fitness

Gloria Schwartz

When it comes to safety, quality trumps quantity. I’d rather have you perform a couple of well-executed push ups with good form, either straight-legged or on your knees, than have you crank out a higher number of reps with poor spinal alignment or reduced range of motion.

Customization is the second principle that drives success. Your workout program must be tailor-made to your individual fitness level, health status and goals.

Most people want a program they can eventually follow on their own. I believe in the proverb, “Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.” In addition to personal training, I have an extensive background, both academic and professional, in instructional design and psychology. I know you’re far more likely to be successful if you’re given a jargon-free, descriptive set of exercises that you can easily follow when you’re not with your trainer. That’s what you deserve and that’s what I deliver. I never want to see anyone walking around the gym looking perplexed. The information on your workout card should hit the sweet spot – just enough to help you perform your exercises correctly and not so much that it overwhelms you.

Modification is the third principle that drives success. Performing the same exercises on a regular basis leads to a

physical plateau at which point you’ll stop seeing improvements. When that happens, you’re likely to lose motivation. One of the fundamental principles of strength training is progressive overload. To that end, I periodically modify clients’ programs to include new challenges. This stimulates the body’s adaptive processes and creates stronger muscles, tendons, ligaments and bones.

Motivation is the fourth principle that drives success. As someone who used to be inactive and unmotivated to exercise, I truly understand how hard it can be to stay motivated without a trainer’s support.

Personal training goes well beyond coaching you through the technical aspects of a series of exercises. A hallmark of personal training is individualized attention. I provide positive reinforcement and encouragement. I also address and prioritize other areas where change would be beneficial, including eating habits, smoking, alcohol consumption, sleeping habits and stress. Even if friends and family are tempting you with unhealthy food or discouraging you from exercising, you can always count on your personal trainer as your ally and confidant.

If you already live a healthy, active lifestyle and aspire to achieve a higher level of fitness, a few sessions with a trainer may be adequate. If you haven’t exercised in years, then, realistically speaking, you’ll require regular sessions until you develop the skills, habits and intrinsic motivation necessary for long-term success. Think of the process as a sound investment in your health and your future.

Like a mama bird teaching her babies how to fly while knowing they must eventually leave the nest, my goal is to prepare you physically and mentally so you can venture off on your own and enjoy fitness for life.

*Gloria Schwartz is a certified personal trainer at the Soloway JCC.*

# Yizkor books recorded the histories of many Jewish shtetlach

Despite the hardships faced by our families in the cities and towns of Eastern Europe, the birthplaces of our relatives were very important to them. Our ancestors often lived in the same region, and even in the same towns, for generations. Just as here in Ottawa, families and friends celebrated *simchas* such as births and marriages together and mourned the passing of their loved ones. Our family members owned businesses in those towns, belonged to religious and community institutions, and joined social and political organizations. When famines, pogroms and persecutions forced many to leave, they often did so with a heavy heart.

Many who left had a specific destination in mind. Perhaps a cousin who departed years earlier for Canada or the United States did well in his new land and offered assistance to those left behind. In these cases, those following did whatever they could to settle close to their relatives or friends.

In other situations, those leaving the old country had no one in particular they were coming to so chose to settle in large Jewish communities. In the United States, many ended up in major cities such as New York, Philadelphia and Chicago. Those coming to Canada settled en masse in Montreal, and later in Toronto and Winnipeg. Others left the *shtetlach* for major cities in Western Europe, and many also for South America.

Wherever the new immigrants chose to live, they almost immediately sought out others who had come before them. In my family’s case, many came from the Galicia region, now in Ukraine, but part of Poland before the Second World War. They settled in New York and New Jersey, and sought

out others from the same towns for assistance. Interestingly, in my family, these *Galitzianers* who arrived early in the 20th century generally became window washers, working in New York City or Newark. Each arriving cousin or friend was assisted by someone who had come before and was given a bucket and a squeegee and was almost immediately in business in the new country.

These groupings of immigrants from the same region or town became more structured as more people arrived. Organizations, known as *landsmanschaften* were formed. These associations served several functions. They assisted those still left behind, both financially and with advice on coming to the new land. They provided aid to the new immigrants and served as social clubs. They formed burial societies and offered insurance to their members. Most importantly for us genealogists, they recorded the histories of the communities left behind in Yizkor books.

