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Arnie Vered receives the Ontario Medal for Good Citizenship

*Jewish community leader is one of only eight people
 in the province to receive the award in 2013*

By Michael Regenstreif

In an investiture ceremony presided over by Lieutenant-Governor David C. Olney in the Legislative Building at Queen's Park in Toronto, October 17, eight Ontarians were honoured with the Ontario Medal for Good Citizenship.

Among the eight honourees was

Ottawa Jewish community leader Arnon (Arnie) Vered, who was unable to attend the ceremony because he is currently undergoing cancer treatment.

"Wherever he turns his sights and energies, people say he brings an incredible vision, focus and the ability to get things done efficient-

ly," noted the award citation.

Vered was nominated for the award by Carleton University President Roseann O'Reilly Runte, who cited Vered's "extraordinary career of voluntary service, his strong leadership qualities, dedication and accomplishments," in both the Jewish community and in the community

at large, "as well as his remarkable personal generosity."

Despite his current battle with cancer, O'Reilly Runte noted Vered "remains centred on caring for others and ensuring the continued well-being of family, friends and community.

Vered's nomination for the medal received widespread support.

"In the close to 50 years I have been in Ottawa, I do not know of anyone who comes close to Arnie's record of community service," wrote Rabbi Reuven Bulka in his letter of support.

Rabbi Bulka mentioned Vered's support for hospitals, the arts and education, and called special attention to leadership roles he has assumed in the Jewish community: president of Hillel Academy for two terms, chair of the UJA Campaign, chair of the Soloway Jewish Community Centre and president of the Jewish Community Council of Ottawa/Vaad Ha'ir (now the Jewish Federation of Ottawa).

"No one in the community's history has held all these positions, each very demanding and time consuming," noted Rabbi Bulka, adding, "He is always ready to help, and has done so for countless people and causes ... He is a community superstar."

Attorney Jacques Shore called attention to Vered's efforts leading fundraising campaigns on behalf of health care facilities, the National Arts Centre, the Jewish community, the greater Ottawa community, and the United Way.

"The successes of our community are his successes and are largely due to his diligent and heartfelt efforts," wrote Shore in his letter of support to the nomination.



Arnie Vered's nomination for the Ontario Medal for Good Citizenship received widespread support.

"He is a leader who inspires others to emulate his personal level of commitment and active engagement," wrote CHEO CEO Alex Munter and CHEO Foundation CEO Kevin Keohane, who noted that Vered's efforts on behalf of CHEO over the past 17 years have "benefited many children in the past; many, many more children in the present and will still benefit more in the future when they need critical care."

"It is an unbelievable honour to receive this recognition from the Ministry of Citizenship and Immigration," Vered told the *Ottawa Jewish Bulletin* in response to learning he would receive the award. "I was most thankful and very proud to be one of eight people selected to receive the 2013 Ontario Medal for Good Citizenship.

"More importantly, though, I am humbled by what was written on my behalf for my nomination organized by Roseann O'Reilly Runte."



Limmud Ottawa opening concert

(From left) Singers Adam Moscoe, Cantor Jeremy Burko, Cantor Daniel Benlolo and Shira Taylor, pianist Evelyn Greenberg and MC Laurence Wall with the Beth Shalom Choir at the finale to *The Music We Love*, the opening night concert at Limmud Ottawa, October 19. More Limmud photos on page 14.

(Photo: Robin Chernick)

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Jerusalem movie archeologist visits Ottawa

Jodi Magness describes Samson mosaic found in ancient synagogue at Huqoq

By Louise Rachlis

One reason why Israel is such a good place for archeologists is that there is so much archeology going on there.

“Israel is a pretty easy place to work,” said archeologist Jodi Magness, who spent two days in Ottawa last month and spoke to the *Ottawa Jewish Bulletin* before delivering a lecture at St. Paul University on October 17.

“In Israel, we stay at a local kibbutz in air-conditioned rooms, and they cook for us. It’s therefore much easier than in some other parts of the world. And it’s such a small country that it’s easier to travel around and see other sites.”

Magness, a professor of early Judaism at the University of North Carolina at Chapel Hill who spends about two months in Israel each summer on archeological digs, is featured in *Jerusalem*, the IMAX documentary now showing at the Canadian Museum of Civilization.

Magness also served as a historical consultant during the making of the film and was present at the museum, October 16, for a question-and-answer session following the regularly scheduled screening.

Her areas of expertise are the archaeology of Palestine in the Roman, Byzantine and early Islamic periods; ancient pottery; ancient synagogues; Qumran and the Dead Sea Scrolls; and the Roman army

in the east.

At St. Paul University, she gave an overview of the excavations at Huqoq, an ancient Jewish village in Galilee, where her team found an ancient synagogue with a mosaic floor depicting the biblical figure of Samson and a Hebrew inscription.

The synagogue dates to the fifth century CE – the Talmudic or late Roman period. She said only a few late Roman synagogues contain mosaics with biblical scenes, and the discovery is significant and stunning.

Her visit to Ottawa was sponsored by the Archeological Institute of America, a professional society of archeologists.

“There has always been a good level of public interest in biblical archeology because of the nature of the subject matter,” she said.

Magness, who was born in Philadelphia and grew up in Miami, said she’d wanted to be an archeologist since she was 12, when an exceptional teacher got her interested in ancient Greece.

“My interest was always in the ancient classical world.”

She majored in archeology and history at the Hebrew University of Jerusalem, including ancient Greek, participating in many excavations and learning constantly.

“I think there are a lot of popular misconceptions about archeologists,” she said. “One is that we are



Archeologist Jodi Magness at her excavation in Huqoq, Israel. Magness discussed the dig during her visit to Ottawa in October. (Photo: Jim Haberman)

treasure hunters, like Indiana Jones. A connected misconception is that we get to keep what we find. That’s not true. I can study our finds, but they belong to the State of Israel.”

Professional archeologists don’t look for things like Noah’s Ark or the Ark of the Covenant, she said. “Archeologists seek to understand the past by excavating human material remains, anything people manufactured and left behind – a house, pottery, stone tools, whatever. We study those remains in the same way a historian studies written texts.

“Another popular misconception – we don’t study dinosaurs, those are paleontologists; we don’t study bones, those are anthropologists. Humans did not manufacture bones ... Archeology is the study of

the past by using a particular kind of information. Not everything people made has survived.”

In an article for *Biblical Archeology Review* (“Scholar’s Update: New Mosaics from the Huqoq Synagogue,” September/October 2013), Magness writes it might surprise some readers “to learn that Samson is not described as a giant in the Bible. Samson’s giant stature reflects later Jewish traditions about the Biblical judge and hero, which considered him as a potential (and failed but not false) messiah – a forerunner of the true messiah.”

She adds, “In the period after the Roman destruction of the Temple in 70 CE, many rabbis disapproved of Samson because of his sexual exploits with non-Israelite women.

Another thing the rabbis may not have liked in the Samson mosaics is the Philistines with horses, as this feature is a later elaboration, not a part of the Biblical account. The appearance of these elements at Huqoq (and at the nearby synagogue of Wadi Hamam) may reflect popular Jewish traditions that circulated outside of rabbinic circles.”

Magness said public engagement with archeology is important because it’s good for people to learn about the past.

“You can subscribe to archeology magazines. Many digs take volunteers, and there are plenty of dig opportunities out there all around the world,” she said.

Visit jodimagness.org for more information on Magness and her work.

Stephen Victor among the nominees for the Genesis Prize

The Genesis Prize Foundation announced, October 21, that New York City Mayor Michael Bloomberg will be the inaugural Genesis Prize Laureate.

The prestigious new award – which has been called the Jewish world’s version of the Nobel Prize, the Pulitzer, and the MacArthur Award – was created to recognize people who have attained excellence and international renown in their professions, and whose actions and achievements embody the character of the Jewish people through commitment to Jewish values, community and the State of Israel.

The award is administered by a partnership of the Office of the Prime Minister of the State of Israel, the Genesis Philanthropy Group and the Office of the Chairman of the Executive of the Jewish Agency for Israel. With a worldwide nomination process,



Genesis Prize nominee Stephen Victor visits with children and teachers at the Westboro Jewish Montessori Preschool, a program of the Jewish Youth Library, October 9.

“the goal of the Genesis Prize is to inspire unity throughout the global Jewish community.”

“I am deeply honoured to be the first recipient of the Genesis Prize,” said Bloomberg after learning of

his selection. “Many years ago, my parents instilled in me Jewish values and ethics that I have carried with me throughout my life, and which have guided every aspect of my work in business, gov-

ernment and philanthropy. The Genesis Prize embraces and promotes those same values and ethics: a common thread among the Jewish people worldwide that has helped move humankind forward

for centuries.”

Ottawa lawyer and philanthropist Stephen Victor was among the nominees for the Genesis Prize. He was nominated by the Jewish Federation of Ottawa in recognition of his tireless work on behalf of the Jewish community and Israel.

“The Federation looked at the criteria of this international award and felt that Stephen Victor embodied the exceptionally high standards outlined by the Genesis Prize,” said Federation President and CEO Andrea Freedman. “His dedication to Jewish causes and his leadership in this community and globally are worth celebrating.”

The prize, in the amount of \$1 million U.S., which will be used toward the winner’s chosen philanthropic causes, will be presented by Israeli Prime Minister Benjamin Netanyahu to Bloomberg at a special ceremony in Jerusalem in May.

Telethon eclipses goal, raises more than \$65,000

Chaired by the incomparable Rivier sisters – Brenna, Marlene and Shelley – this year’s Telethon was a huge success!

By Federation staff

In Exodus, we learn that everyone counted in the census shall give a half-shekel (Exodus 30:13).

Inspired by this Biblical custom from our ancient Jewish communities, a goal of the Annual Campaign is to unite the entire Jewish community under the common cause of meeting communal needs. Through the dedicated efforts of more than 70 volunteers, including many young

people, this year, our Telethon raised an astounding \$67,275, eclipsing the goal of \$55,000.

“My sisters and I are long-time Telethon participants,” said Co-Chair Brenna Rivier.

“We are extremely supportive of the Jewish Federation of Ottawa and are drawn to the community-building aspect of Telethons. Our goal is to reach out to as many community members as possible to provide them with an opportunity to make a gift.”

Clearly this goal was accomplished, as approximately 25% of all gifts to the Annual Campaign are made during Telethons.

The Annual Campaign is about connecting to community. It is about inclusion,



Leiba Krantzberg, Women’s Campaign chair, and Charles Schachnow, Campaign chair, reached out to community members during the recent successful Telethon.

Photo by Jared Isaacson

change and the notion that together we are stronger.

“In ancient times, the half-shekel was dedicated to maintaining the Temple in Jerusalem,” said Jewish Federation of Ottawa President and CEO Andrea Freedman. “The purpose underlying this

mitzvah was that every community member should have a share in the communal service of the Temple.”

Building on that notion, today’s Annual Campaign is about maintaining, supporting, strengthening and enhancing Ottawa’s Jewish

community and caring for our brothers and sisters in Israel.

According to Freedman, “the ancient half-shekel membership was a flat fee that everyone, rich and poor, had to give equally. What remains true, today, is the communal aspect that defines one’s willingness to stand up and be counted as part of something larger.”

Co-Chair Shelley Rivier added, “One of the most meaningful aspects of Telethon is the diversity of participants – young and old, first-time callers and people who participate every year. It is always powerful when representatives from a wide variety of different community organizations come together, united in a common purpose.”

If you have not already made a gift to this year’s Annual Campaign and would like to, please contact Dawn Paterson at 613-798-4696, ext. 272, or by email at dpaterson@jewishottawa.com.

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Exhibit is free of charge (there is a fee to enter the other exhibits at the Museum). Open to the public.

Guided tours available: contact sbeutel@jewishottawa.com. This exhibition was created by The Polish History Museum in partnership with The Ministry of Foreign Affairs of the Republic of Poland and the Jan Karski Educational Foundation. It is presented by The Embassy of the Republic of Poland at The Canadian War Museum, The Canadian Chairmanship of the International Holocaust Remembrance Alliance, The Shoah Committee of the Jewish Federation of Ottawa, The Embassy of Israel, The Embassy of the United States of America, The Canadian Polish Congress, and The Centre for Israel and Jewish Affairs.



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This exhibition was created by the Polish History Museum in partnership with the Ministry of Foreign Affairs of the Republic of Poland and the Jan Karski Educational Foundation. It is presented by the Embassy of the Republic of Poland at the Canadian War Museum, The Canadian Chairmanship of the International Holocaust Remembrance Alliance, The Shoah Committee of the Jewish Federation of Ottawa, The Embassy of Israel, The Embassy of the United States of America, The Canadian Polish Congress, and The Centre for Israel and Jewish Affairs.

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OJCS students to perform *The Three Musketeers*

High school drama production to tackle classic story of sword fighting, political intrigue and nefarious plotting

**By Cynthia Bates
Ottawa Jewish
Community School**

The late-November production of *The Three Musketeers* by Alexandre Dumas represents the sixth year of annual plays put on by the Ottawa Jewish Community School (OJCS) high school division. Twenty students from Grades 9 to 12 are participating in this year's drama production credit course.

While Dumas wrote *The Three Musketeers* in the 1840s, it is set in France in 1625 during the reign of King Louis XIII. It was a highly charged era when the villainous Cardinal Richelieu plotted to usurp the monarchy and gain greater power for himself. This historical reality was intricately woven into the plot of Dumas' serialized novel and into the many subsequent theatrical and film versions of the story.

