

# OTTAWA JEWISH BULLETIN

MARCH 18, 2019 | ADAR II 11, 5779

ESTABLISHED 1937

OTTAWAJEWISHBULLETIN.COM | \$2

## Removing barriers to the on-ramp

“Pushing the Boundaries,” a conference open to all, will address disability and inclusion in Ottawa’s Jewish community.

**Harvey Goldberg** reports.

‘Pushing the Boundaries: Disability, Inclusion and the Ottawa Jewish Community,’ the first-ever conference on disability and inclusion in our community will take place on Tuesday, April 2 and Wednesday, April 3 and is an opportunity for community members and leaders to collaborate and learn how to make Ottawa’s Jewish community more inclusive for everyone.

One of the conference planners, Rabbi Deborah Zuker, of the Jewish Ottawa Inclusion Network (JOIN), notes the fundamental Jewish belief in inclusion: “At Sinai we all stood before God. That means everyone, the old and the young, the poor and the rich, and most certainly people with disabilities. Every day we must all work to ensure that everyone is included in all aspects of the Jewish community.”

The conference will begin with a keynote address by New York Times best-selling author Daniel Tammet, a British essayist, novelist, poet, translator and autistic savant on April 2, 7 pm, at Kehillat Beth Israel (KBI). Tammet’s 2006 memoir, *Born on a Blue Day*, is about his life with Asperger syndrome and savant syndrome.

The conference – which continues on April 3 from 9 am until 3:30 pm at the Soloway Jewish Community Centre (SJCC) – will be facilitated by Shelly Christensen, a U.S.-based thought leader and author, who specializes in assist-



Best-selling author Daniel Tammet will be keynote speaker at the opening event of “Pushing the Boundaries: Disability, Inclusion and the Ottawa Jewish Community,” April 2, at Kehillat Beth Israel.

ing faith communities become more inclusive. One of the founders of Jewish Disability Awareness, Acceptance and Inclusion Month, held each February, she is the author of the recently published book, *From Longing to Belonging: A Practical Guide to Including People with Disabilities and Mental Health Conditions in Your Faith Community*.

Also participating in the conference will be David Lepofsky, one of the pre-eminent leaders of the disability rights self-advocacy movement in Canada. Lepofsky, a retired lawyer who is blind, led the decades-long struggle to

pass the Accessibility for Ontarians with Disabilities Act and continues to work tirelessly for its effective implementation.

The “Pushing the Boundaries” conference is being jointly organized by the Jewish Federation of Ottawa; Jewish Family Services of Ottawa; Tamir; and the Jewish Ottawa Inclusion Network (JOIN) with financial support from Jewish Federations of Canada-UJA; Jewish Federation of Ottawa’s Fund for Innovative Capacity Building; as well as private donors.

Federation President and CEO Andrea Freedman sees the conference as an important on-ramp to the Federation’s



Shelly Christensen specializes in assisting faith communities become more inclusive.



Attorney David Lepofsky led the struggle to pass the Accessibility for Ontarians with Disabilities Act.

vision of a Jewish Superhighway of meaningful experiences and Jewish journeys where Jewish life is vibrant and no one is left behind.

“Community members with disabilities often face challenges and barriers to being included in our community,” Freedman said. “Federation is looking forward to working with other partners and community members to find ways to overcome these challenges.”

Tickets are \$18 for the opening event at KBI (desserts and refreshments will be served) and \$36 for the conference events at the SJCC (a kosher lunch and refreshments will be served). Persons with lived experience of disability are especially encouraged to participate. Visit <https://tinyurl.com/yy7rjwo3> to register online.

Fee subsidies are available for those whose participation is prohibitive due to the cost of registration. Contact Madeline Werier at [maddy128@hotmail.com](mailto:maddy128@hotmail.com) for information on subsidies.

For more information on “Pushing the Boundaries: Disability, Inclusion and the Ottawa Jewish Community,” contact Federation Vice-President of Community Building Sarah Beutel at 613-798-4696, ext. 253, or [sbeutel@jewishottawa.com](mailto:sbeutel@jewishottawa.com).

# ‘Now the fun and the hard work begins’

As she completes her sixth year as president and CEO of Federation, **Andrea Freedman** recalls the inspiration she felt as a counsellor on the first-ever Birthright Israel trip – an experience that still informs her desire to help create meaningful Jewish experiences.

**I**n what has become an annual tradition, I celebrate my work anniversary by penning a column for the Ottawa Jewish Bulletin. On March 11, I was honoured to achieve the sixth-year mark serving as president and CEO of the Jewish Federation of Ottawa and the Ottawa Jewish Community Foundation.

The week before my work anniversary, and almost 19 years to the day since I wrote to Birthright Israel co-founder Charles Bronfman after experiencing the privilege of serving as a madricha (counsellor) on the first-ever Birthright Israel trip, I received an email from the Birthright Foundation with a scanned copy of the letter and a request to publish it on social media.

On March 3, 2000, my much younger self wrote the following to Bronfman: “The determination participants

showed in making the most of every moment of your gift is simply awe-inspiring. For example, a young man in my group took a sample of every body of water we entered and a stone from every hike so that in addition to the memories, he would always have a concrete piece of Israel with him... Thank you for the opportunity of working as part of a team to translate this intense Israel experience into a tangible and long-term commitment to the Jewish community.”

Reading the letter again after so many years certainly brought back a host of positive memories about the experience. At the same time, it gave me a moment to reflect on the lasting impact that the trip has had on me and I will share one example.

A couple of years after being a madricha, I was conducting interviews for



Jewish Federation of Ottawa President and CEO Andrea Freedman.

*I have... undiminished energy and enthusiasm to work with others to create meaningful Jewish experiences and Jewish journeys for all community members, at all stages of life.*

Jewish experience and journeys where Jewish life is meaningful and no one is left behind – is so critical.

The last few months have been dedicated to raising the preliminary funds necessary to build the Jewish Superhighway and I am extraordinarily grateful to the generous community members who made a gift to the Annual Campaign. Thank you all! Every dollar really does count and, thanks to the Challenge Fund, every new dollar counts twice.

And now the fun, and to a certain extent, the hard work, begins.

Over the coming weeks and months, Federation will share news about micro-grants. These are aimed at funding individuals and organizations to design and implement Jewish experiences to bring more people onto the Jewish Superhighway. Taking a page from Birthright Israel and PJ Library, you will hear about Jewish Jumpstart, a program to incentivize community members to join the Soloway Jewish Community Centre, synagogues and temple.

As I embark on Year 7 serving Ottawa’s Jewish community, I have a few more grey hairs, and a still undiminished energy and enthusiasm to work with others to create meaningful Jewish experiences and Jewish journeys for all community members, at all stages of life.

the next crop of madrichim. I liked to ask candidates what the most profound Jewish experience in their life had been. I expected answers such as “my bat mitzvah,” “celebrating Jewish holidays with my family,” or other similarly positive experiences. But I was saddened when, again and again, candidates referenced the riot that had taken place the previous year at Concordia University in Montreal preventing Benjamin Netanyahu – then the former and future prime minister of Israel – from speaking, as their most formative Jewish experience.

When I interviewed for my current role here at Federation, I recounted that story and stated that one of my goals was to create positive Jewish experiences for future generations so that their answer would be different.

And this is why the Jewish Superhighway – a metaphor for meaningful

## A NEW TERM FOR HIGH RETURNS

Your Credit Union introduces the **Escalator Term Deposit\***, where your returns just keep going up. If you can invest your money for 5 years you can earn an average return of 2.63%, which is as much as 28% higher than the rates at the five major banks.



Contact us today and earn better returns on your terms.



YourCU.com  
1-800-379-7757



14 Chamberlain Ave. • 1541 Merivale Rd. • 2016 Tenth Line Rd.

\*Non-redeemable. Rates available on registered and non-registered investments. Minimum \$1,000 investment.

## WESTBORO FLOORING & DECOR

Choose ECHO Luxury Vinyl Flooring for an easy to maintain wood or tile floor look.

OTTAWA  
195 Colonnade Rd.S  
613-226-3830

KINGSTON  
649 Justus Drive  
613-384-7447



Ottawa - Kingston

www.westboroflooring.com



# FAMILY CAMP

A WEEKEND AT CAMP FOR NEW FAMILIES

**JUNE 14th-16th, 2019**

For families with children under the age of 8.  
Other conditions apply.

**ACTIVITIES, FUN & FOOD  
WITH THE WHOLE FAMILY**

Experience the beauty of Shabbat!

**For more information contact:**

Cindy Presser Benedek, Director - [cindy@cbbottawa.com](mailto:cindy@cbbottawa.com)

**Register Now at**

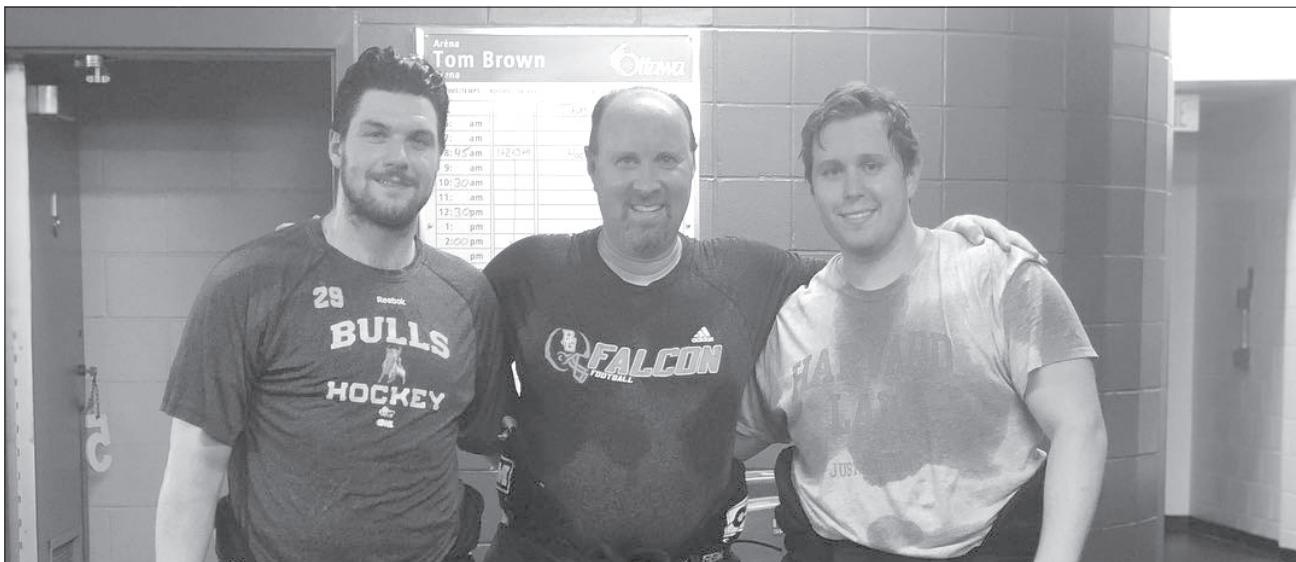
**[www.cbbottawa.com](http://www.cbbottawa.com)**

Cost: \$300/Family. Spaces are Limited.





MITCH MILLER  
Bruce Engel takes a victory skate around Merivale Arena with the trophy friends presented him with after scoring his 500th goal.



Bruce Engel (centre) with future son-in-law Jake Cardwell (left) and son Matt Engel.

# He shoots! He scores!

## Bruce Engel joins the 500 Goal Club

BY MITCH MILLER

**B**ruce Engel has joined an elite group of hockey players in the 500 Goal Club. Although most of us think of the 500 club as only including NHLers, Bruce brought many of his “fans” along on a ride this hockey season – his drive for 500.

Since starting his hockey career on Fraser Street in Chomedey (in Laval, just north of Montreal) and finding time to learn Canada’s coolest game at the rink at Kennedy Park there, Bruce has been tracking his goals since Day 1. In September, Bruce, who turned 56 last month, realized that in his almost 50 years of hockey he had more than 480 goals. So with each Thursday night pick-up game or Monday night Jewish Men’s Hockey League game, Bruce updated his friends, family, and fans with how many goals he scored, assists to teammates and final game outcome of wins/losses.

Quickly his fan base grew and people were talking about Bruce closing the gap to 500. There were the usual debates of “How does he know how many goals he’s scored?” or “Do you count non-league games?” and “Are we really talking about this?”

