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# OTTAWA JEWISH BULLETIN

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## ‘You’re all my brothers and sisters; I don’t know how to thank you enough’

**Ziad and Fidaa Al Sahhar** and their three children, the Syrian refugee family sponsored by **Temple Israel**, arrived in Canada last month and are happily adjusting to their new life. **Louise Rachlis** reports.

The feelings of appreciation were as warm and strong as the Turkish coffee, as the Al Sahhar family spent a recent Sunday afternoon in their new apartment visiting with Lori and Jordan Rosove of the Temple Israel Social Action Committee, an interpreter, and a reporter from the Ottawa Jewish Bulletin.

Last fall, in just five weeks, Temple Israel raised sufficient funds to sponsor a Syrian refugee family to Ottawa. Since then, the committee has worked with co-ordinating officials from Jewish Family Services to ensure the family’s transition to life in Canada has gone smoothly.

It had been less than three weeks since their arrival in Ottawa, and Lori Rosove described it as “unbelievable.”

“We have completed approximately 23 major tasks since that time and it feels like they have been here much longer,” she said.

The Al Sahhar family, who are Muslim, include parents Ziad and Fidaa, sons Tarek, 11, Mohammed, six, and daughter Sendos, who is almost seven. They came to Canada through the Citizenship and

Immigration Canada’s Joint Assistance Program, which partners with organizations to help settle refugees with special needs – a program the family qualified for due to Sendos’ health condition. The support through the program is for 12 months. In combination with the Temple-raised funds, the family will be supported for about two years, explained Lori.

Because of Sendos’ condition, a doctor was on board the family’s flight from Beirut to Montreal to care for her and for four other patients with medical needs during the trip.

“He had been awake for 48 hours straight,” said Jordan Rosove. “Despite this incredible demand on him, his care for our family’s daughter Sendos was exceptional.”

“We were amazed by how much people cared about us, and were doing everything to make us happy,” said Ziad, who, with Fidaa, spoke to the Bulletin through Nada, a volunteer interpreter.

“We were worried and had so many concerns about our life. But, when we got here, everything had been taken care of. We can breathe properly,” he said.



Ziad Al Sahhar and his children, Tarek, Sendos and Mohammed, work on a puzzle with Lori Rosove of the Temple Israel Social Action Committee.

LOUISE RACHLIS

A team of more than 30 Temple Israel volunteers organized and collected all of

the family’s initial settlement requirements. See Family on page 2

**inside:** Jason Moscovitz on health care cutbacks > p. 7

Andrea Freedman on passion for Jewish causes > p. 8

Sarah Waisvisz says Purim is not just for children > p. 18

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# Family: 'We already feel this is our country'

Continued from page 1

ments. Tasks were broken down into categories like clothing, furniture, translators, education resources, language classes. Their goal – which was met – was to have the entire apartment set up and stocked, so the family could go from airport to their new apartment on Meadowlands Drive.

"We like the furniture, everything!" said Ziad, enthusiastically. "We were surprised that there was even food prepared for us. We didn't need to buy anything."

Lori described for them how, before he passed away, a man in his 80s told his executor he wanted his furniture to go to a family who needed it. "I know exactly who we're giving the furniture to," his executor replied.

The children were clustered around the TV set watching cartoons, and there were big smiles all around.

"The children are very happy and adjusting very well," said Fidaa. "The only challenge is language, and they are working on it. They are excited about everything."

The family is from a remote village, and spoke no English before arriving in Canada. But they are all working very hard on their English lessons.

"The English teacher is very, very, good," said Ziad. "Everything is very new for me, but I'm starting to learn English."

An illustrated Arabic/English dictionary sits on the shelf in the living room, ready for use.

"The English teacher takes her time and is very supportive," said Fidaa. "I feel there is already a difference."

While Fidaa misses her sisters and brothers overseas, she said she feels she has family here: the people who have helped them.

Earlier in the week, Temple volunteer Eva Lazar took Fidaa to register at OHIP and then picked up Ziad at his adult school and took him to OHIP.

"Any time we do any major task, we need an interpreter," Lori said. "We have an interpreter co-ordinator as one of our volunteers, and she assembled a list of interpreters that we can call when needed. It has been working out very well ... However, one Sunday, we took them to a Jewish Family Services potluck and there were many Arabic-speaking people

there – so we didn't need an interpreter."

When they do have an interpreter, Lori and her volunteers take advantage of that to chat with the family and ask them about themselves and their experiences.

"We've learned that they left their home in Syria two years ago," she said. "They heard the fighting was coming close to their town and so they moved. Shortly after, their house was bombed."

Ziad, who had been a painter for 20 years, started to get painting work in Lebanon and went back and forth to Syria every two weeks. When it got even more dangerous, the family moved to an apartment in a town outside Beirut. Their 11-year-old son had not been in school since they left Syria.

"They made a family decision to emigrate," she said, "and they were told by the United Nations that they had to go to Canada. They didn't have a choice. Ziad told me that a few years earlier he had met someone who had travelled to Canada and he told him it was a beautiful place ... When the UN official said 'you can go to Canada,' he broke down and said 'this my dream!' They are unbelievably grateful; they are caring, affectionate, people and say 'thank you' many times a day."

Imam Mohamad Jebara of the Cordova Centre mosque recently held a service to which Temple Israel members were invited. A Temple volunteer brought Ziad and, when he was introduced to Rabbi Rob Morais, Ziad said, "You're all my brothers and sisters. I don't know how to thank you enough."

Sue Potechin, principal of the Temple Israel Religious School, asked the pupils to draw welcoming pictures for the family.

"The mother thanked us very much," said Lori, "and said they were beautiful."

The Al Sahhar family is happily planning their permanent life in Canada.

"We already feel this is our country, and I hope to be able to learn English well and support my family," said Ziad, who would like to resume house painting as soon as he's made sufficient progress in his language lessons.

Ziad said he and Fidaa want to thank everyone who helped them come to Canada.

"They are a model of how everyone in the world should be," he said.



Ziad Al Sahhar holds his daughter Sendos, who has special needs, on a recent Sunday afternoon at the family's new home in Ottawa.

LOUISE RACHLIS



It was "my dream" to come to Canada, says Ziad Al Sahhar, seen here with six-year-old son Mohammad in their new home in Ottawa.

LOUISE RACHLIS



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## Correction

A letter published March 7 incorrectly named the Ottawa teenager playing on Israel's National Baseball Team. The player's name is Ben Dodek.

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# Volunteer for Jewish causes that ignite your passion

“Each of us has a responsibility to make the world and our Jewish community a better place,” writes **Andrea Freedman** as she completes her third year as president and CEO of the **Jewish Federation of Ottawa**.

**I**t has become a tradition of mine to write a column for the Ottawa Jewish Bulletin marking each year that I am privileged to serve as your CEO. If anything, my passion for the Jewish Federation of Ottawa and our Jewish community has only increased these past three years.

Each year has been filled with different challenges, wonderful opportunities, and passionate dialogue and debate. While a few less challenges might have been appreciated, it has always been interesting and we continue to move the needle on Jewish engagement and community building.

Recently, I found myself re-reading speeches from the all-too-brief political life of former U.S. president John F. Kennedy. His eloquence continues to resonate today as does his famous challenge to “ask not what your country can do for you, ask what you can do for your country.” This is not merely wonderful prose, but an exhortation to accept responsibility for our shared future.

Amongst other things, the Kennedy family is well known for their raucous touch football games and if

you were lucky enough to be invited to their compound, it came with an expectation that you would play and compete. President Kennedy’s inauguration challenge was a natural extension of his family’s philosophy ostensibly demanding that everyone get in the game.

President Kennedy’s brief time in office affectionately came to be known as Camelot. “Don’t let it be forgot that once there was a spot, for one brief shining moment, that was known as Camelot.”

True confession: as a teenager, I had posters of president Kennedy and Robert Kennedy on my bedroom walls alongside Rob Lowe and John Stamos. Clearly, when I was young, I bought into the notion of Camelot, in part, owing to the glamour of the Kennedy family. And, in part, because of the fervent optimism Camelot represented about a bright and promising future, and the understanding that shaping this exciting new frontier, was a shared responsibility from which nobody was exempt.

What does this mean for Jewish Ottawa in 2016? If you care about the community, get involved. Volunteer your time for Jewish causes that ignite your



PHOTO: HOWARD SANDLER

“Actively promote Jewish programs and activities to your social network and encourage others to get in the game,” says Federation President and CEO Andrea Freedman.

passion. Outreach – be a person who attends a program or services and when there, helps create a welcoming environment. Actively promote Jewish programs and activities to your social network and encourage others to get in the game. Give generously – funds to

See Freedman on page 11

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# “Does Elijah visit the seder table?”

## Rabbi Alex Israel to speak at SJCC

BY MAXINE MISKA  
SOLOWAY JCC

**W**ho, in Jewish tradition, did not die, but was carried into heaven in a fiery chariot, brought the dead back to life, turned a handful of meal and a little oil into unlimited food, defeated the prophets of Ba'al, and has a seat of honour at circumcisions?

Hint: He still has time to visit every seder table on Passover.

The prophet Elijah is always invited to the seder and some of us still peer at the *kos Eliahu* (cup of Elijah) after we have welcomed the prophet with the song, “Eliahu ha-Navi” to see if his cup is minus a small sip of wine.

Why Elijah?

Rabbi Alex Israel of the Pardes Institute in Jerusalem will provide an interpretation of the answer to that question on Monday, April 4, 7:30 pm, at the Soloway Jewish Community Centre, when he discusses, “Does Elijah visit the Seder Table?”

The prophet Elijah plays many roles in Jewish life. Circumcision ceremonies sometimes have a chair of Elijah, denoting that the prophet is present in spirit at the event. Tradition includes many tales of Elijah appearing in disguise on Earth to help the righteous and impede the unworthy. Elijah is a harbinger of the coming of the messiah, and his cup is filled in the second half of the seder, which is oriented to the future.

Rabbi Israel is an esteemed educator and a master at using traditional commentaries, contemporary sources and modern literary techniques to explore and illuminate biblical texts. He believes in animating the stories by finding



Esteemed educator Rabbi Alex Israel of the Pardes Institute in Jerusalem speaks about the prophet Elijah, April 4, 7:30 pm, at the SJCC.

relevance to modern life, placing the biblical narrative in its historical and geographical context, and portraying biblical figures as complex, sometimes flawed human beings.