In the OJCS adaptation of the classic, written by playwright Ken Ludwig in 2006, the basic plot remains the quest of D'Artagnan, a young lad from the Gascony countryside, to fulfil his dream of becoming a musketeer. Ludwig, however, a master of the comedic touch, has pared down the cumbersome and overlapping storylines of the original text to reveal a hilarious, but cohesive, story arc that moves along at lightning speed with non-stop sword fighting, pol-



Meera Landau measures Gabe Hamburg for the costumes for his role as King Louis XIII in the OJCS production of *The Three Musketeers*, November 25-28.

itical intrigue and nefarious plotting. He also introduces a sister for D'Artagnan who serves to provide a touch of feminist perspective to the classic old-boys-club epic.

The OJCS production features several veteran performers of past productions in key roles while introducing eight new faces to the ensemble.

Fifth year participant Cassandra Starosta is dead-ly wicked as the Countess de Winter, or Milady; and Jonathan Roytenberg, in his fourth OJCS show, plays the dastardly Cardinal Richelieu. A superb group of Grade 11 student actors comprise the bulk of the cast: Yona Steinman as Athos, Ethan Sabourin as Aramis and Shmuel Prizant as Porthos, the three musketeers.

The role of the brash, young D'Artagnan is played by Matthew Rosenthal, while Hannah Srou portrays his sister, Sabine, and Meera Landau enacts Constance, D'Artagnan's love interest. Eric Buckshon is the Cardinal's henchman, Rochefort; Gabe Hamburg is King Louis XIII and Grade 12 student Emma Hamer plays Queen Anne.

In multiple supporting roles are Elana Fogel, Michael Roytenberg, Lieza Smith, Aidan Kaplan, Noah Bellman, Binyamin Macleod-Stokes and Ella Sabourin. Shauna Miller is the stage manager and most students also participate in one or more aspects of the production: costumes, sets, lighting and sound.

While *The Three Musketeers* lacks the Jewish relevance of *The Dybbuk*, the first OJCS play, it turns out that Rabbi Finkelstein is a fan of Dumas' work. As OJCS drama teacher and play director, I consulted with the rabbi over the summer with the desire to do something completely different this year – a play with classical overtones and lots of physical theatre – and he was very supportive.

The Three Musketeers runs from Monday, November 25 to Thursday, November 28, at 7 pm nightly. Tickets are \$15 (adults) and \$12 (students and seniors) and are available through the OJCS office at 613-722-0200.

Last year's production sold out, so reserve your tickets soon!

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Talking with Ottawa Jewish community leaders

Rabbi Reuven P. Bulka:

Judaism makes a difference in our lives and in the life of the community around us

By Ilana Belfer

Having served as spiritual leader of Congregation Machzikei Hadas since 1967, Rabbi Reuven P. Bulka is the “dean” of Ottawa’s Jewish clergy and a leader renowned, locally and nationally, in both the Jewish community and the broader community at large.

In the broader community, Rabbi Bulka is well known as honorary chaplain of the Royal Canadian Legion Dominion Command, as founder of Ottawa Kindness Week, for providing the Jewish perspective to the *Ottawa Citizen*’s weekly “Ask the Religion Experts” column, and as host of CFRA radio’s long-running “Sunday Night Live with Rabbi Bulka” program.

He has also chaired the Trillium Gift of Life Network, Ontario’s organ and tissue donation agency, and the Ottawa Regional Cancer Centre Courage Campaign, which has raised more than \$50 million for cancer care.

Rabbi Bulka also served as co-president of Canadian Jewish Congress from 2007 to 2009.

And that brief list only begins to scratch the surface of the rabbi’s many accomplishments – including authorship of more than 30 books.

“Everything I was involved in, when I was involved in it, was a highlight because, you know, when you’re in something, you have to give it 100 per cent,” Rabbi Bulka told the *Ottawa Jewish Bulletin*.

When Rabbi Bulka moved to Ottawa from New York in 1967, the shul, then located downtown on Murray Street, had only 90 members and was in danger of folding. But things began to turn around quickly following the arrival of the dynamic spiritual leader.



Rabbi Reuven Bulka

(Photo: Michelle Valberg)

In 1973, Machzikei Hadas moved to a new synagogue building in Alta Vista, and he recalled the period after the shul’s move to Virginia Drive as “the glory days,” when the membership grew to more than 500 families and services would regularly attract full houses.

“It would’ve been great if we could stay on that mountain and not have to come down from it – but the mountain actually got lower,” he said, noting the westward shift of Ottawa’s Jewish population to help explain the synagogue’s declining membership.

Another part of the explanation, he reasoned, is the North America-wide trend toward declining synagogue membership stemming from various economic and societal factors that have been creeping up slowly,

but visibly, over time.

As people lack job security, they defer marriage and having children or they have fewer children, which leads to declines in both Jewish school enrolment and synagogue membership.

“So you end up with a situation in which the community itself has great things going on, but some of the institutions are at a point where the critical mass needed to really thrive is severely compromised,” Rabbi Bulka said.

“If some benefactor came and said, ‘Rabbi, here’s \$2 million, just put it into your synagogue budget and offer everyone free membership.’ I would love to do it. But no one’s coming,” he said.

Even so, Rabbi Bulka said he does not believe simply “throwing money at it” can solve this problem.

At its root, the challenge of this generation and the next, he said, boils down to: “Will we be able to infuse a sense of vitality and importance and essentiality to being Jewish in a happy manner so that people will not be able to fathom the idea that Jewishness is optional and easy to discard?”

The next step, Rabbi Bulka said, would be to strategize as to “how” by implementing a task force and following through with a game plan that will differ for each individual, but will centre on being excited about the fact that Judaism makes a qualitative difference in our lives and in the lives of the

general community around us.

Once this is accomplished, he said, people will triage their priorities accordingly. Synagogue membership or school tuition, for example, becomes more important.

Rabbi Bulka also has a suggestion – “a crazy dream,” he said – to help solidify the future of Ottawa’s Jewish community and assure its viability: build a Jewish university here, something no Canadian city has.

“This is not a cheap thing, and people will say to me, ‘Hold it, Rabbi, you’ve got to take care of the elementary schools before ...’

“I’m not saying that we should ignore that, but, if you take big picture thing and build that great type of a structure, what will happen is that families will gravitate to the city,” he said.

Despite the challenges being faced by the community, Rabbi Bulka remains hopeful about the future.

“Anybody who, in Judaism, is not an optimist is not a realist. We have had so many challenges over the course of time ... and here we are,” he said.

This time, however, it’s not external forces that are posing the threat.

“The economy isn’t anti-Semitic,” said Rabbi Bulka. “It’s easier to react when you’re being put into a corner by enemies who want to destroy you than it is to be alert to a danger ... coming from internal realities that threaten our viability.”



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Tamir develops strategic plan to ensure quality, capacity of services

It is an honour to serve as the president of the Tamir Board of Directors for 2013 to 2015. As a member of the Board over the past six years, I have seen our agency adapt and thrive in good times and challenging ones.

Through the guidance of the Board and the actions of senior management, Tamir continues to maintain its reputation for providing quality services to people with developmental disabilities. My goal is to see that Tamir continues along this track.

As I reflect on the past year, I am filled with a sense of pride. Despite no cost of living allowance from government for developmental services over the past four years, Tamir continues to persevere and has managed to do so without any cuts to programming or staffing. This is a major accomplishment, one that has not been matched by many of the other agencies in our field.

However, looking to the future, it is likely that austerity will continue for some time as the government tackles its deficit. We are working in collaboration with families and others to look at how we can do things differently. It will not involve



Federation Report

Joel Kanigsberg Tamir

a single solution but rather many smaller initiatives that together alleviate the impact of austerity.

To that end, the Tamir Board, families and senior staff members recently came together for a strategic planning session to look at ways to ensure the quality and capacity of our services. Joining us, this year, was our Participant Advocacy Committee of Tamir and Family Advisory Committee of Tamir, who act as voices for our participants and their family members. The results of the meeting will form the basis of a concrete plan of action.

Similar to the population at large, many of the people we support at Tamir are baby boomers and they are aging and encountering health and other issues. This presents new challenges regarding our services and facilities as participants'

needs change and the level of care required increases. Long-term planning is underway to address these needs, and we look forward to working with the Jewish community in this endeavour.

Support from the Jewish Federation of Ottawa and others helps ensure that our participants enjoy living in a Jewish environment that includes kosher food and participation in many facets of Jewish community life.

The High Holidays were a busy time, as Tamir participants came together to celebrate with friends, family members and our community. We would like to offer our sincere thanks to all the community synagogues for their ongoing support and hospitality.

Following the overwhelming success of the Tamir production of *Joseph and the Amazing Technicolor Dreamcoat* that was part of our 25th anniversary celebrations in 2010, a new original production is in the works that will showcase our participants. The theme of the show is inclusion of individuals with disabilities. Stay tuned for further news on this exciting project.

Our 2013 Golf tournament raised more than \$40,000 and our Biennial Phantom

Tea, which is currently underway, has been enjoying great success as well. Thanks to organizers Norm Ferkin, Lily Penso and Sharon Reichstein for their leadership and to all of our golf and tea volunteers.

This past year was also a time of great loss with the passing of Norman and Evelyn Potechin. As a founding Board member in 1980, Norman worked tirelessly toward the creation of Tamir. During his time on the Board and thereafter, Norman connected deeply with Tamir participants and endeavoured to ensure they lived as full citizens with dignity and respect in our community.

Tamir owes a large debt of gratitude to Christine Kessler for her years served as Board president. Christine's compassion and professionalism are qualities admired by all, and we look forward to her continued involvement with Tamir as past-president.

Together with your ongoing support, Tamir will continue to thrive as the sole organization in Ottawa with the express purpose of ensuring quality of life for people with developmental disabilities in a Jewish environment.

The lesson I learned from a construction project

Whilst glorious construction noise roars in the background, I write this column as our new centre/shul is being built in Barhaven.

The Baal Shem Tov, founder of the Chassidic movement, once said, "From everything that you see and observe there is a lesson to be learned." Inspired by this saying, I share with you a lesson I learned while watching a building being designed and now seeing it being constructed.

Through my involvement in this project, I came to appreciate that there are so many different people with diverse talents and professions involved in building a structure. There are so many different consultants, engineers and trades people specializing in specific fields in the industry. Geotechnical, architectural, structural, mechanical, electrical – the list goes on. What is fascinating is that each one has a specific and indispensable role to play in the making of the structure. Moreover, any action taken, addition or modification made by one person has to be vetted by all others involved. All parties have to work together, and any action taken by one person impacts the entire project.

The Midrash tells us that God created the world because "He wanted to have a dwelling place in the lower worlds." God wants to have a home in a materialistic and physical world and he gives us the task to build it. We build God's home by making



From the pulpit

Rabbi Menachem Blum OTC Chabad

the world a better place to live in, by transforming the world into a place of goodness and kindness, and by refining the world, turning it into a place where God feels comfortable moving in.

As we say in our prayers, "Letaken olam bemaichut sha-dai (to rectify the world and to render it under the sovereignty of God)." In effect, we are all architects, consultants, and builders involved in building a structure for our client, God.

The construction process taught me we have to remember that each one of us is indispensable and has a role to play in this task. If God gave me life and placed me in this world, in this particular place at this particular time, it is because he needs me to participate in this project. He needs my talents and my involvement in building His home. My beloved teacher, the Lubavitcher Rebbe of blessed memory, put it this way: "Birth is God's way of saying, you matter."

Furthermore, it taught me that anything I do in this world has an impact on everyone

else and on the project at large. As Maimonides wrote, "One should see the world, and see oneself, on a scale with an equal balance of good and evil. When he does one good deed, the scale is tipped to the good – and the world is saved."

On the one hand, an undesirable behaviour has a negative effect on the environment and impacts the world at large. On the other hand, I have to cherish the value

of one mitzvah/commandment, my one and single deed can be the finishing touch needed to bring the project to its completion, and we can merit seeing God moving into His new abode (the Messianic age).

Don't underestimate the value of performing one mitzvah/commandment. Our construction team, as well as our client, God, has been waiting for your contribution to bring the project to its finish line.



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The new *Ottawa Jewish Bulletin* is about to be revealed

This is it. The final issue of the *Ottawa Jewish Bulletin* to be published with the “old” design we’ve had for many years. Next issue – the November 25 community-wide Chanukah edition – will mark the debut of our new, fresh print design.

Virtually all newspapers go through a redesign process from time to time. Having read through back issues going back to 1937, I’ve been able to see how our look has been modernized and refreshed from era to era – both in look and content. The design we’re retiring with this issue was itself once new and fresh and was a big step forward from how the *Bulletin* looked 15 or so years ago.

But we’re ready for change, and we think you’re going to like the new look when you see it in a couple of weeks.

In addition to the new look, we’re also looking at more in-depth coverage and analysis of some of the important issues facing our community. One story we’re working on, for example, is a look at the issues and challenges currently being faced by Ottawa’s various synagogues.

We’re also completely redoing our website at ottawajewishbulletin.com. Until now, our site has typically included just a couple of articles and a long list of the headlines from the edition’s stories and columns.

The new ottawajewishbulletin.com will



Editor

Michael
Regenstreif

be a dynamic site that will include – for the first time – an online version of the complete print edition of the *Bulletin*. With an Internet connection, you’ll be able to read the paper on your computer or tablet, and we’ll feature additional content like important breaking news and regularly updated news stories and features from Israel and around the Jewish world – much more content than we’ve ever had room for in the print edition. You’ll want to check the site regularly for new stories.