And thanks to friends like Tony Greco, Bruce was receiving video good wishes from current and former NHLers including Flyers captain Claude Giroux, Canadiens assistant captain Paul Byron, NHL alumnus Dan McGillis, and many more. When Bruce was within two goals of the 500 Club, he had videos uploaded from some of Ottawa’s rabbis wishing him well, wishing him success on reaching 500-plus goals, and of course,

adding the appropriate blessings.  
One of the highlight

videos came from Hockey Hall of Famer Darryl Sittler who retired 16 goals shy of the 500 (NHL) Goal Club, but did set a record on the eve of Bruce’s 13th birthday in 1976 scoring 10 points in a single game (six goals and four assists). To date, no scoring legend including Sidney Crosby, Alex Ovechkin, Mario Lemieux, Wayne Gretzky or Bruce Engel have matched Sittler’s “10 point night”. Bruce has another goal to shoot for.

On February 7, Bruce’s birthday, playing on a line with Eric Zunder and Lewis Miller at a Thursday night pick-up game, it happened. Scott Miller was playing defence and passed the puck to his son Lewis who then dished the perfect pass to Bruce. Bruce took the puck and fired it past Ari Cherun, who will always be known as a great son, husband, father, dentist – and the goalie who was in nets when Bruce scored his 500th goal. He shoots! He scores – his 500th!

“It’s amazing how hockey brings people together,” Bruce said when asked about the highlight of his 500-goal journey. “So many people have been sending me good wishes and getting in on the fun. I couldn’t have done it and enjoyed it the way I did without all of the great guys who I get to play with on Monday and Thursday evenings, and all the leagues I’ve played in for the last 50 years. One of the best parts of playing in a beer league is when someone on the opposing team high-fives you for making a nice play. I will always remember the games I got to play with my son Matt and future son-in-law Jake, but best of all, was seeing Bonnie in the stands at Merivale Arena cheering me on.”

 **Hulse, Playfair & McGarry**   
FUNERAL SERVICES

Serving your community since 1925

613-233-1143 [www.hpmsgarry.ca](http://www.hpmsgarry.ca)

Click and stay connected with us



 **CHW** Children Healthcare Women

*Passover Sale*

Table Runners, Aprons, Matzo Covers  
and much more for adults & kids

Sunday April 7 • From 10-4 SJCC Lobby

**Allan Taylor**

- GROUP PLANS
- LIFE INSURANCE
- DISABILITY INSURANCE
- PENSION and RRIIFs

613-244-9073

[ataylor@taylorfinancial.ca](mailto:ataylor@taylorfinancial.ca)

**Great-West Life**  
ASSURANCE COMPANY

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

# PTSD common in Israeli town besieged by Gaza rockets

‘Sderot is 95% paradise and 5% hell,’ says **Mayor Alon Davidi** during a visit to Ottawa. **Matthew Horwood** reports.

**R**ockets fired at their city by Hamas and other terrorist groups in Gaza over many years have led to a high proportion of Sderot residents – including almost 40 per cent of it’s children – showing signs of post-traumatic stress disorder (PTSD), said the city’s mayor during a visit to Ottawa.

Mayor Alon Davidi spoke at Congregation Beit Tikvah, March 3, about the impact the Israel-Gaza conflict has had on Sderot. Located less than a kilometre from Gaza, Sderot is the closest Israeli community to the Palestinian territory under Hamas control. The event was organized by The Jewish National Fund of Ottawa.

Davidi, who has lived in Sderot for 23 years, was elected to the city council in 2008 and has been mayor since 2013.

“If you went back to Sderot in 2003 you would see no economic development, because nobody would open up new businesses and nobody was coming to the town,” the mayor said.

Davidi described Sderot as “95 per cent paradise and five per cent hell,” because of the rocket attacks. “Otherwise, it is a very beautiful town,” he said.

Discussing PTSD, Davidi said even the sound of a door shutting or feedback from a microphone can cause children to freeze and make their faces go white, “because it reminds them of what happened.”

Davidi said he struggles to find a good answer when he’s asked why people would want their children to live in such a dangerous place.

“On one hand, as mayor, I want people to come to live in the town and I need to say, ‘This is a beautiful town, please come.’ But on the other hand, I know the truth that many of our children suffer from trauma,” he said.

Davidi said there are two centres in Sderot assisting children suffering from PTSD. The first is the city’s Resiliency Centre, where children receive treatment for symptoms of PTSD.

The second is the Animal-Assisted Therapy Centre, which allows children to work with therapy animals, such as dogs, hamsters and even parrots.

Davidi said over 160 children have been helped by this centre, including his seven-year-old daughter, who adopted a dog almost a year ago.

“Three months ago, we had a few days of heavy rocket attacks. My daughter was not frozen or in shock



Mayor Alon Davidi of Sderot (left) speaks at a JNF event, March 3, at Congregation Beit Tikvah, as Rabbi Howard Finkelstein looks on. MATTHEW HORWOOD

when she heard them. She just took the dog down to the shelter,” Davidi said.

“I don’t know if she has fully recovered from the trauma, but being responsible for the life of the dog helps her to move away from her fear.”

Although the number of rocket attacks on Sderot has decreased since Operation Protective Edge in 2014, Davidi said the number of people suffering from PTSD continues to increase, “because Sderot is not a place that you come and go from, it’s the place you live in.”

Asked if children often choose to remain in Sderot once they grow up, Davidi said, “I have seen that people are staying and they love their town... You stay, because you love your city, your community and your families.”

And when asked by an audience member what Ottawa could do as a community to help Sderot, Davidi suggested praying for his city and “thinking about the people, especially the Israeli soldiers, who are the best in the world.”

Davidi concluded his remarks by extending an invitation to Ottawa Jewish community members to visit Sderot when they come to Israel.

Israeli Ambassador Nimrod Barkan introduced Davidi and spoke about Israel’s efforts to stop the rocket attacks from Gaza.

“There are no solutions,” the ambassador said, “but things are better.”

Barkan also thanked Davidi for his tireless work on behalf of Sderot and its residents and “for making the city attractive to investors and tourists.”

## Stand with Israel... In Israel



ottawa@sarelcanada.org  
514-735-0272 or montreal@sarelcanada.org

**www.sarelcanada.org**

Programs start approximately  
every 3 weeks.

### ELEVATED HOMEINSPECTION



### ELEVATED HOME INSPECTION

Offers the following services:  
Pre-Purchase Home Inspections  
Pre-Listing or Pre-Sale Home Inspections  
Pre-Renovation Inspections  
Home Monitoring Services

### March Home Inspection Tip:

Items in basement storage should be kept out of contact with concrete floors and walls to reduce water damage. Plastic bins with labels are an excellent storage solution.

Visit us on the web  
[www.elevatedhomeinspection.ca](http://www.elevatedhomeinspection.ca)



**Michael Levitan, BID**  
|613|286-8925  
elevatedhome@gmail.com

FEDERATION  
REPORT



EVAN GREEN, BOARD CHAIR,  
TORAH DAY SCHOOL OF OTTAWA

## Torah Day School welcomes new head

*Our priority continues to be academic excellence that is founded on Torah values and supported by a vibrant school community.*

all connected to a nature theme. The cross-curricular event showcased student work from JK to Grade 8, in three languages, from every subject and included dramatic and artistic presentations, projects and displays. We continue to be amazed by the creativity and depth of our students' work and our teachers' innovativeness.

### YEAR OF KINDNESS

TDSO is participating in the Year of Kindness created by World Changing Kids, an educational organization offering programs for elementary school children, their families and educators fostering character education, leadership development and community building. Students participate in daily acts of kindness, community and family challenges with our Student Council taking a leadership role.

### BUDDY PROGRAM

This is a great example of the family atmosphere at Torah Day. Our older students are paired with younger students in the school for monthly buddy activities including art, games, reading, writing friendship notes, outdoor fun, and exchanges. Our older students have seamlessly assumed a natural leadership role for our younger students modeling good behaviour and kindness.

### COLLABORATIVE PROBLEM SOLVING

Thanks to a Jewish Federation of Ottawa grant, we hired a student support specialist to bring the collaborative problem solving (CPS) model to our school. CPS is an evidence-based model for supporting children with the development of social and emotional skills, in particular, to help children that struggle with behaviour. CPS is the standard of practice in all school boards in Ottawa, and at CHEO. Our staff is learning how to integrate CPS into their classrooms. This new approach is now being implemented daily at Torah Day with noted benefits.

### EXCEEDING MINISTRY REQUIREMENTS

Our administration has revisited the Ontario Ministry of Education curricu-

lum objectives and synthesized them by subject to create a more succinct way to teach material to students and offer acceleration for students learning above their grade level.

Torah Day is implementing Canadian Achievement Test (CAT4) in literacy and numeracy for Grades 2, 4, 6 and 8. It will provide us with data as a school so we may examine what areas we need to focus on and where individual students need improvement or enrichment.

We are proud of what's happening at our school. Our priority continues to be academic excellence that is founded on Torah values and supported by a vibrant school community. We nurture, educate and inspire our students both academically and spiritually so that they will develop a love of Torah and of community. We look forward to our new head of school, Rabbi Perton, building on this great foundation and being part of what is sure to be a bright future for our school and our community.

Feel free to reach out and give Torah Day School a look. Visit us at [www.torahday.ca](http://www.torahday.ca) or arrange a tour by calling us at 613-274-0110.

It's an exciting time at Torah Day School of Ottawa (TDSO). We are pleased to welcome Rabbi Boruch Perton as our new head of school and look forward to working with him as we continue to grow and enhance our school. Building on our foundation of Jewish learning and Torah, coupled with striving for overall academic excellence, we continue to improve opportunities for our students related to school life, programming, academic goals and our curriculum.

### S.T.A.R. FAIR

Last month we held our S.T.A.R. Fair. Students presented projects related to science, Torah, art and reading,

FROM THE  
PULPIT



RABBI CHAIM MENDELSON,  
CHABAD OF CENTREPOINTE

## Jewish pride and Jewish joy

ism. When I think about religion, I do not see it as stifling and monotonous, I see it as fun, exciting and liberating.

How many adults think about their Jewish memories and think of Yom Kippur? Their Jewish imagination is about endless hours in synagogue without food or drink.

In fact, the commentaries tell us that the biblical name of Yom Kippur is actually Yom Hakipurim, which can also be translated as a day that is like Purim. In other words, the sanctity and spirituality experienced on Yom Kippur is only a fraction of what can be experienced on Purim.

When we think about our Jewish memories it ought to be the joy of Judaism not the oyo of Judaism.

My wife just brought some Ottawa teenagers to the nerve centre of Chabad in Brooklyn, New York. They joined over 2,000 teenagers from across the globe for a weekend conference. The highlight of their experience was a Jewish concert in Times Square. Many of these teenagers, whose only affiliation with Judaism is fasting on Yom Kippur and crunching tasteless matzah on Passover, are suddenly experiencing vibrant Judaism. Jewish

pride on the streets of Manhattan. The joy of Judaism.

This year, I had the privilege to accompany a group from A Ripple Effect to an Ottawa Senators game during Chanukah. A Ripple Effect is a teen organization at Chabad of Centrepointe focused on bringing happiness and friendship to children affected by illness.

Eugene Melnyk, the owner of the Ottawa Senators, generously invited some of the teens and children to watch some hockey in his box as his personal guests. Our group had an incredible time.

We were overwhelmed by the attention to detail the Senators showed us. The kosher food, Spartacat's visit, and even having the opportunity to interact with some of the team's alumni.

But the real glow in the eyes of our children and teens came when the Senators' executive team lit the menorah with us in between periods. That was Jewish pride. That is Jewish joy.

So make an effort to bring the family to shul for Purim. Enjoy the dancing, the singing, the eating and the fun.

These are the Jewish memories we want to leave with our children.

The joyous festival of Purim is approaching. My children are so excited. The excitement brings back such vivid memories of my own childhood.

I remember attending synagogue to listen to the Megillah. I was so proud of my Purim costume. I would help my mother decorate the traditional Purim baskets that we gave to our friends and acquaintances. The adults were all singing and dancing after drinking a little too much whisky and we the children were always feeling a bit queasy after eating one too many Purim sweets. What fun! What memories!

