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Shem Tov Award: Volunteering is part of Merle Haltrecht-Matte's DNA

BY LOUISE RACHLIS

Knitting kippot for Israeli soldiers, crocheting milk bags into sleeping mats for Haiti, doing shalom calling, helping Israeli students practise their English for IsraelConnect, being a volunteer driver for Jewish Family Services, and tutoring refugees, are just some of Merle Haltrecht-Matte volunteer activities.

Haltrecht-Matte will receive the Shem Tov Community Volunteer Award at the annual general meeting of the Jewish Federation of Ottawa, Wednesday, June 15, 7 pm, at the Soloway Jewish Community Centre (SJCC). The award recognizes an outstanding volunteer whose many years of service have contributed to the enrichment of Jewish life in Ottawa.

Haltrecht-Matte, who retired from teaching in 2002, has worn many volunteer hats throughout her life.

"I remember Sunday afternoons as a teenager going with a Jewish group to play with children in a group home. I received a cup for doing it. My mother and grandmother did a lot of volunteering, so it's in my DNA," she said.

She has volunteered for the Ottawa Kosher Food Bank and, in 2008, initiated Temple Israel's Baby Quilt Project, which has made more than 1,000 baby quilts that are sent to Israel.

Her volunteer work with Temple Israel has also included co-ordinating the 40th anniversary weekend in 2006, chairing Temple's Social Action Committee for several years, and serving on the congre-

gation's board of directors. She has even accompanied Temple Israel Religious School Grade 10 students on a trip to Israel.

In her letter in support of Haltrecht-Matte's nomination for the Shem Tov Award, Sarah Gordon of IsraelConnect described her as "an incredibly competent and gifted leader who simply does not know the word 'no' when it comes to volunteering."

"I think everybody should find something they really like doing," said Haltrecht-Matte. "They might not know they like working with older people, or helping make quilts until they try it. You can volunteer as an individual or you can volunteer in a group, but it has to be

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Merle Haltrecht-Matte, Shem Tov Community Volunteer Award



Debbie Scharf, Freiman Family Young Leadership Award

Freiman Family Award: 'It's important to make a contribution to the community,' says Debbie Scharf

BY LOUISE RACHLIS

The Jewish Federation of Ottawa has announced that Debbie Scharf will receive this year's Freiman Family Young Leadership Award.

Scharf will receive the award at the Federation's annual general meeting, Wednesday, June 15, 7 pm, at the Soloway Jewish Community Centre. The Freiman Family Young Leadership Award, estab-

lished by the Freiman family in 1988, recognizes a young leader for their exceptional volunteerism and service to the Ottawa Jewish community.

Despite being extremely busy with her job and young family, Scharf, an ex-Montrealer who came to Ottawa 15 years ago, always finds time for volunteering.

"I think it's important to make a contribution to the community," she

said. "In a small community like Ottawa, if we don't all contribute, our institutions won't survive and thrive."

JET (Jewish Education through Torah) was Scharf's introduction to the Ottawa Jewish community when she moved to Ottawa after completing her graduate degree in environmental economics.

Scharf joined the JET board in 2008 and became its chair in 2010, providing

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Howard Fremeth on PJ Library > p. 6

Cantor Kraus honoured at Holocaust remembrance event > p. 10

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Arielle Ellis to receive Federation's first Student Award

BY LOUISE RACHLIS

Arielle Ellis, who will graduate from the University of Ottawa next month, will be the first recipient of the Jewish Federation of Ottawa's new Student Award.

Ellis, 22, will receive the award at the Federation's annual general meeting, Wednesday, June 15, 7 pm, at the Soloway

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

Ellis says students shouldn't be afraid that volunteering for organizations such as Hillel Ottawa will prevent them from getting their schoolwork done.

"Hillel has always been really understanding about the fact that we're in Ottawa to go to school," she said. "They have always been very accommodating. Organizations are run by real people, and they understand."

Ellis joined the Hillel Ottawa student board in 2012 and quickly became one of its most passionate members, serving as citywide president of Hillel Ottawa from 2013 to 2015.

"I find that when I have a lot of things going on in my life, everything goes better for all of them; I'm better organized," said Ellis, who completed a degree in public administration and hopes to go on to law school.

For the past two school years, Ellis was the Ottawa Jewish Bulletin's *Campus Life* columnist.

"I've become pretty good at setting deadlines, and absolutely everything I do is in my calendar. School is always a big priority, but almost as big for me was being purposeful about writing my Bulletin column and volunteering in the community."

She encourages other students to volunteer.

"The community is very welcoming and open to new ideas, and if you have an idea for something that isn't happening yet, that's all the more reason to get involved," she said.

Ellis' passion for involvement in Jewish student and community life was triggered by her meaningful experiences on the March of the Living as a high school student in Toronto.

"The program served as a very powerful reminder for me that I am so fortunate to be part of such a thriving, culturally rich community; and that is something



Arielle Ellis, Student Award

Scharf: 'Making the Jewish community a better place'

Continued from page 1

strategic guidance and financial stewardship of the organization. She is also vice-chair of the board of Ten Yad of Ottawa, a volunteer-run, community-based, independent organization that "lends a hand" to individuals and families in the Jewish community during life-altering situations.

She joined the board of Torah Academy of Ottawa almost two years ago as treasurer and is currently chairing the transition committee bringing together the Torah Academy and Rambam Day School communities in one Orthodox day school beginning in September. She will become the school's board chair when the transition committee complete its work.

Scharf and husband Jeffrey have three children: Eli, seven, Sarah, five, and Aryeh, three. She works at Natural Resources Canada as a director in the office of energy efficiency.

"I think people should think about what they're good at, and try to find an opportunity to use those skills," she said.

While there are many organizations that need help, "sometimes you have to be proactive," she said. "I was very fortunate that Ten Yad approached me to go on the board, but sometimes you have to make that opportunity."

"Debbie brings a wealth of knowledge and experience to all her volunteering positions," said Ilan Metz in his letter nominating Scharf for the award. "She is dedicated, effective and efficient, and has made a strong contribution to all the organizations for which she has volunteered."

"It does make you feel good that you're making the Ottawa Jewish community a better place," Scharf said. "I'm very honoured and very surprised to be receiving the award."

How does she manage everything?

"I move very quickly at everything I do," laughs Scharf, who was just back from a Passover visit in Israel with her mother and brother who live in Jerusalem.

"I only know one speed - faster - and I have a great husband!"

that should never be taken for granted," she said.

"The March reminded me of how lucky I am to be part of this vibrant time in Judaism, where I am able to so freely express my Jewish identity and publicly celebrate being a Jew."

Hillel Ottawa and the Chabad Student Network both played large roles in Ellis' four years at uOttawa.

"I found it to be incredibly important to have shared events between Hillel and Chabad, and while they both exist for different reasons, they have come to help one another out, rather than being competing forces."

This month, Ellis is leading a Birthright Israel trip and then plans to work in Toronto for the summer.

Her parents are both entrepreneurs, and she has three younger brothers, ages 19, 15, and 12. The 19-year-old is currently serving in the Israel Defense Forces.

The next issue of the Bulletin will be published on Monday, June 20, 2016.

Shem Tov: 'You find the right thing that works for you'

Continued from page 1

rewarding to yourself."

For example, she points to her volunteer service as an Alzheimer Society facilitator.

"I didn't know I'd like that, but I took the training and I've been doing it for over

10 years. You find the right thing that works for you."

If you'd asked her in 2008 if she wanted to make 1,000 baby quilts, Haltrecht-Matte says she would have said, "You're crazy, that's impossible. But I co-ordinated the large quilt for the Temple's 40th

anniversary and then we decided to make 60 quilts in a year for the 60th anniversary of the State of Israel. And that turned into over 1,000."

Her latest volunteer project was organizing the photo exhibit of Scottish Jewry currently at the SJCC (until

June 10).

"What I like about this kind of volunteering is that they are for a limited time. Then I like to move on to another project."

"I have dreams about these events. They are on my mind when I go to sleep at night."

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Four movies to be screened at Israeli Film Festival

BY MAXINE MISKA

SOLOWAY JEWISH COMMUNITY CENTRE

Life in Israel, and its depiction in art, often reflects a duality in which everyday life can turn its back on the continuing conflict and peril. The four films being screened at Ottawa's 13th Annual Israeli Film Festival contain this dichotomy: two are intensely political and two explore devotion within families.

The festival opens Thursday, June 9 with "Laugh Lines," directed by Pini Eden, the bittersweet tale of Dana, a young woman who shoulders the problems of two generations of her family. Dana's life revolves around her aging grandparents. Her grandmother has decided that she and her husband should end their lives gracefully with a suicide pact. How much determination and cunning does it require to deter her grandparents' death and her parents' divorce? And how much control does Dana really have over other people's lives?

On Sunday, June 19 the festival presents "Wounded Land," directed by Erez Tadmor, a fraught drama set in the mixed Jewish and Arab city of Haifa. After a



"Laugh Lines," June 9.

suicide bombing, the victims and the bomber are brought to the same hospital for triage and treatment. In the 24 hours after the attack, the hospital staff and a policeman guarding the bomber struggle to maintain their principles and professional standards in the chaos of locating their own family members who might have been at the bomb site.

On Thursday, June 23 the festival will screen "Rabin in his Own Words,"



"Wounded Land," June 19.

directed by Erez Laufer, a skillful documentary using archival footage and home movies and Yitzhak Rabin's own voice to portray Rabin's life through his early years as a brilliant student, his service in the Palmach, his military career as chief-of-staff of the Israel Defense Forces, his political life as a diplomat in Washington and as prime minister of Israel, including his role in the Oslo Accords and embrace of the Israeli-Palestinian peace process which led to his tragic assassination. Laufer captures more than Rabin's biography: he documents stark changes in the Israeli political landscape.

(See page 12 for a full article about "Rabin in his Own Words.")

The festival will close on Sunday, June 26 with "Wedding Doll," directed by Nitzan Giladi, a jewel-like film. Hagit is a young woman with mild cognitive deficits, who works in a toilet paper factory in Mitzpe Ramon in the Negev. She dreams of marriage to the son of the factory owner and creates small bridal effigies out of toilet paper. Abandoned by her husband, Hagit's mother Sarah struggles to protect Hagit, who is determined to find independence and marriage.

All films begin at 7 pm, have English subtitles, and will be shown at the River Building Theatre RB2200, 43 Campus Avenue at Carleton University.

Tickets are \$13 (general public) and \$9 (SJCC members, Canadian Film Institute members, seniors, and students). Tickets are available at the door, cash only.

The Israeli Film Festival is sponsored by the Canadian Film Institute and the Israel Cultural Forum: Soloway Jewish Community Centre, Vered Israel Cultural and Educational Program, Embassy of Israel, Jewish Federation of Ottawa, and Canada-Israel Cultural Foundation.

For information, contact Ella Dagan, Vered Israel Cultural and Educational Program manager, at 613-798-9818, ext. 243, or edagan@jccottawa.com.



"Wedding Doll," June 26.

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Student Award • **Arielle Ellis**

Freiman Family Young Leadership Award • **Debbie Scharf**

Shem Tov Community Volunteer Award • **Merle Haltrecht-Matte**

Ottawa celebrates Yom Ha'Atzmaut with flag-raising at City Hall and party at SJCC

BY MICHAEL AARENAU

Members of Ottawa's Jewish community of all ages turned out in droves, May 12, to celebrate Yom Ha'Atzmaut at a huge party at the Soloway Jewish Community Centre (SJCC).

This year's Yom Ha'Atzmaut – Israel's Independence Day – marked the 68th anniversary of the establishment of the modern state in 1948.

"For the Jews of Ottawa, this is also our holiday," said the event chair, Shari Silber, to the large crowd of celebrants.

In her remarks, Silber highlighted some of Israel's global contributions ranging from agricultural innovations to advancements in neuroscience.

"Today's a day of celebration," said Israeli Ambassador Rafael Barak, who spoke about how Israel has not only survived, but thrived, against all odds. Barak thanked Ottawa's Jewish community for its ongoing support of Israel.

Sabina Wasserlauf, chair of the SJCC board, spoke about Ottawa's connection to Israel, noting that many community members have taken trips to Israel. She also said that the values of freedom, democracy and the rule of law were

shared by Israel and Canada.

Singer Nicole Raviv and DJ Lahit Barosh led the crowd in upbeat Israeli music, with many taking to the dance floor to show off their moves.