The *Bulletin* will remain a forum for our Jewish community to engage on issues of interest and concern. As always, we’ll continue to welcome your letters and guest columns. This is your community newspaper, so let your voice be heard.

It’s been a long process. It all started about two years ago with discussions at the Jewish Federation of Ottawa’s Communications and Community Relations

Committee. That led to the creation of the *Ottawa Jewish Bulletin* Review Committee, which undertook a thorough review of the paper – including an extensive readers’ survey. It was the committee’s report and recommendation to the Federation Board, more than a year ago, which led to the award-winning team at David Berman Communications being commissioned to redesign the print edition and create our new website.

And, we’ve created new *Facebook* and *Twitter* accounts. Like us at facebook.com/Ottawajewishbulletin or follow us at twitter.com/JBulletin to stay up to date with the print and web editions of the *Bulletin*.

So, we’re ready to celebrate this milestone in *Ottawa Jewish Bulletin* history. Please join us on Tuesday, November 26, 7 pm, at the Soloway Jewish Community Centre for our launch event at the Federation’s members’ meeting. The team from David Berman Communications will give us a guided tour through the redesign and new website and you’ll hear some brief remarks and comments from columnists Jason Moscovitz, Barbara Crook, Mira Sucharov – and me.

Something else that hasn’t changed in many years at the *Bulletin* are our subscription rates despite constantly rising printing and mailing costs over the past decade or

more. They will have to go up in 2014, but we are offering an opportunity to subscribe or extend your current subscription for up to two years at the old rate. Act soon, though, because the offer expires at the end of 2013. See the ad on page 22.

Kashrut in Quebec

There is a JTA story on page 8 that asks whether resurging nationalism will lead to another exodus of Jews from Quebec. Tensions have risen recently in the wake of the minority Parti Québécois (PQ) provincial government’s proposing its *Charter of Quebec Values*.

Now, we’ve received a report that François Gendron, Quebec’s agriculture minister, is planning to introduce new regulations governing kosher and halal meat production. This would be over and above the regulations already enforced across Canada by the Canadian Food Inspection Agency.

This is worrisome because the PQ said in 2012 that the slaughter of animals for halal meat production “slams directly against Québécois values.”

Lawrence Bergman, the only Jewish member of Quebec’s National Assembly, pointed out that the PQ statement was ethnic bashing and that it was “odious, unacceptable and reeks of intolerance.”

A tale of helicopters, an election campaign, a campaign promise, and one very stubborn man

The Canadian Forces are flying helicopters that date back to a year before my bar mitzvah and I’m just two-and-a-half years away from being eligible for my old age pension. Those Sea King helicopters are really that old and the story behind why they are still flying into their 50s is one of costly inefficiency.

This is a political story about a billion dollar-plus procurement program, an election campaign, a campaign promise, and one very stubborn man: former prime minister Jean Chrétien.

Almost 30 years ago, Canada began to realize the then-middle aged Sea King helicopters, while still serviceable, wouldn’t last forever, that it was time to begin thinking about replacing them. There was never any doubt Canada, with oceans and a vast north to patrol, not only needed helicopters, the need was for heavy-duty, well-equipped helicopters that wouldn’t come cheap.

So, while new helicopters were on the wish list in the 1980s, by the ‘90s they were a priority – especially since once purchased, it would still take several years before the new fleet would be delivered. In the early-‘90s, the Mulroney government contracted to buy EH101 helicopters from a European consortium, which had already



Jason
Moscovitz

built prototype choppers for other countries, many of which are allies of Canada.

Those 50 helicopters cost \$5.8 billion, and that shocked many people. The purchase came at the end of the Mulroney mandate, which made it even less palatable for some people, and it was announced just before the 1993 election in which Mulroney wouldn’t run. Not surprisingly, the helicopters became an election issue and Liberal leader Chrétien’s narrative was that Mulroney had spent billions on a helicopter Canada didn’t need.

The Liberal leader swore up and down that a Liberal government would never buy Mulroney’s expensive helicopters. However, not buying them meant breaking a legally signed contract. For the record, Chrétien also promised in that ‘93 campaign to “kill” and “abolish” the goods and services tax (GST).

Once he was swept to power, Chrétien

overlooked his promise to kill the GST. Good sense prevailed, and he and his government realized going backwards on a major source of tax revenue was not, in any conceivable way, either possible or smart. Canada was in recession and the government was then carrying a huge deficit. Chrétien was ridiculed for breaking the GST promise and he was really sensitive about it.

With one major promise broken and all the hassle that went with it, the new helicopters became a more sacred promise he had to keep. In Chrétien’s mind, the deficit he was dealing with seemed to legitimize his decision. His government moved to cancel the contract.

It cost money to cancel that contract. It cost \$478 million to get out of it; \$478 million gone with no new helicopter on the horizon and the Sea Kings getting older. That was 20 years ago.

Because Canada still needed new helicopters, a new procurement process was entered into. But this was under the Liberals who had already said no to the EH101, which, in *Liberal land* remained Mulroney’s helicopter, even if military experts agreed it was the best helicopter for Canada’s needs.

It is easy to imagine that, if the

European consortium that builds the EH101 were to have re-entered the competition, there would have been too much history, far too much politics, and far too many *I-told-you-so*’s for the Liberals to bear. The contract was awarded to Sikorsky, an American helicopter builder.

But, while the EH101 was already in service in the United Kingdom and in Italy, there wasn’t an existing helicopter for Sikorsky. There was only a paper helicopter. That is what the Liberal government opted for when it rejected the EH101.

In more than nine years since then, Sikorsky has never been able to deliver a single suitable, acceptable helicopter. Every new deadline has been missed. Last month, there were signs the government was giving up as new talks began with new and original bidders. The procurement process seems to be starting over again and the whole thing is an expensive embarrassment.

Canada’s Sea Kings are more than a half-century old and counting. Can you imagine the maintenance costs through the years to keep them in the air? Can you imagine how our pilots feel every time they lift off in one?

Do you think Jean Chrétien ever asks himself any of these questions? He should.

Will rising nationalism renew Montreal Jewish exodus?

By Ron Csillag

(JTA) – Battered and bruised by decades of separatist governments, restrictive language laws and a modern-day exodus, the Jewish community of Quebec may finally have something to celebrate.

A new analysis of figures culled from the 2011 Canadian census, known as the National Household Survey (NHS), found that Quebec's Jewish population had not dipped below the 90,000 threshold, as had previously been believed.

Montreal's Federation CJA had projected a Jewish population in the province of 88,500. The new analysis, which combined the 83,200 Montrealers who said they were Jewish by religion in the NHS with those who said they were Jewish by ethnic origin, arrived at a revised figure of approximately 91,000.

That figure is only nominally below the 92,970 Jews counted in 2001, suggesting that the community decline that began in the 1970s has leveled off.

"We're quite pleased," demographer Charles Shaha, a research co-ordinator at Federation CJA, told JTA. "We're closer to 91,000. That seems to be encouraging. It's a positive figure."

Once the most populous Jewish community in Canada, with a peak Jewish population of 120,000 in 1971, Montreal Jews have been departing for decades.

For nearly 40 years, Montreal's mostly English-speaking Jewish community has endured not only laws mandating French only on signs and in the workplace, but a



Some wore T-shirts demanding inclusion at a Montreal protest against the proposed Charter of Quebec Values, September 29. (Photo: David Ouellette)

general distress in the face of what the late Montreal author Mordecai Richler called French Quebec's "tribalism."

The latest affront to minorities is the governing Parti Québécois' proposed *Charter of Quebec Values*, a measure aimed at instituting religious "neutrality" in the public sphere by banning "overt and conspicuous" religious headwear – including turbans, hijabs and kippahs – as well as large crosses and crucifixes in the public and para-public sectors. Those affected would include civil servants, judges, doctors, nurses, police officers and teachers.

"This is unprecedented for a North American political jurisdiction today," said (Continued on page 11)

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‘If you are busy planting a tree and someone comes and tells you that the Messiah has arrived, you must finish planting before setting out to welcome him.’ – Midrash (commentary)

Besides being a mitzvah, planting a tree has become synonymous with establishing connections to the environment by reducing our carbon footprint, to the Land of Israel and to nations around the world. The Grove of Nations is found in the Jerusalem Forest and makes up a part of the Olive Tree Route, a part of the initiative led by UNESCO and the Council of Europe to establish an Olive Tree Route around the entire Mediterranean basin expressing the common desire for peace and co-existence.

To a great extent, the Grove was founded by the Foreign Ministry’s Chief of Protocol Yitzhak Eldan, who said of the concept, “Planting an olive tree in Jerusalem is a symbolic act which creates a deep-rooted bond between visiting statesmen and the State of Israel. A joint concern for nature and the environment forms a basis for partnership between countries.”

The Grove is home to dozens of trees planted by heads of state from around the world. It is usually attended by the dignitaries following a visit to Yad Vashem, located in close proximity.

Tree planting ceremonies at the Grove of Nations include speeches by the visiting head of state and the chairperson of KKL-JNF. The ambassadors accompanying the head of state recite the Planter’s Prayer. As in all KKL-JNF tree plantings, the planter is rewarded with a special certificate testifying to his/her having planted an olive tree in the Jerusalem Forest’s Grove of Nations.

The most recent dignitary to plant a tree was Prime Minister Peter O’Neill of Papua, New Guinea.

“Planting a tree symbolizes that the world has a future and that we all have life,” said Prime Minister O’Neill, who arrived at the Grove of Nations with his entourage following a visit to the nearby Yad Vashem.

“This is a moving day for us all,” the visiting prime minister added. “It’s heartening to see how the State of Israel is growing and flourishing, and we are grateful for having been given the opportunity to share and participate in this.”

Offering the opportunity to visiting heads of state since the founding of the Grove of Nations in 2005, JNF-KKL has hosted many countries’ dignitaries, including from Austria, Croatia, Australia, Cyprus, Kenya, Greece, Finland, Brazil, Belgium, Peru, Macedonia, Norway, Poland, Lithuania, Germany, Ukraine, El Salvador and many more.

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Polish Jewry before the war discussed at Holocaust Education workshops

By Benita Siemiatycki
Shoah Committee

The history of Jews in Poland was the theme of presentations at the teachers’ workshop, held October 16 at the Soloway Jewish Community Centre, and the docents’ workshop, held the following day at Hillel Lodge. These workshops were presented by the Shoah Committee of Ottawa in advance of Holocaust Education Month.

The lecturer at both events was Professor Piotr Wróbel, who holds the Konstanty Reynart Chair of Polish Studies at the University of Toronto.

The teachers’ workshop, held annually, drew 45 Ottawa high school teachers, who teach about the Holocaust as part of their curriculum. The purpose of the workshop is to provide teachers with the background they need to convey lessons of the Holocaust to their students. It also provides them with educational resources and tools to enhance their lessons.

The docents’ workshop was organized to train the volunteer docents who will provide guided tours of the Jan Karski Exhibit, which will be on display at the Canadian War Museum from November 14 to 29.

The exhibit, which is being brought to Ottawa by the Embassy of the Republic of Poland, tells the story of Polish diplomat Jan Karski, who



Photo board on display at the teachers’ workshop depicting Polish Jewry before the Second World War.

travelled the world during the Second World War to meet with world leaders and inform them about what was happening to the Jews of Eastern Europe – particularly about the existence of the Warsaw Ghetto and the concentration camps. In most cases, Karski met with disbelief or indifference.

Eventually, Karski immigrated to the United States, where he had a successful career teaching at Georgetown University in Washington.

At both workshops, Wróbel gave a fascinating description of the more than 1,000 year history of Polish Jewry. One cannot talk about the history of Poland without

getting into the history of the Jewish community, nor could one discuss Jewish history without studying Poland’s past, he explained.

Most North American Jews, he said, have family roots that originate in Poland. Jews were spread throughout the diaspora, but the majority had migrated to Poland. Before the First World War, Jews made up 39 per cent of Warsaw’s population and, before the Second World War, they represented 10 per cent of Poland’s population. Poland was home to most of the world’s Orthodox rabbis and it’s where most Zionists were born, he explained.

“Modern Judaism took

hold in Poland,” he said. “But, by the end of the war, the Polish Jewish community was decimated.”

Wróbel described how Karski came to be aware of the Holocaust from his work with the Polish Underground and the activities he undertook as a diplomat to inform the world in an attempt to stop the killing.

The teachers’ workshop also featured a large display board covered in old black and white photographs depicting the lives led by Polish Jews before the Second World War. From babies to the elderly, the photos showed Polish Jews living vibrant and meaningful lives.



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Get started on making your will, advise Power Breakfast panellists

By Louise Rachlis

Among the commonly perceived barriers to the execution of a will are a lack of time, the cost and the need to make decisions on the executor and other matters.

“Today’s families are extremely complex,” said lawyer Tim Grieve of Merovitz Potechin. “The problem is those making a will think of all the varied aspects all at the same time. You should just get started.”

“The biggest barrier is the unknown,” said adviser Richard Kluska of I.P. Strategies. “There are three agendas – the social aspects, financial aspects and legal issues ... As Tim says, the process is simple by starting with one of your advisers and moving it to execution. Put your will in writing. Just start, just do it, and then you can tweak it ... This is not an exercise in perfection. It is a process.”

“Do the will,” agreed Grieve. “Be easy on your family in very trying times.”

