



# OTTAWA JEWISH BULLETIN

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## Shimon Peres, 1923-2016

# Remembering the last of Israel's founders

From defence hawk to peace activist, **Ben Sales** of JTA describes the life of Israel's beloved elder statesman.

**S**himon Peres, who served as both president and prime minister of the State of Israel, died September 28, at age 93, after suffering a massive stroke on September 13.

Peres was the phoenix of Israeli politics, continually reinventing himself as the country changed. He began his career in the Defense Ministry and was the architect of Israel's nuclear program, but, in his later years, Peres was more closely identified with the quest for peace with the Palestinians. He was instrumental in negotiating the Oslo Accords, the landmark Israeli-Palestinian peace agreement, and was present on the White House lawn for its signing in 1993.

Though he served as prime minister three times and shared the 1994 Nobel



Israeli President Shimon Peres, shown in 2012 during a state visit to Ottawa, was known for his optimism.

Peace Prize for a peace that has yet to materialize, Peres emerged late in life as

Israel's beloved elder statesmen and a rare figure capable of uniting a fractious society.

Following the signing of the Oslo Accords, Peres emerged as Israel's global ambassador for peace, predicting the emergence of a "new Middle East" in which conflict was supplanted by shared prosperity. Elected to the largely ceremonial role of president in 2007, talk of peace pervaded nearly every speech he gave. Well into his 90s, Peres still insisted he would live to see the day when peace would come.

Indeed, he was known for his optimism and often said, "Optimists and pessimists die the same way. They just live differently. I prefer to live as an optimist."

The dream peace, however, doomed his political career. After middling political success in the 1980s, the Oslo Accords debilitated Peres' Labor party, which fell from power in 2001 with the outbreak of the Second Intifada and has

yet to win another election. When Peres won the presidency in 2007, he was a member of Kadima, a short-lived centrist party.

As president, Peres rose again, this time as Israel's wise old man. Free to rise above the political fray, Peres trumpeted Israel's technological achievements and articulated its hopes for a brighter future. More than anything, he became a symbol of the country's resilience – able to survive, thrive and remain optimistic – no matter the challenges.

Born Szymon Perski in Wiszniewo, Poland, in 1923, Peres moved with his family to Tel Aviv in 1934. At age 20, he became the head of a Labor Zionist youth group, through which he met David Ben-Gurion, who would become Israel's first prime minister. In 1945, Peres married Sonia Gelman, who had just returned from Second World War service in the British Army.

The couple was married for 67 years,  
See Peres on page 16

## The most inspiring leader I've ever encountered

BY MICHAEL REGENSTREIF  
EDITOR

I've encountered a lot of political leaders over the years, including prime ministers, premiers, mayors and legislators at every level of government. Most of them have been Canadian, of course, but there have also been many from other countries – particularly from Israel, because I work in the arena of Jewish community journalism.

And, of all the leaders I have ever encountered, the most inspirational figure was Shimon Peres, Israel's former president, prime minister, foreign minister, defence minister, finance minister and the longest-serving member of the Knesset in history.

Since Peres died on September 28, at age 93, he has been referred to as the last of Israel's founding fathers. And, indeed, he was.

From the birth of the modern State of Israel in 1948 until his retirement from the presidency in 2014, just nine days before his 91st birthday, there was not a time that he was not serving the state at the highest levels. And, even over the past two years, until suffering a massive stroke last month, he remained remarkably vital and tirelessly active as Israel's elder statesman. Peres never gave up working to make this a better world. Peres never gave up on his

dream of Israel thriving in a peaceful Middle East.

As an aide and adviser to David Ben-Gurion, Israel's founding prime minister, Peres played an important behind-the-scenes role during Israel's 1948 War of Independence and would go on to even more important roles in the country's defence. In the 1950s, he was director-general of the defence department and See Editor on page 7

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# Ceremony and open house showcase revitalized and renovated Bank Street Cemetery

BY LOUISE RACHLIS

Jewish Memorial Gardens held an open house and donor recognition ceremony, September 25, to unveil the extensive renovations and improvements to the venerable Bank Street Cemetery.

"I've done community work for over 70 years, and this is the most gratifying," said Norman Zagerman, who joined Sol Shabinsky and Roger Greenberg in laying a wreath at the granite monument engraved with the names of all of the Jewish men from Ottawa who lost their lives in the First and Second World Wars, and in defence of the State of Israel.

"My first impression is really positive," said Anna Bilsky, whose great-grandparents are buried in the cemetery. "There's so much parking, and a large gathering area. It's wonderful."

"Caring for the dead with dignity and compassion" is a critical part of the Jewish lifecycle, said Jonathan Ben-Choreen Freedman, chair of Jewish Memorial Gardens. "I have the luck to walk in the footsteps of giants. Leaders such as Is Shinder, Myer Alvo and Norman Potechin dreamed for years of this moment ... Brent Taylor stepping forth with his family's gift was the instigator for this project."

"It's a community project," said Taylor, chair of the revitalization project. "It takes everybody to do their part for a project like this to happen."

Taylor noted the commitment of his parents, Ethel and Irving Taylor, "transcended even death, as they had the foresight to designate money in their wills to be donated to a worthy cause. My parents believed in leading by example and hoped that their gift would inspire others to do the same for the benefit of future generations."

The Bank Street Cemetery was established in 1892. The massive renovation and revitalization project – at a cost of nearly \$4 million – includes a new road and entrance, a



From left) Norman Zagerman, Roger Greenberg and Sol Shabinsky gather after laying a wreath at the memorial in memory of Ottawa Jewish community members who died fighting in the First and Second World Wars and in defence of the State of Israel, September 25.

ISSIE SCAROWSKY

new parking lot and washrooms, a reflective garden and military memorial, a relocated and enhanced Holocaust Memorial, a commemorative reception area, a wayfinding system, and a restored historical archway.

"All those things came with their own complications," said Taylor. "For instance, we had to tunnel under Bank Street in order to have washrooms and water." It took three months to clear the forest.

The project was completed "on time and on budget," said Taylor. "The cemetery is now more functional, more welcoming, more honouring ... This is an important moment in time."

Rabbi Reuven Bulka said he couldn't "remember any

other fundraising project in Ottawa with such unanimity of involvement ... It was such a transformation that people coming here didn't recognize it."

Close to \$6 million was raised for the Bank Street Cemetery revitalization and renovation project. The approximately \$2 million over and above the cost of the work has been invested to ensure the maintenance and upkeep of the cemetery for generations to come.



Brent Taylor, chair of the Bank Street Cemetery revitalization project, speaks at the Donor Recognition Ceremony, September 25.

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# Aging conference hears new research on Jewish baby boomers

BY SARAH BEUTEL  
JEWISH FEDERATION OF OTTAWA

**O**ver 130 Jewish professionals and volunteers from across Canada gathered in Montreal, September 19 and 20, to delve into the latest research on Jewish baby boomers and their unique needs.

The conference, "Engaging with Aging," was organized by Jewish Federations of Canada–UIA to better understand issues affecting adults aged 50 and over, who now represent more than 50 per cent of active Jews in communities across Canada.

Leading up to the conference, Jewish Federations of Canada commissioned B3/The Jewish Boomer Platform (a research company) to undertake a survey of Canadian Jewish adults. The survey examined preferences and attitudes around Jewish engagement and community. The survey results formed the backdrop to discussions about the new and unique ways that boomers are transforming the process of aging.

Baby boomers – who fall roughly between the ages of 50 and 70 in 2016 – are reinventing the way people think about aging. They have more in common with younger adults known as generation X (aged 35-50) and millennials (aged 15-35) than with the generations that preceded them. The main thesis of B3/Jewish Boomer Platform was if we can crack the code and succeed with boomer engagement in Jewish life, we can go on to succeed in engaging generation X and millennials because their outlooks are so similar.

The new attitude of boomers was eloquently conveyed by keynote speaker David Cravitz, vice-president of Zoomer Media, when he juxtaposed the image of his grandfather at age 65 with iconic rocker Mick Jagger of the Rolling Stones, who was performing rock concerts at age 65. The difference in outlook, lifestyle, goals and dreams between these two 65-year-old men illustrates the huge changes that boomers are making to the way people age, and to perceptions of



Sarah Beutel (second from right) and AJA 50+ delegates (from left) Sophie Kohn Kaminsky, Arnold Finkelstein and Annette Paquin gather at the "Engaging with Aging" conference in Montreal.

what it means to grow older and live life "to the max" in the third chapter of their lives.

Conference participants learned about incredible programs in many communities in Canada and around the world that address the needs of adults aged 50-plus. Everything from new and exciting volunteer opportunities, to expanded home care services that enable people to continue to live independently longer in their own homes, to new configurations in the way housing is imagined and organized to create supportive networks for adults as they continue to grow and experience everything they can from life.

A session on "Innovative Approaches to Recreation and Socialization for Seniors" was part of the impressive line-up of workshops, and was presented by Arnold Finkelstein and Sophie Kohn Kaminsky of Ottawa's AJA 50+.

What was most interesting for me, as a Jewish communal professional, was the information gleaned from the survey, which illustrates the opportunity that exists to tap into the incredible potential within our Canadian Jewish communities

of the huge number of boomers eager to engage in more meaningful ways in Jewish life.

"It is incumbent upon us to pay attention to this demographic reality of the growing boomer population, and to take advantage of this amazing opportunity," said Linda Kislowicz, president and CEO of Jewish Federations of Canada–UIA. "We need to work with this demographic to leverage this tremendous asset for the benefit of our Jewish community for now and into the future."

Other interesting topics covered at the conference included the unique and growing needs of Holocaust survivors; issues around the end of life and dying with dignity; and best practices in the field of adaptive services targeted specifically at seniors.

In a conference full of important takeaways, the most salient message for me was the need for Jewish communal organizations to be open to new ways of doing things and to work to broaden our focus as much as possible in order to continue to strive to meet the Jewish needs of all age groups.



Sarah Beutel (centre) with Ranit Braun (left) and Iris Beer of Jewish Family Services of Ottawa at the "Engaging with Aging" conference.

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# P2G conference brings teachers from Canada and Israel together

## OJCS and Hanadiv School in Metula reinforce partnership

BY ADA AIZENBERG AND LINDA SIGNER  
OTTAWA JEWISH COMMUNITY SCHOOL

This summer, Ottawa Jewish Community School (OJCS) teachers Ada Aizenberg and Linda Signer – with the support of the Jewish Federation of Ottawa as part of the Partnership 2Gether (P2G) program – took part in a conference in Israel and visited Hanadiv School, OJCS' sister school, in Metula, Israel.

The purpose of P2G is to create a *Gesher Chai* (living bridge) between our community and Israel, and make people-to-people connections.

Hanadiv is a small school near the border with Lebanon. OJCS is one of eight Canadian schools with sister schools in northern Israel, and there are other schools from Canada with sister schools in the centre or the south.

We began our journey at Beit Hatfutot, the Museum of the Jewish People, in Tel Aviv, where, as a group, we tried to identify and describe what we thought makes our Jewish identity. We saw replicas of many synagogues from different countries including the oldest synagogue in Prague, where Ada's

great-grandfather was a cantor. We also saw videos of Jewish immigrants from Ethiopia who spoke about their personal experiences, about how they fit into Israel, and about how they are perceived by other Israelis.

In Jerusalem, we got to know other Canadian school representatives from Vancouver, Winnipeg and Edmonton. All participants were enthusiastic about sharing ideas and experiences. The beginning of the program focused on Jewish identity. At the Shalom Hartman Institute, we heard speakers talk about Jewish identity in Israel and in North America from different perspectives.

Before Shabbat, we visited Ada's parents at Kibbutz Netiv HaLamed Hei and were surprised to learn Linda also had a connection to the kibbutz. Her aunt's brother was one of the 35 soldiers who were ambushed and killed on the way to bring supplies to Gush Etzion in 1948. The kibbutz is named for the 35 soldiers.

The second part of our program included Israeli educators and took place in Metula. The various activities helped us bond and reflect on our own connec-

The University of Ottawa's Vered Jewish Canadian Studies Program presents

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by ethnomusicologist and musician Judith Cohen of York University.

**Sunday, November 6, 9:00 am to 6:00 pm, University of Ottawa**

A full day of lectures by international scholars

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For details or to reserve a spot, please visit:  
<http://yiddishnewmillennium.yolasite.com>

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Professor Rebecca Margolis at [rmargoli@uOttawa.ca](mailto:rmargoli@uOttawa.ca)

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(From left) Hanadiv School teacher Yardena Biton and OJCS teachers Ada Aizenberg and Linda Signer meet in Metula, Israel to discuss plans for students at the two schools to work together during the year.

tion to Israel, and the connection we want to inspire in our students.