Rabbi Israel is director of community education at the Pardes Institute for Jewish Studies and a teacher of Tanakh and Jewish thought at Yeshivat Eretz Hatzvi. Born and raised in London, England, Rabbi Israel holds degrees from the London School of Economics, the Institute of Education in London, and Bar Ilan University in Israel.

Admission is free of charge.

For more information, contact Roslyn Wollock at 613-798-9818, ext. 254, or [rwollock@jccottawa.com](mailto:rwollock@jccottawa.com).

## OTTAWA JEWISH BULLETIN

### Employment Opportunity

#### Summer Intern – Ottawa Jewish Bulletin

The Ottawa Jewish Bulletin is seeking a university student with a flair for writing and reporting to work with us this summer.

Duties will include researching and writing news reports and feature articles on various topics of interest to the Jewish community; proofreading; and other duties that may be assigned.

To apply, please send a cover letter, resumé, and writing samples to:

Michael Regenstreif, Editor  
Ottawa Jewish Bulletin  
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or via e-mail to [mregenstreif@ottawajewishbulletin.com](mailto:mregenstreif@ottawajewishbulletin.com).

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Friday Kabbalat Shabbat Services, 6:15 pm.

Saturday Shabbat Services, 10:15 am.

Thursday morning minyanim:  
second and fourth Thursdays, 7:30 am.

**Sunday, April 10:** Rabbi Emeritus Steven Garten will review “Ally: My Journey Across the American-Israeli Divide” by Michael Oren. Bagels, 9:30 am; review 10 am.

Books are available through the Ottawa Public Library and the Greenberg Families Library at the SJCC. The Malca Pass Library and the Temple Israel Library also carry some of these titles. For information, contact Shayla at [shaylamindell@rogers.com](mailto:shaylamindell@rogers.com)

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#### Scientific co-operation:

Governor General David Johnston (left) and Avi Hasson, chief scientist of the State of Israel, discuss scientific innovation and how Canada and Israel can enhance co-operation in this field, March 1, at Rideau Hall.

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FOR THE 2016 COMMUNITY SERVICE AWARDS

# COMMUNITY SERVICE AWARDS

## Shem Tov Community Volunteer Award

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

All nominees must have volunteered a minimum of 25 years in Ottawa's Jewish community and continue to be active within the last three years. Only volunteer work within Ottawa's Jewish community will be considered. Volunteer work can be with any one organization or across multiple organizations.

*"There are three crowns: the crown of Torah, the crown of priesthood, and the crown of kingship; but the crown of a good name excels them all." - Rabbi Shimon*

## Freiman Family Young Leadership Award

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

All nominees must have volunteered in Ottawa's Jewish community a minimum of 3 years and be currently involved.

- Proven leadership, with further potential for growth and involvement.
- Demonstrates ability to motivate and inspire others.
- Positively impacts Ottawa's Jewish community.

Additional  
criteria for  
consideration  
includes:

## Student Leadership Award **"NEW"**

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

All nominees must have volunteered for a minimum of 3 years and be currently involved.

- Proven leadership, with further potential for growth and involvement.
- Demonstrates ability to motivate and inspire others.
- Current involvement positively impacts Ottawa's Jewish community.

Additional  
criteria for  
consideration  
includes:

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

To be considered, nominations must include 2 letters of support, including one from an organization. The nomination must specifically address all the outlined criteria.

Nominations for all awards will be considered for the year in which they are received and will be carried over once. Awards are presented at Federation's Annual General Meeting held in June.

**This year's deadline for nominations is April 8, 2016.**

Please visit [www.jewishottawa.com](http://www.jewishottawa.com) for a complete listing of Community Service Awards.

For information, please contact Alecia at 613-798-4696 x 236 or [alaliberte@jewishottawa.com](mailto:alaliberte@jewishottawa.com)

**Note: Gilbert Greenberg Distinguished Leadership Award is now awarded every 2 years. Accordingly, nominations will next be accepted in 2017.**



**ENRICHING LIVES**

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FEDERATION  
REPORT



STEPHEN SASLOVE  
HILLEL LODGE

## Hillel Lodge needs your help more than ever

official accreditation in 1987. It was then the smallest home in Ontario to achieve that designation.

How Hillel Lodge has retained its long standing for quality care and services is explained by the dedicated team of professionals and care providers. The average full-time staff person has been with Hillel Lodge 11 years. Excellent leadership is paramount in building and retaining a great team. Elizabeth Richard, a 37-year veteran, is Hillel Lodge's director of Environmental Services and co-ordinator of Quality Management. Elizabeth has been responsible for guiding almost every accreditation process since its onset. Elizabeth will be retiring in the spring of 2016. It is an understatement to say that Hillel Lodge will miss her. Elizabeth is working with her fellow management team to bring about an orderly succession.

There is a uniform charge rate for all

residents set by the Ontario government. Even though Hillel Lodge is a kosher facility, which entails significantly higher food costs than other facilities, the Lodge cannot increase its rate to residents. Funding by the province provides no allowance for kosher food.

In recent years, the Ontario government has changed its funding methodology. This has resulted in decreased funding. The Lodge has seen its annual funding decline by \$450,000. When one considers that nursing care and specialized services and equipment costs are the most significant expenditures of operating a long-term care facility, we can understand how the rapid decline in funding has put extreme pressure on maintaining the highest quality care for which the Lodge is known.

This funding reduction came at a time when many new residents entering the facility are in a more vulnerable condition – with increasingly serious health

issues, which directly affect the required level of individual care. While virtually every other long-term care facility in Ottawa has cut staffing levels in the past three years, the Lodge's board of directors only reluctantly began to make reductions in part-time staffing shifts in 2016 to cope with the reduced funding. We are currently trying to find ways to reinstate those staffing levels. We are focussed on our mission to provide the highest level of resident care, but this is extremely challenging under the current funding model.

The Lodge never could exist from year to year without the generosity of the Ottawa Jewish community. The Lodge receives assistance through the Ottawa Jewish Community Foundation and the Jewish Federation of Ottawa's Annual Campaign. We are also grateful to the Hillel Lodge Auxiliary for its annual telethon and tea. Biking for Bubbies, under the leadership of Seymour Mender and Adam Schacter, is also a vital fundraiser. Endowment funds are growing, and we are extremely thankful to the endowment fund contributors. They have made the decision to invest in the long-term future of the Lodge.

Please think of Hillel Lodge. We need your assistance more than ever. Donations and endowments are made through the Hillel Lodge Long-Term Care Foundation at 613-728-3990.

**H**illel Lodge is a jewel in the Ottawa Jewish community. But, even after 60 years of operation, there may be aspects about the Lodge of which you may not be aware.

Hillel Lodge continues to be recognized by Accreditation Canada as a home that delivers quality care and services. Accreditation is a process that measures the Lodge on a scale of standards with similar long-term care facilities in Canada. Hillel Lodge gained its first

## Our people's story evolves with each succeeding generation

windows, in a neighbourhood filled with dazzling white buildings, was the base for my independent travels that summer, which included trips to the southern and northern ends of the country, from Sharm el-Sheikh to Rosh HaNikra.

There were so many unfamiliar landscapes and experiences on my journey: the wild heat while pushing an Egged bus stuck in the desert sand; seeing the names of my perished family members etched in a memorial wall on my cousin's kibbutz; the renowned (infamous?) jostling in non-queues at bus stops – topped with ceaseless queries about when I would make Aliyah!

One of many things that will be different for my son will be our visits to synagogues. Over the years, I have visited a wide range of traditional congregations, including settings quite unfamiliar to me, such as an Erev Shabbat service in a Yeruham synagogue led and attended by Jews from Cochin, India.

This spring, we may be able to attend a lively Kabbalat Shabbat outdoors at the renovated and repurposed First Railway Station in Jerusalem, complete with instruments and dancing in the streets, led by one of the many Shabbat communities that are part of the native Israeli Jewish renaissance.

Another difference, though of a markedly different quality, is the state of the occupation. This was not a feature of my awareness or of my preparations in the summer of 1973. What I did notice was the separation between Jews of white Ashkenazi descent, like myself, and those of African and Middle Eastern origins, and between Jews and Arabs. With my highly tuned and newly emerging youthful political consciousness, I was appalled by what I perceived as straight-up racism.

My son may have the opportunity to witness something entirely more endemic and institutionalized. If we visit Bethlehem, for example, our entry will be through a checkpoint in the separation wall, and our exit experience will be markedly different from Palestinians with differently coloured identity cards.

This journey, in today's Israeli-Palestinian landscape, will be so different for my son than it was for me. We can't journey as far south at Sharm el-Sheikh. He knows far more than I did at his age about the issues. As we prepare for our trip, and I prepare to teach about the ancient priestly rituals in Vayikra, it's good to remember that our people's story continues to evolve with each succeeding generation.

FROM THE  
PULPIT



RABBI ELIZABETH BOLTON.  
OR HANESHAMAH

**E**ach spring the Torah reading cycle takes a detour in the Israelites' ongoing journey saga. Before the narrative of the 40-year desert sojourn picks up in the Book of Numbers, there are lists to be made – in this case, mainly about the sacrificial and other holy practices led by the ancient priestly clan, as recounted in Vayikra, the Book of Leviticus.

*Lehavdil*, I'm making lists and plans, and anticipating some new ritual experiences, for my first ever Passover in Israel. In a few weeks, I'll be travelling there with my 17-year-old son, for his first ever visit.

Like many in the Diaspora, we have family in Israel. When I stepped off the plane to be greeted by a relative for my first trip at age 16, I was meeting a stranger. Stranger still were the vistas I beheld. My cousins' Tel Aviv apartment, with its *trisim*, metal blinds in place of

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**FROM THE EDITOR**



**MICHAEL REGENSTREIF**

## Our response to the Syrian refugee crisis

groups in Ottawa, and across Canada – in many cases groups of like-minded friends, neighbours or colleagues – which have undertaken sponsorship of Syrian refugee families. Mark Zarecki, executive director of Jewish Family Services of Ottawa, which has taken a leading role in guiding and helping refugee sponsorship groups – including Temple Israel, the Shalom Group and many private groups – told me that members of the Jewish community have been among the most active in helping this new refugee community.

That synagogue groups and members of the Jewish community have stepped forward to aid in the resettlement of Syrian refugees – a massive humanitarian crisis involving millions of people – is not a surprise considering the history of Jewish immigration to these shores. Some of us are refugees ourselves – and many more of us are children, grandchildren and great-grandchildren of refugees. The great wave of Jewish immigration to North America in the late-19th and early-20th centuries was fuelled by many of our ancestors fleeing anti-Semitic persecution and pogroms in Eastern Europe. Later waves of 20th century Jewish immigration included Holocaust survivors and Jews

driven from Arab and Muslim countries after the establishment of the State of Israel.