The two men were panel-

lists at the third annual Power Breakfast presented by the Ottawa Jewish Community Foundation (OJCF), October 16, at the Soloway Jewish Community Centre.

The Power Breakfast was also the official launch of the new OJCF marketing video made with the assistance of Algonquin College. The video includes comments about the importance of giving by Elizabeth Greenberg, Roger Greenberg, Bernie Shinder, Michael Landau and Edith Landau.

Eddy Cook, the Power Breakfast event chair, was master of ceremonies.

“The OJCF is so important to me,” said Cook. “I remember looking forward to the Jewish holidays because I got my annual pair of shoes. I recall going back into shul after a break and searching through the black suits for my father, making me feel my little world was warm and secure ... Fifty years later, I went to Hillel Lodge and sitting at my side in his wheelchair was my father, Moses. Now it was me



(From left) Power Breakfast committee members Robbie Moses, Jacob Shabinsky and Mark Gencher; OJCF Chair Lynne Oreck-Wener; OJCF Fundraising Committee Chair Mitchell Leitman; Power Breakfast Chair Eddy Cook; OJCF President and CEO Andrea Freedman; panellists Tim Grieve and Richard Kluska; Power Breakfast committee member Daniel Kimmel, at the OJCF Power Breakfast, October 16 at the Soloway JCC. (Photo: Nathan Kwok)

holding his hand and buying him his new shoes.”

Cook praised those who “encouraged and mentored us to be good community citizens ... Without them, my father and people like him wouldn’t have wonderful facilities like Hillel Lodge keeping them warm, safe and secure ... Our parents, who didn’t have much, always found a way to help the community. We thank you

very much.”

Cook’s father, 98, was in the audience.

Noting the “emerging generation” table at the Power Breakfast, Cook said, “Giving doesn’t have an age limit. They are our fundraisers emotionally and financially down the road ... I feel there is a very strong bridge you are building.”

The purpose of the Power Breakfast is to familiarize guests with the work of the OJCF and of giving opportunities within the commun-

ity, such as the OJCF Legacy Challenge.

Through segregated funds held in perpetuity, the OJCF works with donors toward common goals of enhancing the quality of life in Ottawa’s Jewish community, as well as in North America and Israel.

A registered charity, the Ottawa Jewish Community Foundation was founded in 1971. First known as the Ottawa Jewish Community Endowment and Bequest Foundation, its name was changed in 1982 to the Ottawa Jewish

Community Foundation.

“At the end of the day, your advisers are the ones who can help you,” said Cook. “Life changes, your wills change. Don’t wait to try to figure it all out. They will help you put together the big picture.”

Cook said that, while he has been an OJCF Board member for nine years, he still finds himself learning.

Visit ojcf.ca for more information on achieving your charitable goals through the OJCF.

A BIRTHDAY WISH FOR BORTS!



(L-R) Joel Kanigsberg (Tamir Board President), Debby Applebaum, Mark Borts

Tamir would like to send a special happy birthday wish to long-time supporter Mark Borts, who celebrated his 60th birthday on Saturday, October 19th, 2013.

For his milestone birthday, Mark requested that in lieu of gifts, donations should be made to Tamir in his honour. Mark has played a key role at Tamir for over 15 years, first as a Board Member and as Chair of the Fund Development Committee. Mark was also the co-creator of the Tee Up for Tamir Golf-Fundraiser (formerly known as the Bagels and Beer Golf Tournament), Tamir’s largest fundraising event.

As a special thank you, Mark was presented with a beautiful watercolour painting by Tamir artist, Debby Applebaum (pictured above), in recognition of the support he has given to individuals with developmental disabilities over the years.

Thank you Mark for your support and generosity! Thanks also to the many individuals who have made a donation in his honour!

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Quebec values charter blasted as xenophobic

(Continued from page 8)
McGill University sociology professor Morton Weinfeld. "If you're an observant Jew, Muslim or Sikh, Quebec may not be the place for you."

The Parti Québécois charter has been blasted across Canada as xenophobic, discriminatory and unconstitutional. Both the Centre for Israel and Jewish Affairs-Quebec and B'nai Brith Canada have voiced strong opposition to the charter. And, in a rare move, Montreal's Jewish General Hospital denounced the proposal.

On September 29, kip-pah-clad Jews joined thousands of Muslims, Sikhs and Christians in a protest march against the measure, which is expected to be introduced in the Quebec National Assembly soon. Since the Parti Québécois forms a minority government, the measure will need some opposition support in order to become law before the next provincial election.

Regardless of its legislative fate, the charter is em-

blematic of a movement that has led Montreal Jews to quit the province in droves.

Some 30,000 to 40,000 Jews are believed to have left Quebec in the years following the Parti Québécois' rise to power in 1976. Many were well-educated young people fed up with political uncertainty, French-only language laws and public discourse often viewed as intolerant, if not outright anti-Semitic.

Immigration from French-speaking lands and high birth rates among the province's Chasidic community helped keep the numbers from slipping more precipitously, but it also has infused the community with a more Middle Eastern flavour.

In the 20 years following the 1967 Six-Day War, at least 15,000 Sephardim arrived, mostly French-speaking North Africans who integrated more smoothly into Quebec's milieu than their English-speaking Ashkenazi cousins.

Shahar estimates that Montreal's Sephardic com-



Montreal Jews protest the proposed Charter of Quebec Values, which aims to restrict public displays of religious faith, September 29.

(Photo: David Ouellette)

munity stands at 21,000, or nearly a quarter of the total – numbers that remain largely unchanged since 2001.

"We don't really connect," Claude Lautman, 66, a psychologist who has lived in Montreal since 1961, said of the Sephardim. "We have different synagogues, different schools. There's a lack

of outreach between the two communities."

One sector whose ranks are growing is the haredi Orthodox, who currently number 15,000 to 16,000, or about 17 per cent of the total Jewish population. Shahar said he expects their numbers to double every 15 to 20 years.

There has also been an influx of Jews from France seeking to leave behind anti-Semitism in their native country, but their numbers are hard to quantify. As of 2008, Jewish Immigrant Aid Services had open files on 200 French Jews, though there are likely many more that did not need the agency's

services.

Some Jewish figures, like Mount Royal MP Irwin Cotler, believe it's unlikely the charter will be enacted in its current form. Even so, Weinfeld feels the proposal represents "extreme nationalism" that will hasten the "ethnic cleansing" of non-Francophones.

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Optometry practice marks 100 years in Sandy Hill

By Ilana Belfer

As optometrist Harry Prizant bids farewell to a patient – kippah on his head and a funky pair of frames around his eyes – a black-and-white photo of his partner optometrist Michel Bastien’s family hangs behind the reception area.

While the photo dates back to the 1960s, the practice is now a century old. It was founded by Bastien’s grandfather, R.J. Bastien, in 1913.

In honour of the 100 years, Prizant and Bastien are donating 100 pairs of glasses to the Ottawa-Carleton District School Board for students who can’t afford them.

“I have patients that I’ve seen since 1972 when I first graduated,” said Bastien, 68. “I saw them as students, I saw their children, now I’m even seeing their grandchildren.”

Bastien’s grandfather was a jeweller and optician, who later became a registered optometrist. Bas-



Optometrists Michel Bastien (left) and Harry Prizant in their Sandy Hill shop. The practice, founded by Bastien’s grandfather, is celebrating its 100th anniversary. (Photo: Ilana Belfer)

astien’s father, two uncles and an aunt also worked in the business, along with a partner, optometrist Samuel Arsenault. Prizant replaced Arsenault in the practice in 1982.

Patients have even brought family memorabilia to Bastien. For example, a watch made by his grand-

father that came with a box inscribed with the R.J. Bastien crest.

“I’m particularly proud because of my grandfather,” said Bastien. “My father told me he was very proud his grandson was going to take over ... Five years ago, I said to myself, ‘I’m going to try to see if I can make

it to 2013, just to celebrate that 100th anniversary.’”

The practice has been at its current location – at the corner of Cumberland and Besserer streets – since 1958 when Bastien’s grandfather bought what had been an IGA Supermarket. The old walk-in fridge is now an examination room, but a pho-

to shows that the exterior remains almost unchanged (save for the Bastien-Prizant optometrist sign).

Prizant, 55, has now been part of the practice for more than three decades.

“It all falls back to the same thing I grew up with. Dad and Mom always instilled having a good name

and that’s the celebration ... I’m part of that name. I’m not part of the family, but I feel like [it],” Prizant said.

So, what’s the secret to their lasting success? Bastien said it all comes down to good service.

“Hard work and honesty – that’s what they always preached to us, right? What else did they have?” agreed Prizant, speaking again of his parents, who were European immigrants. “That’s what we’re all about really.”

The two have been partners 30-plus years on a handshake. No contract was ever needed, they say.

Unfortunately, though, the Bastien name will likely disappear when Bastien retires. His only son is a lawyer and he says he’s not planning to wait and see if his five-year-old grandson decides to become an optometrist.

To mark the centennial of the practice, Bastien and Prizant said they will also be raising money through their industry for CHEO.

On November 11

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Hillel Lodge celebrates successful capital campaign

By **Jana L. Rand**
Hillel Lodge

In 2010, a capital campaign was launched with

the dream of building the Joseph and Inez Zelickovitz Pavilion, a new 21-bed wing at the Bess and Moe

Greenberg Family Hillel Lodge.

The dream became a reality last December when

the new wing was dedicated and opened.

The Lodge celebrated the dream, October 16, by dedicating the Menorah Wall of Honour recognizing the many donors who contributed in making it come true.

The success of this project, one that has resulted in the completion and maximization of the use of this outstanding facility, should come as no surprise.

“First came the assembly of a group of dedicated volunteers led with strength, determination, perseverance and commitment by Jeff Miller, ably counselled by Norman Zagerman, and assisted by the other members of Jeff’s committee,” said Russell Kronick, president of the Hillel Lodge Board of Directors.

This was followed by the support and overwhelmingly generous response from members of our community.

Our parents and grandparents had a dream that our community shared and embraced: to build and sup-



Honourary Chair Norman Zagerman (left) and Capital Campaign Chair Jeff Miller at the dedication of the Menorah Wall of Honour, October 16, at Hillel Lodge.

port a proper place for the elderly, called Hillel Lodge. The raising of funds has always been necessary when it comes to long-term care, and we appreciate each and every donor who contributes to the Lodge and helps makes it a model for other long-term care facilities – in Ottawa and throughout Ontario.



AJA 50+ bridge and mah-jongg fundraiser

AJA 50+ held its annual bridge and mah-jongg fundraiser, October 17, at Agudath Israel Congregation. In addition to duplicate bridge, contract bridge and mah-jongg, participants also played Scrabble and chess, enjoyed lunch and took home door prizes. **Winners of the Duplicate Bridge Tournament: (from left) Liney Bronstein, Ruth Levitan, Aviva King and Art Saper.**

THE WORLD KNEW
Jan Karski's Mission for Humanity

LE MONDE SAVAIT
La mission de Jan Karski pour l'Humanité

THE WORLD KNEW

Jan Karski's Mission for Humanity

November 14–29, 2013

LE MONDE SAVAIT

La mission de Jan Karski pour l'Humanité

Du 14 au 29 novembre 2013

This exhibition was created by the Polish History Museum in partnership with the Ministry of Foreign Affairs of the Republic of Poland and the Jan Karski Educational Foundation. It is presented by the Embassy of the Republic of Poland at the Canadian War Museum as part of the Holocaust Education Month in Ottawa.

Cette exposition a été créée par le Polish History Museum en partenariat avec le ministère des Affaires étrangères de la République de Pologne et la Jan Karski Educational Foundation. Elle est présentée au Musée canadien de la guerre par l'ambassade de la République de Pologne dans le cadre du Holocaust Education Month à Ottawa.



Canadian War Museum | Musée canadien de la guerre
 1, place Vimy Place, Ottawa, ON
warmuseum.ca | museedelaguerre.ca

Scenes from Limmud Ottawa, October 20, at Beth Shalom



Dancers celebrate at the musical kumzitz that concluded Limmud Ottawa. (Photos: Robin Chernick)



Mira Sucharov looks on as Rabbi Barry Schlesinger makes a point during the Women of the Wall panel discussion at Limmud Ottawa.



To the delight of many, Muriel Suissa Benlolo gave a cooking demonstration on how to make dafina, a Moroccan version of cholent.

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uOttawa student receives award from Ottawa Jewish Historical Society

By Anna Bilsky
Ottawa Jewish
Historical Society

University of Ottawa master's student Claire Farley is this year's recipient of the Ottawa Jewish Historical Society's Jacob Freedman Memorial Award. The award was in the amount of \$1,500.

Farley was selected for her essay, "Contemporary Jewish Literature in Ottawa: Reinforcing and Renegotiating Jewish Identity in the Writing of Gabriella Goliger and Seymour Mayne," for which she received a strong recommendation from her professor, Rebecca Margolis of the Vered Jewish Canadian Studies Program at the University of Ottawa.

Farley's essay focused on the books, *The Old Blue Couch* by uOttawa professor Seymour Mayne and *Girl Unwrapped* by Gabriella Goliger and examined questions of what is normative about being Jewish in fic-



(From left) Seymour Mayne, student Claire Farley, Jonathan Freedman and Gabriella Goliger, October 10, at a meeting of the Ottawa Jewish Historical Society where Farley received the Jacob Freedman Memorial Award for her essay examining books written by Mayne and Goliger.

(Photo: Issie Scarowsky)

tional work.

