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‘Now I am a witness, a title I will proudly wear for the rest of my life’

Anat Krechmer, a Grade 10 student at Sir Robert Borden High School who recently returned from a two-week trip to Poland and Israel with the Ottawa contingent participating in the **March of the Living**, reflects on her life-changing experiences.

Eye-opening, educational, extraordinary and emotional are only a few words that would describe my March of the Living experience.

March of the Living is an educational program, which brings high school students on a two-week trip to Poland and Israel. During the trip, we learned about Jewish life before, during and after the Second World War, all while talking with, and learning from, Holocaust survivors.

We spent the first week in Poland learning about the Jewish way of life there before the war and of the destruction of this life during the Holocaust. We visited old town squares, synagogues, cemeteries, ghettos, mass grave sites and death camps. I was amazed by the incredible history present in the old towns and synagogues. To me, it seemed impossible that Jewish life there could cease to exist. Alas, when I stood in the death camps, the disturbing and harsh reality was inescapable.

Yet, here we were, more than 70 years later, 10 000 Jews marching together, waving Israeli flags and standing up for our ancestors. Even though the actual March of the Living, which takes place on Yom HaShoah, was a solemn occasion, there is something very uplifting seeing all of us walking collectively from Auschwitz to Birkenau. It made me reflect on the past and wonder about the future. As I marched silently, I was feeling hopeful about the future and, even now, more than a month after the trip, I still have that incredible feeling, which I'm sure will never leave me. This once-in-a-lifetime experience is one I will cherish forever. Now I am a witness, a title I will proudly wear for the rest of my life.

The second part of our trip was a week in Israel filled with fun and excitement. We went to the Dead Sea, the Mediterranean Sea, Masada, Tzfat, the Western Wall and many markets in Tel Aviv. We also participated in

See March on page 2



Enthusiastic participants in the Am Echad Walk/Run for Jewish Education in Ottawa head out in the pouring rain to support their favourite Jewish schools, June 5.

ISSIE SCAROWSKY

Hundreds walk and run in the rain to support Jewish education

BY MICHAEL AARENAU

It was a warm day, but the heavy Sunday afternoon rain was unrelenting, June 5, as more than 450 community members took part in this year's edition of the Am Echad Walk/Run for Jewish Education in Ottawa.

The annual walkathon raises funds for all of Ottawa's Jewish day and supplementary schools with participants designating which school will benefit from the money they raise.

Among the participants was Rabbi David Rotenberg, a teacher at the Ottawa Jewish Community School (OJCS) and principal of

Ottawa Talmud Torah Afternoon School.

“Jewish education means the key to the Jewish future,” he said. “Jewish education is what makes the next generation care about continuing to be Jewish, while giving them the practical tools to know how to do so.”

Rabbi Rotenberg's thoughts on the importance of Jewish education were echoed by Jeremy Miller, director of recruitment and development at OJCS. Miller also said he was pleased to see people from all segments of the Jewish community supporting the walkathon.

See Walkathon on page 2

inside: Rabbi Bolton on Forward's list of most inspiring rabbis > p. 4

Steven Rubin establishes new scholarship at Foundation > p. 5

Stephanie Shefrin asks when Jewish education begins > p. 22

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Walkathon: Organizers pleased with turnout

Continued from page 1

“An event like this, where everyone comes together, really builds community,” he said.

Jewish school graduates were among those helping support their former schools. Cassandra Starosta, an OJCS graduate now studying at Queen’s University, said it was nice to come back and see some of her old teachers and friends taking part in the festivities.

Rabbi Ari Galandauer, who was raising money for Torah Academy of Ottawa, which will become the Torah Day School of Ottawa in September when its students are joined by those from Rambam Day School, said he was very supportive of the walkathon’s ability to bring the community together and was ecstatic that Jewish education would benefit from the fundraising effort. However, he expressed concern for the future of Jewish education in

Ottawa.

Rabbi Galandauer said he wished the walkathon would also inspire increased enrolment at Ottawa’s Jewish day schools, “so that we can put the theory of Jewish education into practice.”

Amanda St. Martin-Slipacoff, co-chair with Erin Smith of the Am Echad Walk/Run for Jewish Education in Ottawa, was pleased to see such a sizable turnout despite the bad weather and said she

hoped participants would consider Jewish education as a viable option for their children.

Due to the torrential downpour, most participants quickly walked or ran one lap around the five-block course before returning to the Soloway Jewish Community Centre for a meal and family programming, including bouncy castles, relay races, carnival games, face painting and music.

March: ‘An experience that will last forever’

Continued from page 1

Yom Hazikaron ceremonies and attended a concert party on Yom Ha’Atzmaut.

I got to perform in one of the Yom Hazikaron ceremonies. Standing on stage and singing with the choir was an amazing experience and let me connect to the ceremony even more personally.

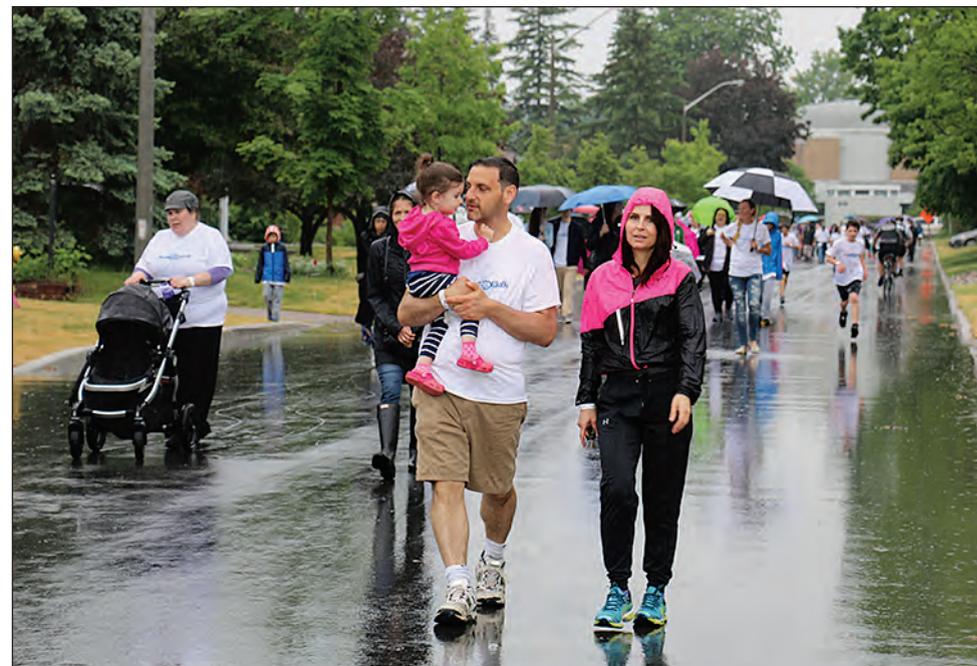
I enjoyed our week in Israel a lot.

Reflecting back on my March of the Living trip, one of the best trips I’ve ever

taken, I have no doubt this was an experience that will last forever.

I recommend March of the Living for anyone who has the opportunity to go. You won’t regret a single minute.

March of the Living is a program supported by Jewish Federations of Canada and the Jewish Federation of Ottawa. For more information, contact Elana Moscoe at 613-798-4696, ext. 355, or emoscoe@jewishottawa.com.



ISSIE SCAROWSKY

Pouring rain did little to dampen the spirits of participants in the Am Echad Walk/Run for Jewish Education in Ottawa, June 5.



The 2016 March of the Living contingent from Ottawa gathers on Mount Scopus overlooking Jerusalem. (From left, front row) Joshua Freedman, Calvin Tenenhouse, Kenny Lithwick, Noah Hamburg, Jessica Malek, (back row) Jennifer Kardash, Ella Sabourin, Cantor Daniel Benlolo, Arielle Zelikovitz, Anastasia Joulanova, Jordana Rappoport, Diana Goldfield, Anat Krechmer and Michael Malek. Missing from photo is Margo Viner who took the photo.



MICHAEL AARENAU

Kids have fun during the post-walkathon family programming at the SJCC, June 5.

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Ottawa Jewish Community Foundation enjoys successful financial year

BY MICHAEL AARENAU

“Together, we will ensure that the future of Ottawa’s Jewish community is secure and vibrant,” said Andrea Freedman, president and CEO of the Jewish Federation of Ottawa and the Ottawa Jewish Community Foundation.

Freedman was speaking at the Foundation’s annual general meeting, June 8, at the Soloway Jewish Community Centre where attendees were briefed on the Foundation’s successful fiscal year and on the importance of philanthropy to the future of Ottawa’s Jewish community.

Freedman discussed the power donations have, as well as the historic generosity of the Jewish people, and said she hopes to see more and more people donating this upcoming fiscal year.

“The time for action is now,” Freedman stated. “Now is the time for all of us to consider formalizing a legacy gift in our wills and ensuring the community’s needs are met for all future generations.”

“The Foundation is a thriving organization and is always trying to raise the bar higher,” said Foundation Chair Michael Landau. “Here is to next year and the many years after.”

Shelley Crawford, the Federation and Foundation chief financial officer, reported that, despite the turbulent financial markets of the past year, the Foundation was able to end the financial year with a positive 3.7 per cent return on investment. Furthermore, the Foundation received more than \$2 million in endowment gifts and was able to allocate \$2,682,853 to various charities.

“To me, this says our Jewish population of 14,000 is incredible. It’s incredible, it’s dedicated and it’s caring,” said Federation Chair Linda Kerzner.

The Foundation’s annual George Joseph Cooper Scholarship – valued this year at \$16,075 – was presented to Shelby Levine.

“On top of academic excellence, Shelby is a community role model and leader. As president of Hillel Ottawa, she welcomes new students to our community while advocating for Jewish values on campus. A volunteer at Hillel Lodge, a past Camp B’nai Brith of Ottawa staff member and supervisor, this active community member also took part in Federation’s social action mission to Israel two years ago to help youth in Metulla, our sister city in Israel’s north,” said Harold Feder, a past chair of the Foundation who sits on the Cooper Scholarship Selection Committee.

Levine will use the scholarship to pursue a master’s degree in psychology at the University of Ottawa. She said she hopes, one day, to make as significant a contribution to someone else’s life as receiving the Cooper Scholarship is making to hers.

The Women’s Collective Philanthropy Program grant – valued at \$2,000 was presented to Ausome Ottawa, an organization that works with families with children with autism, offering sports and other recreational programs.

In his D’var Torah, Rabbi Howard Finkelstein of Congregation Beit Tikvah stressed the importance of Jewish unity and philanthropy.



Harold Feder presents the Ottawa Jewish Community Foundation’s George Joseph Cooper Scholarship to Shelby Levine at the Foundation AGM, June 8.

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CDN 1300-HYB Introduction to Jewish Canadian Studies

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CDN 3383A/ENG 3383A Jewish Canadian Writers

Focus on the major Jewish-Canadian writers of the past seventy-five years: A.M. Klein, Irving Layton, Norman Levine, Adele Wiseman, Mordecai Richler and others. Professor: Seymour Mayne. Thursday: 19:00 – 22:00

YDD 1901A Introduction to Yiddish Language and Culture I

A beginner’s study of the Yiddish language focused on the development of listening, speaking, reading, and writing skills in combination with a cultural component. This course is not open to auditors.

Professor: Rebecca Margolis. Monday: 13:00 – 14:30; Wednesday 11:30 – 13:00

Courses offered in the Winter Term 2017

CDN 2505A/HIS 2505A Histoire des Juifs au Canada

Overview of the history of the Jewish Community in Canada from early migration through to the present.

Professor: Pierre Anctil. Monday: 13:00 – 14:30; Wednesday 11:30 – 13:00

YDD 1902A Introduction to Yiddish Language and Culture II

A more advanced study of the Yiddish language focused on the development of listening, speaking, reading, and writing skills in combination with a cultural component. This course is not open to auditors.

Professor: Rebecca Margolis. Tuesday 16:00 – 17:30; Thursday 14:30 – 16:00

Community members may choose to audit these courses, except for YDD 1901A & 1902A.