The Yom Ha'Atzmaut children's programming downstairs at the SJCC drew big crowds of kids and parents for the bouncy castle, an obstacle course, balloon animals, a juggler, a circus show, arts and crafts and Israeli music.

Israeli food – including falafel, sabich and shakshuka, and desserts like cupcakes with blue and white icing and cookies in the shape of the Magen David – drew many to Babi's Restaurant beside the SJCC social hall, and many of Ottawa's Jewish organizations and agencies were on hand with information tables highlighting their services and activities.

Earlier in the day, about 200 community members joined dignitaries, including Mayor Jim Watson, Israeli Ambassador Rafael Barak, U.S. Ambassador Bruce Heyman, Natural Resources Minister Jim Carr, Rabbi Idan Scher, Cantor Pinchas Levinson, Jewish Federation of Ottawa Chair Linda Kerzner and several MPs and city councillors, for an Israeli flag-raising ceremony in front of Ottawa City Hall



Israeli Ambassador Rafael Barak joins dancers celebrating Yom Ha'Atzmaut at the SJCC, May 12.

hosted by Federation President and CEO Andrea Freedman.

Yom Ha'Atzmaut celebrations continued on May 18 when the Embassy of Israel hosted a reception at the Fairmont

Château Laurier attended by members of the diplomatic corps, cabinet ministers, MPs, Supreme Court justices, military officers and Jewish community leaders.

With files from Michael Regenstreif.



Some of the dignitaries gather following the Yom Ha'Atzmaut flag-raising ceremony at Ottawa City Hall, May 12.

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Yom Hazikaron marked by solemn ceremony

BY MICHAEL AARENAU

Our thoughts and prayers this evening are with those who are fighting for democracy,' said Jonathan Freedman at the Yom Hazikaron ceremony, May 10, at the Soloway Jewish Community Centre (SJCC).

Yom Hazikaron is Israel's day of remembrance for fallen soldiers and victims of terrorism.

"A nation that remembers its fallen is a strong nation," said Freedman, a former battalion commander and a lieutenant-colonel in the Israel Defense Forces (IDF) reserves, and master of ceremonies at the event.

The spirit of remembrance would be felt throughout the evening, beginning with the lowering of the Israeli flag to half-mast followed by the sounding of the siren for a moment of silence.

Several community members lit memorial candles and spoke about those who were killed in terror attacks over the past year. One of the innocent civilians recently murdered was Ezra Schwartz, 18, one of three people gunned down by a Palestinian terrorist while he was in Israel doing volunteer work.

"[Ezra Schwartz] won't be coming back home," Linda Prizant told the sombre crowd, reflecting on how she feels as the mother of a 19-year-old son currently

studying in Israel. While her own son will soon return home, Ezra's parents will never get to see their son again.

"We cannot forget a single Jewish life," Prizant said before lighting a memorial candle.

Israeli Ambassador Rafael Barak spoke about the meaning of Yom Hazikaron.

"Today, more than every day, we are family," said Barak, reminding the assembly that all Jews have a connection to the State of Israel.

Barak also spoke about the Canada-Israel relationship and said Canada has stood by Israel's side during both good times and bad and that the friendship enjoyed by the two countries will endure.

Jewish Federation of Ottawa Chair Linda Kerzner reiterated the connection felt by members of the Jewish community with the State of Israel.

Songs were performed by Musica Ebraica and Ottawa Jewish Community School students Kayla Sabloff, Kayla Reichstein and Olivia Benguigui read Hayim Hefer's poem, "The Paratroopers Cry."

Rabbi Menachem Blum read the prayer for the IDF and Cantor Pinchas Levinson closed the ceremony by reciting "Kaddish" and "Kel Maleh Rachamim," followed by the Canadian and Israeli national anthems.



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Israeli soldiers and bereaved families visit graves of fallen soldiers at Mount Herzl military cemetery in Jerusalem, on Yom Hazikaron, which commemorates Israel's fallen soldiers and Israeli civilians killed in terror attacks.

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FEDERATION
REPORT



HOWARD FREMETH
PJ LIBRARY

PJ Library: Out of the home and into the community

PJ Library was established by the Harold Grinspoon Foundation working with local partners and was brought to Ottawa in 2011 by the Jewish Federation of Ottawa. PJ Library connects the love of reading with love for Jewish culture and knowledge of our rich heritage. More than 425 children between the ages of six months and six and a half years in Ottawa receive quality books each month thanks to generous donations by a local group of leading philanthropic families. At the most precious time of the day, PJ Library books bring busy parents and attentive children together at bedtime to share in their Judaism.

About a year-and-a-half ago, we had the idea of bringing PJ Library out of people's homes and into the community. Thanks to the leadership of the Federation's Emerging Generation division, a grassroots committee was formed to capitalize on PJ Library's unique ability to engage the key demographic of young parents and their

toddlers. Our committee reflects the diversity of Ottawa's Jewish community, and we have organized 15 events, including one almost every month since the success of PJ Library in Centrepoinette Park last year.

From a Tel Aviv-themed pool party at the Soloway JCC to a special day at Camp B'nai Brith and from a Tu B'Shevat extravaganza at Temple Israel to a Simchat Torah party at Machzikei Hadas, our events are designed to be fun, relate to Jewish tradition or Israeli culture, and collaborate with the entire spectrum of Ottawa-based Jewish institutions. Our success is thanks to the great assistance and enthusiasm we have received from our community partners. We know our events are sometimes the first time many families, especially those who are new to Ottawa, get an opportunity to visit some of our city's institutions and see what they have to offer.

One of the more exciting initiatives we have organized has been night-outs for

moms and dads. These events, held at local bars and establishments, allowed fathers and mothers to get to know each other and enjoy some time together. They were so successful we decided to organize a party for both parents. The first Parents' Night Out was so much fun that people left the event eager to know when the next one would be held.

We know we are only scratching the surface. Our committee is growing so that we can connect to as many elements of our community as possible. We know we are on to something special – the private act of reading to your child can also become a community bonding exercise. Our stats prove that young parents want to bring their families to our events and our community partners are eager to collaborate. If you have any suggestions or want to partner with us on a future event, please contact Ariel Fainer at afainer@jewishottawa.com or 613-798-4696, ext. 240.

PJ LIBRARY BY THE NUMBERS

Established in Ottawa – May 2011;
Total children served – 763; Total families served – 558; Total children currently enrolled – 426 (highest enrolment to date); Total events since September 2014 – 15; Total event attendance – 1,594; Parent-only events – 3; Parent-only event attendance – 92; Total books received in Ottawa – 19,426.

On a hot and not so lazy Sunday afternoon last year in June, the sounds of laughter and music filled the air at Centrepoinette Park. The smell of hot dogs on the barbecue wafted throughout the park as toddlers ran from the swings to the play structure with their parents in tow. This would be a typical Ottawa summer day at the park, if not for one small exception: the more than 200 children and parents were all from Ottawa's vibrant Jewish community and were brought together through the efforts of PJ Library.

FROM THE
PULPIT



RABBI HOWARD FINKELSTEIN
BEIT TIKVAH

Lag Ba'Omer: More than a community picnic

takes place during the Omer, such as a restriction on weddings, are lifted. Our community celebrates with a wonderful afternoon of festivities and activities on Lag Ba'Omer through the good offices of Rabbi Chaim Mendelsohn and Chabad in co-sponsorship with schools and other institutions.

At the same time, there are those, albeit in the minority, who, after the 33rd day of the Omer, continue their semi-mourning state until Shavuot. Perhaps they realize that the message of unity, which is so manifest on the 33rd day of the Omer, is forgotten on the 34th. Old enmities and jealousies re-emerge. The lack of respect demonstrated by the students of Rabbi Akiva in Talmudic times once again reaches the headlines when we read about confrontations taking place in Israel among different factions of Jews, whether they are connected to the Kotel or to family matters such as marriage and conversion.

Intriguingly, the Talmud refers to the 12,000 pairs of students of Rabbi Akiva who die, rather than using the collective number of 24,000. In effect, his students are paired with each other to study Torah, but the failure of each of them to appreciate and evaluate the worth of the other contributes to their downfall.

The ancient adage that there are many pathways to the knowledge of God has, unfortunately, been observed more in the

breach rather than the reverse. The Lashon Hara that abounds when groups cannot get along is, at times, insurmountable.

But communities must work together. Each of us is part of the mosaic that makes up what we call the Kehillah. The unity through diversity model that defines Jewish Federations – in Ottawa and elsewhere – is a necessary formula for community development and revitalization. While differences abound, that which unites us, the primacy of God and Torah, must override that which divides us.

JET's Jewish Unity Live program at the end of May is an event that commemorates the coming together of the Jewish community. We need these types of events to emphasize the necessity of Jews coalescing together for common cause, be it for the sake of Jewish education at the Walkathon, or to celebrate Yom Ha'Atzmaut, and to remember and mourn on Yom HaShoah and Yom Hazikaron.

But the importance of unity should not only be marked by community commemorations, it should be demonstrated day-to-day in terms of how we interrelate.

As we approach Shavuot, the culmination of the counting of the Omer, the Talmud tells us we approach the figurative Mount Sinai to once again receive the Torah as one nation with one heart. May this manifestation of unity become a reality, and not just a dream.

According to the Talmud, the counting of the Omer is marked by the remembrance of the 12,000 pairs of students of Rabbi Akiva who die from diphtheria as a result of their failure to respect one another. The Aroch Hashulchan, a commentary on the Shulchan Aruch, also mentions that this period also commemorates the atrocious acts of the Crusaders against the Jews in France and in Germany during the Middle Ages. Yom HaShoah and Yom Hazikaron, contemporary days of mourning, take place during the Omer count. Yom Ha'Atzmaut and Lag Ba'Omer, serve as positive highlights in an otherwise dreary set of weeks prior to Shavuot.

With the onset of Lag Ba'Omer, the plague that afflicts the students of Rabbi Akiva ceases. In many circles, the regulations concerning semi-mourning that

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FROM THE EDITOR



MICHAEL REGENSTREIF

As I write – on May 20 just before we go to press – Israel’s governing coalition under Prime Minister Benjamin Netanyahu is in a state of flux. Defense Minister Moshe Ya’alon is on his way out with former foreign minister Avigdor Liberman his presumptive replacement.

This turn of events in Israeli politics – indications of which began to surface on May 18 – came as a surprise because there had been reports over the past several weeks that Netanyahu and Israel’s opposition leader, Isaac Herzog, chair of the centre-left Zionist Union (a joint electoral list bringing together Herzog’s Labor Party and Tzipi Livni’s Hatnuah Party), were close to an agreement that would have brought the Zionist Union into the coalition with Herzog becoming foreign minister (a post that Netanyahu has held onto himself since 2015).

Netanyahu says hello Liberman, goodbye Ya’alon

Bringing Herzog into the coalition was seen as a move that would signal Netanyahu’s seriousness about his desire for direct negotiations with the Palestinians that would hopefully lead to a two-state solution. It would also have stabilized Netanyahu’s coalition whose razor-thin majority has stood at just 61 of the Knesset’s 120 seats.

However, it appears that at the same time it was openly acknowledged he was negotiating with Herzog, he was also secretly talking with Liberman whose right-wing Yisrael Beiteinu party – with its six Knesset seats – has sat on the opposition benches since the 2015 election.

Liberman brought several demands to the table. Among them was instituting capital punishment for convicted terrorists. In the State of Israel’s 68-year history there have only been two executions: army officer Meir Tobianski on June 30, 1948 by firing squad after he was convicted of treason by court-martial during the War of Independence, and Adolf Eichman on May 31, 1962 by hanging after he was convicted of crimes against humanity and war crimes for his central role in perpetrating the Holocaust.

Tobianski, it must be noted, was executed quickly with no right to appeal. A year later, evidence revealed he was not guilty and he was exonerated.

Liberman’s other main demand was that he replace Ya’alon as defense minister; a demand that Netanyahu accepted. With that acceptance, Ya’alon resigned from cabinet and from his seat in the Knesset.

Netanyahu said he regretted Ya’alon’s resignation and said he had offered to appoint him foreign minister.

In resigning, Ya’alon cited Netanyahu’s conduct during “recent developments” (presumably the negotiations that brought in Liberman), which demonstrated the prime minister’s “lack of trust” in him.