The Jacob Freedman Memorial Award was established by the Ottawa Jewish Historical Society through the generosity of the Jacob Freedman Charitable Foundation. It is to reward "excellence in the field of Jewish Studies and its significance to the Jewish community in the cities of Ottawa and

Gatineau, Eastern Ontario and Western Quebec," and was presented to Farley by Jonathan Freedman, the great-grandson of Jacob Freedman, at a society meeting on October 10.

Authors Mayne and Goliger attended the presentation.

Jonathan spoke of Jacob's journey from Germany to Boston, and finally to Ottawa,

where he was part of the city's second minyan group in 1890. A very successful businessman and real estate entrepreneur, Jacob set up the first endowment fund in the Jewish community.

For more information on the Ottawa Jewish Historical Society, call Elaine Brodsky at 613-798-9818, ext. 264, on Mondays or Wednesdays.

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New Torah scroll being written in memory of Rabbi Berger

A new Torah scroll being written in memory of Rabbi Mordechai Berger was begun at the Shloshim service for Rabbi Berger, October 6, at Ben Franklin Place. Torah scribe Rabbi Moshe Klein (right) assists Yigal Hadad in writing a letter in the scroll as Rabbi Chaim Mendelsohn, Rabbi Berger's son-in-law, looks on.

Visit chabadcentrepointhe.com to make a donation toward the new Torah scroll.



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Anne Bachinski Wishing you continued good health by Julia Gluck

Matthew Overton Mazal tov on your promotion by Julia, Ted and Jess Overton

Gayle L. Jabour Congratulations on the publication of your book, "The Time of Your Life" by Dr. Manual Gluck and Mrs. Cheryle Gluck

Daniel Tigner Congratulations on the publication of your book, "The Time of Your Life" by Dr. Manual Gluck and Mrs. Cheryle Gluck

Lewis Levy by Henry and Maureen Molot

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Lew Levy by Margo, David, Aaron and Gail Kardish

Roslyn Rose by Margo, David, Aaron and Gail Kardish; and by Sheryl and Harvey Kardish

Morris Kerzner by David, Margo, Aaron and Gail Kardish

In Honour of:

Miriam Weiner Thinking of you by Margo, David, Aaron and Gail Kardish

Ian Sherman Mazal tov on receiving the CPA Canada's award for excellence in income tax by Margo, David, Aaron and Gail Kardish

Jenny Roberge Yasher Koach to you and Limmud for a great community learning opportunity by Margo, David, Aaron and Gail Kardish

Evelyn Greenberg Yasher koach for the great Limmud 2013 Concert by Margo, David, Aaron and Gail Kardish

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Judy Lifshitz In honour of your milestone birthday with love by Joy, Seymour, Jess, David and Jared Mender

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Joy and David Kardish Mazal tov on Tobin's marriage by Ethlyn, Barry and Sarah Agulnik

Shelley Rothman Mazal tov on the marriage of Nina and Eric by Susan and Charles Schwartzman and family

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Daughter of Mr. and Mrs. J. Boulakia by Peter and Minda Wershof

Roslyn Rose by Ingrid Levitz and family; by Dee and Yale Gaffen; and by Bill and Jane James

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Jewish War Veterans of Canada Ottawa Post awards three scholarships

By Elly Bollegraaf
Jewish War Veterans
of Canada

The Jewish War Veterans of Canada Ottawa Post held our annual student scholarship awards presentation, October 20, at the Soloway Jewish Community Centre (JCC).

Ruth Aaron, chair of the awards selection committee, presented awards in the amount of \$500 each to three deserving students, all of whom greatly excelled in their scholastic achievements, in both Jewish and general community involvement and volunteer work, and in their extracurricular activities.

The recipients were Michael Aarenau, a graduate of the Ottawa Jewish Community School, who is now at Carleton University studying public affairs and policy management; Cody Miller, a graduate of Sir Robert Borden High School, studying commerce at University of Ottawa; and Josh Taylor, also a graduate of Sir Robert

Borden High School, studying biomedical science at the University of Ottawa.

The annual scholarship awards are among the Ottawa Post's contributions to the community and are a project that is very dear to the hearts of the veterans. They also serve as an important reminder to youth of the sacrifices made, and heroism displayed, by our Ottawa Jewish War Veterans in the efforts to fight an evil oppressor and rescue innocent people.

The war efforts carried out by our veterans was not without casualties, as can be seen in the Honour Role displayed on the second floor of the Soloway JCC. There were more than 500 Ottawa Jewish men and women who enlisted in the Canadian Forces during the Second World War, a number proportionally greater than many other religious, ethnic and culturally diverse groups.

Alex Polowin, who served in the Royal Canadian

Navy during the Second World War, spoke about his early years and about what led him to decide to enlist, and then gave a very moving and riveting account of the many dangerous missions he was involved in during the war.

The Ottawa Post is always interested in hearing from people – both veterans and non-veterans – who are interested in volunteering to assist on the Post's projects or to serve on the Post's board. Contact Ruth Aaron (613-722-6755), Bluma Dieks Goldenberg (613-828-4241) or Nicole Goldstone (613-728-1931) for more information.



Members of the Jewish War Veterans of Canada Ottawa Post with the three scholarship recipients. (Standing, from left) Josh Taylor, Dave Cohen, Michael Aarenau, Cody Miller, (seated) Alex Polowin, Jack Edelson, Gordon Spergel and Sam Ages.

(Photo: Elly Bollegraaf)

Torah Academy to host *Chocolate Chances*, Nov. 24

By Zev Singer
for Torah Academy

Every year at *Chocolate Chances*, Torah Academy of Ottawa's big fundraiser, many guests remark on the way the school's modest lunchroom is transformed into such a beautiful, elegant space.

It's quite the feat of decorating ingenuity, given the tight budget. But one of the key principles is that, when trying to make a room look attractive, it helps to display huge amounts of chocolate. Especially chocolate that's available for the guests to help themselves to at an all-you-dare-eat des-

sert buffet.

Add to this an evening of comedy by Ottawa's unique stand-up comic/clergyman Rabbi David Rotenberg, and an impressive list of "Chinese auction" prizes, and you've got more than enough reason to reserve the evening of Sunday, November 24 on your calendar.

In the event that you possess a guilt-oriented psyche, you should also know that the real reason you're planning to go is not for the chocolate, nor for the great time you'll have, but to help Torah Academy to survive and to continue its crucial mission of passing on a

Jewish education while delivering an excellent secular studies program.

See? It's terrifically altruistic of you to have some of the chocolate. The community simply needs you to, and when duty calls ...

Now, about those prizes.

The list includes an Xbox One, airfare for two to Israel, a Lenovo touchscreen laptop and a Canon EOS Rebel T4i camera. Other great prizes include gift certificates such as a \$500 Visa card, jewelry, furniture, Via Rail tickets and an eReader.

With more than 50 prize packages, and even more items available at the silent

auction, there is sure to be something for everyone. And, if that is not enough, there are door prizes, too. Typically, at least one-third of attendees walk out with a prize.

Chocolate Chances takes place Sunday, November 24, 7 pm, at Torah Academy of Ottawa, 1119 Lazard Street.

You can see the detailed list of prizes at chocolatechances.com.

You can also participate in the auctions, without attending, via the website or by calling 613-274-0110, by faxing 613-274-0025 or by emailing torahacademyottawa@gmail.com.

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Sunday, November 17 Soloway JCC, 21 Nadolny Sachs Private

Shop for all your Chanukah gifts 10:00 am – 4:00 pm.

Story time and Chanukah crafts with Agudath Israel Youth Director Malachi Handler



PJ Library, Family Life Centre Chanukah Party

10:00 – 11:30 am

Holiday crafts, PJ library book reading and an interactive holiday musical concert by children's entertainer Marky Weinstock.

This event is best suited for children aged 6 and under. \$5 per family.

For information, contact Benita at 613-798-4644 or pjlibrary@jewishottawa.com

Author Talks with Nancy Richler and Sharon Abron Drache

2:00 pm

Join Montreal writer Nancy Richler as she discusses her book, *The Imposter Bride*. General Admission: \$5.00

When a young, enigmatic woman arrives in post-war Montreal, it is immediately clear that she is not who she claims to be. Her attempt to live out her life as Lily Azerov shatters as she disappears, leaving a new husband and baby daughter, and a host of unanswered questions. Who is she really and what happened to the young woman whose identity she has stolen? Why has she left and where did she go? It is left to the daughter she abandoned to find the answers to these questions as she searches for the mother she may never find or really know.

3:30 pm

Join former Ottawa-based writer Sharon Abron Drache as she discusses her book, *Barbara-Klein Muskrat – Then & Now*.

General Admission: \$5.00

Sharon Abron Drache's Author Talk is co-sponsored by:



For more information or to become a vendor contact Vered Israel Cultural and Educational Program Manager Penni Namer at (613) 798-9818 ext. 243, pnamer@jccottawa.com



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Please join Dr. Shaul Zobary, Executive Director of Camp Gesher for the past 15 years, for an informal presentation about Camp Gesher.

When: Saturday, November 16, 2013

**Where: Board Room
Soloway Jewish Community Centre
21 Nadolny Sachs Private**

Time: 7:30 p.m.

Discover how Camp Gesher's unique and intimate setting, just a short two-hour drive from Ottawa, may be just what you and your child are looking for!

Refreshments will be served.

www.campgesher.ca



Breast Cancer Awareness Month

The girls group at the Rohr Chabad Student Network marked Breast Cancer Awareness Month, October 21, by making sushi and delivering it to women fighting cancer. Jessica Rosen (left) and Stephanie Avitan (right) delivered sushi to Franceen Shier.

Magical Chanukah

Come experience the magic of
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Magician & Illusionist

Sunday, December 1 • 1:00 PM

Soloway JCC • 21 Nadolny Sachs Private

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For more information contact Gail Lieff: 613-798-9818 x303, glicff@jccottawa.com

Thousands of Jews found refuge in China during the Holocaust

Shanghai, China – Hidden amidst the boom and bustle of China's second largest city is a tribute to an astonishing chapter of Jewish and Holocaust history.

The Shanghai Jewish Refugees Museum in the Hongkou section of the city explores the history of the approximately 25,000 European Jews who were taken in by China before and during the Holocaust.

At first glance, this may not seem like a huge number. But, when you consider this was equal to the total taken in by Australia, New Zealand, Canada, India and South Africa combined, it is remarkable.

"I have my life thanks to the Chinese people, because, if it weren't for them, I wouldn't be able to tell this story," recalled Heinz J. Cohn, one of the residents of the Shanghai Jewish Ghetto.

The museum is housed behind the Ohel Moshe Synagogue, which is no longer an active place of worship. Established in 1907, it was moved to the current location in 1927 and restored in 2007.

One must wear plastic booties to enter the sanctuary, where the bimah is adorned with a gold-fringed cloth of rich burgundy velvet. Another elaborate velvet tapestry contains a tribute to the people of Hongkou from the Israeli Consulate General.

The museum proper includes hundreds of photos and artifacts from the original residents and stories of its most famous inhabitants, who included Michael Blumenthal, U.S. treasury secretary in the Carter administration.

Handwritten on the wall above a lit menorah are the words of the late Israeli prime minister Yitzhak Rabin, who thanked the people of Shanghai in 1993 for their "unique humanitarian act."

As we watched newsreel footage of Europe in the 1930s, I was both inspired and saddened by the fact that Shanghai – occupied by the Japanese Imperial Army in 1937 and already facing tremendous hardship and deprivation for its Chinese inhabitants – took in a significant number of Jews while Canada essentially closed its doors.

In May 1939, the *M.S. St. Louis* was denied entry to Halifax. The ship, carrying 907 Jews fleeing Nazi Germany, had already been turned back by Cuba and the United States. It was forced to return to Europe, where more than a quarter of its passengers perished in the Holocaust.

After Nazi storm troopers, police, and Hitler Youth raided and destroyed thousands of Jewish homes, shops and synagogues on Kristallnacht in November 1938, the Canadian Jewish Congress was prepared to sponsor and guarantee the financial support of 10,000 Jewish refugees to Canada, but the government of prime minister Mackenzie King refused.

Anti-Semitism among key government officials and both English and French elites was a key factor, as was the fact that Canada's laws made no distinction between refugees and regular immigrants.

The infamous comment, "None is too many," often attributed to King, was actually made by an unnamed immigration official in 1945 about how many Jewish refugees Canada was prepared to accept after the Second World War.

But the fact remains that, of the 800,000 European Jews seeking refuge in the late-1930s, Canada took in only about 5,000.

Why did Shanghai accept so many Jews? Jews first came to China as early as the Tang Dynasty, around the eighth century CE. By the early-1930s, Shanghai had a Jewish population of about 5,000, which included Sephardi Jews who had established businesses in the second half of the 19th century, and Ashkenazi Jews who had fled Russia in the early-20th century. So, there was an established community including schools, synagogues, businesses and clubs.

Another key factor is that most Chinese are influenced by Confucianism, Buddhism and Taoism rather than Christianity, so there are no religious roots for anti-Semitism in China. Chinese and Jewish cultures have much in common, including the importance of family ties and education.

And, in practical terms, Shanghai was the only metropolis at the time where immigrants could enter without visas.

Life was harsh for the new immigrants, who faced language barriers, overcrowding, near-starvation, primitive sanitation and scarce employment prospects. And, while Chinese authorities resisted Japanese pressure to hand over the Jews, they did move them to a tiny ghetto that already housed 100,000 Chinese within less than a square mile.