Teaching staff: Irving Abella, Pierre Anctil, Rebecca Margolis, Seymour Mayne, Randal Schnoor, Natalia Vesselova

For more information, contact our program coordinator, Professor Seymour Mayne, 613-562-5800 ext.1148 | Email: mayne@uOttawa.ca



Women’s Collective Philanthropy Program Co-Chair Eileen Melnick McCarthy (right) presents the program’s grant to Meg Friedman of Ausome Ottawa at the Ottawa Jewish Community Foundation AGM, June 8.



Rabbi Elizabeth Bolton on Forward's list of most inspiring rabbis

BY MICHAEL AARENAU

When Rabbi Elizabeth Bolton became spiritual leader of Or Haneshamah (OrH) in 2013, she brought many "firsts" to Ottawa. She was the first permanent clergy at Ottawa's Reconstructionist congregation. She was Ottawa's first female rabbi and Ottawa's first openly gay rabbi.

To add to those accomplishments, Rabbi Bolton is on the 2016 list of "America's Most Inspiring Rabbis," which is produced annually by the New York-based Forward newspaper. The Forward selects rabbis based on nominations received from congregants. There are 32 rabbis on this year's list drawn from across the denominational spectrum, and Rabbi Bolton is the only Canadian.

OrH congregants contacted by the Ottawa Jewish Bulletin spoke highly of

Rabbi Bolton and were happy the Forward selected her for the list.

"Rabbi Liz encourages us to find our own Jewish voice. Using our hearts, bodies, minds and souls, she inspires both deep exploration and lighthearted joyful Jewish experiences," said Paula Speevak, OrH's incoming president.

Long-time congregant Heni Nadel has worked closely with Rabbi Bolton to plan educational activities for the congregation and said she's astonished by the rabbi's passion and creativity.

"She has lots of ideas and is very easy to work with," Nadel said. "She's also very flexible and very open, welcoming all suggestions from the members and working well with all age groups."

Sarah Waisvisz, a Bulletin columnist, said OrH benefits from the "plurality of gifts" Rabbi Bolton brings to the table.

"I'm inspired by Rabbi Bolton's engage-

ment with tikkun olam through her commitment to social justice, her relentless defence of equality for all and her understanding that the future of Am Israel depends on a Judaism that is inclusive, diverse and welcoming," Waisvisz said.

Since Rabbi Bolton became OrH's spiritual leader, the congregation has seen a 20 per cent increase in membership. Rabbi Bolton believes the increase is due to the wide array of programming she organizes, ranging from her spiritually uplifting Shabbat and holiday services to her community-oriented social justice initiatives.

A program she's particularly proud of is the weekly Machaneh Shabbat, which Rabbi Bolton describes as "camp on Shabbat." She said she designed it based on trends she was seeing in Jewish education.

"It's not Sunday school on Shabbat; it's camp. It's a real experiential learning program where our young members and their parents, and any member of the congregation, can learn in a real hands-on and joyous way about prayer; and about history and all sorts of things that get to be experienced," said Rabbi Bolton. "We're just thrilled with how it's going and really hope that the community comes by and takes a look at it and sees how we're approaching it."



Rabbi Elizabeth Bolton of Or Haneshamah is the only Canadian on the Forward's 2016 list of most inspiring rabbis.

Rabbi Bolton hopes she inspires people through the authenticity and passion she brings, not just to her role as a community leader, but to life itself.

"I bring my whole self. There isn't a separation of what I do as a rabbi and how I want to be in the world," she said.

As a professional singer before becoming a rabbi, Rabbi Bolton drew several parallels between the performing arts and her role as a community leader.

"I think that performing artists have to really be passionate about showing the truth in what they're doing and that's what I strive to do by integrating the personal and the political, the spiritual and the cultural," she said.

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Steven Rubin establishes new scholarship to aid students

BY MICHAEL AARENAU

Steven Rubin made two promises to his wife, Ilana. The first was that one day they would return to her beloved Israel and the second was that a scholarship to help students would be established in their names. Through the establishment of the Ilana and Steven Rubin Educational Endowment Fund, he has now kept both promises.

The Ilana and Steven Rubin Scholarship, valued at \$1,800, will be awarded to a student to help him or her attend a Canadian or Israeli post-secondary institution. Students applying for the scholarship must have graduated from high school with an average between B and A- and must demonstrate financial need through qualification for the Ontario Student Assistance Program.

Rubin says the scholarship was created for those wishing to go to university or other institute of higher learning. Many good students who aren't at the A+ threshold still need financial help to fulfil their academic aspirations.

Ilana Rubin, a second generation Holocaust survivor, was a Hebrew teacher at several Ottawa Jewish schools between 1978 and 1990. After the Rubins moved to Florida, she continued teaching until 2004, even after being diagnosed with Alzheimer's disease in 2001. When



The late Ilana Rubin was a teacher for many years at Jewish schools in Ottawa and Florida.

she could no longer teach, she refused to give up, serving as a teacher's aide until 2006. Ilana was loved by her students as well as fellow faculty members, her husband explained.

Ilana, he said, treated her students like family and was known in both Ottawa and Florida for her kindness and generosity. She often helped students learn Hebrew and prepare for their bar and bat mitzvahs without charge.

Steven Rubin is a native Ottawan,



Steven Rubin with his late wife, Ilana. The Ilana and Steven Rubin Educational Endowment Fund was established at the Ottawa Jewish Community Foundation to provide scholarships to students in need of financial aid

recently returned to the city after a 28-year absence. Having lived in Canada, Israel and the U.S., he still thinks Ottawa is the best place to reside. Rubin said he will add to the endowment fund over time with a goal of helping at least five students attend university each year. The endowment fund is open to donations, which can be made through the Ottawa

Jewish Community Foundation (tax receipts will be provided).

To apply for the Ilana and Steven Rubin Scholarship, contact Arieh Rosenblum at the Ottawa Jewish Community Foundation at arosenblum@jewishottawa.com or 613-798-4696, ext. 270. Deadline for applications is December 1.

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– Marie Carmen Berlie and Charles Khazzam



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**FEDERATION
REPORT**



**LINDA KERZNER
CHAIR**

While contemplating what I should write about for this edition of the Ottawa Jewish Bulletin, it was suggested that I reflect on the past year and discuss the Jewish Federation of Ottawa's accomplishments, achievements and challenges. While I agree these are valuable and important things for our community to know, our Annual Report, AGM and our President and CEO Andrea Freedman's various donor and community briefings do those topics much more justice.

Since last June, I have used my previous five columns to offer insight into me as your Federation chair, how my view of the Jewish landscape in Ottawa is determined by who I am and what my priorities are; and, ultimately

A year in the chair

the influence this has on the direction I take with our incredibly talented Board of Directors, in partnership with our president and CEO.

It should, therefore, come as no surprise that this is the basis for my comments about being your chair over the past year.

My vision is to meet the expressed desire of our community to focus on outcomes driven by innovation and forward-thinking leadership in line with the goals of our five-year strategic plan. I would like my term to be defined as having taken that message very seriously.

My mantra is "be bold, be innovative, create positive, sustainable change and do it with passion or not at all," and this commitment permeates everything that I do for our community, and in my life.

It requires tremendous energy to face the ongoing obstacles that community life presents. Where does that energy come from? For me, it comes from surrounding myself with a highly skilled and deeply committed leadership team of volunteers and professionals. The drive and passion they have – individually and as a team – to carry out their work keeps me inspired and renewed.

Over the past year, we have achieved many amazing successes and faced some

It requires tremendous energy to face the ongoing obstacles that community life presents.

Where does that energy come from? For me, it comes from surrounding myself with a highly skilled and deeply committed leadership team of volunteers and professionals.

significant and ongoing challenges. Whether those challenges involve Jewish education, security, financial resources, allocations, leadership succession, community collaboration, engagement in Jewish life or asset management, I have learned some very important and valuable lessons that I will work hard to build upon for our community's benefit in my second year.

Lessons learned:

- Face to face brings optimal results;
- Symbols of strength inspire extraordinary effort;
- Crises are an open door to change and empowerment;
- A willing minority can motivate others;
- Rally around a purpose;

- Create an identity;
- Balance zero tolerance with 100 per cent compassion;
- Inspire others to take on the challenge;
- Judgment and character define a leader;
- Let others see the potential in us;
- Conversations need to be values based
- Principle of the "Five- Es": efficient, effective, equal, enjoyable and experimental;
- Focus on accomplishing something with the appropriate expenditure of time, money and people;
- Keep the agenda ambitious;
- Be honest, forthright, forthcoming and timely;
- Healthy conflict and difference of opinion, a.k.a. healthy debate, is a sign of a community's vitality, not its weakness;
- Vitality is the most precious asset that will see the community through unfolding changes, whether around the day school or any other issue.

This is by no means an all-encompassing list. For me, however, these are the highlights of my lessons-learned and my firm belief that in volunteer life you get more than you give, including the benefit of continued life-long learning.

I sincerely hope you will consider giving or continuing to give yourself the same incredible gift.

**FROM THE
PULPIT**



**RABBI S. ROBERT MORAIS
TEMPLE ISRAEL**

Summer is without doubt a special time! I have always lived my life following the rhythms of the academic schedule. June always means the conclusion of the program year and the beginning of summer activities.

As a child, summer meant it was time to go to camp! For a few days after school ended, I could stay out all day with my friends and come home when the street lights went on. Then it was off to camp for the summer.

I looked forward to it each year. In fact, for the past 18 years, I have had the honour of serving on the faculty of Camp

Blessings of summer

George, the Reform movement's camp in Canada. In general, the pace of summer is slower, giving us time to reflect and consider.

There are no major Jewish holidays during the summer. We do have the observance of Tisha B'Av. This year, we will observe it beginning on the evening of August 13. Tisha B'Av – literally, the ninth day of the Hebrew month of Av – is the date both the first and second ancient Temples were destroyed.

For a thousand years or more, the Temple in Jerusalem was the central address for Jewish worship. When the second Temple was finally destroyed, and the people of Israel scattered all over the world, the sacrificial rites also came to an end.

Being resilient, we created what we now know as rabbinic Judaism. This system replaced the sacrifices with oral prayer. On Tisha B'Av, we lament the Temples' destruction.

After the Second Temple was destroyed in the year 70 CE, Judaism underwent the most significant change in our history. We transformed ourselves from sacrificial prayer to spoken prayer. We replaced the priesthood with leaders

and teachers we now call rabbis.

The truth is that I really have no desire to see a return to the ancient sacrificial rites. As a Reform Jew, I am not really very interested in the re-establishment of the Temple. I am, however, deeply moved when I think of the incredible loss the destruction of the Temple was to our people. We could no longer worship in the ways we had become accustomed. Indeed, God had been evicted from the sacred home.

For me, Tisha B'Av has always been a time to pause in the middle of a wonderful sunny summer, and thank God for the blessings we enjoy today. For many years, I have often been up at camp for Tisha B'Av – which is always a great opportunity to create powerful, meaningful experiences for our children to learn about our people's history.

Whatever your summer plans may be, I encourage you to take some personal reflection time. For all our children who will spend time at Jewish camps this summer – I wish you a summer filled with the incredible blessings of camp: community, spirituality and personal growth.

Have a wonderful summer!

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FROM THE EDITOR



MICHAEL REGENSTREIF

Is there a lesson for Canada in the recent Israeli political upheaval?

one-seat majority, but will be somewhat more secure with a seven-seat majority.

Liberman, who led Yisrael Beiteinu to just 5.11 per cent of the vote in the 2015 election, was able to demand – and receive – the defense ministry, even though it meant losing perhaps the most qualified cabinet minister from Netanyahu’s own Likud party.

There may be a lesson in this for Canadians as a parliamentary committee begins to consider alternatives to our first-past-the-post electoral system.

In our system, geographic ridings elect members of Parliament. With multiple parties and independent candidates, it is the candidate with the most votes – the one who is first past the post – who becomes the MP, even if he or she does not receive a majority of votes in the riding. It is then the party with the most MPs elected that forms the government. Most governments – even majority governments – in Canadian history have been formed by parties that have received less than 50 per cent of the popular vote. The Liberals under Justin Trudeau formed a majority government

with 39.47 per cent of the popular vote in 2015. In the previous election in 2011, the Conservatives under Stephen Harper formed a majority with a very similar 39.62 per cent.

The last time a Canadian party formed a majority government with an actual majority of the popular vote was in 1984, when the Progressive Conservatives under Brian Mulroney took 50.03 per cent. They were re-elected in 1988 with 43.02 per cent.