It would be hard – if not impossible – to make the case that Liberman is more qualified than Ya’alon to be defense minister. With rare exceptions, Israel’s defense ministers have enjoyed the confidence of Israel’s military because they have had distinguished military careers serving in the highest ranks of the Israel Defense Forces (IDF). Ya’alon, for example, rose to be the IDF chief-of-staff. Liberman, in contrast, served briefly in the IDF, attaining the rank of

corporal, and has often been highly critical of the restraint shown by Israel’s military in difficult circumstances.

While it’s still much too early to know what all of the consequences of these developments will be, a few questions are obvious.

Will Herzog’s tenure as chair of the Zionist Union come to an end? His move toward joining Netanyahu’s coalition was not supported by many of the Zionist Union Knesset members and the result could only have embarrassed him.

As defense minister, Liberman assumes tremendous power in the West Bank. While Ya’alon was pragmatic and somewhat conciliatory with the Palestinians, Liberman has been seen to be much more hardline. Will the Palestinian Authority be able to work with him, for example, on day-to-day security co-operation?

And will there be an impact on Israel’s current negotiations with the U.S. for long-term defense aid? Ya’alon enjoyed generally good relations with the U.S. while Liberman, as foreign minister, did not.

What about Ya’alon’s political future? Will he be a formidable challenger to Netanyahu’s leadership within Likud? Or to Likud as the leader of a new, more moderate centre-right party?

“I have no intention of [permanently] leaving public life, and in the future I will return as a candidate for national leadership,” he said in his resignation speech.

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

I have never been someone who thought much about death and dying.

Other than my sister and her husband losing a young child almost 40 years ago, I have not lived the intimate experience of losing an immediate family member. My father will be 94 in July and my mother 91 in August. Both are as well as their age allows.

I know many people who have aging parents close to and in their 90s and we share the concerns of trying to help figure out with our parents, and with other family members, what’s best in terms of residency and care. It’s all new to me. My childhood memories are limited in experiencing elderly

In 20 years the baby boomers will begin to turn 90

grandparents.

Two of my grandparents died in their 60s, another at 72, and I don’t recall anyone saying they died young. Many people died in their 60s then – while today it is a rarity. The parameters have changed. As the numbers clearly indicate, old today means really old.

Those of you who have experienced spending time in a seniors’ residence where there are many people in their 90s know what is involved. There is the obvious reality of old age. Get near or over 90 and the body or the mind, or both, just can’t do it anymore. For many elderly, the determination is there in their souls, but the impediments are huge. Being 90 is a full-time job.

Seeing so many people in one place so compromised is always like a kick in the belly. You never get past it. It is the emotion of feeling helpless because there is not a lot anyone can do to make things much better. It is about managing to keep things together for as long as possible. It is a world where the status quo beats the alternative.

When you get past the obvious

limiting realities of daily life, you begin to see the beauty of elderly people’s battles to push forward and live on. You wonder where that determination comes from and you learn it is the beautiful human instinct of never giving up on life. Part of that is purely physical, even gravely ill human beings fight to keep breathing. It is remarkable how very old people focus on tomorrow.

We live at a time when extended life is often a medical miracle that can’t and won’t be undone. And we are entering a phase of uncharted waters as the first baby boomers will begin to turn 90 just 20 years from now in 2036.

The numbers are overwhelming. Where will the space be? Where will the care come from? The system can barely cope now, so how will it cope with three times the number of 90-year-olds in less than 25 years from now?

There are no good answers to those questions. For someone my age, it is not a good subject to contemplate, so we tend to try not to think about it. But, of course, we do and thinking about it can be quite horrifying.

I have been fortunate in my life to have witnessed a lot and, like many journalists, I have a thick layer of protective cynicism that usually spares me from being shocked. So, when I am shocked, I am not just shocked, I am also shaken.

A few weeks ago, I was surfing channels and came across the Radio-Canada national newscast. A report caught my attention because it was about caring for elderly people, specifically the question of the new law in Quebec pertaining to doctor-assisted death. On the forefront of euthanasia legislation in Canada, the Quebec government has moved the debate to reality.

The report featured two doctors who said the Quebec government was no longer making new investments in palliative care, despite the growing need for new places and more resources. The doctors came right out and said it. The Quebec government had decided that in a cash-strapped health care system, caring for the old and dying was not necessarily the most viable option.

The Quebec health minister was asked if the Quebec government chose death over care and, of course, he indignantly said one thing had nothing to do with the other.

I still find myself shocked and shaken realizing how fast the wheel is turning.



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CHRISTIAN ZIONISM

Paul Merkley was invited to the joint Shabbat services of Agudath Israel and Beth Shalom Congregations (soon to be amalgamated as Kehillat Beth Israel Congregation) on May 7 to speak about his personal and professional experiences as a committed friend of Israel.

An emeritus professor of history at Carleton University, Merkley provided a fascinating account of the role of Christian Zionists in supporting the creation of modern Israel. He described how his relationship to Israel developed during his first visit to Israel in 1981 with his wife and children. He and his family lived at the Hebrew University of Jerusalem at Giv'at Ram for six months, learning Hebrew, and immersing themselves in Israeli life. He was able to work and study with other authorities in his field while teaching a seminar. Subsequent stays provided material for scholarly works: "The Politics of Christian Zionism," "Christian Attitudes Towards the State of Israel," and "Religion and Israel," among others.

Merkley clarified and debunked the views of numerous groups who seek to diminish or deny the contributions of these steadfast friends of Jews. Quoting from the Prophets, he clarified that the biblical prophecies of the Messianic age are understood by his co-religionists as rooted in Judaism. The fear that Christians support Israel primarily with the intent of converting them is unfounded and untrue, he said. He was equally critical of secular groups who work to undermine the legitimacy of modern Israel by questioning its right to exist, and going so far as to revise historical facts.

Merkley continues to write extensively on this topic and related issues on a regular basis in The Bayview Review (<https://thebayviewreview.com>), an online magazine in which Christian professors write about culture, economics, history, philosophy, politics and theology. His presentation to the joint congregation provided a strong affirmation as to the support and connection to Israel that so many others in Ottawa hold dear.

Barbara Okun

COMMUNITY CHANGE

The much-discussed 2013 Pew survey overlooked probably the biggest factor that caused the shift in dynamic of the importance of religion and the rise in secularism. It is the impact of *community change* and apathy – not just priority and financial ability.

The disappearance of the merchant class and its replacement by Jewish refugees from the world wars and the move to professional careers impacted the

secular better life syndrome because *fitting in* and an *easier way of life* changed the dynamic of a community that lived and worked in close proximity.

When families moved west, they sought a more secular lifestyle afforded by the availability of time – something that was missing when retail and wholesale were the norm in working hours. Family meals were at a premium because everybody was busy. The social attitude about acceptance also changed and every effort was made to obtain entry into secular clubs and institutions. There was a striving to *belong*, that we had arrived.

This all came at a cost: the loss of religiosity and the new association of *culture*. The way of communication also changed as people now used social media to communicate. Conversations, one-on-one and in groups, are rare except if there is a party celebration. Even then, texting is the new norm.

The challenge to engage young people will continue to be on social media, in the virtual classroom and with virtual services.

Today, as senior citizens, we recall the good old days sitting around the kitchen table taking comfort eating real food, lovingly made by family, helping each other.

If we want to maintain spirituality and the meaning of religion, we must open up the tents and be welcoming to everyone, regardless of affiliation or level of observance, who seeks the Jewish community because it is the first step in building co-operation, understanding, mutual respect and because it helps to bring down the wall of hate. We must share community resources by consolidation and amalgamation of physical, mental and social resources because unity is what preserves the past, lives in the present but plans for the future.

David Kardish

LETTERS WELCOME

Letters to the Editor are welcome if they are brief, signed, timely, and of interest to our readership. The *Bulletin* reserves the right to refuse, edit or condense letters. The *Mailbag* column will be published as space permits.

Send your letters to Michael Regenstreif,
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Or by email to bulletin@ottawajewishbulletin.com

Conservative Rabbinical Assembly elects first Canadian president

(JTA) – The Rabbinical Assembly, the international association of Conservative rabbis, has elected its first Canadian president.

Rabbi Philip Scheim, who has led Beth David Congregation in Toronto since 1984, was elected by the membership and was installed May 22 at an event in New York.

Rabbi Scheim, who was ordained by the Jewish Theological Seminary in 1981, has served on the movement's Committee of Jewish Law and Standards and

been deeply involved in Canadian pro-Israel activism.

"He has emphasized the connection between his congregation and the State of Israel, and the importance of reflecting and exemplifying Canadian values in all of its congregants' endeavours," the Rabbinical Assembly said in a statement.

The Rabbinical Assembly, which was founded in 1901, encompasses the Conservative movement in North America and its affiliated Masorti movement overseas.



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Farewells and Welcomes

JNF Ottawa Board update

After three years of dedication, Alan Blostein completed his term as the JNF Ottawa Board president at the 2017 JNF Ottawa Annual General Meeting held at the home of Alex and Lynda Wakter. Alan has generously agreed to help JNF Ottawa connect with donors to help them find a project to support, to establish their own legacy project in Israel or to create a bequest. We look forward to collaborating together.

Lisa Cogan also stepped down from the JNF Ottawa Board this year after 16 years of dedication. Lisa was instrumental in reinvigorating the Negev Dinner and her work helped to support many projects in Israel as diverse as a botanical garden to nanotechnology for water conservation.



Lisa Cogan and Alan Blostein

As we say farewell, we are also delighted to welcome Dan Mader as our new JNF Ottawa Board president. Dan inherited his passion for JNF from his grandfather Nathan Scott, a long-time JNF volunteer and former national president. He is committed to helping develop and protect the land of Israel.

Dan is a vice-president at NATIONAL Public Relations. Dan has a background in consulting and public affairs, including nearly six years working as a senior adviser to federal cabinet ministers. Dan served as a senior adviser to the Hon. John Baird and later worked as chief-of-staff to the minister responsible for defence procurement and served as deputy communications director for a provincial election campaign. Dan began his career designing and developing enterprise software. Dan has an MBA from the University of Toronto and a degree in computer science from the University of Waterloo. He is a regular commentator on Canadian politics.

Sefer Bar Mitzvah

Carter Jones was inscribed by his grandparents, Burt and Jackie Gorenstein.

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Supreme Court Justice Michael Moldaver to speak at Soloway JCC

BY ADAM DODEK
FOR SOLOWAY JEWISH COMMUNITY CENTRE

Born and raised in Peterborough, Supreme Court of Canada Justice Michael Moldaver was first appointed a judge in 1990 at the ripe old age of 42. By then, he had already established his reputation as one of Canada's leading criminal defence lawyers.

He articulated with the legendary G. Arthur Martin and was called to the bar in Ontario in 1973. During his time as a criminal lawyer, he practised with many greats in the field, including Joseph Pomerant, Eddie Greenspan and Alan Gold. Moldaver rose to the top of his profession and was made a Queen's Counsel in 1985.

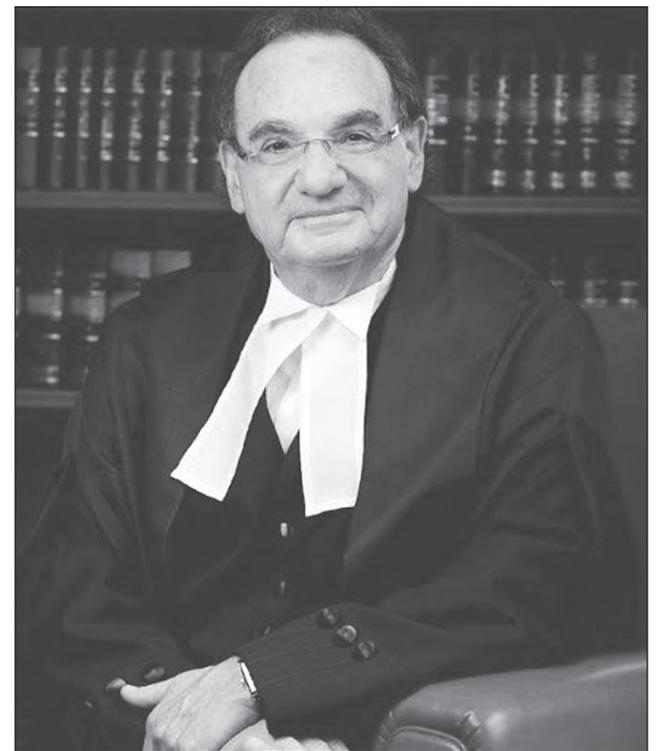
In 1990, Moldaver was appointed to the High Court of Justice of the Supreme Court of Ontario and worked as a trial judge until he was appointed to the Ontario Court of Appeal in 1995.