Yardena Biton, a teacher from Hanadiv, took us to the school and showed us around. It was impressive to see a map of Canada painted on the tile floor. They also had photos and maps of parts of Canada on the walls throughout

the school.

With Yardena, we created a plan for this school year that students from both schools will participate in and will share with each other throughout the year. We are looking forward to continuing our connection with our sister school, Hanadiv, and its students and teachers.

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# Survey data will help Jewish community institutions better understand and serve families with young children

BY LOUISE RACHLIS

The importance of the word “community” was voiced over and over as an enthusiastic and energetic group – mostly young parents – assembled, September 20, at the Soloway Jewish Community Centre (SJCC) to discuss the findings of the Jewish Federation of Ottawa’s survey of Jewish parents with young children conducted this past April.

Some mentioned they wanted “the community” to be like what they had experienced in downtown Toronto. Childcare was another concern.

There was a rousing discussion of “cost per value” for synagogue membership because “unlike swimming lessons,” it’s harder to demonstrate benefits like “love of Israel,” and expenses such as daycare make shul membership hard to afford.

“Once you can demonstrate that your institution offers perceived value, there is momentum,” said Federation President and CEO Andrea Freedman Ottawa.

The survey revealed that different families had different needs and Freedman said finding the right fit is “a bit like dating to find out what the right match is. It’s not one size fits all.”

*There were over 300 responses to the survey, representing approximately 50 per cent of Jewish households with young children in Ottawa.*

The goal of the survey was to understand how parents of young children view the community, their perceptions of the Jewish organizations they participate in, and what the barriers are to greater participation.

“Understanding the needs today and for the future of our Jewish community is extremely important to me and to Andrea,” said Federation Chair Linda Kerzner. “Genuinely listening and developing plans in relation to our community’s diverse needs cannot come from sitting around our Federation Board table. It has to come from asking all of you.”

The survey was designed and implemented by Measuring Success, a research firm that has worked with hundreds of Jewish organizations in Canada and the U.S.

Freedman presented the results of the survey, explaining they enable Federa-

tion and local Jewish organizations to better understand the preferences and needs of young families so that they can effectively be engaged in meaningful ways.

There were over 300 responses to the survey, representing approximately 50 per cent of Jewish households with young children in Ottawa. Freedman said the response rate far surpassed expectations.

Freedman called attention to several notable findings from the survey.

Ottawa is below the North American average when parents were asked the extent to which they would agree with statements such as “The Jewish community is welcoming to me.”

Everyone in the community has a role to play in making the community more welcoming, said Freedman. “The more comfortable you feel when you walk in a room, the more responsibility you have to make others feel welcome.”

Ottawa’s Jewish preschools and three of four supplementary schools are above the Canadian average for likelihood to be recommended by parents.

For supplementary schools, a lack of priority and inconvenient locations were seen as the main barriers to greater

participation – financial incentives would have a low impact on increasing enrolment.

However, significant financial incentives would yield a 100 per cent increase in synagogue membership of families with young children; and a temporary, partial financial subsidy would yield a 26 per cent increase.

For day schools, a temporary partial financial subsidy would lead to a temporary 33 per cent increase in enrolment and a 10 per cent increase in permanent enrolment once the subsidized years are complete – unless the school demonstrates ongoing value while the subsidies are in effect.

For SJCC membership, a temporary partial financial subsidy would yield a 100 per cent increase in membership of families with young children.

Each of Ottawa’s Jewish organizations – including schools and congregations – has received a presentation on the survey’s findings particular to them so that they can use the data to better understand the needs of families with young children and to better serve them.

Visit <http://tinyurl.com/young-families-survey> for a report with highlights from the survey.

Federation  
Programs in  
Recognition of

## Holocaust Education Month



Nov 14, 2016 • 7 pm  
Book-talk with co-author  
Aili McConnon  
SJCC, 21 Nadolny Sachs Pvt.  
RSVP appreciated

“Road to Valor” is the inspiring story of legendary cyclist and Righteous Among the Nations humanitarian Gino Bartali, who made the greatest comeback in Tour de France history and who, between his Tour victories, secretly aided the Italian resistance during World War II. Aili McConnon will speak about the process of writing the book and uncovering this incredible piece of history.

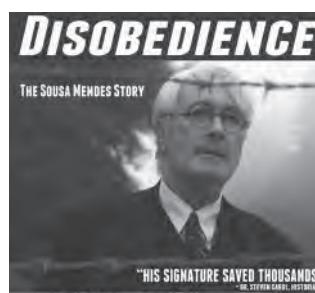
For a listing of Holocaust Education Month programs visit The Centre for Holocaust Education and Scholarship (CHES) [carleton.ca/jewishstudies/ches/](http://carleton.ca/jewishstudies/ches/)

In Partnership with The Azrieli Foundation



Nov 23, 2016 • 7 pm  
Film, “Blind Love”  
SJCC, 21 Nadolny Sachs Pvt.  
RSVP appreciated

The story of six blind Israelis and their guide dogs who took part in March of the Living, traveling from Auschwitz-Birkenau to Poland in memory of the victims of Nazis genocide and against prejudice, intolerance and hate.



Nov 27, 2016 • 3-6 pm  
Film, “Disobedience”  
Q&A with Aristide de Sousa Mendes’ grandson, Louis-Philippe Mendes  
101 Centrepointe Dr.  
RSVP required

Aristides de Sousa Mendes, the Portuguese consul stationed in Bordeaux, France during World War II granted visas to thousands of refugees, against the strict orders of his government, in a feat described by historian Yehuda Bauer as “perhaps the largest rescue action by a single individual during the Holocaust.”

Visit [jewishottawa.com/HEM](http://jewishottawa.com/HEM)

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**FEDERATION REPORT****JACKIE BARWIN  
CHOICES**

Last fall, when Sharon Appotive invited me for coffee, she had more on her agenda than face-to-face canvassing for my annual Jewish Federation of Ottawa gift. After getting that out of the way, she graciously requested that I consider chairing *Choices* this year.

I was flattered, but a bit surprised. While I have volunteered for Federation in a number of capacities over the years, I have never been a member of the *Choices* committee. However, I could honestly say that I had attended every *Choices* event since its inception.

Like my predecessor, Shari Silber, whether or not the speaker or catering was perfect, I'd always enjoyed the camaraderie of the evening and the

**FROM THE PULPIT****RABBI IDAN SCHER  
MACHZIKEI HADAS**

**A**s I write, Rosh Hashanah, the birthday of the world, is nearly here (although I know you will likely read this just after Rosh Hashanah).

This is the day on which God takes stock of the world He created and, in turn, it is the day on which we take stock of the world we have created for ourselves: our lives, our family, our community.

Writing here in the Ottawa Jewish Bulletin, our community newspaper, I would like to cast the spotlight on our community.

And, for this, the words of Henry Molot, writing as president of the Ottawa

# Tenth anniversary of *Choices* promises to be a special and memorable event

chance to connect with women I do not get to see very often. I recognized the importance of this event in bringing people together and strengthening our community. Therefore, I accepted Sharon's offer, and am honoured to be chairing *Choices* at this very special milestone, its 10th anniversary.

On Tuesday, November 1, following months of hard work on the part of a very dedicated committee, and with wonderful support from a team of Federation staff, *Choices* will take place at Kehillat Beth Israel. Our goal is to fill the room with 300 women, representing diverse backgrounds and perspectives, for an informative and inspiring evening. Ten years is reason for celebration, and this year's *Choices* promises to be a special and memorable event.

This year, we are thrilled to welcome Jeannie Smith as our guest speaker. Jeannie will share the moving story of her mother, Irene Gut Opdyke, a Polish woman who bravely rescued Jews during the Holocaust. Irene is an inspirational figure who has been honoured as

*This year, we are thrilled to welcome Jeannie Smith as our guest speaker. Jeannie will share the moving story of her mother, Irene Gut Opdyke, a Polish woman who bravely rescued Jews during the Holocaust.*

Righteous Among the Nations by Yad Vashem for her life-saving actions. You can read more about Jeannie and her mother's story in the September 26 issue of the Ottawa Jewish Bulletin – or online at <http://tinyurl.com/choices-2016>. Irene's compelling book, *In My Hands*, will be available for sale at *Choices* for \$15.

*Choices* is the premiere event of Jewish Federation of Ottawa Women's Campaign. By attending *Choices* and making our own, meaningful gifts to Federation's Annual Campaign, the women of our community are collect-

ively supporting our many Jewish agencies. We are helping our elderly, our vulnerable and our children. We are supporting Israel and we are sending our young adults there to see it for themselves. We are contributing to the future of our Jewish community. You can be a part of that.

Our evening will begin at 5:30 pm, with the opportunity to mingle over wine and delicious hors d'oeuvres by Creative Kosher Catering. Our engaging speaker will follow and then dinner. Couvert for the evening is \$54, and all attending are expected to make a meaningful gift to the Annual Campaign. The suggested minimum gift is \$150 or an increase over last year's gift. First time donors under the age of 40 are welcome to make a gift of \$36.

*Choices* participants are typically invited by table captains who reach out to friends, family and colleagues to join them at their respective tables. However, this is a community event and everyone is welcome. If you wish to attend and have not yet been approached by a table captain, you can register online at [www.jewishottawa.com/choices](http://www.jewishottawa.com/choices) and we will find you a table.

For more information about *Choices*, contact Judy Toombs at 613-798-4696, ext. 305 or [jtoombs@jewishottawa.com](mailto:jtoombs@jewishottawa.com).

I look forward to seeing you at *Choices* on November 1. #CHOICEScelebrates10

# Let us dedicate ourselves to strengthening our amazing Jewish community in Ottawa

Talmud Torah Board in 1979 in honour of the 30th anniversary of Hillel Academy, continue to resonate in a profound way today.

Henry wrote of the great accomplishments of Jewish Ottawa. Something that is still worth marvelling at and something that we should not take for granted. And Henry did not take it for granted.

"While those of us at the moment sitting on the Board or sending children to Hillel may take a certain satisfaction in the present success, I believe that the real pride of place must be given to those who took the leap of faith and made sacrifices so that we here now could reap the benefits," he wrote.

We, too, must recognize and be so grateful to all of those who made that leap of faith and made the sacrifices to make our community what it is today.

Henry continued with a question that every single one of us must ask ourselves: "The critical question for those present and future generations is

whether we will be able to seize the baton and sustain the pace that they and those before them have set. This is not just a question addressed to Board members, parents, and others closely associated with Hillel. Every member of the Ottawa Jewish community has the duty to respond ... Simply put, the question for the leaders of the Ottawa Jewish community and for the Jewish families living here is: Can we match the dedication and self-sacrifice of past generations to Jewish ideals still relevant today?"

What is our community going to look like in the future? Are we ready to seize the baton? These are profound questions for us all to consider as we enter a new year filled with new paths and new opportunities. Let us answer this call and have the courage to dedicate ourselves wholeheartedly to strengthening our amazing Jewish community in Ottawa.

With wishes for an exciting year full of blessings and strength for our community.

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## FROM THE EDITOR



MICHAEL REGENSTREIF

**Continued from page 1**

later served as minister of defence in both the 1970s and the '90s.

So, when foreign minister Peres and prime minister Yitzhak Rabin – one of Israel's greatest generals – became Israel's leading champions of peace with the Palestinians, they were acting from a deep understanding of defence and a deep understanding of the futility and waste of endless war. They envisioned a better world that, sadly, neither lived to see.

I'll never forget watching Peres and Rabin on the White House lawn with U.S. president Bill Clinton and PLO leader Yasser Arafat in 1993 and the hopeful feelings so many us felt then.

Peres never gave up on the dreams of that day and he continued to work for peace the rest of his life.

My most vivid memories of Peres were of the two days in May of 2012 when I got

# Peres never stopped believing in his dream of peace

watch to Peres in action as Israeli president on a state visit to Ottawa.

At age 88 then, Peres was the oldest head of state in the world. But he maintained an incredibly busy schedule and showed no signs of fatigue whenever I heard him speak.

I particularly remember his riveting speech at the National Gallery during a reception hosted by then-Israeli ambassador Miriam Ziv. Speaking to an audience of international diplomats, cabinet ministers and MPs, Supreme Court justices, at least one former prime minister of Canada, academics, journalists, military officials and Jewish community leaders, Peres gave a long compelling speech.