However, with the help of the existing Jewish community, the American Jewish Joint Distribution Committee and other refugee and aid organizations, the refugees were able to establish a functioning community with schools, newspapers, sports and cultural activities.

Holocaust Education Month events taking place at Carleton and uOttawa

This month marks the 75th anniversary of Kristallnacht, the Nazi pogrom against German Jews that was a prelude to the Holocaust. While Jews, today, in places like Canada, live much safer lives in happier times, it's important, now more than ever, to remember the millions of Jews lost during that dark period in our history.

In Ottawa, Holocaust Education Month is currently taking place with exhibits at both Carleton University and the University of Ottawa throughout the month, as well as a speaker series that includes professors and survivors alike, and the annual dinner with Holocaust survivors (which took place on November 7 at Beth Shalom). The purpose of these events is to connect survivors and Holocaust experts with younger generations of Jews, students and the outside community so as to truly bring meaning to the words "never again."

Yet, every year, anti-Semitic attacks continue to occur in Canada and around the world – from swastikas being painted on houses to political cartoons of Israeli Prime Minister Benjamin Netanyahu building a wall out of blood. Organizers of Holocaust education and remembrance events must realize that what can be done, will be done on university campuses.

Speaking September 16 at a Holocaust education event in London, British Prime Minister David Cameron said, "At a time when anti-Semitism is returning, it is more important than ever that, as a whole country, we do everything possible to make sure that the memory of the Holocaust is preserved from generation to generation."

As survivors become fewer and fewer in number, one has to ask if we're doing enough to preserve their memories and ensure that they're not forgotten. To Canada's credit, we are chairing the International Holocaust Remembrance



My Israel

Barbara Crook

Although some Jews married Chinese spouses, most left China after the war. The Jewish community in Shanghai today is estimated at 2,000 to 3,000.

But, as we mark the 75th anniversary of Kristallnacht and commemorate Holocaust Education Month, it's more important than ever to remember there was a refuge for Jews in this most unlikely of places.

I'll leave the final words to a nameless Jewish refugee quoted at the museum.

"When everything seemed hopeless, there was an open door. I don't want anyone to forget where that door was. That is why the story needs to be told. Soon there won't be anyone around to remember how we survived against all odds."



Campus Life

Randy Fox

Alliance (IHRA), an intergovernmental body that comprises state officials and experts from more than 30 countries, for 2013-2014. The goal of the IHRA is to support Holocaust education, remembrance and research and should be a big help to the Holocaust education program.

Similarly, Canada has always sent very large delegations of young people on trips such as the March of the Living and the March of Remembrance and Hope. Clearly, Canada has come a long way since the days when "none is too many" was the infamous response of a Canadian government official when asked about the prospect of Jewish refugees in the wake of the Holocaust.

During Holocaust Education Month, we should reflect on how we came to live our lives here, how fortunate we are to be able to attend classes on Canadian university campuses and build a future for ourselves. I urge my fellow students to stop by the Holocaust Education Month exhibits on your way to class and to attend some of the Holocaust education events taking place throughout the month. As time goes on, the task of ensuring the world does not forget the atrocities of the Holocaust will fall squarely on our shoulders.

Visit tinyurl.com/HEM-schedule for the full schedule of Holocaust Education Month events.

Letters welcome

Letters to the Editor are welcome, if they are brief, signed, timely and of interest to our readership. The Bulletin reserves the right to refuse, edit or condense letters. The Mailbag column will be published as space permits. Send your letters to Michael Regenstreif, Ottawa Jewish Bulletin, 21 Nadolny Sachs Private, Ottawa, Ontario K2A 1R9; or by e-mail to bulletin@ottawajewishbulletin.com.



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Recalling a special soup from student days in London, ON

While I would be hard pressed to tell you what I ate for dinner last week, I have vivid memories of certain foods I ate more than 25 years ago. With a little bit of research, I discovered the reason why this phenomenon occurs. In 2002, psychologist Rachel Brown showed that smell and taste are the only senses that connect directly to the hippocampus, the centre of the brain's long-term memory.

I still recall, with great fondness and longing, the cheddar broccoli soup I ate at Say Cheese in London, Ontario in the late-1970s. Say Cheese was a restaurant and specialty cheese shop on Talbot Street in downtown London across from Covent Market. There was no other place quite like it. It was known far and wide for its cheese soup, but I preferred the cheddar broccoli. As a student living away from home for the first time, that soup wrapped me up like a big hug from home.

We were students on a budget, but, somehow, we found some spare cash to go for lunch after class almost every Friday. I always ordered the broccoli cheddar soup. They served it with their homemade multi-grain bread from the in-house bakery. Multi-grain bread was considered quite bohemian in the late-'70s!

The soup was a verdant green colour and had a pure broccoli flavour that wasn't overpowered by cream or too much cheese. The cheddar was perfectly melted into the soup and the texture was so silky. Every few spoonful would yield some cheesy stringy bits, when you pulled your spoon up for a mouthful. Definitely not a soup to order on a date, but perfect for lunch with your girlfriends! It was a touch spicy and just so fragrant.

For years afterward, I would order broccoli cheddar soup any time I saw it on a menu, but I was always disappointed. These soups were various unappetizing shades of green-grey, and they had a strong sulfur odour. The cheese was usually grainy and not at all melted into the soup. Eventually, I just stopped ordering it.

For some reason, I never thought of trying to recreate it at home. Then *Cook's Illustrated* dropped a recipe for cheddar broccoli soup into my inbox. I was psyched! *Cook's* has yet to let me down.

The magic, it seems, is to cook the living daylights out of the broccoli. Overcooking does produce that awful smell, but, when you take it past the point of overcooked, the sulfur compounds breakdown, eradicating any bitterness, leaving behind the sweet and nutty flavour of broccoli. It takes almost an hour of cooking to get to that point, but *Cook's* figured out a shortcut. Adding a mere 1/4 teaspoon of baking soda helped the broccoli break down in about 20 minutes.

They solved the problem of the drab green-grey appearance by adding some fresh baby spinach at the end of the cooking period. Some aged cheddar and finely grated Parmesan added the final bit of richness and flavour. I think I may have discovered my fountain of youth! Eating a bowlful of this soup made me feel like I was 20 years old again!



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Cheddar Broccoli Soup

This recipe comes from the March 2011 issue of *Cook's Illustrated* magazine.

Serves 6-8

- 2 tablespoons unsalted butter
- 2 pounds broccoli, florets roughly chopped into 1-inch pieces, stems trimmed, peeled, and cut into 1/4-inch-thick slices
- 1 medium onion, roughly chopped (about 1 cup)
- 2 medium garlic cloves, minced or pressed through garlic press (about 2 teaspoons)
- 1 1/2 teaspoons dry mustard powder
- Pinch cayenne pepper
- 1 teaspoon kosher salt
- 3 - 4 cups water
- 1/4 teaspoon baking soda
- 2 cups vegetable stock
- 2 ounces baby spinach (2 loosely packed cups)
- 3 ounces sharp cheddar cheese, shredded (3/4 cup)
- 1 1/2 ounces Parmesan cheese, grated fine (about 3/4 cup), plus extra for serving
- Freshly ground black pepper

Heat butter in large Dutch oven over medium-high heat. When foaming subsides, add broccoli, onion, garlic, dry mustard, cayenne and 1 teaspoon salt. Cook, stirring frequently, until fragrant, about 6 minutes. Add 1 cup water and baking soda. Bring to simmer, cover and cook until broccoli is very soft, about 20 minutes, stirring once during cooking.

Add vegetable stock and 2 cups water and increase heat to medium-high. When mixture begins to simmer, stir in spinach and cook until wilted, about 1 minute. Transfer half of soup to blender, add cheddar and Parmesan, and process until smooth, about 1 minute. Transfer soup to medium bowl and repeat with remaining soup.

Return soup to Dutch oven, place over medium heat and bring to simmer. Adjust consistency of soup with up to 1 cup water. Season to taste with salt and pepper.

Serve, passing extra Parmesan separately.

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With anxiety rates increasing, ‘people are searching for stillness’

Jewish affiliation – particularly in the realms of synagogue attendance and other markers of organized religion – seems imperilled. The recent Pew Research Center Survey of U.S. Jews revealed a growing segment of Jews who consider themselves as having “no religion.” Closer to home, a panel at Limud Ottawa, October 20, was titled “Why Are Young People Turning Away from Shul?” And synagogues in various corners of North America – including two in Ottawa – are considering merging, as the loss of members to death and aging is outpacing the infusion of younger families.

In light of the Pew study, I recently argued for the value in raising one’s kids with a rich and textured Jewish practice in a post to the *Open Zion* blog at *The Daily Beast* (“On the Value of Remaining Identified as a Jew, in the Absence of Faith,” October 7), and surely our community will, no doubt, continue to grapple with how to engage the next generation. On November 4, for example, the Jewish Federation of Ottawa was scheduled to hold a panel discussion on how to interpret



Values, Ethics, Community

Mira Sucharov

the Pew findings.

But, for now, I’d like to throw out a challenge. As fewer Jews are identifying with the religious aspects of Judaism – at the same time as Orthodoxy is the fastest growing Jewish denomination – it is important to examine the kinds of ideas that are grabbing adherents, including many Jews. One such set of ideas and related practices and rituals is the popular trio of yoga, mindfulness and meditation. On almost any given hour

of any day, my yoga studio is populated with teachers and students who seem to be seeking physical, emotional and, yes, spiritual, wellness.

Must a tradition like yoga, mindfulness and meditation exist to the exclusion of Jewish practice? Of course not! But, given the inherent constraints of time, money and mental and physical focus, let’s assume, for argument’s sake, that cultivating a serious appreciation of each poses a natural challenge. In that case, let’s consider some of the guiding principles of the yoga craze – leaving aside the hyper-materialist aspects of brand-name yoga clothing as a status symbol – in light of what people may be looking for when they search deeply for a system of personal meaning. Can Judaism – in its most common manifestations – provide it?

Yoga itself is concerned with stretching the muscles and calming the mind.

A guiding principle of yoga is the concept of *prana* (life force). *Shakti* refers to empowerment. Yogis (practitioners of yoga) are keenly aware of natural forces, regularly running through “sun salutations” while they speak of everyday “gratitude.” At the beginning of one class, our teacher urges us to “bow to the universal wisdom everywhere around us.” And, at the end of most classes, we say “*namaste*,” which roughly means “the spirit within me sees and respects the spirit within you.”

When cultivating the related practice of mindfulness – an appreciation for the present moment – one is taught patience, acceptance and to withhold judgment, especially about oneself and one’s thoughts. One is taught to proceed through the world emitting “loving kindness” to all those around you. This means that walls come down, differences of gender, religion, class and ethnicity are dissolved, and possibilities of interconnectedness open up.

By contrast, what we hear out of Jewish circles these days almost more than anything else, is the phrase “Jewish continuity” and a concomitant railing against intermarriage. This singular focus poses a challenge to this principle of cultivating interconnectedness. In other words, Judaism – with its touchstone concepts of covenant and Chosenness – tends to focus on particularist concerns while principles surrounding yoga, mindfulness and meditation are inherently universalist. And this is to say nothing of the implications of Judaism cultivating a belief in a usually-male-referenced God who demands blessings and praise at every turn.

Among this pervasive search for meaning are these increasingly popular universalist practices, which connect the body, mind and soul. As anxiety rates are ever increasing, people are searching for stillness.

Occasionally, I see these needs being met within the four walls of a synagogue. Surely, with its rich textual tradition, its generations of teachers and students, and its modern spectrum of denominational expression, a Jewish context can provide ways to enhance physical, social and emotional wellness. I challenge our Jewish leaders and educators, both lay and professional, to ask how well we are nourishing these fundamental needs within the framework of organized Jewish life.

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

Small New York communities near Ottawa have rich Jewish history

As I discussed in my September 9 column, this year’s International Association of Jewish Genealogical Societies conference was held in Boston in August. My first inclination was to drive, but I then remembered a story in the *Ottawa Citizen* about Cape Air, a small airline that flies to Boston from the tiny airport in Ogdensburg, New York. A check of the airline’s website confirmed there were several flights daily and the cost was a fraction of the cost to fly from Ottawa. There was even free parking. It sounded too good to be true so, on a Sunday morning in June, my wife and I crossed the border to check it out.

As we left the airport, I noticed there was a cemetery across the street. A second glance revealed a sign, identifying it as Anshe Zophen (People of the North) Cemetery. We parked and walked through its well-maintained grounds.

I had read several years ago that there were Jewish cemeteries in both Massena and Ogdensburg, and it had been the intention of the Jewish Genealogical Society of Ottawa to photograph and database them, but we had never got around to doing the work. Having now seen it, I was motivated and knew I would soon be back.

Hymie Reichstein and I drove there on a sunny September day and filmed the almost 250 graves. We then went into town to locate the building that had once housed Congregation Anshe Zophen. The building was somewhat rundown, but the sign on the door remained, revealing that the synagogue had existed since 1875, a full 20 years before the establishment of Ottawa’s first shul. Actually, the congregation became active in the 1850s, but had operated from members’ homes at first.

I returned home wondering who those first Jewish settlers were, and why had they chosen to settle in the towns of St. Lawrence County. Searching the Internet, I discovered there is still an active synagogue, Congregation Beth El, in Potsdam, about a 40-minute drive from Ogdensburg. I emailed the synagogue with my questions and received a quick response from the congregation’s co-president. She not only supplied me with information, but mailed me a book, *Before Us: Studies of Early Jewish Families in St. Lawrence County 1855-1920* by Joan Dobbie, Louis Greenblatt and Blanche Levine, published in 1981, which told detailed stories of the county’s prominent early Jewish families.