These Yizkor books were generally written in Yiddish or Hebrew, and serve as memorials to the Eastern European towns their authors came from. Mostly written in the decade after the Holocaust, they are rich with histories of the communities and stories of the residents, and often contain photographs and sketches. Special attention was often given to documenting the horrors of the Holocaust, and provide detailed accounts of what happened and when. Many have a necrology section listing names of those who died – which is very relevant for those of us working on family trees.

In recent years, genealogical societies and libraries around the world have realized the importance of saving these books. The Jewish Genealogical Society of Ottawa



## Connecting the branches

John Diener

owns almost 200 Yizkor books, making our collection one of the largest in Canada. The list of books in our library is on the society’s website at [jgso.org](http://jgso.org). As well, the New York Public Library has digitized much of its collection and these books can be seen online at [tinyurl.com/yizkorbooks](http://tinyurl.com/yizkorbooks). Other important collections are at the University of Toronto and at the Jewish Public Libraries in Montreal and Toronto, each of which possesses hundreds of these publications.

Genealogists around the world have used these books in their research and projects are ongoing to translate them from the original Hebrew and Yiddish to English. Since 1994, *JewishGen* has been running their Yizkor Book Project, which raises money to translate books and then provides the English versions at [jewishgen.org/yizkor](http://jewishgen.org/yizkor).

Jerrold Landau, a native Ottawan, who now lives in Toronto, is one of the world’s experts on Yizkor books. He spends much of his free time doing translations as well as working on other areas of genealogical research. In next month’s *Connecting the branches* column, I’ll write about Jerrold’s accomplishments and the importance of his work to all of us involved in family research.

If you find a Yizkor book listed on the Jewish Genealogical Society of Ottawa website that you think would be relevant to your research, or for general information on Jewish genealogy, contact us at [jgsottawa@gmail.com](mailto:jgsottawa@gmail.com).

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Larry and Sheila Hartman on the birth of their granddaughter, Sophia, by Shirley Strean-Hartman.

## RHEA AND JEFF HOCHSTADTER FAMILY FUND

**In Memory of:**  
Leon Gluzman by Rhea Hymes-Hochstadter and Barbara Fine.

**Chanukah Wishes to:**  
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## CHERYL AND ANDRE IBGHY ENDOWMENT FUND

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**In Appreciation to:**  
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**In Honour of:**  
Pasquale Turbide winning a Gemini Award by Arnie and Roslyn Kimmel.

Lisa Kimmel being recognized by the Women's Professional Executive Network as one of the top 100 most influential women in Canada by Marilyn and Daniel Kimmel; and by Norman and Isabel Lesh.

**Birthday Wishes to:**  
Evelyn Greenberg by Arnie and Roslyn Kimmel.

## PHILLIP AND ETTIE KIMMEL MEMORIAL FUND

**In Memory of:**  
Leema Magidson by Stan Kimmel.

## JACOB AND ESTHER KIZELL MEMORIAL FUND

**Birthday Wishes to:**  
Peter Waiser by Michael and Myrna Waiser; and by Cynthia Flesher.

## SHARON KOFFMAN ATHLETIC SCHOLARSHIP FUND

**Mazal Tov to:**  
Jesse Bodnoff Burstyn on the occasion of graduating with a Masters of Science in Computers by Sandra Zagon.

Alyssa Margolian on completing the requirements for a BA with high marks by Sandra Zagon.

## KRANTZBERG KRANE FAMILY FUND

**Mazal Tov to:**  
Shelley Rothman on the birth of her granddaughter, Hannah Sadie, by Myra and Sam Krane.

## SUSAN AND DAVID KRIGER ENDOWMENT FUND

**Birthday Wishes to:**  
Harold Shizgal by Susan and David Kriger.

Continued on page 29

## Ottawa Jewish Community Foundation Legacy Challenge Fund



### Everyone has the ability to create a Jewish legacy

The **OJCF Legacy Challenge** asks you to consider making a gift to the Foundation in your estate plans and wills. Leaving a gift in a will or as part of your estate plans helps ensure the vibrancy and long-term sustainability of our community for years to come, creating a lasting and personal legacy.

The **OJCF Legacy Challenge** is your chance to personally commit to the ongoing growth and vitality of our shared community. We hope you will accept this challenge.

### What is the OJCF Legacy Challenge Fund?

If you decide to name the Ottawa Jewish Community Founda-

tion as recipient of a bequest through your will, the **OJCF Legacy Challenge Fund** will pay for the professional/legal services to help create this bequest or codicil up to a maximum of \$1,000.