Sixteen years later, Moldaver was appointed to the Supreme Court of Canada in October 2011. He appeared before a committee of parliamentarians who grilled him about his qualifications before he was officially appointed to the highest court in the land by prime minister Stephen Harper.

Moldaver and his wife Rivka (Riky) moved to Ottawa and the judge began his work on the most scrutinized court in the country.

A lively raconteur, Moldaver will appear at his first public community speaking event since taking his seat on the high court. In a fireside chat with Professor Adam Dodek of the University of Ottawa, Moldaver will share his reflections on his fascinating career and what it is like to be a judge on Canada's highest court. His path to the Supreme Court is not what many would assume.

"Life is unpredictable", commented Moldaver. "You



Supreme Court Justice Michael Moldaver will discuss his career in a conversation with uOttawa law professor Adam Dodek, June 21 at the SJCC.

can never expect where it will take you."

The Unpredictability of Life: The Honourable Justice Michael Moldaver in conversation with Professor Adam Dodek at the Soloway Jewish Community Centre, Tuesday, June 21, 7 pm. For more information, contact Roslyn Wollock at rwollock@jccottawa.com or 613-798-9818, ext. 254.

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Cantor Kraus honoured at National Holocaust Remembrance Day Ceremony

BY LOUISE RACHLIS

There were honours, admiration and tears as a distinguished cantor, a young violinist, and two educators were recognized at the National Holocaust Remembrance Day Ceremony, May 5, at the Canadian War Museum. The annual event is organized by the Canadian Society for Yad Vashem.

Cantor Moshe Kraus, a Holocaust survivor who has lived in Ottawa for 40 years, was presented with the first Cantor Kraus Catalyst for Change Award by Prime Minister Justin Trudeau. Trudeau praised the courage of Cantor Kraus and noted he was the second Prime Minister Trudeau to have the honour of meeting him.

The Canadian Society for Yad Vashem created the award in Cantor Kraus' name. The other recipients to receive the award this year were teachers Patrick Mascoe of Ottawa and Larry Mikulcik of Strassburg, Saskatchewan, and Toronto student Erin Sade, a volunteer who promotes the Society's Twinning Program in which young people celebrating their bar and bat mitzvahs are twinned with a child who didn't get to celebrate their own because they were murdered in the Holocaust. Sade played the theme from "Schindler's List" on her violin at the ceremony. She keeps a photo of her "twin" who died in the Holocaust beside her when she plays the violin.

Through its educational and commemorative activities, the Society carries out Yad Vashem's mission of ensuring that the Holocaust and its lessons are forever engraved in the memory of humankind.

The 2016 theme for Yad Vashem is "the struggle to maintain the human spirit during the Holocaust" and Cantor Kraus epitomizes that theme, said Fran



Prime Minister Justin Trudeau presents the first Cantor Kraus Catalyst for Change Award to Cantor Moshe Kraus, for whom the award was named, May 5, at the Canadian War Museum.

Sonshine, national chair of the Canadian Society for Yad Vashem.

"Astonishingly in Bergen Belsen, Cantor Kraus went from barrack to barrack at night, singing songs to his fellow inmates to keep up their spirits," said Sonshine.

Six candles were lit, one for each million killed in the Holocaust. There was singing by Hebrew Foundation School students from Montreal, as well as "Kel Maleh Rachamim" by Colonel Willie Glaser, and "Kaddish" by Cantor Kraus.

In addition to Trudeau, members of



A group of Holocaust survivors is joined by students as they light the sixth memorial candle at the National Holocaust Remembrance Day Ceremony, May 5, at the Canadian War Museum.

Parliament who spoke at the event included Opposition Leader Rona Ambrose, representing the Conservative Party; Hélène Laverdière, representing the New Democratic Party; and Green Party leader Elizabeth May.

Both Trudeau and May noted that surrounded by the War Museum's tanks and military equipment, the Canadian Society for Yad Vashem miraculously transforms the space into "a sacred place of prayer."

"We offer our respect and our gratitude to those survivors who are still with us," said Ambrose, who added that lessons from the Holocaust demand "we defend religious freedom around the world and fight against any attempt to delegitimize Israel. Canadians value freedom, democracy and rule of law, and we will act on these values for a world free of terror, persecution and genocide."

"It is up to all of us to fight this legacy of hatred and anti-Semitism," said

Laverdière. "Canada must now lead the way for restitution of property and compensation. We owe [Holocaust survivors] nothing less ... We must never forget that love is stronger than hate."

The ceremony was attended by many cabinet ministers and members of Parliament; diplomats from more than 50 countries, including Israeli Ambassador Rafael Barak; rabbis, including Rabbi Reuven Bulka who delivered a D'var Torah; hundreds of Holocaust survivors and their families; and the public.

Also in attendance were student participants in "Ambassadors of Change," a program led by Ottawa teacher Patrick Mascoe that brings young Canadians together with Holocaust survivors in order to identify the roots of discrimination and intolerance for the purpose of eliminating hatred and racism in the future. In a round table setting prior to the ceremony, students discussed issues of intolerance with Holocaust survivors.

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Netanyahu keeps calling for talks with Palestinian Authority. Is he serious?

BY BEN SALES

(JTA) – For a leader often accused of not wanting to talk peace with the Palestinians, Israeli Prime Minister Benjamin Netanyahu sure does a lot of talking about wanting to talk to the Palestinians.

In a series of three statements this month, Netanyahu repeatedly stressed the need for peace with the Palestinians. He called the peace process one of his highest priorities and hinted that a renewal of talks might be underway.

Responding to a question about the peace process on Twitter on May 12, Israel's Independence Day, Netanyahu said "there's nothing I want more or am more active on, in many ways you don't know." Later that day, speaking to foreign

diplomats in Jerusalem, he asked for help arranging a meeting between himself and Palestinian Authority (PA) President Mahmoud Abbas.

"I have taken steps that no other prime minister in Israel's history has taken to advance peace," he said. "Every minute that President Abbas refuses to accept my call for peace robs Palestinians and Israelis of the opportunity to live without fear."

Netanyahu's commitment to a Palestinian state, even in theory, has remained a question mark and divided observers of Israeli politics since he took office in 2009. Both his defenders and his critics point to different sets of gestures and statements he's made that signal support for, or opposition to, a

two-state solution. In the lead-up to elections 14 months ago, he dismissed the possibility of a Palestinian state on his watch.

But in a talk to North American Jewish federations last November, he said he "remain[s] committed to a vision of two states for two peoples where a demilitarized Palestinian state recognizes the Jewish state, and Israel will continue to

work for peace in the hope that what is not achievable today might be achievable tomorrow."

At the same time, Abbas repeatedly has declined another round of negotiations, saying he would only talk following Israeli good-faith measures. Before the last series of talks, in 2013, Israel released 82 Palestinian prisoners before the two

See Netanyahu on page 17



Israeli Prime Minister Benjamin Netanyahu (centre) shakes hands with Deputy IDF Chief of Staff Yair Golan, and standing with Israeli President Reuven Rivlin, at a Yom Ha'Atzmaut ceremony honouring soldiers, May 12

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In new film, Yitzhak Rabin narrates his autobiography

BY CURT SCHLEIER

(JTA) – “Rabin in his Own Words,” which will be shown in Ottawa on Thursday, June 23, 7 pm, at the River Building Theatre at Carleton University during the Israeli Film Festival, is more than a tribute to the two-time Israeli prime minister tragically gunned down in 1995. The aptly named cinematic autobiography, which uses archival footage going back to the statesman’s childhood, is entirely narrated by Yitzhak Rabin himself.

Filmmaker Erez Laufer, 53, designed it that way because, he told JTA, “I got tired of hearing people analyzing him, people talking about him, both from admirers and people who didn’t. “For me, the message of the film is you can kill someone, but his voice lives on.”

Laufer, for the record, is squarely in the pro-Rabin camp. Speaking via FaceTime from his home in Tel Aviv – ironically just a block from Rabin Square – Laufer explains that he grew up near the Kadoorie Agricultural High School, the iconic institution in northern Israel where Rabin graduated.

“I always had, it’s very hard for me to find the word” – he pauses to think of an appropriate English translation – a “fascination or [been a] political supporter of his vision,” Laufer said.

From start to finish, the film took only a year, as Laufer wanted to screen it in



Yitzhak Rabin and his wife, Leah, in 1968

Israel by November 2015, the 20th anniversary of Rabin’s assassination.

It was rushed, but quality did not suffer in the process. The film eloquently captures the two sides of Rabin – the fierce warrior and the dedicated peacenik who fought for a two-state solution.

Rabin was born in Jerusalem in 1922. His father, who came to Israel from Ukraine via the United States, died when he was young. He was raised by his strict mother, Rose, from Belarus, who was a highly regarded labour leader. In 1941, Rabin joined the Palmach, the commando unit of the Haganah, the pre-state defence force, and helped the British invade Lebanon during the Second World War. He then fought in the Israeli War of Independence in 1948.

Rabin stayed in the military, was named chief-of-staff in 1964, and three years later, led the Israel Defense Forces to victory in the Six-Day War. From there, he served in a variety of jobs, including ambassador to the U.S., several cabinet posts and two stints as prime minister.

What’s interesting to watch is how contentious Israeli politics are, especially when it comes to a figure as polarizing as Rabin. The film shows demonstration footage of crowds calling Rabin a saviour

for his efforts to bring peace, along with protests deeming him a murderer because Palestinian violence erupted

after one of his initiatives.

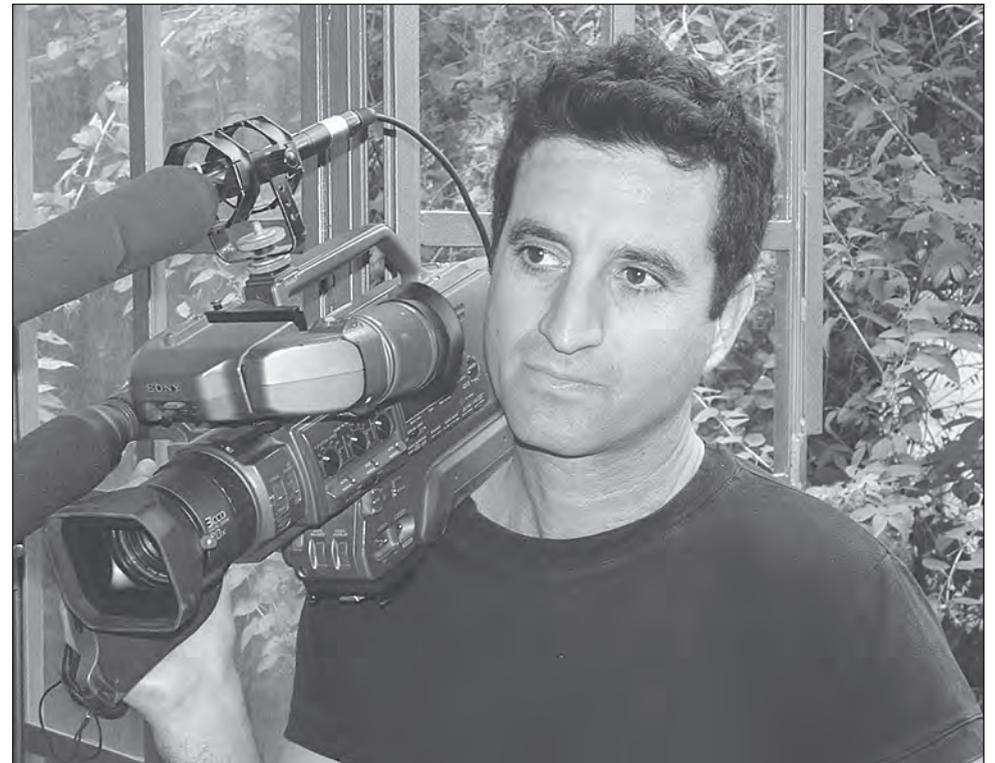
Rabin remained true to his beliefs. “You don’t make peace with friends,” he said. “You make it with very unsavoury enemies.”