Holding the microphone in his hand, Peres spoke, without a script or notes, about the State of Israel in both historical and contemporary terms, about Israel's enduring friendship with Canada and about his past visits here. He spoke about science and technology, noting that Israel had become such an important centre for scientific, medical and technological breakthroughs, and he made predictions about unimaginable breakthroughs to come in the years and decades ahead.

He discussed the rapidly changing

Middle East and expressed optimism about a future that would finally include peace with the Palestinians.

Despite having been part of history for so many decades, this 88-year-old man was excited about the future. He even cracked a couple of jokes with the timing of a seasoned comedian. It was a remarkable performance that earned sustained ovations from the high-powered audience.

I was right near the front of the audience as Peres spoke and recognized the man beside me applauding enthusiastically for Peres was an opposition member of Parliament from Montreal.

"That was quite the speech," I said to him.

"He was absolutely amazing," future prime minister Justin Trudeau responded.

Shimon Peres, the last of Israel's founding fathers, never stopped believing in his dream of Israel thriving in peace. And he never stopped working to make that dream come true. Now it is up to the sons, daughters and grandchildren to fulfil that dream.

### LEONARD COHEN'S NEW SONG

Leonard Cohen – poet, novelist, singer and songwriter – is another inspiring

figure who has continued to do remarkable work late in life.

The Montreal-born artist has an album of new songs coming out on October 21. While I haven't yet heard most of them, he did release the title track, "You Want It Darker," on the Internet last month.

Much was made of the fact that Cohen released the song on September 21, his 82nd birthday. It is a song that only an older man could have written; a song from perspective of someone who has lived long and is prepared for death.

I think, though, what's possibly more significant than his birthday is that Cohen released the song in the Jewish month of Elul, as we prepare for the High Holidays.

It is a song he sings directly to God. "Hineni, hineni, I'm ready my lord," he sings in the chorus.

The melody seems like it comes directly from the synagogue music Cohen heard growing up at Congregation Shaar Hashomayim in Montreal. And, indeed, he turned to Cantor Gideon Zelermeyer and the Shaar choir to sing with him on the song. The choir's haunting harmonies are heard from the beginning of the song, Cohen himself sounds like he's singing from the depths of his soul, and the final minute of the song is devoted to Cantor Zelermeyer repeatedly, and seemingly distantly, singing the word "hineni."

A stunning performance from Cohen, the choir and the cantor.

## IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

**I**t was a joke that is now anything but. All through September, people were beginning to think Donald Trump could be the next president of the United States. What did that say about everything we have believed in, everything we thought was right, truthful and respectful?

I kept seeing the experts on TV, people who have been around politics all their lives, trying to explain what is happening, and they couldn't. They were baffled, not being able to believe what they continued to hear from a man who knows no boundaries when it comes to decency.

Into October and the debates, there appears to be more of a reckoning of how

# Decency hangs by a thread in U.S. election

ill-suited Donald Trump is for the presidency – but there he is, knocking on the door, either because of himself, or despite himself. It is one thing for American voters to be disappointed in the political process, but to support Trump as a remedy is chilling.

Whatever the final election result, it doesn't matter anymore. Too much has happened. Too much has been allowed to happen to stop one unassailable fact. Our American neighbours live in a different world than they did not even a year-and-a-half ago.

Many people, either conveniently or subconsciously, forgot that, when this outrage began with the labelling of Mexicans as "drug dealers and rapists," NBC announced the network would sever its relationship with Trump. Macy's Department Store ended its commercial relationship as well. But, in the corporate world, NBC and Macy's stand virtually alone.

There was something about this bombastic man with yellow hair that got Americans thinking. Love him or hate

him, he got their attention with an innate ability to communicate and brand his message better than anyone in politics before him. The star of reality TV turned out to know more than the highly paid communications experts who would have earnestly told him not to do 85 per cent of what he does.

Trump understands that, in today's world, most unfortunately, a political leader has 15 seconds to make a lasting case for an idea, and, dare I say it, a policy. So much political debate is reduced to who gets there the fastest with the most memorable way of saying it.

Hillary Clinton is a slow and plodding policy framer who likes to give detailed programmed answers that fall flat in today's world of quick fixes. Sadly, being thoughtful in politics too often results in a negative, and we know that has been a problem in western democracies, including Canada, dating back to the 1980s.

Trump didn't invent this world of political one-liners, but he perfected it and, win or lose, he has expanded the

rule book so that, now, anything goes. Convention is a word that smells bad.

By convention, in western democracies, telling the truth in politics was a guiding principle, at least that is what political leaders tried to do most of the time. They actually worried about being caught out on a lie. Imagine that.

Trump has told so many lies that they just seem to drown each other out until they all become meaningless. So many lies, too many to keep track of, and that is how life and political rhetoric go on. Perhaps he would be more accountable for his lies if his opponent was more truthful, but Clinton's own issues with the truth have made it a race to the bottom on credibility.

As shocking as it is, there is a feeling that what is happening actually accurately reflects where we are with reality and all-news TV setting up the parameters and fault lines for social media to follow. They all fuel each other and the high octane mix made it possible for Trump to make it as far as he has.

The candidate who won't release a tax return, who discusses his medical status on TV with Dr. Oz, could be the next president of the United States.

If Trump has proven anything to this point, it is that tradition, convention and decency hang by a thread.



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## How do we deal with our past? Symposium to be held for second generation Holocaust survivors

BY ARTHUR LEADER  
FOR CENTRE FOR HOLOCAUST EDUCATION AND SCHOLARSHIP

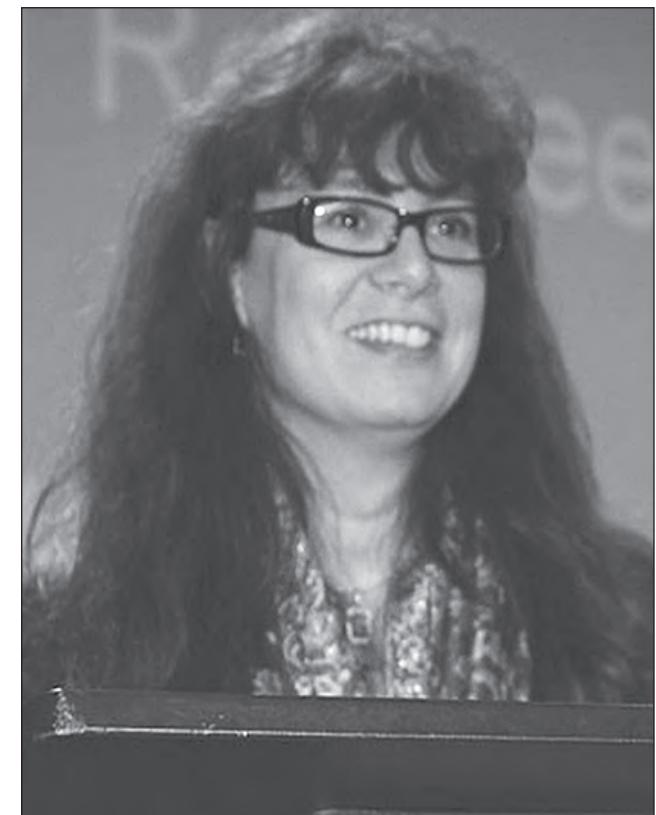
**M**y parents were Polish Holocaust survivors who lost everyone and everything. I remember growing up with other survivors' children and that we spoke very little about our parents' experiences – or our own at home. There was really no one to share the pain. Each of us coped in our own way. I am still trying to find out more details of my murdered relatives and the families who were destroyed. With the help of the International Tracing Service ([www.its-arolsen.org](http://www.its-arolsen.org)), I am slowly fleshing out more details, but there is still so much more I need to know.

Without living through the events of the Holocaust, second generation Holocaust survivors were affected by their parents' experiences. Many of us are searching for information our parents did not share.

With the support of the Canadian Jewish Holocaust Survivors and Descendants, the Centre for Holocaust Education and Scholarship (CHES), in co-operation with the Zelikovitz Centre at Carleton University, the Lowy Foundation, the Canada-Israel Cultural Foundation, and the French Embassy, is offering a symposium for children and grandchildren of Holocaust survivors as part of its Holocaust Education Month programming.

The Second Generation Symposium will be held Thursday, November 3, 4:30 to 8:30 pm, at Library and Archives Canada, Pellman Room, 395 Wellington Street. Registration is required as seating is limited. To register, contact CHES at [chesatcarleton@gmail.com](mailto:chesatcarleton@gmail.com).

The speakers and topics will include Diane Afoumado, chief of the Research and Reference Branch, United States Holocaust Memorial Museum, on "Searching for Individuals in the International Tracing Service Collection at the USHMM"; Paula Draper, a Holocaust historian specializing in memory history, on "Surviving



Diane Afoumado of the United States Holocaust Memorial Museum will be among the speakers at the symposium for second generation Holocaust survivors, November 3, at Library and Archives Canada. She will also speak about the voyage of M.S. St. Louis on November 4 at Carleton University.

Survival – Holocaust survivors and their integration into Canadian communities; Paula David, who teaches Gerontology and clinical practice at the Faculty of Social Work, University of Toronto and the Chang School of Continuing Education at Ryerson University, on "Trauma and the Second Generation; and children's author Kathy Clark on "Discussing the Holocaust with Children – timeless lessons for today's generation."

On Friday, November 4, 9 to 11 am, Diane Afoumado, an expert on the voyage of the M.S. St Louis, will offer an interactive Breakfast and Learn on this topic at Carleton University, Room 400, Paterson Hall. The M.S. St. Louis and 907 Jewish passengers were denied entry to numerous countries – including Canada – in 1939. The ship was forced to return its passengers to their destinies in Europe.

Visit <http://carleton.ca/ches/events/> for more information about CHES' Holocaust Education Month programs.

### LETTERS WELCOME

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

**Send your letters to [bulletin@ottawajewishbulletin.com](mailto:bulletin@ottawajewishbulletin.com)**

## FILM SCREENING



**PRESENTING**  
**PRINCESS SHAW**  
WRITTEN & DIRECTED BY IDO HAAR

Kutiman is an Israeli composer who scours the Internet for clips of amateur musicians, creating collage-like symphonies from the found footage. He discovered a New Orleans native named Samantha Montgomery — stage name "Princess Shaw" — who posts her own singer-songwriter compositions on YouTube, pining for someone to recognize her talents and rescue her from obscurity.

**Thursday, October 13**

7:00 pm

Soloway JCC, 21 Nadolny Sachs Private  
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**JNF Negev Dinner Honouree Barbara Farber**  
on JNF, her project and Israel

**What impresses you about JNF's work in Israel?**

"Israel is at the forefront of the rest of the world as a leading-edge environmental country, and JNF has led the way. JNF has made the desert bloom – it's an old phrase, but truly amazing when you see the projects that have been created in Israel relative to what is not being done in that neighbourhood; Israel is green and flourishing. JNF has made the difference through its land development, reforestation, and desalination projects, to name but a few. It has put Israel at centre stage on the world's environmental platform, and now the rest of the world is trying to catch up on so many of the initiatives."

**Please tell us your vision for the**  
**Barbara and Len Farber Family Science and Sports Centre**  
in the Galilee's Misgav region?

"Many projects were presented to us and they all had merit. However, my vision from the outset was to support a project that would involve young Israelis – both Arab and Jewish. I envisioned a project that would lead to learning and playing together from a young age. In this way, children and young adults will learn to engage, respect and trust one another by participating in science projects and in sports. Hopefully, these feelings will continue throughout their lives and the pattern of preconceived prejudices will disappear. My theory is that, when you rely on one another from a young age, your foundation of trust continues."

"This Centre reflects my vision – it will be a place where Israeli Arab, Bedouin and Jewish children congregate after school to play sports and to learn about science and aeronautics and work and compete together as a team."

**What do you admire most about Israel?**

"First and foremost, I admire the strength and fortitude of her people and the thriving and amazing cities that they have developed. The residents work hard and enjoy life to the fullest, notwithstanding the everyday uncertainties that they face. I admire the brilliance of Israeli scientists, their medical advances, and their high-tech innovations – but, mostly, I admire the resilience of the country as a whole. During my time of involvement with CIJA, I remember reviewing surveys that were conducted across Canada about levels of knowledge about Israel and it was astonishing that so many people had no idea that Israel has universities and hospitals. It's a sense of pride to me, that Israel does not take a back seat to any country in the world."

**JNF Negev Dinner is October 27. For tables, tickets, tributes and sponsorship, call us at 613-798-2411.**

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# Sarah Beutel appointed Federation vice-president of community building

BY LOUISE RACHLIS

**S**arah Beutel, a nine-year veteran of the Jewish Federation of Ottawa professional staff, has been appointed Federation vice-president of community building. She succeeds Bram Bregman, who stepped down last month.