### Who is eligible?

All donors choosing to leave \$10,000 (or more) or 1% (or more) of their estate to the Ottawa Jewish Community Foundation are eligible to participate in the OJCF Legacy Challenge.

For more information on how this challenge program works, please visit [www.OJCF.ca](http://www.OJCF.ca) or contact Jared Isaacson at 613-798-4696 extension 248 or email [jisaacson@ojcf.ca](mailto:jisaacson@ojcf.ca).

# FOUNDATION DONATIONS

**In Observance of the Yahrzeit of:**

Diane Kriger, a beloved sister, by Susan and David Kriger.

Alan Ain, a beloved brother, by Susan and David Kriger.

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**In Memory of:**

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**In Memory of:**

Anne Mozersky by Edie Landau and family.

Moishe Amsel by Edie Landau.

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Senator Laurier LaPierre by Edie Landau.

**Anniversary Wishes to:**

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**Best Wishes to:**

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**In Memory of:**

Isaac (Sy) Gutmajer by Norman and Isabel Lesh.

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**In Memory of:**

Senator Laurier LaPierre by Sandra and Jacie Levinson.

Leema Magidson by Sandra and Jacie Levinson.

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**In Memory of:**

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**JOSEPH AND EVELYN LIEFF ENDOWMENT FUND**

**In Memory of:**

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Mollie Fine by Evelyn Lieff.

Leema Magidson by Evelyn Lieff.

**R'fuah Sh'leimah to:**

Marjorie Achbar by Evelyn Lieff.

Ruth Viner by Evelyn Lieff.

**ARNOLD AND ROSE LITHWICK MEMORIAL FUND**

**In memory of:**

Gloria Goldberg by Yvonne and Harvey Lithwick and family.

**SAMUEL AND LEEMA MAGIDSON ENDOWMENT FUND**

**In Memory of:**

Sandy Eisen by Roslyn and Arnie Kimmel and family.

Frances Greenblatt by Roslyn and Arnie Kimmel and family.

Leema Magidson by Lesley and Ben Slack; by Ingrid Levitz and family; by Sandra and Norman Slover; by Nina and Mark Dover; by Evelyn Greenberg; by Tom and Stephanie Hirschen; by Janet and Norman Ironstone; by Joni and David Waiser; by Beverley, Michael and Heather and Nathaniel Rosenstock; by Larry Weisz; Elaine and Dan Shapiro; by Shirley Seiler; by Elaine and George Citrome; by Arla and Zvi Litwin; by Donna and Fred Kaufman; by Morris Presser and Wendy Litwin, Jack and Sheila Presser and Harry and Karen Presser; by Sheila and Larry Hartman; by Arlene and Seymour Isenberg; by Tracey and Alan Abelson; by Gillian Tassis; by Barbara, Len, Steven and Michael Farber; by Hildy and Steven Lesh; by Marilyn and Larry Gordon; by Blossom Read; by Bill and Mera Goldstein; by Harvey Slack; by Mitchell Bellman and Nicola Hamer; by Wendy and Mike Green; by Edelman Public Relations; by Mark and Louise Leibner; by Victoria, Todd and Lauren Ritchie; by Cami and David Sherman; by Sharon and Paul Finn and family; by Yvonne and Harvey Lithwick and family; by Milton and Joyce Kimmel; by Charna Foxman; by Rhoda and David Eisenstadt and family; by Cathy Beck and family; by Sunny and John Tavel; by Irvin Hoffman; by Sheldon and Rhonda Leibner; by Felice and Jeffrey Pleet and family; by the Staff at the Institute of Corporate Directors; by Heather Ordon and Arnie Tepperman; by Deborah and Raphael Saginur; by Philippe Capelle; by Helen and Jason Rivers; by Margo and Norman Viner; by Jeff Dover and Tanya Phillips; by Susan and Gillie Vered; by Richard and Wendy Fenton; and by Edith Orgler-Morales and Andreas Morales.

**JACOB MALOMET MEMORIAL FUND**

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Joan Bloom by Diana and Alvin Malomet.

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**Mazal Tov to:**

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**In Memory of:**

Anne Mozersky by Bonnie and Chuck Merovitz.

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Isaac (Sy) Gutmajer by Rhoda, Jeff, Howard and Sara Miller.

