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JUNE 30, 2014 | 2 TAMMUZ 5774

ESTABLISHED 1937

OTTAWAJEWISHBULLETIN.COM | \$2

Federation AGM: Community expresses solidarity following kidnappings of Israeli teens

BY MONIQUE ELLIOT

The Jewish Federation of Ottawa unveiled its five-year strategic plan for 2014 to 2019, celebrated the achievements of volunteers and lay leaders, and honoured three deserving award recipients at its 80th annual general meeting, June 18, at the Soloway Jewish Community Centre.

The meeting began on a solemn note as Rabbi Barry Schlesinger of Agudath Israel Congregation led the assembly in prayer for the quick and safe return of Gilad Shaar, Naftali Frenkel and Eyal Yifrach, the three Israeli teens abducted the week before in the West Bank.

Israeli Ambassador Rafael Barak also expressed Israel's concern for the kidnapped yeshiva students and thanked Ottawa's Jewish community for its

ongoing support and solidarity.

After the meeting, many in the crowd held up signs displaying the hashtag #BringBackOurBoys as photos were taken to contribute to the international social media campaign on behalf of the three Israeli teens.

Federation vice-chair Linda Kerzner – who chaired the board committee that developed the strategic plan – gave a presentation outlining the process and major highlights of the five-year plan. (See the article on page 9 for detailed information on the strategic plan.)

As Kerzner noted, the strategic plan was about inclusivity and building community, a theme that echoed throughout the evening.

“Building community is not a spectator

sport,” said Federation Chair Steven Kimmel. It is a sign of a “healthy, evolving community” when members decide to embrace change and take on leadership roles.

Leadership was also addressed in an inspiring D'var Torah delivered by Rabbi Yehuda Simes and in comments by Federation President and CEO Andrea Freedman.

The only way to become a more vibrant Jewish community is if more people actively participate, said Freedman, noting that attracting and developing new volunteers and leaders is one of the goals of the new strategic plan.

A high point of the meeting came when Federation past-chair Debbie Halton-Weiss presented the three community

service awards.

Mitchell Bellman, the former Federation president and CEO, was presented with the Gilbert Greenberg Distinguished Service Award, the highest tribute offered by Ottawa's Jewish community.

Over the course of his career at the Federation, Bellman said many community members repeatedly told him they would never want his job as CEO, thinking it was thankless and difficult.

“The truth of the matter is, I love serving the Jewish community,” Bellman said. “I love seeing the magic of what our collective actions can accomplish. I love helping people get the most out of their experiences.”

See AGM on page 2



Community members and dignitaries including Israeli Ambassador Rafael Barak attending the Federation AGM express their desire for the quick and safe return of the three Israeli teens kidnapped earlier this month.

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Michael Regenstreif
on Ottawa City Hall exhibit > p. 7

Am Echad Walk/Run supports
Ottawa’s Jewish schools > p. 12

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AGM: Many volunteers 'make extraordinary contributions'

Continued from page 1

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

Molot was recognized for his many years of engagement, service and leadership within a diverse range of activities, organizations and community agencies. While he never sought recognition for his actions, Molot warrants it, said Halton-Weiss.

Molot said he was surprised when he got the call and learned he would receive the award this year.

"It's not false modesty on my part to recognize how many very active and deserving volunteers there are in the Jewish community, who make extraordinary contributions to not only within the Jewish community, but also the Ottawa community-at-large," he said.

Tamara Fathi received the Freiman Family Young Leadership Award, which annually recognizes outstanding volun-

teerism and community leadership of someone under the age of 40.

Receiving the award "is an incredible honour," said Fathi. "It is so much a part of who I am and something I just love to do."

Fathi said she finally realized how much volunteering in the community truly means to her when she was asked about her extensive volunteer experience when she was interviewing for her "dream job" at Export Development Canada, where she now works.

"I am a product of my environment," said Fathi, who attributed her love of volunteerism to the examples set by her parents.

As recipient of the Freiman Family Young Leadership Award, Fathi also received the Lawrence Greenberg Young Leadership Development Award, which will allow her to attend the General Assembly of the Jewish Federations of North America (GA) where she will join other young leaders from across North America in being honoured.

This year's GA will be in Washington, D.C. from November 9 to 11.



Mitchell Bellman (left) receives the Gilbert Greenberg Distinguished Service Award from Robert Greenberg, June 19, at the Federation AGM. PHOTO: HOWARD SANDLER



Henry Molot receives the Shem Tov Community Volunteer Award from Debbie Halton-Weiss, June 19, at the Federation AGM. PHOTO: HOWARD SANDLER



Tamara Fathi receives the Lawrence Greenberg Young Leadership Development Award from Debbie Halton-Weiss, June 19, at the Federation AGM. Fathi was also the recipient of the Freiman Family Young Leadership Award. PHOTO: HOWARD SANDLER

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CANDLE LIGHTING BEFORE

JUL 4	8:33 PM	AUG 1	8:10 PM
JUL 11	8:26 PM	AUG 8	8:00 PM
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JUL 25	8:18 PM	AUG 22	7:38 PM

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Cemetery officials cleaning up Jewish Memorial Gardens amid community complaints

BY MONIQUE ELLIOT

Cemetery officials say they are aware of community complaints about the worsening conditions at both Jewish Memorial Gardens locations and have hired a temporary contractor to clean up both sites.

"We have struggled for several years now to get the service levels of our maintenance to as high as possible a level, and we had a breakdown in service levels this year due to problems we had with our third-party contractor," said Jonathan Freedman, chair of Jewish Memorial Gardens.

The board of directors is aware of the

complaints about the general appearance of the cemeteries for several weeks and at first worked with the contractor to resolve the issues, Freedman said. The contractor quit in mid-June.

David Kardish said he and his wife usually go to the Bank Street cemetery every Mother's Day and Father's Day to visit the graves of their parents.

"We're very upset because we found it to be very disrespectful; not only for our parents, but for people we didn't know," he said.

Kardish said they found overturned gravestones, weeds growing wildly, and

fences in dire need of repair and a coat of paint.

"We are aware of this and are working on this. We are very unhappy with the situation, ourselves, and ... we will not stop our efforts until the grounds are back in shape," Freedman said.

Both the Bank Street and Greely-Osgoode locations had been impacted, with Bank Street requiring greater upkeep. Kardish said he had been seeing a decline in cemetery upkeep as far back as 2009.

Freedman said the board worked around the clock to get the grounds back up to their proper service levels, which includes the temporary contractor that has already been working on-site.

The work was completed at both locations by the week after Father's Day, one of the most important memorial days of the season, Freedman said.

Flowers had been delivered to Bank Street and were in the process of being distributed, but the fact that they had not

yet been placed on each grave was a cause for concern among some wishing to pay their respects at the graves that had been missed.

Freedman said the graves that had been regrettably missed by the original deadline of Father's Day have now been taken care of.

The temporary contractor may become permanent, and the board is exploring all options, Freedman said, anticipating a resolution by late-June with community announcements to follow.

The Bank Street location is slated to get a "major facelift" starting in spring 2015. Some old trees will be removed and all of the roads leading into the cemetery will be improved. A new road will run along the back of the cemetery to allow people to drive in and park on the grounds.

Staff and volunteers will ensure our loved ones are appropriately honoured and respected, and are also taking steps to ensure this situation never recurs.

Some Holocaust survivors to become eligible for Polish pensions

BY JOYCE BELLMAN
SHOAH COMMITTEE OF OTTAWA

Holocaust survivors, who were citizens of Poland during the Second World War, and are now living outside of Poland, will soon find it easier to become eligible to receive a monthly pension from the Polish government.

On March 14, Poland passed legislation that removed the major obstacle to qualifying for the pension, namely, that recipients have a Polish bank account. The legislation is expected to become effective within six to 12 months of its passage and

eligible applicants will qualify for a monthly payment of PLN 300, currently worth about \$100.

Up-to-date information on this program, administered by the Polish government's Office for War Veterans and Victims of Oppression, is available from the World Jewish Restitution Organization at www.polishrestitution.com/pensions. The website explains the eligibility criteria outlined in the legislation.

For further information, call Iris Beer of Jewish Family Services of Ottawa at 613-722-2225.

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'Canada's rabbi' honoured at gala tribute dinner

BY DIANE KOVEN

Addressing close to 500 people gathered to honour Rabbi Reuven P. Bulka, Employment and Social Development and Multiculturalism Minister Jason Kenney – who is not Jewish – told the crowd he has always thought of Rabbi Bulka as his rabbi.

"I am proud to say he is my rabbi. The truth is that Reuven Bulka is Canada's rabbi," said the MP from Calgary Southeast.

The gala tribute dinner, held June 11 at the Fairmont Château Laurier, was a virtual love-fest as people from every corner of Rabbi Bulka's wide-reaching network came out to honour and praise the man known by many as "the people's rabbi" and raise funds for two

causes close to the rabbi's heart: Congregation Machzikei Hadas and the Ottawa Regional Cancer Foundation.

For one evening, there were no philosophical or denominational differences among the hundreds in attendance. Having served as spiritual leader of Machzikei Hadas for nearly a half-century, and during that time having been involved in myriad community events and causes – in both the Jewish and wider communities – Rabbi Bulka is known by, and has touched the lives of, countless people, from every segment of the community.

In his keynote speech, Kenney praised Rabbi Bulka for his many years of work in the community, paying particular attention to his outreach efforts to other faith and ethnic communities.

"Rabbi Bulka has done more than anyone for the cause of interfaith relations in the city of Ottawa for five decades. As a Christian, I must say how touched I am by the way you have reached out to the Christian community," he said.

Linda Eagan, president of the Ottawa Regional Cancer Foundation, said that, at fundraising events for the foundation, they would ask people to stand if their lives had been touched by cancer. That evening, she asked people to stand if their lives had been touched by Rabbi Bulka. Not surprisingly, the entire crowd leaped from their seats.

Dinner co-chair Stephen Greenberg – who spearheaded the event with co-chair Arnie Vered – remarked on Rabbi Bulka's great sense of humour and "corny puns," and said the rabbi's "purpose and goal has always been to help people, spread kindness and



Linda Eagan (centre) and Dan Greenberg (right) present a gift to Rabbi Bulka on behalf of the Ottawa Regional Cancer Foundation at the gala tribute dinner honouring the rabbi, June 11. The foundation and Congregation Machzikei Hadas were the beneficiaries of funds raised by the event.

devotion to community service."

But, added Greenberg, Bulka's "greatest impact happens more quietly, out of view, helping others."

Rabbi Bulka's legendary wit was in evidence as he began his own remarks.

"This is a miracle. Two eulogies, and I am still alive," he quipped.

"I want to begin by telling you that this rumour that I am retiring is an ugly rumour; it is not true. A rabbi never, ever retires, never ever," he said.

He is, however, beginning his transition to become rabbi emeritus of Congregation Machzikei Hadas next

year. The congregation's next spiritual leader, Rabbi Idan Scher, will be arriving in Ottawa toward the end of the summer and will work closely with Rabbi Bulka as associate rabbi until his installation in advance of the High Holidays in 2015.

Rabbi Bulka thanked everyone who had been involved in organizing the tribute, but particularly noted the extreme efforts of Arnie Vered, who worked tirelessly in spite of his own personal health challenges. Vered, he noted, was ably assisted by his daughter, Jordana Vered, who took on the enormous job of event co-ordinator.



Rabbi Reuven P. Bulka and Employment and Social Development and Multiculturalism Minister Jason Kenney embrace following Kenney's speech at the gala tribute to Rabbi Bulka, June 11.

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FEDERATION REPORT



STEVEN KIMMEL
CHAIR

Just a few weeks ago, my father, the late Morris Kimmel, passed away. While sitting shiva, my sisters and I heard so many stories about Morris, many of which focused on the fact that, when my father was passionate about a cause, he “got the job done.” My late parents, Morris and Lillian, were both committed to our community. They were the perfect role models for getting involved and trying to make a

We have accomplished a lot by ‘getting the job done’

positive difference wherever possible.

Getting the job done takes commitment to take on the tasks at hand and follow through to complete the job.

Getting the job done takes dedicated volunteers and staff who are not afraid to roll up their sleeves and do the tough work. As Chair of the Federation, I am extremely proud of our Board of Directors, staff and committee members who have committed themselves to building a stronger more vibrant Jewish community.

In the past year, we have had many success stories. An increase of donations and an increase in donors to our Annual Campaign are very positive signs.

Thank you to our Campaign Chairs Leiba Krantzberg and Charles Schachnow and all the captains and canvassers who have devoted so much of their valuable time to ensure we have funding to support the many essential

*I hope
you will consider
doing a mitzvah
by getting involved
and helping make
a positive difference
today and
for years
to come.*

needs of our agencies.

Thanks to Linda Kerzner and the strategic planning committee, we have just rolled out our five-year strategic plan. I am personally very excited about the plan, which establishes clear benchmarks so that we will be able to monitor where we are meeting our goals and where we will have to pay more attention

or change tactics in order to ensure success between now and 2019.

As in most Jewish communities, Jewish education affordability is still a concern in Ottawa. We continue to struggle, but are committed to provide a Jewish education for every Jewish child. Special thank you to Stephen Victor and Richard Sachs for taking on the special fundraising initiative for the Ottawa Jewish Community School in order to ensure our community school will be sustainable for the future.

At our annual general meeting on June 18, we honoured three individuals who have each, in their own way, “got the job done.” Mazel tov to Mitchell Bellman, recipient of the Gilbert Greenberg Distinguished Service Award; Henry Molot, recipient of the Shem Tov Community Volunteer Award; and Tamara Fathi, recipient of the Freiman Family Young Leadership Award.

As you can see, we have accomplished a lot by “getting the job done.” But there is a lot more work to do. I hope you will consider doing a mitzvah by getting involved and helping make a positive difference today and for years to come.

Am Yisrael chai b'shalom.

FROM THE PULPIT



RABBI REUVEN BULKA
MACHZIKEI HADAS

We just concluded the Yom Tov, the Jewish Holy Day, which often gets lost in the mix.

A funny thing happened to me a few days before. Someone who is not Jewish asked me to come to a meeting on the second day of the festival. I wrote back saying I could not attend because it was the Pentecost. I used that term thinking that, if I used the Hebrew, he would not know what I meant. He wrote back and wished me a “Happy Shavuot!”

So, while some do know of Shavuot, it is not on the Jewish radar screen to the same extent as Chanukah, Purim or other major celebrations such as Pesach and Sukkot.

There is an interesting nuance to Shavuot that speaks volumes about Judaism as a faith-based way of life. It is best conveyed through a fascinating comment in the Talmud regarding Shavuot. We begin with the simple

Judaism has always been, at its core, a joyous expression

observation that Jewish festivals, including the three pilgrimage festivals, are, in the words of the Torah, **FOR YOU**. These are powerful, impactful words, establishing that these days are celebrations that are for us at the same time as they are for God. In the famous words of the Talmud, half for God, half for us.

In other words, God wants us to celebrate. The fact that we eat, meaningfully, on these days, is therefore the fulfilment of a biblical mandate.

There is a debate in the Talmud as to how to fulfil this 50-50 formula. Is it either-or, or is it 50-50? But read the following Talmudic snippet regarding Shavuot:

Says Rabbi Elazar: All authorities agree, with regard to Atzeret (Shavuot) that we require also that it be FOR YOU. What is the reason? It is the day on which the Torah was given (Talmud, Pesachim, 68b).

This is a fascinating observation. On the day that the guide to life was transmitted to us – a truly spiritual day – the Talmud takes it as self-understood that we must celebrate. Using words like feast, festival or celebration to define Shavuot, as well as other Holy Days, is not a misnomer – quite the contrary.

This is all myth-shattering. Exactly why did the Talmud associate transmission of the Torah with feasting? What better way to convey our joy at receiving the Torah? What better way to project that we not

accept the Torah as a burden we are stuck with? What better way to express our joy at being who we are?

If there is one spiritual challenge we must meet head-on as we agonize over the Jewish future, it is how do we convey the joy of being Jewish? Historically, to this day, there are those who would deny Jews the ability to celebrate being Jewish. We have so many melancholy commemorations in our calendar that we sometimes forget Judaism is a joyful embrace of life.