Beutel, previously the Federation director of community collaboration, said she wants to "continue to think about, and imagine how, we can take the community forward and leverage our strengths."

Originally from Montreal, Beutel moved to Ottawa 20 years ago to pursue a master's degree in public administration "and never left." She married Ottawa native Steven Morgan, and they have four children.

"We have a very wonderful community with many good things happening," said Beutel. "I'm not coming in to change things, but to continue to build relationships with community organizations and members of the community."

"We have to identify our challenges and work to address those challenges by leveraging our strengths, what we have going for us, and working from there. We have a lot to build on as this is a great Jewish community with great things happening."

Over the past nine years, Beutel has worked on many Federation dossiers – from event planning to the allocation process for beneficiary agency funding.

"My job will focus on many areas, not one thing specifically," she said. "To achieve our Federation goals we have to work in lots of areas, with lots of groups and ages."

Beutel has also been an active Jewish community volunteer for many years and has been national president of Na'amat Canada since 2014.

Beutel has been a driving force behind many community successes the past few years, noted Federation President and CEO Andrea Freedman, "from the Shabbat Project to a revamped grants and evaluation process, and from the exciting new Shinshinim program to enhancing relationships with all community organizations. Her experience, skills and the respect she has earned through her hard work, talents and obvious passion,



"I am excited to be able to continue contributing in a meaningful way to building a strong and vibrant Jewish community," says Jewish Federation of Ottawa Vice-President of Community Building Sarah Beutel.

make her the ideal choice for this position and for our community. To know Sarah, is to like and respect Sarah!"

"I cannot remember a time in my life when I was not actively working to better the Jewish community, and I am excited to be able to continue contributing in a meaningful way to building a strong and vibrant Jewish community for my children, grandchildren and for future generations," said Beutel.

Sarah Beutel can be reached at 613-798-4696, ext. 253 or [sbeutel@jewishottawa.com](mailto:sbeutel@jewishottawa.com).



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# Lecture by esteemed scholar Michael Marrus to launch Holocaust Education Month

Author of *Lessons of the Holocaust* to speak on anniversary of Kristallnacht

BY JUDY YOUNG AND ELISE BIGLEY  
FOR CENTRE FOR HOLOCAUST EDUCATION  
AND SCHOLARSHIP

**H**olocaust Education Month in Ottawa will be officially launched by the Centre for Holocaust Education and Scholarship (CHES) at Carleton University's Zelikovitz Centre on November 9, the 78th anniversary of Kristallnacht (Night of Broken Glass), with a lecture by distinguished historian Michael Marrus based on his 2015 book, *Lessons of the Holocaust*.

The lecture will take place at Kehillat Beth Israel, 1400 Coldrey Avenue.

Marrus is senior fellow of Massey College and the Chancellor Rose and Ray Wolfe Professor Emeritus of Holocaust Studies at the University of Toronto. He has been researching, teaching and lecturing about the Holocaust for many decades and has advised, among others, the Auschwitz Birkenau Memorial Museum about the challenges it has faced in its portrayal of the Holocaust since the fall of the Berlin Wall. He is the author of eight books, including *Vichy France and*

*the Jews and The Holocaust in History*, which has become a classic in Holocaust historiography.

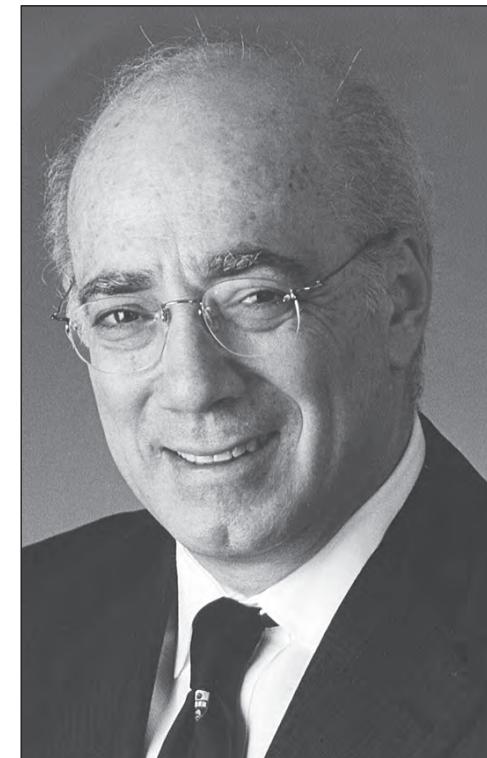
*Lessons of the Holocaust* is partly memoir, partly analysis and partly a critique of the idea that lessons – as they are commonly understood – can be derived from the Holocaust.

"Overwhelmingly," Marrus contends, "people seem to believe that there *are* lessons of the Holocaust that can be reduced to explicit propositions, and that Holocaust scholars, of all people, should not shrink from proclaiming them."

In his lecture, as in his book, Professor Marrus will attempt to disabuse us of this widely held belief.

CHES was launched last year to develop Holocaust education programs year-round, with a special focus on Holocaust Education Month. CHES believes Ottawa is ready for an endowed annual *Kristallnacht* lecture as part of Holocaust Education Month. Any suggestions or expressions of interest will be keenly received at [chesatcarleton@gmail.com](mailto:chesatcarleton@gmail.com).

Visit <http://carleton.ca/ches/events/> for more information about CHES' Holocaust Education Month programs.



Historian Michael Marrus, author of eight books about the Holocaust, will give the keynote address launching Holocaust Education Month in Ottawa, November 9, 7 pm, at Kehillat Beth Israel.

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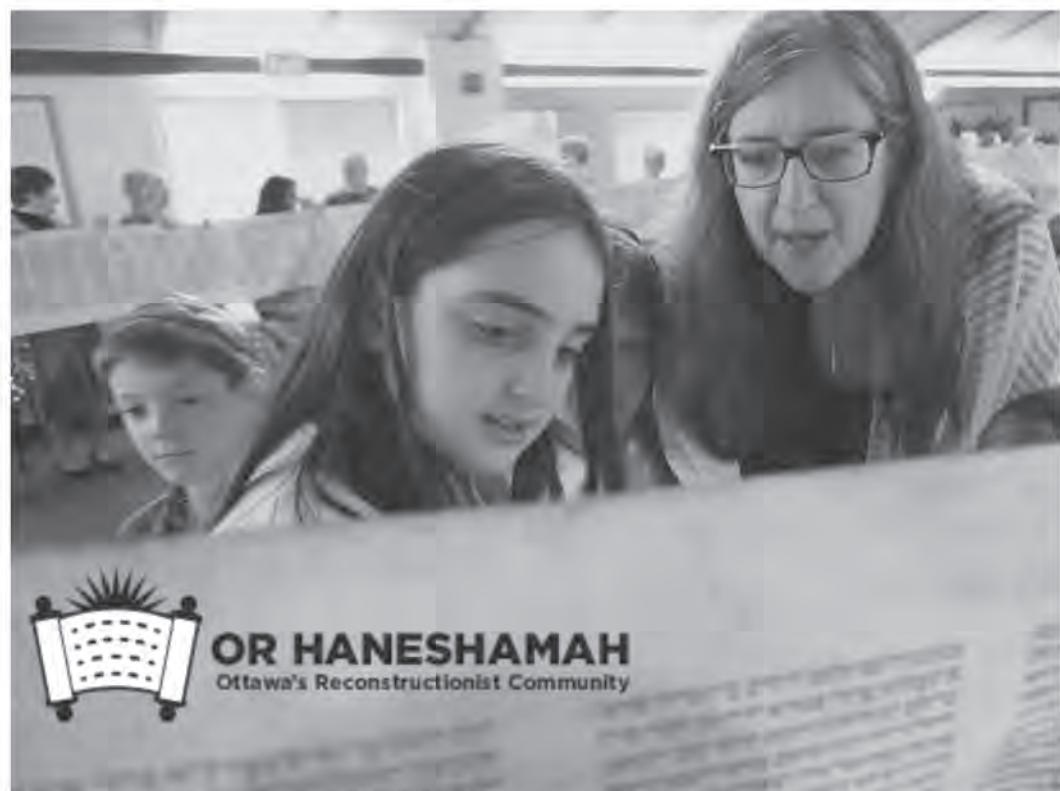
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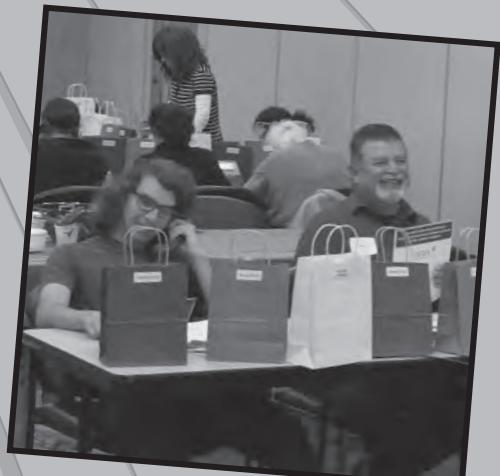
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Rabbi Elizabeth Bolton and Cantor Daniel Benlolo with the Sefer Torah being given to Or Haneshamah by Kehillat Beth Israel.

## Gift of Sefer Torah binds Or Haneshamah and Kehillat Beth Israel in friendship

BY RABBI ELIZABETH BOLTON  
AND PAULA SPEEVAK  
OR HANESHAMAH

Simchat Torah, the festival that joyously celebrates the conclusion and then beginning anew of the Torah reading cycle, will be especially joyful this year at Or Haneshamah, Ottawa's Reconstructionist community, as we will have received a remarkable gift, a Sefer Torah, from Kehillat Beth Israel.

We will celebrate this gift at a *Hachnasat Sefer Torah* (Torah scroll dedication ceremony) on October 23.

With the recent amalgamation of Conservative congregations Beth Shalom and Agudath Israel to form Kehillat Beth Israel, the newly created congregation found itself with an abundance of Sefer Torahs just as Or Haneshamah was seeking a second scroll.

Rabbi Elizabeth Bolton of Or Haneshamah, who maintains a warm collegial relationship with Cantor Daniel Benlolo, then of Beth Shalom and now of Kehillat Beth Israel, was positively elated earlier this year to learn from him that the Beth Shalom board had approved a long-term loan of a Sefer Torah to Or Haneshamah.

Later, after the amalgamation, a proposal to the new Kehillat Beth Israel board was approved to make the loan a gift.

"When I was told of the decision, tears began to flow," said Rabbi Bolton. "I was totally blown away."

The Or Haneshamah leadership was similarly overjoyed, with profound appreciation and recognition of the value

of the gift.

"In accepting this beautiful gift of friendship," said congregation President Paula Speevak, "Or Haneshamah honours all those who have held the Torah before us, who have chanted from the Torah, and who have been nurtured in the presence of this Torah."

Bound by a shared passion for Jewish continuity and the values rooted in Torah, this extraordinary gift reflects the growing cohesion of our local Jewish community. Several Ottawa synagogues came together last spring for a joint Shavuot service and Tikkun Leyl Shavuot programming, and our congregations have been working together as the Shalom Group to support Syrian refugees. As well, efforts are underway to provide training to congregational volunteers to support each other during illness and other life transitions. The winds have truly shifted from a focus on our differing Jewish observances to our common love of Judaism.

On Sunday, October 23, the community is invited to meet at Kehillat Beth Israel at 1 pm to honour the Sefer Torah and all the lives touched by it throughout the years. After some blessings, songs and sweets, we will accompany the scroll for the first mile of the journey to Or Haneshamah with a festive parade of more song, candles and shofar blowing, passing the Torah from one to another, stopping for kisses along the way.

We will then gather where Or Haneshamah meets on Cleary Avenue in Westboro, to welcome the Torah to its new home with more blessings, song, dance and sweets.

## Limmud Ottawa:

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Limmud Ottawa returns to the SJCC for a community-wide Jewish learningfest.

We remain committed to harnessing the energy of people from right across the Jewish community. Inspired, led and run by volunteers, there is something for everyone.

Expect to be blown away by amazing presenters from a variety of backgrounds, Jewish observance, political stances, cultural beliefs and community involvement.

Eli Ovitz, the newly appointed Chief Executive of Limmud International, will participate at our event! Prior to joining Global Limmud, Eli served as COO of Jerusalem University and headed communications at The Israel Project. For more info go to [The Jewish Chronicle Online](#). Be sure to catch Eli at the Limmud Ottawa festival!

If past performances indicate future accomplishments, we strongly recommend registering online. Limmud Ottawa sessions fill up fast. Check out the benefits registering before November 1st.