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Mollie Fine by Rhoda and Jeffrey Miller and family.

**R'fuah Sh'leimah to:**

Brenda Levine by Rhoda and Jeffrey Miller and family.

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**R'fuah Sh'leimah to:**

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**In Memory of:**

Paul Bogdonov by Joy and David Kardish; and by Ann Monson.

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**In Observance of the Yahrzeit of:**

Max Naemark by Jean Naemark and family.

Yishia Naemark by Jean and Max Naemark and family.

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Gary Dubinsky on the occasion of his retirement by Marilyn and Will Newman.

**In Memory of:**

Gloria Goldberg by Marilyn and Will Newman.

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**In Observance of the Yahrzeit of:**

Bertha Pleet by Pinchas and Barbara Pleet.

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**In Memory of:**

Eva Zidulka by the Zacconi family; by Barbara and Len Farber; and by Elissa and Avraham Iny.

**Mazal Tov to:**

Myra and Lester Aronson on the engagement of their son Gregory to Tina by Mary-Belle and Gerald Pulvermacher.

**MOE AND SARAH RESNICK ENDOWMENT FUND**

**In Memory of:**

Harry Lang by Gordon and Penny Resnick and family; and by Sam and Roberta Goldmaker and family.

**RICHARD ROTH AND RIVA LEVITAN FAMILY FUND**

**Mazal Tov to:**

Jared Isaacson on his engagement to Claire Fowles by Richard Roth and Riva Levitan.

**SAMUEL AND RUTH ROTHMAN MEMORIAL FUND**

**In Memory of:**

Golda Treger by Sheldon and Corinne Taylor.

**Mazal Tov to:**

Shirley and Cliff Yumansky on the occasion of Stephanie's recent marriage by Sheldon and Corinne Taylor.

**SHELLEY AND SID ROTHMAN FAMILY FUND**

**Mazel Tov to:**

Shelley Rothman on the birth of her granddaughter, Hannah Sadie, by Rhoda and Jeffrey Miller and family; and by Felice and Jeffrey Pleet and family.

**HELEN AND ROY SAIPE ENDOWMENT FUND**

**In Memory of:**

Leo Cook by Marcia Saipe and Ted Miller.

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**Birthday Wishes to:**

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Continued on page 30

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**In Memory of:**

Gloria Goldberg by Maureen and Jeff Katz.  
Leon Gluzman by Maureen and Jeff Katz.  
Tom Grossman by Maureen and Jeff Katz.

**Mazal Tov to:**

Elly Bollegraaf on receiving the JFS Volunteer of the Year Award by Maureen and Jeff Katz.

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**In Memory of:**

Betty Saxe by Carole and Norman Zagerman.

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**In Memory of:**

Jacob Orbach by Elayne and Wesley Schacter.

**ABRAHAM AND MARY SHAFFER  
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**In Observance of the Yahrzeit of:**

Abraham Shaffer, a dear father, by Sheldon and Sonia Shaffer.

**ABE AND NELLIE SHAPIRO  
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**Mazal Tov to:**

Daniel Shapiro on being awarded the Queen's Diamond Jubilee Medal by Daniel and Marilyn Kimmel.

**SYLVIA AND HARRY SHERMAN  
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**Condolences to:**

Sorel Eizicovics on the loss of a beloved father by the Bernstein family.

Yossi Sherman on the loss of a beloved father by the Bernstein family.

**HERB GRAY AND SHARON SHOLZBERG-  
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**In Honour of:**

The Right Honorable Herb Gray's 50 Years of Public Service by Sharon Sholzberg-Gray.

**JACK AND SARAH SILVERSTEIN  
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**Birthdays Wishes to:**

Sidney Kardash by David and Lev Silverstein.

**Anniversary Wishes to:**

Herbert and Corinne Zagerman by Sarah, Jack, David and Lev Silverstein.

**LINDA SILVERMAN MEMORIAL FUND**

**In Memory of:**

Dr. Stan Eiding by Marvin and Phyllis Silverman.

**STELLA AND LOUIS SLACK  
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**Birthdays Wishes to:**

Myra Aronson by Roslyn and Arnie Kimmel; by Stephanie Hirschen; by Susan Ansin; by Harriet Miller; by Joan Brisk; by Iris Schaum; by Robert and Gail Edelstein; by Annette and Herb Feldman; and by Richard and Wendy Fenton.