As early as 1973, he worked to return the Sinai to Egypt, something he said “brought us much closer to peace.” A few years later, Rabin urged returning the West Bank to Jordan.

And he consistently spoke out against settlements in the administered territories, which he considered “a grave mistake [that] did nothing but undermine peace efforts.”

He was an architect of the Israel-Jordan peace treaty and, of course, shared the Nobel Peace Prize for his participation in the Oslo Accords. It was the latter that precipitated his assassination by an Orthodox Jew who objected to the agreement.

“Rabin” is a complete and reasonably balanced account of an important life. The only thing it can’t offer is what the Middle East might be like if he were alive today.



Filmmaker Erez Laufer created a cinematic autobiography of Yitzhak Rabin with archival footage that is narrated by the assassinated Israeli prime minister himself.

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CHW Tea to honour Jacquelin Holzman and Evelyn Greenberg

BY UNA FOLKSON SINGH
CHW OTTAWA CENTRE

Sisters Jacquelin (Jackie) Holzman and Evelyn Greenberg, both tireless volunteers, will be honoured by the Amit, Ina McCarthy, and Mollie Betcherman Chapters of Canadian Hadassah-WIZO (CHW) Ottawa Centre at our Annual Spring Tea on Sunday, June 19, 2 to 4 pm, at the home of their friend, Dorothy Nadolny.

Jackie, a former mayor of Ottawa, and Evelyn, a renowned pianist, have chosen the CHW Hadassim Children and Youth Village to receive the donations made in their honour.

CHW Hadassim, located east of Netanya and north of Tel Aviv, has historically been a place of refuge, beginning with children orphaned during the Holocaust. It is now expanding with the arrival in Israel of Jewish youth from France and other francophone countries impacted by anti-Semitism.

Already, more than 25 teenagers have been success-

fully integrated into the new French Na'aleh academic program for youth between 14 and 18 years old. CHW Hadassim anticipates that it will need dormitory space for at least 30 more French-speaking girls this year. Donations will help to rebuild an old residence, Dormitory Hey.

The Annual Spring Tea is a not-to-be-missed event. Now in its 14th year, it is famous for its delicious party sandwiches, stunning fruit platters, and exquisite homemade desserts. In addition, a silent auction will offer many beautiful and tempting items.

Alina Ianson, CHW national executive director, will be joining us to thank our deserving honorees for their help in achieving CHW's mission of supporting children, health care, and women through our many diverse projects in Israel and Canada.

For more information about the Tea, leave a message on at the CHW Ottawa information line at 613-699-0802 or visit www.chw.ca/ottawa-tea-2016. You can also make a donation online to support this worthy project.



Honorees Evelyn Greenberg (left) and Jacquelin Holzman have designated the CHW Hadassim Children and Youth Village in Israel as the beneficiary of funds raised at CHW Ottawa's Annual Spring Tea.

Memoir by Sylvia Bodovsky Kershman to be launched

BY TERI LEVINE
OTTAWA JEWISH HISTORICAL SOCIETY

'Life Lines and Other Lines,' Sylvia Bodovsky Kershman's memoir about her family and about growing up in Ottawa's Lowertown area, will be launched at an event hosted by the Ottawa Jewish Historical Society.

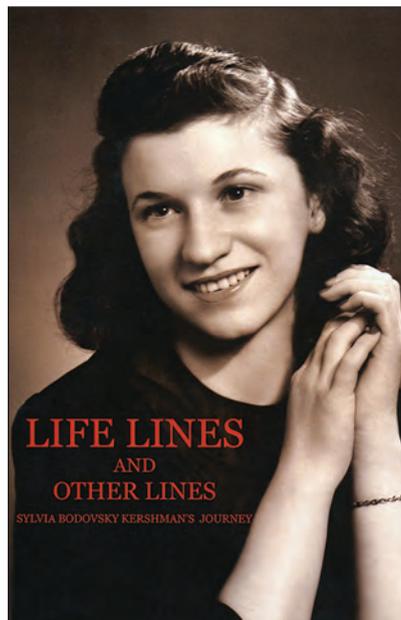
Sylvia, the daughter of Kele Leikin Bodovsky and Wolf Bodovsky, was born in 1926 and lived in the same neighbourhood in Lowertown until 1964.

Her story takes place in what was then the core of the Ottawa Jewish Community and spans a period that includes the amazing growth that took place after the Second World War.

The book highlights local Jewish businesses in the ByWard Market as well as Sylvia's far-reaching family tree.

The book will be autographed and available for \$40 (softcover) and \$50 (hardcover), and proceeds from the book's sale will be donated to the Ottawa Jewish Historical Society.

"Life Lines and Other Lines" by Sylvia Bodovsky Kershman will be launched on Sunday, June 26, 2 pm, at Ben Franklin Place, 101 Centrepoin Drive. For more information, contact Teri Levine at 613-798-0357.




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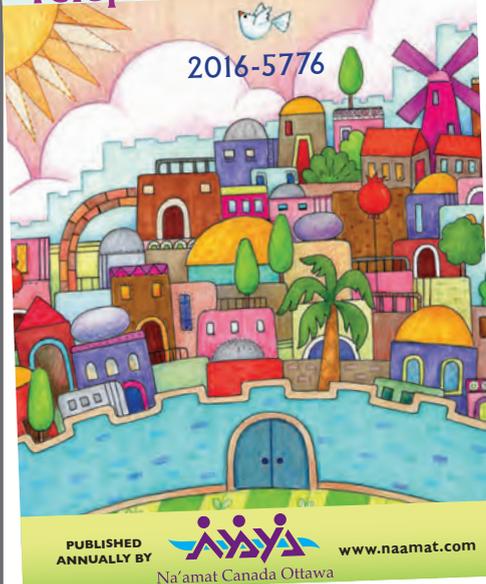


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Yom HaShoah at OJCS: Grade 7 students at the Ottawa Jewish Community School, led by Morah Ruthie Lebovich, used narrative, dance, and song in a moving and emotionally charged Yom HaShoah presentation, May 5, to honour and remember the six million Jews murdered in the Holocaust. The event also included a candle lighting ceremony by faculty members and parents.

ELLEN O'CONNOR

In Conversation with Writer

ASSAF GAVRON

MONDAY, JUNE 6 2016 @ 7PM

Carleton University Art Gallery
1125 Colonel By Drive, Ottawa

With a string of international literary awards and bestselling novels to his credit, Assaf Gavron has earned his place as a foremost Israeli author under 50.

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(Etgar Keret)

Assaf Gavron will be in conversation with Daniel Bezalel Richardsen, founder and editor of *Foment*, the literary journal of the Ottawa International Writers Festival.

Event is free. Registration required 1-855-781-4322
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Netanyahu: Israeli PM wants direct talks with Palestinians

Continued from page 11

sides met. Netanyahu's defenders say Abbas' reticence shows that the Palestinian leader remains the main obstacle to a deal.

"This process has two sides, and I think the central problem isn't Israel but Abu Mazen," said former Israeli deputy national security adviser Shaul Shay, using Abbas' nom de guerre. "Abu Mazen isn't prepared to reach an agreement, so things are stuck not necessarily because of Israel."

Abbas instead has turned to international forums, including the United Nations, to recognize a Palestinian state and hold Israel accountable for what he calls violations of international law.

Most recently, Abbas endorsed a French-led initiative to convene an Israeli-Palestinian peace conference for the summer, an initiative Israel opposes.

The France initiative is just one of three factors leading Netanyahu to emphasize peace talks again, analysts say. The others include the possibility of the centre-left Labor Party joining his coalition – which is now unlikely – and a desire to project optimism on Israel's Independence Day.

The French initiative calls for a regional peace conference to be held in the summer. Should negotiations fail, France has vowed to recognize a State of

Palestine. Israel thus far has refused to participate, saying the statehood recognition threat gives the Palestinians no incentive to negotiate in good faith.

"The only way to advance a true peace between us and the Palestinians is by means of direct negotiations between us and them, without preconditions," Netanyahu told his cabinet on May 15. "Any other attempt only makes peace more remote and gives the Palestinians an escape hatch."

Netanyahu's peace talk may also have been prompted, analysts say, by a need to give a sort of "State of the Union" on Independence Day. While prospects for peace may be dim, Shay said, relations with the Palestinians are still of paramount importance.

"On Independence Day, the prime minister talks to the people and surveys what the situation is and what the future will hold," Shay said. "You can't ignore this central subject."

Renewed negotiations have seemed remote recently. A brutal war in Gaza followed the collapse of talks in 2014. Last year saw the formation of a right-wing Israeli government, succeeded by a wave of terror that is only now fading.

"He sees a theoretical possibility but not a practical one," said Dror Zeevi, a Middle Eastern studies professor at Hebrew University, referring to Netanyahu.

"If things come together, it's possible he would be ready for a deal, but I don't think it's practical in the current government."

Those who insist Netanyahu is sincere about renewing talks point to his 2009 speech at Bar-Ilan University, where he committed to supporting a demilitarized Palestinian state alongside Israel. They note that he froze West Bank settlement growth in 2010 and freed Palestinian prisoners to jump-start negotiations in 2013 and 2014. Since taking office seven years ago, Netanyahu repeatedly has called for direct negotiations with Abbas.

"He's ready to make concessions," said Ephraim Inbar, director of Bar-Ilan's Begin-Sadat Center for Strategic Studies. "Everyone knows he'll make concessions. He was ready to freeze settlements. There are concessions he won't make for security reasons, for historical reasons, and the nation agrees with him."

Others point to Netanyahu's decades-long opposition to Palestinian statehood prior to 2009. Since the building freeze, they note, Netanyahu has expanded settlements throughout the West Bank. And in March 2015, two days before Israeli elections, Netanyahu told the Israeli news website NRG that a Palestinian state would not rise while he is prime minister.

Gershon Baskin, who has acted as a conduit between the Netanyahu government and Palestinian leaders, told JTA that Abbas has thrice offered to begin secret direct talks with Netanyahu. Each time, Baskin said, Netanyahu has refused.

"The point isn't negotiating anymore – it's making decisions," Baskin said. "[Netanyahu] doesn't do anything in terms of policy to show that a two-state solution is what he wants. Nothing on the ground indicates that."

But others insist it is Abbas offering the "Mixed Messages," as the Washington Institute for Near East Policy titled a recent report on the Palestinian leader and Israel.

"It is not just that Abbas and the PA turned their backs on any peace talks with Israel – a position they have hewed to ever since" turning to the international community for unilateral actions, wrote David Pollock, the Kaufman fellow and director of Project Fikra at The Washington Institute.

"It is also that they had decided thenceforth to seek independent statehood for themselves without paying any price at all to Israel – neither the end of claims and conflict, nor a compromise on refugees, nor formal agreement on any other issue. In other words, their objective was land without peace."

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Chabad's secret: 'Every shliach is an entrepreneur'

The Secret of Chabad:

Inside the world's most successful Jewish movement

By Rabbi David Eliezrie

Toby Press

432 pages

As the subtitle says, this is an insider's book. The author, Rabbi David Eliezrie, is a Chabad shliach in Yorba Linda, California, whose first contact with the seventh Lubavitcher rebbe, Rabbi Menachem Mendel Schneerson, was in 1966, at age 14, on a school trip from Montreal. He describes the event reverently, and with affection, and tells how it changed his life.