One of the Liberal Party’s platform planks in last fall’s federal election campaign was the replacement of first-past-the-post.

“We are committed to ensuring that 2015 will be the last federal election conducted under the first-past-the-post voting system,” said Trudeau in speeches on the campaign trail.

Proportional representation – in which a party’s seat-count in Parliament reflects its percentage of the popular vote – is one of the alternatives to first-past-the-post that some in Canada advocate. In the last election, if proportional representation had been in effect, the Liberals would

have won the most seats, but would have needed to form a coalition with one or more other parties to form a governing majority. With proportional representation in a multi-party system, it becomes virtually impossible for any party to form a stable majority government on its own. Proportional representation also allows for the electoral success of small, often single issue, parties.

Countries like Israel that have proportional-representation systems are governed by coalitions. In the 2015 Israeli election, Benjamin Netanyahu’s Likud was first among the many parties with 23.4 per cent of the vote.

So Netanyahu had to wheel and deal with other parties in order to cobble together a coalition. That’s why the two religious parties, which together received just over 10 per cent of the vote, are able to impose haredi Orthodox control on many aspects of Israeli society – from who may marry to which gender may read from the Torah at the Western Wall, and much more.

And that’s why Liberman – leader of a party that received just 5.11 per cent of the vote – was able to demand and receive control of Israel’s most important ministry.

Who knows what the parliamentary committee tasked with studying alternatives to first-past-the post will come up with? But I dread the possibility of small parties wheeling and dealing for control of important ministries.

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

From the age of fact-checking to the age of Trump

golden rule.

Years ago, when a journalist made a mistake, there was actually shame around it. For two or three days, you were embarrassed in your office among your colleagues, and you were devastated when you saw peers from competing news organization outside the office. If only you could dig a hole and disappear underground. Professional humiliation was real. It hurt and somehow helped keep everyone on the right path.

Facts were double-checked and, if a source told you something juicy, you needed to double-source the content. Documentation for many stories was also required. Not only did a journalist have to be right, he or she had to be able to prove he or she was right when challenged.

Rumours and gossip were dismissed outright. A half-truth, we used to tell each other, was like being half pregnant.

The big change to the gospel of truth-telling was the beginning of all-news channels in the 1980s. A new era of journalists, commentators and

experts being on live TV 24 hours a day, talking off the tops of their heads was ushered in. Spontaneous talk leaves no room for sober second thought, let alone fact-checking and double-sourcing.

Journalists saw themselves in a different role. The business of all-news all the time was about keeping the machine moving. “Feeding the goat,” as the expression went, was about incessant talking. So much had changed. Suddenly journalists could say all kinds of things about all kinds of subjects on live TV with no editors and no filters.

In the summer of 2001, I was filling in for the CBC’s London correspondent who was on holiday. The war in Bosnia was grinding to an end and because of Canada’s participation I had to talk about it every day on the all-news network from the London bureau. I read the wire service copy and I scanned other media to provide me with just enough information to talk about a country I had never been to and a war I had no first-hand knowledge of.

As an old school traditionalist, it was so

hard to do that. I couldn’t convince myself that I had the knowledge or the credibility to do what I was being asked to do.

But this was not about telling my superiors I couldn’t do it. This was about the conditions of my employment having been changed under my feet. Filling airtime was what I was being asked to do. I did it, but I sure didn’t like it.

The establishment of satellite technology and all-news channels pales in comparison to the advent of the Internet and social media. Today, anyone can be a reporter. Anyone can say anything about anybody and they can even furnish their reporting with photos and video. It is a no-holds-barred era for information and journalism, and there is nothing that can or will stop it. Traditional media try to survive knowing full well the old rules and economics are history.

While none of this is startling news, there is a strange new twist. Presumptive Republican U.S. presidential candidate Donald Trump’s genius, or the devil in him, is squeezing the last bit of fair play out of American journalism. It is a two-step dance as the bewildered media cope with a candidate who is rewriting the rule book.

Walter Cronkite is a legend. And so, now, is journalism itself.

I remember well those lessons about the absolute necessity to be 100 per cent right in every instance and in every story written or told in journalism. It was a harsh lesson in university. One spelling mistake in any assignment and it was notched up as a failure, regardless of how good the rest of the story was.

In the real world, long before the advent of all-news networks, cell phones and the Internet, being right all the time was the backbone of journalism in democracies. Of course, being right all the time was, and remains, humanly impossible. But it was, nonetheless, a clear objective and very much our

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FUNERAL DECORUM

Unfortunately, we have recently had reason to attend a number of funerals in the Ottawa Jewish community.

We are writing this letter to express our shock and disappointment over the lack of respect people in our community have shown while attending funerals at the Jewish Community Chapel on Cuba Avenue.

We are totally amazed that attending a funeral has turned into a social event. The atmosphere upon entering the Chapel is 'party like' and it appears there is absolutely no consideration for the family, or respect for the body lying in a casket at the front of the room.

When the Chevra Kadisha representative asks for decorum (which should not have to happen), there is a fast hush in the room, which lasts for about one minute, and then the noise level goes right back to where it was, just like kids in school!

We hope this letter will be read by many of the attendees of these funerals, and hope that, in the future, everyone will be more considerate of the grieving families and be respectful of the deceased laying at the front of the room.

Steven and Shelli Kimmel

Jewish community security is CIJA's top priority

As Canadians, we're incredibly fortunate to live in one of the safest countries in the world. But, as Jews, we're also challenged by the reality of being an at-risk community when it comes to hate crimes.

Statistics Canada figures reveal that, on average, three hate crimes took place in Canada every day in 2013, with Canadian Jewry being the most frequently targeted minority. Although most of the crimes directed against Jewish targets tend to be non-violent property offences – such as graffiti or other forms of vandalism – these acts leave an indelible mark, reminding us that anti-Semitism persists even in a country as welcoming and pluralistic as Canada.

In addition to working on a range of conventional advocacy issues – from Canada-Israel relations to social justice policies to human rights – the Centre for Israel and Jewish Affairs (CIJA) is extensively engaged in efforts to strengthen Jewish community security. Our in-house security team, which has a wealth of experience from the Canadian and Israeli security sectors, offers advice, support, training and site audits as a free service to Jewish communal institutions.

The team likewise liaises with law enforcement across Canada and with partners internationally to gain insight into potential threats, co-ordinate Jewish community resources, and provide updates to synagogues and day schools on how to take appropriate, meaningful measures in response to developments.

It is said an ounce of prevention is worth a pound of cure, an idiom that is particularly true when it comes to security. Our security team regularly points out that the single best thing a shul or school should do to improve its security is for staff and members to heighten their awareness.

Be diligent about following security procedures and regularly train staff and volunteers on emergency procedures. Don't open the door for strangers (and for that matter, make sure doors that are supposed to be locked are always locked). Politely introduce yourself to newcomers, make a priority of always knowing those who make use of your facility, and immediately report suspicious behaviour such as unknown individuals lingering in the parking lot. Record in detail any such incidents.

None of these measures need cost a penny, and each of them is a crucial part of a comprehensive approach to security. Above all, trust your instincts. If something doesn't sit right, do something about it. If you see

something, say something.

At the same time, we cannot avoid the fact that security measures can impose significant costs on community institutions. The federal government's Security Infrastructure Program (SIP) currently allows at-risk institutions to receive a potential subsidy of up to 50 per cent – to a maximum of \$100,000 – to upgrade their external security infrastructure. For example, funds can be used to offset the costs of outdoor cameras, lighting or fencing. While this has benefited many institutions, the program should be amended to do more to shoulder security costs currently borne by at-risk communities.

This is why CIJA has launched a national campaign to mobilize the Jewish community to write to Public Safety Minister Ralph Goodale and ask him to modernize the SIP. In particular, we are calling on the government to increase the program's funding (which sits at about \$1 million annually), allow internal costs to be eligible for support (such as interior cameras and human resources), and open the program up to applicants that cannot afford the 50/50 funding formula.

I encourage you to take two minutes – a very small investment of time – to add your voice to this effort. Visit www.cija.ca/sip to write directly to the public safety minister and call for these crucial changes.

In the oft-cited Talmudic insight, Hillel asks: "If I am not for myself, who will be for me? If I am only for myself, what am I?" Our campaign to expand federal support for community security is very much in this spirit, for an improved SIP will strengthen security for Canadian Jewry as well as other vulnerable minority groups in Canada.

And, as Hillel added: "If not now, when?" Indeed, a good cause is one that's worth supporting through immediate action. I urge you to go online and join the many members of our community who have taken part in this vital campaign.

Steve McDonald is deputy director, communications and public affairs, at the Centre for Israel and Jewish Affairs – the advocacy agent of the Jewish Federation of Ottawa and Jewish Federations of Canada-UIA.

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JNF Ottawa Negev Dinner 2016: Supporting diversity in the Galilee
Barbara Farber, the 2016 JNF Ottawa Negev Dinner honouree, has chosen to support a multicultural science and sports centre in Misgav, a mosaic community in Israel's Galilee region.

Model of coexistence between Jews and Arab Bedouins
Misgav Regional Council was established in 1982. Its mission is to provide a full range of qualitative municipal, educational, cultural and social services to its diverse and growing population. Misgav's population is approximately 21,000 Jews and 7,000 Bedouin Arabs dispersed in 35 autonomous community villages spread over an area of 50,000 acres in the Central Galilee region of northern Israel.

In Israel, Misgav is a recognized model for its accountable municipal management and as an exemplary model of coexistence between Arabs and Jews.

The Misgav Regional Council's policy is formulated on the premise that people – especially children and youth – who study together, and have been challenged together, can learn to live together. The Council operates different programs in order to effectively blend and bring together youth and young adults from different religions and cultural backgrounds. The belief is that science education is a way for youth to build networks and make friends outside their own ethnic groups.

Game-changing initiative
Barbara's project is a game-changing initiative and model for diversity that will cultivate Israeli Jewish and Arab students' first-rate academic research, technological innovation and economic prosperity.

Diversity is a cornerstone of Israel's existence. To ensure Israel's continued success, young people of all ethnic groups should be empowered and feel connected in order to make a valuable contribution to their communities and to the general society.

Barbara's project will greatly contribute to bridging barriers of language, politics, racial divides and religion, and will foster universal values such as teamwork, achievement of common goals and of striving for excellence. Adjacent to the region's schools, the **Barbara Farber Multicultural Science & Sports Centre** will provide children, youth and adults with first-class sports facilities and science laboratories. Students will have access to science, physics, aeronautics, and robotics workshops.

March of the Living teens go on Green Journey with the help of KKL in Israel

A total of 800 Jewish teens from all over the world (excluding Canada) who were in Israel from after Holocaust Remembrance Day until Israel's Independence Day following their participation in the March of the Living in Poland, took part in the Green Journey (Masa Yarok) 2016, a project initiated and led by the International Department of the KKL-JNF Education and Youth Division.

Participation in the March of the Living and visiting Israel for those 800 teens was made possible partly thanks to KKL-JNF and its strategic support for this important global project. The teens visiting Israel got to know the forests and historical sites of KKL-JNF and to personally experience the sharp transition from the Holocaust of the Jewish people to its revival in its historical homeland.

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(From left) Freya Struthers, National Arts Centre development officer; Miriam Bark, wife of Israeli Ambassador Rafael Barak; Deborah Cohen, sister of the late Ruth Berger; violinists Simcha Sutton-Pollock and Delia Li; Norman Barwin, Ottawa Chapter president of the Canada-Israel Cultural Foundation; and pianist Judy Ginsberg gather following the 12th Annual Ruth Berger Memorial Concert, June 7, at Hillel Lodge.

Young classical violinists delight Hillel Lodge residents

BY MICHAEL AARENAU

The harmonious sounds of violins played by a pair of young virtuosos from the National Arts Centre (NAC) Summer Music Institute delighted Hillel Lodge residents and visitors, June 7, at the 12th Annual Ruth Berger Memorial Concert.

The annual concert is named in memory of Ruth Berger. Berger, who died in 2004, served on the committee that established the Pinchas Zukerman Music Education Fund, which helps to provide intensive musical training for young artists at the NAC's Young Artists Program.