And, as a community, we also remember those dark years when Canada disgracefully closed our borders to Jewish refugees fleeing Nazi persecution and, ultimately, the Holocaust.

However, there are some in the Jewish community who have expressed concern about Syrian refugees because they come from a country that has been an enemy of the State of Israel since the modern state was founded in 1948, a country in which anti-Semitism has been part and parcel of the culture since at least that time.

Indeed, those concerns are not unfounded as there have been a few reports from Europe of anti-Semitic incidents involving Syrian refugees.

But the situation in Europe, where hundreds of thousands of refugees have streamed directly with no or little screening, is very different from Canada where the arriving refugees are primarily families that have been carefully screened.

According to Zarecki, the prominence of Jews and Jewish groups in the sponsorship of Syrian refugee resettlement in Canada will go a long way to combating anti-

Semitism among the refugee community – despite what may have been part of their culture in Syria. Helpful interactions and sincere friendships speak loudly.

Zarecki points to Jewish Family Services' track record in working closely with the Somali community – who, like the Syrian refugees, are Muslim – and the collaborative ties and friendships that have developed as a result.

### REMOVING OBERLANDER

Several groups – including the Centre for Israel and Jewish Affairs, Canadian Jewish Holocaust Survivors and Descendants and B'nai Brith Canada – have written to Immigration, Refugees and Citizenship Minister John McCallum urging him to take urgent action to strip Helmut Oberlander of his fraudulently obtained Canadian citizenship and deport him from Canada.

Oberlander, 92, was a member of one of the Nazis' Einsatzkommando death squads that operated during the Second World War murdering tens of thousands of people. He used forged documents to come to Canada in 1954 and obtain citizenship in 1960.

The government initiated efforts to strip Oberlander of his citizenship in 1995 – an effort that has bounced between Cabinet and the courts for 21 years. The process has dragged on for far too long.

Visit [www.cija.ca/justicedenied/](http://www.cija.ca/justicedenied/) to add your name to the letter.

**O**ur front page story this issue is a feature about the Al Sahhar family who are among the 25,000 refugees from the brutal civil war in Syria who have, so far, found a safe haven in Canada.

The family's resettlement in Ottawa is under the sponsorship of Temple Israel of Ottawa, and the Reform congregation is but one of many synagogue groups across Canada who have undertaken such sponsorship projects in recent months. The Shalom Group, a joint effort of Ottawa's three Conservative congregations – Agudath Israel, Beth Shalom and Adath Shalom – is currently raising funds so that it, too, can undertake sponsorship of a Syrian refugee family.

I'm also aware of a number of Jewish community members who are involved in some of the many private sponsorship

**IDEAS AND IMPRESSIONS**



**JASON MOSCOVITZ**

## When there's no more money for health care

the attending surgeon said Blandford needed to be taken to the new super-hospital – the McGill University Health Centre – instead. He died before he made it to the operating room.

The surgeon followed new regulations recently set by the Quebec government. The surgery Blandford needed was no longer to be done at St. Mary's. It is called "streamlining for efficiency," but this is not about cutting at the edges. Quebec is revolutionizing the health care system to make affordable.

Premier Philippe Couillard, who was a neurosurgeon before entering politics, is making a serious effort to curtail public spending because there is no more money – just more and more public debt. There is just no way to squeeze more dollars for health care or, for that matter, anything else.

There are young doctors throughout Quebec who will finish their residencies this year, but have no job prospects in Quebec. Quebecers might need more doctors for its aging population, but the system can't afford to pay them.

Doctors' licences in Quebec are regulated by government, and the

government says a new doctor can only be hired when one retires. Can you imagine how many older doctors are semi-retired? Is it any wonder Quebecers can't find family doctors. As for specialists – because they get paid more, new specialists' prospects are even worse.

The young, hustling doctors are being told they are not wanted. So, while they apply to other provinces and countries for employment, the system remains unable to offer the level of care that is needed. It is a vicious circle: the reality of the need, and the reality of no money to pay for it.

It is hard to tell if the Quebec government should be applauded for fiscal integrity or scorned for insensitivity. Here, on this side of the Ottawa River, we know Ontario's situation is a heart-beat away from Quebec's. Looking at the recent Ontario budget, you could argue Ontario is already broke, but the government won't admit it.

Quebecers are asking themselves what the end game is. Why, they ask, is the government killing the system? There are those who suspect the government is

forcing those who can afford it to pay for more and more of their own health care. It is called private medicine, which already exists in many places across the country, even though our politicians pretend otherwise. Private medicine is like everyone's dirty little secret.

But, while it may be perfectly understandable to see an expansion of private health care services, we seem to be culturally and financially light years away from private hospitals and private emergency rooms. So, when you need emergency surgery, but are refused for administrative reasons, and you die, is there anyone listening?

What Ontario can perhaps look forward to is depressing.

My father was recently hospitalized in Montreal. On a Saturday night, he was sitting on a chair next to his bed and needed help to get up and into bed. He rang his bell for an hour-and-a-half, but no one came.

He reached for the phone and called my brother who went to the hospital and helped him. On his way out, he passed the nursing station and politely asked how that could happen. He was told very few people were scheduled to work on the floor on Saturday nights.

The nurse told my brother he could do something to help them. "Please write Premier Couillard," she said, "and tell him what happened."

**T**here is a soul-searching human drama in Montreal involving a deceased person and his family.

It is a story about one individual and a health care system that might have killed him. I knew the individual from my early days at CBC, and his haunting story caught my attention. It should catch everyone's attention.

Mark Blandford was a star producer who made films in French and English about politics in Quebec. He was so smart, so accomplished, and for a pisher like me in the '70s, the ground shook when he walked by. He died suddenly in November at 73.

He went to the emergency room at St. Mary's Hospital in Montreal with severe abdominal pain. He needed surgery, but

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# Mitch Miller appointed director of fundraising at Hillel Lodge Long-Term Care Foundation

BY STEPHEN SCHNEIDERMAN  
HILLEL LODGE

The Bess and Moe Greenberg Family Hillel Lodge is pleased to announce the appointment of Mitchell Miller as director of fundraising for the Hillel Lodge Long-Term Care Foundation.

Miller grew up in Ottawa, attended Hillel Academy and Camp B'nai Brith, worked as youth director at the Jewish Community Centre on Chapel Street, and has volunteered for a number of community organizations, including the Canada-Israel Hockey School and the Soloway Jewish Community Centre where he is currently chair of the board of directors.

Now, Miller brings his passion for the community and experience as a volunteer, fundraiser and active community member to the Hillel Lodge Long-Term Care (LTC) Foundation.

"I want to build on what the Foundation does well and add to it," he said. "It will be my pleasure getting to know all the people who make this home such a wonderful place."

The Hillel LTC Foundation has grown by leaps and bounds since it was founded in 2002. The LTC Foundation now boasts significant assets and more than 100 endowment funds.

The LTC Foundation is grateful that so many supporters regularly make contributions to ensure that our community does its very best for the 121 residents who live at Hillel Lodge.

Miller and his family are not new to the Lodge. His mother, Leah Miller, is a member of the Auxiliary of Hillel Lodge and has served as the Auxiliary treasurer and as a volunteer in the former Auxiliary Gift Shoppe. Mitch's father, Ken Miller, was a member of the Hillel Lodge board of directors in the 1990s and was instrumental in assisting the Lodge when it had bingo and monster bingo fundraisers.

Miller's wife, Lisa Miller, is a former chair of the Ottawa Jewish Community School board, and their daughters, Dalia and Haley, are involved with the Lodge through the strong connection the Lodge enjoys with the Ottawa Jewish Community School.

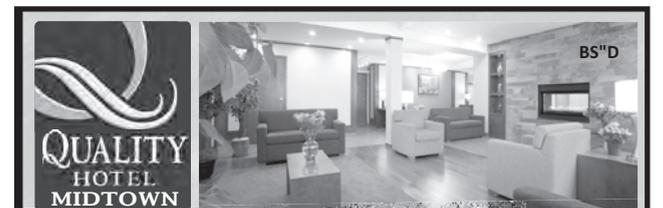
"My parents never told my sister Ellen and me to be involved with the Jewish community. They simply showed us by being involved themselves," said Miller. "My sister is now working for the Jewish Federation of Cleveland, and I am thrilled to be contributing to a



Mitch Miller brings his passion for the community to the Hillel Lodge Long-Term Care Foundation.

home that enjoys such a long and proud tradition, as well as an excellent reputation in the Jewish and the health care community."

Miller's passion, experience and ability to get to know people will serve the Lodge and the LTC Foundation well – now and in the future.



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**JNF Ottawa welcomes Steven Mariasine**

In late November, the JNF Edmonton executive director mentioned that Steven Mariasine, one of their Board members, was moving to Ottawa. Although it took a few email exchanges and phone calls, we eventually met Steve at a JNF Ottawa Board meeting in January.

During a discussion about the Varsity Jews concert, Steven mentioned that he was a sound engineer – the timing was completely fortuitous for JNF Ottawa as we were struggling with the many roles required to execute a concert in the professional manner that donors and attendees have come to expect from us.

Not only was he a sound engineer, Steven said he had done stage shows from shul concerts to Britney Spears concerts. He was ready to roll up his sleeves for JNF Ottawa, and we couldn't be more delighted to have Steven, literally, on Board.

Sound engineering, however, is not his day job. A chartered accountant, Steven and his wife, Jennifer, moved to Edmonton from their native Montreal seven years ago in order for his wife to complete her doctoral studies in clinical child psychology at the University of Alberta. While in Edmonton, Steven immersed himself in the Jewish community and connected to Jewish life and his Zionist roots with JNF and later became vice-president of JNF Edmonton.

A few months ago, Jennifer, Steven, with their two sons, Liam and Dylan, made the decision to move to Ottawa where he is the financial controller at Grandor Lumber. He plans to continue to bring new and innovative ideas and raise awareness for JNF, an organization that he holds close to his heart. Both Jennifer and Steven are settling into their new home and hope to build lasting relationships with the Ottawa Jewish community.

Welcome!