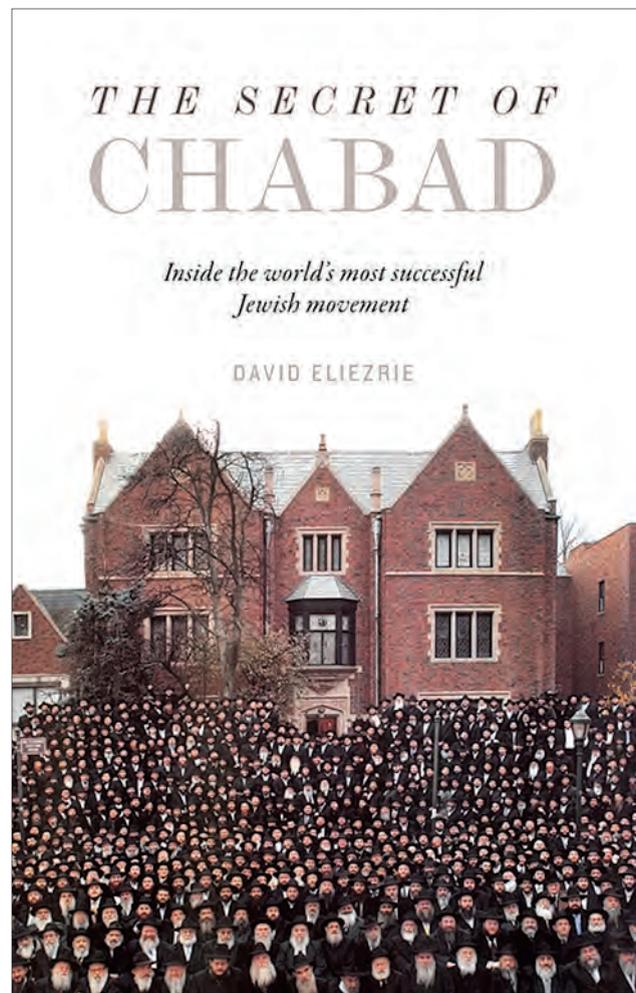
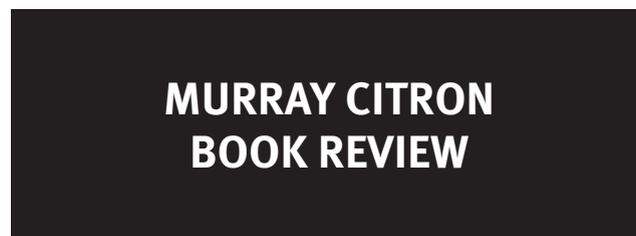
After this introduction, the book gives a brief history of the Lubavitch movement, starting with Rabbi Israel Baal Shem Tov's introduction of Jewish mysticism to the daily life of East European Jews in the 18th century. This was the beginning of Chassidism. "The Baal Shem Tov emboldened the common man with a sense of spiritual dignity and purpose," writes Rabbi Eliezrie.

A number of Chassidic sects developed, each centred on a rebbe. Often the rebbe was considered to have special access to God, and to have the ability to make minor miracles. The Lubavitch sect was founded by Rabbi Schneur Zalman. It took its name from a small town near Smolensk, where the founder's son, the second Lubavitcher rebbe, settled, and where four of the seven Chabad rebbes lived.

The word Chabad is an acronym of three Hebrew words, *chochmah*, *binah*, *da'at* (wisdom, understanding, knowledge), which have their own mystical meaning in Kabbalah. It seems to have been used for the first time as a name in 1788, when Rabbi Schneur Zalman founded Colel Chabad to support the Chassidic community in Palestine. Today, it is synonymous with Lubavitch as the name of a movement.

The movement began to take its modern form, having not only religious but political effect, after the Bolshevik revolution. Lenin decreed a materialistic state organization governed from the top with no place for divinity or mysticism. The Jewish department of the Communist Party, the Yevsektzia, took on the job of stamping out Jewish religious observance and secularizing Jewish life. The sixth rebbe, Rabbi Yitzchak Yosef Schneersohn, resisted openly. He was jailed and exiled, and finally forced to leave Russia. He organized an underground system of *shluchim* (messengers), who were able to maintain religious schools and observance, at great risk, until the end of the Bolshevik system.

In 1940, the sixth rebbe, suffering from multiple sclerosis, made his way to the United States. He was distressed at the state of Jewish observance generally, and especially at the weakness of the Lubavitch move-



ment, and set out to build up Chabad. He found funds to acquire the building at 770 Eastern Parkway, Brooklyn, now known as 770, the world centre of Chabad. The sixth rebbe, now known in the movement as *Der Friedike Rebbe* (the previous rebbe), built up a staff and, throughout the 1940s, sent *shluchim* to various destinations "with specific tasks: open a school, become a rabbi of a synagogue, or a teacher." He died in 1950 and was succeeded by his son-in-law, Rabbi Menachem Mendel Schneerson, who became the seventh Lubavitcher rebbe.

As told by Rabbi Eliezrie, the seventh rebbe's approach was different. His practice was to send young rabbis, usually with a *rebbitzin*, to destinations all over the world, wherever there might be Jewish life, to settle,

to make local contacts, and to set up shop: a shul, a school, a Chabad house. Most of the book is an anecdotal account of the growth of Chabad from "a sideshow in Brooklyn" in the early 1950s to a worldwide movement with over 4,000 *shluchim* in 80 countries.

Chabad's "secret" is explained in Chapter Eight, "Every Shliach is an Entrepreneur."

While there is seed money available from major donors, it is up to the shliach to contact community members, start operations, and raise funds to keep going and support himself and his family. Rabbi Eliezrie contrasts this with the model in which a Jewish organization is created when a group decides to form a congregation, a school or a social agency. The directors hire and fire the rabbi or other professional. "Congregational rabbis and Jewish communal professionals have to tread softly. ... Chabad rabbis are empowered to decide and move forward, limited only by the amount of money they can raise."

The intimacy of this book makes the reading comfortable. It is not a scholarly book, and it is not a history. It is a *farbrengn* (gathering) in print, which seems written with a view to invite readers into the *mishpacha*. It achieves that, but there are concerns. There is no index or bibliography. Statements are put forward as factual that are hard to accept. We are told that the first rebbe was once imprisoned in St. Petersburg, and the czar came in disguise to visit him in his cell; and that the sixth rebbe once prevented an anti-Jewish decree by entering the office involved when it was unoccupied during lunch hour and finding the government minister's rejection stamp and affixing it to the document.

The book is, of course, written from a Chabad perspective. The *Haskalah* – the Jewish enlightenment movement of the late-17th and early-19th century – is dismissed as an effort to secularize the Jewish people. The word *Yiddishkeit*, which for many people has a cultural meaning, is equated with Judaism, the Jewish religion.

Still, success speaks with its own voice. The worldwide reach of Chabad is not hard to show. As this review was being written, the April 18 edition of the Ottawa Jewish Bulletin arrived, with stories about a Chabad youth Shabbaton in Ottawa and a coming Chabad Passover seder in Nepal.

The seventh rebbe died in 1994. Many followers believed he would be revealed as the *Moshiach* (messiah) before his death. He did not groom a successor and he is still referred to as the "Rebbe." There is a Chabad-Lubavitch secretariat, which operates at 770, and dispatches *shluchim* around the world. The cover photograph of the book shows hundreds of bearded, black-hatted *shluchim* posing in front of 770. It is inescapable that behind those beards there is much organizational shrewdness and administrative energy.

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Musica Ebraica gives Broadway a run for its gelt

BY ESTHER SHETZER
MUSICA EBRAICA

At our next concert, June 1, Musica Ebraica will explore the unique role of Jewish composers and lyricists in the creation of the Broadway musical in a concert called “Mavins of the Musical: From Yiddish Theatre to Broadway.”

We’re talking about the likes of George and Ira Gershwin, Oscar Hammerstein, Richard Rogers, Lorenz Hart, Kurt Weill, Leonard Bernstein, Stephen Sondheim, John Kander and Fred Eb, Jerome Kern, Alan Lerner and Frederick Loewe, and Irving Berlin. These songwriters wrote the songs for many of the great musicals, leading to an assertion that the musical is almost an exclusively Jewish creation. Indeed, could it not be said that Jews actually ‘invented’ the Broadway musical?

The concert will begin with a look at the vibrant musical theatre culture that was popular in the shtetls and cities of Russia and Eastern Europe, beginning with works by Abraham Goldfaden, considered by many to be the father of



Musica Ebraica will perform “Mavins of the Musical: From Yiddish Theatre to Broadway” on Wednesday, June 1, 7:30 pm, at Agudath Israel Congregation

modern Yiddish theatre. Goldfaden wrote some 40 Yiddish plays between 1869 and 1908 as well as hundreds of songs, including, most famously,

“Rozhinkes mit Mandlen (Raisins and Almonds).”

This concert will continue with favourites such as “Dona Dona,” “My

Yiddishe Momme,” “Alexander’s Ragtime Band,” and “Mayn Shtetele Belz,” a poignant lament to old world life.

And who doesn’t remember “Bei Mir Bist Tushein,” composed by Sholom Secunda for a 1932 Yiddish musical and turned into a 1937 hit song by the Andrews Sisters, and “Sheyn Vi Di Levone,” made famous by the Barry Sisters?

Other selections will include Fiddler on the Roof excerpts and a medley from Les Misérables.

This Musica Ebraica concert promises to be fun and entertaining as well as educational. Look for some fantastic solos from Mirren Lithwick and Evan Weiner and guest musicians, including master of ceremonies Laurence Wall who will play his cello.

Musica Ebraica will perform “Mavins of the Musical: From Yiddish Theatre to Broadway” on Wednesday, June 1, 7:30 pm, at Agudath Israel Congregation, 1400 Coldrey Avenue. Tickets are \$20 (general admission) and \$10 (students).

For information, contact Patsy Royer at 613-233-3099.

A gift of life: One friend donates kidney to another

AJA 50+ event to focus on kidney health, June 20

BY CYNTHIA POWELL
FOR AJA 50+

The definition of a mitzvah is what this article is about.

Two men who hadn’t seen each other for a while met for coffee one day.

“I need a kidney transplant,” said one to the other.

“I will give you one of my kidneys,” replied his friend.

On February 25, Tom Trottier gave Jonathan Wouk the gift of life: a kidney. Jonathan had been on dialysis three full afternoons a week for more than two years. Dialysis would only extend his life for a short period of time. Jonathan was suffering without the use of either kidney, and with diabetes for years.

In 2014 – the most recent year for which statistics are available on the federal government website, more than 4,500 Canadians were on waiting-lists for an organ donation, and more than 77

per cent of those were waiting for a kidney.

According to the Kidney Foundation of Canada, the transplant success rates from live kidney donations are greater than donations from deceased persons, and patients do better physically in their post-op recoveries. Jonathan’s feeling was that choosing to go off dialysis and have a kidney transplant would give him the potential of a much better quality of life and a longer life expectancy. He could already feel his body becoming weaker, and feared he would soon need to use a walker.

Tom made his decision to donate a kidney because “Jonathan was a man who gave so much of himself to his community, and life on dialysis was horrible.”

Tom wanted to give Jonathan a longer life span.

Tom was in good health, and his kidney was removed by laparoscopic

surgery.

Jonathan’s surgery was much more extensive. While his failed kidneys were left in place, the transplanted kidney was placed much lower in his abdomen.

According to Holly Pankhurst, Ontario program co-ordinator of the Kidney Foundation of Canada, one in 10 Canadians has kidney disease.

On Monday, June 20, 1 pm, at the

Soloway Jewish Community Centre, AJA 50+ will present a lecture by Pankhurst who will discuss the importance of kidney function, what you can do to keep them healthy, and kidney donation.

Also, both Jonathan Wouk and Tom Trottier – who have both recovered well and are riding bicycles again – will be on hand to describe their journey and answer questions. Admission is \$5.

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BRIAN LEVITAN

CERTIFIED SENIOR ADVISOR

The next Bulletin will be published June 20, 2016. Deadline: June 1, 2016



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Stephen and Roz Fremeth Mazel Tov and best wishes on the birth of your grandson by Ruth and Irving Aaron

Naomi and Marvin Krym Mazel Tov and best wishes on Rafi and Sara's engagement by Ruth and Irving Aaron

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Sol and Estelle Gunner Mazel Tov on your son Michael's engagement to Marissa by Flo and Joel Morgan

Roz and Steve Fremeth Mazel Tov on the birth of your grandson by Sol and Estelle Gunner

Evelyn and Isadore Hoffman Family Fund

In Memory of:

Eva Segall by Issie and Evelyn Hoffman

David, Harvey, Victor Kardish Family Fund

In Honour of:

Monica and David Kardish Mazel Tov on the engagement of Sara to Rafi by Margo, David, Aaron and Gail Kardish

Bram and Chani Bregman Mazel Tov on the birth of your daughter by Margo, David, Aaron and Gail Kardish

Annie Brozofsky Mazel Tov on the birth of your new great-granddaughter by Margo, David, Aaron and Gail Kardish and Sheryl, Harvey, Mallory and Ryan Kardish

Sara Kardish and Rafi Krym Mazel Tov on your engagement by Margo, David, Aaron and Gail Kardish

In Memory of:

Heidi Polowin by Sheryl, Harvey, Mallory and Ryan Kardish

Joan and Russell Kronick Family Fund

In Honour of:

Russell Kronick Mazel Tov on your special Birthday by Cathie and Mitch at the Hillel LTC Foundation

The staff and Boards of Hillel Lodge and the LTC Foundation mourn the passing of the Honourable Madam Justice Heidi Susan Levenson Polowin z"l, a generous supporter and dear friend. May her memory be a blessing.