This year's concert featured violinists Delia Li and Simcha Sutton-Pollock who performed "Duo No. 5" from "Six Duos for Two Violins, Opus 3" by Jean Marie Leclair and "Navarra, Opus 33" by Pablo de Sarasate. On the latter piece, Li and Sutton-Pollock were joined by pianist Judy Ginsberg.

The concert was co-sponsored by the Embassy of Israel, the Canada-Israel Cultural Foundation (CICF), the Ottawa Jewish Community Foundation and the NAC. Norman Barwin, president of the Ottawa Chapter of CICF, was MC for the event and looked visibly moved throughout the half-hour performance.

"This concert helps to keep the memory of Ruth alive and well," Barwin said.

Stephen Schneiderman, executive director of Hillel Lodge, said he was especially grateful to Li and Sutton-Pollock for taking the time to "share their gifts" with the residents of Hillel Lodge.

A number of Lodge residents approached the musicians to thank them for their performances.

"It was such a beautiful performance and the music was so wonderful," said resident Morris Shapiro. "Everyone in this room was so delighted to be able to hear it and we're all just so grateful."

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Members of the new MindsUp committee gather in front of the school: (Back row, from left) Deanna Coghlin, Brian Lamb, Ada Aizenberg, Bethany Goldstein, Josh Ray, (front row) Marlene Wolinsky, Linda Signer, Julie Bennett, Heather Graham, Paulette Routliffe and Keren Gordon. Missing from photo is Kathryn Owens.

New OJCS committee dedicated to students' mental health and wellness

BY DEANNA COGLIN & ELLEN O'CONNOR
OTTAWA JEWISH COMMUNITY SCHOOL

A group of 12 teachers, administrators and support staff at the Ottawa Jewish Community School (OJCS) has formed a committee dedicated to making mental health and wellness a top priority at the school.

The new MindsUp Committee is introducing a wellness model called SELF (Social-Emotional Learning Focus), to help foster a school community of wellness and mindfulness.

"It is essential that we attend to students' mental health and well-being in order for them to achieve their full potential," said Head of School Marlene Wolinsky. "Resilience, experienced by the acceptance of mistakes as a way to help them learn, becomes a factor that leads them towards the achievement of success; it is a constant focus on 'not yet' rather than 'can't.'"

The SELF model will focus on four non-cognitive skills: self-regulation, resilience, positive relationships and growth mindset.

"Non-cognitive skills need to be explicitly taught in schools today, just as math and science are," said Grades 4 and 5 teacher Deanna Coghlin. "Learning how to collaborate with others and persevere when facing a difficult challenge are not just skills to succeed in

school, but in life."

One way the school is using this SELF lens is through student preparation for tests. In May, Grades 3 and 6 students completed the Canadian Achievement Test in Literacy and Mathematics (CAT4).

Resource department teachers Keren Gordon and Paulette Routliffe spent the weeks leading up to the CAT4 test fostering student wellness. This included workshops on positive self-talk and maintaining a healthy lifestyle.

"We wanted to be mindful that taking the CAT4 might bring on feelings of worry for some students and help them understand that stress, when managed effectively, can be a positive motivator," said Gordon. "We helped prepare them by sharing various relaxation strategies and reinforcing the importance of the non-cognitive skills they bring to any challenge, including writing the CAT4."

Ensuring purposeful teaching of non-cognitive skills extends beyond just preparing students for tests, but rather needs to be embedded into existing classroom practices. This can be done in a way that doesn't require teachers or administration to reinvent their curriculum.

This school year Julie Bennett and her Grade 3 class are working on a biography project where students learn about a chosen person. With the SELF lens applied, students focused on how their chosen person showed resilience and perseverance in their life.

"One student chose to share the remarkable life of Helen Keller, while another student chose her great-grandmother who survived the war," said Bennett. "The presentations of the projects were outstanding and the children gained valuable lessons on perseverance."

The commitment to student mental health includes parents as well. In June, Kathryn Owens, the OJCS social worker, held a parent workshop on children and self-regulation. These workshop opportunities will continue next school year, in addition to many other exciting and important SELF wellness initiatives for students.



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Ottawa Jewish Archives receives grant to digitize entire photo collection

BY MICHAEL AARENAU

The Ottawa Jewish Archives has been awarded a \$33,900 grant through Library and Archives Canada's Documentary Heritage Communities Program to digitize the Archives' photo collections and make them available online.

This grant marks the second time the Archives has received funding through this program. A previous grant was used to establish a partnership with the Canadian Jewish Heritage Network (CJHN) to begin the process of making the collections searchable online.

Archivist Saara Mortensen explained this latest grant will help her take the Archives to the next level, building on the foundation established through the CJHN partnership.

"Now that we have this partnership

established, I wanted to be able to share more content, so I applied for this grant to secure funds and make this digitization project happen," she said. "Ultimately, I want the Archives to be more accessible to the community."

Previously, to access a photo from the Archives, someone would have to personally visit the Archives office (located within the Greenberg Families Library at the Soloway Jewish Community Centre). Soon, though, the Archives' entire 5,000-piece collection will be available online.

Mortensen will be digitizing 2,000 photos herself and has hired Sam Hopkins of Ottawa's Shoebox Studio to digitize the remaining 3,000 images with the goal of making high quality preservation master copies of each photo available to the public.



This newly digitized photo from the Ottawa Jewish Archives collection shows Victor and Hyman Gould of Gould's Camera and Art Shop on June 28, 1978.

COURTESY OF OTTAWA JEWISH ARCHIVES

"I really want to bring the Archives into the 21st century," said Mortensen, noting the Archives "chronicle the cultural, economic and religious evolution of the Ottawa Jewish community to where it is today."

Mortensen hopes to have the project completed by September 2017.

The Archives are also planning to digitize all past issues of the Ottawa Jewish Bulletin, dating from this newspaper's founding in 1937, so that they, too, will be available online. Digital editions of the Bulletin since 2008 are currently available at www.ottawajewishbulletin.com in PDF and page-flip versions.

Ottawa Police Service honours Charles Schachnow

BY MICHAEL AARENAU

Jewish community volunteer Charles Schachnow received a Certificate of Valour from the Ottawa Police Service (OPS) at the 2016 Community Police Awards Ceremony, held May 31 at Ben Franklin Place.

On July 20, 2015, an OPS officer stopped three men who were publicly intoxicated in downtown Ottawa. The officer subdued one of the individuals, but was attacked by the other two. Schachnow spotted the incident and got out of his car to aid the officer.

Schachnow and another bystander, Jason Steeves – who also received a Certificate of Valour – helped subdue and retain control over the assailants until police reinforcements arrived. It was later found out the three men who were arrested were involved in an assault earlier that evening.

Schachnow told the Ottawa Jewish Bulletin that he felt compelled to take action when he saw that the officer was overwhelmed. He was more than happy to help, he said.

"I would've done it for anybody; not only for a police officer, but for anybody on the street," he said. "If I saw somebody being attacked, I would've helped them out."

Schachnow was in the area doing volunteer work for Jewish Family Services' StreetSmarts Outreach Program, which provides food, clothing and support to the homeless.

(From left) Ottawa Police Chief Charles Bordeleau, Ontario Minister of Community Safety and Correctional Services Yasir Naqvi, Charles Schachnow, Ottawa Police Services Board Chair Eli El-Chantiry, and Ottawa City Councillor Mathieu Fleury.



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Experience the Jewish heritage of Spain and Morocco

BY RABBI STEVEN GARTEN

The Jews of Spain were expelled in 1492. They had lived in harmony with Muslims and Christians for nearly two centuries before the Spanish Inquisition and Muslim fundamentalism changed their lives forever.

Jewish life in Spain was highlighted by a rich cultural life, a rich and varied religious life and, most importantly, until then, a life unencumbered by religious tyranny.

After the Spanish Jews were expelled by Isabella and Ferdinand, they found safe haven in many countries. Morocco

opened its gates, and so began a 450-year love affair between the Jewish community and the Moroccan Muslim community.

Cantor Daniel Benlolo and I will be leading a Jewish heritage tour to Spain and Morocco from November 2 to 15. In Spain, we will explore the rich past. Then, in Morocco, we will dance between the past and the present.

While Cantor Benlolo and I have led many trips individually, this will be the first time we've led one together. The cantor will be himself, full of joie de vivre, and will be in charge of ensuring that all

participants laugh, sing and enjoy themselves.

I will help ensure that history comes alive and that this trip will be uniquely designed to ensure participants feel as if

they themselves were expelled and then rescued.

For more information about this unique adventure, contact me at Rabbishg@rogers.com.



Cantor Daniel Benlolo of Kehillat Beth Israel (left) and Rabbi Steven Garten, rabbi emeritus of Temple Israel, will lead a Jewish heritage tour to Spain and Morocco, November 2 to 15.



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Lawrence Mendell congratulations on your progress! Wishing you continued strength and positivity by Debbie and Norm Ferkin

Neil Blacher wishing you all a Happy Passover by Gale, Victor and Sydney Kardish

David Kardish wishing you all a Happy Passover by Gale, Victor and Sydney Kardish

Harvey Kardish wishing you all a Happy Passover by Gale, Victor and Sidney Kardish

Cantor Benlolo thank you for a wonderful Tamir third Seder by Michael and Sylvia Caplan

Raoul Korngold best wishes on this very happy occasion by Evan, Carol and Miriam Diamond

Donation cards can be purchased for a minimum donation of \$18.00 by contacting the Tamir office at 613-725-3519, 11 Nadolny Sachs Private, Suite 218, Ottawa, Ontario, K2A 1R9, or by e-mail to francesmercer@tamir.ca

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Sunday, June 26 HOMAGE – Music at the Temple
Yosuke Kawasaki, violin; Jessica Linnebach, violin;
Jethro Marks, viola; Paul Marleyn, cello.
String quartets by Mozart, Schnittke, Brahms, 2:00 pm.
Adults: \$20; students: \$15.
Info: 613-224-1802

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Breaking news updated at www.ottawajewishbulletin.com

Israeli scouts set to return to Ottawa for concert at SJCC

BY PAMELA ROSENBERG
SOLOWAY JEWISH COMMUNITY CENTRE

The Tzofim Israeli Friendship Caravan brings their high energy show back to the Soloway Jewish Community Centre (JCC) this summer to sing, dance and spread their message of peace.

Five girls, five boys plus two leaders from all across Israel make up the Summer Delegation of Tzofim (Israeli Scouts) who will perform a free concert at the Soloway JCC on Tuesday, July 5, 7 pm.

Earlier in the day, Tzofim will give a show for the campers at JCC of Ottawa Summer Camps followed by a workshop

where campers will learn about Israeli culture and music through a variety of interactive games.

The Ottawa shows are just one stop on a summer tour that brings the Israeli teens all across the U.S. before stopping in Ottawa. The Caravan will also visit Camp B'nai Brith.

There are 60,000 Tzofim throughout Israel, and Summer Delegation participants are chosen after undergoing an extensive auditioning and interviewing process, ensuring that, above all, they are true representatives of Israeli culture and spirit.

While in Ottawa, the scouts will stay

with volunteer community members. Ella Dagan, the Vered Israel Cultural and Educational Program manager, says the hosting relationship goes beyond simply providing food and a bed.

“The host families become true surrogate families during their stay,” she said. “This personal contact, combined with the opportunity for the Tzofim to teach one-on-one about Israel, is invaluable, and the relationships forged can last a lifetime.”

For the Israeli teens, being part of the Tzofim Friendship Caravan has a lasting impact that goes beyond the experience of travelling and entertaining across North America.

“This project is a great opportunity for them to better understand Jewish life in the Diaspora – the variety of observances, customs and communities,” said Dagan.

Founded in 1919, Tzofim was the first Zionist youth movement in Israel and, today, it is the largest in the country with more than 180 chapters/troops in almost 100 cities, towns, moshavim and kibbutzim. Tzofim includes members from all sectors of society, including religious and secular teens and new immigrants.

The goal of Tzofim is to educate its members to be positive, contributing members of society and help them develop self-confidence, leadership skills, and the desire to get involved in the community through educational programs and seminars, two weekly meetings, trips, camps and other special activities.

For more information about the July 5 community performance, contact Ella Dagan at 613-798-9818 ext. 243 or edagan@jccottawa.com.



The Tzofim Israeli Friendship Caravan brings their high-energy concert to the SJCC, July 5.