Steven and Jennifer Mariasine with sons Liam and Dylan

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[www.JNFottawa.ca](http://www.JNFottawa.ca)

# Jewish environmentalist to discuss ethical eating and Jewish farming

BY LISA GARMAN  
FOR MACHZIKEI HADAS

Jewish environmental activist Risa Cooper will speak about “Ethical Eating and Contemporary Jewish Farming: How we grow our food and how we share our food resources with others” as part of the joint speakers’ series on Jewish activism sponsored by Congregation Machzikei Hadas, Agudath Israel Congregation and Congregation Beth Shalom.

The talk will take place on Sunday, April 3, 9:45 am, at Machzikei Hadas, 2310 Virginia Drive, following Shacharit at 8:30 am and a light breakfast at about 9 am. Cost is \$5.

Cooper, a native Torontonion, believes growing food sustainably is an expression of her deeply rooted Jewish ethics. She is executive director of Shoresh, a Jewish environmental organization whose programs and activities respond to three important challenges facing the community: environmental crisis; poverty and hunger; and Jewish disengagement.

Shoresh supports environmental ethics as a fundamental component of Jewish identity and is committed to accountable stewardship of the earth. The organization offers educational and experiential instruction; field trips to the Kavannah Garden in Vaughan and Bela Farm in Hillsburgh; urban nature adventures; and a whole range of workshops, speakers and conferences.

Working through schools, camps, synagogues and other community organizations, Shoresh is involved in advocacy as well as the manufacture of environmentally sustainable products to enrich Jewish life. Shoresh also has a community-supported agriculture partnership with a local farm to make fresh local produce available to members.

Cooper holds an honours BA in comparative religious studies from Queen’s University and an MA in contemporary Jewish environmental ethics from the Centre for the Study of Religion at the University of Toronto. In 2013, she was awarded the Covenant Foundation’s Pomegranate Prize for exceptionalism in Jewish education.

The community is invited to hear this riveting speaker and to find out how one woman models the integration of the important tenets of Judaism and environmentalism.



Risa Cooper believes growing food sustainably is an expression of her deeply-rooted Jewish ethics.

(councillor)

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# New centre for Holocaust education seeks survivors' stories

BY MARION SILVER AND JUDY YOUNG DRACHE  
FOR CENTRE FOR HOLOCAUST EDUCATION AND SCHOLARSHIP

Since its inauguration in November, the Centre for Holocaust Education and Scholarship (CHES) at the Zelikovitz Centre for Jewish Studies at Carleton University has been busy planning projects for the coming year and beyond.

The CHES mandate is to offer year-round educational programs and activities that will promote a deeper understanding of the history and legacy of the Holocaust with an objective to help combat prejudice and racism while promoting respect for diversity, social justice and human rights.

An important new project being developed by CHES in co-operation with the Zelikovitz Centre is to record and document the stories of Holocaust survivors living in Ottawa.

Every survivor has a unique and personal story to tell and, while many survivors in Ottawa have told their stories in a variety of settings, others have never spoken about their experiences or participated in such

a project before, making this a vital and urgent initiative.

These testimonies will be professionally gathered and produced and will become a powerful pedagogical tool to be used within any educational institution or setting. As well, this project will be a very special Ottawa-based Holocaust memorial project.

The interviews will be recorded in May and June and will be available on the CHES website, which is currently under development. They will also be produced in a variety of formats to ensure broad distribution. CHES is also working on an annotated list of publications by or about local survivors and children of survivors.

Holocaust survivors in Ottawa interested in participating in this project – or in receiving more information – are asked to contact Mina Cohn at [minacohn@yahoo.ca](mailto:minacohn@yahoo.ca) or Marion Silver at [marion\\_silver123@yahoo.ca](mailto:marion_silver123@yahoo.ca) by April 30.

We would also be happy to hear from anyone interested in helping with the project or willing to sponsor or contribute to the interview and video costs.

# JFS to offer social skills group for children

BY REBECCA FROMOWITZ  
JEWISH FAMILY SERVICES OF OTTAWA

As parents, we often have concerns about our children's social-emotional development and their ability to succeed. A large component of human development relates to determining our place in the world and learning how to navigate complex patterns of social interactions. Strategies for engaging in and maintaining social relationships are an ongoing work-in-progress throughout childhood and adolescence, which require "practice, practice, practice."

Social-emotional development is a critical component of learning and can sometimes be overlooked or undervalued in favour of other priorities. Every child learns and develops at his or her own pace based on a wide range of factors, including individual temperament and personality, family dynamics, physical and social environment, and past experiences. It can be helpful to emphasize and promote certain skills or strategies that can contribute to a young person feeling successful.

Jewish Family Services of Ottawa (JFS) supports children and their families by offering family therapy and social skills groups. Our experience shows that

learning and practising social-emotional skills, particularly in a safe and supportive social group setting, can help children refine these skills and increase their confidence. We also know that having parents or other family members involved in the process greatly increases children's abilities to retain strategies and can support and enhance the learning process through modelling and encouragement.

JFS will be offering our next social skills group this spring. The group, which is play- and cognitive-behavioural therapy-based, will be facilitated by a child and family counsellor with expertise in social-emotional development. Parents will be asked to join in and support their children for parts of the program.

In particular the group has been designed to help children grow in a number of key areas including breaking down barriers in making friends and socializing; conflict management strategies; anxiety and stress-reduction techniques; engaged listening and problem-solving skills; recognizing and managing emotions; enhancing self-esteem, assertiveness and confidence; and self-care and coping.

If your child might benefit from a social skills group, contact Jessica Ferguson-King of JFS at 613-722-2225, ext. 481.

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A group of Jewish community leaders gather at the Canadian Blood Services blood donor clinic, March 9, to donate blood in support of "Stuntman" Stu Schwartz and his battle with leukemia. (Front row, from left) Rabbi Menachem Blum, Sarah Beutel, Sharon Appotive, Melanie Polowin, Andrea Freedman; (middle row) Bram Bregman, Michael Polowin, Cantor Daniel Benlolo; (rear) David Appotive, Barry Sohn, Geoffrey Zalter and Rabbi Chaim Mendelsohn.

## Freedman: 'Imagine our community's vibrant new frontier if we all did just a little bit more'

Continued from page 3

Federation's Annual Campaign are essential to community building. Emphasize the positive – look for the good in our community and communal organizations and actively promote Jewish life. One of my favourite quotes from Pirkei Avot, attributed to Rabbi Tarfon, is, "It is not incumbent upon you to complete the work, but neither are you at liberty to desist from it." Imagine our community's vibrant new frontier if we all did just a little bit more.

Recently, a wonderful member of our community, "Stuntman" Stu Schwartz, was diagnosed with leukemia. He is not the first community member to battle a

horrendous illness, nor, sadly, will he be the last. But Stu has chosen to make his battle public and, through social media, is teaching us that even from an extraordinarily difficult place, a person can still be positive, make change, raise funds for worthy causes, and encourage people to do good in the world.

As I reflect on the lessons learned from president Kennedy, Pirkei Avot, and the example Stu is setting, I am eager to begin my fourth year of service to Ottawa's Jewish community.

Each of us has a responsibility to make the world and our Jewish community a better place. I will work hard to do my part. Will you?

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# Awards presented at Soloway JCC AGM

BY PAMELA ROSENBERG  
SOLOWAY JCC

**M**embers gathered at the Soloway Jewish Community Centre (JCC), February 25, for the Soloway JCC Annual General Meeting and Awards night.

The Grossman Klein Teen Leadership Award, recognizing outstanding dedication and service to the Jewish community and the community-at-large, was given to Jordan Geist.

A graduate of the Ottawa Jewish Community School, Jordan is currently in Grade 12 at Sir Robert Borden High School, where she has been president of the Jewish Culture Club for the past two years, co-chair of the Relay for Life, Yearbook editor and student council head of operations for this academic year.

Jordan took part in the March of the Living in 2014 and has planned several Holocaust education programs and organized a Holocaust assembly at her school.

Jordan also volunteers with The Friendship Circle, an organization providing services and support for Jewish children and teens with special needs.

“Over the years that I have known Jordan, I have seen her grow into an impressive leader,” said Gail Lieff, Soloway JCC director of youth and teen



(From left) Soloway JCC President and COO Barry Sohn; award recipients Dave Ross and Jordan Geist; and Soloway JCC Board Chair Mitch Miller at the Soloway JCC AGM, February 25.

programs. “I believe we have just seen the beginning of the wonderful things she will do in the future.”

Barry Karp was on hand to present the Ben Karp Soloway JCC Volunteer Service Award established in honour of his father, volunteer extraordinaire Ben Karp. The award, recognizing continued

outstanding volunteer service on behalf of the Soloway JCC, was given to Dave Ross.

Dave has been part of the Ottawa Jewish community his entire life. Growing up, Dave played sports at the Chapel Street JCC, was a team captain for the Jewish Men’s Softball League, and

was instrumental in bringing back the Jewish Men’s Hockey League.

For several years, Dave has been involved in the Soloway JCC’s flagship fundraiser, the Ottawa Celebrity Sports Dinner, serving as chair of the event since 2014. His dedication and commitment have played an instrumental role in the event’s success.

“Dave has been great to work with. He is passionate about the event and truly wants to make it the best it can be to benefit the Centre,” said Soloway JCC president and COO Barry Sohn.

President of Fitness Depot, Dave has been gracious in helping keep the Soloway JCC’s Fitness Centre equipment up-to-date and running smoothly.

The AGM saw several changes to the Soloway JCC Board. Esther Kulik stepped down as her second term came to an end; Dana Geber began her second term, and new Board members Mike Aronson and Adam Dodek began their terms.

As well, several Soloway JCC staff members were recognized for their years of service. Youth and Teen Program Director Gail Lieff for 25 years (see page 15), Assistant Executive Director Maxine Miska for 15 years, Ganon educator Mali Atias for 10 years, and Marketing and Communications Co-ordinator Pamela Rosenberg for five years.



2015 G.J. Cooper Scholarship recipient Tal-Or Ben-Choreen was awarded a scholarship of \$15,505 at the Foundation’s Annual General Meeting (presented by Paul Finn, 2015 Scholarship Committee Chair).

For complete details and list of eligible programs, please visit [www.ojcf.ca](http://www.ojcf.ca) or contact Mike at 613-798-4696 ext 252 or by email at [mbazuk@jewishottawa.com](mailto:mbazuk@jewishottawa.com)

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The award, valued at approximately \$15,000, is granted each year to support a member of the Ottawa Jewish Community, or Ottawa student, between the ages of 18 and 30, who has displayed leadership qualities, academic excellence and has an interest in the Jewish Community. As per Mr. Cooper’s wishes, the award must be used to advance one’s formal education or apprenticeship in the fields of artistic, literary or social sciences.