Need a little assistance? Contact us [info@limmudottawa.ca](mailto:info@limmudottawa.ca)  
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# National Holocaust Monument site dedicated

BY MICHAEL REGENSTREIF  
EDITOR

In a ceremony held September 21 at the Canadian War Museum, the construction site of the National Holocaust Monument, now being built across the street from the museum at the corner of Wellington and Booth Streets, was dedicated.

"It is important for Canadians and the rest of the world to remember the suffering and murder of millions of Jews and others in the Holocaust. We must never forget the stories of the victims, and the important lessons of the Holocaust," said Prime Minister Justin Trudeau.

"As Canadians and citizens of the world, we must fight the hatred and fear that once fuelled these deplorable acts, and ensure that tolerance and pluralism always triumph over anti-Semitism and racism," said Trudeau.



Fran Sonshine of the National Holocaust Monument Development Council speaks at the monument's site dedication ceremony, September 21, at the Canadian War Museum.

"We must also pay tribute to the resilience of those [Holocaust survivors] who survived that horrific ordeal and went on to make enormous contributions here in Canada as well as many other countries around the world."

Other speakers included National Holocaust Monument Development Council members Fran Sonshine and Rabbi Daniel Friedman, Heritage Minister Mélanie Joly, and Carleton University student Sophia Mirzayee. The master of ceremonies was Council member Elliot Lifson.

Sonshine, national chair of the Canadian Society for Yad Vashem, and Rabbi Friedman of Beth Israel Congregation in Edmonton described the near-decade long timeline from the monument's conception, to its design competition and fundraising, and finally to its current construction phase.

Sonshine paid particular tribute to Laura Grosman, the then-University of Ottawa student who first conceived of the idea of a monument in 2007, and worked with member of Parliament Peter Kent, before his appointment to Cabinet, and then with then-MP Tim Uppal to make her dream a reality through the passage of a private member's bill. Grosman was in attendance at the ceremony.

Mirzayee, a former student at Charles H. Hulse Public School in Ottawa, explained that the Holocaust education she received as a member of teacher Patrick Mascoe's Grade 6 class was the catalyst for her decision to study human rights at Carleton. Mirzayee returns to her elementary school each June as a volunteer at the day of cultural understanding that Mascoe's class holds with Grade 6 students from the Ottawa Jewish Community School.

Construction of the monument is expected to be completed by next summer.



Holocaust survivors Vera Gara (left) and Cantor Moshe Kraus (second from right) with Heritage Minister Mélanie Joly and Prime Minister Justin Trudeau at the National Holocaust Monument construction site dedication, September 21, at the Canadian War Museum.



Artist's rendering of the National Holocaust Monument now under construction at the corner of Wellington and Booth Streets in Ottawa.

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# Annual Campaign kicks off with double-header events

BY DIANE KOVEN

The Jewish Federation of Ottawa launched the 2017 Annual Campaign, September 18, with an innovative two-event kickoff.

Popular children's entertainers Judy and David performed for young families in the afternoon in the Ottawa Jewish Community School gym, while filmmaker and philanthropist Nancy Spielberg spoke in the evening at the Soloway Jewish Community Centre and screened her documentary film, "Above and Beyond," about an inspiring group of Jewish American Second World War pilots who volunteered to fight for Israel in the 1948 War of Independence.

In the spirit of *l'dor v'dor* (from generation to generation), the 2017 Annual Campaign Kickoff was co-chaired by two generations of the Dolansky family: Bernie and Donna Dolansky, both past chairs of the Jewish Federation of Ottawa, and their daughters and sons-in-law Gillian and Neil Presner and Shawna Dolansky and Grant Overland. Bernie and Donna, long-time volunteers in the community, are passing the torch to their children and grandchildren as they continue to lead by example.

The afternoon event acknowledged the importance of young families to the future of the community as more than 150 young kids and their parents enjoyed Judy and David's lively performance.

"It was two hours of entertainment for the kids for \$10 per household," said Kickoff Co-Chair Neil Presner. "It brought out many people who will now be engaged in our community."

The evening event, which began with short presentations by the Dolansky family and 2017 Annual Campaign Co-Chairs Michael Polowin and Sharon

Appotive, as well as a screening of the 2017 Annual Campaign video, brought out hundreds of enthusiastic community members.

Polowin and Appotive, who both noted they grew up in Ottawa's Jewish community, told of the many ways they had benefited from the community and its institutions, and urged people to give generously so that future generations will be able to benefit as well.

Spielberg, who was introduced by Federation Chair Linda Kerzner, regaled the audience with anecdotes about her family, about growing up in Phoenix, Arizona, where there was "no water, no Jews" and where she acted in older brother Steven Spielberg's first forays into filmmaking, and about her adventures along the way as she discovered and embraced her Jewish identity.

Spielberg came late to her filmmaking career, in large part, she said, because she feared being compared to her famous older brother. But, when she learned the story behind the heroes of "Above and Beyond," she could not resist the urge to bring it to the screen.

The film, Spielberg explained, provided an opportunity for the American Jewish pilots, who heroically but secretly helped Israelis defend themselves against the formidable armies of the surrounding Arab countries, to be finally and publicly recognized and honoured for their sacrifices.

"It amazed me that this group of Second Word War veterans who survived the war would do this. I said 'this is my story.' It grabbed me by my heartstrings ... I wanted them to be honoured. I wanted them to have their moment to shine," she said.

Spielberg said she has two more



Keynote speaker Nancy Spielberg (centre) with 2017 Annual Campaign Kickoff Co-Chairs (from left) Neil and Gillian Presner, Bernie and Donna Dolansky, and Shawna Dolansky and Grant Overland with Julia and Alex Dolansky-Overland.

ISSIE SCAROWSKY

documentaries in the works and showed trailers from "Who Will Write Our History?" the story of a small group of Jews in the Warsaw Ghetto who documented everything and buried the documents in milk cans and tin boxes so they would someday be found; and from "On the Map," an uplifting film about the Maccabi Tel Aviv basketball team that defeated the Soviet Red Army team to win the European Cup Basketball Championship in 1977.

During a question-and-answer period moderated by Kickoff Co-Chairs Shawna Dolansky and Grant Overland, Israeli Ambassador Raphael Barak told Spielberg the story of how he, as a young government official, brought Israel's winning basketball team to meet then-prime minister Yitzhak Rabin.

Visit [www.jewishottawa.com](http://www.jewishottawa.com) for more information about the 2017 Annual Campaign.



Israeli Ambassador Raphael Barak, at the 2017 Annual Campaign Kickoff, shares a personal anecdote relating to keynote speaker Nancy Spielberg's upcoming film about the 1977 Maccabi Tel Aviv basketball team.

ISSIE SCAROWSKY



Judy and David perform at the 2017 Annual Campaign Kickoff event for young families, September 18, at the Ottawa Jewish Community School.

ISSIE SCAROWSKY



(From left) Jewish Federation of Ottawa President and CEO Andrea Freedman, Women's Campaign Chair Sharon Appotive, keynote speaker Nancy Spielberg and Annual Campaign Chair Michael Polowin at the 2017 Annual Campaign Kickoff, September 18, at the Soloway Jewish Community Centre.

# Peres emerged as Israel's global ambassador for peace

Continued from page 1

though they separated after Peres became a presidential candidate. Sonia had long refused to play the part of political wife. Sonia died in 2011 at age 87.

In 1947, Peres joined the Haganah, managing arms purchases and personnel. After Israel gained independence, he continued working in the Defense Ministry, becoming the ministry's youngest-ever director-general in 1952, at age 29. In that capacity, he expanded Israeli arms purchases from France and later helped manage the 1956 Sinai Campaign. He also founded Israel's arms production industry and led efforts to develop a nuclear weapon.

Peres was first elected to Knesset in 1959 with Ben-Gurion's ruling Mapai party, becoming deputy defense minister. He would serve in the Knesset for an as-yet unmatched total of 48 years. Peres remained a close Ben-Gurion ally, splitting from Mapai with him in 1965 to form a rival party and then rejoining Mapai when it became the Alignment in 1968.

After serving in several minor ministerial positions, Peres became defense minister in 1974 under Prime Minister Yitzhak Rabin. He was a territorial hawk, opposing early proposals for West Bank withdrawal and supporting settlement expansion. When Rabin resigned amid scandal in 1977, Peres briefly became



Israeli President Shimon Peres receives flowers from Ottawa Jewish Community School students at Rideau Hall, May 7, 2012. MICHAEL REGENSTREIF

acting prime minister, then lost the post when the Alignment lost the 1977 election to Menachem Begin's Likud party.

Peres headed the Alignment – the precursor to today's Labor party – for the

next 15 years, contesting three more close elections with Likud. The two parties formed a unity government following the 1984 elections – with Peres becoming prime minister from 1984 to 1986, then foreign minister under prime minister Yitzhak Shamir from 1986 to 1988.

As foreign minister in 1987, Peres conducted secret negotiations with Jordan's King Hussein for Israel to withdraw from the West Bank as part of an Israeli-Jordanian peace treaty. But Shamir rejected the proposed agreement, and, the following year, Jordan unilaterally relinquished its claim to the West Bank.

After the Alignment lost the 1988 elections, Peres again joined a Likud-led government as finance minister, but tried to overthrow the government two years later. In what became known as the Dirty Trick, Peres assembled an Alignment-led coalition with leftist and haredi Orthodox parties, only to see it fall apart after he received a mandate to form a governing coalition. He lost his party's chairmanship to Rabin in 1992, and again became foreign minister when the party – now renamed Labor – won that year's

elections.

Under Rabin, Peres was the architect of the 1993 Israeli-Palestinian Oslo accords, which gave the Palestinians autonomy in parts of the West Bank and Gaza. The next year, he shared the Nobel Peace Prize with Rabin and Palestinian leader Yasser Arafat.

"Israel's role in the Middle East should be to contribute to a great, sustained regional revival," Peres said upon accepting the prize. "A Middle East without wars, without enemies, without ballistic missiles, without nuclear warheads."

After Rabin was assassinated the following year, Peres became acting prime minister, but lost the post again in a close race with Likud's Benjamin Netanyahu. Following his defeat in 1996, he founded the Peres Center for Peace, which runs programs aimed at regional reconciliation.

Peres remained in the Labor party through 2005, twice regaining the chairmanship and serving another stint as foreign minister under prime minister Ariel Sharon. In 2006, following the Israeli withdrawal from Gaza, Peres joined Sharon's new centrist Kadima party.

The next year, he won a race for Israel's largely ceremonial presidency. As president, Peres stayed largely above the political fray, though he conducted secret negotiations with Palestinian President Mahmoud Abbas in 2011, culminating in a peace deal that Netanyahu's government rejected.

After leaving the presidency in 2014, Peres remained largely silent on politics, but kept his characteristic optimism and dreamt of tomorrow.

"Sometimes, people ask me, 'What is the greatest achievement you have reached in your lifetime or that you will reach in the future?' So I reply that there was a great painter named Mordecai Ardon, who was asked which picture was the most beautiful he had ever painted. Ardon replied, 'The picture I will paint tomorrow.' That is also my answer."

He is survived by three children, Tsvia Walden, Yoni Peres and Chemi Peres, eight grandchildren and two great-grandchildren.

*With files from the Ottawa Jewish Bulletin*



(From left) PLO Chair Yasser Arafat, Israeli Foreign Minister Shimon Peres and Israeli Prime Minister Yitzhak Rabin presenting their Nobel Peace Prize certificates in Oslo, Norway, December 10, 1994.