Paul Bowering by Myra, Lester, Jennifer, Donna, Greg and Jordan Aronson.

**Mazal Tov to:**

Barbara Farber on being awarded the Queen's Diamond Jubilee Medal by Myra and Lester Aronson.

Lisa Kimmel on being selected by the Women's Professional Network as one of the 100 most powerful women in Canada by Myra Aronson.

Harvey Slack on being awarded the Queen's Diamond Jubilee Medal by Myra, Lester, Jennifer, Donna, Greg and Jordan Aronson.

Myra and Lester Aronson on Gregory's engagement to Tina by Barbara and Len Farber; by Dr. George and Elaine Citrome; by Annette and Herb Feldman; by Elissa and Avraham Iny; and by Daniel and Marilyn Kimmel.

**In Memory of:**

Frances Greenblatt by Myra and Lester Aronson.

Janis Cohen by Myra and Lester Aronson.

Sandy Eisen by Myra and Lester Aronson.

Len Ridker by Lester, Myra, Jennifer, Donna, Greg and Jordan Aronson.

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**SAM AND SUE SLACK ENDOWMENT FUND**

**In Memory of:**

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**In observance of the Yahrzeit of:**

Inez Smith, a beloved mother, by Leslie and Maureen Smith.

**FREDA AND PHIL SWEDKO MEMORIAL FUND**

**In Memory of:**

Leema Magidson by Beverly and Irving Swedko.

**CASEY AND BESS SWEDLOVE  
ENDOWMENT FUND**

**Mazal Tov to:**

Lisa Kimmel on being recognized by the Women's Professional Executive Network as one of the top 100 most influential women in Canada by Carol Sue and Jack Shapiro.

**HAROLD AND RUTH SWEDLOVE  
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**In Memory of:**

Betsy Swedlove by Sidney and Barbara Cohen; by Risa, Brent and Shira Taylor; and by David and Eileen Lee.

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**In Memory of:**

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**Mazal Tov to:**

Norma and Philip Lazear on their granddaughter, Emily Rosenfeld's Bat Mitzvah by Ann Lazear and family.

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**Condolences to:**

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**In observance of the Yahrzeit of:**

Moses Torontow, a beloved father, by Jean and Max Naemark and family.

**STEPHEN AND GAIL VICTOR  
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**In Memory of:**

Mollie Fine by Sandy Marchello.

**Mazal Tov to:**

Stephen Victor on receiving the Queen Elizabeth II Diamond Jubilee Medal by Beverly Friedman; by Shirley Strean-Hartman and family; and by Linda and Alan Gilbert.

**MIRIAM AND LOUIS WEINER  
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**In Memory of:**

Leema Magidson by Miriam Weiner.

**MILDRED AND PERCY WEINSTEIN  
ENDOWMENT FUND**

**In Memory of:**

Leema Magidson by Millie Weinstein.

**Good Wishes to:**

Linda and Archie Cogan in their new home by Millie Weinstein.

**R'fuah Sh'leimah to:**

Daphne Arron by Millie Weinstein.

Ruth Viner by Millie Weinstein.

**HALTON/WEISS FAMILY FUND**

**In Appreciation to:**

Richard Sachs by Debbie Halton-Weiss.

Stephen Victor by Debbie Halton-Weiss.

**In Memory of:**

Leema Magidson by Debbie Halton-Weiss and Ron Weiss.

**Mazal Tov to:**

Jared Isaacson on his engagement to Claire Fowles by Debbie Halton-Weiss and Ron Weiss.

**ROBERT WENER AND LYNNE ORECK  
WENER FAMILY FUND**

**Birthdays Wishes to:**

Dr. J.V. White by Bob Wener and Lynne Oreck-Wener and family.

**Good Wishes to:**

Mitchell Bellman by Bob Wener and Lynne Oreck-Wener.

**ZIPES KARANOFKY FAMILY  
ENDOWMENT FUND**

**Birthdays Wishes to:**

Rick Zipes on his special birthday by Bonnie and Chuck Merovitz.

**In Memory of:**

Nancy Shih Chi by Rick and Helen Zipes.

**Mazal Tov to:**

Sherry Torjman on receiving the Queen's Diamond Jubilee Medal by Rick and Helen Zipes.

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**In Honour of:**

Batia Winer's participation in the Pearls of Wisdom Event by Karen Oxorn.

Jared Isaacson's engagement to Claire Fowles by the WCPP Committee Members.