In fact, if you search the Torah, you will not find any day that is defined as sad. Not even Yom Kippur is a sad day, just the opposite.

Judaism has always been, at its core, a joyous expression. Yes, we have a boatload of restrictions, but these are all to ensure that the joy we live is a meaningful joy, not a narcissistic, destructive joy.

So, how do we make sure that the obligation to eat on a festival does not degenerate into an orgiastic eat-fest? We do this by investing the eating with spiritual substance; by inviting others less fortunate to join us at the table; and by using the opportunity to expand our knowledge and increase of our commitment.

Joy lived with a noble purpose becomes joy that is shared. Joy that is shared is joy that inspires. Joy that inspires is the way that ensures our posterity. That always was and always will be the way.

OTTAWA JEWISH BULLETIN

VOLUME 78 | ISSUE 17

Ottawa Jewish Bulletin Publishing Co. Ltd.
21 Nadolny Sachs Private,
Ottawa, K2A 1R9

Tel: 613 798-4696 | Fax: 613 798-4730
Email: bulletin@ottawajewishbulletin.com

Published 19 times per year.

© Copyright 2014

PUBLISHER
Andrea Freedman

EDITOR
Michael Regenstreif

PRODUCTION MANAGER
Brenda Van Vliet

BUSINESS MANAGER
Barry Silverman

INTERN
Monique Elliot

The Bulletin, established in 1937 as “a force for constructive communal consciousness,” communicates the messages of the Jewish Federation of Ottawa and its agencies and, as the city’s only Jewish newspaper, welcomes a diversity of opinion as it strives to inform and enrich the community. Viewpoints expressed in these pages do not necessarily represent the policies and values of the Federation.

The Bulletin cannot vouch for the kashrut of advertised products or establishments unless they are certified by Ottawa Vaad HaKashrut or a rabbinic authority recognized by OVH.

\$36 Local Subscription | \$40 Canada
\$60 International | \$2 per issue

We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund of the Department of Canadian Heritage.

Canada

ISSN: 1196-1929
Publication Mail Agreement No. 40018822
Return undeliverable Canadian addresses to:
Ottawa Jewish Bulletin
21 Nadolny Sachs Private, Ottawa ON K2A 1R9

FROM THE EDITOR



MICHAEL REGENSTREIF

By now, *Invisible*, the multi-media exhibit by Palestinian-Canadian artist Rehab Nazzal, has come and gone from the City of Ottawa's Karsh-Masson Gallery at City Hall.

The exhibit was an installation that included a wall of photographs and several film clips, including one without sound and another that was just a soundtrack with no visuals other than subtitles, all meant to convey the artist's interpretation of Palestinian life under Israeli occupation or of the brutality faced by Palestinians prisoners in a Negev prison during a military raid.

Most controversially, the exhibit also included "Target," a slide show of quickly changing names and faces, which the exhibit brochure explains "are portraits of lost artists, activists, writers and leaders."

City Hall exhibit portrayed terrorists as 'artists, activists, writers and leaders'

While the whole exhibit could easily be interpreted as propaganda art meant to paint all Palestinians as innocent victims, it is the slide show that led Israeli Ambassador Rafael Barak to speak out, and for such organizations as the Jewish Federation of Ottawa, the Centre for Israel and Jewish Affairs and the Canadian Coalition Against Terror (an alliance that includes a variety of Muslim, Christian, multicultural and other concerned organizations), as well as many individuals, including parliamentarians, to ask the City of Ottawa to remove the exhibit.

Looking at the slide show – I spent a morning at the gallery examining all facets of the exhibit – it seems obvious that Nazzal was portraying these so-called "artists, activists, writers and leaders" as innocent martyrs killed by Israel.

The fact of the matter is that these are portraits of people responsible for some of the most heinous acts of terrorism. Two of them, as Federation Chair Steven Kimmel and President and CEO Andrea Freedman pointed out in a letter published in the *Ottawa Citizen* on June 19,

were Abu Iyad, the leader of Black September, who was responsible for several major terror operations, including the massacre at the 1972 Olympic Games in Munich in which 11 Israeli athletes and a German police officer were murdered; and Dalal Mughrabi, who led the Coastal Road massacre in 1978 in which 38 people, including 13 children, were murdered.

Another, Khalid Nazzal, the artist's brother, a leader of the Democratic Front for the Liberation of Palestine, was responsible for multiple acts of terrorism, most notoriously the Ma'alot massacre of 1974 in which 25 people, including 22 children, were killed and another 68 injured.

There are many other examples of terrorists who are memorialized in the slide show, too many to name here.

Mayor Jim Watson, in refusing to remove the exhibit from the City Hall gallery, cited the Charter of Rights and Freedoms and said "the artwork and the artist herself benefit from the Charter protection of freedom of expression," and

removing the exhibit "would constitute an infringement on the artist's right to freedom of expression."

However, as Kimmel and Freedman pointed out in their letter, the Charter clearly states that the rights and freedoms it delineates are subject to reasonable limits.

The City's response to the controversy was to post a sign at the gallery entrance explaining that its exhibits are "selected by an independent professional arts jury" and that "points of view or comments conveyed ... do not represent those of the City of Ottawa."

Now, while it is entirely appropriate that selections for public galleries be made by juries at arm's length from government, I know, having sat on arts juries (specifically music juries, not visual arts), that such juries also operate within clearly defined guidelines. There are boundaries that should not be crossed and juries need to be aware of them and to act responsibly in their decisions.

And such boundaries have nothing to do with Charter freedoms.

Freedom of the press, for example, does not mean that anyone is free to say what they want in the *Ottawa Jewish Bulletin*. It means that we have the freedom to set the boundaries of what gets said in our newspaper. Similarly, the City of Ottawa needs to set boundaries as to what may be exhibited in its gallery.

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

A year from now, we will know the absolute answer to a question. Will Stephen Harper still be leader of the Conservative Party of Canada? He is the only person who knows the answer, except he probably doesn't. Not yet. Not absolutely.

There is always great intrigue and considerable mystique about a prime minister's future. At the height of power, it is so hard to conceive of walking away. It is often said very few know when to leave and even fewer leave properly.

Leaving properly is about knowing when it is over. That finite moment when the powerful realize his or her ride is out-of-road because there is just no

Will he stay or will he go?

way he or she can win again. But it is more complicated than that. It is all about leaving at the right time in order to provide your successor with enough ramp-up time to be competitive in the next election.

The next election is no later than 17 months from now. As things stand today, it is hard to make any reasonable argument that would assure anyone that Harper could turn the tide and win.

But everything can dramatically change in an election campaign, and the recent Quebec and Ontario elections are prime examples of being cautious in making predictions. That being said, the problem for Harper is that he has been prime minister for almost a decade, and it is just hard to be liked and popular when you have exercised power over such a long period of time. It is political life. One day it is over and once unpopular it is difficult to get people to like you again.

Aside from his many years as prime minister, there is growing discontent over his leadership style. He has been labelled a bully, and his latest public argument with Chief Justice Beverly McLachlin of the Supreme Court of Canada seems to have reinforced that image.

In fairness to Harper, I have never experienced a prime minister who wasn't a bully, but that's for history or political science classes. It is a whole other story that won't help Harper's image or popularity between now and the election in 2015. His problem is actually more personal than political.

The clock is ticking on the optimal time to announce he won't be there for the next election, should that be his decision. If he would want to leave his party with enough time to prepare a seamless transition without it being a rush from leadership race to election, then the timing framework is within the next few months.

Both Liberal John Turner in 1984 and Progressive Conservative Kim Campbell in 1993 proved how foolhardy it is to go to the people just after a leadership race. Both suffered historically humiliating defeats, and it is hard to imagine anyone else trying that anytime soon.

One of the more interesting aspects of a leader contemplating leaving is that it is done in virtual silence. In a town where gossip can be lethal, a leader is sizably diminished as soon as there is any suggestion that he or she is leaving. The decision to stay or go is a lonely one for sure.

That leaves the aspiring leadership candidates with the challenge of building teams within a cone-of-silence. There is no question that organizations are being built on paper. The blueprints are ready and their architects poised to pounce the moment Harper might say goodbye.

There is an interesting sidebar to this being played out in Alberta. It involves the leadership race for the Progressive Conservative Party there looking for a new leader to succeed Alison Redford. It involves the candidacy of former Harper minister Jim Prentice.

Prentice left the Harper government in 2010 to make some money and to think about his political future. There was never a shortage of smarts, charm and ambition. He had always been considered a serious candidate to succeed Harper.

But there are those in Alberta who think Prentice would be a first-rate premier. Last month, they finally convinced him to commit to the leadership race. Prentice hesitated as long as he could before opting for Alberta.

Prentice's decision just may mean that, a year from now, Harper will still be leader of the Conservative Party of Canada.

Then again, there is only one person who may know for sure, and he's not talking.



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REMEMBERING MORRIS KIMMEL

On May 30, my wife and I attended the funeral of Morris Kimmel. Morris was a lion in Ottawa, a larger than life figure who was responsible for so much in our city that we take for granted: the new Hillel Lodge, a strong Vaad HaKashrut, a vibrant Camp B'nai Brith, a financially viable Young Israel Synagogue, to name just a few.

As I was listening to the eulogy, so aptly delivered by Rabbi Dovid Hayes, I turned to my wife and said, "It's the end of an era."

I was wrong.

We made a shiva call to Steven Kimmel and his family. After we traded some Morris stories, Steven told me that there was recently an emerging generation event at the Fairmont Château Laurier and he told the organizing committee that if they wanted the Jewish Federation of Ottawa as an event sponsor, it would have to be kosher.

Then he personally found the extra money to make it kosher. I smiled. That's class! Morris couldn't have done it any better.

Yosef Caytak

KASHRUT

I was extremely dismayed by the article, "It depends who you ask: The state of kashrut in Ottawa (April 7)."

The article asks, "Do we have an obligation as a community to support our local kosher retailers and caterers?"

Obviously, we had better support the pillars of our community or else they will cease to exist. Whether or not we are in the habit of using the schools, shuls, library, kosher facilities, bakery and catering, Hillel Lodge, Jewish Family Services, Tamir, or the mikvah, they will not be in a position to support us when we need them, if we do not support them. It is merely common sense.

Do the math. If 500 children attend a Hebrew school, it is less expensive, per child, to run the school than if 50 children study there.

It is also more than that.

What is the message we send, if it is true as reported in the article, that many Ottawans fail – yes, I know fail is strong word – to serve kosher food at lifecycle events? Isn't the meaning of a Jewish lifecycle event diminished without kosher food? How is it conceivable that Creative Kosher Catering "does not have a single kosher wedding booked for 2014"?

The late Jack Smith was there for our family celebrations in the 1980s, and David Smith has continued to provide the highest standard of professional excellence for simchas since then. When there is a need to send a shiva platter or cater an office meeting, they are there.

The Rideau Bakery makes Shabbat in Ottawa possible. Period.

Both the Rideau Bakery and Creative Kosher are more than accommodating to friends who are gluten intolerant, or need sodium-reduced food, or whatever other special request. If something is not to your taste, just ask. They are eager to be helpful. Take it from a vegetarian.

It is incumbent upon us to consider the future of our community or we will surely regret the consequences of our choices.

Peggy J. Kleinplatz

SUCHAROV

Bravo to Mira Sucharov for resisting efforts to silence open discussion of Israeli-Palestinian issues both within our community and farther afield ("I am concerned that a chill factor is setting into our communities," *Values, Ethics, Community*, May 12).

As Sucharov points out, the apparent demise of the peace talks has raised the volume of debates over the conflict. Israel faces a new round of criticism, some of it legitimate, some of it grossly unfair. Our instinct as Jews is to the circle the wagons, stop up our ears, and repeat defensive arguments that have almost gained the sanctity of scripture.

Some of our leaders, motivated by a protective zeal, increasingly shrink the boundaries of what they consider legitimate debate. Some questions are ruled taboo and the questioners beyond the pale.

This stance does both Israel and our Diaspora communities a disservice. We need more open, honest, vigorous discussion about Israel to understand the complexities of its dilemmas, to help find constructive answers and even for the sake of communal strength. For there are many among us who have their doubts about the *party line* but are afraid to express them for fear of ostracism. Shunning and silencing creates alienation, particularly among the young.

I'm heartened by Sucharov's courage to ask the tough questions and consider her a great asset to the *Ottawa Jewish Bulletin*. I'm heartened by Temple Israel's openness to airing critical viewpoints on Israel – for example, when Rabbi Steven Garten recently gave a favourable review to the controversial book, *My Promised Land* by Ari Shavit. I wish we had more such voices in our community. And I wish that those who stifle debate could see the harm they do.

Gabriella Goliger
Ottawa Co-Chair
Canadian Friends of Peace Now

QUESTIONS

A couple of columns in the May 26 issue of the *Ottawa Jewish Bulletin* alluded to an important shift in attitude in the public face of the Jewish community. Both Bram Bregman's guest column ("The importance of asking, and answering questions") and Mira Sucharov's *Values, Ethics, Community* column ("Is it time to reconsider the model of the rabbinic-style sermon?") brought up the issue of adopting a more open attitude to questions.

The manner in which questions are dealt with says a lot about both an individual and a community. Jewish teaching and general society strive, at least in principle, to provide an open, accepting attitude to questions. However, as is often the case, individuals and sometimes institutions fail to actually do so for a variety of reasons. The questions may be seen as a threat, rather than a sincere attempt to state a need. The reactions to such threat-questions are varied, and, in polite society, the easiest way to deal with them is to ignore them, and the person who poses them.

Questions can be ignored in a variety of ways. The person may be *listened to* and then forgotten – basically a pat on head, then dismissed. It is a tempting and facile technique for leadership to deal with opinions and problems that may be difficult or challenging to address. The question – and by extension, the

See Mailbag on page 10



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In a partnership with the Telfer Executive Management program, developed by our Executive Director, Lynda Taller-Wakter, Telfer and JNF Ottawa will welcome Mayor Udi Gat who will focus on three key areas of the Israeli model developed in Eilat (southern Arava with Eilat).

1. Hevel Eilat as an ethical scientific centre: Scientific possibilities in the region in academic education and technology; co-operation with Jordanian researchers; establishment of a large Science and Laboratory Centre.

2. Hevel Eilat as the Sun (Silicon) Valley for Renewable Energy: As a model for regional development, attracting additional population, and developing a Community Interest Company for Renewable Energy for start-ups, whose goal it is to advance the region as the Silicon Valley for Renewable Energy.

3. Ensuring a green environment: People live in Hevel Eilat due to the environment, clean air, quality of life and the beautiful surroundings. Mayor Gat will discuss how to preserve and maintain open spaces and the connection and contrast between the green areas and the surrounding desert landscape.

Mayor Gat will speak at Telfer Centre for Executive Leadership on August 20. Visit www.jnf.ca for full details.



When in Israel

Tamir Executive Director Mark Palmer and his son Josh were recently in Israel and took the time to plant saplings in the JNF Visitor Centre. If you plan to visit Israel, please let us know so we can arrange your very own personal tree planting.

JNF Negev Dinner is October 21

The JNF Negev Dinner with Canadian Friends of Hebrew University honouring Dorothy Nadolny takes place on October 21, 2014. Dinner Chair Stephen Victor QC and the Ottawa boards of JNF and CFHU are working hard on this event, which promises to be an exceptional evening. Funds are being raised to supplement the Nadolnys' *Gift to Israel: Passion and Tribute* – a cardiology research hub at Hebrew University of Jerusalem and a tribute gift of the Teddy Kollek Park entry gates in the heart of Jerusalem.

Sefer Bat Mitzvah

Mazel tov to **Jessica Wiener** of Toronto, who was inscribed in Sefer Bat Mitzvah by Robert and Joanne Jeffs.

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Federation strategic plan is all about community

BY LOUISE RACHLIS

Imagine the year is 2019. The quality of Jewish life in Ottawa is exceptional. The community – built on the cornerstones of inclusiveness, accessibility, education and engagement – is thriving. Jewish organizations are working together on common agendas, while Jewish schools are experiencing growth and are centres of excellence. Youth and adults are taking part in meaningful Jewish experiences in increasing numbers, and seniors and the vulnerable feel well looked after through a variety of options and services afforded to them. Volunteers from a broad spectrum contribute their skills and energy. Communal needs are better met through a rise in charitable dollars. Jews from all backgrounds and walks of life feel welcome.