Applications Open!  
Deadline: April 13, 2016



OTTAWA JEWISH  
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# Gail Lieff celebrates 25 years of service at JCC

BY PAMELA ROSENBERG  
SOLOWAY JCC

Anyone whose children have participated in an afterschool program at the Soloway Jewish Community Centre (JCC), or in a JCC day camp, or BBYO, is familiar with Gail Lieff.

An Ottawa native, Gail has dedicated a large portion of her life and her entire career to the Jewish community and is now celebrating a milestone 25 years of service at the JCC.

The writing was on the wall early in Gail's life when her first JCC job fell into her lap. After a few weeks as a JCC day camp CIT (counsellor-in-training), the camp director offered her a job.

"I was doing more than the counsellors, so they asked me if I wanted a job and started paying me," said Gail laughing.

As a high school student, Gail worked part-time at Geranim (now the Ganon Preschool). When the Soloway JCC opened on the new Jewish Community Campus in 1998, she worked at the front desk before becoming youth and teen program manager and camp programming director.

Today, in addition to looking after youth and teen programs, Gail is the Soloway JCC's family holiday program



Over many years, Gail Lieff has greatly expanded the after-school and summer programs for children and teens at the Soloway JCC.

planner, BBYO city director, specialty camps co-ordinator, birthday party organizer, Chanukah candle lighter, chief sukkah decorator, and so much more.

"Gail is an experienced, competent and caring person and brings a sense of yiddishkeit to the children and teens at the Centre. I have often referred to Gail as

the second mother of my kids, and I know I am not alone," said Jackie Luffman-Lyman.

"As a working parent, it is extremely comforting to know that your children are well taken care of at the JCC, and she always looks out for 'her kids.'"

When Gail took over as BBYO city director six years ago, she took a flailing organization with only six teens involved and grew it to 30. Over the years, she has spent countless hours supervising BBYO programs and travelling on teen-filled buses to conventions. When a BBYO convention took place at the Soloway JCC, Gail actually slept in her office for the night.

One of the things Gail most enjoys is creating new opportunities for kids in the summer. As a result, she has successfully expanded the roster of unique JCC specialty day camps from two to 19 over the years.

And despite all the children who have come and gone through her programs over the years, Gail never forgets any of them.

"I feel like I am part of something bigger," said Gail with a smile. "Some of the kids that I've taught now have kids of their own coming to the JCC, and there is a connection. I feel like I am part of their family."

Advertorial

## Investing in Israel has never been easier

Israel is setting a new standard for innovation. The country's thriving entrepreneurial spirit, exceptional workforce, intrepid culture, and resilient economy makes for an ideal environment for investors to invest their money.

Alan Blostein, vice-president at CIBC Wood Gundy, says, "Investors, whether corporate or individuals, have long seen Israel as a land of opportunity. In fact, it's not just investors who feel this way. Since the nation's founding, people from all over the world and from all walks of life have travelled to Israel to experience its unique culture and learn more about its proud history.

"We want to capture that passion and provide an investment strategy around their growing economy."

The proof is in the numbers. Over the last 20 years, the Tel Aviv Index (TASE-25 IDX) performed at a rate of 10.2 per cent compounded. Compare that to the 5.67 per cent for the S&P 500 and 4.9 per cent for the TSX. What does all this mean? Imagine you invested \$250,000 in the Tel Aviv index over a 20-year period. Your investment would have grown to \$1,744,102 today.

A land of opportunity, indeed!

Yet navigating Israel's business landscape can be a challenge for those who

aren't familiar with the terrain. What investors need is an easy, effective way to participate in the country's economy.

Alan Blostein and Stacey Beumer, CFA, portfolio manager at CIBC Wood Gundy, saw the demand and created just that.

Thanks to the "Israel & Friends Stock Portfolio," designed and managed by Blostein and Beumer, investors now have a simple way to take advantage of the opportunities available in Israel.

"We knew there was an opportunity to create a portfolio around investing in an Israel-focused stock investment," says Beumer. "The trouble was, there were limited options, so we decided to build our own investment strategy from scratch."

The Israel & Friends™ Stock Portfolio is comprised of 20 to 25 individual companies, half of which are based in Israel, the other half consisting of international companies with a strong footprint in Israel. This portfolio is offered exclusively through The Blostein-Beumer Investment Group. A minimum investment of \$150,000 (US) is required.

The Blostein-Beumer Investment Group, with more than 40 years of providing investment advice, is well versed when it comes to understanding the thriving commerce and technology in the region.

Blostein has visited Israel numerous times, and was part of Prime Minister Stephen Harper's delegation on a trade mission to Israel in 2014.

"Their young, educated, and driven workforce drives the innovation and success of their companies. It's just an incredible country," says Blostein.

Israeli companies are in demand because they are entrepreneurial, competitive, and are world leaders in technological and pharmaceutical innovation. Many multinational companies such as Nestlé, Google and Microsoft have realized this. They have put their money into Israeli startups or opened research and development centres there.

In 2006, Warren Buffet, the standard-bearer for risk aversion, broke his decades-long practice of owning only U.S. companies and made a \$4.5 billion investment in an Israeli company.

"The Israel and Friends™ Stock Portfolio just celebrated in first full calendar year return. The one year trailing return as of Dec. 31, 2015 was 21.7% .

If you are an investor looking to take advantage of the exciting opportunities available in Israel, look no further. The Blostein-Beumer Investment Group's Israel & Friends™ Stock Portfolio is



Alan Blostein (left) and Stacey Beumer

your chance to participate in the Israeli economy.

To find out whether this portfolio is right for you, please call The Blostein-Beumer Investment Group at 613-239-2946. It only takes a few minutes, so call today! ■

Source: Start Up Nation by Dan Senor and Saul Siger.

Alan Blostein and Stacey Beumer are Investment Advisors with CIBC Wood Gundy in Ottawa. The views of Alan Blostein and Stacey Beumer do not necessarily reflect those of CIBC World Markets Inc. CIBC Wood Gundy is a division of CIBC World Markets Inc., a subsidiary of CIBC and a member of the Canadian Investor Protection Fund and Investment Industry Regulatory Organization of Canada. If you are currently a CIBC Wood Gundy client, please contact your investment adviser.

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**In support of the Bess and Moe Greenberg Family Hillel Lodge  
In the Joseph and Inez Zelikovitz Long Term Care Centre**

**613-728-3990**

### Card Donations

Card donations go a long way to improving the quality of life for our residents. Thank you for considering their needs and contributing to their well-being.

On behalf of the residents and their families, we extend sincere appreciation to the following individuals and families who made card donations to the Hillel Lodge Long-Term Care Foundation **between February 17 and March 2, 2016** inclusive.

### HONOUR FUNDS

Unlike a bequest or gift of life insurance, which are realized some time in the future, a named **Honour Fund** (i.e., endowment fund) is established during your lifetime.

By making a contribution of \$1,000 or more, you can create a permanent remembrance for a loved one, honour a family member, declare what the Lodge has meant to you and/or support a cause that you believe in.

A Hillel Lodge **Honour Fund** is a permanent pool of capital that earns interest or income each year. This income then supports the priorities designated by you, the donor.

### Bill and Leona Adler Memorial Fund

**In Memory of:**  
Ruth Pellatt by Marilyn Adler

### Boris and Dolly Blacher Family Fund

**In Honour of:**  
Elayne Adler Mazel Tov on your special Birthday by the Blacher Family  
Sheila Osterer Mazel Tov on your Birthday by Neil and Daniel Blacher and Marilyn Adler

### Nell Gluck Memorial Fund

**In Honour of:**  
Sherril Horwich and Ken Detloff Mazel Tov on your upcoming marriage by Manny and Cheryl Gluck

Issie and Leah Scarowsky Mazel Tov on the birth of your Israeli grandson by Henry and Maureen Molot

Stuart Levine Mazel Tov on your significant Birthday by Henry and Maureen Molot

### Morris and Lillian Kimmel Family Fund

**In Honour of:**  
Steven and Shelli Kimmel Mazel Tov on the birth of your granddaughter by Micah and Adina Libin

### Harold and Lillian Shoihet Memorial Fund

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### Sarah and Arnie Swedler Family Fund

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Morley Goldfield by Arnie Swedler and Rhoda Zaitlin

\*\*\*\*\*

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Ellie and Marty Black Mazel Tov on the birth of your grandson by Steve and Barbara Levinson

\*\*\*\*\*

### IN HONOUR OF:

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Birthday by Jane and Bill James

Solomon Friedman by Ruth, Shannon and Connor Silbert

Steven and Shelli Kimmel Mazel Tov on the birth of your granddaughter, Avie by Golda and Ned Steinman

Dr. Ed and Diane Zeligman Mazel Tov on the birth of your granddaughter by Golda and Ned Steinman

Dr. and Mrs. Murray Kaiserman Mazel Tov on the birth of your grandson, Zev by Golda and Ned Steinman

Shoshana Kagedan Mazel Tov on the birth of your grandson by Golda and Ned Steinman

### IN MEMORY OF:

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Max Levitt by Sye and Susan Mincoff

Ruth Pellatt by the residents, staff and Boards of the Lodge and LTC Foundation, Diane Koven, Elizabeth Sas, Madga and Peter Benedek, Connie Patterson, Ian and Melissa Shabinsky, Katherine McGuire and Susan Baker and Ross Hadwen

**THE LODGE EXPRESSES ITS SINCERE APPRECIATION FOR YOUR KIND SUPPORT  
AND APOLOGIZES FOR ANY ERRORS OR OMISSIONS. DUE TO SPACE LIMITATIONS, THE WORDING APPEARING  
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**"GIVING IS RECEIVING" - ATTRACTIVE CARDS AVAILABLE FOR ALL OCCASIONS**

Here's a great opportunity to recognize an event or convey the appropriate sentiment to someone important to you and at the same time support the Lodge. Call orders may be given to Cathie at 728-3990, 8:30 a.m. – 4:30 p.m. Monday to Friday. You may also go to: [www.hillel-ltc.com](http://www.hillel-ltc.com) and click on the "Donate Now" button to make your donations. Cards may be paid for by Visa or Mastercard. Contributions are tax deductible.