**Condolences to:**

Ann Smutylo on the loss of her beloved mother by Yaffa Greenbaum and Jack Shinder.

Lezlie Oler on the loss of her mother by Diane Koven.

**Birthdays Wishes to:**

Lil Goltzman by Yaffa Greenbaum and Jack Shinder.

**Mazal Tov to:**

Yaffa Greenbaum and Jack Shinder on their son Gideon's engagement to Julia by Lynne Oreck-Wener and Bob Wener.

Rony and Dekel Podolsky on Tom's Bar Mitzvah by Lynne Oreck-Wener and Bob Wener.

**THE SAUL AND EDNA GOLDFARB  
B'NAI MITZVAH PROGRAM**

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Rony and Dekel Podolsky and family on Tom's Bar Mitzvah by Francie and Norman Lieff.

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**In Appreciation to:**

Rabbi Michael and Dr. Stacy Goldstein by the Pearl and Marcovitch Families.

**EYAL PODOLSKY B'NAI MITZVAH FUND**

**R'fuah Sh'leimah to:**

Yudi Chein by Rony and Dekel Podolsky.

**Mazal Tov to:**

Jared Isaacson on his engagement to Claire Fowles by Rony and Dekel Podolsky and family.

**TOM PODOLSKY B'NAI MITZVAH FUND**

**Mazal Tov to:**

Jason and Jenny Shinder on the B'nai Mitzvah of Jonah and Emily by Rony and Dekel Podolsky and family.

**Contributions may be made online at [www.OJCF.ca](http://www.OJCF.ca) or by contacting Jessica Borenstein at 613-798-4696 extension 274, Monday to Friday or by email at [donation@ojcf.ca](mailto:donation@ojcf.ca). Attractive cards are sent to convey the appropriate sentiments. All donations are acknowledged with a charitable receipt. We accept Visa, MasterCard and Amex.**

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## Best-Ever Hot Chocolate Mix

This recipe was created by the staff at *Cook's Illustrated*.

Makes about 20 servings

3 cups skim milk powder  
2 cups confectioners' sugar  
1-1/2 cups Dutch processed cocoa powder  
1-1/2 cups coarsely chopped good quality white chocolate (such as Lindt or Callebaut)  
1/4 teaspoon salt

Combine ingredients in large bowl.

Working in two batches, pulse ingredients in food processor until chocolate is finely ground.

Store in airtight container for up to 3 months.

To make hot cocoa, stir 1/3 cup of this mix into 1 cup of hot milk.

Top with whipped cream or mini-marshmallows.

## Homemade Marshmallows

I watched, completely mesmerized, while Alton Brown created this recipe on *Good Eats*, his Food Network show.

3 (1/4 ounce) packages unflavoured gelatin  
1 cup ice cold water, divided  
12 ounces granulated sugar, approximately 1 1/2 cups  
1 cup light corn syrup  
1/4 teaspoon kosher salt  
1 teaspoon vanilla extract  
1/4 cup confectioners' sugar  
1/4 cup cornstarch  
Non-stick spray

Place the gelatin into the bowl of a stand mixer along with 1/2 cup of the water. Have the whisk attachment standing by.

In a small saucepan combine the remaining 1/2 cup water, granulated sugar, corn syrup and salt. Place over medium high heat, cover and cook for 3 to 4 minutes. Uncover, clip a candy thermometer onto the side of the pan and continue to cook until the mixture reaches 240 F, approximately 7 to 8 minutes. Once the mixture reaches this temperature, immediately remove from the heat.

Turn the mixer on low speed. While running, slowly pour the sugar syrup down the side of the bowl into the gelatin mixture. Once you have added all of the syrup, increase the speed to high. Continue to whip until the mixture becomes very thick and is lukewarm, approximately 12 to 15 minutes. Add the vanilla during the last minute of whipping. While the mixture is whipping, prepare the pans as follows.

Combine the confectioners' sugar and cornstarch in a small bowl. Lightly spray a 13- by 9-inch metal baking pan with non-stick cooking spray. Add the sugar and cornstarch mixture and move around to completely coat the bottom and sides of the pan. Return the remaining mixture to the bowl for later use.

When ready, pour the mixture into the prepared pan, using a lightly oiled spatula for spreading evenly into the pan. Dust the top with enough of the remaining sugar and cornstarch mixture to lightly cover. Reserve the rest for later. Allow the marshmallows to sit uncovered for at least 4 hours and up to overnight.