In one word: **community.**

The above passage taken from the conclusion to Jewish Federation of Ottawa's newly approved Strategic Plan for 2014 to 2019, reflects the *raison d'être* – and the hope – of why the Jewish Federation of Ottawa exists, and why the strategic plan matters.

As the report states, the entire strategic plan process was fuelled by the contributions of countless members of the Ottawa Jewish community. "Feel proud," says the report, "we did this together!"

"It's never quite over," said Federation Vice-Chair Linda Kerzner. "The next step is the work plan. That's the staff job and that will make it all happen ... It was very important to me, the committee and our staff that the community can feel confidence in our leadership and where we are going to go ... If you don't have a roadmap or a game plan, you are pulled in a lot of different directions. We have come up with a meaningful plan we can accomplish in the next five years that reflects the strategic priorities of this great community we have."

Overseeing the process has been a committee of the board, chaired by Kerzner, and including Lauren



PHOTO: PETER WAISER

Linda Kerzner chaired the Board committee that prepared the Jewish Federation of Ottawa Strategic Plan 2014-2019.

Bronstein, Mike Shahin and Jason Shinder. The committee's advisers were Federation Chair Steven Kimmel and Debbie Halton-Weiss, the immediate past-chair, and it was staffed by Bram Bregman, Federation vice-president of community building, and President and CEO Andrea Freedman.

It has been a careful and efficient process.

Business transformation consultant Michael Walsh of Totem Hill, who facilitated the consultations, called the process "the most interactive and participatory" he'd been involved in in more than 30 years in Ottawa.

The majority of the consultations were held in January and February, with separate sessions for different groups and two town hall meetings.

"The priority was to ensure that it was a highly interactive process," said

Kerzner. "I believe we've given the community as much input as possible."

There were 130 community members who participated in the initial sessions, producing more than 40 pages of notes.

As the Strategic Plan outlines, every great organization
See Strategic on page 19

(councillor)
Janharder
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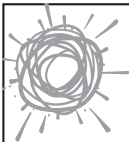
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Continued from page 8

questioner – may also be dismissed with the judgment that it is “stupid” or even attacked, held up to ridicule (today’s use of blogs to undermine and mock people is one of the most recent developments). The effect, however, is often far greater than leadership has considered.

Recently, accounts in the *Ottawa Citizen* described two disparate situations in which boorish, anti-social behaviour had a long-lasting and serious impact on the individuals involved.

One occurred in a restaurant, in which a patron loudly demanded that a mother and her infant leave. The boor was rewarded as his targets left while everyone else present remained silent, aside from one person at his table who spoke up rather weakly. The other article cited research on subtle workplace ostracism (giving someone the silent treatment) in which one person leads by example and other staff members become confederates to the harassment. The result, once again, is that the recipient of this behaviour is much more likely to leave.

Is it possible that the large number of people who do not affiliate with the Jewish community have not done so, in part, because of responses that conveyed something like the above? As we know, this small community cannot afford, in any sense, to exclude people in even subtle ways.

I am happy to see that the community has seen the need to publicly state that questioning and answering are good things – they have always been good.

It is a sign of maturity and security in all parties. It is the launching point for growth rather than stultifying new approaches. It provides the groundwork for inclusiveness and acceptance of the varied needs and abilities of all the people who make up a community. It is inherently positive, friendly, respectful and accepting – and, most importantly, it is Jewish.

It might be an interesting exercise to create a forum for people to ask some of these questions more openly – an *Ottawa Jewish Bulletin* “Dear Abby,” as it were. It can reveal some of the problems that many of us encounter in our interactions, and assist all of us in reaching our goal of creating a vibrant, inclusive Jewish community.

Barbara Okun

JUDITH WEISZMANN

It is with great sadness that I must tell you that Judith Weismann passed away on May 27. Judith came to Merivale High School in October and spoke to our students.

She had no agendas or books to sell – only the message that our kids are never, ever to turn their backs on any form of bullying and discrimination and that it is

our collective responsibility in Raoul Wallenberg’s memory to make the world a kinder, more tolerant place. She felt she owed her life to Wallenberg and would continue to speak on his behalf as long as God gave her the strength to do so.

Those who heard her speak will never forget the experience. Judith was living history. She knew Wallenberg and witnessed his departure from Budapest. Her father was the last person to speak to him. That event was included in a Hollywood film based on Wallenberg’s extraordinary humanitarian efforts during the Second World War that saved hundreds of thousands of lives.

I think I can speak for all who witnessed this incredible event, that our lives were touched by this woman’s honesty, integrity and her powerful message to our young adults.

May her memory always be a blessing.

**Irv Osterer
Merivale High School**

THANKS

My faith in humanity has been restored.

Just at the time of Passover, I was at the College Square Loblaws and accidentally left my purse in the grocery cart in the parking lot.

I called Loblaws and explained my situation, but there was no sign of my purse. I returned home to find my purse and a note in my mailbox, but I do not know who was so kind enough to return it.

I would like to thank whoever it was.

Renee Greenberg

LETTERS WELCOME

Letters to the Editor are welcome if they are brief, signed, timely, and of interest to our readership.

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'We left as teenagers and returned as witnesses'

High school students **Rachel Kardish** and **Joshua Kofsky** discuss their life-changing experiences participating in the **March of the Living**.

This past April 23, we knew nothing of what was to come in the next two weeks. We landed in Warsaw feeling excited, nervous, eager and scared. After a long transatlantic flight, we boarded the bus and admired the passing scenery: trees in full bloom, birds chirping, the sun shining bright. But the 26 of us (24 teenagers and two chaperons) were still unaware of the horrors hidden in the history of Poland.

We had embarked on a journey that would forever change our lives.

After walking through memories of Jewish life lost, Poland seemed to us like a massive graveyard. Every new site brought new sorrows: ghettos, camps, cemeteries, abandoned synagogues. Little remains of places once rich in Jewish life.

On Yom HaShoah (Holocaust Remembrance Day), we participated in the March of the Living, walking from Auschwitz to Birkenau. Thousands of Jews from around the world gathered for a common purpose: remembering the victims of the atrocities perpetrated by the Nazis.

The March concluded in a solemn ceremony where dozens of survivors were honoured. Among them was Max Iland, a Holocaust survivor from Sault Ste. Marie whom we were lucky to have accompany our group throughout the journey. Max was one of six honourees who fulfilled the mitzvah of completing a Sefer Torah.

For us, the most poignant moment of the day was the finale when more than 10,000 marchers from around the world collectively sang the "Hatikvah," filling the camp with the sounds of hope and continuity. On the same grounds where, 70 years ago, the Nazis tried to obliterate our people, we sang the anthem of the Jewish State of Israel.

In addition to Max, Lillian Nemetz, a survivor from Vancouver, also joined us on our two-week journey. They passed on their wisdom, their history, their experiences to us – the next generation of witnesses. All of the coast-to-coast marchers (our delegation representing the smaller Canadian communities) vowed to never let their stories be forgotten.

We were given the incredible opportunity to travel with Lillian to the town of Zalesie where she was hidden as a child. She shared vivid memories of her childhood with each step she took, guiding us through the little house where she was kept hidden for years.

After an emotionally exhausting week in Poland, we couldn't have been happier to arrive in Israel. It felt as if we were taking a breath for the first time since arriving in Europe. The sites we visited in Israel were completely different from the sites we visited in Poland. Every nook and cranny was filled with life and joy.

On the day we arrived, we climbed Masada to celebrate Max's bar mitzvah. Max did not have the chance to have his bar mitzvah when he was 13, and we felt an enormous sense of pride in being there while he recited the blessings. Before it began, Max dedicated his bar mitzvah to his younger brother, Kopel, who was killed during the Holocaust. Everyone wore huge smiles on their faces as Max and Lillian danced in the centre of the hora.

A few days later, on Yom Ha'Atzmaut, all of the marchers gathered for a second march: this time, walking in Jerusalem from the gates of the Old City to the Kotel. The energy of the crowd was incredible and it was an experience like no other.

March of the Living is a life-changing journey every student should have an



From left) March of the Living participants Rachel Kardish, Joshua Kofsky and Jordan Geist at Birkenau.

PHOTO: ADELE LEWIN

opportunity to experience. We left as teenagers and returned as witnesses.

Rachel Kardish, a student at Canterbury High School, and Joshua Kofsky, a student at Colonel By High School, were two of 24

Jewish high school students from Ottawa who participated in the 2014 March of the Living. The next March will take place in April 2015. For information, call Benita Siemiatycki at 613-798-4644.

Ottawa now participates in March of the Living every year

BY KAREN PALAYEW
MARCH OF THE LIVING COMMITTEE

March of the Living Canada has taken on an exciting pilot project. Intermediate-sized Jewish communities across the country – those other than Montreal and Toronto – which form the coast-to-coast contingency, have traditionally participated in the March every second year. Beginning this year, we will be involved annually.

March of the Living is an educational program that has a powerful and enduring impact on participants. The students spend one week in Poland alongside survivors, witnessing the tragedies of our past. The survivors share their stories of loss and demonstrate the resiliency of the human spirit. Many survivors never spoke about their lives in Europe until Holocaust deniers surfaced in Canada in the 1980s. Subsequently, they felt a responsibility to speak about their experiences and to be a voice for those who perished.

The second week of the March is spent in Israel, celebrating the triumph of the survival of our people and the strength of our nation. Returning home, the students feel a more meaningful connection to their Judaism and many develop a stronger bond and appreciation for the importance of our homeland.

Ottawa's March of the Living Committee was created following the 2012 March. One of our mandates is to increase the number of students involved in the program. This year, Ottawa sent 24

students on the March, our largest contingent ever.

Another objective is fundraising. While the Jewish Federation of Ottawa subsidizes the program for each student, the cost of the trip is high and some families require further financial assistance. Our objective is to help all interested students embark on this journey.

On the March of the Living, students become witnesses to the horrors of the Holocaust. Many of them feel both a duty and a responsibility to share these stories with others so that the world never forgets. The committee works to encourage and facilitate students' involvement in the community with respect to Holocaust education. Marchers have been involved in numerous events, including Holocaust Education Month and Yom HaShoah, speaking and writing about their experiences to both Jewish and non-Jewish audiences.

The students become the voices of our past. They have an obligation to speak out against racism, hatred and discrimination towards Jews and any other group. Hopefully, the sensitivity, compassion and wisdom they have gained through their March of the Living experience will help them become strong community leaders with a focus on improving the world in which they live, both for themselves and for future generations.

Donations to the March of the Living program for student subsidies may be made by contacting Benita Siemiatycki at 613-798-4644.



Survivor Lillian Nemetz describes her life in the house in Poland in which she was hidden during the Holocaust.

PHOTO: ADELE LEWIN



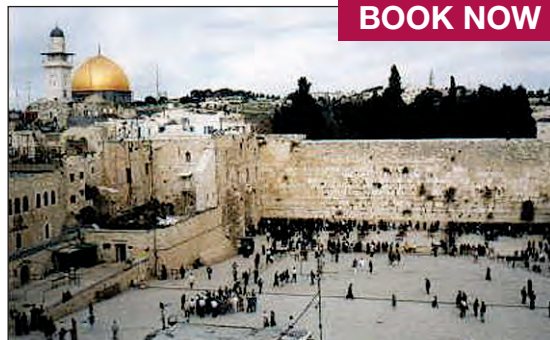
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Eager runners at the start line of the Am Echad Walk/Run for Jewish Education in Ottawa, June 8.

PHOTO: ISSIE SCAROWSKY

Am Echad Walk/Run promotes unity and benefits 12 Jewish schools in Ottawa

BY MONIQUE ELLIOT

More than 500 community members, acting together as "one people," came together on a sunny Sunday, June 8, and raised a record amount of approximately \$50,000 by participating in the Am Echad Walk/Run for Jewish Education in Ottawa.

Participants completed either the one- or three-km course near the Jewish Community Campus to show their support for 12 Ottawa Jewish schools. Each participant chose which day or supplementary school would benefit from the funds he or she raised.

"Our main focus was [that] we weren't choosing one school over another," said Mitch Miller, the co-chair.

"Each school has the opportunity to fundraise for themselves," he added.

"It's nice because it's one of the few events that really is directed to families," said Miller, who has organized the event with Julie Ross for the past four years. "It really encourages the community, regardless of how they express their Judaism, to come out and be here."

Parents could be heard sharing stories of participating in the walkathon when they were young, while guiding their children around to activity sessions like face painting after the walk/run concluded. Many praised the walkathon for being able to bring generations together each year for a good cause and to promote volunteerism and togetherness in the community.

To encourage a sense of unity among students from all the different schools, Miller and Ross distributed Am Echad

Walk/Run T-shirts to the participants.

"When you look here, you don't know what school they attend, what synagogue they go to, or what neighbourhood they live in," Miller said.

"It's all just one, big, happy community. It's been a growing success," Miller said, adding that it also allows non-Jewish participants like Ciaran Smith, 12, to feel more easily integrated with the festivities.

Smith joined his friend, Ottawa Jewish Community School (OJCS) student Isaac Glassman, 13, in the run.

Isaac's mother, Jennifer Glassman, said she would not have assimilated as well in Canada without the support of the Jewish community and by volunteering at events like Am Echad.

A native of South Africa, Glassman is on the board at OJCS and said she has been volunteering at the school since she came to Ottawa five years ago.

"I have to say, it's the best way to integrate as an immigrant. Being part of the Jewish community has been phenomenal. We've met amazing people, amazing friends," she said.

For U.S. Ambassador Bruce Heyman, the walkathon was one of the first Jewish community events he has been able to attend since his arrival in Ottawa in March. Heyman said he anticipates becoming an involved member of the community by attending similar events.

"This is a strong, vibrant community, and one that everybody here should be proud of. I look forward to being much more involved going forward," he said.

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OJCS and Hulse students come together for Day of Cultural Understanding

BY MONIQUE ELLIOT

Students squealed and jumped with delight at the sight of their pen pals and ran to greet them at the 10th annual Day of Cultural Understanding, June 17, when Grade 6 students from the Ottawa Jewish Community School (OJCS) visited their counterparts at Charles H. Hulse Public School, whose students are predominantly Muslim.

It was the students' third meeting over the course of a year in which they wrote letters to each other in an effort to dispel stereotypes, and promote co-operation and understanding.

Hulse teacher Patrick Mascoe, who founded and developed the program, said he has noticed a major improvement in how Jewish and Muslim students relate to each other from when he started the program in 2004.

"You often hear that Jewish people and Muslim people are not always on the best of terms, and yet now our kids are so excited about meeting their pen pals and really just measuring them based on

their character, which is what we want them to do," Mascoe said.

"When we began, there was a lot of apprehension, and people were a little bit worried about what we were doing. We had some parents that had concerns, and that has totally changed. Our school environment now is very open and welcoming," he said.

Teacher supervisors beamed with pride as the students worked together on team projects like a scavenger hunt, word games and physical activities.

"Everyone's the same," said Hulse student Fatema, 12, who said she wants to stay in touch with her OJCS pen pal, Olivia.

"We only met three times, but I'm really close with her," Olivia, also 12, added.

A testament to the lasting, positive effects of the program, Sophia Mirzayee, 20, volunteers and speaks every year at the event where she met her pen pal eight years ago.

The Hulse alumna is one of the more than 500 students who participated in the pen pal initiative over the past decade and is now studying human



PHOTO: MONIQUE ELLIOT

Grade 6 students from the Ottawa Jewish Community School and Charles H. Hulse Public School work together on a word game exercise during their Day of Cultural Understanding, June 17.

rights at Carleton University as a result of her experiences. She said she still keeps in touch with her then-Hillel Academy pen pal.

"It's definitely had an impact on my life," she said.

The day of fun transitioned to a sombre lesson about tolerance, when Holocaust survivor David Shentow, 89, shared his story with the students at the end of the day.