To me, Purim represents iconic Juda-

### OTTAWA JEWISH BULLETIN

VOLUME 83 | ISSUE 10

Ottawa Jewish Bulletin Publishing Co. Ltd.  
21 Nadolny Sachs Private, Ottawa, K2A 1R9  
Tel: 613 798-4696 | Fax: 613 798-4730  
Email: [bulletin@ottawajewishbulletin.com](mailto:bulletin@ottawajewishbulletin.com)  
Published 19 times per year.  
© Copyright 2019

PUBLISHER  
Andrea Freedman

EDITOR  
Michael Regenstreif

PRODUCTION CONSULTANT  
Patti Moran

BUSINESS MANAGER  
Eddie Peltzman

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

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

\$36 Local Subscription | \$40 Canada  
\$60 USA | \$179 Overseas | \$2 per issue

Funded by the Government of Canada.

Canada

ISSN: 1196-1929  
Publication Mail Agreement No. 40018822

Return undeliverable Canadian addresses to:  
Ottawa Jewish Bulletin  
21 Nadolny Sachs Private,  
Ottawa ON K2A 1R9

FROM THE EDITOR



MICHAEL REGENSTREIF

**O**n March 7, the U.S. House of Representatives voted 407-23 to approve a resolution condemning racism, hatred and intolerance – specifically including anti-Semitism and Islamophobia – that was sparked after recently-elected Rep. Ilhan Omar of Minnesota, one of the first two Muslim women ever elected to the U.S. Congress, repeatedly used anti-Semitic tropes while criticizing Israel.

For example, Omar suggested that AIPAC (American Israel Public Affairs Committee), the largest of the pro-Israel lobby groups in the U.S., uses money to control the U.S. government via campaign contributions that make senators and congressmen beholden to Jewish money. “It’s all about the Benjamins, baby,” Omar tweeted, a reference to the U.S. hundred-dollar bill which features

## Ilhan Omar repeatedly crossed the line

a portrait of Benjamin Franklin.

In fact, AIPAC does not make campaign contributions.

Another anti-Semitic trope Omar used was to imply that American Jews are more loyal to Israel than to the U.S. or that they have divided loyalties.

The International Holocaust Remembrance Alliance (IHRA) definition of anti-Semitism has become the standard in recent years. Reflecting how anti-Zionism has often become a cover for anti-Semitism, the IHRA definition does specify that anti-Zionism can be a form of anti-Semitism.

Some critics of Israel, particularly on the far left, reject any conflation of anti-Zionism and anti-Semitism because, they suggest, it stifles debate and legitimate criticism of Israeli government policies and leaders. That’s nonsense, of course. Virtually every Israeli I know is not shy about offering such criticism.

To offer criticism of Israeli Prime Minister Benjamin Netanyahu or his policies or actions is not anti-Semitic. Just as criticizing Donald Trump, Justin Trudeau or Theresa May and/or their policies and actions does not make someone anti-American, anti-Canadian or anti-British. Open criticism and dissent

are essential components of democratic societies. It is part of what distinguishes us from authoritarian dictatorships.

But there are anti-Semitic lines that must not be crossed. A couple of them that the IHRA definition notes are, “Making... stereotypical allegations about Jews as such or the power of Jews as collective – such as, especially but not exclusively, the myth about a world Jewish conspiracy or of Jews controlling the media, economy, government or other societal institutions”; and, “Accusing Jewish citizens of being more loyal to Israel, or to the alleged priorities of Jews worldwide, than to the interests of their own nations.” Omar crossed both of those lines and that’s why she was called on the carpet by many of her colleagues.

House Speaker Nancy Pelosi was one of those who criticized Omar. Pelosi said she didn’t think Omar was anti-Semitic but that she just didn’t understand the inherent anti-Semitism in the tropes she used.

Hopefully, Omar has come to understand the anti-Semitism in her rhetoric. She joined all of the other House Democrats and voted in favour of the resolution. All 23 nay votes were by Republicans.

### MODERN MISHPOCHA

As Modern Mishpocha columnist Stephanie Shefrin noted in her February 18 column, she has asked several other community members to join her in sharing parenting perspectives in the column. Shirlee Press makes her Modern Mishpocha debut on page 17 with a fascinating story of what happened when her family, including an impressionable three-year-old, witnessed a frightening event and the strategies Shirlee used to help her young daughter deal with it.

### NEW RECIPE COLUMN

Want to share your recipes? The Bulletin is planning a new recipe column – with a difference. Rather than have one dedicated columnist, we want this new column to be open to community contributors. We are looking for people who want to share recipes. Recipes should be introduced with a short paragraph that explains what inspired the recipe or why it is special. All recipes must be kosher with ingredients that can be found locally. If you’d like to contribute to the column, please contact me at [mregenstreif@ottawajewishbulletin.com](mailto:mregenstreif@ottawajewishbulletin.com) or 613-798-4696, ext. 310. I’m looking forward to hearing from you.

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

**W**hen I left journalism there was a question that followed me: How could I have left the excitement and bright lights of the news business without missing it?

Saying I didn’t miss it didn’t work – but one day I woke up with an answer. I didn’t miss day-to-day journalism but I did miss the romantic part. The part when a big story happens. Looking back a couple of weeks, there was no bigger story than having a prime minister on the ropes without a Muhammad Ali-like “rope-a-dope” to see daylight.

The SNC-Lavalin debacle is a multi-layered mess with an election seven months away. When the SNC-Lavalin story first broke, Prime Minister Justin Trudeau put his credibility on

## Jody Wilson-Raybould’s principled stand

the line as his first line of defence – and when a political leader does that, he or she risks losing everything.

Early on it was mind boggling to see a government, with the stakes so high, be so inept at defending itself. So many of the government’s early moves backfired leaving a bigger mess, with more and more important questions left unanswered.

There was also a basic problem. The director of public prosecutions was pressing for the criminal case to move forward – there was just no way for this to ever smell good. For their part, Trudeau and Gerald Butts, his former principal secretary, both insisted on many occasions that they never pressured the former attorney general to change direction.

But it was never easy to defend their position and it was interesting to see two powerful people, Trudeau and Butts, reduced to a state of powerlessness when it came to their own defence, especially at the beginning.

They were rendered powerless because in the first early weeks, by remaining silent, Jody Wilson-Raybould, the former justice minister and attorney general left Trudeau wondering what she might say. That, for a time, made her the most powerful person in Ottawa.

In theory, the fundamental issue at stake was and remains supreme. If a government tries to pervert the justice system to engineer conclusions that suit political needs then democracy itself is threatened. Trudeau couldn’t have seen it that way blinded by his own political reality. A Quebec-based leader had to defend the interests of SNC-Lavalin.

There were thousands of highly skilled jobs at risk in Quebec. SNC-Lavalin is a huge global engineering company and if convicted of bribing corrupt officials in Libya, as other global companies routinely did, it would be banned from doing business with the federal government for 10 years.

SNC-Lavalin embodies today’s Quebec. It is owned and operated by Quebecers. The Quebec pension plan has a major financial stake in it. The company is an important cog in Quebec’s economy. You really have to wonder if a Conservative prime minister not from Quebec would have also done his or her best to save the company from losing federal government contracts for a decade.

The business argument stood on one side of the ledger and politics on the other. Trudeau needs every seat he can get in Quebec if he is going to win the 2019 election. That unflinching reality rang loud and clear.

Politics is about winning by doing what you have to do to win. When principles, for whatever reason, obstruct the path to victory, political leaders routinely look for what they consider a compromise. Passing a law making it possible for SNC-Lavalin to be reprimanded without criminal prosecution was a compromise that failed.

From the get-go, it was obvious that Wilson-Raybould was deeply troubled by the compromise. If she wasn’t troubled, she would still be justice minister and attorney general and, approaching the election, Trudeau would still be taking credit for appointing the first indigenous justice minister in history.

No one can take issue with Wilson-Raybould’s principled stand and there will be many – notably fellow former minister and friend Jane Philpott – who will admire and praise her for it. Trudeau must wonder whether, had he appointed someone else to be justice minister and attorney general, would he have been left swinging in the wind for this long, pondering if he is finished.

Prominent and respected in indigenous circles, Wilson-Raybould set the bar of principle higher for herself – possibly because it was important for her, for indigenous people, and for their sad history with politics-as-usual.

# Unforgettable summer experiences for all kids!



**Day Camp**



**Traveling Sports Camp**

**SUMMER CAMPS**  
2019



**Specialty Camps**

## Register Online!

Instructional swim lessons included in Day Camp and Traveling Sports Camp

For more information about JCC of Ottawa Summer Camps contact the Camp Office (613) 798-9818 ext. 258, [camp@jccottawa.com](mailto:camp@jccottawa.com)



[www.jccottawa.com](http://www.jccottawa.com)



## YOU'RE INVITED TO OUR EAST COAST APPRECIATION PARTY

Amica Westboro Park, a senior lifestyles residence, is hosting an East Coast style party in our pub. Local band Shamrock and Thistle will entertain us with live maritime music. Sing and dance along while enjoying traditional Atlantic Canada fare.

Tuesday, April 2, 2019

2:00-4:00pm

491 Richmond Road, Ottawa

RSVP to Julia at 613-728-9274 by March 27

**AMICA**

WESTBORO PARK

[AMICA.CA/WESTBOROPARK](http://AMICA.CA/WESTBOROPARK)

# JNF CANADA 2019 MISSION TO ISRAEL & MOROCCO

Oct. 27 to Nov. 12

*An unforgettable experience  
to enjoy Israel and a Jewish  
Heritage tour in Morocco!*

LIMITED SPACE AVAILABLE.  
DON'T MISS OUT  
REGISTER EARLY!



## MOROCCO

- Temple Beth El in Casablanca
- Historical Kasbah of Chellah in Rabat
- Djemaa el-Fna Square
- Alleyways of 16th century Jewish Mellah
- Lamaza Synagogue
- Shabbat Dinner with local Jewish Community
- Neighborhoods of Gueliz & Hivernage
- Yves St. Laurent Museum & Jardine Majorelle
- Visit Ougane

## ISRAEL

- Moroccan hospitality visit
- Geopolitical Tour
- Tasting tours
- VIP visit to the Knesset
- Volunteer Work at Leket
- Tour home of the President
- Spice Factory
- Winery
- Hula visit
- Nature Museum
- Tree planting
- Soda Stream
- Air Balloon Ride

## DELUXE HOTELS

MOROCCO  
Le Casablanca  
Selman, Marrakesh

ISRAEL  
Dan Tel Aviv  
King David, Jerusalem



Price: \$6,300.00 USD  
Plus  
\$1,305.00 CAD  
per person, double occupancy

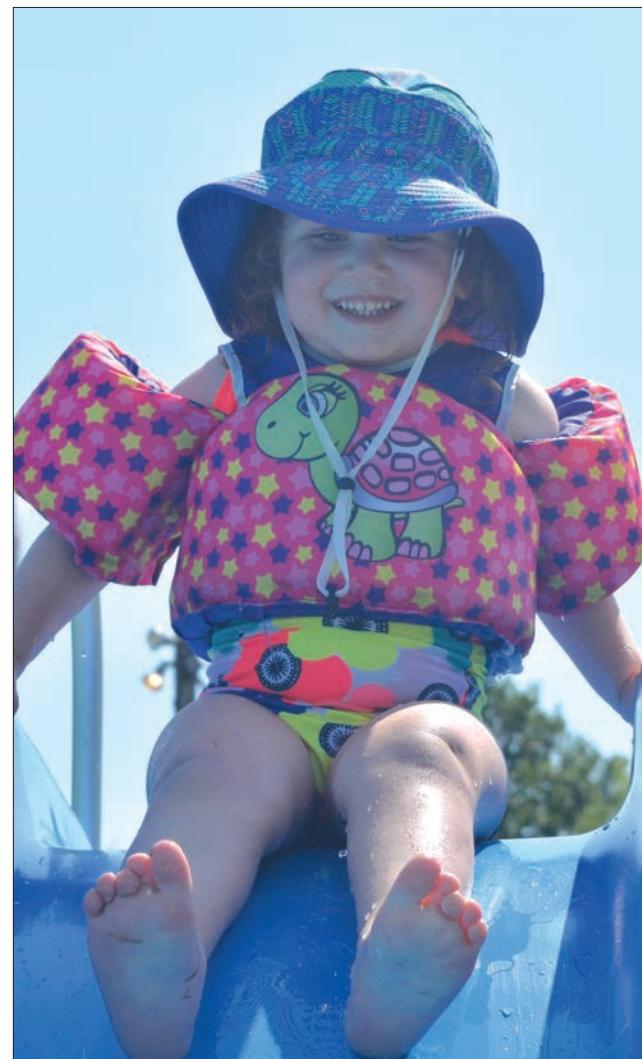
Flights included:  
Montreal to Casablanca  
Casablanca to Tel Aviv  
Tel Aviv to Toronto



FOR FURTHER INFORMATION CONTACT  
SHARON.LEHRER@JNF.CA OR TOLL FREE 1.866.775.1563



Families enjoy "PJ Library Does Junior Day at B'nai."