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Lag Ba'Omer celebrated with parade and festival

BY ARIEL YEHUDA LEFRANCOIS
FOR CHABAD OF CENTREPOINTE

Ottawa's Jewish community gathered on the Jewish Community Campus, May 26, for a Lag Ba'Omer festival and fair organized by Chabad of CentrepoinTE and the Soloway Jewish Community Centre.

People of all ages joined students from the Ottawa Jewish Community School, Torah Academy of Ottawa and Rambam Day School to enjoy the inflatable rides, pony rides, a barbecue, face-painting, clowns, an acrobat show and a parade on Broadview Avenue beside the campus.

People stood on both sides of the street participating, watching and enjoying the parade, which included a firetruck, police motorcycles and an ambulance.

There was also a wonderful 10-piece marching band and five floats each representing a Jewish theme: a charity box, a mezuzah, a pair of tefillin, giant Shabbat candlesticks and an Ottawa Vaad HaKashrut kosher symbol. As well, children marched with balloons and signs demonstrating their Jewish pride.

The parade ended with a very important tribute to the first responders. Ottawa's police, fire and paramedic services were presented with awards thanking them for their dedicated service.

"The Festival of unity and pride reflects the long



Floats representing Jewish themes travel up Broadview Avenue during the Lag Ba'Omer Parade, May 26.

standing relationship the Jewish community shares with this beautiful city, and exemplifies the values and traditions that make Ottawa such a special place to raise a family," said Ottawa Fire Services Deputy Chief Jim Narraway.

"This year's event was the first of its kind. It was

wonderful to witness the reaction from the children and the adults in the community," said Rabbi Chaim Mendelsohn, the event's co-ordinator.

Rabbi Mendelsohn also noted Lag Ba'Omer falls on Sunday, May 14 next year and promised a celebration that will be "even bigger and better."



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Ottawa Police Service motorcycle officers lead the Lag Ba'Omer Parade up Broadview Avenue, May 26.

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Contact Rabbi Michael Goldstein at 613.869.8481 or mgoldstein@cmhottawa.com to find out more about the exciting things happening at Machzikei!

SHABBAT MORNING SCHEDULE

8:10 AM	Morning Jolt Parsha Class with Rabbi Scher
8:45 AM	Services Begin
10:00 AM	Shabbat Morning Kids Club
10:15 AM	Adult Ed Breakout Session
10:45 AM	Rabbi Scher's Speech
11:15 AM	Kids Choir Adon Olam Followed by Kiddush



Rabbi Idan Scher



Rabbi Dr. Reuven Bulka
Rabbi Emeritus



Rabbi Michael Goldstein
Executive Director



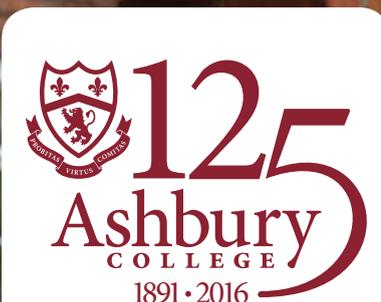
Dr. Stacy Goldstein
Director of Family & Youth Programming



High tea at Machzikei Hadas: Maitre d' Stanley Kershman (left) and Rabbi Reuven Bulka enjoy high tea at Congregation Machzikei Hadas, May 29. For full story and more photos, visit www.ottawajewishbulletin.com/2016/06/tea.



Azrieli Foundation educators' workshop: The Azrieli Foundation and Shoah Committee of the Jewish Federation of Ottawa presented a workshop, May 26 at the Confederation Educational Centre, to introduce Holocaust educators to Re:Collection, a new digital platform that that invites users to interactively explore the first-hand stories of Holocaust survivors published in the Azrieli Series of Holocaust Survivor Memoirs.



125
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Ashbury College opened the world to **Melanie Greenberg**. Over the past six years, she has studied and travelled extensively, participating in both a French exchange and a rugby tour of Ireland. Always conscious of the world around her, Melanie was a dedicated member of the school's Remembrance Day committee, Green Club and World Affairs Club. Melanie's next global challenge will come in September, when she travels to Israel to further her studies.

Congratulations Melanie!
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Torah Academy and Rambam Day School: Students from Torah Academy of Ottawa and Rambam Day School enjoy their joint Lag Ba'Omer Sports Day, May 26, at Dovercourt Park. The two schools will come together to form the Torah Day School of Ottawa in September.



**In support of the Bess and Moe Greenberg Family Hillel Lodge
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Card Donations

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

On behalf of the residents and their families, we extend sincere appreciation to the following individuals and families who made card donations to the Hillel Lodge Long-Term Care Foundation **between May 12 and 31, 2016** inclusive.

HONOUR FUNDS

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

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

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

Ruth and Irving Aaron Family Fund

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In Memory of:
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Bertha Palmer by Marilyn Adler

The Auxiliary of Hillel Lodge Fund

In Memory of:
Joe Osterer by Marion Silver and Alan, Lawrence, Rafi and Shira Brass

Fred and Esther Ballon Family Fund

In Memory of:
Joey Osterer by Fred and Esther Ballon

Stella and Norman Beck Family Fund

In Memory of:
Bert Palmer by the Beck Family

Boris and Dolly Blacher Family Fund

In Memory of:
Joey Osterer by Neil and Daniel Blacher and Marilyn Adler and the Blacher Family

Jenny and Murray Citron Endowment Fund

In Memory of:
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Joel and Sharon Edelson Family Fund

In Memory of:
Joey Osterer by Joel and Sharon Edelson

Friedberg and Dale Families Fund

In Memory of:
Joey Osterer by Elaine Friedberg, Bob and Jon Dale

Nell Gluck Memorial Fund

In Honour of:
Shelley Ortved Mazel Tov on the engagement of your son Matthew to Lauren Teslia by Julia Gluck, Ted and Jess Overton

Sylvia Monson Mazel Tov on your 100th Birthday by Maureen and Henry Molot

Maureen Molot in appreciation of your dedication to and leadership of the Hillel Lodge LTC Foundation by the staff and Board of the Foundation

In Memory of:
Joey Osterer by Maureen and Henry Molot and Carol Shattner and Barry Appel

Bertha Palmer by Maureen and Henry Molot

Molly Kronick by Maureen and Henry Molot, Manny and Cheryl Gluck and Carol Shattner and Barry Appel

Evelyn and Irving Greenberg Fund

In Memory of:
Bert (Bertha) Palmer by Evelyn Greenberg

Gunner Family Fund

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Jackie and Burt Gorenstein Mazel Tov on your grandson's Bar Mitzvah by Sol and Estelle Gunner

Annette Albert Mazel Tov on your grandson's Bar Mitzvah by Sol and Estelle Gunner

Sylvia Monson Mazel Tov on your 100th Birthday by Sol and Estelle Gunner

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Aviva and Leo Lightstone Mazel Tov on the birth of your grandson by Sol and Estelle Gunner

Liz Richard Happy retirement by Sol and Estelle Gunner

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In Memory of:
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Monica and David Kardish and Sara Kardish and Rafi Krym Mazel Tov on the engagement of Sara and Rafi by Sheryl, Harvey, Mallory and Ryan Kardish

Bram and Chani Bregman Mazel Tov on the birth of your daughter Zeeva by Sheryl, Harvey, Mallory and Ryan Kardish

In Memory of:
Joey Osterer by Margo, David, Aaron and Gail Kardish, Sheryl and Harvey Kardish and Family

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In Honour of:
Shelli Kimmel wishing you all the best on your special Birthday by Shelly Rothman

Stephen and Debra Schneiderman Family Fund

In Honour of:
Sylvia Monson Best wishes on your 100th Birthday by Stephen Schneiderman

Joey Osterer by Bunny Cogan
Nick Steinmetz by Bunny Cogan

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Avraham Paritsky by Linda and Stan Shiff and Family

Bertha Palmer by Linda and Stan Shiff

Harold and Lillian Shoihet Memorial Fund

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In Memory of:
Joey Osterer by David Shoihet and Family

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In Memory of:
Joey Osterer by Label and Leona Silver

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Joey Osterer by Myles Taller and Roslyn Taller

Molly Kronick by Myles Taller and Roslyn Taller

Stella and Norman Torontow Family Fund

In Memory of:
Joey Osterer by Stella, Norman and Karen Torontow

(Continued on page 18)

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Classical musicians set to perform favourite string quartets at Temple Israel

BY LOUISE RACHLIS
FOR TEMPLE ISRAEL

Temple Israel's Music at the Temple series returns Sunday, June 26, 2 pm, with "Homage," a program that will include Mozart's "String Quartet in D, K575, Alfred Schnittke's "String Trio" and Brahms' "String Quartet in C minor."

The artists will be violinists Yosuke Kawasaki and Jessica Linnebach, respectively the concertmaster and associate concertmaster of the National Arts Centre Orchestra (NACO); Jethro Mark, principal violist of the NACO; and Paul Marleyn, professor of cello at the University of Ottawa.

The program was chosen by the musicians themselves, said Patsy Royer, president of Temple Israel, "which means they will be playing their favourites with

their sleeves rolled up. This will be classical music at its best."

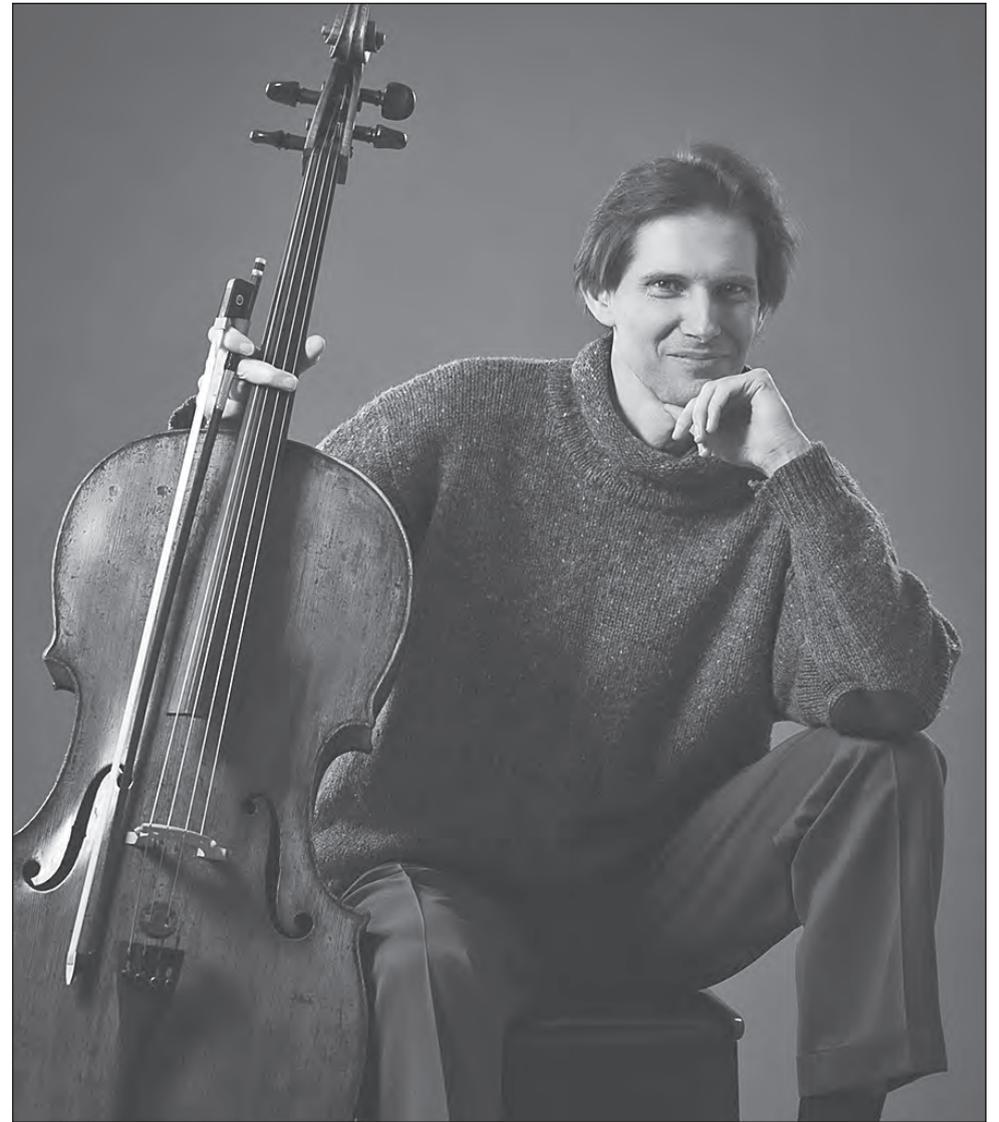
"Homage" was chosen as the title for the program for two reasons. The first is that each of the composers offered a dedication for his work.