While he has always stressed how difficult it is to tell his story, he opted this year to show a video from a past Day of Cultural Understanding in which he explained his ordeal, in full detail, to students.

Shentow allowed students to gather closely around him and took questions after the video, showing them his tattoo, and emphasizing the damage hate and intolerance can do.

"God willing, if I'm still here next year, I'll be glad to come back," he said.

Mascoe said the students have strongly responded to the emphasis on character-building and have been applying the lessons they've learned.

"They realize now that they're the community leaders and they're showing adults and the rest of the community that people of different races, religions, and colours can come together and work together."



PHOTO: MONIQUE ELLIOT

Holocaust survivor David Shentow shows his identification number tattoo to Grade 6 students from Charles H. Hulse Public School and the Ottawa Jewish Community School after his talk at their annual Day of Cultural Understanding, June 17.



We wish to extend our deepest sympathy to the family of the Late Morris Kimmel.

As a volunteer, Board member and President his passion was unequalled and his impact immeasurable.

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Community leader Morris Kimmel passes away

Longtime community leader Morris Kimmel passed away, May 29 at Hillel Lodge, at age 83, following a brief illness.

Kimmel was the 2011 recipient of the Shem Tov Community Volunteer Award, which recognizes an outstanding volunteer within the Jewish community who, through many years of service, has contributed to the enrichment of Jewish life in Ottawa.

As Kimmel explained to *Ottawa Jewish Bulletin* contributor Cynthia Nyman Engel on the occasion of his Shem Tov Award, he and his wife, Lillian, who passed away in 2006, moved to Ottawa in 1953 and quickly became active in the Jewish community.

Kimmel served as an active UJA and Jewish Federation of Ottawa Annual Campaign canvasser for nearly 60 years

and was deeply involved in several community organizations. Among them was B'nai Brith Lodge 885, which led to a long association with Camp B'nai Brith of Ottawa, where his tireless dedication to the camp earned him the honour of lifetime membership on its board.

Kimmel was a member of the Ottawa Vaad HaKashrut for many years and served as its chair.

In the 1960s, Kimmel was in the vanguard of a movement to establish an Orthodox synagogue in the city's west end and was a founding member of Young Israel of Ottawa, which opened in 1966. He served as president of the congregation and as its representative on the Jewish Memorial Gardens Committee.

In the early-1970s, when Kimmel brought his widowed mother from

Montreal to live at Hillel Lodge, he and Lillian became highly involved in the Lodge, an association that continued until he passed away.

"Lillian got involved in Hillel Lodge after my mother came," Kimmel said in the 2011 *Bulletin* interview, "and then I got involved." Both served terms as president of the Hillel Lodge Board of Directors.

Kimmel was a leader in the Hillel Lodge Community Campaign, which raised funds to build the new Hillel Lodge facility on the Jewish Community Campus – which opened in 2000 – and continued as a frontline volunteer.

"Morris is that rare combination of no-nonsense individual who does everything in his power to get things done, quickly, correctly and completely. For Hillel Lodge, he has been a godsend," said Stephen Schneiderman, Hillel Lodge executive director, in 2011.

In recognition of his efforts, Kimmel received both the Thelma Steinman Direct Service Award and the Shalom Perel President's Award from Hillel Lodge.



Moris Kimmel

Kimmel is survived by his son and daughter-in-law, Steven and Shelli Kimmel, by his daughters and sons-in-law, Janet and Stephen Kaiman and Brenda and Nathan Levine, and by seven grandchildren.



On behalf of the **Ottawa March of the Living Committee**, many thanks to **Shira Benlolo** and **Nathan Cantor** for your commitment to the Committee and to Holocaust education in our community over the past two years.

Best of luck as you begin your university studies.

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Sheldon Friedman retires as head of Ottawa Jewish Community School

BY DAVID SACHS
FOR OTTAWA JEWISH
COMMUNITY SCHOOL

After three years as head of school at the Ottawa Jewish Community School (OJCS), Sheldon Friedman is riding off into the sunset – or, at least, home to Toronto.

Friedman has retired before. After a distinguished career in Toronto public schools, and 15 years as principal at the Community Hebrew Academy of Toronto, he retired only to return for a year at Toronto's United Synagogue Day School, and as an educational consultant. That led to a principal's position in Italy before finally coming to OJCS.

When Friedman arrived, his mission was to truly unify the newly merged Hillel Academy and Yitzhak Rabin High School. He leaves with this accomplished, having incorporated school programming, logos, charity projects and more in the project

"We created a new mission statement for all OJCS: 'Respect, Responsibility, Reaching for excellence,'" Friedman said. "The kids really identify with the theme and try to model that in everything we do."

Lisa Miller, president of the OJCS board, spoke for many, when she said, "Working with Shelly has been an absolute privilege."

OJCS administrator and teacher Brian Lamb spoke of Friedman as a mentor in his first administrative role and praised his calm leadership persona.

"He often used Yiddish words to illustrate the emotions of a certain situation, which always lightened the mood. My Yiddish is much better as a result of it!"

Friedman's time at OJCS was transformative, introducing comprehensive innovations to curriculums and timetables, as well as leadership and music programs, upgraded technology, and increased physical education. The results have led to OJCS students performing well above Ministry standards and an increased awareness in the community of OJCS as a place of academic excellence.

Friedman said he is most proud of helping to heal an institution that had undergone a lot of change and stress, creating an environment of trust, structure and professionalism. OJCS has seen higher parental satisfaction and an increase in elementary level enrolment.

Friedman's family survived the Holocaust before coming to Canada. That history



Sheldon Friedman is set to retire at the end of the school year after three years at the helm of the Ottawa Jewish Community School.

shaped his ideas on Jewish education.

"I'm concerned with the balkanization of denominations. There was more of a feel of continuity after the Holocaust, [when] people were more tolerant of each other. That is an important philosophy for me," Friedman said.

Friedman hopes the OJCS high school will become a more common part of the Jewish experience in Ottawa.

"It is at that age that a lot of social pressures come to the fore, and that's where you need the strong core of Jewish values to go forward and on to university."

By bringing continuity between the elementary and secondary levels at OJCS, Friedman has laid the groundwork for that evolution.

"It's been a pleasure working with these people," Friedman said of his OJCS colleagues. "I think they're excellent."

As for his next steps, Friedman said he and his wife "are talking about doing a little travel: perhaps Italy and Israel. I did a lot of volunteer work when I first retired, I'll ease into it again. A group of high school buddies have a weekly card game I'd like to get back into. I've got a big garden and a lot of projects."



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Ottawa Jewish Community School sees strong retention numbers

BY SARA-LYNNE LEVINE
OTTAWA JEWISH COMMUNITY SCHOOL

A good sign of an excellent school is its retention rate. Continuing the trend of strong retention and support for Jewish education, the Ottawa Jewish Community School (OJCS) has seen its strongest retention numbers in many years heading into the 2014-2015 school year.

“In multiple grades we have 100 per cent retention,” said OJCS Principal Sheldon Friedman. “Registration for current students closed at the end of March and we are pleased to see families sticking with OJCS. Our parents realize they are getting a top-notch secular education with the benefit of a strong Jewish education. They realize selecting OJCS is the right choice for their family.”

Over the past three years, Friedman has seen attrition rates slip to single digits, lower than the average 11 per cent attrition rate for Jewish day schools in North America.

In addition to strong retention, we are pleased to see dozens of new students choosing to join OJCS, many joining our middle or high school divisions.

“We’re seeing a shift in the community,” said Friedman. “Our parents are seeing the excellent product offered at OJCS, and they are telling friends and family members. Our high test scores, dedicated math coach and small class sizes are a big draw for parents looking for the best place to educate their child. When you add in teaching Jewish customs, values and traditions, OJCS is an attractive option for those looking for a great place for their child to learn and grow.

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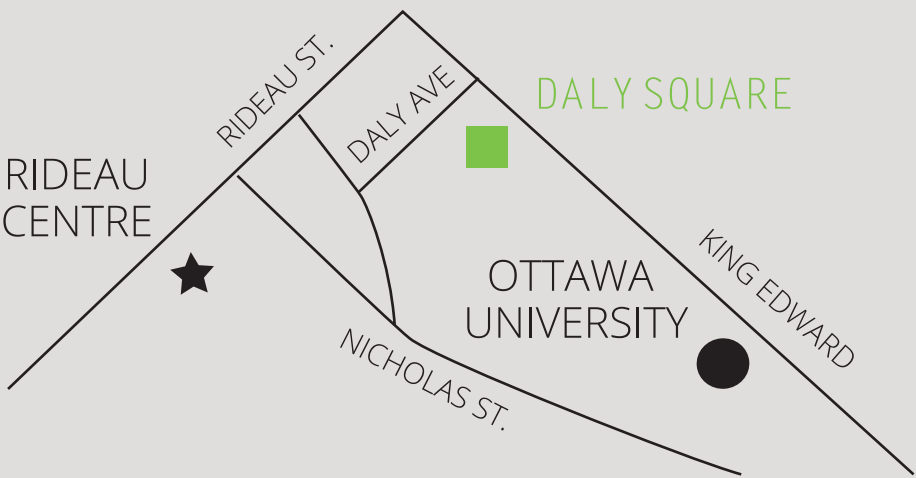
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New Tamir program for women announced at Ottawa Jewish Community Foundation AGM

BY MONIQUE ELLIOT

Tamir, an organization supporting those with developmental disabilities in a Jewish environment, announced the launch of a new women's initiative at the annual general meeting of the Ottawa Jewish Community Foundation, held June 10 at the Soloway Jewish Community Centre.

The initiative, the Women's Health and Wellness education series, will promote self-care and awareness for women already living and working semi-independently in Ottawa and will be funded by the Women's Collective Endowment Fund (WCEF) grant for 2104.

The Women's Collective Philanthropy Program (WCPP) awarded the \$2,000 grant to Tamir in an effort to support the

health and wellness of women with special needs.

"This education series has been in the works for more than a year, and the interest within the Tamir community is strong. Now, thanks to the WCPP, we can get this important project up and running," said Mark Palmer, Tamir executive director.

"Our grant allocations committee was unanimous in its praise of this year's recipient," WCPP co-chair Yaffa Greenbaum said.

Steven Kimmel, chair of the Jewish Federation of Ottawa, congratulated the leadership of both the Federation and the Foundation for an "outstanding year" of fundraising and community work, applauding all community members for their involvement in



PHOTO: HOWARD SANDLER

Tamir received this year's Women's Collective Endowment Fund grant at the Ottawa Jewish Community Foundation annual general meeting, June 10. Laurie Oakley (left), residential operations manager at Tamir, accepts the grant from Erica Sher, 2013 co-chair of the Women's Collective Philanthropy Program.

creating a "powerful legacy for our community and our children."

Foundation Chair Lynne Oreck-Wener said the Foundation attracted 26 new donors this year and enjoyed a very strong fiscal year, with assets growing by almost 21 per cent.

"We have set an ambitious fundraising goal because there is no alternative," said Andrea Freedman of the goal of \$5 million in additional donations by 2018 that is part of the Foundation's strategic plan.

"Together, with the Federation, the Foundation has a responsibility to meet the needs of our community's most vulnerable and disadvantaged members" while investing in future generations, the president and CEO of the Federation and Foundation said.

The Foundation's George Joseph Cooper Scholarship for leadership, academic excellence and involvement in the Jewish community was awarded to Elana Moscoe, 20. The scholarship, valued at approximately \$14,000, is granted annually to a member of the Ottawa Jewish community between the ages of 18 and 30, and must be used for further education in artistic, literary or social sciences.

Moscoe, a Queen's University student, had returned to Ottawa only a few days prior to the AGM after spending a semester in Israel studying at the Hebrew University of Jerusalem.

"[Studying in Israel] was really cool because it gave me a chance to focus on my own Jewish growth," she said. "It was really nice to kind of take a step back, and I got to meet people from all over the world."

Moscoe, who is studying Jewish history and English concurrently with the teacher education program, said Jewish life has been an "integral component in [her] time at Queen's" to the point where it is strongly influencing her career options.

"I'm hoping to combine my love for teaching and Judaism and communal work," she said.

Moscoe was a key organizer of Holocaust Education Week at Queen's, running the campaign for the past two years. She is also a member of the Israel on Campus executive, and is a fellow of the Centre for Israel and Jewish Affairs.

This coming year, Moscoe will be co-president of Hillel at Queen's, one of the first Queen's students who is not from Toronto to fill that role.



PHOTO: HOWARD SANDLER

Elana Moscoe (centre) receives the Ottawa Jewish Community Foundation's George Joseph Cooper Scholarship for 2014 from Foundation Chair Lynne Oreck-Wener (left) and Cooper Scholarship Committee Chair Diane Koven at the Foundation's AGM, June 10.



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Strategic: 'The Federation's plan for the community'

Continued from page 9

needs an inspirational vision to guide its actions and focus.

"The strategic plan is a road map to take Federation from where it is today to where it needs to be. The Jewish Federation of Ottawa, building on its distinguished 80-year history as the heart of Jewish life in the nation's capital, has created such a vision to move the community forward," said Kerzner.

"Be bold" was the key message that Federation kept hearing throughout its strategic planning process, which included community consultations across a wide spectrum. With this simple yet powerful message in mind, the new mission, vision, core values and corporate principles were created.

Ultimately, the report says, this is not a plan for the Federation, but Federation's plan for the community.

In April and May, the committee finalized the strategic plan. It was ratified by the Federation Board of Directors on May 21 and was presented to the community at the Federation AGM on June 18.

Among the aspects of the strategic plan are the **mission** "to advance and promote an exceptional quality of Jewish life"; the **vision** of "a thriving Ottawa Jewish community that is inclusive, accessible, educated and engaged"; **core values** of "Torah, chesed (loving-kindness), k'lal Yisrael (Jewish peoplehood), tzedakah (philanthropic giving), and tikkun olam (repairing the world)" with "enduring affinity and support for the Jewish State of Israel"; and **corporate principles** of "collaboration and partnership, care, acceptance and respect for every individual, transparency and accountability," and "innovative and forward-thinking leadership."

Five goals and measurable targets were established and each of the goals will be achieved over the next five years, and completed with the conclusion of the fiscal year ending June 30, 2019.

The **goals** are to "increase financial resources to support the Jewish communities of Ottawa, Canada, Israel and the world; manage and communicate a transparent and responsible process to allocate funds from the Annual Campaign; foster greater co-operation and partnership among community agencies and organizations; expand involvement and engagement in Jewish life and learning, for all ages" and "attract and develop diverse volunteers and leaders."

The goals, including measurable targets, are explained in more depth in the report, which can be read – along with supporting documents and background material – at www.jewishottawa.com/strategicplan.

The community consultations strongly showed the need to create a more welcoming and inclusive Jewish community.

The next step for the Federation is for staff to develop work plans and strategies that will achieve the goals over the next five years.

There will be reports to the community twice yearly on the progress being made to achieve the goals of the strategic plan, which will be based on the Federation's Key Performance Indicators, "a series of quantifiable measures to gauge performance of an organization."

OTTAWA JEWISH BULLETIN BOARD

LIMMUD OTTAWA CALLS FOR PROPOSALS

The next edition of Limmud Ottawa, a festival of Jewish culture and learning, will take place Sunday, November 2 at the Soloway Jewish Community Centre.

Limmud Ottawa is now accepting proposals for sessions and presentations from members of the Jewish community.

The deadline for proposal submissions is July 29. Sessions should be planned to run between 40 and 50 minutes. Proposals and enquiries about volunteer opportunities at Limmud Ottawa may be made via www.limmudottawa.ca.

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The work of Ottawa's Kosher Food Bank, which serves clients in need who have been vetted and referred by Jewish Family Services, and currently serves 66 families, is performed by a dedicated group of volunteers who cheerfully donate their time and energy to this import-

ant project. The Kosher Food Bank is currently looking for a volunteer to manage this important community service.

For information, contact Ian Borer, executive director of Agudath Israel Congregation, at ian@agudathisrael.net or 613-728-3501.