## CBB launches Family Camp weekend

BY CINDY PRESSER BENEDEK  
CAMP B'NAI BRITH OF OTTAWA

For all those camp parents who come to see their kids on visiting day and wish they could go back to being campers, and for all of those who don't feel quite ready to send their kids to camp, or are not sure their kids are ready to go off to sleepaway camp, Camp B'nai Brith of Ottawa (CBB) introduces Family Camp.

Family Camp 2019 gives families with children up to age eight a chance to enjoy a weekend at CBB in Quyon, Quebec, just 45 minutes from Ottawa. The goal of this experience, taking place Friday, June 14 to Sunday, June 16, is to introduce sleepover camp, and the value of Jewish camp, to Jewish families.

While at CBB, family campers will participate in traditional camp activities in the outdoors like sports, camp games, waterfront and swimming, while learning

new skills, and getting to know other young Jewish families. They will experience a CBB Shabbat, and will be immersed in a Jewish communal experience.

This weekend is a two-day teaser of what a summer at camp would be like and, aside from growing the CBB family, the goal is to showcase the value and worthiness of the Jewish camp experience and how it can help build partnerships within the community and help groom the next generation of Jewish leaders.

CBB offers a variety of options to help get young kids acclimatized to sleepover camp including our annual Junior Day at B'nai, in partnership with PJ Library, when families come up to camp for a Sunday during the regular camp session – this year on August 4. And first-time campers who are ready for a couple nights away from home can try the CBB Weekender Program from August 2 to 4.

The launch of the Family Camp pilot program was made possible through an Emerging Generation Grant from the Jewish Federation of Ottawa.

For more information, or to register your family for Family Camp, contact CBB Director Cindy Benedek at [cindy@cbbottawa.com](mailto:cindy@cbbottawa.com) or 613-244-9210.



Life's brighter under the sun

### I can help with:

- Life insurance
- Personal health insurance
- RRSPs/RRIFs
- TFSA's
- Mutual funds\*
- Employee benefits



Diane Koven BA (Hons) CFP® CHS™  
613-728-1223 ext 2235  
[diane.koven@sunlife.com](mailto:diane.koven@sunlife.com)  
1525 Carling Avenue, Suite 600  
Ottawa, ON



Mutual funds distributed by Sun Life Financial Investment Services (Canada) Inc.  
Sun Life Assurance Company of Canada is a member of the Sun Life Financial group of companies.  
© Sun Life Assurance Company of Canada, 2019.



(councillor)  
**Jan Harder**

Barrhaven Councillor  
Chair, Planning Committee

613-580-2473

[Jan.Harder@Ottawa.ca](mailto:Jan.Harder@Ottawa.ca)

[@BarrhavenJan](https://twitter.com/BarrhavenJan)

[facebook.com/BarrhavenJanHarder](https://facebook.com/BarrhavenJanHarder)

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

## FOUNDATION DONATIONS | Ottawa Jewish Community Foundation

# Create a LEGACY that benefits YOU, your FAMILY, and FOUNDATION

\$500K



\$125K  
+\$21K  
\$146K



\$125K  
+\$21K  
\$146K



\$125K  
+\$21K  
\$146K



Ottawa  
Jewish  
Community  
Foundation  
\$125K

Jonathan and Dana love their three kids. Originally, they planned to divide their \$500K estate equally between them, leaving \$167K to each.

But they realized they could do more with their money – they could create a lasting legacy for all the charities in the community that they care about while still providing for their children.

Jonathan and Dana included the Ottawa Jewish Community Foundation in their charitable giving plan. The charitable tax receipt provides \$21K back to each child.

For more information on planned giving, contact:  
**Micah Garten**, Director of Development at  
613-798-4696 x270 or mgarten@jewishottawa.com

This illustration should not be construed as tax or legal advice. Please consult your financial and legal advisor to discuss effective ways to make charitable giving part of your estate planning.



### HARRY AND SONIA AGULNIK MEMORIAL FUND

#### ANNIVERSARY WISHES TO:

Manny and Paula Agulnik by Dorothy and David Torontow

### BRAYDEN APPOTIVE ENDOWMENT FUND

#### MAZEL TOV TO:

Liz Vered on the birth of her granddaughter by David and Sharon Appotive and family

Danya Vered and David Glick-Stal on the birth of their daughter by David and Sharon Appotive and family

### SHIRLEY AND SHIER BERMAN FUND FOR OTTAWA JEWISH ARCHIVES

#### IN MEMORY OF:

Dr. Sydney Kronick by Shirley, Shier and Reva Berman  
Estelle Backman by Shirley, Shier and Reva Berman

#### BIRTHDAY WISHES TO:

David Appotive by Harry and Linda Prizant

### CAMP B'NAI BRITH OF OTTAWA CAPITAL ENDOWMENT FUND

#### IN MEMORY OF:

Paul Gwartzman by Shirley, Shier and Reva Berman

### HOWARD, JEFFREY, ANDREW, MICHAEL, GREGORY AND ZACHARY COGAN SCHOLARSHIP FUND

#### MAZEL TOV TO:

Lester and Myra Aronson on the engagement of their son Jordan to Karine by Fred and Lisa Cogan

Cindy Engel on the appointment of her son Josh as the managing partner of GGFL by Fred and Lisa Cogan

Liz Vered on the birth of her granddaughter Mila by Fred and Lisa Cogan

#### IN MEMORY OF:

Dr. Sydney Kronick by Fred and Lisa Cogan

### SANDI AND EDDY COOK ENDOWMENT FUND

#### BIRTHDAY WISHES TO:

Stan Zack by Sandi and Eddy Cook

#### IN MEMORY OF:

John Thera by Sandi and Eddy Cook

### TILLIE AND HARRY CHERM MEMORIAL FUND

#### IN OBSERVANCE OF THE YAHRZEIT OF:

Harry Cherm by Donald Cherm

### NATHAN AND REBA DIENER ENDOWMENT FUND

#### MAZEL TOV TO:

Esther and Fred Brauer on their grandson's Bar Mitzvah by Reba Diener

### CYNTHIA AND ABE ENGEL ENDOWMENT FUND

#### IN MEMORY OF:

Joyce Miller by Cynthia Engel  
Pauline Hochberg by Cynthia Engel

### GARTEN FAMILY ENDOWMENT

#### MAZEL TOV TO:

Bernie and Susan Gold on the birth of their granddaughter Ella Mary by Micah and Jessica Garten

### THE RABBI GARTEN EDUCATION FUND

#### MAZEL TOV TO:

Bernie and Susan Gold on the birth of their granddaughter Ella Mary by Rabbi Steven Garten and Lisa Hans

### GROSSMAN KLEIN FAMILIES FUND

#### IN MEMORY OF:

Ron Levitan by Vera and Leslie Klein  
Dr. Lionel Metrick by Vera and Leslie Klein

E. Max Cohen by Vera and Leslie Klein  
Malka Feig by Vera and Leslie Klein

### HY AND PAULINE HOCHBERG ENDOWMENT FUND

#### IN MEMORY OF:

Pauline Hochberg by Margo and Gordon Roston; Sol and Zelaine Shinder; AJ Freiman; Laya and Sol Shabinsky; Daniel and Marilyn Kimmel; and by Ian and Randi Sherman

### SYD, ETHEL, LINDA AND STEVEN KERZNER AND FAMILY COMMUNITY ENDOWMENT FUND

#### REFUAH SHLEMA TO:

Andrea Freedman by Linda and Steven Kerzner

### ARTHUR AND SARAH KIMMEL MEMORIAL FUND

#### REFUAH SHLEMA TO:

Steven Kimmel by Marilyn and Daniel Kimmel

#### IN MEMORY OF:

Elie Paroli by Marilyn and Daniel Kimmel

### MORRIS AND LILLIAN KIMMEL MEMORIAL FUND

#### IN MEMORY OF:

Joel Diena by Steven and Shelli Kimmel

### KRANTZBERG KRANE FAMILY FUND

#### IN MEMORY OF:

Michael McCann by Myra and Sam Krane and family

### SUSAN AND DAVID KRIGER ENDOWMENT FUND

#### IN OBSERVANCE OF THE YAHRZEIT OF:

Akiva Kriger by Susan and David Kriger

## FOUNDATION DONATIONS | Ottawa Jewish Community Foundation

### NORMAN AND ISABEL LESH ENDOWMENT FUND

**MAZEL TOV TO:**

Susan and Sam Firestone on Jessica's engagement by Isabel Lesh  
Claire Bercovitch on her granddaughter Jessica's engagement by Isabel Lesh

**IN MEMORY OF:**

Betty Dover by Isabel Lesh

### ARIELLA MORGAN B'NAI MITZVAH FUND

**MAZEL TOV TO:**

Kara and Daniel Goodwin and family on their daughter Anneke's Bat Mitzvah by Sarah and Steven Morgan and family

### OTTAWA JEWISH CEMETERIES ZICHARON FUND

**IN MEMORY OF:**

Eleanor Torontow by Jean Myers

### OTTAWA JEWISH COMMUNITY ENDOWMENT FUND

**IN MEMORY OF:**

Eleanor Torontow by Sarah and Steven Morgan

**REFUAH SHLEMA TO:**

Steven Kimmel by Sarah and Steven Morgan

### THE OTTAWA LION OF JUDAH ENDOWMENT FUND

**IN MEMORY OF:**

Gordon Byer by Leiba Krantzberg and Michael Metz  
Kenneth Freedman by Leiba Krantzberg and Michael Metz

**MAZEL TOV TO:**

Susan and Sam Firestone on the engagement of Jessica to David Kepecs by Leiba Krantzberg and Michael Metz

Claire Bercovitch on the engagement of her granddaughter Jessica to David Kepecs by Leiba Krantzberg and Michael Metz  
Lori Caplan and Phil Rimer on their wedding by Leiba Krantzberg and Michael Metz  
Linda Kerzner on receiving the KWF Award by Leiba Krantzberg and Michael Metz

**BIRTHDAY WISHES TO:**

Jessica Kerzner by Leiba Krantzberg and Michael Metz

### HARRY AND BERTHA PLEET MEMORIAL FUND

**IN MEMORY OF:**

Gusztav Nador by Pinchas and Barbara Pleet

### ALTI AND BEREL RODAL FAMILY FUND

**IN MEMORY OF:**

Dr. Sydney Kronick by Alti and Berel Rodal  
Joel Diena by Alti and Berel Rodal

### FLORENCE AND GDALYAH ROSENFELD ENDOWMENT FUND

**REFUAH SHLEMA TO:**

Steven Kimmel by Anita Rosenfeld  
Joe Levitan by Anita Rosenfeld

**IN MEMORY OF:**

Mayna Slatt by Anita Rosenfeld  
Elie Paroli by Anita Rosenfeld

### HANNAH SACHS B'NAI MITZVAH FUND

**IN MEMORY OF:**

John Thera by Ingrid Levitz; and by Sally and Elliott Levitan

### ELAYNE AND WESLEY SCHACTER ENDOWMENT FUND

**BIRTHDAY WISHES TO:**

Marshall Fine by Elayne and Wesley Schacter

### LORNE AND LAURIE SHUSTERMAN FAMILY FUND

**IN MEMORY OF:**

Annette Millstone by Lorne and Laurie Shusterman

### ZACHARY SILBER B'NAI MITZVAH FUND

**IN MEMORY OF:**

Eleanor Torontow by Shari and Lawrence Silber  
Gordon Byer by Shari and Lawrence Silber