Shelley and Sidney Rothman Family Fund

In Honour of:

Roz and Steve Fremeth Mazel Tov on the birth of your newest grandson, Lev Sonny by Shelley Rothman

Stephen and Debra Schneiderman Family Fund

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The staff and Boards of Hillel Lodge and the LTC Foundation mourn the passing of Sally Stoller-Levine z"l, a generous supporter and dear friend. May her memory be a blessing.

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Acclaimed Israeli fashion designer's Canadian connections

Eyal Zimmerman's career has been defined by what he calls "happy accidents."

The Israeli fashion designer, whose work was showcased at the Loft Gala in Ottawa earlier this spring, showed an early aptitude for architecture. When he realized it wasn't the career for him, his next choices were photography or fashion design.

"I said, 'You know, let's try fashion,'" recalls Zimmerman, 40, from his home in Kiryat Ono, near Tel Aviv.

More than 20 years later, designing and creating women's evening and bridal wear remains his passion. There have been many other "happy accidents" along the way, and Zimmerman was always quick to take advantage of them.

His high school studies in fashion, which included private lessons and training with professionals, were interrupted by his three years of army service.

But, as soon as he left the army, he took another design course and then started looking for work in his field.

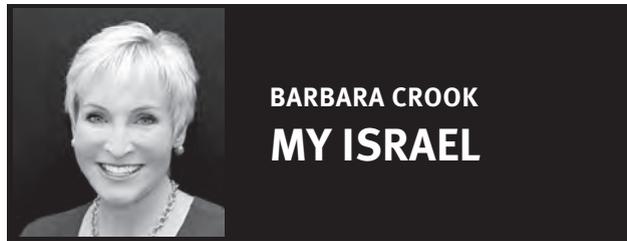
"Twenty years ago, there wasn't as much social media," he recalls. "So I went up and down Dizengoff Street [in Tel Aviv], knocking on doors."

Behind one of those doors was Pnina Tornai, an internationally known designer who has since been featured on the American TV show, "Say Yes to the Dress."

"She came to look at me and said, 'Who's he?' She told her assistant, 'I only take people from Shenkar [College of Engineering, Design and Art], but you know? Take his number - maybe he can be an assistant to my mother,' who was running her retail store.

"I came home, and I was really upset. But the next day, she called me. I was so excited - the best designer in Israel and she called me!"

Zimmerman started by cutting dress lengths for



Tornai's designs, and eventually became her assistant. They worked together for six years. He believes his calm demeanour balanced what he calls her "hot temperature."

He eventually moved on to focus on his own designs. And, even when he worked for other designers, he always created a private collection.

His Canadian connection was another "happy accident," after he followed his heart to Montreal two years ago. The romantic relationship didn't last, but he forged other enduring friendships and Canadian connections.

On a train one day, Zimmerman noticed a striking young woman he thought would be an ideal model for him.

His Canadian friend said it wasn't polite to approach strangers in Canada. But Zimmerman gave her his card, never expecting to hear from her.

The model, Solitha Shortte, called an hour later and said, "When are we going to meet?" She had checked out his designs online, and was eager to work with him. Now based in Halifax, she remains his muse.

"She gave me the courage," he says, to seek out photographers, models and makeup artists in Montreal. A few weeks before he was due to return to Israel, he had an opportunity to do a showcase for photographers and makeup artists in Ottawa.

He called a friend who was about to leave for Canada,

and asked her to collect a suitcase full of dresses from his mother to bring with her. Those dresses were featured in the Ottawa showcase.

Zimmerman eventually connected with Bruno Racine, co-owner of The Loft hair salon and spa and the creator of Ottawa Fashion Week and its successor, the annual Loft Gala.

He spent four months working on the dresses for the gala, many of which involved a great deal of hand stitching. He doesn't use assistants - "It's a lot of hours, but I have control of everything I make" - and has an enviable collection of rare and vintage fabrics from all over the world.

I bought one of Zimmerman's designs to wear to the gala. We did all the measurements and discussions online, and met in Ottawa only three days before the event for a "live" fitting. I felt like a princess in the floaty chiffon confection.

Zimmerman's creations (<http://tinyurl.com/hmaeroh>) have been worn by Herieth Paul, the Ottawa-raised supermodel and new face of Maybelline cosmetics. He's interested in opening a boutique in Ottawa because he loves the city and believes there's a market for his luxurious dresses, which start at \$1,000 US.

But he's not interested in growing his brand if it means losing the personal connection with customers.

"I want to keep my personality - I don't want to be that huge," he says. "I don't want to destroy the affection that I have for the customers and the clothing."

See page 27 for Publication and Deadline dates and Candlelighting times.

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Counting of the Omer: Between chesed and tiferet is gevurah

We are in the period of counting of the Omer, the period of seven weeks between Passover and Shavuot. Although I never manage to count each day, I find it inspiring and calming to meditate on the attributes associated with each week and day of the Omer. I am writing this column during Week 3, which is associated with the attribute of *tiferet* (beauty, compassion, and harmony). And I am wondering, today, what makes *tiferet* distinct from the quality of *chesed* (loving kindness and benevolence), the attribute associated with Week 1 of the Omer.

During the week associated with *gevurah* (strength, discipline, judgment, justice, awe), I had the honour of performing my one-woman play, “Monstrous,” as part of a theatre festival hosted by the Toronto company B Current.

B Current was founded to support and produce work from the African diaspora, and it has now opened its mandate to be a home for stories and artists of colour from all different cultural backgrounds, including indigenous artists and mixed-race artists.

I was invited to perform and I was excited to have my Toronto debut as a playwright and performer. But I was also very worried that I would be perceived as “not of colour enough” for the festival and its audience. Ironically, that is what “Monstrous” is about: not feeling black enough to legitimately connect with my Afro-Caribbean roots; not being always white enough in our white society; not feeling quite Jewish enough in our typically Ashkenazi-centric communities, “never quite enough.”

A similar feeling of un-belonging is shared by many



SARAH WAISVISZ
**DISPATCHES
FROM THE
DIASPORA**

Jews of colour. In previous columns, I have written about the need to expand our definition of who “counts” as Jewish. Our communities have never been only white and only European because Jews come in “all hues” with all measure of past experiences, families of origin, and geographic and spiritual journeys – and, yet, many people feel they are on the outside.

My Toronto performance coincided with the inaugural Jews of Color National Convening, which took place May 1-3 at Congregation Beit Simchat Torah in New York. The Forward’s opinion editor, Sigal Samuel, wrote that “this desire to own all aspects of a hyphenated identity at once was probably the most pronounced unifying theme for the conference participants, who spanned the gamut of skin tones and religious observance levels. We shared the experience of feeling like outsiders, and many shared an overlapping constellation of marginalized identities like non-whiteness, queerness and far-left politics.”

<http://tinyurl.com/h7278ga>

A unique and empowering experience not without its emotionally charged challenges, the Convening was presented by the Jewish Multiracial Network and Jews for Racial and Economic Justice. Despite trenchant discords

about certain issues, including about the State of Israel, the participants shared the experience of feeling like they were “not enough” for the mainstream Jewish community. Yavilah McCoy opened the Convening with these words: “Everyone here needs to hear this: You are beautiful. You are gorgeous. Anyone who told you otherwise was lying in the name of white supremacy.” As Samuel wrote her article, much crying followed McCoy’s statement.

If *chesed* is loving kindness, and *tiferet* is compassion, perhaps each attribute has to be considered in a complementary way in conjunction and in accumulation with the previous quality. Between *chesed* and *tiferet* is *gevurah*. Maybe in order to embody and understand *tiferet* we must also develop the strength to offer compassion to ourselves, to have the discipline to know the difference between struggle and challenge, to believe in the awe that is possible when we open ourselves up and permit ourselves to be vulnerable – when we can show compassion to ourselves as well as to others.

I am inspired by the Jews of Color National Convening and the increasing trend in North American Jewish communities to practice “radical” or “audacious” hospitality within as well as beyond their communities. There is so much work still to be done until we all feel fully at home in our Jewish circles, fully at home in ourselves, and until our Jewish circles fully open up to others still on the outside. But I am hopeful. This kind of work is truly the work of the heart, truly the work of *tikkun olam*. We have all the resources and skills to do it. It just takes a little loving kindness, strength, and compassion – for others as well as for ourselves.

Ten questions to ask your doctor about exercise

Has your physician advised you to exercise? A 2007 survey of more than 13,000 Canadian physicians revealed that, while 85 per cent of doctors ask patients about their physical activity levels, only 26 per cent assess patient fitness, only 11 per cent refer patients to others for a fitness assessment, and only 16 per cent provide patients with written instructions about exercise. <http://tinyurl.com/h67tvx3>

A meta-analysis on the effects of specific exercise interventions on different chronic health issues found that simply telling patients to exercise is inadequate. Doctors need to provide effective strategies to improve the odds of long-term adherence to exercise programs. Doctors need more education about what kinds of exercise offer the most benefits for each chronic condition. “Exercise is beneficial for many chronic diseases and can offer benefits that are comparable to pharmacologic interventions, yet exercise is under prescribed,” is one of the key points of the article. <http://tinyurl.com/zwszkck>

Sedentary people need extra help to get motivated. A written exercise prescription should be considered as important as a pharmacological prescription. Some provincial medical societies are leading a paradigm shift by making exercise prescription pads available to their members. The pads include options for the doctor to select, such as the type of exercise, minutes per day and number of days per week with pace to include patient-specific considerations. The Canadian Diabetes Association has a downloadable prescription pad that all doctors can use to provide diabetic patients with exercise guidelines. <http://tinyurl.com/zlwkf5e>

For an exercise prescription to be a success, doctors also need to spend a few minutes counselling patients, explaining the short- and long-term health benefits for the patient, and setting up goals and an action plan.



GLORIA SCHWARTZ
**FOCUS ON
FITNESS**

However, lack of time and lack of exercise expertise are often cited by doctors as barriers to prescribing exercise.

There also seems to be a gap between the patient receiving an exercise prescription and the patient taking appropriate action, even when the prescription is something as straight-forward as going for a 30-minute walk each day. It’s difficult to get started when you’ve been inactive for years, are overweight or have physical or mental health issues. It can be confusing, even overwhelming, if the exercise prescription is more complex.

For example, a sedentary person who needs to engage in strength training while dealing with osteoarthritis and perhaps a second chronic condition likely would not know precisely what kinds of exercises to do to strengthen different muscles, how to perform them safely and effectively, or how hard to push himself while coping with pain. This gap can be closed by having doctors refer patients to exercise specialists. Depending on their health status, some patients may even need medical supervision when they start a new exercise program. For others, working with a physiotherapist or personal trainer would help set patients up for success.

Next time your doctor tells you to exercise – or if you’re inactive and your doctor has not recommended exercise – ask her the following 10 questions.

1. How will exercise help me?
2. What goals should we set based on my medical status (e.g., reduce pain, blood pressure, weight, anxiety, depression; improve strength, bone density, balance, cardiorespiratory function)?
3. Which types of exercise should I do, how often, and are there particular types of activities that are better suited for me (e.g., cycling, swimming, walking, weightlifting, specialty classes geared for my specific chronic disease or mobility level)?
4. Are there special considerations or contraindications for me at this time (e.g., avoid high impact; take a certain medication x hours before or after exercise)?
5. Can any of my medications (prescription or over-the-counter) negatively affect me when I’m exercising (e.g., make me dizzy)?
6. Do I need a medical assessment from a specialist prior to starting an exercise program (e.g., stress test for persons with history of cardiac disease)?
7. Can you write all of this information as a “prescription” so I don’t forget?
8. Should I work with an exercise professional (e.g., personal trainer or physiotherapist), and can you recommend someone?
9. Do you need to give me a signed Physical Activity Readiness Medical Examination form (PARmed-X) that I can give to a fitness professional?
10. When should I have my follow-up appointment with you to discuss my progress?

If you’re going to work with a personal trainer, show her the exercise prescription. Just as most doctors do not typically have exercise-specific training, fitness professionals cannot be expected to have expertise in every chronic condition. Sharing information between professionals benefits everyone – especially you!