**Israeli Wine and Canadian Cheese:** Hillel Ottawa's Israel Awareness Committee hosted its Seventh Annual Israeli Wine and Canadian Cheese party, February 23, at the Cube Gallery when students and community members came together to celebrate the strong bond and shared values between Canada and Israel. Speakers included three members of Parliament: Marco Mendicino of the Liberal Party, Michelle Rempel of the Conservative Party, and Randall Garrison of the New Democratic Party. (Back row, from left) Yoni Satov, Geoffrey Zalter, Marco Mendicino, Randall Garrison, Michael Aarenau, Brett Parnell, (front row) Sapir Fellus, Eleanor Millar, Rachael Ostroff, Alexandra Brenner, Kelly Bryant, Allyson Grant and Michelle Rempel.



**Shabbat 200:** Rabbi Chaim Boyarsky and Supreme Court Justice Michael Maldober share a moment prior to the Rohr Chabad Student Network's annual Shabbat 200 dinner, February 26, at the Delta City Centre. Justice Maldover and Rabbi Reuven Bulka were featured speakers at the event.



**Ski Day:** Torah Academy of Ottawa students enjoy their annual ski and snow tubing day at the Edelweiss ski area near Wakefield, Quebec, February 17.

## Jewish Involvement with the **Diamond Trade** and **Diamond Bionic Eyes**

with Professor Steven Praver



This talk traces Jewish interest with diamond from Biblical times to the modern day, and across continents from Europe to Africa, Asia, and now to Tel Aviv. Today, diamond technology is much more than precious gemstones. You will learn how a diamond can be made in a microwave oven and how diamonds can be used to restore sight to the blind.

**Sunday, March 27**

10:30 am – 12:00 pm

Admission: \$5 at the door.

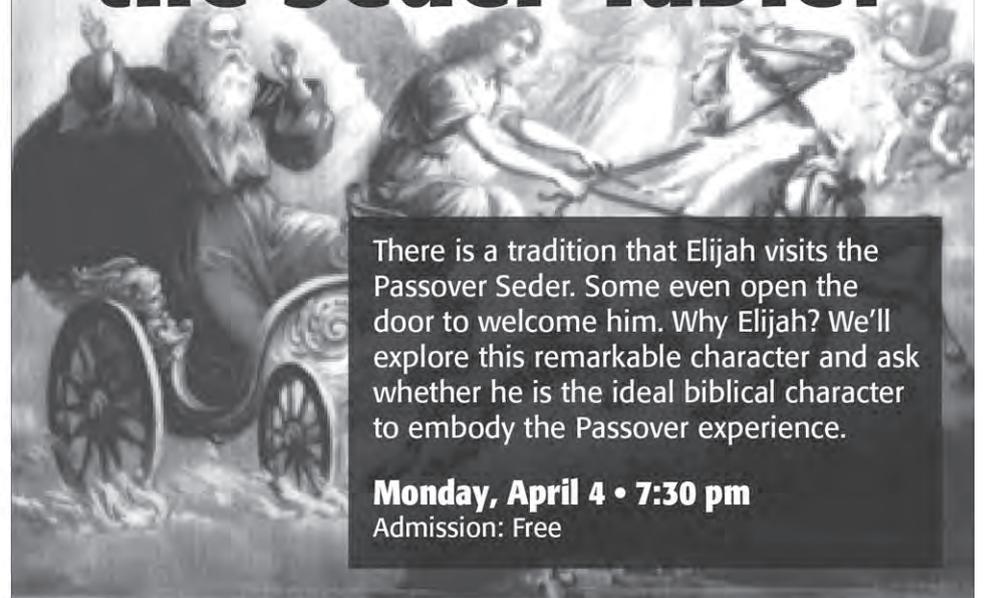
Steven Praver is Professor of Physics at the University of Melbourne working on the development of a bionic eye to help the blind recognize faces and read large print.



 **Soloway JCC**

Contact: Roslyn Wollock  
613-798-9818 x254  
rwollock@jccottawa.com

## Does Elijah Visit the Seder Table?



There is a tradition that Elijah visits the Passover Seder. Some even open the door to welcome him. Why Elijah? We'll explore this remarkable character and ask whether he is the ideal biblical character to embody the Passover experience.

**Monday, April 4 • 7:30 pm**

Admission: Free

Rabbi Alex Israel Teaches Tanakh at Yeshivat Eretz Hatzvi and is Director of Community Education at the Pardes Institute of Jewish Studies in Israel. Rabbi Israel holds degrees from London School of Economics, the Institute of Education, London, and Bar Ilan University. He has lectured widely at campuses and communities on three continents.



 **Soloway JCC**

Contact: Roslyn Wollock  
613-798-9818 x254  
rwollock@jccottawa.com

# Purim is not just for children

**E**arly childhood memory: Purim at my Jewish school in Frankfurt. “Chag Purim, Chag Purim, Chag gadol la Yehudim!” I am dressed up as a traditional Creole lady from Martinique, where my grandfather was from. I have a headscarf on, a cheerful-patterned skirt, and big clip-on earrings. In retrospect, I see the brilliance of this costume. What is Purim if not the Jewish response to other spring-time carnival celebrations like Mardi Gras in New Orleans to Carnival in Caribbean islands like Martinique to long-standing European Saturnalia celebrations in places like, well, Germany? Good job on that costume, Maman!

At Hillel Academy in Ottawa, Purim was a big deal too. The gymnasium transformed into an old-timey carnival with games, shows, treats and dozens of Queen Esthers, Mordechais and Ninja Turtles running around. We made plates of mishloach manot for the kids in our class and for the Ottawa Kosher Food Bank. We stuffed ourselves



SARAH WAISVISZ  
**DISPATCHES FROM THE DIASPORA**

full of hamantaschen (my favourite is poppy seed, if anyone is taking notes).

But Purim is not just for children. And it is not just for hamantaschen either, although some might argue with me. This is a holiday for adults.

Purim is unusual. It is not a festival like Passover, Sukkot or Shavuot, and it is not described in the Torah but in Ketuvim. Megillat Esther tells a vicious tale of sexual exploitation, slavery, ethnic cleansing, deception, executions and revenge. Critics and scholars consider it satire and a parody narrative, but this was not clear to me as a child. I just thought the story was suspenseful, violent and a little naughty.

In terms of customs, we are encouraged to drink until we can't tell the difference between the hero, Mordechai, and the villain, Haman. We wear costumes. We lampoon and mock with Purim spiels, and children dress up as kings and queens. These customs are in line with those of the Shrovetide period celebrated before Lent: Carnival, Fastelavn, Shrove Tuesday and Maslenitsa. In France, some rural villages still burn effigies to symbolize letting go of a local conflict, and Mardi Gras celebrations in New Orleans and Venice are famous for their masquerades. Especially in Latin America and the Caribbean, Carnival means outrageous celebrations of singing, dancing,

carousing and revelry.

At university, I was introduced to the writings of Mikhail Bakhtin, a Russian philosopher and literary critic known for his work on the “carnavalesque” in literature and culture. His book, “Rabelais and His World,” describes the Saturnalia celebrations of medieval Europe, which were based in ancient pagan and Hellenistic rites and were the occasion for medieval European societies to find release from social pressure. Saturnalia was the chance to turn conventions upside down, to let the poor and the oppressed be kings and queens for the day, and to embrace the topsy-turvy. Saturnalia was a period of temporary freedom and liberation from the constraints of otherwise rigid societies.

The topsy-turviness and liberation that Purim, Saturnalia and Carnival encourages is what I love most about Purim. In fact, it is partly through my interest in Purim that I have been able to break barriers in my own Jewish life.

Cantillation, or chanting, always seemed inaccessible to me: abstract, otherworldly and available to men alone – until I learned that there is an app for that! JOFA, the Jewish Orthodox Feminist Alliance, has an app for iPhone and Android that helps you to learn how to chant the Megillat Esther. With women's voices and a user-friendly interface developed by my friend Rabbi Charlie Schwarz, JOFA's app helped me to learn how to chant the chapter 5 of the Megillah as well as the blessings that come before and after the reading. It also inspired me to learn Torah cantillation, but that is another story (for Shavuot).

This year, my iPhone will be pulled out again as I try to improve my chanting of chapter 5. This chapter, like the Megillah as a whole, is suspenseful, violent and a little naughty, and it is also a story of women's empowerment. I didn't see that when I was a child, but I see it now.

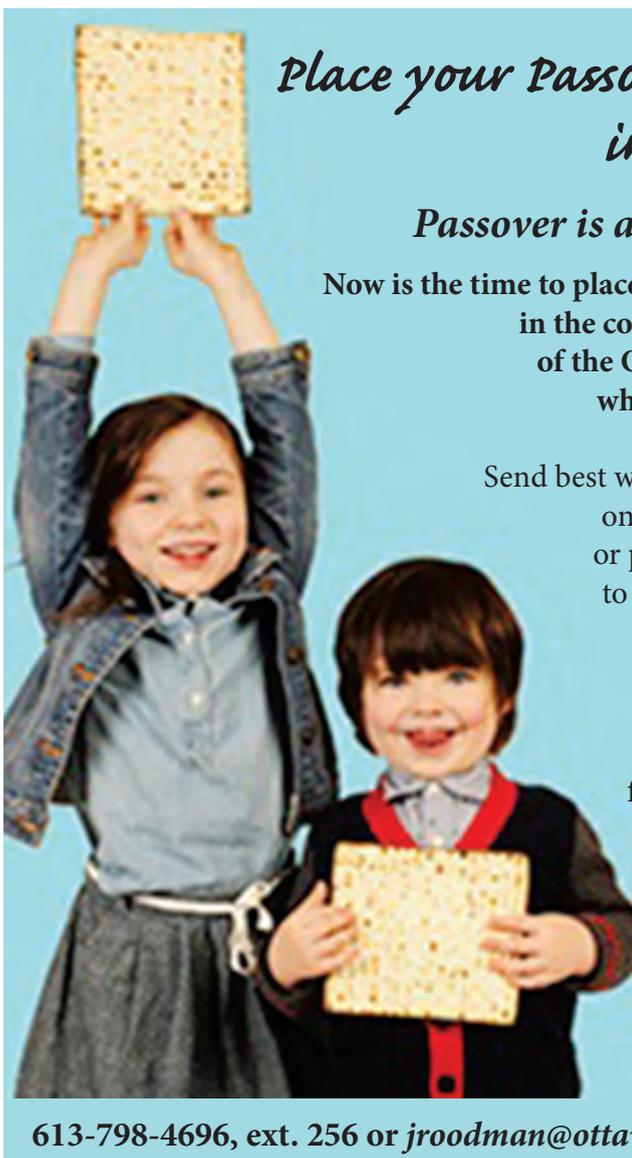
Chag Purim Sameach!