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

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Sol and Estelle Gunner Mazel Tov on the marriage of Michael and Marissa by Sara Shabsove and Noreen Slack

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Ken and Leah Miller Mazel Tov on your 50th wedding Anniversary by Sonja and Ron Kesten

Lauren Shaffer Mazel Tov on being selected to swim for Canada at the 2017 Maccabiah Games by Haley, Dalia, Lisa and Mitch Miller

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(Continued on page 18)

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(Continued from page 17)

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#### **Feeding Program**

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**Louis and Lysette Kohn** Mazel Tov on Jonathan's engagement to Lilah by Joy, Seymour, Jess, David and Jared Mender

**Dr. Irwin and Audrey Kreisman** Mazel Tov on Sarah's engagement to Nate by Joy, Seymour, Jess, David and Jared Mender, and Sharon and David Appotive

**Alyce Baker** with love and good wishes on your special Birthday by Carol Gradus

**Evelyn Greenberg** Mazel Tov on receiving the Governor General's Sovereign Medal for Volunteers by Carole and Norman Zagerman

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**Marilyn Mirsky** by Irma Sachs and Michael Zumar

**Marsha Magidson** by Irma Sachs, Joy and

Seymour Mender and Carol Gradus  
**Estella Katz** by Patricia Guthrie  
**Rachel Fogel** by Betty and Ed Rose  
**Moe Litwack** by Carole and Norman Zagerman  
**Rickie Saslove** by Carole and Norman Zagerman

\*\*\*\*\*

#### **Recreation Program**

##### **In Memory of:**

**Estella Volk Katz** by Evelyn Koch and Moty and Ben Gutman

**Mort Baslaw** by Sonja and Ron Kesten

**Miriam Fish Cherry** by Jack and Lesley Cramer

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**Rickie Saslove** by Janet and Norman Ironstone, Lawrence Pleet,

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**Estella Katz** by Myrna Marcus, Susan

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**Moe Segal** by Elaine and Arnold Agulnik  
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**Julia Bilsker** by Ruth and Dale Fyman

**Eudice Garmaise** by Stephen Schneiderman, the residents, staff and Boards of the Lodge and LTC Foundation

**Rachel Fogel** by the residents, staff and Boards of the Lodge and LTC Foundation, Glen, Erica, Evan and Molly Posner, Eric and Danielle Benchimol, Marcia and Bernie Glick

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**Minny Koffman** by Roz and Steve Fremeth  
**Dr. Michael Linderman** by Ruth and Dale Fyman

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**Rabbi and Mrs. Zischa Shaps** Mazel Tov on the marriage of Chana and Moshe by Ruth and Dale Fyman

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**Ned and Golda Steinman** Mazel Tov on the engagement of Noam to Leora Jaffe by Gloria Krugel

**Lily Feig** Mazel Tov on Noam and Leora's engagement by Sue and Phil Bronsther

**Eayne Schacter** Mazel Tov on your special Birthday by Barbara and Steve Levinson

**Esther Fairbloom** Mazel Tov on your special Birthday by Barbara and Steve Levinson

**Evelyn Greenberg** Mazel Tov on being honoured with a lifetime Achievement Award from the Musician's Association of Ottawa-Gatineau by Stephen and Debbie Schneiderman

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Samantha Montgomery and Kutiman in a scene from "Presenting Princess Shaw." The Israeli documentary will be screened at the SJCC on October 13, 7:30 pm.

## Film documents unique collaboration between American singer and Israeli remix artist

BY MAXINE MISKA  
SOLOWAY JEWISH COMMUNITY CENTRE

The new documentary film *Presenting Princess Shaw* is an unlikely collaboration between Samantha Montgomery, an African-American elder-care worker in New Orleans who as "Princess Shaw" posts her songs on YouTube, and Ophir Kutiel, a kibbutz-based remix artist, who harvests music from the internet to create visual/musical collages.

The film, which has won an Ophir Award – the Ophirs are the Israeli Oscars – will be screened on Thursday, October 13, 7:30 pm, at the Soloway Jewish Community Centre (SJCC).

Kutiel or "Kutiman," is a well-known multi-media artist who grabs footage from the Internet uploaded by people all over the world and adds beats and his own music to fabricate a new work of art via an online video project called "ThruYOU."

Surfing the Internet for a voice to match the music he had collected, Kutiman discovered Montgomery's YouTube channel. Montgomery filmed herself sharing her life's difficulties, including childhood sexual abuse, and performing a cappella versions of her songs. Moved, Kutiman began to embellish her songs with his own music and samples plucked from cyberspace.

Their artistic collaboration is only possible in the online world: the Internet makes distance irrelevant, and there are no gatekeepers for YouTube performers. A

vocalist with talent and drive but limited financial means can connect with a multi-media artist collecting performances as though browsing the Machane Yehuda market in Jerusalem.

Israeli film maker Ido Haar was also attracted to the bazaar-like nature of YouTube channels and decided to document YouTube performers. Through his friendship with Kutiman, the film became the story of Samantha Montgomery, although during the filming she thought she was just a small part in a film about YouTube. Haar captures her astonishment upon hearing Kutiman's YouTube setting of her song and the surging number of views.

Eventually the artistic collaboration went viral and Montgomery performed to entranced crowds in Tel Aviv and has been interviewed on many TV talk shows. In the trailer to the movie, she says, in her positive, practical manner, "I want to experience this once in my life. If I never do it again, let me do it once."

The film screening is sponsored by SJCC, the Vered Israel Cultural and Educational Program, State of Israel Bonds, and the Women's Collective Philanthropy Program of the Ottawa Jewish Community Foundation.

Tickets are \$6 for SJCC members and \$8 for non-members. For more information, contact Ella Dagan, Vered Israel Cultural and Educational Program manager, at [edagan@jccottawa.com](mailto:edagan@jccottawa.com) or 613-798-9818, ext. 243.

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## RABBI SIMON ECKSTEIN, FATHER OF RABBI YECHIEL ECKSTEIN, PASSES AWAY AT 96

Father of founder of the International Fellowship of Christians and Jews was a Canadian-Jewish leader and renowned gerontologist who sought to bridge generations

Eckstein, Simon L. "Sy"

1919-2016



Rabbi Simon L. "Sy" Eckstein, a beloved Canadian-Jewish leader and renowned psychologist and authority in the field of gerontology, passed away at his Jerusalem home on Sept. 24. He was 96. He was the father of Rabbi Yechiel Eckstein, the founder and president of The International Fellowship of Christians and Jews of Canada.

Rabbi Simon Eckstein was born on December 4, 1919 in Jerusalem, where he eventually settled in his last years after living most of his life in the U.S. and Canada.

Like so many in the Jewish community, his family prized education, and he earned a bachelor's degree from Yeshiva University, a doctorate in Hebrew Literature from YU's Bernard Revel Graduate School, and ultimately his rabbinic ordination, or smicha, from the Rabbi Isaac Elchanan Theological Seminary. Eckstein went on to attain a master's degree in psychology from New York University.

After marrying Belle Hirschman he became the assistant rabbi of the revered modern Orthodox leader, Rabbi Leo Jung, of the Jewish Center of the West Side of Manhattan. In 1952, Eckstein moved his family to Ottawa, Canada for a rabbinic posting that would become an important part of his legacy.

Over a quarter century, Eckstein served as chief rabbi of Ottawa, where he oversaw four synagogues. He later joined the faculty of the Department of Religious Knowledge at Carleton University. Under his leadership, two synagogues merged to establish Congregation Beth Shalom, which flourished for half a century. Eckstein retired from the rabbinate in 1975, but continued to influence the community's Jewish life, both as a senior clerical figure and through columns in local media like The Ottawa Citizen and Ottawa Journal. He also appeared on radio talk shows and continued to contribute to local Jewish life.

At age 91, Eckstein realized another dream, immigrating to Israel with Belle and returning to Jerusalem, the city of his birth. One of Eckstein's lifelong missions was to bridge the gap between the older and younger generations, especially of Jews. He once quoted Rabbi Berel Wein, saying: "One of the blessings of our generation is the unique role of grandparents and great-grandparents in providing a bridge as well as a perspective: a bridge to the past and a perspective on life for the present and future. These same values deeply inspired his son, Yechiel, who became a rabbi and whose organization, The International Fellowship of Christians and Jews, is dedicated to building bridges between Christians and Jews."

Eckstein is survived by his wife Belle and children Ahuva, Beryl, Rachayl and Yechiel, as well as 14 grandchildren and 40 great grandchildren. His burial took place in Jerusalem September 25.

**For more information or to send condolences to the family, please contact IFCJ Canada (The Fellowship) at 1-855-311-4325 or info@ifcj.ca.**

## Employment Opportunity



### Chief Financial Officer Hillel Lodge – Long-Term Care Foundation

The Chief Financial Officer (CFO) provides leadership and oversight for the financial and accounting practices ensuring adherence to federal, provincial, municipal and other compliance and auditing regulations and standards. The CFO actively participates in the strategic and operational planning process by providing analysis and business acumen to the Board of Directors and Management. The CFO studies and interprets trends, projects financial needs, and recommends courses of actions. The CFO is accountable for the effectiveness and timely reporting of internal controls, budgets, financial management reports, accounting, investments, payroll and ensures the successful integration of the Hillel Lodge and the Hillel Lodge Long-Term Care (LTC) Foundation.

This position is full time and involves the occasional evening.

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- Responsible for the timely and accurate preparation and internal distribution of monthly financial statements, management reports and variance reports.
- Responsible for the timely execution of all payroll matters.
- Preparation and filing of charity information return with CRA.

#### Qualifications:

- CPA with 3 – 5 years of experience in financial management, preferred
- At least 2 years of proven supervisory experience.
- Advanced computer skills should include accounting software, spreadsheet programs and word processing programs. Knowledge of Point-Click-Care or Income Manager would be considered assets.
- Experience in financial statement preparation, budgeting and internal controls
- Ability to advise senior management and Board Members on organization's financial position and recommending internal controls as needed.
- Familiarity with Ministry of Health & Long-Term Care's government reporting systems is preferred.
- Excellent organizational skills, ability to manage multiple activities and participate as a member of the Senior Management Team.
- Excellent interpersonal and organizational skills, written and verbal communications skills, analytical skills and attention to detail and flexibility and adaptability to an ever changing work environment.

To send cover letter & resume or for further information, please contact:

Stephen Schneiderman, Chief Executive Officer  
The Bess & Moe Greenberg Family Hillel Lodge  
10 Nadolny Sachs Private  
Ottawa, ON K2A 4G7  
Email: [sss@hillel-ltc.com](mailto:sss@hillel-ltc.com)

Deadline for applications is Friday, October 28, 2016

# An excuse for Abbas to avoid embarrassment

**W**ith my crystal ball in the shop for its annual Rosh Hashanah cleaning, I can't predict which stories you'll be reading this week about Israel and the Middle East.

But I can tell you what story you won't be reading: the results of local elections in the Palestinian territories and Gaza.

That's because the Palestinian Supreme Court in Ramallah last month postponed elections scheduled for October 8. The official reason is to give the court – whose nominally independent judges are in fact appointed by Palestinian Authority President Mahmoud Abbas – time to consider two appeals by Abbas's Fatah faction against election procedures.

But the move can be seen as a very convenient excuse for Abbas – who has overstayed his own elected term by six years – to avoid potential embarrassment at the polls.

Along with Abbas' bizarre speech at the United Nations on September 22, in which he called on Britain to undo and apologize for the 1917 Balfour Declaration that called for the creation of a Jewish state, it's a sign that the increasingly isolated 81-year-old leader has all but given up the pretence of pursuing a two-state solution.

Because the elections in question are municipal rather than national, the postponement hasn't attracted a lot of international attention.

But, as Diana B. Greenwald pointed out in an excellent Washington Post article (<http://tinyurl.com/jtyuo3y>), local elections can serve as an important counterpoint to autocratic authority. They can also be important indicators of shifts in the Palestinian resistance movement.

Greenwald writes that research on elections in non-democratic countries suggests that single-party regimes can use elections at all levels to "strengthen their rule by co-opting potential opposition and cultivating loyal elite



**BARBARA CROOK  
MY ISRAEL**

networks."

However, these strategies often have backfired in the West Bank.

Before the creation of the Palestinian Authority (PA), the West Bank and Gaza were directly administered by Israel. Israel briefly allowed municipal elections in 1972 and 1976.

But, because so many of these elected officials championed violent resistance against Israel, all elected officials by 1982 were replaced by mayors appointed by Israel.

Although Palestinians held their first national elections in 1996, after the creation of the PA, municipal elections were not held until 2004-2005. When the elections began in December 2004, Fatah was popular, and there was some optimism about the peace process.

As rounds of voting continued into 2005, however, Palestinians were disillusioned with Fatah and looking to Hamas for answers. Hamas-affiliated lists not only captured a majority of towns in Gaza, but also prevailed in key West Bank cities.

So the dominance of Hamas in the 2006 general elections – followed by Hamas's seizing control of the Gaza Strip in 2007 – should not have come as a shock.

Abbas, meanwhile, was elected in January 2005 to serve as president of the Palestinian National Authority until January 2009. He extended the term until elections

that had been planned for 2010, but was voted into office indefinitely by the Palestinian Liberation Organization Central Council in 2009.

To date, he has no clear successor.

Magical thinking would have us believe that Hamas is a terrorist organization, while Fatah is the only potential partner for peace. The reality, however, is that each faction rules its territory with zero tolerance for opposition.