"Mozart dedicated his quartet to Frederick II. Schnittke dedicated his string trio to composer Alban Berg and Brahms dedicated his quartet in C minor to his quest to overcome the ghost of Beethoven," explained Marleyn.

"Homage" also reflects Temple Israel's dedication of the concert to the late Nancy Bercovitch, the founder and long-time supporter and sponsor, with her husband, Mort Bercovitch, of Music at the Temple.

Admission to the concert is \$20 (adults) and \$15 (students), with all proceeds supporting Temple Israel's Camp George Scholarship Fund. Tickets will be available at the door and a reception with light treats will follow the concert.

For more information, contact Patsy Royer at 613-233-3099 or Temple Israel at 613-224-1802.



Cellist Paul Marleyn is a member of the string quartet performing classical music at Temple Israel, June 26.

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



(Continued from page 17)

In Honour of:

Sylvia Monson Mazel Tov on your 100th Birthday by Stella and Norman Torontow

Toby and Joel Yan Family Fund

In Honour of:

Toby and Joel Yan Happy 44th Anniversary by Ruth and Harvey Goldberg

In Memory of:

Bertha Palmer by Joel and Toby Yan

Carole and Norman Zagerman Family Fund

In Memory of:

Heidi Polowin by Carole and Norman Zagerman

In Honour of:

Sylvia Monson Mazel Tov on your 100th Birthday by Carole and Norman Zagerman

Feeding Program

In Memory of:

Barbara Greenberg by David and Ethel Malek

Helene Siegel by Barbara Levinson

Heidi Polowin by Stan and Cathy Levine and Family, Joy and Seymour Mender and Family

Avrahan Paritzsky by Joy and Seymour Mender and Family

Molly Kronick by Joy and Seymour Mender and Family

Joey Osterer by Glenda Goldmaker and David Moss, David and Sharon Appotive, Barbara Greenberg and Ethel and David Malek

Bertha Palmer by Marilyn and David Akman

In Honour of:

Liane Freedman Mazel Tov on the birth of your great-grandson by Esther and David Kwavnick

Harold and Rosalie Schwartz Mazel Tov on Leah's upcoming marriage to Jeff by Carol Pascoe

Stephen Saslove Yasher Koach on completing your term as President of the Lodge Board of Directors by Carol and Laurie Pascoe

Recreation Program

In Honour of:

Annette Albert Mazel Tov on your grandson's Bar Mitzvah by Esther and David Kwavnick

Laurence Wall Todah Rabbah for bringing your voice and cello to enhance our performance by Musica Ebraica

Barbara Levinson Mazel Tov on being honoured with the Thelma Steinman Direct Service Award by Benita, Steven, Alexander and Ryan Baker

In Memory of:

Joe Osterer by Rosalie and Brian Antman and Family, Benita, Steven, Alexander and Ryan Baker

IN MEMORY OF:

Eva Segall by Norma Rooney

Ann Matyas by Bill and Laurie Chochinov

Joey Osterer by the residents, staff and Boards of the Lodge and LTC Foundation, Howard Stanislawski, Kevin and Cary Green, the Green Family, the Greenwin Inc. Family, Evelyn Monson, Barry Silverman, Irene Waxman and Sandy and Gerry Bayne, Pinchas and Barbara Pleet, Clair Krantzberg, Vicki Weiss, Hedy Segal, Sylvia and Morton Pleet, Ian and Melissa Shabinsky, Stephen and Brenda Saslove, Mark and Lynn Shabinsky, Rachel and Irwin Fajertag, Faigy and Zachary Muroff and Family, Nicole Goldstone, Shirley Kriger, Jeffrey and Felice Pleet and Family, Judy and Seymour Berger, Ruth and Myron Poplove, Angie and Melvyn Fields, Bea Torontow, Mark and Barbara Siegel, Rhonna and Brian Rogol, Ian Froman, Stan Kimmel, Marion Vexler and Family, Michael and Judy Aranoff, Anita and Mendel Shore, Frayda and Charlie Wiseman, Ronnie and Marilyn Goldberg, Ann and Frances Betcherman, Marvin and Reta Avery, Cheryl Leyton and Manuel Glimcher, Louis and Deborah and David and Simone Davis, Malcom, Cindy, Jenna and Zak Rose, Gloria and Dan Zwicker, Sharon Appotive, Jeff Appotive, Susan, Allan and Daniel Gara-Markowitz, Shirley Viner, Sue and Jack Feldberg, Sylvia Monson, Ian Wasserman and Cindy Madden, Robert Krantzberg, Milton and Joyce Kimmel, Leonard and Jane Shore, Carol and Steve Cowitz, Trudy Weinstein, Roz and Lee Raskin

Nicholas Steinmetz by the residents, staff and Boards of the Lodge and LTC Foundation,

Fenja and Irwin Brodo, Denise Hans and Family, Betty Dinovitzer, Marilyn and Ronnie Goldberg, Lydia and Sami Sourani, Gilbert and Coline Starosta, Annette Albert and Lew Perelmutter, Grace, Joe and Debra Altshuller, Sylvia Monson and Stephen and Debra Schneiderman

Heidi Polowin by Stephen and Brenda Saslove and Roz and Steve Fremeth

Helene Siegel by Candice and Stan Wilder

Esther Yale by Janet and Norman Ironstone

Bertha Palmer by the residents, staff and Boards of the Lodge and LTC Foundation, Evelyn Monson, Irwin and Fenja Brodo, Dan and Cathy Sigler, Zelaine Shinder, Libby Katz, Barbara and Len Farber, Sue and Jack Feldberg, Sylvia Monson, Andrea Morton and Stephen Schneiderman

A.L. Smith by Ronnie and Marilyn Goldberg

Jessie Sly by Anna Bilsky

Barbara Rubens by David and Jean McLay

Gayle Heitin-Danz by Stephen and Debra Schneiderman

Molly Kronick by Stephen Schneiderman

IN HONOUR OF:

Sylvia Monson Happy 100th Birthday by Betty Steinmetz, Morris Shapiro, Etta Karp and Barbara Greenberg,

Anita Roodman Happy Special Birthday by Roz and Lee Raskin

Drs. John and Joan Goble In honour of the 60th Anniversary of the Doctors Goble by Bill and Laurie Chochinov and Family

Dr. Raoul Korngold Happy 80th Birthday by Evelyn Monson

Evelyn Lieff Mazel Tov on your special Birthday by Bill and Jane James



OMJS: The Ottawa Modern Jewish School community enjoyed the experience of a Havdalah service, May 15. Participating in the service are (from left) student David Farlinger, teacher Miriam Rapaport and parent Erin Englehardt.



Chabad Student Network: (From left) Laura Dimitroff, Tamara Mashich Cohen and Kaylee AvRashi gather at the Rohr Chabad Student Network's Lag Ba'Omer dinner for alumni and young professionals, May 26, on the Shopify rooftop.



Cee Strauss wins law medal: Cee Strauss, a graduate of Hillel Academy (now the Ottawa Jewish Community School), smiles after receiving the Elizabeth Torrance Gold Medal at the McGill University Law School convocation, June 1. The medal is awarded to the student with the highest academic standing throughout the Bachelor of Civil Law program. Strauss will be articling in Toronto with the Canadian Civil Liberties Association, focusing on civil rights and poverty issues.

The OJCS seeks new Directors

The Ottawa Jewish Community School is seeking new members for the School's Board of Directors to begin serving with the 2016-2017 school year.

We are committed to the pursuit of excellence in General, Judaic, Hebrew and French studies, educating children from across the spectrum of Jewish life.



The Board meets approximately once per month throughout the school year, and Board members are expected to serve on at least one Board Committee, which entails additional meetings throughout the year.

Experience and knowledge in one or more areas such as education, finance, sales and marketing, fundraising, governance, and labour relations would be considered an asset.

Above all, enthusiasm and a commitment to the School are required. It is not necessary to be a parent of a student to be a Director, as the Board strives to have a balance between parent and non-parent directors.

To find out more about the School, please visit <http://www.theojcs.ca>.

If you are interested in applying, please send your CV and a cover letter expressing your interest and highlighting your knowledge, skills and experience to president@theojcs.ca by June 30, 2016.

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We want to make you feel part of our welcoming community!

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Rabbi Robert Morais
Rabbi Emeritus Steven H. Garten
Executive Director Heather Cohen
School Principal Sue Potechin
Administration Officer
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Friday Kabbalat Shabbat Services, 6:15 pm
Saturday Shabbat Services, 10:15 am

Temple Israel

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Gibbs Smith
240 pages

I must begin with a confession. I adored/obsessed over this cookbook so much that I hesitated to write about it. You know that feeling when you encounter something or someone so great that you are left to fall silent? I felt a bit unworthy. Thankfully, I moved past my insecurities and decided it was more important to introduce readers to the brilliance of this book.

Equal parts revelatory memoir, insightful travel guide, expedient cookbook and sumptuous coffee table book, *Israel Eats* by Steven Rothfeld is an eye-opening experience of Israel's food culture today.

Rothfeld initially resisted the urge to travel to Israel, which I found quite intriguing.

"I had been so focused on the suffering of the Jews

MARC BAZINET BOOK REVIEW

that the idea of the Israelis pursuing pleasure and eating great food never entered my mind. In the short time I spent wandering around this small country notorious for sorrow and conflict, I discovered joy, humour, celebration, endless holidays, and a vibrant cuisine," he writes.

Rothfeld, a world-class photographer, spent several months travelling through Israel to explore the vibrant food scene, talking with Israeli farmers, cooks, chefs and artisans. From north to south, and in major cities like Tel Aviv to Jerusalem, the locals guided him from one great restaurant to another; and to growers and producers of fine foods as well.

The author details his walks through the local markets "finding fresh squeezed pomegranate juice flowing wherever I turned; mountains of marbled halvah flavoured with chocolate, cilantro coffee and pesto; fresh dates from farms near the Dead Sea; steamy, flat, round and twisted breads; dazzling displays of freshly caught Mediterranean fish and entering stacks of cauliflower orbs."

In an age of information overload and decreased attention spans, *Israel Eats* gives you a reason to linger. You will salivate over the book's sumptuous photographs containing impressive views of Israel and the people who inhabit it. The chapters make their way through the history, culture and cuisine of the various regions.

The book revels in the details and offers tips and suggested accompaniments and alternatives at every turn. Can't find mallow? Use wild spinach instead. Unable to locate fresh sardines? Use fresh mackerel. Fresh, torn herbs with a sprinkling of zhug (a Middle Eastern hot sauce) and za'atar (a condiment made from dried herbs) bring brightness to any dish.

Most of the ingredients in the book can be found at the local grocery store or farmers' market, but you may need to stock up on often used components such as



tahini, Greek yogurt, bulgur, feta, pine nuts, fresh mint and ground cumin.

"I encountered a world I had never imagined existed in Israel," Rothfeld writes. "People were experiencing the joy of eating well in small hummuserias, seaside restaurants, market stalls and chic dining rooms in Tel Aviv and Jerusalem, and I was reminded of something I had once overheard an Italian mother say to her small child who was shoving a forkful of pasta into his mouth: 'Buona, eh? Che viola di mangier (Good, isn't it? What a joy it is to eat).'"

Marc Bazinet blogs about food at www.coolfooddude.com.

**The next issue of the
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will be published July 25, 2016.
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**See page 27 for Publication
and Deadline dates
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'We were not simply studying our portion, we were truly studying Torah'

Although in ancient times Shavuot was one of three major harvest festivals, for many Jews in the Diaspora, it is a minor holiday. Other than offering us the occasion to read the pastoral tale of "The Book of Ruth" and eat blintzes and ice cream, does Shavuot have significance for our contemporary lives?

On Shavuot last week, we marked how Moses received the Ten Commandments and the Torah from God, but that seems like an abstract concept to most of us in our secular lives.