MOSCOVITCH WINS TRILLIUM BOOK AWARDS

The Trillium Book Awards, Ontario's foremost prizes for literary excellence, were announced June 17, at a dinner in Toronto hosted by the Ontario Media Development Corporation.

This year's winner of the Trillium Book Award in English-language was Ottawa-born playwright Hannah Moscovitch for the published version of her play, *This is War*.

The play was presented in Ottawa in February by the Great Canadian Theatre Company at the Irving Greenberg Theatre Centre to wide acclaim.



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Rabbi Michael Hattin returns to Machzikei Hadas as scholar-in-residence

BY LISA GARMAN
FOR CONGREGATION MACHZIKEI HADAS

Rabbi Michael Hattin, a master teacher of *Tanakh* (Bible) at the Pardes Institute of Jewish Studies in Jerusalem and director of the beit midrash at the Pardes Center for Jewish Educators, returns to Ottawa as scholar-in-residence for the Shabbat weekend of July 4 and 5 at Congregation Machzikei Hadas, 2310 Virginia Drive.

Rabbi Hattin has taught Bible studies

for more than 20 years and has served as scholar-in-residence in many communities in North American and Europe. This will be his second year as scholar-in-residence at Machzikei Hadas.

Rabbi Hattin will give three talks, the first at the Friday night Shabbat dinner (reservations required), the second on Saturday approximately one hour before *mincha*, and the third on Saturday at *seudah shlishit*.

The topic at the Shabbat dinner will be "The Perils of Possession." Next year is a

Shemitta (sabbatical) year. Rabbi Hattin will review the main practices and probe into the essence of *Shemitta*. He will demonstrate that, while the formal observances may be limited to Israel, the ideals of *Shemitta* remain relevant wherever we live.

On Saturday, before *mincha*, his topic will be "Seasons of the Soul." The current year is a leap-year in the Jewish calendar, a system of time keeping based upon the motions of both the sun and the moon. Rabbi Hattin will cite Biblical text, rabbinic commentary and basic science as he demonstrates the mechanics of synchronization as well as the spiritual implications.

His final topic, at *seudah shlishit*, will be "Bilam's Messianic Vision." Perhaps the earliest mention of a messianic vision occurs in that week's Torah reading. Rabbi Hattin will present an early interpretation of the words of Bilam's final prophecy that changed the course of Jewish history.

A number of Ottawa residents have studied at Pardes Institute with Rabbi Hattin and have reported being impressed by the depths of his understanding of *Tanakh* and by the quality of his teaching. He lives in Alon Shevut with his wife Rivka and their five children.

His first book, *Passages: Text and Transformation in the Parasha* was published in 2012. In it, Rabbi Hattin provides a study in English of each Torah portion in an accessible way that deftly weaves literary analysis of the text with



Torah scholar Rabbi Michael Hattin will give three talks at Congregation Machzikei Hadas, July 4-5.

selected teachings of classical Jewish commentary. The resulting innovative readings apply the Torah's message to the complexities of modern living.

His next book, *Joshua (Studies in Tanakh)* will be available in the fall.

The entire community is invited to join us at Congregation Machzikei Hadas for what promises to be a most exciting Shabbat. For further information, including lecture times, and to make reservations for the Shabbat dinner, call the synagogue office at 613-521-9700.

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OF THE YAHRZEIT OF:

Jacob Aaron Bruner z"l, dear father and grandfather by Elly and Al Bruner

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'Garten' party celebrates Temple Israel's retiring rabbi

BY PAUL MCKEAGUE
FOR TEMPLE ISRAEL

With hugs, gifts, songs, laughter and tears, throngs of people celebrated Rabbi Steven Garten's 19 years as Temple Israel's spiritual leader, June 15, at a "Garten" party held for the longest serving rabbi in the Reform congregation's history.

Rabbi Garten will retire and become rabbi emeritus on June 30.

In keeping with the theme, crowds of people strolled through the festively decorated synagogue in straw hats and summer wear, sipping tea and punch and nibbling on munchies as they chatted and shared memories about the rabbi. There were quips about Rabbi Garten's love of baseball and golf and – in recognition of his musical tastes – the crowd sang folksongs from the 1960s whose lyrics spoke of parting and moving on.

Heather Cohen, Temple Israel's executive director, mentioned how hard it was for her to watch the rabbi "pack up." She recalled the changes he had made, such as performing interfaith and same-sex marriages, and allowing interfaith couples to be buried together in a Jewish cemetery.

"You welcomed people, at all times of their lives, and from all walks of life," she said.

In his years at Temple Israel, Rabbi Garten officiated at approximately 345 b'nai mitzvot, 103 weddings, 79 funerals, 800 Shabbats, and 152 festivals and holidays.

Cohen noted his concern for the disadvantaged.

"There are so many places where the powerful are treated with great reverence," she said, "but you were always concerned about the weakest members of our community. That says so much about you, and I hope about us."

In a letter of congratulation that was framed and presented as a gift, Mayor Jim Watson noted Rabbi Garten's leadership in developing "a vibrant congregation which is representative of the diversity of the Jewish community," while also noting his success in "fostering meaningful dialogue with other faith communities."

The rabbi's stature in Ottawa's wider Jewish community was recognized by the presence at the event of Rabbi Reuven P. Bulka of Congregation Machzikei Hadas, Rabbi Elizabeth Bolton of Or Haneshamah, Cantor Daniel Benlolo of Congregation Beth Shalom, and Andrea Freedman, president and CEO of the Jewish Federation of Ottawa.

In an emotional speech, Rabbi Garten paid tribute to his children Micah and Alyza, and to his wife Lisa Hans.

"My 19 years here with you were about



Rabbi Steven Garten and wife Lisa Hans at Temple Israel's "Garten" party.

teaching Torah," he said. "I have taught my understanding of how liberal Judaism can enrich one."

Rabbi Norman Klein will assume the position of interim rabbi at Temple Israel in August.

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The Tzofim Friendship Caravan from Israel will perform at the Soloway JCC on August 7.

Israeli culture to be highlighted at JCC summer day camp

BY PAMELA ROSENBERG
SOLOWAY JCC

Kids attending JCC of Ottawa Summer Camps will get a strong dose of Israeli culture this season through a couple of new staff members and some entertaining programming.

The Tzofim Friendship Caravan returns to perform for the campers and the community in August and two counselors from Israel will be joining the camp staff.

The counsellors are Tsion Abunie, 23, and Ashta (Danny) Ayanou, 26. They are Ethiopian Jews who now live in Israel and they'll be leading Israeli-themed activities and teaching campers about Ethiopian Israeli culture. They have completed their service in the Israel Defense Forces and are part of the Ethiopian Scholarship Project at the Interdisciplinary Center, Herzliya (IDC).

Now in its seventh year, the project gives Ethiopian students the chance to "fulfil the Zionist dream" and become productive citizens of the State of Israel, despite the hardships of their earlier lives. The IDC's prime objective is to assist these students through higher education to integrate them into Israeli society and see them meet their true potential.

"Part of the mandate of the Jewish Federation of Ottawa, through our Partnership 2Gether program, is to create stronger people-to-people connections to Israel. Through the support of the Federation, these Israelis will come to Ottawa for the month of August and become part of the community," explained Sarah Beutel, director of community collaboration for the Federation. "They will bring their Israeli language and culture. It is an opportunity for people in Ottawa to strengthen their

ties to Israel and develop meaningful connections to people in Israel."

Tsion, who is studying law and government, and Ashta, who is studying communications, are two of about 50 students earning degrees through the Ethiopian Scholarship Project at IDC. As part of the program students are sent across the globe for internship positions relevant to their field of study.

During their month-long stay in Ottawa, interning at the day camp, the two will have the opportunity to perfect their English and gain valuable work experience they can add to their resumé. Through their camp experience they will build friendships with other camp counsellors, educate the campers and staff about Ethiopian Israeli culture, as well as take part in Federation emerging generation programs.

The Tzofim Friendship Caravan returns for a second year to perform their action-packed show of singing, dancing and interactive fun, and spread their message of peace for all generations.

A delegation of five girls, five boys and two leaders from Israel will be travelling through the U.S. and Canada and will perform a free family show for the community on Thursday, August 7, 7 pm at the Soloway Jewish Community Centre.

On Friday, August 8, JCC campers will be treated to a special performance from the Tzofim Friendship Caravan followed by a fun day of workshops where the kids will learn about Israel and Israeli music.

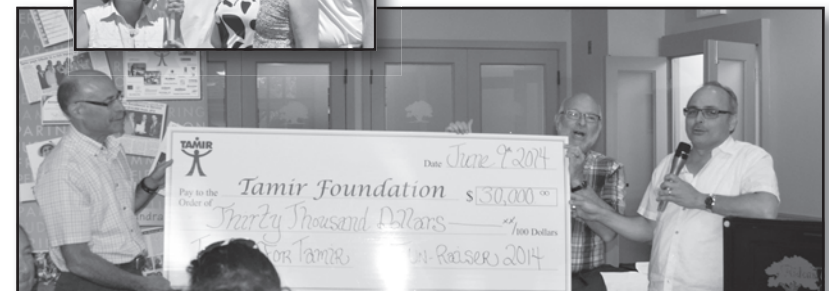
"The kids loved the high energy show they saw last summer, and we are excited that they are coming back to do it again," said JCC Day Camp Director Lauren Lee. "It's a great way to incorporate Israel into our camp programming, and it teaches the kids about the country in a fun way."

Organizers of the
16th Annual Tee-up for Tamir Golf Fun-raiser held on June 10th at Rideau View Golf Club, called the event a "huge success," raising over \$30,000 in support of Tamir's Residential Programs.



"Team Brownsteins" were awarded Rookie of the Year (Laurie Oakley with Joe, Margret, Daniel)

Executive Director Mark Palmer, Board President Joel Kanigsberg, and Cantor Daniel Benlolo unveil the total raised for the event.



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Special Thanks to Rideau View Golf Club General Manager, Steve Ducat, for the use of the facilities, and to Jason Walmark, Clubhouse Manager for all of their assistance and Head Professional Paul Sherratt for his wise counsel and guidance.

Big thanks to David Smith, Creative Kosher Catering; Tamir Passages Cooking; Koffman Signs; Dow Honda; Allegra Print; Sandy Lynch

Thank you everyone for your support and friendship!



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If Tamir had a Hall of Fame these devoted individuals would definitely be inducted as MVPs.

Today we honor them for founding, leading and advancing the Tee Up for Tamir Golf Fun-Raiser. They have contributed their time, skills and heart since the tournament's inception and we want to thank them for their outstanding efforts.



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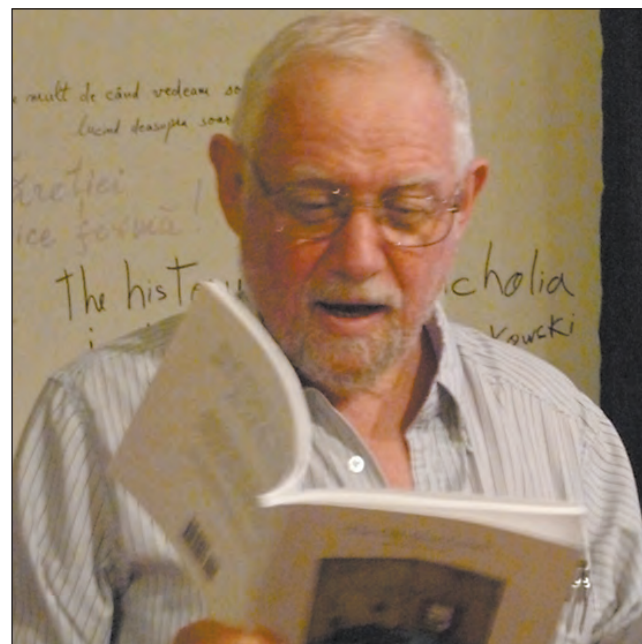
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Aviv Trio in Ottawa: The Aviv Trio, including (from left) violinist Daniel Aizenshtadt, violist Shira Majoni and pianist Tomer Gewirtzman – all recipients of Sharett Scholarships – performed works by Bach, Brahms, Mozart, Schumann, Ysaye and others, May 25, at Tabaret Hall at the University of Ottawa in a concert sponsored by the Embassy of Israel and the Canada-Israel Cultural Foundation (CICF). A key role of CICF is to financially support talented young Israeli musicians through the Sharett Scholarship program. Contact Jane Gordon at gordonjm@rogers.com or Evelyn Greenberg at evgreen@rogers.com for information about the program or to make a donation.



Seymour Mayne in Romania: Two books by University of Ottawa professor Seymour Mayne were launched in Romanian translation at *Bookfest*, the international book festival in Bucharest, May 27-June 1. Romanian literary critic Ion Bogdan Lefter described Mayne as “the most important foreign writer at the *Bookfest* this year.” Mayne, who also delivered a lecture at the University of Bucharest and was guest of honour at a reception at the Canadian Embassy, is seen here reading from his work at *Bookfest*.



Newfy goes to preschool: Ayala Sher brought Newfy, her Siberian husky, to visit the children at the Westboro Jewish Montessori Preschool, June 11. Newfy is a therapy dog and the students enjoyed hearing about Newfy as a “Shabbat dog.” She waits patiently for the HaMotzi to be said and does a “doggy amen” before eating a piece of challah, her favourite food. Sher and Newfy visited the preschool on behalf of the *Be a Tree* program, which teaches children about dog safety. For information about the preschool, call Devora Caytak at 613-729-7712.



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Or Haneshamah installs first permanent rabbi

Or Haneshamah (OrH), Ottawa's Reconstructionist congregation, formally installed Rabbi Elizabeth Bolton as its first permanent spiritual leader, May 25.

More than 150 people attended the installation ceremony and welcomed Rabbi Bolton with speeches, song and prayer.

Attendees included OrH members, rabbis and other leaders from Ottawa's Jewish community, representatives of

other faith groups, and Reconstructionist leaders from as far away as Baltimore and Philadelphia.

Ken Victor welcomed the rabbi on behalf of OrH.

"Our readiness and her readiness, her life journey and our community journey, have finally intersected," he said.

"Call it serendipity, call it God's plan, there is no doubt it is right. It is our great good fortune to have Rabbi Liz with us."



PHOTO: ART TURNER

Rabbi Elizabeth Bolton (far right) leads a joyful "instant choir" during a celebratory weekend that culminated with her official installation, as the first permanent spiritual leader of Or Haneshamah, Ottawa's Reconstructionist congregation, in its 26-year history.



PHOTO: ART TURNER

Rabbi Elizabeth Bolton is surrounded by the smiles of Or Haneshamah's steering committee during the weekend of celebration to mark the rabbi's official installation. From left to right: Joyce Schachter, Jackie Lyons (chair), Rabbi Bolton, Janice Singer, Sarah Waisvisz and Marcie Campbell.



PHOTO: ART TURNER

Rabbi Elizabeth Bolton (centre) celebrates with installation ceremony co-chairs Deborah Margo (left) and Monica Rosenthal during Or Haneshamah's official welcoming of its first permanent spiritual leader.

Memory of Norman and Evelyn Potechin inspires new bimah cover

BY DANIELLE DUGAS
FOR ADATH SHALOM CONGREGATION

Last summer, the Ottawa Jewish community lost a very special couple when Evelyn Potechin passed away, followed a very few weeks later by her beloved Norman, after 67 years of shared love. Although I was not privileged to know Evelyn, Norman was a faithful participant in the morning minyan at Agudath Israel and I found his reassuring presence and smile a renewed pleasure each morning.

At breakfast, he favoured the same seat each day, as we tend to do at home. He extended the Birkat Hamazon with an additional blessing that started with "Have a good day," to which everyone responded, "you all." He then continued in Yiddish with a blessing for health and strength. A resounding "amen" would



A new bimah cover for Rosh Chodesh was dedicated in memory of Evelyn and Norman Potechin by Adath Shalom Congregation.

conclude the moment and declare the start of the rest of the day. This tradition

at Agudath Israel lives on, and with it, the spirit of Norman.

Later in the summer, Norman's brother, Len Potechin, a member of Adath Shalom, bereft and still shaken, asked me if I would prepare something special for Adath Shalom, in loving memory of Norman and Evelyn.