While we might expect the Islamist Hamas government to crack down on journalists and freedom of expression, Abbas and Fatah are just as oppressive. The Independent Commission for Human Rights has reported that 24 people in the West Bank and 21 in Gaza were arrested in 2015 for criticizing Palestinian authorities or writing about forbidden topics.

The scheduled elections could conceivably have given Abbas some political legitimacy. But, after a Hamas-controlled court in Gaza disqualified 10 Fatah candidates (another was disqualified by a court in the West Bank), it was clear that Fatah would have been a non-starter in Gaza and shaky on its home turf.

Hence the appeals of the election rules, and the delay of the elections.

When it's not busy censuring Israel, the international community is obsessed with getting Israel and the Palestinian Authority to resume negotiations towards a phantom peace accord with no basis in reality.

But those who are truly concerned with the plight of the Palestinian people should be looking to help the PA reinvigorate its internal political process, and stop pandering to a desperate leader who has resorted to whining over 100-year-old grievances at the UN.

Without legitimately elected and broadly supported leadership, a future independent Palestinian state will be as weak and corrupt as its current incarnation.

plate from which you can eat, mindfully and with kavannah, throughout the day.

Similarly, Rabbi Jay Michaelson urges us to seek a meaningful connection in his recent Forward article "Why You Shouldn't Go to Synagogue this Rosh Hashanah." <http://tinyurl.com/hhljmfs>

Rabbi Michaelson suggests we skip the "bombastic" service of Rosh Hashanah and commit, instead, to attending synagogue services for another holiday and/or Shabbat. But he doesn't encourage us to ignore Rosh Hashanah altogether; instead, the conclusion to his piece centres on connecting to what is at the heart of the Days of Awe.

Rabbi Michaelson writes that, while the pomp and circumstance of Rosh Hashanah can be "insincere," decorated with "mass-market packaging," and therefore alienating, "there's still the shofar," which "cuts through all that."

Rabbi Michaelson writes that "the ancient magic of the ram's horn is a reminder both of how much has been lost in terms of spiritual intensity and of how much is still available – if you want it and work for it yourself." He encourages us to get ourselves a shofar, learn to blow it or practise listening to it, and let ourselves be moved by its call. Ultimately, his advice is to concentrate on a small act of ritual that allows for true introspection and connection.

As a complement to, or as a replacement for traditional synagogue services, DIY rituals and alternative observances can help us prepare and observe the High Holy Days in a way that is truly meaningful and appropriate to our needs.

With apologies to my colleagues in synagogue leadership, especially those in charge of membership, I wish you all a sweet and meaningful New Year.

# DIY approaches to the Days of Awe

**A**re you a "Yom Kippur Jew?"

Many Jews only practise their Judaism once a year, on Yom Kippur, as well as sometimes on Rosh Hashanah. Many synagogues know that members and strangers will come out of the woodwork to observe the High Holidays. The High Holidays are big business and the height of the membership campaign for many congregations, so the pressure of "putting on a good show" is paramount for the clergy and leadership of a synagogue. But, despite this effort, synagogues know that many attendees will not be back until the following year.

But, why do so many Jews attend the High Holidays to the exclusion of all others? While I love the energetic resonance that happens when the synagogue is full, at times, I have found observing Rosh Hashanah and Yom Kippur the "traditional" way to be so overwhelming and so formal that I became unable to focus on the purpose of the day.

There must be other ways to observe. Can we use do-it-yourself (DIY) rituals to connect deeply to our traditions? What if we strove to reconnect with the meaning of the holidays hidden under all the pomp and circumstance of the traditional shul services?

The onset of the month of Elul is the time to look deep within our hearts and prepare spiritually for the Days of Awe. Practising mindfulness, meditation, or even trying to develop deeper self-awareness during this period can help us prepare for the High Holidays and for autumn. Elul's focus on self-awareness lends itself to small rituals. One year, a friend and I committed to



**SARAH WAISVISZ  
DISPATCHES  
FROM THE  
DIASPORA**

reciting Psalm 27 every day, and it wasn't long before I took the habit of singing "Ahat Sha'alti" as I walked or cycled to work.

That same friend and I also purposefully skipped our synagogue's Selichot service last year because we wanted to do something more intimate with a few friends. In candlelit twilight, we sang psalms and prayers and then spent a few minutes writing down things we regretted and the names of people we wanted to apologize to. We held onto those papers until Yom Kippur and then individually burned them along with our regrets.

In this same vein, I appreciate alternatives to traditional High Holiday practices. Ritual Well includes a piece by Rabbi Debbie Young-Somers – <http://tinyurl.com/ksmuuk2> – which suggests an alternative to fasting for Jews who struggle with, or are in recovery from, eating disorders. Rabbi Young-Somers writes that "eating on Yom Kippur is a holy act" in this case, and that "rather than finding 'purity' or 'spiritual growth' through denying themselves food, the act of eating itself [on Yom Kippur can be] an act of teshuvah." The piece details making a ritualized seder

# Helping fellow students learn about Judaism – and learning about their religions

**T**here are only about 14 million Jews in the world – representing just 0.2 per cent of the global population. Yet, despite our minuscule size, it never ceases to amaze me how many of my Jewish friends are utterly shocked and repulsed by the “ignorance” of their non-Jewish peers when they receive a barrage of blank stares and questions when they drop words like “Rosh Hashanah” or “Yom Kippur” in conversation.

“How have they never heard of a Shabbat dinner?” asked one of my exasperated colleagues.

Well, my answer to that question is quite simple: there aren’t many Shabbat dinners being hosted in Pickering, Ontario. Not everyone has grown up in places like Toronto or Montreal, where they may have been exposed to our culture.

But, let’s back up for a moment and address the real issue at hand. If your gentile friends are ignorant for not knowing about Shabbat dinners and the origins of the matzo ball soup they enjoy every cold season, then let’s step back and be consistent by addressing our own ignorance.

Fellow Jewish students, I challenge you to name three major holidays or theological tenets of other faiths. And don’t cite Christmas or Ramadan as your answers. In fact, don’t cite any Islamic or Christian holidays because the followers of those religions number in the billions. Let’s even the playing field.

When was the last time you wished your Hindu friend



MICHAEL ARENAU  
**CAMPUS LIFE**

a happy Diwali? When was the last time you wished your Sikh friends a happy Vaisakhi? Not only are there more Sikhs and Hindus than there are Jews in Canada, but there are significantly more of them in the world. Let’s also not forget our Buddhist friends, who barely outnumber us in Canada, but who significantly outnumber us when it comes to the global population. They have numerous holidays of importance you should know about including Vesaka, Magha Puja and Loy Madhu Puja.

By the way, that last one doesn’t exist, not that most of us would know – because most of us are ignorant about other religions! I jest, of course. It’s not necessarily ignorant to not be a walking encyclopedia of global religions, but it is ignorant to assume that other people should know much about ours.

The point is that some people have been reacting in the wrong way to others’ lack of knowledge about Judaism. Instead of showing shock and displeasure that your new frosh buddy didn’t know Scarlett Johansson is

Jewish, use the opportunity to educate him or her about our religion, culture and heritage. And, then, use that as an opportunity to educate yourself. Ask him or her to tell you about his or her religion, culture and heritage. On campus, you have the opportunity to meet people from walks of life you most likely haven’t been exposed to before. It’s a two-way street, so make the most of it.

In fact, on campus, you get to become an ambassador for Judaism. After all, for many people on campus, you may well be the first Jew they’ve ever met.

How do you want your new peer to walk away from the conversation? You have the chance to truly connect with others and educate them. And, sometimes, in the case of those who come from parts of the world that may be rife with anti-Semitism, you have the ability to shatter prejudices.

I know that’s a lot of pressure. You didn’t sign up to be an unofficial spokesperson for Judaism – and you don’t have to be. You don’t have control over what people think and it’s not necessarily your job to influence them. But you do have control of how you think and how you conduct yourself.

So, ultimately, when you email your professor to inform him or her that you have to defer your exam due to Passover, don’t shake your head in disbelief when they ask to check with the Student Equity office to see if that holiday actually exists. Instead, just sit back, relax, and think about how lucky you are to live in a country where everyone can be different together.

## Are your hormones making you gain weight?



GLORIA SCHWARTZ  
**FOCUS ON FITNESS**

motivated to move.

Leptin resistance may be the result of overexposure to leptin, just as insulin-resistance develops from over-exposure to insulin. Dietary habits contribute to the development of resistance. Regularly eating a diet high in simple carbohydrates such as sugars, some grains and poor quality processed foods may result in the body’s fat cells releasing too much leptin which, over time, can lead to resistance.

When you lose body fat, such as by dieting, your leptin level drops. Since reduction in leptin makes the brain think it’s starving, motivation to exercise goes down, basal metabolic rate goes down (calories burned while at rest), and appetite goes up. What a vicious cycle!

Many hormones have multiple roles. For example, serotonin and cholecystokinin are also involved in appetite suppression and orexin in hunger stimulation. In addition, hormonal imbalances involving excess cortisol, insulin or estrogen or low testosterone can lead to excess belly fat.

Is weight-loss a futile endeavour? How can you avoid regaining weight you worked so hard to lose? Is fat acceptance the only alternative to fighting what seems to be a losing battle? Are you destined to suffer the

health consequences associated with being overweight or obese, such as heart disease, Type 2 diabetes and certain cancers?

There are many forces we can blame for unwanted weight gain. These include genetic predisposition to obesity (which affects only about five per cent of the population); biological factors such as the theory of leptin resistance; other hormonal changes that can trigger hunger such as too much cortisol caused by chronic stress; other “compensatory adaptations in metabolism, which promote rapid and efficient weight regain (<http://tinyurl.com/jd2lfc>)”; societal influences; and psychological factors.

We can also have a physiological response to sugary or fatty foods as our bodies release serotonin, which provides feelings of pleasure. Thus, we may overeat in response to emotions rather than to hunger.

To improve your odds of long-term weight management, eat nutritionally dense foods from the following groups: lean protein, healthy fats, and complex carbohydrates (containing fibre). You’ll feel fuller and help regulate leptin and insulin. Engaging in regular exercise also helps with weight and hormonal management.

Weight management is still not fully understood or agreed upon by experts. There are emerging and conflicting theories. Whether you’re significantly overweight or just have a few pounds to lose, dieting doesn’t work long-term in part because it causes leptin to drop and ghrelin to increase. This effect lasts long after you stop dieting so you keep feeling hungry; you eat more and regain weight. Hopefully, continued research will lead to a better understanding and more successful strategies to make weight control difficulties a thing of the past.

**L**osing weight is half the battle. Keeping it off long-term is often the bigger challenge. Why is it so easy to regain weight that you fought so hard to lose? Did you return to your old habits? Or is there another culprit involved?

A number of studies on weight management in obese people suggest that certain appetite-related hormones play a role, and that keeping off weight long-term following dietary or other interventions is the exception rather than the rule.

Our bodies naturally produce a variety of hormones. There are approximately 70 known hormones and periodically, new ones get discovered. One of those hormones, leptin, which was discovered about 20 years ago, is produced by our fat cells. Its main role is to regulate our consumption and expenditure of calories and determine how much fat our bodies need to store. Leptin has complex interactions with ghrelin, known as the hunger hormone, and insulin. All three hormones play a crucial role in appetite and weight control.

When we eat, our leptin level increases and sends a signal to the brain that we are sated. This triggers us to eat less and burn more calories. When we don’t eat, our leptin decreases, triggering us to eat more and burn less. This seems like an efficient biological process for survival, but it may not suit our modern way of life.

Obese people tend to have very high levels of leptin, which should, in theory, inform the brain they are full – but their body doesn’t respond the way it’s supposed to. Current theories suggest they have a biological abnormality known as leptin resistance. They overeat because they don’t get the satiety signal and their brain tells them to conserve rather than expend energy. In such cases, it’s hard to control hunger, eat less and feel

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*Continued on page 24*

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**Continued on page 25**

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**MAZEL TOV TO:**  
 Rabbi Michael and Stacy Goldstein on the birth of their new daughter, by Stephen and Gail Victor.

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### IRVING AND DIANE WEXLER FAMILY FUND

**MAZEL TOV TO:**  
 Evelyn Greenberg on receiving The Sovereign's Medal for Volunteers, by Diane, Michael and Muriel Wexler and Carol Segal.

### THE WOMEN'S COLLECTIVE PHILANTHROPY PROGRAM

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 Anna-Ruth Saslove by Adrienne and Chuck Shabsove.  
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### JONATHAN, MATTHEW AND ADAM SHERMAN B'NAI MITZVAH FUND

**IN MEMORY OF:**  
 Saul Brottman by Randi and Ian Sherman.

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

# When teenaged girls went on strike demanding a 44-hour work week

## 44 Hours or Strike!

By Anne Dublin  
Second Story Press  
136 pages

**W**hat a difference a lifetime makes! When I lived on Robert Street in Toronto across the road from Lansdowne Public School in the 1930s, none of us dreamed that it would ever be the setting for a novel. Novels were set in London or Paris, or the South Sea Islands.