Growing up, I was jealous of the boys who learned how to chant from the Torah for their bar mitzvahs. Without even knowing that chanting by women was permitted in progressive communities, I dreamed of learning how to chant. It seemed as if those who chanted were deeply connected to the physical scroll and to the metaphorical Torah, to their spirituality, and to God. I always understood the work of reading Torah to be sacred work, just like prayer leadership or blessing Shabbat candles. I didn't know if I could do that awesome work I saw others do, or if I could even manage to sing in tune for a whole aliyah, but I wanted the chance to wrestle with the challenges.

At the age of 32, I asked Congregation Or Haneshamah's Rabbi Elizabeth Bolton to tutor me and a *hevrutah* (study partner) in chanting Torah trope. Learning to chant is no easy feat, as many bar and bat mitzvah celebrants and their parents can attest. But my *hevrutah* and I were serious adult students and, for about six months, we prepared to chant from the



SARAH WAISVISZ
DISPATCHES FROM THE DIASPORA

Bamidbar parsha for our big debut on Saturday, June 7, 2014. I remember this date because it was exactly a week before my PhD convocation, and only two days after Shavuot, which concluded on June 5 that year. It was a heady time.

I also remember our learning process. My *hevrutah* and I studied together sometimes several times a week. We practised trope and we also talked about our spiritual practices, our desire to connect more with community, and our keen interest in learning. We shared articles and books with each other. We were not simply studying our portion, we were truly studying Torah. We joked that she was the mystic and I was the rabbi-in-training. We were a good team and we challenged each other.

I was so nervous when we finally went to the bimah that June morning. It wasn't a bat mitzvah, but it wasn't a regular Shabbat. The room was packed with congregants, family and friends who had come to witness our work. I felt I was held up and supported by my community.

My hands shook as I gripped the yad, but, when I turned to the scroll, my focus was clearly fuelled by fear.

But, as I read the words on the scroll, and as my voice rang out, I felt I was simply following a text I already knew, simply singing out words that were already there. And, yes, it felt awesome and transcendent. It felt powerful and, at the same time, I was deeply humbled.

My *hevrutah* and I gave a D'var Torah that day in which we discussed the parallels between our own journey and the one Ruth undergoes in her quest for community, family and spirituality. Learning to chant enabled us to tackle something that had seemed inaccessible and impossible, both because we were women and because it was difficult. Our learning process deepened our friendship and also created a spiritual partnership that we had not expected. Moreover, it opened up new possibilities to connect with our community and with our faith. We learned later that our work inspired several other adults in our congregation to study Torah cantillation.

So, what is Shavuot? It marks the moment God gave the Torah to Moses for the Jewish people and thus it is one of the touchstones of our faith and history. Shavuot is also about renewing our spiritual practice, rather than taking it for granted, just as Ruth actively chose a new faith when she decided to live with Naomi's people. Shavuot, therefore, is a reminder that we all have the potential to connect with our spirituality, with community, and with Torah, even if it takes a little work and a little risk.

I dedicate this piece, with gratitude, to my *hevrutah* and to our teacher.

Ottawa Jewish Historical Society Book Launch

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by Sylvia Bodovsky Kershman

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Is it time for a rethink on when Jewish education really begins?

I'd barely begun telling people I was pregnant when the question came: "Was I on the list?" Not a baby registry list or the one for a private room at the hospital when baby finally arrived. The day care list.

Jews might not have baby showers for fear that the planning courts bad luck, but superstitions fly out the window when you have to sign up for day care.

I was warned, time and time again, if I wasn't already on the list, I'd never get a spot.

While maternity leave is 12 months long, the vast majority of day-care centres don't take kids younger than 18 months.

So, with competition fierce, you have to get on the waiting list early – like when you're only four months pregnant early – if you want your child at a centre.

Choices are even more limited if you're looking for a Jewish component to that care.

Why did this matter to us?

We wanted quality care for our child first, but also somewhere that would feel like a home.

When you come from a Jewish home, a Jewish centre helps provide that feeling.

At the 12 month mark, there are no formal options in Ottawa for Jewish day care.

There are a number of excellent initiatives in this city for young families. Shuls are working hard and there's PJ Library run through the Jewish Federation of Ottawa.

There's also the ongoing concern about the future of Jewish education.

So, perhaps a question that should have been in the



STEPHANIE SHEFRIN
EMERGING GEN

recent survey of young families and their education needs is "If your family needed care for your 12-month-old child and there was an option to enrol them at a licensed Jewish day-care, would you? And would having that care influence your decision on further Jewish education?"

Three centres do provide Jewish care beginning at 18 months, so we began there.

Early Beginnings, Ganon and Westboro Jewish Montessori offer excellent, well-rounded and devoted care.

Despite their merits, neither Ganon nor Westboro Jewish Montessori is structured in ways that meet our need for care Monday to Friday, 8 am to 6 pm, all year round. It's possible, but requires extra fees and back-up care for all the days they are closed.

Early Beginnings (EB) is the only one that worked for us. Not just for us. During the year I was on maternity leave, I knew at least 10 others hoping for a spot there for the same reasons we were – it's the only centre that worked for them.

"Did you hear from EB yet?" was a common question

at playgroup, as was the discussion about what to do to bridge the six-month gap if you were lucky enough to get a spot.

Enrolment figures suggest demand for full-time Jewish education in Ottawa is waning. Has anyone looked at the constant demand for full-time Jewish day care? And how many families end up being turned away?

Initially, we were one of them.

So we found a wonderful home day-care, where our daughter has been thriving for the last two years. The idea of pulling her after six months, even if a spot opened up at EB, faded because she was so happy there.

As we've waited for the spot, we put down other roots.

The families our daughter is in care with now are part of our community, as are the many other young families who live within two or three blocks of us.

Our daughter knows and is comfortable with them in a way she isn't with the kids she only sees from time to time.

Our excellent local public school is only a block-and-a-half away.

These are things that come to mind when we're asked another question: "Have you decided where to send your daughter to school?"

We're lucky and now have a spot at Early Beginnings, where our daughter will start this fall. We're looking forward to being part of that community.

Is that the start of the plan to enrol her at Jewish day school when the time comes?

I'm not being superstitious when I say I don't know.

Will you make this the 'summer of you?'

In the 1990s, my favourite TV show was the sitcom "Seinfeld." One of the main characters was the affable schlemiel George Costanza. Nothing ever seemed to work out for George. On one episode, George gets fired and receives a three-month severance package. He decides he's going to use that time to accomplish the things he's always wanted to do but has put off for one reason or another. He's going to read a book from cover to cover. He's going to play Frisbee golf. Not particularly big goals, but big for him. George emphatically proclaims that this is going to be "the summer of George." As the summer progresses, George instead becomes increasingly lazy and spends most of his time lying on his couch watching TV and eating junk food.

Where did George go wrong? What lessons can we learn from him?

What George lacked was the follow-through. George always looked for shortcuts. George always had big dreams but a myopic view of reality. He had little interest in putting in the effort.

The storyline is a reminder that each of us can take the start of summer as a cue to become more physically and mentally active. Each of us has the capacity to make this the "summer of <your name>." We can choose what we want to achieve – big or small. We can do something we've never tried before. We can improve on something we already do. We can shrink our waistlines, grow our muscles, or expand our intellectual and emotional horizons. We can challenge ourselves by developing or enhancing a skill or by trying a new sport for the fun of



GLORIA SCHWARTZ
FOCUS ON
FITNESS

it. Everybody has the natural desire to become self-actualized, to feel a stronger sense of fulfilment.

Some of us will have a summer like George, meaning we wake up on the last day of summer and realize we didn't make any of the positive changes we intended to make, for one reason or another. We may wonder at summer's end why we can't seem to make progress like we see others making. What do others have that we don't? Some people have more money, more athletic skills, more opportunities, more initiative, more whatever. But let's not forget that many who succeed at their goals have less. The key may be accountability.

I recently saw a photo on Facebook of a young boy holding a sign that read, "My dad said if I get 2,000 likes, he'll quit smoking." I thought that was very irresponsible. Imagine how that child might feel if the photo doesn't get 2,000 likes and his father continues to smoke. What does the approval of friends or strangers on social media have to do with quitting smoking? That father was not teaching his son a positive lesson, in my opinion. Like George – who regularly attributed his

shortcomings to others rather than to his own lack of initiative – the dad may have been looking for an easy out by placing the onus on others rather than taking ownership of his behaviours.

The success of the "summer of you" doesn't depend on what others think or do; rather, it depends on what you think and do. Will you set some goals for yourself? Are you willing to work towards them or would you rather take the easy road like George and stay on the proverbial couch?

Whether it's cleaning up your eating habits so you become healthier, tidying up the helter-skelter of a messy home so it feels less chaotic, trying a group activity or sport so you can feel more energized and benefit from the social connections – you can attempt whatever you set your sights on. By summer's end, you may not be a world champion at your newfound sport. You may not eat perfectly every day. You may not have the physique you see in magazines. But what you will have – if you put in the effort and take the risks – are priceless rewards, including a sense of pride in whatever you've accomplished. Maybe you'll finally lose rather than continue to gain weight, even if it's only a few pounds. Maybe you'll walk a little further than you used to without being out of breath. Maybe you'll learn something new or improve your self-confidence.

Summer is only three months long. Then again, three months of effort can really pay off and set you on a better path. Don't be like George. Make this summer count.

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The Honourable Madam Justice Heidi
Susan Levenson Polowin by Sally Taller;
and by Dodie and Bram Potechin and
family.

PHYLLIS AND ALAN RACKOW ENDOWMENT FUND

IN MEMORY OF:
Alan Rackow by Mark and Nina Dover.

ALTI AND BEREL RODAL FAMILY FUND

MAZEL TOV TO:
Meyer and Chaya Rodal & Menachem
and Shterna on the birth of Avraham by
Alti and Berel Rodal.
Jennie and Paul Claman & Zoli and
Penina Claman on the birth of Chaya
Shira by Alti and Berel Rodal.

IN MEMORY OF:
Simone Maser by by Alti and Berel
Rodal.
Yosef Yitzchok Gurarie by Alti and
Berel Rodal.
Abe Tarasofsky by Alti and Berel Rodal.

FLORENCE AND GDALYAH ROSENFELD ENDOWMENT FUND

IN MEMORY OF:
The Honourable Madam Justice Heidi
Susan Levenson Polowin by Anita
Rosenfeld.

IN APPRECIATION TO:
Dr. Taylor McGuire by Anita Rosenfeld.

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IN MEMORY OF:

Joseph Osterer by Richard and Riva Roth.

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MAZEL TOV TO:

Barbara Levinson on receiving the Thelma Steinman Direct Service Award by Elayne and Wesley Schacter and family.

AL AND BETTY SEGAL MEMORIAL FUND

IN MEMORY OF:

Theodore Jacobsen by Ned and Gail Segal and family.
Eva Segall by Ned and Gail Segal and family.

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IN MEMORY OF:

Joseph Osterer by Julie, Jack and Louis Sherman.

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MAZEL TOV TO:

Sol and Zelaine Shinder on the marriage of Neil and Lori, by Laya Shabinsky.

LORNE AND LAURIE SHUSTERMAN FAMILY FUND

IN MEMORY OF:

Merle Paquin by Lorne, Laurie, Zak and Ben Shusterman.

LINDA SILVERMAN MEMORIAL FUND

IN MEMORY OF:

Molly Kronick by Marvin and Phyllis Silverman.

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LINDA SLOTIN AND JONATHAN FISHER ENDOWMENT FUND

MAZEL TOV TO:

Joshua Finn on his graduation by Linda Slotin and Jonathan Fisher.

JACK AND LINDA SMITH ENDOWMENT FUND

IN MEMORY OF:

Joseph Osterer by Leslie Smith and Maureen McIlwain

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ANNIVERSARY WISHES TO:

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MAZEL TOV TO:

Shirley and Michael Molot on the marriage of Caroline and Brian, by Doris and Richard Stern.

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IN MEMORY OF:

Theodore Jacobsen by Mark and Nina Dover.

CASEY AND BESS SWEDLOVE MEMORIAL FUND

IN MEMORY OF:

Joseph Osterer by Carol-Sue and Jack Shapiro.

THE TARANTOUR FAMILY FUND

MAZEL TOV TO:

Howie and Melanie Fremeth on the birth of their son, Lev Sonny by Stuart and Lillian Lazear.