The book revealed the first Jews arrived in the mid-1800s from predominantly German-speaking countries and were followed by immigrants from the Russian Pale area toward the end of the 19th century. Most had gone first to New York, but, faced with competition from thousands of other immigrants, ventured further north to work as peddlers serving the bustling communities along the St. Lawrence.



Connecting the branches

John Diener

One of Ogdensburg’s first and the most prominent Jewish couples was Nathan and Matilda Frank. Nathan, born in 1829, in Sickenhofen, Germany, served as Anshe Zophen’s president for 44 continuous years, until his son Julius, took over.

Julius served Anshe Zophen for 29 years until 1948 and also served two terms as mayor of Ogdensburg. Nathan’s daughters-in-law, Marian and Sarah Sanger Frank, were active suffragettes, known nationally, who played a major role in convincing New York State in 1915 to ratify the 19th amendment to the U.S. Constitution granting suffrage to women. Nathan turned his peddling business into a five-storey department store, which remained in operation for more than 100 years, attracting customers from the neighbouring communities, including Cornwall, Ontario.

Another major family was the Dobiskys. The book tells the tragic tale of Polish immigrant Abram, and his wife Esther, who lost two young children in Ogdensburg in separate incidents, and subsequently moved to Syracuse, leaving their son Reuben behind. Reuben had his share of misfortune as well, but went on and prospered, running a popular department store known as “The Surprise.” Reuben’s son Edwin took over its management in 1939 and founded a downtown retailers’ association. Edwin is also credited with developing Ogdensburg’s recreation program. The city’s first community centre was named for him. In 2012, a permanent display depicting Edwin’s life was unveiled at the city’s new centre commemorating the 100th anniversary of his birth.

The book goes on to tell the tales of other families – the Dinbergs, Fishers, Sperlings, Kopitas, and more – who were important in Ogdensburg, and continues with chapters relating to the early Jewish settlers in the towns of Gouverneur, Massena, Norfolk and Potsdam. Its 225 pages are fascinating and tell the familiar story of Jewish immigrants who left the old country in search of better lives for themselves and their children. Through hard work and good values, they prospered and contributed greatly to the communities that became their new homes.

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Rev up your metabolism

Your basal metabolic rate (BMR) is the amount of energy (calories) your body expends in a 24-hour period while at rest. You can get an estimate of your BMR by entering your height, weight, age and gender into an online BMR calculator you can find by Googling. Suppose your BMR is 1,300 calories. Depending on your activity level and other factors, you may need an additional 1,000 calories per day to fuel your body. If you ingest more calories than your body burns overall, you'll gain weight.

Metabolism decreases by five per cent per decade after age 40, which is why we need fewer calories as we age, even if our activity level remains the same and more so if we become less active. Gender also influences metabolism, with men typically burning more calories at rest than women, because men are naturally more muscular.

The more muscular you are, the higher your metabolism. That's one of the reasons I encourage everyone to engage in strength training. Muscle burns more calories than fat does, even while at rest. Aerobic exercise and strength training both burn calories, but strength training has a longer lasting effect on metabolism. Short bursts of high intensity interval training also give your metabolism a boost.

Eating more often also speeds up your metabolism. Eat five or six smaller meals throughout the day rather than the traditional three big meals. This will help you feel satiated and prevent cravings and impulse eating. It will also prevent your metabolism from slowing down in an effort to hold onto calories, which is what it tends to do when meals are further apart in time.

Eating a healthy breakfast gives you energy and speeds up your metabolism. Stay away from the typical North American

breakfast consisting of cereals containing sugar, pancakes and muffins. Try to eat nutritionally sound food and limit empty calories throughout the day.

Speaking of empty calories, have you heard that Oreo cookies may be as addictive as cocaine? That's the finding from a study conducted by the director of the behavioural neuroscience program and his students at Connecticut College.

In the experiment, rats were fed high fat, high sugar foods. The pleasure centres in the rats' brains were activated more by Oreos than by cocaine or morphine in a previous study, supporting the hypothesis that high fat, high sugar foods have addictive potential.

I can believe that. Who can honestly say they can eat just one or two Oreos? I can't.

Having gone overboard noshing on leftover cakes after my son's bar mitzvah party last month, I intentionally cut myself off from sweets. I've barely eaten anything with added sugar for the past two weeks and have lost three pounds. I can already see the difference this small change has made on my waistline.

Will power is nice in theory. If you want to minimize your risk of over-indulging in unhealthy foods, you have to limit their availability. One wouldn't expect a recovering alcoholic to easily maintain sobriety in a household with a well-stocked liquor cabinet. It's just as unrealistic to think that, if your pantry contains cakes and cookies, you should be able to demonstrate self-control. Do not bring sweets and other junk food into your home. Inform your co-habitants of your initiative so they don't sabotage your plans by bringing treats into your home.

Plan your grocery shopping excursions and avoid the aisles containing cookies, chips and candy. If you shop the perimeter



Focus on Fitness

Gloria Schwartz

of the store, you'll buy fresh produce, meat, poultry, fish and dairy.

While it's more cost-effective per serving to purchase a jumbo-sized package of cookies or chips, you're more likely to overdo in one shot or to keep eating the junk every day until it's all gone. To get an occasional fix of your favourite treat, buy a single-serving package. Once you've eaten it, it's gone, so you won't have to fight off the urge for second or third helpings.

If you're like me and you have a sweet tooth, I suggest you also refrain from baking treats. While home-baked goods are typically healthier than processed, store-bought ones, you should limit your baking if you're going to eat half the pan of brownies or four muffins.

Did you know that drinking water boosts your metabolism? If you're mildly dehydrated, your metabolism slows down slightly, about three per cent. That can add up to several pounds per year. Drinking a glass of water before each meal helps you feel full, so you eat less.

Chronic stress and sleep deprivation are also unhealthy and can mess with your metabolism. Follow my tips to accelerate your metabolism and you'll find it easier to manage your weight.

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

Koven chronicles adoptees' quests to know where they came from

Who Am I, Really? Adoption Stories
By Diane Koven
General Store Publishing House Inc.
125 pages

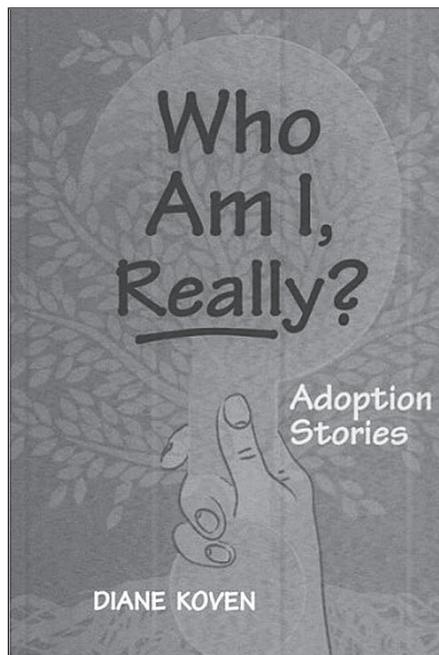
The quest of adopted children to know their birth parents, their biological roots and to understand the circumstances surrounding their relinquishment can set into motion a life-long search for answers and self-discovery. In *Who Am I, Really? Adoption Stories*, Diane Koven, a frequent contributor to the *Ottawa Jewish Bulletin*, delves into the important world of adoption and provides insight into the need and the struggle of many adoptees to know their stories.

Koven herself raised two adopted children and has long been interested in the "nature versus nurture" debate and in the development of a person's identity, especially regarding adoptees.

In undertaking this project, Koven sent out word to friends and acquaintances that she planned to write the book and asked for leads on adoptees who either searched for, or were found by, a birth parent. To her surprise, she did not have to chase down many of the stories included in the book.

"The stories just seemed to find me," she wrote.

Of the many people she spoke with, Koven selected 15 stories for the book. She writes an introduction to each and then presents the stories – allowing many of them to unfold in first-person voices. The accounts are tightly condensed



and are offered in a straightforward manner. Each story is unique and covers the passage of time from childhood to the milestones of adulthood and, ultimately, the search for contact with their birth mothers.

In these often tearful interviews, Koven sensitively tried to avoid touching on raw emotions, noting she did not want to bring up any painful, unresolved issues. One does get a good sense that each of the adoptees in the book has arrived at a comfortable and tenable resolution.

There are some happy reunion stories. Among them, Koven presents the story of Rabbi Debra Dressler, now living in London, Ontario, who was adopted by a Christian family. She recounts that she felt mysteriously drawn to "anything Jewish," and, sim-

ilarly to other adoptees, and embarked on her search out of a need for medical information as she hoped to have children. To her delight, Rabbi Dressler located her birth mother whom she discovered was Jewish.

"The news signalled the beginning of her journey 'back' to Judaism," Koven notes.

"To complete my learning in a formal way, I went through the conversion process and had a bat mitzvah and, along the way, I got this crazy idea that I wanted to become a rabbi," said Rabbi Dressler.

Some stories are more sombre. Some birth mothers refused meetings or had died and some of the reunions were rocky and disappointing. One adoptee was unable to pur-

Book Review

Sylvie Barzilay

sue a search because she discovered she had been adopted through an international adoption ring dealing in black market babies.

The story of Dave Calder, the Canadian 2008 Olympic rowing silver medallist, illustrates resourcefulness and tenacity in finding one's birth mother. He had only one piece of information about his birth mother: she came from a family of welders in Brandon, Manitoba. So he went there with the goal of approaching every welder in town. That and a good bit of luck led to the discovery of his birth story.

Certain penetrating realities run through these stories.

These adoptees were aware of their status at a young age, but were provided with scant information regarding their origins.

While some adoptive parents were supportive of potential reunions of their children with their birth parents, others, at least initially, expressed hurt feelings at the prospect. In some cases, a wish to respect their parents' feelings contributed to delayed searches.

Some reunions also led to bittersweet new relationships with birth fathers, siblings, half-siblings and extended families.

All emerged from the experience transformed and with feelings of gratitude to their adoptive parents for good lives lived, and to their birth mothers for giving them the chance at what they seemingly concluded was a better life.

At the end of the book, Jeremy and Zahava, Koven's own two children, weigh in with their feelings about being adopted, and rightly so, as this book was her gift to them.

Koven, I believe, seals the deal in endorsing adoption as a beautiful and challenging path, both for adoptees and for their adoptive parents.

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APPOTIVE FAMILY ENDOWMENT FUND

Mazal Tov to:

David and Sharon Appotive on the engagement of their son Ryan to Yoni, by Mark and Cindi Resnick and family.

Condolences to:

Narc Shassman on the loss of a beloved father, by David and Howard Appotive.

CAYLA AND MICHAEL BAYLIN ENDOWMENT FUND

In Memory of:

Roslyn Rose by Cayla and Michael Baylin.

Lewis Levy by Cayla and Michael Baylin.

TILLIE AND HARRY CHERM MEMORIAL FUND

In Memory of:

Rabbi Mordecai Berger by Arlene and Mel Schwey.

SANDI AND EDDY COOK ENDOWMENT FUND

Mazal Tov to:

Rena Garshowitz and David Granovsky on the birth of their daughter, by Sandi, Eddy and Samy Cook.

SADIE AND JOHN CRAFT ENDOWMENT FUND

In Memory of:

Maxwell Finestone by Elsa and Norman Swedko.

Joel Cohen by Elsa and Norman Swedko.

Roslyn Rose by Elsa and Norman Swedko.

Mazal Tov to:

Ed and Betty Rose on recent family events, by Elsa and Norman Swedko.

In Observance of the Yahrzeit of:

John Craft by Elsa and Norman Swedko.

NATHAN AND REBA DIENER ENDOWMENT FUND

R'fuah Sh'leimah to:

Shelly Fine by John and Dayra Diener.

ELLEN AND RAHAMIM FATHI ENDOWMENT FUND

R'fuah Sh'leimah to:

Morris Schachnow by Ellen and Ray Fathi and family.

DAVID AND TILLIE GERSHON MEMORIAL FUND

In Memory of:

Marcia Dworkin by Trina and Roslyn Wilko.

Lewis Levy by Roslyn Wilko.

Roslyn Rose by Roslyn Gershon.

Mazal Tov to:

Ed and Betty Rose on the birth of their grandson, Oakley Hayes, by Roslyn Gershon.

GILBOA/MAOZ FAMILY FUND

In Memory of:

Lewis Levy by Sandy Shaver.

ANN AND LEON GLUZMAN MEMORIAL FUND

In Observance of the Yahrzeit of:

Leon Gluzman, a beloved father, by Ingrid Levitz.

Anniversary Wishes to:

David and Beverly Gluzman and wishing them Mazal Tov on becoming Bubby and Zaidy, by the Levitz family.

EVA, DIANE AND JACK GOLDFIELD MEMORIAL FUND

In Memory of:

Lewis Levy by Morley Goldfield and family.

JACK AND GERT GOLDSTEIN MEMORIAL FUND

In Memory of:

Roslyn Rose by Diane and Allen Abramson.

LARRY AND SHEILA HARTMAN ENDOWMENT FUND

In Observance of the Yahrzeit of:

Jean Akerman, a beloved mother, by Larry and Sheila Hartman and family.