I was very touched by this gift to be entrusted with making something special, of my choosing, linked to prayer and the memory of dear human beings.

In the months following the High Holy Days, Christine Shugar, Leslie Ram, Ellen Caplan, Alison and Aliza Popky, Roslyn Brian, and Gabi and Maya Avni agreed to help assemble a new bimah cover to mark Rosh Chodesh. Participation is an essential component of success for our congregation's activities and we each contributed a piece – yet the whole is ours

to cherish and be proud of.

We inaugurated the bimah cover on May 24, the Shabbat preceding Rosh Chodesh Sivan, with a chapel full of congregants and members of the Potechin family.

The bimah cover gathers many of the blessings we seek with each new moon: life and peace, joy and gladness, long life, consolation and deliverance, and also represents ancient prayer, new life and the lunar cycle.

Much gratitude goes to a very special family whose generosity to Adath Shalom over the years has provided for the acquisition of the portable ark for High Holy Days, the Ner Tamid, and the bimah cover for festivals, among many other gifts. Thank you, Len and Mary Potechin. May the loving memory of Norman and Evelyn Potechin be a blessing always.

In Appreciation

To our dear friends, a heartfelt thank you for your support, donations, cards and calls after the loss of our beloved mother and grandmother Tzirel Ilana in Israel.

Cantor Pinchas and Sarah Levinson and Family

In Appreciation

We would like to thank all of our family and friends for their donations, cards, meals and expressions of sympathy on the loss of Mark Kerzner. Your thoughtfulness was appreciated during this time. **The Kerzner Family**

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SID AND BARBARA COHEN COMMUNITY ENDOWMENT FUND

Mazel Tov to:

Mitchell Bellman on being the recipient of the Gilbert Greenberg Distinguished Service Award by Sid and Barbara Cohen.

SANDI AND EDDY COOK ENDOWMENT FUND

Anniversary Wishes to:

Marvin and Sandy Granatstein by Sandi and Eddy Cook and family.

In Memory of:

Abby Bryant by Sandi and Eddy Cook and family.

Morley Sobcuff by Sandi and Eddy Cook and family.

Mazel Tov to:

Leonard and Jane Shore on their marriage by Sandi and Eddy Cook and family.

R'fuah Sh'leimah to:

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Rinaldo Canonico by Sandi and Eddy Cook and family.

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In Appreciation to:

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In Memory of:

Irving Bercovitch by Cynthia Engel and family.

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.

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R’fuah Sh’leimah to:
Barry Baker by Cynthia Engel and family.

**LESLIE AND CORNELIA ENGEL
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In Observance of the Yahrzeit of:
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Morley Sobcuff by Sam and Susan Firestone and family.

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In Memory of:
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R’fuah Sh’leimah to:
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In Memory of:
Irving Bercovitch by Helen and Chaim Gilboa.

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In Memory of:
Morris Kimmel by Diane and Allen Abramson.

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Happy Mother’s Day to:
Linda Signer by Tamara, Ilana and Marissa Signer.

**GROSSMAN KLEIN
FAMILIES FUND**
In Memory of:
Lawrence Gradus by Vera and Leslie Klein.
Mark Kerzner by Vera and Leslie Klein.
Rt. Hon. Herb Gray by Vera and Leslie Klein.
Gizela Klein by Yanda and Mark Max.
Mazel Tov to:
Mitchell Bellman on being the recipient of the Gilbert Greenberg Distinguished Service Award by Vera and Leslie Klein.
Tamara Fathi on being the recipient of the Freiman Family Young Leadership Award by Vera and Leslie Klein.
Henry Molot on being the recipient of the Shem Tov Community Volunteer Award by Vera and Leslie Klein.

**LARRY AND SHEILA HARTMAN
ENDOWMENT FUND**
Anniversary Wishes to:
Larry and Sheila Hartman by Blossom Read.
In Memory of:
Morley Sobcuff by Larry and Sheila Hartman.

**TEENA AND WALTER HENDELMAN
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In Memory of:
Phyllis Sternthal by Teena and Walter Hendelman and family.

**HY AND PAULINE HOCHBERG
ENDOWMENT FUND**
Birthday Wishes to:
Beatrice Dubinsky on her 99th birthday by Pauline Hochberg.

In Memory of:
Irving Bercovitch by Pauline Hochberg.
Morley Sobcuff by Pauline Hochberg.

**RHEA AND JEFF HOCHSTADTER
FAMILY FUND**
In Memory of:
Mark Kerzner by Rhea, Jeff, Elana and Lorne Hochstadter.
Morley Sobcuff by Rhea, Jeff, Elana and Lorne Hochstadter.
Mazel Tov to:
Arnie Vered on receiving the Ontario Medal for Good Citizenship by Rhea, Jeff, Elana and Lorne Hochstadter.

**DOROTHY AND HY HYMES
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In Honour of:
Dr. Shithra Ginsburg receiving her Professorship by Dorothy Hymes.
R’fuah Sh’leimah to:
Barry Baker by Dorothy Hymes.
In Memory of:
Morris Kimmel by Dorothy Hymes.
Morley Sobcuff by Dorothy Hymes.

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Mazel Tov to:
Andrea Borer on the birth of her first granddaughter, Maya Ruth by Elissa and Avraham Iny.
Laya and Sol Shabinsky on the birth of their first great-granddaughter, Maya Ruth by Elissa and Avraham Iny.

JEREMY KANTER MEMORIAL FUND
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Seymour Eisenberg on his upcoming Bar Mitzvah by Evelyn Eisenberg.

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KRANTZBERG KRANE FAMILY FUND
Mazel Tov to:
Rhea Wohl on the Bar Mitzvah of her grandson, Evan by Myra and Sam Krane and family.

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In Memory of:
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Mazel Tov to:
Joan and Russell Kronick and family on the marriage of Adam and Julie, by Yanda and Mark Max and family.

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R’fuah Sh’leimah to:
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Morley Sobcuff by Sally and Elliott Levitan.
Mazel Tov to:
Sally and Elliott Levitan on the birth of their great-grandson, Parker by Ruth and Joe Viner.

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Anniversary Wishes to:
Sheila and Larry Hartman by Evelyn Lieff.
Birthday Wishes to:
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In Memory of:
Irving Bercovitch by Evelyn Lieff.
Morley Sobcuff by Blossom Read; by Sandra Shaver; by Miriam Pleet; by Marty, Ellen and Sharon Cardash; by Mark and Cindi Resnick; by Enid and Jeff Gould; by Clair Krantzberg; by Ruth and Manny Shacter; by Rick, Alice, Sam and Molly Kronick; by Zelaine and Sol Shinder; by Judi Hoffman; by Leonard and Jane Shore; by

Marilyn and William Newman; by Ruth and Joe Viner; and by Nina and Mark Dover.
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R’fuah Sh’leimah to:
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Marsha Kaiserman on the loss of her dear mother by Ethel and David Malek.

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In Memory of:
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In Memory of:
Morris Kimmel by Shelley and Morris Schachnow.
Mazel Tov to:
Andrea Borer on the birth of her granddaughter, Maya Ruth by Charles Schachnow.
Sol and Laya Shabinsky on the birth of their great-granddaughter, Maya Ruth by Charles Schachnow.

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Randi and Ian Sherman on the engagement of their son Jonathan to Inna, by Rhoda and Jeffrey Miller.

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Henry Molot by Carol and Stuart Levine.
Mazel Tov to:
Henry Molot on being the recipient of the Shem Tov Community Volunteer Award by Carol and Stuart Levine; by Barbara and Len Farber; and by Ian and Melissa Shabinsky and family.

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Birthday Wishes to:
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Judah and Margo Silverman on the birth of their granddaughter, Maya Shoshana by Marilyn and William Newman.

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Sally and Elliott Levitan on the birth of their great-grandson, Parker by Miriam Pleet.

POSEN FAMILY FUND

Mazel Tov to:

Mitchell Bellman on being the recipient of the Gilbert Greenberg Distinguished Service Award by Jerry and Josee Posen.

Henry Molot on being the recipient of Shem Tov Community Volunteer Award by Jerry and Josee Posen.

Norman and Sandra Slover on the birth of their first granddaughter, Riley Jaclyn by Jerry and Josee Posen.

GERALD AND MARY-BELLE PULVERMACHER FAMILY ENDOWMENT FUND

In Memory of:

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Mazel Tov to:

Laya and Sol Shabinsky on the arrival of their first great-granddaughter, Maya Ruth by Gerald and Mary-Belle Pulvermacher.

PHYLLIS AND ALAN RACKOW ENDOWMENT FUND

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Morley Sobcuff by Phyllis and Alan Rackow.

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Mazal Tov to:

Reisa and Allan Glenns on the birth of their granddaughter, Sadie Tillie by Corinne and Sheldon Taylor and family.

Robbie and Carrie Glenns on the birth of their daughter, Sadie Tillie by Corinne and Sheldon Taylor and family.

R'fuah Sh'leimah to:

Malcolm Glube by Corinne and Sheldon Taylor and family.

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Grace Shapransky by Elayne and Wesley Schacter and family.

Mazel Tov to:

Sharon Rosentzveig on the birth of her granddaughter, Jillian Rose by Elayne and Wesley Schacter.

HERMINA SCHACHNOW MEMORIAL FUND

In Memory of:

Morris Kimmel by Charles Schachnow.

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Mazel Tov to:

Andrea Borer on the birth of her first granddaughter, Maya Ruth by Marilyn and William Newman.

Laya and Sol Shabinsky on the birth of their first great-granddaughter, Maya Ruth by Marilyn and William Newman.

SOL AND LAYA SHABINSKY FAMILY COMMUNITY ENDOWMENT FUND

Mazel Tov to:

Andrea Borer on the birth of her first granddaughter, Maya Ruth by Zelaine and Sol Shinder.

Laya and Sol Shabinsky on the birth of their first great-granddaughter, Maya Ruth by Zelaine and Sol Shinder.

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Henry Molot on being the recipient of the Shem Tov Community Volunteer Award by Leonard and Jane Shore.

Leonard and Jane Shore on their marriage by Yanda and Mark Max.

Sara Vered on receiving the Order of Canada by Leonard and Jane Shore.

FAY AND JOSEPH SHULMAN ENDOWMENT FUND

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Mazel Tov to:

Cheryl and Manny Gluck on their marriage by Phyllis and Marvin Silverman.

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Mazel Tov to:

Sharon Rosentzveig on the birth of her grandchild, Jillian Rose by Sharon and David Appotive and family.

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Rabbi Bulka on receiving the Order of Canada by Leiba Krantzberg and Michael Metz.

Tamara Fathi on being the recipient of the Freiman Family Young Leadership Award by Leiba Krantzberg.

Henry Molot on being the recipient of the Shem Tov Community Volunteer Award by Leiba Krantzberg.

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Jean Naemark and family on the arrival of her great-grandson, Ethan by Beatrice Torontow and family.

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Mazel Tov to:

Sara Vered on receiving the Order of Canada by Edie Landau; and by Clair Krantzberg.

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Mazel Tov to:

Julia Gluck on being the recipient of the Community Israel Engagement Award by Stephen and Gail Victor.

R'fuah Sh'leimah to:

Cynthia Engel by Stephen and Gail Victor.
Judith Slipacoff by Sandy Marchello.

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Mazel Tov to:

David and Sharon Appotive on the marriage of their son Ryan to Yoni, by Debbie Halton-Weiss and Ron Weiss.

Mitchell Bellman on being the recipient of the Gilbert Greenberg Distinguished Service Award by Debbie Halton-Weiss and Ron Weiss.

Lauren Bronstein and Noam Katz on their upcoming marriage by Debbie Halton-Weiss and Ron Weiss.

Tamara Fathi on being the recipient of the Freiman Family Young Leadership Award by Debbie Halton-Weiss and Ron Weiss.

Henry Molot on being the recipient of the Shem Tov Community Volunteer Award by Debbie Halton-Weiss and Ron Weiss.

Lynne Oreck-Wener and Bob Wener on the upcoming marriage of their daughter, Taryn by Debbie Halton-Weiss and Ron Weiss.

Lisa Rosenkrantz and Michael Walsh on Sam's graduation from Medical School by Debbie Halton-Weiss and Ron Weiss.

Margo and Judah Silverman on the birth of their granddaughter, Mira Shoshana by Debbie Halton-Weiss and Ron Weiss.

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Condolences to:

The Rosenbaum Family on their loss of a dear father and grandfather by Lynne, Bob, Taryn and Tim, Eleni and Hart Wener.

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In Memory of:

Morris Kimmel by Helen and Rick Zipes.

Mazel Tov to:

Mitchell Bellman on being the recipient of the Gilbert Greenberg Distinguished Service Award by Rick and Helen Zipes.

John and Monica Brewer on the birth of their first grandchild by Rick and Helen Zipes.

Paul and Linda LeCourt on the birth of their grandson by Rick and Helen Zipes.

Art and Marcia Saper on their son John's graduation from Medical School by Rick and Helen Zipes.

Paul and Pat Sherratt on the birth of their grandson, Lawson by Rick and Helen Zipes.

Margo and Judah Silverman on the birth of their granddaughter, Mira Shoshana by Rick and Helen Zipes.

Jack and Sherri Torjman on the birth of their grandson by Rick and Helen Zipes.

R'fuah Sh'leimah to:

Barry Baker by Rick and Helen Zipes.

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Morley Sobcuff by Sandra and Sam Zunder.

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Lynne Oreck-Wener and Bob Wener on Taryn's upcoming marriage by Gary and Heather Cohen.

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Mazel Tov to:

Penny and Lewis Leikin on the birth of their granddaughter, Hannah by Joany and Andy Katz and family.

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Condolences to:

Erin and Ben Gailor on the loss of their mother and mother-in-law by Sarah and Steven Morgan.

NOAH REICHSTEIN B'NAI MITZVAH FUND

Anniversary Wishes to:

Marlene and Hymie Reichstein by Vera and Malcolm Glube.

In Memory of:

Morris Kimmel by Sharon, Sol, Noah and Kayla Reichstein.

Mazel Tov to:

The Aaron family on Sarah's Bat Mitzvah by Malcolm and Vera Glube.

Lauren Cuthbertson on her graduation by Malcolm and Vera Glube.

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SJCC honours athletes at Breakfast of Champions

BY JON BRAUN
SOLOWAY JCC

Nearly 100 people attended the 13th annual Soloway Jewish Community Centre (SJCC) Breakfast of Champions, June 1, to applaud local student athletes, volunteers and the winning teams from the SJCC basketball, softball and hockey leagues.

The theme this year was “Women in Sport” and the keynote speaker was Genevieve Lacasse, a member of this year’s Olympic gold medal-winning Canadian Women’s Hockey team.

A highlight of the event was the induction of Faye Goldman and Sharon Saslove into the Ottawa Jewish Sports Hall of Fame.

Saslove, a competitive gymnast in the 1970s, was a city, high school and provincial champion. A pinnacle moment of her career was being one of only two Ottawa athletes to represent Canada at the 1977 Maccabiah Games in Israel.