BRENT AND RISA TAYLOR ENDOWMENT FUND

IN MEMORY OF:

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The Honourable Madam Justice Heidi Susan Levenson Polowin by Risa, Brent & Shira Taylor.

MOSES, CHENYA AND HENRY TORONTOW MEMORIAL FUND

IN OBSERVANCE OF THE YAHRZEIT OF:

Ralph Torontow by Tammy Torontow.

STEPHEN AND GAIL VICTOR ENDOWMENT FUND

BIRTHDAY WISHES TO:

Evelyn Loeff by Stephen and Gail Victor.

IN MEMORY OF:

The Honourable Madam Justice Heidi Susan Levenson Polowin by Stephen and Gail Victor.

Theodore Jacobsen by Stephen and Gail Victor.

Joseph Osterer by Stephen and Gail Victor.

R'FUAH SH'LEIMAH TO:

Myra Kamen by Stephen and Gail Victor.

SONIA AND ARTHUR VINER MEMORIAL FUND

IN MEMORY OF:

Morley Goldfield by Oded, Pam, Ayala, Amir and Ariela Ravek.

MILDRED AND PERCY WEINSTEIN ENDOWMENT FUND

BIRTHDAY WISHES TO:

Evelyn Loeff by Millie Weinstein.

GOOD WISHES TO:

Sandi and Eddy Cook in their new home by Millie Weinstein.

IN MEMORY OF:

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

HALTON/WEISS FAMILY FUND

IN MEMORY OF:

Merle Paquin by Debbie Halton-Weiss and Ron Jessica, Josh and Lauren Weiss.

Bertha Palmer by Estelle, Ron and Debbie Weiss.

SAM AND HELENE ZARET MEMORIAL FUND

MAZEL TOV TO:

Adam Zaret on his graduation by Dorothy and Hartley Stern.

ZIPES KARANOFKY FAMILY ENDOWMENT FUND

R'FUAH SH'LEIMAH TO:

Ron Goldberg by Rick and Helen Zipes.

MAZEL TOV TO:

Mera and Bill Goldstein on their new condo by Rick and Helen Zipes.

THE WOMEN'S COLLECTIVE PHILANTHROPY PROGRAM

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

WOMEN'S COLLECTIVE ENDOWMENT FUND

IN MEMORY OF:

The Honourable Madam Justice Heidi Susan Levenson Polowin by Rhoda and Joe Levitan; and by Diane Koven.

MAZEL TOV TO:

Annette Werk on the birth of her great-grandson by Lynne Oreck-Wener and Bob Wener.

STEFANIE AND TAYLOR AGES B'NAI MITZVAH FUND

MAZEL TOV TO:

Chani and Bram Bregman on the birth of their daughter, Zeeva Sara by Leila and Stuart Ages and family.

IN MEMORY OF:

Joseph Osterer by Leila and Stuart Ages.

CHARLOTTE HAMBURG MITZVAH FUND

MAZEL TOV TO:

Chani and Bram Bregman on the birth of their daughter, Zeeva Sara by Cybele and Lyon Hamburg.

STACEY SAMANTHA KATZ B'NAI MITZVAH FUND

MAZEL TOV TO:

Cindi and Mark Resnick on the engagement of Ben and Hillary by Joany & Andy Katz and family.

LIEFF FAMILY B'NAI MITZVAH FUND

IN MEMORY OF:

Sandra Goldstein by Francie Greenspoon and Norman Loeff.

MAZEL TOV TO:

Cindi and Mark Resnick on the engagement of their son, Ben by Francie Greenspoon and Norman Loeff.

SAMUEL MORGAN B'NAI MITZVAH FUND

IN MEMORY OF:

The Honourable Madam Justice Heidi Susan Levenson Polowin by Sarah Beutel and Steven Morgan.

DAHLIA AND ZACHARY SHABSOVE B'NAI MITZVAH FUND

IN MEMORY OF:

Helen Gilboa by Chuck and Adrienne Shabsove and family.

The Honourable Madam Justice Heidi Susan Levenson Polowin by Chuck and Adrienne Shabsove and family.

Molly Kronick by Chuck and Adrienne Shabsove.

Joseph Osterer by Chuck and Adrienne Shabsove.

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.



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YEAR ONE BEGINS SEPTEMBER 2016

Wednesday mornings September 14 - December 14

Continuing March 22 - June 21, 2017

Rhythms of Jewish Living

What's the point of living Jewishly? This course examines a wide variety of Jewish sources to discover the deeper meanings underlying Jewish holidays, lifecycle observances, and Jewish practice.

Teacher: Rabbi Elizabeth Bolton,
Spiritual Leader of Ohr Haneshama

Purposes of Jewish Living

Why do Jews believe as they do? This course explores sources both ancient and modern in pursuit of answers to many of the major issues of Jewish thought and theology.

Teacher: Rabbi Idan Scher, *Spiritual Leader of Congregation Machzikei Hadas*

In light of the value of the Canadian dollar against the U.S. dollar, a \$100 CAD subsidy is available through the Ottawa Melton School. This will not be indicated upon registering, but can be obtained through Melton Ottawa.

The first 15 Year One students to apply by July 15, 2016 will have the course material fee of \$60 US waived.

Registration takes place online through the Melton website (*not the SJCC*) at www.events.org/MeltonOttawa

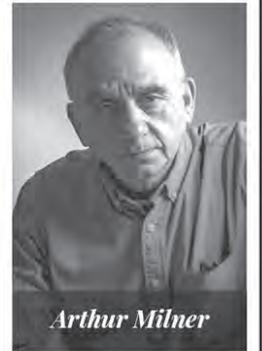
Contact: Roslyn Wollock, (613) 798-9818 ext. 254, rwollock@jccottawa.com

Getting to Room Temperature

Written & Directed by Arthur Milner

Performed by Robert Bockstael

Inspired by his mother's (Rose Milner) death and her polite quest for euthanasia, Arthur Milner's latest play is about a mother-son relationship but also an exploration of one of the most controversial issues of the day, PAD (Physician Assisted Death). *Getting to Room Temperature* is hard-hitting, sentimental and funny. It will make you think, laugh and cry. *Getting to Room Temperature* is a one-person play, performed by Robert Bockstael.



Arthur Milner



Robert Bockstael

Thursday, July 21

7:00 pm

Soloway JCC

Admission: \$20 at the door

Contact Roslyn Wollock (613) 798-9818 ext. 254
or Annette Paquin (613) 526-2968

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**Tuesday, July 5
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Soloway JCC, 21 Nadolny Sachs Pvt



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



WHAT'S GOING ON | June 20 to July 24, 2016

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

MONDAY, JUNE 20

Beth Shalom and Agudath Israel Movie Night - "Dough": An old Jewish baker struggles to keep his business afloat until his young Muslim apprentice accidentally drops cannabis in the dough and sends sales sky high. Starring Jonathan Pryce, Philip Davis and Ian Hart. Directed by John Goldschmidt. Supposed to be hilarious! Has won all sorts of awards, 7 pm.
Info: Anita Almstedt, 613-798-3501, ext. 221, Anita@bethshalom.ca

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

THURSDAY, JUNE 23

Israeli Film Festival: "Rabin in his Own Words," documentary, 2016, 100 minutes. Director: Erez Laufer. Carleton University River Building Theatre, 43 Campus Ave., 7 pm.
Info: Ella Dagan, 613-798-9818, ext. 243, edagan@jccottawa.com

SUNDAY, JUNE 26

PJ Library in the Park - Dancin' in the Park: Splash in the splash pads and play on the structure. Capital City Dance will impress us with their moves and teach us some of our own. A delicious kosher barbecue will end off a perfect afternoon in the park.

Centrepointe Park, 114 Centrepointe Dr., 3 pm.
Info: Ariel Fainer, 613-798-4696, ext.240, afainer@jewishottawa.com

Israeli Film Festival: "Wedding Doll," drama, 2015, 82 minutes. Director: Nitzan Gilady. Carleton University River Building Theatre, 43 Campus Ave., 7 pm.
Info: Ella Dagan, 613-798-9818, ext. 243, edagan@jccottawa.com

WEDNESDAY, JUNE 29

Tamir Foundation Annual General Meeting: Tamir invites you to its Annual General Meeting. Agudath Israel Congregation, 1400 Coldrey Ave, 6:30 pm.
Info/RSVP: Frances Mercer (by June 22) 613-725-3519, ext. 112, francesmercerc@tamir.ca

TUESDAY, JULY 5

A Taste of Texas: Texas-style dinner with guest speakers Rabbi Aryeh Rodin and Ivan Sacks of Dallas, Texas. Topic: The Rabbi and the Cancer Patient. The Glebe Shul, 302 Fifth Ave., 6 pm.
Info: Yoey Shaps, 613-413-4939, glebeshul@gmail.com

WEDNESDAY, JULY 6

Women's Torah Study with Rabbi Deborah Zuker: Join Rabbi Deborah Zuker in her home for Torah study, Wednesday near Rosh Chodesh. Subjects related to Women in the Torah and Jewish Tradition. Presented by Agudath Israel and Beth Shalom. RSVP required, 7 pm.
RSVP/Info: Rabbi Deborah Zuker, deborahzuker@gmail.com

THURSDAY TO SUNDAY, JULY 14 TO 17

JYL Weekend Retreat (Shabbaton) of Holistic Healing and Meditation: Rus Devorah Wallen, an internationally renowned speaker, educator and entertainer, uses humour, music and holistic techniques to reach her audiences. She will share her recently produced album of meditation and relaxation recordings. Jewish Youth Library, 192 Switzer Ave., 7:10 pm.
Info: Devora Caytak, 613-729-7712, dev18@sympatico.ca

THURSDAY, JULY 21

Getting to Room Temperature: Arthur Milner's new play about his mother's polite quest for assisted suicide is a hard-hitting, sentimental and funny one-person show about dying, performed by Robert Bockstael. Based on a mostly true story, 7 pm.
Info: Roslyn Wollock, 613-798-9818, ext. 254, rwollock@jccottawa.com

CANDLE LIGHTING BEFORE

JUNE 24	8:35 PM	JULY 15	8:27 PM
JULY 1	8:34 PM	JULY 22	8:20 PM
JULY 8	8:32 PM	JULY 29	8:13 PM

BULLETIN DEADLINES

WEDNESDAY, JULY 6	FOR JULY 25
WEDNESDAY, AUGUST 3	FOR AUGUST 22
WEDNESDAY, AUGUST 17	FOR SEPTEMBER 5
WEDNESDAY, AUGUST 31 *	FOR SEPTEMBER 26

* Early deadline: Community-wide Issue

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:

Harry Chezan, Florida
(father of Doreen Arnoni)

Bertha Palmer

Jonathan Clancy Penner

Nicolas Steinmetz

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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*MSRP of \$19,995/24,995 on 2016 Impreza 4-dr MT (GF120)/2016 Crosstrek Touring 5MT (GX1TP). Lease rate of (0.5%/0.5%) for (48/24) months. Monthly payment is (\$198 on 2016 Impreza/\$268 on 2016 Crosstrek) with (\$2,710/\$3,472) down payment. Option to purchase at end of lease is (\$12,844/\$17,364) with (\$3,349/\$4,227) due on signing. Advertised pricing consists of MSRP plus charges for Freight/PDI (\$1,595 on 2016 Impreza/\$1,675 on 2016 Crosstrek), Air Conditioning Charge (\$100), Tire Stewardship Levy (\$17.75), OMVIC Fee (\$10), Dealer Admin (\$199). Freight/PDI charge includes a full tank of gas. Taxes, license, registration and insurance are extra. \$0 security deposit. Dealers may sell or lease for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Lease based on a maximum of (20,000 km/month for 48 months on the 2016 Impreza/ 20,000 km/month for 24 months on the 2016 Crosstrek), with excess charged at \$0.10/km. Leasing and financing programs available through Subaru Financial Services by TCCI. Other lease and finance rates and terms available; down payment or equivalent trade-in may be required. Vehicles shown solely for purposes of illustration, and may not be equipped exactly as shown. Offers available until June 30th, 2016. See your local Subaru dealer for complete program details. †Ratings are awarded by the Insurance Institute for Highway Safety (IIHS). Please visit www.iihs.org for testing methods.