HY AND PAULINE HOCHBERG ENDOWMENT FUND

Best Wishes to:

Shirley Teitelbaum on her new home, by Pauline Hochberg,

ARTHUR AND SARAH KIMMEL MEMORIAL FUND

Mazal Tov to:

Ed and Betty Rose on the marriage of Josh to Randy, by Roslyn and Arnie Kimmel and family.

In Memory of:

Lewis Levy by Daniel and Marilyn Kimmel.

In Observance of the Yahrzeit of:

Elka Kimmel, a great Bubby, by Norman and Isabel Lesh and family.

PHILLIP AND ETTIE KIMMEL MEMORIAL FUND

In Memory of:

Lewis Levy by Stan Kimmel.

KRANTZBERG KRANE FAMILY FUND

Birthdays Wishes to:

Polly Levi by Evelyn Krane.

NORMAN AND ISABEL LESH ENDOWMENT FUND

In Memory of:

Lewis Levy by Norman and Isabel Lesh.

Best Wishes to:

Claire and Irving Bercovitch on their new home by Norman and Isabel Lesh.

Carol-Sue and Jack Shapiro on their new home by Norman and Isabel Lesh.

SALLY AND ELLIOTT LEVITAN ENDOWMENT FUND

In Memory of:

Ronald Bass by Sally and Elliott Levitan.

Mazal Tov to:

Manny Gluck and Cheryle Hothersall on their recent marriage, by Sally and Elliott Levitan.

THE LEVITZ FAMILY FUND

In Memory of:

Gerald Levitz by Brenda, Stephen, Matthew and Yali Stein.

Leon Gluzman by Brenda, Stephen, Matthew and Yali Stein.

In Observance of the Yahrzeit of:

Gerald Levitz, a beloved husband, by Ingrid Levitz.

Continued on page 26

FOUNDATION DONATIONS

ARNOLD AND ROSE LITHWICK MEMORIAL FUND

Birthday Wishes to:

Harvey Lithwick by the Beiles and Steryannis families.

JACOB MALOMET MEMORIAL FUND

Birthday Wishes to:

Roslyn Ornstein by Diana and Alvin Malomet.
Dorothy Nadolny by Diana and Alvin Malomet.

RHODA AND JEFFREY MILLER FAMILY FUND

Mazal Tov to:

Jozef and Vera Straus on the birth of their grandchild, by Rhoda and Jeffrey Miller.

NORMAN AND ANNE MIRSKY MEMORIAL FUND

R'fuah Sh'leimah to:

Mark Max by Millie and Steve Mirsky.
Miriam Weiner by Millie and Steve Mirsky.

DOROTHY AND HERBERT NADOLNY ENDOWMENT FUND

Birthday Wishes to:

Dorothy Nadolny by Nina and Mark Dover.

PINKAS AND YEHUDIT NEWMAN MEMORIAL FUND

R'fuah Sh'leimah to:

Morris Schachnow by Marilyn and William Newman.

FLORENCE AND GDALYAH ROSENFELD ENDOWMENT FUND

Birthday Wishes to:

Florence Rosenfeld by Ena Segall.

SHELLEY AND SID ROTHMAN FAMILY FUND

In Memory of:

Sophie Dwosh by Shelley Rothman and family.

HERMINA SCHACHNOW MEMORIAL FUND

R'fuah Sh'leimah to:

Morris Schachnow by Mom and Ruthy.

SYLVIA AND HARRY SHERMAN MEMORIAL FUND

In Memory of:

Natalio Botbol by Jack and Julie Sherman.

FAY AND JOSEPH SHULMAN ENDOWMENT FUND

In Memory of:

Roslyn Rose by Nadine and Brian Mordfield.

SIMON SIGLER RAMBAM SCHOLARSHIP FUND

Condolences to:

Shelley Crawford by Rabbi Levy Teitlebaum and family.

STELLA AND LOUIS SLACK MEMORIAL FUND

In Memory of:

Dorothy Bowering by Myra and Lester Aronson and family.

SAM AND SUE SLACK ENDOWMENT FUND

Mazal Tov to:

David and Sharon Appotive on the engagement of their son Ryan to Yoni, by Anne and Phil Morganstein.

IRVING AND HARRIET SLONE ENDOWMENT FUND

Anniversary Wishes to:

Irving and Harriet Slone by Carol and Stuart Levine.

MAX AND PEARL SMOLKIN FAMILY FUND

In Observance of the Yahrzeit of:

Pearl Smolkin by Sheila Smolkin and family.

PHILLIP AND CATHY STEIN FAMILY FUND

In Memory of:

Mina Jankielewitz by Phillip and Cathy Stein and family.

Eric Schwartz by Phillip and Cathy Stein and family.

DORIS AND RICHARD STERN FAMILY FUND

Condolences to:

Karen Bryce Cohen and family by Doris and Richard Stern.

Esther Berish and family by Doris and Richard Stern.

FREDA AND PHIL SWEDKO MEMORIAL FUND

Mazal Tov to:

Beverly and Irving Swedko on Melanie's Bat Mitzvah, by Elsa and Norman Swedko.

Best Wishes to:

Beverly and Irving Swedko on their new home, by Elsa and Norman Swedko.

LISE AND MARK THAW FAMILY FUND

In Memory of:

Dan Leger by Elsa and Norman Swedko.

RUTH AND JOSEPH VINER ENDOWMENT FUND

In Memory of:

Lewis Levy by Ruth and Joseph Viner.

MILDRED AND PERCY WEINSTEIN ENDOWMENT FUND

Mazal Tov to:

Millie Weinstein on becoming a great-grandmother, by Marilyn and William Newman.

ROBERT WENER AND LYNNE ORECK WENER FAMILY FUND

In Appreciation to:

Robert Wener and Lynne Oreck-Wener by Rabbi Steve Garten.

ZIPES KARANOFSKY FAMILY ENDOWMENT FUND

Condolences to:

Nancy Taylor and family on the loss of a beloved brother, by Rick and Helen Zipes.

Amanda Pontefract and family on the loss of a beloved father, by Rick and Helen Zipes.

THE WOMEN'S COLLECTIVE PHILANTHROPY PROGRAM

Providing support for services and programs that directly benefit women and children.

WOMEN'S COLLECTIVE ENDOWMENT FUND

Mazal Tov to:

Shayna and Dan Yolleck on the marriage of their daughter, by Rhoda and Joe Levitan.

Randy and Josh Rose on their marriage, by Rhoda and Joe Levitan.

Lynne Oreck-Wener on her daughter's engagement, by Erica Sher.

Isabelle Burke on the occasion of her Bat Mitzvah, by the McCarthy family.

Birthday Wishes to:

Bob Wener by Joanie, Sarah, Dan, Daniel and Jaon Sheps.

In Appreciation to:

Marci and Mark Pearlman by Rhoda and Joe Levitan.

R'fuah Sh'leimah to:

Gail Zuckerman by Diane Koven.

THE SAUL AND EDNA GOLDFARB B'NAI MITZVAH PROGRAM

JONATHAN, MATTHEW AND ADAM SHERMAN B'NAI MITZVAH FUND

Mazal Tov to:

Ian Sherman on receiving the Award of Excellence from CPA, by Norma and Stanley Goldstein.

In Memory of:

Meir Cohen by the Sherman family.

Contributions may be made online at www.OJCF.ca or by contacting Jessica Kerzner at 613-798-4696 extension 274, Monday to Friday or by email at 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.

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

Foundation 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 or contact Jared Isaacson at 613-798-4696 extension 248 or email jisaacson@ojcf.ca.

Donating made easy at www.OJCF.ca

Donations can be made
for all occasions and life-cycle events.

Use our online donation form to send one
or multiple tribute cards to your friends
and loved ones in one secure transaction.

Charitable receipts are issued
and sent directly to your email account.

Try it TODAY!

The NEW Ottawa Jewish Bulletin will be

REVEALED!

The Ottawa Jewish Bulletin is unveiling our NEW LOOK and FRESH CONTENT in the Nov. 25 community-wide Chanukah issue, coinciding with the launch of a dynamic WEB EDITION.

JOIN US NOVEMBER 26
at 7pm

(as part of the Member's Meeting • 21 Nadolny Sachs Pvt.)

for a presentation and to hear columnists

**Jason Moscovitz,
Barbara Crook
and Mira Sucharov.**



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To subscribe, contact Barry Silverman at
bsilverman@ottawajewishbulletin.com or 613-798-4696 x256.

WHAT'S GOING ON

November 11 to 24, 2013

For more community listings, visit jewishottawa.com
Select "Click to see more months"



WEEKLY EVENTS

TUESDAYS

Israeli Folkdancing: Learn contemporary Israeli dances in a friendly atmosphere. No partner required. Introductory Steps - 6:30 pm; Beginners

and Requests - 7:00 pm; Intermediate and Advanced Requests - 8:30 pm, Ottawa Jewish Community School Gymnasium, 31 Nadolny Sachs Private. Info: 613-256-6272.

WEDNESDAYS

Drop-In Playgroup for newborn to 3 years of age, 9:00 am. Info: 613-798-9818, ext. 263.

FRIDAYS

Shabbat Drop-in: After playtime, recite blessings, sing songs and enjoy a snack of challah and juice, 9:30 am. Info: 613-798-9818, ext. 263.

NOVEMBER 14 to 29

Exhibit: "Jan Karski's Mission for Humanity," part of Holocaust Education Month. Guided tours begin November 18. Canadian War Museum, 1 Vimy Place. Info: 613-798-4696, ext. 253.

SUNDAY NOVEMBER 17

Books and Bagels Review: Barbara Clubb reviews *The Hare with Amber Eyes: A Family's Century of Art and Loss*, by Edmund de Waal. Temple Israel, 1301 Prince of Wales Drive, 9:30 am. Info: 613-594-4556.

SJCC Chanukah Gift Fair: Various vendors offer holiday supplies and unique gift items. 10:00 am to 4:00 pm. Info: 613-798-9818, ext. 243.

PJ Library/Family Life Centre Chanukah Party for children 6 and under, featuring children's entertainer Marky Weinstock. 10:00 am. Info: 613-798-4644.

Author Talk featuring Nancy Richler, author of *The Imposter Bride*. 2:00 pm. Info: 613-798-9818, ext. 254.

Panel Discussion: Karski – The World Knew/What have we learned? Part of Holocaust

Education Month, moderated by Irwin Cotler; concluding remarks by Jason Kenney, minister of Multiculturalism. Canadian War Museum, 1 Vimy Place, 2:00 pm. Info: 613-798-4696, ext. 253.

Author Talk featuring Sharon Abron Drache, author of *Barbara Klein-Muskat then and now*. 3:30 pm. Info: 613-798-9818, ext. 254.

TUESDAY NOVEMBER 19

Teens' Movie Screening: "Paper Clips," part of Holocaust Education Month. NCSY Centre, 261 Centrepointe Drive, 7:00 pm. Info: 613-262-6283.

Malca Pass Library Book Discussion Group: Sophie Kohn Kaminsky reviews *The World Without You*, by Joshua Henkin. Agudath Israel Congregation, 1400 Coldrey Avenue, 7:30 pm.

WEDNESDAY NOVEMBER 20

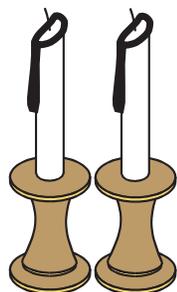
Screening of "Menachem and Fred." 1:00 pm. Info: 613-798-9818, ext. 245.

SUNDAY NOVEMBER 24

Shalom Ottawa community

TV show on Rogers 22. 12:00 pm. Repeats November 25 and 30, 6:00 pm.

Torah Academy of Ottawa Chinese Auction: Chocolate Chances 6. Torah Academy of Ottawa, 1119 Lazard Street, 7:00 pm. Info: 613-274-0110.



CANDLELIGHTING BEFORE

Nov 15	☆	4:12 pm
Nov 22	☆	4:06 pm
Nov 29	☆	4:01 pm
Dec 6	☆	3:59 pm
Dec 13	☆	3:59 pm

COMING SOON

NOVEMBER 25 TO 28

OJCS performs *The Three Musketeers*, nightly, 7:00 pm. Info: 613-722-0200.

TUESDAY, NOVEMBER 26

Jewish Federation of Ottawa Members' Meeting, featuring the unveiling of the *Ottawa Jewish Bulletin's* new format and fresh content. All welcome. 7:00 pm. Info: 613-798-4696, ext. 236.

SATURDAY, NOVEMBER 30

Community-wide Chanukah Ball, dinner and dancing; elegant attire. Congregation Beth Shalom, 151 Chapel Street, 7:00 pm. Info: 613-789-3501.

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 co-ordinator Benita Siemiatycki via e-mail at 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:

Sollie Charles Goldmaker

Arnold Henry Isaacson, Montreal
(father of Jared Isaacson)

Jeffrey Joel Katz

Jean Lichtenstein

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

NOVEMBER 20
FOR DECEMBER 9

JANUARY 2
FOR JANUARY 20

JANUARY 15
FOR FEBRUARY 3

* Community-wide Issue
(all dates subject to change)

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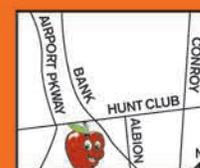
www.jewishmemorialgardens.org



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Looking for some great comfort food ideas that are sure to warm you and your loved ones from the inside out? Then you should visit our website for a great variety of recipes including soups, stews and hot beverages that are the perfect solution to our cold Ottawa temperatures. Of course you can find all the freshest ingredients that you need for all our recipes at your local Produce Depot!

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