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*Place your Passover Greetings in the Bulletin*

*Passover is around the corner.*

Now is the time to place your holiday greeting in the community-wide edition of the Ottawa Jewish Bulletin, which publishes April 18.

Send best wishes to the community on behalf of your business or place personal greetings to your family and friends wishing them a Chag Sameach.

**The deadline for placing a greeting is March 28.**

Please contact Business Manager Jody Roodman for more info:  
613-798-4696, ext. 256 or [jroodman@ottawajewishbulletin.com](mailto:jroodman@ottawajewishbulletin.com)

## A mini-series of talks by Sharon Sholzberg-Gray

**Wednesday, April 6:** A Report Card on the Government & Parliament  
**Wednesday, May 4:** Health and Social Policy: Is This Really Distinct from Economic Policy?  
**Wednesday, June 1:** A Life in politics: A Personal Story

1:30 pm  
SJCC, 21 Nadolny Sachs Private  
Free admission

*Ms. Sholzberg-Gray has science and law degrees from McGill University and a B.A. from Concordia University. She also received a graduate diploma in public law from the University of Ottawa. For many years, Sharon was the CEO of various national health and social policy associations. She has been active in a wide range of community projects and has served as a member of several national voluntary boards. She speaks and writes extensively about legal, health and social issues.*



Contact: Ella Dagan (613) 798-9818 ext. 243, [edagan@jccottawa.com](mailto:edagan@jccottawa.com)

**SolowayJCC**

**VERED ISRAEL CULTURAL AND EDUCATIONAL PROGRAM**

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**Mazel Tov to:**

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**Mazel Tov to:**  
Arieh Rosenblum on his engagement to Michelle Zigelman by Ingrid Levitz and family.

### SAMUEL AND LEEMA MAGIDSON ENDOWMENT FUND

**In Appreciation to:**  
Larry Weisz by Roz Kimmel; by Deborah Magidson; and by Stan Magidson.

**In Memory of:**  
Clara Citrome by Roslyn and Arnie Kimmel and family.

### RHODA AND JEFFREY MILLER FAMILY FUND

**In Memory of:**  
Ruth Pellatt by Rhoda and Jeff Miller and family.

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**In Memory of:**  
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**Birthday Wishes to:**  
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### FRANCES AND MORTON ROSS FAMILY FUND

**In Memory of:**  
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**Mazel Tov to:**  
Fran and Mort Ross on the birth of their grandson, Harry by Marsha and Art Saper.

### SHELLEY AND SID ROTHMAN FAMILY FUND

**Mazel Tov to:**  
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### LAYA AND SOL SHABINSKY ENDOWMENT FUND

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Laya and Sol Shabinsky on the birth of their great-grandson, Isaac by Barbara and Len Farber.

### SOL AND ZELAINE SHINDER ENDOWMENT FUND

**Birthday Wishes to:**  
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**Mazel Tov to:**  
Rick and Helen Zipes on the birth of their

granddaughter, Lylah Maple by Sol and Zelaine Shinder.

### SAMUEL AND KATHERINE SIGLER MEMORIAL FUND

**Birthday Wishes to:**  
Stuart Levine by Jules and Barbara Sigler.  
**In Memory of:**  
Morley Goldfield by Jules Sigler; and by Brian Lahey.

### THE STELCNER FAMILY FOUNDATION

**Birthday Wishes to:**  
Pam Stelcner by Sandi and Eddy Cook and family.

### DORIS AND RICHARD STERN FAMILY FUND

**Condolences to:**  
Judy Gottleib and family on the loss of her dear mother by Doris and Richard Stern.

### FREDA AND PHIL SWEDKO MEMORIAL FUND

**In Memory of:**  
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### RUTH TALLER MEMORIAL FUND

**In Memory of:**  
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### CLAIRE AND SAM TANNER MEMORIAL FUND

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**In Memory of:**  
Norman Swedko by Stephen and Lana Tanner.

### THE TARANTOUR FAMILY FUND

**In Memory of:**  
Laya Abramowitz by Ann Lazear and family.

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**In Memory of:**  
Morley Goldfield by Stephen and Gail Victor.  
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### THE SAUL AND EDNA GOLDFARB B'NAI MITZVAH PROGRAM

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**In Memory of:**  
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**In Memory of:**  
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# University years are crucial time in forming our Jewish identities

**M**y peers and I are at a time in our lives that is pivotal in forming our identities and value systems. It is a very crucial period where the experiences we choose to take part in (or not take part in), the people we choose to date or associate ourselves with, and the courses we take in university hold an extraordinary influence on our present and future selves.

I believe that one's university career and early young professional life carry the potential to make or break one's Jewish identity and pride. I witness it regularly in my circle of friends. Some from very secular, unaffiliated backgrounds with minimal Jewish education come to university, find Jewish student organizations such as Hillel Ottawa or the Chabad Student Network that make them feel a part of something larger and important, and take Judaism to the extreme.

I have other friends who have been in the Jewish day school system their entire lives but are too embarrassed or stubborn to attend any Jewish student or young professional events much less publicly showcase their attendance via a Facebook RSVP. *God forbid someone sees that you clicked to attend a Shabbat dinner. How uncomfortable would that be?*

I have friends who, unfortunately, have had less than ideal experiences dating Jewish boys and now exclusively seek a partner who is not Jewish. But, of course, I also have many like-minded friends with well-rounded perceptions of Judaism who adopt their own methods in preserving it in their daily lives.

I continue to form my Jewish identity every day; my friends and those around me constantly contributing to how I prioritize my faith.

Even though we may have been brought up in the



ARIELLE ELLIS  
**CAMPUS LIFE**

*While, admittedly, I am very much assimilated, I am also aware of my roots and heritage and what I must do to preserve my faith. So, no, I may not keep every Jewish law and I definitely march to the beat of my own colourful Jewish drum, but I have managed to prioritize a few customs and laws into my daily life that I plan to keep.*

Jewish day school system, attended Jewish summer camps, regularly celebrate Shabbat and Jewish holidays, many of us young Jews require a moment when things click for us and our Jewish identity suddenly becomes important. This moment could stem from the March of the Living, going away for school to a city with few Jews, having an anti-Semitic professor, the list goes on.

Though this column may at times suggest otherwise, those who know me know that I am not some religious preacher constantly advocating to others to never stray from the Jewish path. To me, Judaism is a very abstract concept. It's not black and white. I have been raised by

wonderful parents who taught me "not to judge Judaism by the Jew." Many adapt their own practices and traditions within the religion and prioritize what's most important to them. They pick and choose which rules apply to their lives and how they feel they could best practise Judaism and keep it as an integral part of their identities.

At first glance, I would definitely come across as a secular and very mainstream society person. There isn't much about the way I dress or the things I do that would cause a stranger to assume that I am Jewish. I am an assimilated person in many aspects of my life. However, I also recognize that I was lucky enough to have been born into this incredible faith, culture and nationality that is Judaism.

While, admittedly, I am very much assimilated, I am also aware of my roots and heritage and what I must do to preserve my faith. So, no, I may not keep every Jewish law and I definitely march to the beat of my own colourful Jewish drum, but I have managed to prioritize a few customs and laws into my daily life that I plan to keep. This column, for example, has contributed to my Jewish identity, affording me the opportunity to reflect and write about what it means to me to be a Jewish student on campus. Hillel Ottawa, the Chabad Student Network and the Emerging Generation division of the Jewish Federation of Ottawa also contribute to keeping me grounded by hosting many cultural, religious and social events that strengthen my Jewish identity.

To my fellow students: Take this time in your life to really reflect on who you are and which values hold the highest importance to you. Write an article, attend an event, date a Jewish boy or girl, or whatever else best helps you connect!

# Internal dialogue can affect outcomes

**I**t's spring! Woo hoo! We made it through snowstorms and unbearably cold temperatures, high winds, freezing rain, ice and slush. It's time to strip off several layers of clothing and spend more time outdoors in the fresh air and sunshine.

Soon the buds will be sprouting on the tree branches and birds will be chirping. Walkers, runners and cyclists rejoice!

If you've been inactive or less active than usual in recent months, now's a good time to kick start your spring fitness program. If you're already active, why not kick it up a notch? Set some new goals. Challenge yourself.

What you accomplish in the coming months may be determined more than anything by your inner dialogue. Most obstacles can be overcome with the right attitude and appropriate strategies. But, if you focus on negative thoughts much of the time, your internal dialogue becomes self-defeating.

You may not even be cognizant of the silent conversations you're having with yourself. One way to address your internal dialogue is to practise improving it.

First, you need to become more self-aware. What kinds of messages are you telling yourself throughout the day? What kinds of messages are you receiving from others? Associating with Negative Nellies can have a detrimental impact on your inner dialogue. What kind of messages are you sharing with others? When the thoughts in your head are negative, you need to stop them on the spot – perhaps with the snap of an elastic band on your wrist – and rephrase them.

Psychological processes and the factors that contribute to them are complex. I've put together some ques-



GLORIA SCHWARTZ  
**FOCUS ON FITNESS**

tions to help you begin to identify the pattern of your inner dialogue.

Do you feel ashamed of your body shape or size, sagging parts, varicose veins, stretch marks or scars? Or do you accept that the "perfect body" is an unachievable ideal and that life experiences – perhaps some of your own choosing and others beyond your control – have left you with indelible marks worthy of a proud warrior? Do you engage in self-criticism when you look in the mirror? Or do you model body gratitude for your children by smiling sincerely at your reflection?

Whenever someone asks you how you are, do you launch into a soliloquy about how you feel tired, constipated, bloated or headachy? Do you constantly feel anxious or tell others about ailments you previously had, currently have, or fear having? Or do you typically feel positive and share with others a sense of gratitude because you can get out of bed, eat, walk, talk, go to the bathroom and breath independently, knowing well there are many people for whom such basic functions are not possible?

Do you make excuses or justifications to yourself for sitting at a desk or lazing on the couch for much of the day – day-in and day-out? Or do you remind yourself to

regularly move, challenge and strengthen your body in an effort to keep it working as best as possible for as long as possible, even if you have to convince yourself to get up and get going?

Do you dwell on regrets, could haves, should haves and missed opportunities? Or do you focus on what you can do now to improve your quality of life today and improve your chances for a healthier, happier future?

Do you mostly tell yourself "I can't, I'm unwilling to try, I'm too fearful" or "I can, I'm willing to try, I am fearless"?