Turn the marshmallows out onto a cutting board and cut into 1-inch squares using a pizza wheel dusted with the confectioners' sugar mixture. Once cut, lightly dust all sides of each marshmallow with the remaining mixture, using additional if necessary. Store in an airtight container for up to 3 weeks.

# Warm up with homemade hot chocolate and marshmallows

To be honest, I'm not really a hot chocolate fan. Warm gooey chocolate just doesn't do it for me. While some people may swoon over warm-from-the-oven molten chocolate cake or chocolate chip cookies, regular readers of my column already know that I prefer my cookies straight from the freezer.

I like my chocolate like I like my men – solid! That being said, I have discovered a hot chocolate recipe that may have brought me over to the *dark* side.

When my kids were little, the only way I could get them to go outside to play in the winter was to bribe them with hot chocolate when they came back in. They would indulge me and play for about 20 minutes, then come inside on the pretext of having to go to the bathroom. After helping them struggle out of their snowsuits, we were all sweating and no one was anxious for the dance that required getting back into all those layers. And then it was time for hot chocolate.

I will admit I resorted to a packaged hot chocolate mix. Truthfully, the kids didn't even like the hot chocolate either. It was really all about the marshmallows. They would scarf down the marshmallows I let them heap in the hot chocolate and I would end up pouring the hot chocolate down the drain.

At the time, it never occurred to me that you could make your own hot chocolate mix. But you can, and it's spectacular!

This recipe makes enough powdered mix for about 20 cups of hot chocolate and can be stored in the cupboard for about three months. So, when the craving for a cup hits you, simply stir 1/3 cup of the mix into some hot milk!

The uniqueness of this mix is that it contains two kinds of chocolate. The first, of course, is cocoa powder. There are two types of cocoa powder: natural and Dutched (a.k.a. Dutch processed). For this recipe, you want to seek out Dutch processed. Camino makes an excellent Dutch processed cocoa powder, which is available in the organic section of the supermarket.

Dutched cocoa powder has gone through an alkalizing process that gives it a darker colour and makes it less acidic. The result is a richer, more intense chocolate flavour



## Made with Love

Cindy Feingold

and a nice deep chocolate colour. You will sometimes see Dutched cocoa powder called for in recipes for beverages or desserts that aren't baked since the flavour is less bitter than regular cocoa powder.

The mix also contains white chocolate, which gives the final drink a soft creamy texture.

The final ingredients in the mix include skim milk powder, which adds a sweet dairy flavour, confectioners' sugar, which dissolves more easily than regular granulated sugar, and cornstarch, which is added to the powdered sugar to help thicken the cocoa.

If you want to take this hot cocoa to the next level, float some homemade marshmallows on top of your hot chocolate. They are not that difficult to make, if you have a stand mixer and a candy thermometer. If you keep kosher, you will need to seek out kosher gelatin.

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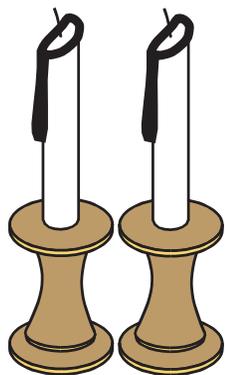


**Contact Barry Silverman  
613-798-4696, ext. 256**

**[bsilverman@ottawajewishbulletin.com](mailto:bsilverman@ottawajewishbulletin.com)**

# WHAT'S GOING ON January 21 to February 3, 2013

For more community listings,  
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## CANDLELIGHTING BEFORE

Jan 25	☆	4:38 pm
Feb 1	☆	4:48 pm
Feb 8	☆	4:58 pm
Feb 15	☆	5:08 pm
Feb 22	☆	5:18 pm
Mar 1	☆	5:20 pm
Mar 8	☆	6:38 pm
Mar 15	☆	6:47 pm

### WEEKLY EVENTS MONDAYS

**Motorin Munchkins**  
drop-in program for children 5 and under. Kids expend lots of energy, supervised by a parent or guardian, 9:00 am to 11:45 am. Info: 613-798-9818, ext. 294.

**Chaverim**, offered by Jewish Family Services for Jewish seniors with mild cognitive impairment. 2255 Carling Avenue, 11:00 am. Info: 613-722-2225, ext. 392.