Goldman, a long-distance runner, has completed 19 marathons, including seven Boston marathons, six at home in Ottawa, as well as in Philadelphia, Chicago, Tampa, New York, Toronto and

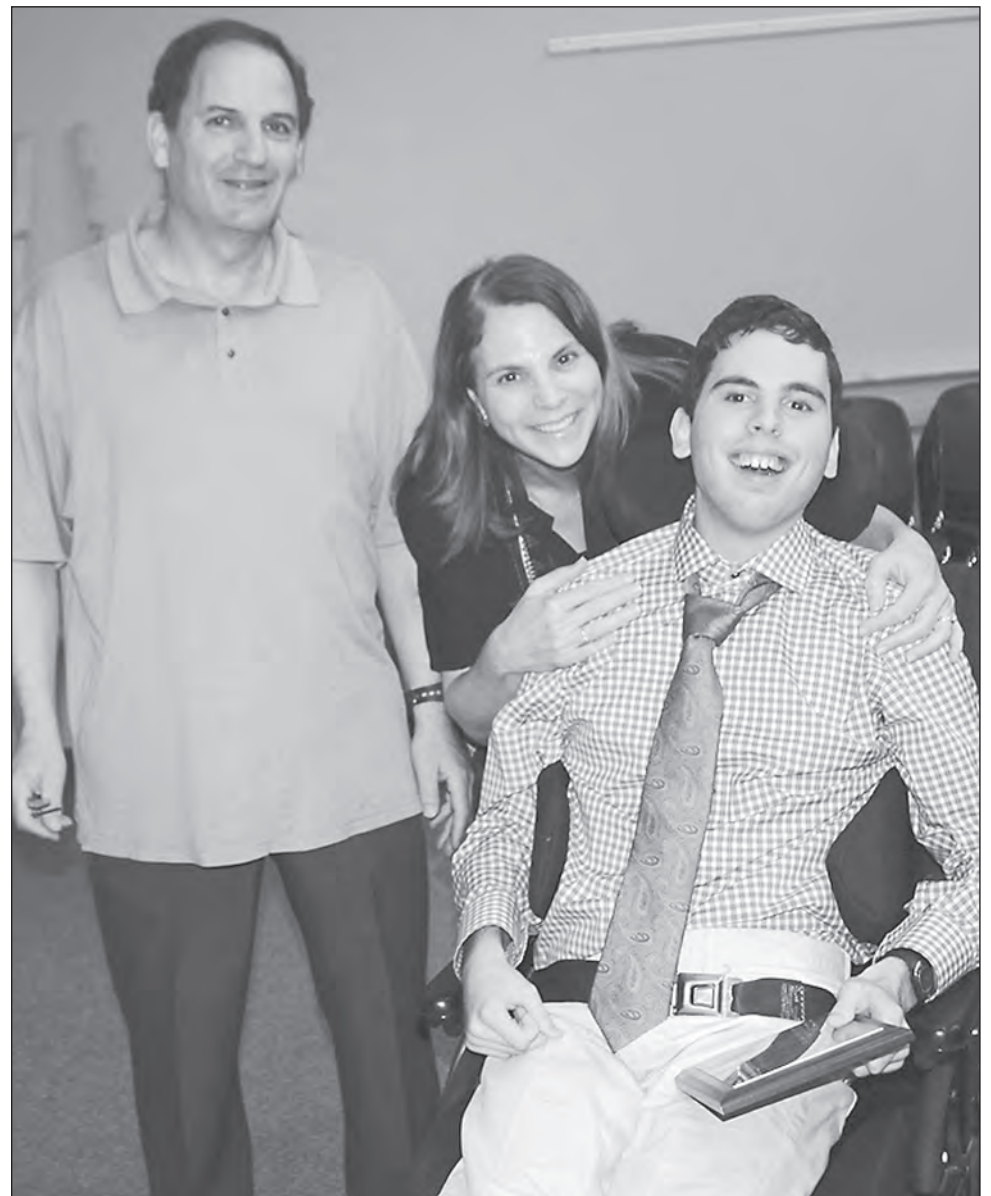
Hamilton. She is an elite runner in her gender and age group, having completed her most recent Boston run in 3 hours, 30 minutes.

Other honourees included Jonathan Cohen, who won the Sharon Koffman Award for top university varsity athlete; Michael Marceau, Olivier Marceau and Samantha Cogan, who won Jack Goldfield Awards for high school athletes of the year; Naomi Kirshenblatt and Danielle Lavitt, who shared the Parliament Lodge Award for top graduating high school athletes; and Matan Sirota, Ryan Kaufman and Samantha Wiesenfeld, who shared the Noah Cantor Award for middle school athletes.

The Irving Shapero Award for athletic and leagues volunteer of the year was presented to Ashley Potter while Jeffrey Sherman received the Lou Honigman Award.

The winner of the SJCC Hardest Working Athlete of the Year Award was Jamie Greenberg.

The Breakfast of Champions was a wonderful celebration of our community’s athletes and volunteers and the accomplishments of all the honourees are truly impressive. Ottawa’s Jewish community can be very proud.



SJCC Hardest Working Athlete of the Year Award winner Jamie Greenberg (front) with his mother, Cindy Feingold, and SJCC Athletics Director Jon Braun at the SJCC Breakfast of Champions, June 1.

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The next
issue
of the
*Ottawa
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will be
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Monday,
July 28, 2014.

Deadline for
submissions:
Wednesday,
July 9, 2014

Ottawa, I will miss you dearly!

If you had asked me seven years ago where I would be today, I couldn't, in my wildest dreams, have come up with the adventure I've had.

Four years in Montreal, rolling around in contemporary dance class by day and advocating on behalf of the State of Israel by night introduced me to some of the most passionate and driven people I know. Hillel Montreal, the Canadian Federation of Jewish Students and the Concordia Student Union taught me skills that just can't come from a classroom or a book.

As my fourth year of university was coming to a close, a wise man suggested checking out a graduate program at Humber College in fundraising and volunteer management. Understanding that I couldn't support the lifestyle I wanted as a dancer, I realized Concordia had opened a most amazing door that allowed me to take on leadership roles in the Jewish community and find my true calling in outreach, engagement, events and development. A career in fundraising and development – here I come!

Fast forward a year and I interviewed for the position of director of Initiatives for the Emerging Generation at the Jewish Federation of Ottawa. It would be my first job in the field, a brand new position at the Federation and I'd be working with very fervent Jews between the ages of 20



Samantha Banks

and 40. I had no idea what I was in for.

Now, three years have flown by, and working in Ottawa with young professionals has been an experience of a lifetime. It is bittersweet to pass the torch, but the next director will be able to take our brand to a whole new level, with amazing leaders to help him or her along the way.

What stands out the most for me is that I witnessed a community of young

SAMANTHA BANKS GUEST COLUMN

Jewish professionals coalesce. Now, whether for an event, conference, trip to Israel or micro-grant, young Jewish adults in Ottawa will always have a place to volunteer and meet like-minded folk (and maybe even meet the one).

Ottawa is one of those hidden secrets that, unless you live and breathe the quaint and vibrant culture, you will never really understand why people love it so much. From the tightness of the community to the foodie and entertainment industry, there is never a dull moment. There is also something very special

about the people. Many of us are family-less, but you would never feel it. Whether for Shabbat dinners or lunch dates, drinks, or late-nights at Zac's, there is always an invite, somewhere to go or someone to see.

Now on to my next chapter – which I can't believe will finally be back in my home town. My mother is over-the-moon excited! On August 1, I'll start work as director of operations and development at The House, an incredible organization in Toronto for Jewish young adults.

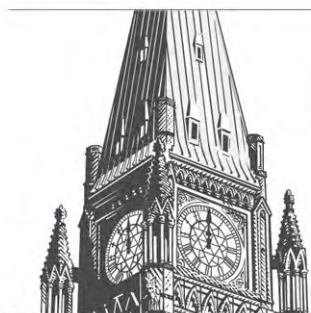
To my friends, colleagues and everyone I met along the way, thank you for making Ottawa an unforgettable journey. From the bottom of my heart, thank you again to my teachers, mentors, co-workers and community members. The connections made at this stage of our lives are those that will last a lifetime.

To my friends, who will remain good friends always (and you know who you are), thank you for being you.

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It is ethically acceptable and morally desirable to question

With summer approaching, I'm catching up on *The Good Wife*, the courtroom and political drama that has played on CBS over the past five years and is now streaming on Netflix.

There's a wonderful scene early in season 2 when Peter Florrick, who is running for state's attorney, seeks to establish pro-Israel credentials after having been caught on film carrying a copy of Jimmy Carter's controversial 2006 book *Palestine: Peace Not Apartheid* via a Yom Kippur break-fast organized by Eli Gold, his adviser and campaign manager.

Around the dinner table with big donors, who are Jewish, Gold attempts to steer conversation in the desired direction when Grace, Florrick's teenage daughter, brings up the question of the Gaza flotilla. Eyebrows are raised, glares are traded and damage control is attempted. Florrick's track record on Israel and anti-Semitism is impeccable, Gold stresses, while Florrick's mother awkwardly asks about the fundamentals of Judaism.

The humour of the scene lies in the teenager's candid remarks as potentially undercutting the election prospects of her deeply flawed father, a figure we are, at best, morally ambivalent about. But, humour aside, the scene is especially powerful to me because it raises questions that we in the Jewish community are often grappling with, though not always explicitly enough.

The questions are these: Is it possible to feel attached to Israel, support Israel, love Israel, and yet be publicly troubled by Israeli policies? Is it possible to love Israel, and yet feel outrage? Is it possible to feel committed to Israel, and yet want to see it change?



MIRA SUCHAROV
VALUES, ETHICS, COMMUNITY

In the same episode, Florrick's wife, Alicia, is confronted by her brother in the kitchen. Emboldened by red wine, he tells her how much he dislikes Florrick and implores her to leave the marriage. With the humiliation of having been publicly cheated on with prostitutes, and with illegal dealings under her husband's belt, we know Alicia has been struggling over whether to stay with him. Marriage and divorce are like that. Except for the kinds of invisible emotional separations some couples fall prey to, you're generally either in or you're out. And, as pop psychologists have long told us, demanding that one's partner change is usually a recipe for disaster.

But connection to Israel isn't binary in the way marriage is. Nor is Israel, to Diaspora Jews, like a spouse.

To Israeli citizens, the State of Israel, as a democracy, is by definition meant to be the public representation of their collective preferences.

And to Jews worldwide, Israel is the sovereign expression of Jewish nationhood. So, by definition, Israelis along with Diaspora Jews have a right and even obligation to wrestle with the politics and policies of the Jewish State. Using the family metaphor, Israel is more akin to our children: we, the Jewish nation, created the

state, and we, the members of that Jewish nation, have an obligation to steer its policies in the right direction. This, despite the fear many Diaspora Jews experience, which leads them to consider Israel more akin to a parent who can do no wrong.

So, back to the discussion around that Yom Kippur break-fast table in *The Good Wife*: Can one indeed be frustrated, critical or even outraged by one's country (or symbolic homeland, as the case may be) and still feel a deep sense of attachment?

The question is really two-pronged. We can ask, sociologically, whether there are individuals and groups who do manage to juggle these two positions. And we can ask, philosophically, whether there is an ethical basis for doing so.

On the first question, there are enough individuals and organizations, historically and today, who have combined both stances to demonstrate that it is not an empirical oxymoron. Organizations like Peace Now, J Street, Ameinu and the New Israel Fund all attempt to right wrongs they see in Israel, the country to which their supporters feel great attachment. And, in the past, there were organizations like Breira in the 1970s, which pushed for Israeli-Palestinian reconciliation.

On the question of ethics, I believe it is both ethically acceptable and morally desirable to question and to wrestle. In the face of perceived injustice, one has a duty to act. Now, certainly one person's perceived injustice is sometimes another person's defensive act in the face of another's injustice. But at least one has the duty to start the conversation – over dinner and beyond.

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

'We need to make conscious choices about what we eat'

A current trend in books and movies is to vilify the food industry, specifically for the excess hidden sugar in processed foods. We do consume far too much sugar and people who are not particularly interested in, or savvy at, deciphering ingredient and nutrition labels may be unaware of what they're putting into their bodies. After all, sugar is listed on labels under dozens of names: sucrose, dextrose, fructose, glucose, lactose, maltose ... the list goes on.

However, I disagree with the popular notion that we're helpless victims who must resign ourselves to being overweight or obese, and living with health problems brought on by poor eating habits. We can help ourselves by making better choices. But are we willing to do so?

Would better labelling and more public education help? It took decades of education before Canadians



GLORIA SCHWARTZ
FOCUS ON FITNESS

realized that the cachet of smoking cigarettes is outweighed by the deadly damage smoking does to our bodies. I think most of us understand that frequently eating sugary foods contributes to unwanted weight gain. What's not always clear is how much hidden sugar lurks in our food. What are the long-term consequences of frequently consuming sugar-laden, nutritionally depleted processed foods and beverages? It should be noted that there are many other ingredients and behaviours that contribute to weight gain and put us at risk for diabetes, high blood pressure and cancer.

I recently attended a social function that made me realize how oblivious we, as a society, are to the choices we make. Thirty of us sat around a large table on which refreshments were generously laid out. It struck me that 90 per cent of the food was junk.

Nearly everyone dived in. Willy Wonka would have been in his element with all the jelly beans, licorice, sodas and assorted gob-stopping goodies. As I helped myself to fresh fruit salad and water (and admittedly, a handful of popcorn chips before pushing the bowl away), I wondered why the ratio of junk-to-healthy choices wasn't reversed.

We need to make conscious, deliberate choices about what we eat. How will our choices impact our body

composition and health? When we fail to consider the sugar and empty calories in that can of soda, the licorice whips, the handfuls of jellybeans and the brownies, we become our own worst enemy.

We naturally lose skeletal muscle mass and gain body fat as we age. But we must not resign ourselves to a future with a flabby body and weight-related health issues. If we work hard, we can age gracefully. It's not just about appearance. We can stay fit and strong well into old age. Sitting around eating bonbons won't help, although I am a proponent of occasional indulgence.

After age 65, we're at risk for sarcopenia, the loss of muscle mass and strength that can lead to limited mobility, functional limitations, frailty and decreased quality of life. Sarcopenia is typically caused by a diet with insufficient protein and vitamin D, physical inactivity and hormonal changes. (There are other causes beyond the scope of this article).

Sarcopenia is diagnosed by healthcare workers who measure gait speed, hand grip strength, muscle mass and other factors. It is preventable, and, for those already diagnosed, it is often manageable and sometimes reversible.

Strength training and nutritional modifications are often recommended for patients with sarcopenia. But this sound advice is beneficial for everyone. Make the effort to eat better and cut out some of your bad habits such as high sugar consumption. The food industry is more interested in revenue generation than your health. If you take ownership of your choices, you just may live to be 110. Now that would be the sweetest revenge!

Gloria Schwartz is a personal trainer at the Soloway JCC and author of Personal Best: Train Your Brain and Transform Your Body for Life.

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A hand up is always better than a handout

Why help only one generation when you can help two with the same programs? Through my work with United Way Ottawa, I've seen great programs that help more than one generation break the cycle of poverty, addiction and limited education.

My favourite is the Youville Centre, which allows 48 teen mothers each year to finish high school in an incredibly supportive environment.

Most of these young women go on to college or university, and many kids of earlier Youville graduates are now graduating from post-secondary institutions as well.

In this case, helping mothers helps kids.

In the case of my favourite organizations in Israel, programs for kids have had remarkable benefits for their parents.

I was recently honoured by three Ottawa chapters of Canadian Hadassah-WIZO, whose CHW acronym also stands for "Children, Healthcare and Women."

Some of the proceeds from the fundraiser will support the daycare in Acco named after the late Terry Schwarzfeld of Ottawa.

It has 12 staff for 57 kids – many referred by welfare officials. It offers nutritious meals and snacks, and has a team of professionals – psychologist, occupational therapist and speech therapist – on call to work with the kids and their families.

We're also supporting CHW's WIZ Kids Program, which operates in all six of CHW's daycare centres in Israel.

Ever handed your kids or grandchildren your iPhone or iPad and been astounded by how quickly they master it? By the time they're in daycare or kindergarten, it's like an extension of their hands and brains.



BARBARA CROOK
MY ISRAEL

But that can mean that kids who have never touched a smart phone, tablet or computer are already way behind their peers by the time they're in school.

And their parents aren't usually able to help them, especially immigrant parents with literacy, numeracy and language issues.

WIZ Kids bridges that gap by offering hands-on computer experience that focuses on school readiness – numbers, letters, colours and basic vocabulary. It's couched in computer games, so it doesn't feel like work.

Another benefit of the program is that it encourages parents to come to the daycare centre to work with their kids. Under the pretext of helping and interacting with their own children, the parents are able to obtain some basic learning skills for their own advancement.

Parents and children learn skills, but also feel pride in their achievements – a scarce commodity among immigrants and the economically challenged.

I was particularly drawn to the WIZ Kids program because of my earlier connection with the American Jewish Joint Distribution Committee (better known as the JDC or "the Joint"). The unsung hero of international aid organizations, the JDC works in more than 70 countries around the world.