13th Annual ISRAELI FILM FESTIVAL

June 9 - June 26, 2016
7:00 PM • River Building Theatre
RB2200, 43 Campus Ave. Carleton University, 1125 Colonel By Dr.
All movies are in Hebrew, subtitled in English



Thursday, June 9 • 7:00 pm Laugh Lines

Director: Pini Eden • Drama 2015 • 94 min

Opening Night remarks from the Embassy of Israel and Executive Director of the Canadian Film Institute Tom McSorley followed by *Laugh Lines*.

Dana, 24, bears the load of her family on her frail shoulders and finds out that the price she pays is her youth. When Hannah, her 78-year-old grandmother, is widowed, she senses that her life is over, but fate, through her late husband and her granddaughter Dana, grants her one last chance with an unexpected twist. Dana's white secret, grey lies and actions are all paved with good intentions.



Sunday, June 19 • 7:00 pm Wounded Land

Director: Erez Tadmor • Drama 2016 • 80 min

When a suicide bomber creates multiple injuries in the mixed Jewish-Arab city of Haifa, the hospital trauma centre is faced with triage decisions which include the bomber and his victims. The policemen guarding the unit and the doctors struggle to maintain their professional perspective though they are personally affected by the tragedy.



Thursday, June 23 • 7:00 pm Rabin in his Own Words

Director: Erez Laufer • Documentary 2016 • 100 min

An "autobiography" told entirely in Rabin's own voice. Through a combination of rare archival footage, home movies and private letters, his personal and professional dramas unfold before the viewer's eyes - from his childhood as the son of a labor leader before the founding of the State of Israel, through his later years during which he served as Prime Minister, until the horrific moment when his political career and life were suddenly brought to an end.



Sunday, June 26 • 7:00 pm Wedding Doll

Director: Nitzan Gilady • Drama 2015 • 82 min

Hagit, a young woman with mild mental deficiency, works in a toilet-paper factory. She lives with her mother Sarah, a divorcée who gave up her life for her daughter. Hagit strives for independence and Sarah is torn between her desire to protect her, and her own will to live. When a relationship develops between her and the son of the factory owner, Hagit hides it from her mother. The announcement of the closing of the factory shakes Hagit and Sarah's life and jeopardizes Hagit's love story.



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\$13 General Admission
\$9 Seniors, Students, SJCC and CFI Members
Tickets available at the door. Cash only.

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Weekdays after 5:00 pm: \$7 flat
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The Israeli Film Festival is presented by the Canadian Film Institute and the Israel Cultural Forum



For more information please contact Ella Dagan at 613-798-9818 ext. 243 or edagan@jccottawa.com



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Contact: Roslyn Wollock, (613) 798-9818 ext. 254, rwollock@jccottawa.com

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Michael Moldaver,
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In conversation with Adam Dodek

Justice Michael Moldaver was appointed to the Supreme Court of Canada in 2011. He was born and raised in Peterborough, Ontario some 270 km away from Ottawa but his journey to the highest court of the land was an unlikely one. Join us for an intimate conversation with one of Canada's leading jurists moderated by Professor Adam Dodek of the University of Ottawa.



Photo courtesy Andrew Balfour Photography

Tuesday, June 21
7:00 pm
Soloway JCC



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Beverly Swedko by Ray and Ernie Goldstein.

Irving Swedko by Ray and Ernie Goldstein.

MILDRED AND PERCY WEINSTEIN ENDOWMENT FUND

IN MEMORY OF:

Heddy Lund by Millie Weinstein; and by Bruce Weinstein.

The Honourable Madam Justice Heidi Susan Levenson Polowin by Millie Weinstein.

ZIPES KARANOFSKY FAMILY ENDOWMENT FUND

IN MEMORY OF:

Ann Matyas by Helen and Rick Zipes.

THE WOMEN'S COLLECTIVE PHILANTHROPY PROGRAM

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

WOMEN'S COLLECTIVE ENDOWMENT FUND

HAPPY MOTHER'S DAY TO:

Marcia Koven by Diane Koven.

IN HONOUR OF:

Fran Klodawsky receiving the 2016 Jan Monk Service Award by Lynne Oreck-Wener and Bob Wener.

IN MEMORY OF:

Barbara Greenberg by Rhoda and Joe Levitan.

THE SAUL AND EDNA GOLDFARB B'NAI MITZVAH PROGRAM

RYAN GOLDBERG B'NAI MITZVAH FUND

BIRTHDAY WISHES TO:

Dodie Potechin by Mary and Len Potechin.

NOAH HAMBURG MITZVAH FUND

IN MEMORY OF:

Elie Harris Hamburg by Randi, Ian, Jonathan, Inna, Matthew and Adam Sherman.

LIEFF FAMILY B'NAI MITZVAH FUND

IN MEMORY OF:

The Honourable Madam Justice Heidi Susan Levenson Polowin by Francie Greenspoon and Norman Lieff.

Contributions may be made online at www.OJCF.ca or by contacting the office at 613-798-4696 extension 274, Monday to Friday or by email at tributecards@ojcf.ca. Attractive cards are sent to convey the appropriate sentiments. All donations are acknowledged with a charitable receipt.

The Chair and Board of Directors of the Ottawa Jewish Community Foundation cordially invite all fund holders and members of the Community to attend the

OJCF Annual General Meeting Wednesday, June 8th, 2016

**Call to Order: 7:30 pm
with Desserts and Light Refreshments**

Zelikovitz Family Social Hall of The Joseph and Rose Ages Family Building
21 Nadolny Sachs Private

Any two members of the Corporation may nominate additional directors at any time up to seven days prior (June 1st, 2016) to the meeting so long as such nominations are made in writing and deposited with the Secretary of the Foundation (info@ojcf.ca). Successful candidates will serve a three-year term from June 2016 to June 2019. Nominations will not be accepted from the floor at the Annual General Meeting.

In addition to the regular business of the Foundation, members will be asked to confirm a special resolution to the bylaws to expand the number of directors beyond the current limit of 12.

Members shall have the right to exercise one vote each.

Any member may, by means of a written proxy, appoint a proxy holder to attend and act in the manner and to the extent authorized by the proxy. A proxy holder need not be a member.

RSVP prior to May 31st, 2016
to Mike Bazuk at 613-798-4696 ext. 252, or at mbazuk@jewishottawa.com



A copy of the meeting materials will be available on our website prior to the AGM.

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WHAT'S GOING ON | May 30 to June 19, 2016

FOR MORE CALENDAR LISTINGS, VISIT WWW.OTTAWAJEWISHBULLETIN.COM/EVENTS AND WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR

MONDAY, MAY 30

JET Jewish Unity Live: Join JET in honouring Debbie Scharf and Sharon Sholzberg-Gray.
Centrepointe Studio Theatre, 101 Centrepointe Dr., 6:30 pm.
Info: 613-695-4800, info@jetottawa.com

WEDNESDAY, JUNE 1

A Life in Politics: A Personal Story:
Sharon Sholzberg-Gray speaks and writes extensively about legal, health and social issues, 1:30 pm.
Info: Ella Dagan, 613-798-9818, ext. 243, edagan@jccottawa.com

Workshop for Agencies' Staff, Board and Volunteers:
The Federation presents Communication Planning for Non-Profits, with Heather Badenoch of Village PR, 6 pm.
Info/Pre-register: Sarah Beutel, 613-798-4696, ext. 253, sbeutel@jewishottawa.com

Mavins of the Musical: From Yiddish Theatre to Broadway:
Musica Ebraica choir presents Jewish musical theatre songs.
Agudath Israel Congregation, 1400 Coldrey Ave., 7:30 pm.
Info: Patsy Royer, 613-233-3099, pmroyer@gmail.com

THURSDAY, JUNE 2

Jewish leadership through the eyes of Rabbi Lord Jonathon Sacks: Steven Prawer reveals how much Judaism has to say about the principles of ethical leadership, 7:30 pm.
Info: Roslyn Wollock, 613-798-4696, ext. 254, rwollock@jccottawa.com

SUNDAY, JUNE 5

Am Echad Walkathon for Jewish Education: Walk/run, make friends, have fun, raise funds for Jewish Education, 3 pm.
Register: www.amechadwalkrun.com
Info: Jeremy Miller, 613-722-0020, g.miller@theojs.ca

AJA 50+ Trivia Night and Silent Auction: Fun questions. Delicious desserts. Interesting and varied silent auction items.
Temple Israel, 1301 Prince of Wales Dr., 6 pm.
Info: Annette Paquin, 613-526-2968, aja50plus@sympatico.ca

MONDAY, JUNE 6

Author Assaf Gavron: in conversation with Daniel Bezalel Richardsen. Registration required: www.nifcan.org.
Carleton University Art Gallery, 1125 Colonel By Dr., 7 pm.
Info: Atarah Derrick, 1-855-781-4322, atarah@nifcan.org

WEDNESDAY, JUNE 8

Ottawa Jewish Community Foundation Annual General Meeting: Join the Ottawa Jewish Community Foundation for its annual general meeting, 7 pm.
Info: Mike Bazuk, 613-798-4696, ext. 252, mbazuk@jewishottawa.com

Women's Torah Study with Rabbi Deborah Zuker: In her home, Wednesday evenings near Rosh Chodesh. Presented by Agudath Israel and Beth Shalom. RSVP required, 7 pm.
RSVP/Info: Rabbi Deborah Zuker, deborahzuker@gmail.com

THURSDAY, JUNE 9

Israeli Film Festival Opening Night:
"Laugh Lines," drama, 2015, 94 minutes. Director: Pini Eden.
Carleton University River Building Theatre, 43 Campus, 7 pm.
More films on June 19, 23 and 26.
Info: Ella Dagan, 613-798-9818, ext. 243, edagan@jccottawa.com

MONDAY, JUNE 13

Shavuot Camp at Agudath Israel: Kids in kindergarten to Grade 8 are invited to join in activities and games, with lunch.
Agudath Israel Congregation, 1400 Coldrey Ave., 8:30 am.
Info: Emily Anzarouth, youth@agudathisrael.net

WEDNESDAY, JUNE 15

82nd Annual General Meeting of the Federation:
Open to the public. Important business updates and community service award presentations, 7 pm.
Info: Alecia Laliberte, 613-798-4696, ext. 236, alaliberte@jewishottawa.com

SUNDAY, JUNE 19

SJCC Sports Breakfast of Champions: Middle school, high school and university athletes will be honoured along with community volunteers and team champions., 11 am.
Info: Jon Braun, 613-798-9818, ext. 267, jbrown@jccottawa.com

Israeli Film Festival:

"Wounded Land," drama, 2016, 80 minutes. Director: Erez Tadmor.
Carleton University River Building Theatre, 43 Campus, 7 pm.
Info: Ella Dagan, 613-798-9818, ext. 243, edagan@jccottawa.com

TUESDAY, JUNE 21

The Honourable Justice Michael Moldaver in conversation with Adam Dodek: Join in the conversation with one of Canada's leading jurists, 7 pm.
Info: Roslyn Wollock, 613-798-9818, ext. 254, rwollock@jccottawa.com

CANDLE LIGHTING BEFORE

JUNE 3	8:26 PM	SECOND DAY OF SHAVUOT
JUNE 10	8:30 PM	JUNE 12 AFTER 9:38 PM
FIRST DAY OF SHAVUOT		JUNE 17 8:33 PM
JUNE 11	AFTER 9:37 PM	JUNE 24 8:35 PM

BULLETIN DEADLINES

WEDNESDAY, JUNE 1	FOR JUNE 20
WEDNESDAY, JULY 6	FOR JULY 25

UNLESS OTHERWISE NOTED, ACTIVITIES TAKE PLACE AT THE JOSEPH AND ROSE AGES FAMILY BUILDING, 21 NADOLNY SACHS PRIVATE

CONDOLENCES

Condolences are extended to the families of:

Gayle Heitin-Danz, California
(sister of Len Heitin)

Helen Brauna Gilboa

Theodore Victor Jacobsen

Samuel Klein

Joseph Osterer

Merle Joseph Paquin

Lily (Layah) Weinstock, Toronto
(sister of Nathan Weinstock)

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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 - Stanley Cup
 - Girls Touch Football
 - Staff Switch Day
 - Colour War
 - Grey Cup

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For more information please contact:
Jonathan Pivnick, Director - director@cbbottawa.com

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