As you think about these questions, you may uncover some painful truths about your inner dialogue. This is just a starting point. Change takes effort and work. If your inner dialogue has patterns of negativity, it may take longer to modify it.

Perhaps you'll discover that you have a positive attitude about your body and a sense of gratitude regardless of your current health status, and that you already take ownership of, and do your best to maximize your fitness and wellness.

When it comes to internal dialogue, there's always room for improvement.

Peel back the layers and reflect on your choices, attitude and issues from your past that may be holding you back from achieving your goals.

Stop and correct yourself when you catch yourself engaged in negative self-talk or negative talk with others.

Whether you want to become more fit, lose weight or feel better, change will only begin to happen when you accept that the solution is not outside of you but within.

# Jewish characters in early-20th century Iran are real and vital – and disturbing

*The Girl from the Garden*

By Parnaz Foroutan

Ecco

288 Pages

Family stories – the tales that filter down through the generations – are part myth and part reality. It's often the secrets behind the words – what isn't spoken out loud – that tell the true story.

For the elderly Mahboubeh, her current life in Los Angeles seems less real than the Iran in which she was born. In *The Girl from the Garden*, Parnaz Foroutan tells not of her journey to the United States, but of the lives of the previous generation – her parents, aunt and uncle – in Iran early in the 20th century.

Mahboubeh is at an age where the past sometimes feels more real than the present. She falls into reveries,

RABBI RACHEL ESSERMAN  
THE REPORTER, VESTAL, N.Y.  
**BOOK REVIEW**

imagining parts of family life that occurred before she was born.

Although Rachel and Khorsheed, the two main characters, are sisters-in-law, the feelings of the male characters are not absent. In fact, it is Asher Malacouti's actions that set the plot in motion. He longs to have a child – a son – to give meaning to his life. Unfortunately, his wife, Rachel, is unable to conceive. Her sorrows are compounded by the fact that Khorsheed, who is married to Asher's brother, easily becomes pregnant.

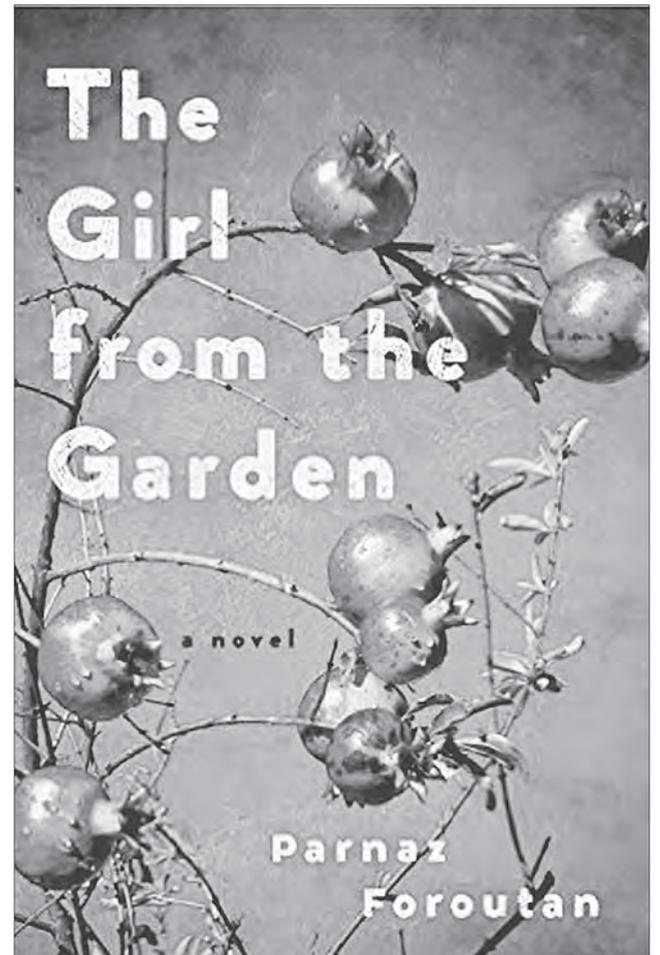
In a time and culture when women's actions are severely restricted – they are barely allowed to leave the confines of the home and must be covered when doing so – slights and jealousies fester and multiply.

Complicating matters are the restrictions faced by the Jewish population of Iran.

Asher bristles at the knowledge he's a second-class citizen. That affects his actions – the way he treats his wife and brother. However, Rachel suffers greatly because a Jewish woman's worth is measured by the number of children she has – and male children matter more than girls. She fears being sent home in disgrace as a barren woman. Her actions, though, reflect no measure of sisterhood; instead, she uses any means necessary to keep herself safe.

There is a dreamy feel to *The Girl from the Garden*. Mahboubeh is less a person than an object through which the lives of others are explored. However, the characters in Iran are real and vital – and disturbing. Readers – men and women – will not feel nostalgia for this past.

The novel is a perfect fit for reading groups interested in exploring Jewish culture in other lands and times.



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## WHAT'S GOING ON | March 21 to April 3, 2016

FOR MORE CALENDAR LISTINGS, VISIT [WWW.OTTAWAJEWISHBULLETIN.COM/EVENTS](http://WWW.OTTAWAJEWISHBULLETIN.COM/EVENTS) AND [WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR](http://WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR)

**This list of Purim events is current to the Bulletin deadline. For an up-to-date listing, visit <http://jewishottawa.com/our-community/purim-2016>**

### WEDNESDAY, MARCH 23

**Purim Wars:** Join Temple Israel for megillah reading and a Purim Shpiel "Purim Wars" Lots of fun for the family! Temple Israel, 1301 Prince of Wales Dr., 7 pm.  
Info: Catherine Loves, 613-224-1802, [cathy@templeisraelottawa.ca](mailto:cathy@templeisraelottawa.ca)

**Celebrate Purim with Agudath Israel and Beth Shalom:** All welcome, children are encouraged to come. Don't forget to wear a costume! Agudath Israel Congregation, 1400 Coldrey Ave., 7:45 pm.  
Info: Emily Anzarouth, 613-728-3501, [youth@agudathisrael.net](mailto:youth@agudathisrael.net)

**CSN Presents: Purim in the NHL:** All Jewish students are invited to come out to CSN's Purim party to be celebrated hockey style! Mercury Lounge, 56 Byward Market Sq., 8 pm.  
Info: Rabbi Chaim Boyarsky, [rabbichaimb@gmail.com](mailto:rabbichaimb@gmail.com)

**EG-Glebe Shul Purim Party:** Come dressed in your 1960's psychedelic best. La Charrette, 460 W Hunt Club Rd., 8 pm.  
Ariel Fainer, 613-798-4696, ext. 240, [afainer@jewishottawa.com](mailto:afainer@jewishottawa.com)

**Purim in Ottawa ... Montreal Style:** Chabad of Centrepoinette presents a Megillah and Masquerade Purim party with a Montreal twist – hot

smoked meat with all the sides, 6:45 pm.  
Info: Chaim Mendelsohn, 613-218-8505, [rabbi@sympatico.ca](mailto:rabbi@sympatico.ca)

### THURSDAY, MARCH 24

**A Magical Purim Party:** Join Congregation Beit Tikvah for a morning of games, prizes and a show featuring Michael the Magician. Please come in costume! Congregation Beit Tikvah, 15 Chartwell Ave., 10 am.  
Info: Elisheva Brantz, 613-723-1800, [Shul@cbto.org](mailto:Shul@cbto.org)

**Purim Party @ Machzikei:** Celebrate Purim with delicious food and incredible entertainment for kids and adults. Machzikei Hadas, 2310 Virginia Dr., 5:30 pm.  
Info: Michael Goldstein, 613-521-9700, [mgoldstein@cmhottawa.com](mailto:mgoldstein@cmhottawa.com)

**OTC's Wild West Purim:** Come on down and enjoy a festive meal 'n' some good ole western fun and entertainment for all ages. Ottawa Torah Centre, 111 Lamplighters Dr., 5:45 pm.  
Info: Rabbi Mencahem Blum, 613-843-7770, [rabbi@theotc.org](mailto:rabbi@theotc.org)

**Israeli Purim Party:** Purim with the Israeli crowd. Adults only. Costume contest, 7:30 pm.  
Info: Ella Dagan, 613-798-9818, ext. 243, [edagan@jccottawa.com](mailto:edagan@jccottawa.com)

### SUNDAY, MARCH 27

**Jewish Involvement in the Diamond Trade & Diamond Bionic Eyes:** Prof. Steven Prawer traces Jewish interest

with diamond from Biblical times to the modern day, and across continents from Europe to Africa, Asia, and now to Tel Aviv. Diamond technology is much more than precious gemstones. Learn how a diamond can be made in a microwave oven and how diamonds can be used to restore sight to the blind, 10:30 am.  
Info: Roslyn Wollock, 613-798-9818, ext. 254, [rwollock@jccottawa.com](mailto:rwollock@jccottawa.com)

### SUNDAY, APRIL 3

**Passover Workshop:** Meaning and mysteries of the Seder Temple Israel, 1301 Prince of Wales Dr., 11 am.  
Info: Catherine Loves, 613-224-1802, [cathy@templeisraelottawa.ca](mailto:cathy@templeisraelottawa.ca)

**Multifaith Housing Initiative AGM:** An update on exciting new projects to combat homelessness. Temple Israel, 1301 Prince of Wales Dr., 2:30 pm.  
Info: Sahada Alolo, 613-686-1825, [mhi.sahada.alolo@gmail.com](mailto:mhi.sahada.alolo@gmail.com)

### CANDLE LIGHTING BEFORE

MARCH 25	7:02 PM	APRIL 8	7:20 PM
APRIL 1	7:11 PM	APRIL 15	7:29 PM

### BULLETIN DEADLINES

MONDAY, MARCH 28 *	FOR APRIL 18
MONDAY, APRIL 18 **	FOR MAY 9
WEDNESDAY, MAY 4	FOR MAY 23
WEDNESDAY, JUNE 1	FOR JUNE 20

\* Early deadline: Community-wide Issue \*\* Early deadline: holiday closures

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## CONDOLENCES

**Condolences are extended to the families of:**

**Estelle "Shirley" Arnoni**  
(née Podolsky)  
**Jean Berger** (née Soloway)  
**Shlomo Feldberg**

**May their memory  
be a blessing always.**

*The Condolence Column is offered as a public service to the community. There is no charge. For listing in this column, please call 613 798-4696, ext. 274. Voice mail is available.*



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