### LINDA SILVERMAN MEMORIAL FUND

**IN MEMORY OF:**

Dr. Sydney Kronick by Marvin and Phyllis Silverman

### STELLA AND LOUIS SLACK MEMORIAL FUND

**MAZEL TOV TO:**

Lester and Myra Aronson on the engagement of their son Jordan to Karine by David and Sharon Appotive and family; and by Sol and Estelle Gunner

**IN MEMORY OF:**

Sam Reich by Lester and Myra Aronson

### DORIS AND RICHARD STERN FAMILY FUND

**BIRTHDAY WISHES TO:**

Jerry White by Doris and Richard Stern

### CASEY AND BESS SWEDLOVE MEMORIAL FUND

**IN MEMORY OF:**

Elie Paroli by Carol-Sue and Jack Shapiro

**REFUAH SHLEMA TO:**

Tracey Kronick by Carol-Sue and Jack Shapiro

### STEPHEN AND GAIL VICTOR ENDOWMENT FUND

**IN MEMORY OF:**

Pauline Hochberg by Gail and Stephen Victor

### MICHAEL WALSH AND LISA ROSENKRANTZ ENDOWMENT FUND

**BIRTHDAY WISHES TO:**

Michael Walsh from Rabbi Steven Garten and Lisa Hans

### ROBERT WENER AND LYNNE ORECK WENER FAMILY FUND

**IN MEMORY OF:**

Ken Halprin by Lynne Oreck-Wener and Robert Wener

**MAZEL TOV TO:**

Brenda and Hart Searle on the engagement of Michael to Dom by Lynne Oreck-Wener and Robert Wener

**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.**



There is a way to  
**LIVE FOREVER.**

Take the OJCF Legacy Challenge

Visit [ojcf.ca](http://ojcf.ca)

Contact: Andrea Freedman, President and CEO  
at 613-798-4711 or [afreedman@jewishottawa.com](mailto:afreedman@jewishottawa.com)



# Klez 12: A freilach benefit for the Ottawa Koshers Food Bank

BY IRWIN M. BRODO AND  
ESTELLE MELZER  
FOR KLEZ 12

Just as winter is getting to feel too much to bear, and spring flowers are still a month or two away, along comes Klez 12, the 12th annual klezmer fundraiser for the Ottawa Koshers Food Bank, an event for all ages, to be held in the social hall at the Soloway Jewish Community Centre on Sunday, March 24, from 3 to 5 pm.

This klezmer music event began in 2008 as an educational evening for Adath Shalom Congregation, but proved to be so popular, it was opened to the community and made an annual happening. As always, all proceeds benefit the Ottawa Koshers Food Bank, which helps dozens of families in the community. This year's sponsors are Adath Shalom Congregation, Kehillat Beth Israel, Or Haneshamah Congregation and Temple Israel.

The music is provided by A Touch of Klez, an eight-piece ensemble of klezmerim including Peter Teitelbaum and Ruth Mendell on clarinet, Eric Elkin on flute, Alison James on keyboard, Ernie Brodo on mandolin, Don McVeigh on banjo, Fred Brown on bass, and Dave Zinman on drums (standing in for Steve Shapransky for this performance). Well known jazz and klezmer fiddler Sol



A Touch of Klez will perform at Klez 12 on March 24 at the SJCC. (From left) Ernie Brodo, Eric Elkin, Steve Shapransky, Fred Brown, Alison James, Don McVeigh, Ruth Mendell and Peter Teitelbaum.

Gunner will be joining the band for a few numbers including a hot bulgar you won't want to miss.

Yiddishkeit will be much in evidence with songs performed with the band in Yiddish by two guest vocalists: classically trained mezzo-soprano Rabbi Liz Bolton and tenor Cantor Jason Green. There is also be a set of Yiddish choral pieces by Musica Ebraica under the direction of Saeideh Rajabzadeh, the choir's amazing and

accomplished new conductor.

As before, dances will be led and taught by Susan Barker of the International Folk Dancers of Ottawa, assisted by Seymour Shlein and Miriam Tepper and light refreshments will be provided by Babi's Restaurant.

Admission is \$15 for adults, \$5 for students, and free of charge for children 12 and under. Advance tickets are being sold by members of A Touch of Klez and Musica Ebraica, by the spon-

soring shuls, and they will available at the door.

Audience participation is an important component of any klezmer event. You will be encouraged to sing along, tap your feet, clap your hands, and, if the spirit moves you, and it will, join in the dancing. You will discover that klezmer is good for the soul and good for the spirit. Come and experience Klez 12 and see how it lightens your end-of-winter blahs.

**Kelly Funeral Homes**  
are proud to serve the Jewish community

Our staff will focus on your family's specific needs and budget.

**Available to help your family 24 hours a day.**

**Kelly Funeral Homes:**

<b>Carling</b> 2313 Carling Ave. 613-828-2313	<b>Barrhaven</b> 3000 Woodroffe Ave. 613-823-4747
<b>Kanata</b> 580 Eagleson Rd. 613-591-6580	<b>Somerset</b> 585 Somerset St. W. 613-235-6712
<b>Orléans</b> 2370 St. Joseph Blvd. 613-837-2370	<b>Walkley</b> 1255 Walkley Rd. 613-731-1255

Arbor Memorial Inc.

**NAC 50**  
NATIONAL ARTS CENTRE  
CENTRE NATIONAL DES ARTS  
Canada is our stage. Le Canada en scène.

nac presents  
SERIES + MELATHER GIBSON EXECUTIVE PRODUCER  
BMO

18-19 SEASON

**BEN CAPLAN**  
WITH GEOFF BERNER

**BABS ASPER THEATRE**  
APRIL 10 @ 7:30PM | TICKETS FROM \$23.75

OFFICIAL HOTEL PARTNER  
THE METCALFE

#NACPRESENTS NAC-CNA.CA ticketmaster.ca 1-888-991-2787 (ARTS)

# How the Holocaust and a 2007 Muskoka murder shocked and affected a family

## MICHAEL REGENSTREIF BOOK REVIEW

### *The Crate: A Story of War, a Murder, and Justice*

By Deborah Vadas Levison  
WildBlue Press  
312 pages

Although she now lives in the U.S., author Deborah Vadas Levison – the daughter of Holocaust survivors from Hungary who immigrated to Canada in 1956 – grew up in Toronto and returns there and to the family cottage in Bracebridge in the Muskoka region regularly. The cottage was built by her father and was a place of treasured memories for the family; a place of refuge from the horrors her parents had lived through, and left, in Europe.

In 2010, Levison was with her husband and children in Florida for a baseball tournament her son was playing in when she received a phone call from her older brother. A woman's dismembered body had been discovered in a crate in a crawl space underneath the cottage – and a murder investigation had begun. The victim was later identified as Samantha Collins, a young woman with a troubled past who had been living in Bracebridge with her partner and child when she disappeared in 2007.

Thus begins a series of related and intersecting narratives at the heart of *The Crate: A Story of War, a Murder, and Justice*. It is very much a family memoir that includes Levison's own story of growing up, of being a second generation Holocaust survivor, of moving away from home and of her life in Connecticut with her husband and children; and, more briefly, the story of her older brother Peter Vadas, a doctor in Toronto whom police investigated and quickly cleared as a suspect in the murder. But at the heart of the book are two main threads: the stories of Veronica and Steve Vadas, Levison's parents, and of how they each survived the Holocaust and its aftermath, came to Canada and built successful lives here – only to find peacefulness of their lives shattered by the discovery of a murdered woman's body under their cottage; and the story of

Collins' life, her murder and its investigation, and the trial and conviction of the suspect.

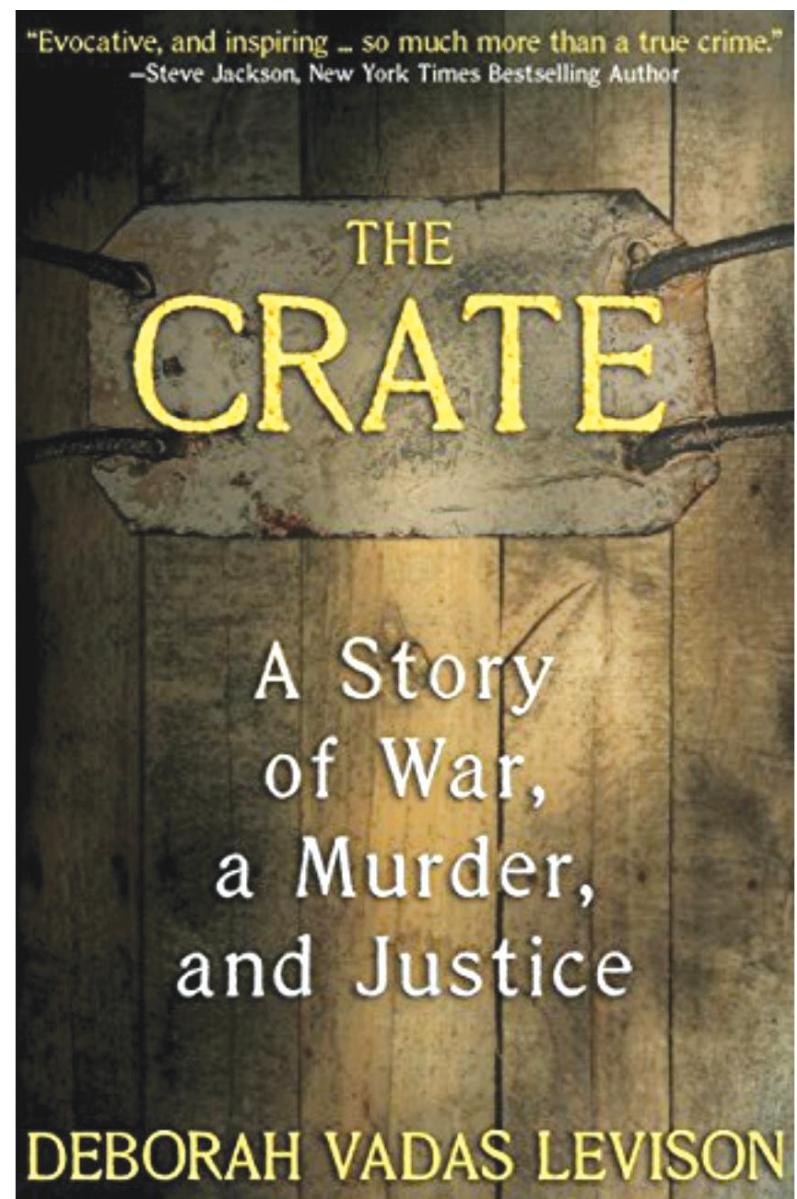
And central to the book is how Levison herself, and her family members, reacted to developments in the various narratives. For example, she was unsure if she would be able to spend time at the cottage again after the discovery of Collins' body – but her parents, who had lived through and survived the most harrowing experiences of modern Jewish history, knew the family would overcome the shock of the body being found on their property.

The most poignant sections of *The Crate* are when Levison writes about her parents surviving the Holocaust, coming to Canada, raising a family and building and enjoying the cottage in Bracebridge. And the most poignant moment of all comes near the end of the book – three years after the discovery of the body under their cottage, and not long after the suspect had been tried, convicted and sentenced – when Levison's father passes away, just before his 87th birthday.

It was then that Levison comes to understand her own role as a "keeper of the memories" to ensure that the stories would live forever – and not only her stories and her families stories, but also the stories of Samantha Collins, a woman they did not know in life, but whose stories were bound to theirs the day that the murderer hid her body in a crate under their cottage.

There is much going on in *The Crate's* intersecting stories, and although it is her first book and she is highly ambitious in the way she weaves in and out of the various narratives, Levison pulls all of the various strands together with the deftness of an experienced novelist. Reading *The Crate* was a compelling and ultimately moving experience and should Levison turn to writing a novel, I will be most anxious to read it.

Visit [www.debbielevison.com](http://www.debbielevison.com) for more information about *The Crate* and author Deborah Vadas Levison.



Don't *pass-over* this great promotion



Purchase tribute cards as a way to donate to a favourite fund while sending holiday greetings.