### TUESDAYS

**Israeli Folkdancing:** No experience or partner necessary, Ottawa Jewish Community School, 881 Broadview Avenue, 6:30 pm. Info: judy@ottawaisraelidance.ca.

### WEDNESDAYS

**Drop-in Playgroup** for newborn to 3 years old.

Parents and kids romp and play and make new friends, 9:00 to 11:00 am. Info: 613-798-9818, ext. 294.

### FRIDAY, JANUARY 25

**Tu B'Shevat Seder**, organized by the Glebe Minyan to mark the New Year of the Trees, 19-612 Bank Street, 4:00 pm. Info: 613-867-5505.

### FRIDAY, JANUARY 25 AND SATURDAY, JANUARY 26

**JET Winter Shabbaton** with special guest Aliza Bulow, Victoria Park Suite Hotel, 377 O'Connor Street, 4:30 pm. Info: 613-798-9818, ext. 247.

### SATURDAY, JANUARY 26

**Agudath Israel Youth Tu B'Shevat Celebration:** All youth and parents are invited to a concert by visit-

ing Israeli singer-songwriter Michael Greilsmamer. Includes Havdalah, and refreshments, 1400 Coldrey Avenue, 6:00 pm. Info: 613-728-3501.

### SUNDAY, JANUARY 27

**Shalom Ottawa**, community TV on Rogers 22, 12:00 pm. (repeats Monday, January 28 and Friday, February 1 at 6:00 pm).

### MONDAY, JANUARY 28

**Presentation on the Israeli Election:** The community is invited to a discussion on the results of the January 22 election in Israel. Featuring Mordechai Kedar, professor at Bar-Ilan University; sponsored by the Agudath Israel Adult Education Committee, 1400 Coldrey Avenue, 7:30 pm. Info: 613-728-3501.

# COMING SOON

### TUESDAY, FEBRUARY 5

**Ottawa Torah Institute Adina Ben-Porat Memorial Ethics Lecture.** Topic: "Liability in Professional Practice: A Jewish Ethical Perspective," by Rabbi Eliezer Ben-Porat, 7:15 pm. Info: 613-244-3939.

### SUNDAY, FEBRUARY 10

**Mitzvah Day**, sponsored by the Jewish Federation of Ottawa. Register for activities to help organizations across the city, 9:30 am. Info: 613-798-4696, ext. 241.

### SUNDAY, FEBRUARY 17

**Machzikei Hadas Movie Night** features "Unlikely Heroes," unknown stories of resistance during the Second World War, 2310 Virginia Drive, 7:00 pm. Info: 613-737-7457.

Unless otherwise noted, activities take place at The Joseph and Rose Ages Family Building, 21 Nadolny Sachs Private.

This information is taken from the community calendar maintained by the Jewish Ottawa InfoCentre. Organizations which would like their events to be listed, no matter where they are to be held, should send the information to InfoCentre coordinator Benita Siemiatycki via e-mail at [bsiemiatycki@jewishottawa.com](mailto:bsiemiatycki@jewishottawa.com) or fax at 613-798-4695. She can also be reached by telephone at 613-798-4644. Accurate details must be provided and all events must be open to the Jewish public.

## Condolences

Condolences are extended to the families of:

**Sandy Eisen**, Montreal (sister of Linda Nadolny-Cogan and Howie Nadolny)

**Mollie Fine**

**Frances Greenblatt**

**Toba Gunner** (née Ashkenazi)

**Isaac (Sy) Gutmajer**

**Marcella Herscovici** (née Lobelsohn)

**Leema Magidson**

**Anne Mozersky** (née Linowitz)

**Bert Phillips**

**Percy Pozitsky**

**Abraham Rosenfeld**

**Jack Steinberg**

**Rose Taylor** (née Kardash)

**Golda Treger**

**Dr. Mark Ben Zion Wall**,

Phoenix, AZ (father of Laurence Wall and Murray Wall)

**Sam Yanover**, Hamilton

(brother of Fay Koffman)

*May their memory*

*be a blessing always.*

The  
CONDOLENCE  
COLUMN

is offered  
as a public service  
to the community.

There is no charge.

For a listing  
in this column,  
please call

613-798-4696,  
ext. 274.

Voice mail is available.

## BULLETIN DEADLINES

JANUARY 30

FOR FEBRUARY 18

FEBRUARY 13

FOR MARCH 4

FEBRUARY 27

FOR MARCH 18

MARCH 12

FOR APRIL 8

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