Now Kensington Market, a block south, is a tourist destination and Spadina Avenue is no longer the main artery of the Jewish district with a streetcar line to the garment factories, but part of Chinatown, which is also a tourist destination.

In 1931, the Toronto local of ILGWU – the International Ladies Garment Workers Union – most of whose members were Jewish, voted to strike. They were seeking recognition of the union as a bargaining agent and improved working conditions, including a 44-hour work week for which *44 Hours or Strike!*, Anne Dublin's novel for young people is named.

The story is about Rose, 16, her sister Sophie, 14, both of whom work in a garment factory, and their mother. Their father had died the year before and they are struggling. They live in a small rented flat on Robert Street across from Lansdowne Public School. It is the depth of the Great Depression.

The garment industry – the shmatte trade – was tough for workers, and often for the bosses, and it scarcely exists in North America today.

The novel takes us from the meeting at the Labour Lyceum on Spadina Avenue where the strike was called in midwinter, to the spring, when it ends, with only partial success.

Striking against a group of small shop-owners during the Depression was different from the large scale strikes we're familiar with today, when the major unions have large strike funds to help support their workers while they're off the job.

The legal situation was also different. Back then, the police were not unionized and were hostile to the strikers,

## MURRAY CITRON BOOK REVIEW

*In 1931, the Toronto local of ILGWU – the International Ladies Garment Workers Union – most of whose members were Jewish, voted to strike. They were seeking recognition of the union as a bargaining agent and improved working conditions, including a 44-hour work week for which *44 Hours or Strike!*, Anne Dublin's novel for young people is named. The story is about Rose, 16, her sister Sophie, 14, both of whom work in a garment factory, and their mother.*

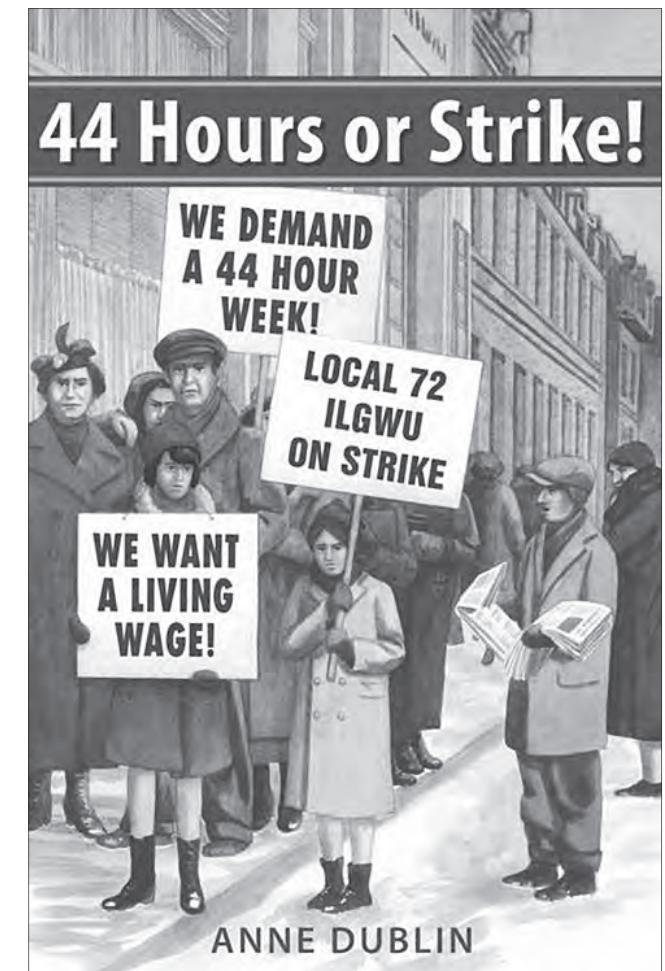
especially a lot of foreign women who picketed and obstructed the sidewalk.

Rose, the 16-year-old, gets arrested during an argument with a strikebreaker and is sentenced to 30 days in women's prison. Part of the story tells of the abuse she suffers in jail. Sophie, the younger sister, effectively becomes *the man of the house*. Mama has an accident and has to go to hospital.

The novel is sympathetic to the life of teenage girls under such conditions. Each has a boy-interest, which remains unconcluded when the story ends. Things generally seem better. It is spring, and Mama is out of hospital and has found a good job.

There are plot holes in this story.

When Rose is arrested and sent to jail, the union does nothing for her. However weak a trade union was, it would



have tried to provide legal assistance. It could not have existed otherwise.

Rose is sent to jail with Becky, an older woman, who might be expected to help her, but instead disappears from the story.

Near the end, when the strike is over, there is a meeting that is addressed by Emma Goldman – a.k.a. Red Emma – the famous left-wing activist. This is plausible. Goldman lived her final years in a room in Toronto's Spadina and College neighbourhood. Still, I wish the author had resisted the temptation to have her say, in the early-1930s, "We shall overcome."

But this novel isn't written for me and my generation. It is written for teenagers who will have to leave Judy Blume and text messaging to read it. Those who do will read a good story and will learn a few things.

*44 Hours or Strike!* is the recipient of the 2016 Canadian Jewish Literary Award for children and youth fiction.

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## In Appreciation

To my dear friends, Please accept my sincere appreciation for your good wishes, cards, visits, phone calls and donations during my recent illness.  
With heartfelt thanks, "Bubby" Sylvia Freeman

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## WHAT'S GOING ON | October 10 to 30, 2016

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

**For a list of Yom Kippur services , visit  
<http://jewishottawa.com/highholidays>**

### THURSDAY, OCTOBER 13

"Presenting Princess Shaw:" A film of the musical collaboration between Samantha Montgomery, "Princess Shaw," and Ophir Kuti, "Kutiman," 7 pm.  
Info: Ella Dagan, 613-798-9818, ext. 243, [edagan@jccottawa.com](mailto:edagan@jccottawa.com)

### SATURDAY, OCTOBER 15

An Evening of Klezmer and Yiddish Music with Josh Dolgin and Friends: Celebrate the kickoff of Temple Israel's 50th anniversary, including a dessert reception.  
Temple Israel, 1301 Prince of Wales Dr., 6:30 pm.  
Info: Patricia Dunphy, 613-745-1743, [patdunphy84@gmail.com](mailto:patdunphy84@gmail.com)

### SUNDAY, OCTOBER 16

Come build a Sukkah: Help the Glebe Minyan erect the sukkah frame, decorate it and enjoy a treat and an apple cider.  
The Glebe Minyan, 1 - 64 Powell Ave., 2 to 4:30 pm.  
Info: Anna Maranta, 613-867-5505, [glebeminyan@gmail.com](mailto:glebeminyan@gmail.com)

### MONDAY, OCTOBER 17

Sukkot Sukkah Hop: Join Machzikei Hadas for a sukkah hop, starting with a light dinner at the synagogue, then visiting local sukkahs. Registration required, 5 pm.  
Info/Register: 613-521-9700, [youth@cmhottawa.com](mailto:youth@cmhottawa.com)

### WEDNESDAY, OCTOBER 19

Thomas Hecht, The Holocaust and His Experiences:  
Part of Holocaust Education Month.  
Carleton University, Southam Hall, room 515, 11:35 am.  
Info: 613-520-2600, ext. 1320, [jewish.studies@carleton.ca](mailto:jewish.studies@carleton.ca)

Mozart at the Opera, with Music Critic Jean-Jacques Van Vlasselaer: Week 4: The Magic Flute, 1:30 pm.  
Info: Maxine Miska, [mmiska@jccottawa.com](mailto:mmiska@jccottawa.com)

Ottawa Israeli Dance: Israeli dance is fantastic exercise.  
OJCS Gymnasium, 31 Nadolny Sachs Pvt., beginner's, 7 pm; intermediate/advanced, 8 pm. Also October 26.  
Info: Miriam Tepper, [miriam.tepper@gmail.com](mailto:miriam.tepper@gmail.com)

Kol Miriam Ladies Choir: A women's only event.  
Hillel Lodge, 10 Nadolny Sachs Pvt., 7:30 pm.  
Info: Laura Lunn, 613-715-9004, [llunn@magma.ca](mailto:llunn@magma.ca)

### FRIDAY, OCTOBER 21

Interfaith Shabbat in the Sukkah at the Glebe Minyan:  
The Glebe Minyan, 1 - 64 Powell Ave., 6 to 9 pm.  
Info: Anna Maranta, 613-867-5505, [glebeminyan@gmail.com](mailto:glebeminyan@gmail.com)

### MONDAY, OCTOBER 24

Simchat Torah Party: Building edible crafts, Simchat Torah story time, singing and dancing and the children's parade. Includes a light dinner. RSVP required.  
Congregation Machzikei Hadas, 2310 Virginia Dr., 5 to 7 pm.  
Info/Register: 613-521-9700, [office@cmhottawa.com](mailto:office@cmhottawa.com)

Young Families Simchat Torah Party at KBI: A kid-friendly dinner and interactive activity to learn about the Torah. Stay afterwards for dancing and Hakafot with the congregation.  
Kehillat Beth Israel, 1400 Coldrey Ave., 5:30 pm.  
Info/RSVP: Emily Anzarouth, [youth@kehillatbethisrael.com](mailto:youth@kehillatbethisrael.com)

Simchat Torah and Pasta Dinner at KBI: Join Kehillat Beth Israel for a fun, lively and musical Simchat Torah experience.  
Kehillat Beth Israel, 1400 Coldrey Ave., 5:30 pm.  
Info/RSVP: Anita Almstedt, 613-728-3501, [anita@kehillatbethisrael.com](mailto:anita@kehillatbethisrael.com)

### WEDNESDAY, OCTOBER 26

Mozart at the Opera, with Music Critic Jean-Jacques Van Vlasselaer: Week 5: Così Fan Tutti, 1:30 pm.  
Info: Maxine Miska, [mmiska@jccottawa.com](mailto:mmiska@jccottawa.com)

### THURSDAY, OCTOBER 27

2016 Jewish National Fund of Ottawa Negev Dinner:  
Honouring Barbara Farber, with keynote speaker,  
The Hon. John Baird.  
EY Centre, 4899 Uplands Dr., 6 pm.  
Info: Ilana Albert-Novick, 613-798-2411, [ottawa@jnf.ca](mailto:ottawa@jnf.ca)

### SUNDAY, OCTOBER 30

Auxiliary of Hillel Lodge Tea:  
With fashion show by Shepherd's.  
Hillel Lodge, 10 Nadolny Sachs Pvt., 2 pm.  
Info: Shelley Goldenberg, 613-225-1882, [sgoldenberg@rogers.com](mailto:sgoldenberg@rogers.com)

### CANDLE LIGHTING BEFORE

YOM KIPPUR	OCTOBER 21	5:46 PM
OCTOBER 11	6:03 PM	SHEMINI ATZERET
OCTOBER 14	5:58 PM	OCTOBER 23 5:43 PM
SUKKOT FIRST DAY		SIMCHAT TORAH
OCTOBER 16	5:54 PM	OCTOBER 24 AFTER 6:43 PM
SUKKOT SECOND DAY		OCTOBER 28 5:34 PM
OCTOBER 17	AFTER 6:55 PM	NOVEMBER 4 5:24 PM

### BULLETIN DEADLINES

WEDNESDAY, OCTOBER 26	FOR NOVEMBER 14
WEDNESDAY, NOVEMBER 9	FOR NOVEMBER 28
WEDNESDAY, NOVEMBER 23	FOR DECEMBER 12

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:

Rabbi Rudolph J. Adler, Orlando  
(father of Paul Adler)

Huguette Brazeau  
(mother of Charles Brazeau)

Rabbi Simon Eckstein, Israel

Maynard Kriger

Maria Stern

*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.  
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- Our Ottawa numbers grew by 13% from 2015 to 2016.
- We were the recent winner, among all Jewish camps in North America, of the Goodman Initiative Prize for Excellence in Israel Education.
- Our camp renovation plan keeps going strong, with lots more planned!
- In 2016, many of our 1st session units sold out by mid-October!
- We are one of the fastest growing camps in Eastern Canada.

For more information, please contact:  
Cindy Presser Benedek, Assistant Director - [cindy@cbbottawa.com](mailto:cindy@cbbottawa.com)

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