**Buy five cards, get the sixth free!**

To receive this offer, please call 613-798-4696 x 274 or email [tributecards@ojcf.ca](mailto:tributecards@ojcf.ca)



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

**613-728-3990**

**Your donation to the Lodge assists in providing high quality care for our Jewish elderly.**

**Card Donations**

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

On behalf of the residents and their families, we extend sincere appreciation to the following individuals and families who made card donations to the Hillel Lodge Long-Term Care Foundation **between February 11 to 27, 2019 inclusive.**

**HONOUR FUNDS**

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

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

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

**Ruth and Irving Aaron Family Fund**

**In Memory of:**  
Elie Paroli by Ruth and Irving Aaron

**Bill and Leona Adler Memorial Fund**

**In Memory of:**  
Joyce Miller by Marilyn Adler

**Fred and Esther Ballon Family Fund**

**In Honour of:**  
Rabbi Reuven Bulka In appreciation by Fred and Esther Ballon

**Jenny and Murray Citron Family Fund**

**In Memory of:**  
Estelle Backman by Murray Citron

**Sid and Barbara Cohen Family Fund**

**R'Fuah Shlema:**  
Lester Aronson by Barbara Cohen  
Elliott Levitan by Barbara Cohen  
Ricki and Barry Baker by Barbara Cohen  
Tedd Nathanson by Barbara Cohen  
Morton Ross by Barbara Cohen

**In Honour of:**

Carole Zagerman Mazel Tov on your milestone Birthday by Barbara Cohen

**In Memory of:**

Ron Levitan by Barbara Cohen  
Syd Kronick by Barbara Cohen  
Max Cohen by Barbara Cohen

**Nell Gluck Memorial Fund**

**In Honour of:**

Sally and Elliott Levitan Thinking of you by Manny and Cheryle Gluck  
Geri Bar-El Mazel Tov on your 70th Birthday by Julia Gluck, Ted Overton and Jess and Ayelet

Dr. Jordan Pelc Mazel Tov on your recent appointment by Julia Gluck and Ted Overton

**In Memory of:**

Elie Paroli by Henry and Maureen Molot  
**R'Fuah Shlema:**  
Steven Kimmel by Carol Shattner and Barry Appel  
Stan Aaron by Carol Shattner and Barry Appel

**Evelyn and Irving Greenberg Family Fund**

**In Memory of:**

Elie Paroli by Evelyn Greenberg

**Evelyn and Isadore Hoffman Family Fund**

**In Memory of:**

Anne May by Issie and Evelyn Hoffman

**David, Harvey, Victor Kardish Family Fund**

**In Memory of:**

Elie Paroli by Margo, David, Aaron and Gail Kardish  
David Kimmel by Margo, David, Aaron and Gail Kardish

**Norman and Gert Leyton Family Fund**

**In Memory of:**

Joyce Miller by Cheryl Leyton and Manuel Glimcher  
Elie Paroli by Cheryl Leyton and Manuel Glimcher

**Ken and Leah Miller Family Fund**

**In Memory of:**

Joyce Miller by Ken and Leah Miller

**Ratner / Levine Family Fund**

**In Memory of:**

Joyce Miller by Danny and Rhonda Levine and family and Leo Ratner  
Gerry Yampolsky by Libby and Leo Ratner and Danny and Rhonda Levine and family  
Elie Paroli by Danny and Rhonda Levine

**Schachter / Ingber Family Fund**

**In Honour of:**

George Acel Wishing you a Happy Birthday by Maggie and Bob Lederman and all the Ledermans

**In Memory of:**

Aristides Apokatandis by Rachel and Howard Schachter

**Stephen and Debra Schneiderman Family Fund**

**In Memory of:**

Belle Gitterman by Stephen and Debra Schneiderman  
Syd Kronick by Stephen Schneiderman

**Skulsky Family Fund**

**In Memory of:**

Abe Israel by Ray and Ernie Goldstein

**Sternberg / Jacobsen Family Fund**

**In Memory of:**

Estelle Backman by Laya Jacobsen  
Annette Millstone by Laya Jacobsen

**Louis and Diane Tannenbaum Family Fund**

**In Memory of:**

Avrum Furt by Louis and Diane Tannenbaum

**Ethel and Irving Taylor Family Fund**

**In Honour of:**

Susan and Mark Korn Mazel Tov on the birth of your granddaughter Noa by Risa, Brent and Shira Taylor

**Anna and Samuel Wex Family Fund**

**In Honour of:**

Mr. and Mrs. Marc Bazilian Mazel Tov on the birth of your granddaughter by Anna and Sam Wex

**Carole and Norman Zagerman Family Fund**

**In Memory of:**

Syd Kronick by Carole Zagerman

\*\*\*\*\*

**Feeding Program**

**In Memory of:**

Max Bessin by Glenda, David and Jordana Moss  
Sema Biner by Helen and Mayer Alvo and family

Joyce Miller by Jerry and Lily Penso, Walter Hendelman

Elie Paroli by Michael Wexler and Muriel Korngold Wexler

**In Honour of:**

Myra and Lester Aronson Mazel Tov on Jordan's engagement to Karina by Joy and Seymour Mender and family

Elayne and Wesley Schachter Mazel Tov on the birth of Jackson Joel by Joy and Seymour Mender and Family

Alvin and Monica Stein Mazel Tov on your granddaughter's Bat Mitzvah by Michael Wexler and Muriel Korngold Wexler

Ruth Levitan In appreciation of your support and friendship by Phyllis and Bill Cleiman  
Barbara and Larry Hershorn In appreciation of your support and friendship by Phyllis and Bill Cleiman

Jackie and Burt Gorenstein In appreciation of your support and friendship by Phyllis and Bill Cleiman

Rena and Jim Borovay In appreciation of your support and friendship by Phyllis and Bill Cleiman

**R' Fuah Shlema:**

Steve Kimmel by Donna and Eric Levin

\*\*\*\*\*

**Recreation Program**

**In Honour of:**

Josh Engel Congratulations on a well-deserved honour and promotion by Beth Roodman  
Sandy and Al Bennett In appreciation of your support and friendship by Phyllis and Bill Cleiman

Annette Albert In appreciation of your support and friendship by Phyllis and Bill Cleiman

Rena Cohen In appreciation of your support and friendship by Phyllis and Bill Cleiman

Jeanette and Arnold Finkelstein In appreciation of your support and friendship by Phyllis and Bill Cleiman

**Ritual Program**

**In Memory of:**

Elie Paroli by Susan Greenberg  
Paula and Manny Agulnik In appreciation of your support and friendship by Phyllis and Bill Cleiman

**THE LODGE EXPRESSES ITS SINCERE APPRECIATION FOR YOUR KIND SUPPORT AND APOLOGIZES FOR ANY ERRORS OR OMISSIONS. DUE TO SPACE LIMITATIONS, THE WORDING APPEARING IN THE BULLETIN IS NOT NECESSARILY THE WORDING WHICH APPEARED ON THE CARD.**

**"GIVING IS RECEIVING" – ATTRACTIVE CARDS AVAILABLE FOR ALL OCCASIONS**

Here's a great opportunity to recognize an event or convey the appropriate sentiment to someone important to you and at the same time support the Lodge. Call orders may be given to Cathie at 728-3990, 7:30 a.m. – 3:30 p.m. Monday to Friday. You may also go to: [www.hillel-ltc.com](http://www.hillel-ltc.com) and click on the "Donate Now" button to make your donations. Cards may be paid for by Visa or Mastercard. Contributions are tax deductible.



Paula and Manny Agulnik Mazel Tov on your 50th Anniversary by Phyllis and Bill Cleiman  
Jill and Allan Bellack In appreciation of your support and friendship by Phyllis and Bill Cleiman

**Therapeutics Program**

**In Honour of:**  
Donna Finkelstein In appreciation of your support and friendship by Phyllis and Bill Cleiman  
Marsha and Warren Black In appreciation of your support and friendship by Phyllis and Bill Cleiman  
Roz and Fred Tabachnick In appreciation of your support and friendship by Phyllis and Bill Cleiman  
Grace and Jim Hillel In appreciation of your support and friendship by Phyllis and Bill Cleiman

**In Memory of:**  
Elie Paroli by Audrey, Steven and Kyle Taylor

**In Honour of:**  
Bea and Barry Muroff Mazel Tov on your Anniversary by Sylvia and Morton Pleet and Jeff and Felice Pleet and family  
Abe and Eva Ludvig Congratulations on the birth of your grandson by Dale and Ruth Fyman

Dr. Myron Cherun and Dr. Faith Silver In appreciation of your support and friendship by Phyllis and Bill Cleiman  
Marlene Cherun In appreciation of your support and friendship by Phyllis and Bill Cleiman  
Jack and Carol Sue Shapiro In appreciation of your support and friendship by Phyllis and Bill Cleiman  
Sol and Estelle Gunner In appreciation of your support and friendship by Phyllis and Bill Cleiman  
Ruth Aaron Mazel Tov on your 90th Birthday by Magda and Peter Benedek  
Barbara Farber Mazel Tov on receiving the Order of Canada by Magda and Peter Benedek  
Christina and Jerry Robbins In appreciation of your support and friendship by Phyllis and Bill Cleiman  
Yanda and Mark Max In appreciation of your support and friendship by Phyllis and Bill Cleiman

**In Memory of:**  
Eric Kosky by Dale and Ruth Fyman  
Belle Gitterman by Miriam Bloom and Victor Rabinovitch  
Elie Paroli by Eric Elkin and Molly Hirsch and Ian and Randi Sherman  
Joyce Miller by Myra and Seth Barovick and Seymour and Joyce Bellman  
Syd Kronick by Sandra Appel

**R'Fuah Shlema:**  
Mark Max Wishing you a speedy recovery by Phyllis and Bill Cleiman

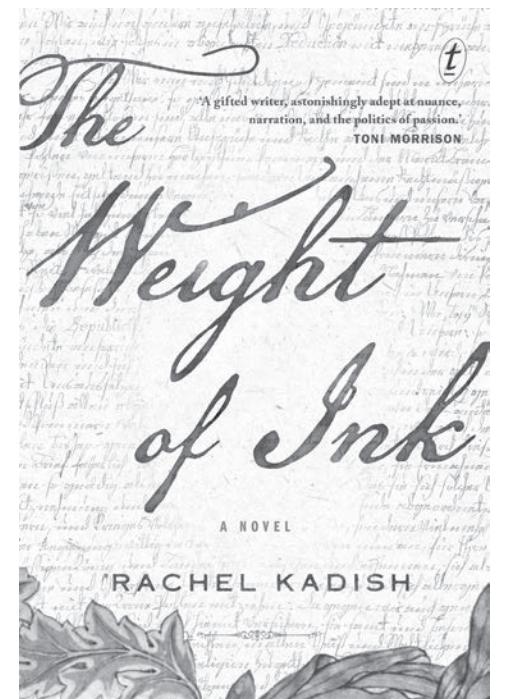
# Books and Bagels at Temple Israel

ANNE ALPER  
FOR TEMPLE ISRAEL

Books and Bagels will resume this spring with two more sessions at Temple Israel, 1301 Prince of Wales Drive. The popular program features reviews and discussions of books of Jewish interest and is open to the entire community. Sessions take place on Sunday mornings with a bagel breakfast at 9:30 am followed by a book review and discussion at 10. Pre-registration is not required and is it not necessary to have read the book to enjoy the discussion. There is no charge but a voluntary donation to cover the cost of breakfast is appreciated. Everyone is welcome.

**March 24:** Fran Klodawsky will review *In the Darkroom* by Susan Faludi. This memoir centres on the life of Faludi's father and has been described by Rachel Cooke in the Guardian as "a searching investigation of identity, barely disguised as a sometimes funny sometimes very painful family saga."

**May 26:** Rabbi Steven Garten, Temple Israel's rabbi emeritus, will review *The Weight of Ink* by Rachel Kadish. This historical novel, set in London during the 1660s and the early 21st century,



describes how a mysterious collection of papers hidden in a historic London home sends two scholars of Jewish history, Ester Velasquez and Helen Watt, on an unforgettable quest.

Contact Shayla Mindell at [shaylamindell@rogers.com](mailto:shaylamindell@rogers.com) for more information about Books and Bagels.

**CHW Children Healthcare Women**

**My Homeland ...Grows Strong  
My Impact ...Saves Lives**

**Please Give Generously**

CHW passionately supports programs and services for Children, Healthcare, and Women in Israel and Canada.