When Ethiopian Jews first started arriving in Israel in large numbers, the assumption was that the parents

would make sacrifices – the case with most immigrants – but the kids would soon catch up and thrive.

But the Israeli government, the JDC and the Jewish Agency for Israel soon discovered that children who had never held a pencil or crayon, seen a book or played a word game in any language would not easily catch up to their native Israeli peers.

And they fell behind even further without support from their parents, who could not read or write in their native Amharic and struggled with basic Hebrew.

So the JDC created Parents and Children Together (PACT), an early intervention program for kids that also engages their parents.

When I visited the program in Be'er Sheva, I watched a group of five kids who had been working with a pet therapist introduce a chinchilla to their classmates. The kids had learned all about the little fur ball, and fed the pet dried chickpeas while they shared their knowledge.

An astounding 90 per cent of students in this kindergarten had at least one parent in jail. One of the little girls working with the pet had not said a word during her first few months at school because of previous trauma.

But there she was, showing off her newfound knowledge and basking in the accompanying pride.

A recent JDC newsletter – <http://tinyurl.com/nelp92k> – told of Getahun Ayele, a visually impaired Ethiopian Israeli whose work with his daughter's PACT program in Netanya enabled him to connect with other parents and start two choral groups that sing traditional Ethiopian music.

Their kids are proud to see their parents onstage, and learn about their unique heritage.

A *hand up* is always better than a *handout* – especially when both parents and kids can reach it.

It has been very rewarding to help someone solve a mystery about their family

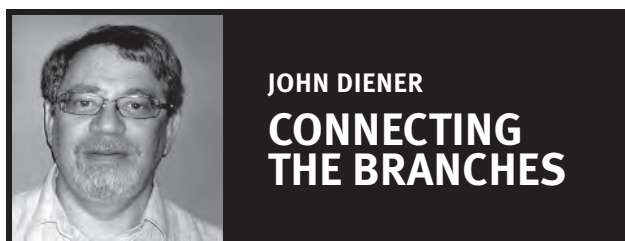
Connecting the Branches has appeared in every second issue of the *Ottawa Jewish Bulletin* since June 2010. In almost 40 columns, I have covered topics of interest to serious genealogists and also to those with a passing curiosity about their ancestry. I've discussed new databases, excellent web sources for research, Holocaust materials, genealogical techniques, and travel in Eastern Europe.

Many of the columns dealt with my own personal experiences developing and expanding my family tree, and the wonderful discoveries associated with that pursuit. It was my hope that writing the column would encourage people in our Ottawa Jewish community who may have been interested in their family history, but had not yet taken up the hobby, to take that first step using the tools and tips I was offering.

I think I've been successful in stimulating interest. Almost every time a new column appeared, I was approached by people asking for assistance with their own personal research.

These requests have come by telephone, by email and in person, often by complete strangers at the Soloway Jewish Community Centre (SJCC) and other Jewish community buildings, and even at my place of business. In most cases, I have been able to offer some help or have been able to point them in the right direction to do the research themselves.

It has been very rewarding to help someone solve a mystery about their family, and to see their excitement



JOHN DIENER
CONNECTING
THE BRANCHES

as they have uncovered something relevant to their research either through a vital record document, or from an archived newspaper article.

Particularly satisfying has been the feedback from so many readers telling me they have read and enjoyed the column. I thank everyone for their comments and support. As I believe the articles have, by now, provided a good overview of Jewish genealogy, I have decided that, rather than contribute to the *Bulletin* on a regular basis, the column will now appear occasionally, when there is something new in the field I believe is of general interest to readers.

If you are interested in genealogy, but haven't yet taken that first step, I encourage you to attend a meeting of the Jewish Genealogical Society of Ottawa (JGSO). This group meets monthly, with the exception of July and August, usually at the SJCC. Most meetings are research meetings, where those in attendance can ask questions of the more experienced members, as well as use the databases the JGSO subscribes to. The society is

always acquiring new database subscriptions, the most recent one being the Drouin Society database, which provides great details on all marriages in the province of Quebec up to the 1990s.

Some JGSO meetings feature guest speakers with interesting topics to share. Each meeting begins with JGSO President Hymie Reichstein presenting a list of new resources that may be of help to members.

To join the JGSO, to ask a question or to be put on the notification list for meetings, send an email to jgsottawa@gmail.com.

Finally, I would like to acknowledge the wisdom and advice of Hymie Reichstein, and to thank him for his support, and to Editor Michael Regenstreif and the *Bulletin* staff for their assistance over the past four years.

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Salsberg never wavered from his life of commitment

Joe Salsberg: A Life of Commitment

By Gerald Tulchinsky

University of Toronto Press

183 pages

Gerald Tulchinsky – a professor emeritus at Queen’s University – has long been a distinguished historian of Jewish life in Canada. His latest book, *Joe Salsberg: A Life of Commitment* is a biography of Joseph Baruch “J.W.” Salsberg, a member of the Legislative Assembly of Ontario for the Toronto-area riding of St. Andrew from 1943 to 1955.

Tulchinsky begins with Salsberg at the height of his career, walking along Spadina Avenue, the main street of Toronto’s Jewish district in those days. Meeting, greeting and schmoozing with his constituents, he visits delis and coffee shops, offering to help the people he meets. The narrative follows.

Salsberg was born in 1902 in Lagow, a Polish shtetl, to frum parents where young Yosele (as he was known) had a cheder education. He also learned something about anti-Semitism: “There were places you didn’t go.”

In 1913, the Salsbergs, by then including Yosele’s two younger sisters, immigrated to Canada and settled in Toronto where they remained religious Jews and the family grew to include seven children.

In Toronto, Salsberg’s cheder education continued and he also attended Lansdowne Public School whose students were mostly Jewish and from low-income families. Two years after his arrival at the school, Salsberg foreshadowed his later career by organizing a student strike to protest against the required singing of Christmas carols.

In 1916, not yet 14, Salsberg quit school to work in the needle trades to help his family. He became a skilled tradesman, but, by the 1920s, he moved into trade union



activity, aiming to protect workers against harsh conditions.

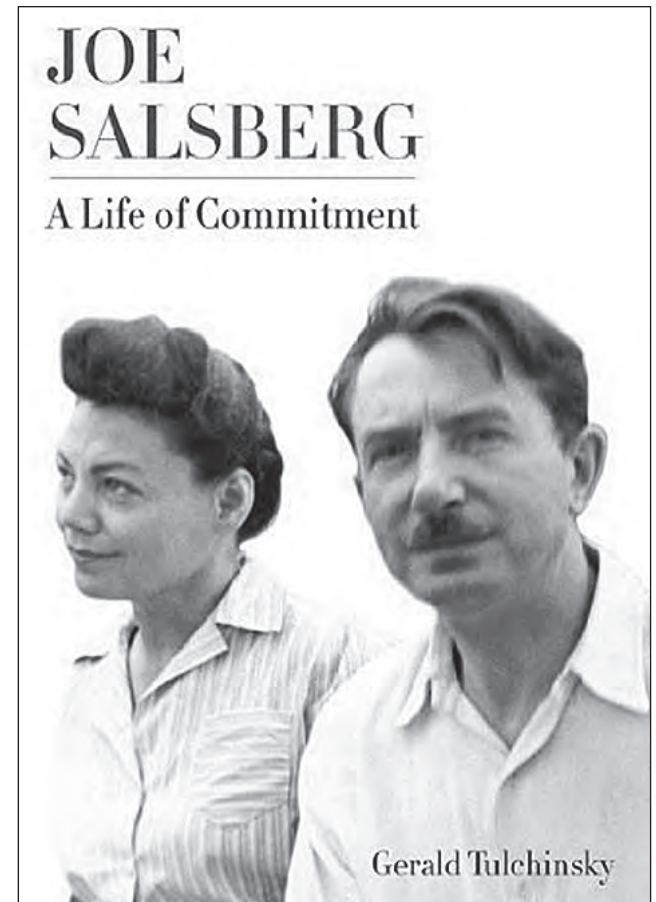
He became interested in politics, moving left from religious Zionism through Labour Zionism to communism. In 1938, he was elected alderman for Toronto’s Ward Four, but lost the next year.

The Communist Party was outlawed following the Hitler-Stalin pact and the start of the Second World War in 1939, and Salsberg went into hiding. In 1942, after the Soviet Union became an ally, he gave himself up and was jailed for a short time. After his release, he helped form the Labour-Progressive Party and was elected MPP for St. Andrew in 1943, a seat he held until 1955.

In discussing Salsberg’s 12 years in the Legislature, Tulchinsky shows him advocating on behalf of human rights and working class causes and generally refusing to be drawn by anti-Semitic and red-baiting barbs.

Salsberg lost the 1955 election, partly because of Cold War pressures, but also because postwar prosperity meant many Jewish voters were moving out of St. Andrew.

Out of office, Salsberg had to face something that had troubled him for years. Marxist doctrine held that anti-Semitism was the result of capitalist exploitation and Yiddish culture had been encouraged in the early years of the U.S.S.R. However, by 1939, he realized that Jewish institutions there were withering away. Wondering why, he travelled to Moscow to see for



himself. He asked questions but got only evasions.

In 1948, he tried to visit the Soviet Union again to investigate the Jewish question, but was denied entry. He went to Lagow, his home shtetl, and wept at what he saw.

Within the Communist Party, he continued to ask questions, but maintained party discipline outside, even as the evidence of Soviet anti-Semitism became overwhelming. In 1953, when Stalin died, Salsberg delivered a eulogy in the Ontario legislature. Only after the Khrushchev revelations in 1956, and even then, only after a meeting in Moscow that included anti-Semitic barbs by Khrushchev himself, did Salsberg resign from the party.

Tulchinsky struggles with Salsberg’s conduct, as he did himself and gives specific examples of Salsberg’s “dishonest” public statements denying Soviet anti-Semitism. He also says Salsberg was moved to communism by calls for justice in the writings of the Prophets.

Salsberg eventually came in from the cold. He returned to Labour Zionism, was an advocate for secular Yiddishkeit, and wrote columns for *Canadian Jewish News*. Salsberg died in 1998.

Salsberg’s life story is the story of 20th century Jewish immigration, and Tulchinsky shows the connection from his own life. Early on, Salsberg’s father is shown plying his trade as junkman, driving his horse and wagon around downtown Toronto, “perhaps with Yosele sitting wide-eyed by his side,” calling for “boddles, rags, iron.” In a note at the back of the book, Tulchinsky recalls that, as a young boy in Brantford, he sometimes accompanied his zayda on his rounds and was “absolutely thrilled by the adventure.”

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SUNDAY, JULY 6 TO SATURDAY JULY 12

JET Yarchei Kallah Jewish Educational Extravaganza:
Rabbi Cary Friedman, Rabbi Reuven Tradburks and Ellie Reisel will share their wisdom to enhance Jewish education in Ottawa.

Opening night features a screening of *Legends of the Knight*, Soloway JCC, 21 Nadolny Sachs Private, 7:30 pm. Morning classes and Lunch & Learns, Hillel Lodge, 10 Nadolny Sachs Private. Evening classes, Soloway JCC. Shabbaton, Congregation Beit Tikvah, 15 Chartwell Avenue.

Info: 613-695-4800, info@jetottawa.com

MONDAY, JULY 14

Jewish Federation of Ottawa Annual Golf Tournament:

Rideau View Golf and Country Club, Manotick, 11 am to 10 pm

Info: Ariel Fainer, 613-798-4696, ext. 241, afainer@jewishottawa.com

FRIDAY, JULY 25

Kabbalat Shabbat and Dinner:

Join us for a meditative service followed by a potluck dairy meal and inspiring conversation.

The Glebe Minyan, 91A Fourth Avenue, 6 to 9 pm.

Info: Anna Maranta, 613-867-5505, maranta.anna@gmail.com

COMING SOON

FRIDAY, AUGUST 1

Seudah Shlishit Study and Dinner:

Meet at 5:00 pm for study, followed by a potluck dinner and Havdalah. Everyone is welcome. Come for study or for dinner or for both. If you are interested, please RSVP. The Glebe Minyan, 19 - 612 Bank Street, 5 to 8:30 pm.

Info: Anna Maranta, 613-867-5505, maranta.anna@gmail.com

WEDNESDAY, AUGUST 20

JNF Ottawa presents "A Model for Urban Innovation: with Mayor Udi Gat, Eilat-Eilat Region," who will focus on three key areas developed in Eilat (southern Arava with Eilat).

Telfer Executive Centre, 45 O'Connor Street, Suite 350, 9:30 am to 12:30 pm.

Info: Ilana Albert-Novick, 613-798-2411, ottawa@jnf.ca

SUNDAY, SEPTEMBER 14

Annual Campaign Kickoff 2015:

With Jerry Greenfield, founder of Ben & Jerry's Ice Cream Parlour and the Ben & Jerry's Foundation, and author of "Ben and Jerry's Double-Dip How to Run a Values Led Business and Make Money Too."

Centrepointe Theatre, 101 Centrepointe Drive, 7:30 pm. Info: Ariel Fainer, 613-798-4696, ext. 241, afainer@jewishottawa.com



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Gala tribute dinner
Rabbi Reuven P. Bulka will be honoured June 11 at a gala dinner benefiting Congregation Machzikei Hadas and the Ottawa Regional Cancer Foundation > p. 3



Jennifer Hartman
Rabbi Reuven P. Bulka will be honoured June 11 at a gala dinner benefiting Congregation Machzikei Hadas and the Ottawa Regional Cancer Foundation > p. 3

OTTAWA JEWISH BULLETIN

MAY 12, 2014 | 12 IYAR 5774 ESTABLISHED 1997 OTTAWAJEWISHBULLETIN.COM | 52

'Everybody can be a killer ... Everybody can be a victim'

Yom HaShoah marked in Ottawa with a solemn commemoration at the SJCC and a panel discussion on genocide at Saint Paul University.

BY LOUISE RACHUS
In a keynote address at Ottawa's Community Yom HaShoah Commemoration, April 27 at the Soloway Jewish Community Centre, and the following day during a Yom HaShoah panel discussion on genocide at St. Paul University, Father Patrick Desbois, a Catholic priest from France, discussed his work in locating and identifying the mass graves of Jews and Roma murdered during the Holocaust in Eastern Europe. In moving and heartbreaking detail, Father Desbois described his studies of "What was the crime? Not before, not after," and the thousands of interviews he's conducted with those who were present at the crime scenes where whole villages came to watch. "Never were the Nazis missing work," he said. "Before, I was imagining the helpers were happy and welcoming and the killers were bad. But I know now they are the same face. Everybody can be a killer. Everybody can be a victim ... It was legal to kill a Jew, a Gypsy. It was an order and an authorization."

The Yom HaShoah Commemoration also included solemn music, the lighting of six memorial candles by Holocaust survivors, a floral procession by students, marches on and off of the Colours by members of the Jewish War Veterans of Canada - Ottawa Post, and brief remarks by Israeli Ambassador Rafael Barkat and Mina Cohn, chair of the Shoah (Holocaust) Committee of the Jewish Federation of Ottawa.

The panel discussion on genocide, titled "Duty to Remember and the Rebuilding of Nations," was a powerful mix of skepticism, but also of hope. Father Desbois explained that, in 2004, he joined with other leaders in the French Catholic and Jewish communities to found Yehad in Unum, which means "together" in Latin and in Hebrew, an organization he now leads.

The purpose of Yehad in Unum is to further relations between Catholics and Jews. Its largest and most ambitious initiative is to locate the sites of mass graves of Jewish victims of the Nazi mobile killing units, the Einsatzgruppen, in Ukraine and Belarus.

The panel also included Jan Grabowski, professor of history at the University of



From left Holocaust survivors in a Margolis, Yelena Heftets and Yori Heftets light the sixth memorial candle during the Yom HaShoah Commemoration, April 27.



Keynote speaker Father Patrick Desbois (center) with Ambassadors Rafael Barkat of Israel (right) and Philippe Zeller of France at the Yom HaShoah Commemoration.

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NEXT EDITION DEADLINE: WEDNESDAY, JULY 9, 2014

Readers and advertisers are advised the next edition of the *Ottawa Jewish Bulletin* will be published on Monday, July 28, 2014.

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