**CANADIAN HADASSAH-WIZO (CHW)**  
2019 ANNUAL CAMPAIGN FUNDRAISING GOAL = \$1.5M

1-855-477-5964 | [info@chw.ca](mailto:info@chw.ca)  
[www.chw.ca/ottawa](http://www.chw.ca/ottawa) | CanadianHadassahWIZO

## COMMUNITY SERVICE AWARDS 2019

Members of the Jewish community are invited to nominate individuals to receive awards at Federation's Annual General Meeting June 19, 2019.

### Gilbert Greenberg Distinguished Leadership Award

The Gilbert Greenberg Distinguished Leadership Award is the highest tribute the Ottawa Jewish community can bestow on an individual for exceptional service and leadership to the Jewish community over the course of many years.

### Shem Tov Community Volunteer Award

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

### Freiman Family Young Leadership Award

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

### Student Leadership Award

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

Visit [jewishottawa.com](http://jewishottawa.com) for more information, to complete an online nomination or to download a nomination form. **Deadline March 29, 2019.**

Nominations can be delivered attention: Chair of the Community Award Selection Committee, Jewish Federation of Ottawa, 21 Nadolny Sachs Pvt., Ottawa, ON K2A1R9

Questions? Please email [info@jewishottawa.com](mailto:info@jewishottawa.com) or call 613-798-4696 x 236





Zöe Sweet as “Mara” and Pierre Antoine Lafon Simard as “Jordan” rehearse a scene from “Behaviour” by Darrah Teitel, now playing at GCTC.

Playwright Darrah Teitel says Parliament Hill staffers will see themselves and their experiences reflected in “Behaviour.”

# Play examines abuse on Parliament Hill

BY MICHAEL REGENSTREIF  
EDITOR

Although playwright Darrah Teitel worked on Parliament Hill for two members of Parliament between 2011 and 2015, she says “Behaviour,” her play

about how the abuse of power affects a Hill staffer, now on at GCTC, is not autobiographical.

“It’s not my story,” Teitel told the Ottawa Jewish Bulletin late last month while the play was in rehearsal, “but I think anyone who works on the Hill will

see themselves and their experiences reflected in it. I would describe it as a kind of composite cry from a lot of different perspectives that I heard while I was employed there.”

Teitel began working on the play after leaving Parliament Hill and had finished writing the play’s first draft when the Me Too movement suddenly made her subject matter very topical.

“Me Too kind of exploded in the world and the themes I was writing on started to surround us in the news,” she said. “I had the strange experience of having the play I was writing be very much in current dialogue with the world around me.

“It was very surreal. Almost every week there would be a new article, a new person, a lot of it set in political situations with senators, MPs, and parliamentarians around the world. It felt like world was suddenly taking notice and it was changing the conversation; it was changing what I was able to write about.”

While the play is about a Hill staffer, Teitel points out that women in virtually all walks of life have experienced sexual harassment and abuse.

“It is almost statistically insignificant how many women don’t know about or have experienced sexual assault or abuse,” she said, “and then everybody figured that out while I was in the middle of writing this play.”

In the wake of the Me Too movement, Teitel wrote a third act to the play to address what happens after someone comes forward about the abuse they have suffered.

Teitel said she wrote the play not just for the victims of abuse or sexual violence, or for the perpetrators of it, but

with the bystanders in mind – so that they will begin to understand what is going on around them.

Teitel hopes the play will have an effect on Parliament Hill.

“I would like people to consider that having good politics means how you treat each other. It’s not just about what you say in public, it’s about how you are in private – and to your employees and your colleagues,” she said.

“The unpredictability of this script provides enormous tension,” notes GCTC Artistic Director Eric Coates in a statement on why he chose to include “Behaviour” in the theatre’s season. “I have always liked Darrah’s writing, but I feel that she has turned a corner with this one by piling up the contrasts of motherhood, career and marriage against a backdrop of invisible violence.”

Teitel began writing in childhood and attracted much attention when her play, “Corpus,” written about a scholar studying the Holocaust, won the 2010 Canadian Jewish Playwriting Competition at the Miles Nadal JCC in Toronto. “Corpus” received its first full production at Arts Court Theatre in Ottawa in 2014.

Teitel is now working on a new play that will focus on young people in the Warsaw Ghetto in the years before the uprising.

“The play won’t be about the Warsaw Ghetto Uprising itself,” said Teitel, “it will be about the backroom political drama that led up to it... and about their interpersonal dramas – their romances, their families, their loves.”

“Behaviour” continues at GCTC, 1233 Wellington Street West, until March 31. Visit [www.gtc.ca](http://www.gtc.ca) or call 613-236-5196 for tickets or more information.

## Temple Israel

*An egalitarian Reform congregation*

Jewish roots, contemporary values, egalitarian

# Happy Purim

<b>Friday Kabbalat Shabbat Services</b>	<b>6:15 pm</b>
<b>Torah Study Saturday</b>	<b>9:00 am</b>
<b>Saturday Shabbat Services</b>	<b>10:15 am</b>
<b>Thursday morning minyanim</b> <i>Second and fourth Thursdays</i>	<b>7:30 am</b>

President: Stephen Asherman  
Sr. Rabbi: Robert Morais  
Rabbi Emeritus: Steven H. Garten  
Executive Director: Heather Cohen

Administrative Officer: Cathy Loves  
Religious  
School Principal: Sue Potechin



1301 Prince of Wales Drive, Ottawa, ON K2C 1N2  
Tel: 613-224-1802 Fax: 613-224-0707  
[www.templeisraelottawa.ca](http://www.templeisraelottawa.ca)

# Bagels with a schmear of violence

**O**f all the places my toddler could have witnessed violence for the first time, it had to be an Ottawa bagel place.

My husband and I were having brunch with our three-year-old daughter and nine-month-old baby on a weekend morning when a fight broke out between two men just a few feet from us.

A father sitting with his wife and kids was telling a man at the next table to leave his kids alone. There was an obvious racial undertone to the situation and it escalated fast.

The next thing we knew, the father jumped from his seat and grabbed a metal chair, ready to swing it at the other man. My daughters were right behind his target, and right in the path of his unlikely weapon.

The next few moments seemed to happen in slow motion. My baby let out a screech I had never heard before as my husband and I both sprang to our feet. He put himself between the dad with the chair and the other man, while I grabbed the girls and ran for a safe corner of the restaurant. At the same time, another man tackled the father from behind. He fell backwards, dropping the chair with a loud crash and smashing into shelves lined with glass pickle jars. They shattered all over the floor.

Everyone in the restaurant held their breath as the altercation moved outside.

As police arrived, my daughter tried to process what she had just seen as I tried to process how close my family came to being hurt. She was understandably upset and I was on the verge of tears.

For the first time since becoming a parent, I had to



SHIRLEE PRESS  
**MODERN  
MISHPOCHA**

explain to my little girl that there are bad people in the world, and sometimes even good people make very bad choices.

For the next few days she continued to relive the incident, asking questions and wondering why it happened. One evening her behaviour was more aggressive than usual. We gave her teachers a heads-up in case she was out of sorts at daycare.

How do we help our children through situations where they witness hatred and violence?

Inevitably, no matter how hard we try to shield them, this will happen at some point. They need strategies to help them properly compartmentalize awful events.

The Internet is, of course, full of great suggestions. But I also enlisted the help of my mother-in-law who taught for years at a Toronto school where violence was sadly commonplace for many of the kids. She gave us strategies that really worked, so I thought I would share some here.

The first is to give our children room to talk about their fears without interrupting. That means not imposing our version of events on them if their recol-

lection is not the same. Through talking to my daughter, I realized she experienced the incident very differently than I did. That was really eye-opening for me.

I also learned that it's OK to let her know I was scared, too. We instinctively want to be brave and strong in front of our kids, but seeing that mommy and daddy were also affected helped her realize it was OK to feel whatever she was feeling. At the same time, we reminded her that no matter what, we would always do everything we can to keep her and her sister safe.

Taking the advice of the mother of the late children's television host Mr. Rogers, we told her to "look for the helpers" (<https://tinyurl.com/ycp7wx5m>). In this case, the men (including her own dad) who intervened to stop the fighting, the woman who put her arms around us as we huddled in the corner, the police officer who gave the father with the chair a "time out" and made sure everyone was all right, and the nice employees who came around with chocolate chip bagels after the fact to cheer everyone up.

Within a few days she seemed to be over it, the memory hopefully parked near the back of her mind.

As a former journalist and news junkie, I always listen to the news in the car. If a disturbing story comes on and my toddler is in the backseat, I turn it off or change the station. I will continue to do that, but I know I won't be able to protect her from the dark side of this world for long. At least now I've thought about how to begin to explain the unexplainable.

Though I hope I don't have to do that again for a long, long time.

# I can't ignore the rehabilitation of Kahanism

**I**t is mid-March and all I want to do is revel in the first signs of spring.

The phenomena know as spring training commenced last month. For the uninitiated or uninterested, this means that professional baseball has awakened from its winter hibernation. Players who have signed major or minor league contracts have gathered in Florida or Arizona to wash off the winter sleep and prepare for the coming season. It is the best of times. No one has lost a meaningful game yet. Past failures or even successes are sublimated to unbridled expectations.

I do not want politics to interrupt my fantasies of a Blue Jays World Series appearance. I do not want stories of political corruption and undo political interference to inhibit my dreams of no-hitters and perfectly pitched nine-inning games. I certainly do not want the chaos of the Israeli election campaign to spoil my hopes for an early spring. Yet, once again, the land of my ancestors reels me back to reality. Once again, against my will, I turn eastward, not to the south or west.

When all eyes should be focused on hateful anti-Semitic statements by U.S. Congresswoman Ilhan Omar, disturbing anti-Semitic acts in France, and accusations of anti-Semitism against British Labour Party leader Jeremy Corbyn, Prime Minister Benjamin Netanyahu of Israel makes an alliance with the extremist party *Otzma Yehudit* (Jewish Power).

The choice of the Israeli prime minister to facilitate a merger this racist party – the descendant of Meir Kahane's outlawed Kach party – into somewhat more mainstream party of religious Zionists, the Jewish Home is more than just politics. Otzma Yehudit's plat-



RABBI STEVEN H. GARTEN  
**A VIEW FROM  
THE BLEACHERS**

form calls for the annexing of the occupied territories, rejecting a Palestinian state, expelling "enemies of Israel" – a euphemism for Arabs – and taking "ownership" of the Temple Mount, a code word for destruction.

The ability of Netanyahu to successfully navigate the arcane Israeli political structure is well known. He has survived criticisms for a decade. Yet this decision has drawn rebuke not just from the usual suspects, but from the American liberal Jewish establishment and middle-of-the-road Jewish establishment. AIPAC and the American Jewish Committee declared Otzma Yisrael ideas "reprehensible." They vowed not have any contact with its leaders should they enter the next Israeli government. Conservative commentators such as Bret Stephens of the New York Times, Eli Lake of Bloomberg, and Jay Nordlinger of the National Review all wrote denouncements of this action.

"I have admired Netanyahu for decades but now he has stayed too long. His dignity is ebbing away," wrote Nordlinger.

The crass politics are disturbing, but what is more disturbing is that as we fight to convince the world that anti-Israel sentiment is not a distant cousin to anti-Semitism but a close relative, the Israeli prime minister has given the political agenda of Kahanism,

a platform. Recall the 1995 massacre of 29 Palestinians in Hebron by Baruch Goldstein, an avowed follower of Kahane. Yigal Amir, the assassin of Yitzhak Rabin, claimed to be inspired by Goldstein and the writings of Kahane. In 1984, when Meir Kahane, a newly elected MK, spoke from the podium in the Kinneret, the Likud members, led by Yitzhak Shamir, walked out. Shamir called Kahane "a dangerous character."

It will be written many times that the election in Israel is for Israelis. It will appear in many magazines and newspapers that the chances of this party having representatives in an Israeli government are slim. It will be stated by many supporters of Israel that criticism of Israel only gives support to its enemies. All of this may be true. But the paths walked by the government of Israel intersect with our own. How do we stand and call out anti-Semitism in all its forms and not criticize the prime minister of Israel for offering a home to the party of racism? How do we encourage our children to love Israel and to simultaneously teach them to denounce racism when the prime minister makes a political alliance with a racist party? How do we criticize the governments of Poland and Hungary for using any means possible to ensure their election, even the manipulation of historical fact, and not decry the same behaviour by the Israeli prime minister?

I can ignore most politicians during the six weeks of spring training. Soon enough, illusions will fade away and I will once again face reality. But I can't ignore the rehabilitation of Kahanism. There should be no illusions about its ultimate goal, it is not winning the World Series.

# Is your current lifestyle the best predictor of your health?

A healthy lifestyle generally includes regular exercise, a balanced diet, stress management, not smoking or using illicit drugs, minimal alcohol consumption, maintaining a healthy body weight and regularly getting a good night's sleep. A healthy lifestyle can improve the quality of your life and possibly extend it. There are many determinants of your health besides your current lifestyle habits; genetic predisposition for certain diseases, for example, though a healthy lifestyle can help prevent some genes from being expressed.

Before you were even born, and early into your life, certain variables were at play that may have impacted your health in adulthood. The age and health of your mother when she became pregnant impacted your fetal development, as did her smoking, drug and alcohol habits, and her diet and activity level before and during pregnancy. For example, if your mother was obese during pregnancy, it put you at greater risk for obesity during adulthood. If your mother smoked or had inadequate nutrition during pregnancy resulting in you having a low birth weight, your risk increased for various issues such as schizophrenia and respiratory problems.

Many socioeconomic factors that your mother or other primary caregiver experienced when you were a baby or child can have long-term consequences. Her education level and income were predictors of your health because those factors affected whether your childhood needs were met. Did she have health care, social support, reliable housing and food security? Food insecurity is linked to obesity, diabetes, heart disease, depression and anxiety. Inadequately nourished children have impaired cognitive, psychosocial and



GLORIA SCHWARTZ  
**FOCUS ON FITNESS**

academic development which can affect them for life.

Did you have a loving and stimulating environment including a meaningful physical and emotional connection with your parents? From birth to age seven, the brain develops in response to environmental stimuli, reinforcing some pathways and pruning others. Abnormal brain development as a result of early life deprivation can last a lifetime.

Did your parents read to you regularly? A brain that is not optimally developed can lead to future intellectual, emotional and learning difficulties as well as difficulties with coping skills. The disadvantaged child is more likely to develop mental health conditions as well as heart disease and diabetes. Poor readiness for school is associated with poor school performance and later, poor job and income outcomes, substance abuse and poor mental and physical health.

If you experienced some of these disadvantages when you were young, it doesn't guarantee you'll have poor health outcomes as an adult. Children with such setbacks who had a nurturing parent or caregiver and who attended early childhood programs have been shown to have more resilience and are more readily able to overcome the setbacks. Children from more educated and financially stable families fare better long-

term even when they start out with disadvantages.

While your early family life had considerable potential to impact your health as an adult, your adult health was also affected by your peers during adolescence. If your friends smoked, used drugs or alcohol, or were engaging in risky sexual activity, you may have been influenced by them. Your choices, made in a social context, may have impacted your lifestyle later in your life. For example, did you develop an addiction? If your adolescent peers engaged in positive behaviours such as sports and physical activities, that may have influenced your habits and health as an adult.

As an adult, contextual factors impact your health. The 2019 Bloomberg Healthiest Country Index ranked Canada in 16th place among 169 countries. Life expectancy, environmental factors, health care, tobacco use and obesity are among the factors considered for grading the countries. <https://tinyurl.com/yxzf7saj>

The city you live in also impacts your health. In 2018, Ottawa was ranked number 1 in Canada for access to health care and number 2 as best Canadian city for healthy living. <https://tinyurl.com/y263dq5a>

Even your work environment and the type of job you have affect your health. Is it stressful? Do you sit at a desk all day? Is it dangerous?

Regardless of your past or present circumstances, small improvements to your current lifestyle can have a positive impact on your present and future health. Knowing and attempting to mitigate current risk factors can also have a positive impact on your children's health.

Some information for this article is from Alan Davidson's 2014 book, *Social Determinants of Health: A Comparative Approach*.

## Federation's IMPACT

### Educating Our Children Jewishly

THE ISSUE: Educating our children Jewishly leads to strong Jewish identity.

HOW WE HELP: Federation invests in Jewish Day and Supplementary Schools, which instills the next generation with Jewish values, creates strong networks of friends and communities, and builds the Jewish future. Diverse options allow each family to find the right fit for their child. Federation funds and actively promotes all educational options and provides training for educators and boards.

Jewish Federation of  
Ottawa



35

teachers received professional development on integrating technology into the classroom.



\$25,000

additional funding was invested in 2017/18, in the form of Capacity Building Grants for new technology in schools (Torah High, Ottawa Modern Jewish School and Torah Day School).

Funded Day Schools

\$727,566

\*results reflect

288 children attended\* Ottawa Jewish Community School, Torah Day School and Ottawa Torah Institute school year

Funded Supplementary Schools

\$103,973

380 children attended\* Chabad Hebrew School, Ottawa Talmud Torah, Ottawa Modern Jewish School, Temple Israel Religious School, Torah High



See the full *Our Impact* report online at [jewishottawa.com/reports](http://jewishottawa.com/reports)

For more information contact Sarah Beutel at [sbeutel@jewishottawa.com](mailto:sbeutel@jewishottawa.com) or 613-798-4696 x253



# WHAT'S GOING ON | March 18 to 31, 2019

FOR MORE CALENDAR LISTINGS, OR TO SUBMIT EVENT LISTINGS, VISIT [WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR](http://WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR)

## ONGOING EVENTS

### Ottawa Israeli Dance 2018-2019

6:30 - 10 pm, Tuesdays until June 25, 2019  
Ottawa Jewish Community School gym  
31 Nadolny Sachs Pvt.  
Contact: Judy  
[judy@ottawaisraelidance.ca](mailto:judy@ottawaisraelidance.ca)  
Contemporary Israeli dances. Old favourites. Great music. Exercise. All in a fun and friendly atmosphere.

### Kol Miriam Choir

7:30 - 9 pm, Tuesdays until June 4, 2019  
Hillel Lodge, 10 Nadolny Sachs Pvt.  
Contact: Estelle Melzer  
[estelle.melzer@gmail.com](mailto:estelle.melzer@gmail.com)  
Female voices singing spiritual, joyful Jewish music for women by women. No musical experience required. Everyone welcome. Led by new director Aura Giles.

### JBaby Oneg Shabbat at Hillel Lodge

10:30am - 12:30 pm, monthly on the 1st Friday until June 2, 2019, Hillel Lodge  
10 Nadolny Sachs Pvt.  
Contact: Ranit Braun  
[ranitb@hotmail.com](mailto:ranitb@hotmail.com)  
An inclusive baby and parent Shabbat morning program. Music, song, play, snack and kvell. Parents have the opportunity to meet others with babies and toddlers roughly under 24 months. Everyone is welcome! Sponsored by Temple Israel & TIRS

## WEDNESDAY, MARCH 20

For all Purim special events, please visit <https://jewishottawa.com/our-community/purim-2019>

### Caregiver Group - Connecting with your Loved One

1:30 - 3 pm every 4 weeks on Wednesday until August 21, 2019, The Bess and Moe

Greenberg Family Hillel Lodge, 10 Nadolny Sachs Pvt.  
Contact: Lisa Rossman  
[lrossman@jfsottawa.com](mailto:lrossman@jfsottawa.com)  
This discussion and supportive group offers family members and caregivers encouragement, comfort and self care techniques.

## SUNDAY, MARCH 24

### Klez 12 - Fundraiser for the Kosher Food Bank at the SJCC Social Hall

3 - 5 pm  
Contact: Paul Adler, [psadler@psadler.com](mailto:psadler@psadler.com)  
Cost: \$15. The 12th annual klezmer musical event featuring A Touch of Klez band, Musica Ebraica choir, Ottawa International Folk Dancers. Silent auction of Jewish arts and crafts. Proceeds go to the Ottawa Kosher Food Bank. Sponsored by Adath Shalom, Kehillat Beth Israel, Or Haneshama and Temple Israel congregations

## FRIDAY, MARCH 29

### KBI Shabbat Dinner with Hen Mazzig

6 - 10 pm, Kehillat Beth Israel Congregation, 1400 Coldrey Ave.  
Contact: Rena Garshowitz  
[rena@kehillatbethisrael.com](mailto:rena@kehillatbethisrael.com)  
Cost: Free. Join us for a delicious Shabbat dinner and talk with Hen Mazzig, an Israeli writer, international speaker, social media activist and advocate. Hen will talk about his five years serving as an openly gay commander in the IDF. Working as a Lieutenant in the COGAT (military government) unit, Hen's unit oversaw construction of medical facilities, schools, environmental projects, roads and water-related infrastructure, and coordinated with the Palestinian Security Forces, part of the PA.

### CSN: Shabbat with Supreme Court Justice Russell Brown

7 - 11:59 pm. Finkelstien Chabad Jewish Centre, 254 Friel St.  
Contact: Chaim Boyarsky  
[Rabbichaimb@Chabadstudentnetwork.com](mailto:Rabbichaimb@Chabadstudentnetwork.com)  
All Jewish students are invited to attend an exclusive Shabbat dinner with Supreme Court Justice Russell Brown, who will tell us what it's like to sit on the highest court of the land. Registration closes on March 11, 2019. Sponsored by Rohr Chabad Student Network of Ottawa

## SUNDAY, MARCH 31

### Limmud - Celebrating Jewish Learning

9 am - 5:30 pm  
Contact: Jenny Roberge  
[jenny.roberge@gmail.com](mailto:jenny.roberge@gmail.com)  
A day celebrating of Jewish life and Jewish learning in all of its diversity by bringing together Jews of all backgrounds and all ages. Sponsored by Limmud International, Zelikovitz Centre for Jewish Studies at Carleton University, Vered Canadian Jewish Studies program at University of Ottawa.

### Ottawa Klezmer Band

7:30 - 10:15 pm, National Arts Centre, Fourth Stage, 53 Elgin St.  
Info: <https://nac-cna.ca/en/event/20113>  
Cost: \$30. Join the Ottawa Klezmer Band for "Music of Life and Celebration," featuring solos by Orkidstra youth; Claudia Salguero; xylophone, accordion, clarinet, vocals, flute solos; and Israeli songs and horas.

## COMING SOON

**Pushing the Boundaries: Disability, Inclusion in the Jewish Community**  
Tuesday, April 2, 7 - 9 pm at Kehillat Beth

Israel, and Wednesday, April 3, 9 am - 3:30 pm at Soloway JCC

Contact: Sarah Beutel  
[sbeutel@jewishottawa.com](mailto:sbeutel@jewishottawa.com)  
The conference will educate diverse constituencies about the barriers faced by people with disabilities, present best practices that foster inclusion, and help to inspire innovation in the Jewish community. Join the discussion about how to remove the many social, economic and physical barriers faced by Jews with disabilities wanting to engage in Jewish life. Presented in partnership by Tamir, Jewish Family Services, Jewish Federation of Ottawa, and Jewish Ottawa Inclusion Network (JOIN). All are welcome.  
Register: <https://tinyurl.com/yy7rjwo3>

## SUNDAY, APRIL 7

### Scholastic Book Fair

12 - 4 pm, The Ottawa Jewish Community School, 31 Nadolny Sachs Pvt.  
Contact: Jenn Greenberg  
[j.greenberg@theojcs.ca](mailto:j.greenberg@theojcs.ca)  
Reading event that brings the books kids want to read right into our school. A selection of engaging and affordable books for every reading level. Make plans to visit the book fair and be involved in shaping your child's reading habits.

## CANDLE LIGHTING BEFORE

MARCH 22	7:00 PM
MARCH 29	7:09 PM
APRIL 5	7:18 PM
APRIL 12	7:27 PM

## BULLETIN DEADLINES

MONDAY, MARCH 25*	FOR APRIL 15
MONDAY, APRIL 15	FOR MAY 6
WEDNESDAY, MAY 8	FOR MAY 27
TUESDAY, JUNE 4	FOR JUN 24

\*Community-wide Passover issue.

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

# CONDOLENCES

Condolences are extended to the families of:

Eric Bolling

Judith Eskin

Sandra Forester

Michael Levison

Hermey Lior

Eleanor Torontow

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

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



**The all-new  
2019 Audi A7 Sportback.  
The evolution of art.**

**Audi** Mark Motors of Ottawa  
**Audi** Ottawa

295 W Hunt Club Rd  
458 Montreal Rd

613-723-1221  
613-749-5941

audi.markmotorsofottawa.com  
audiottawa.ca