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Understanding the upcoming Israeli election

With Israelis about to go to the polls to elect a new Knesset, **Paul Michaels**, director of research and senior media relations at the Centre for Israel and Jewish Affairs (CIJA), explains how governments are formed in the Jewish state.

The Israeli election for the 21st Knesset (or Parliament), will be held April 9 and much can change between now and then.

Nonetheless, a few trends have emerged.

All eight major Israeli opinion polls have consistently shown that the centre-right and the centre-left are running nearly neck-and-neck.

The “centre-right” is led by the Likud Party of Prime Minister Benjamin Netanyahu. Together with other right-wing and religious parties, it has held a bare majority of 61 seats in the 120-member Knesset.

The “centre-left” is led this time by the newly formed Blue and White Party, an alliance between Yair

Lapid of Yesh Atid and political neophyte Benny Gantz. It hopes to undermine Netanyahu’s previous monopoly on security issues because three of its top five leaders are former IDF chiefs of staff, including Gantz himself. Despite its well-publicized security bent, Blue and White hopes to garner the support of the traditional left-wing parties and the tacit support of some of the Arab parties.

Israeli voters cast ballots for parties not (directly) for individuals, though the leader of the party, together with the party’s platform, often determines the vote.

Astonishingly, 47 parties are registered to participate in the election – a reflection of Israel’s vibrant democracy. However, only 10 to 12 parties will actually contend for seats in the Knesset.



The leadership of the Blue and White Party in the April 9 Israeli election are: (from left) Moshe Ya’alon, Benny Gantz, Yair Lapid and Gabi Ashkenazi.

COURTESY OF BLUE AND WHITE PARTY

Following a law passed in 2014, parties need to pass a 3.25 per cent vote threshold, which translates into a minimum of four seats.

About six million Israelis – two-thirds of nine million Israeli citizens over the legal age of 18 – are eligible to vote. Of these, about 70 per cent will likely cast ballots. In the 2015 election, 72 per cent of eligible voters participated.

Unlike Canada, where there are 338 constituencies (represented by that number of seats in the House of Commons), Israel treats the country as a single constituency where Knesset seats are apportioned according to the proportion of the vote each party receives.

The votes cast for parties that do not make it past the 3.25 percent threshold
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New survey looks at Jewish life in Canada

BY MICHAEL REGENSTREIF
EDITOR

In 2013, the Pew Research Center released “A Portrait of Jewish Americans,” the results of a comprehensive survey of Jews in the United States covering everything from demo-

graphics and religious observance and attitudes, to levels of Jewish education, levels of intermarriage, attitudes toward the State of Israel, domestic politics and much more. Now, Toronto-based Environics Institute for Survey Research, in partnership with the University of

Toronto and York University, has released its “2018 Survey of Jews in Canada,” a similar study of Jews in this country.

The survey sampled 2,335 Jews living in four cities – Montreal, Toronto, Winnipeg and Vancouver. Those four cities currently boast Canada’s largest Jewish

communities and are home to about 82 per cent of Canada’s estimated Jewish population of 392,000 (about one per cent of the entire Canadian population).

While Ottawa Jews were not sampled, we can reasonably assume that
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Election: Formation of government may not be immediately clear

Continued from page 1

are divided, according to a complex formula, among those parties that were more successful.

What's crucial is that the party that gets the most votes does not necessarily lead the next government. Every Israeli government is, essentially, a federation of minority parties. Unlike in Canada, no Israeli party has ever acquired a majority in the Knesset. Following the past election, Likud held only a quarter of the Knesset seats. As a result, Israelis may switch their party vote but keep it within the bloc that will propose to President Reuven Rivlin who should be allowed to try to form the next government.

Blue and White is an exception to what has been this hard-and-fast rule. Its list of candidates includes both a former left-wing Meretz politician and two strong right-wing nationalists formerly from Likud. That is because, according to most pundits, this election will be determined not by economic, social, or security proposals, but by whether people are for or against extending Netanyahu's term in office.

Even after all the ballots recounted,



Prime Minister Benjamin Netanyahu is leader of the Likud Party in the April 9 election.

it is not at all certain that a victor will be declared. In 2009, Tzipi Livni got

one more Knesset seat than Netanyahu but, after consulting with all the parties,

then-president Shimon Peres decided that the bloc backing Netanyahu was larger than the one supporting Livni. Netanyahu was, therefore, given the first chance to try to form a government, which he did.

With that historical precedent in mind, Blue and White is putting its entire electoral effort into winning at least three seats more than Likud. Yet even that might not guarantee Gantz the opportunity to form a governing coalition.

A poll conducted in early March provided the following tantalizing data:

1. Who is more suited for the position of Prime Minister?

42% Netanyahu, 38% Gantz, 20% Don't Know

2. Did the Attorney General's decision (his intention to lay corruption charges against Netanyahu) cause you to change your vote?

75% No, 12% Yes, 13% Don't Know

One thing is certain: Many Jewish Canadians will be closely following Israeli news on April 9, proud of the Jewish state's dynamic democracy and keenly interested in the democratic decision of the people of Israel.

JET delivers hundreds of Mishloach Manot gift bags on Purim

BY MATTHEW HORWOOD

Nearly 1,200 Mishloach Manot gift baskets were delivered by JET (Jewish Education through Torah) volunteers to members of Ottawa's Jewish community on Purim.

Purim, which fell on March 21 this year, celebrates the saving of the Jews of ancient Persia from Haman's plot to exterminate them as told in the Book of Esther. Sending gifts of food and drink – Mishloach Manot – is a Purim tradition.

Lauren Shaps, JET's director of women's programming, explained that while giving charity to the poor is an important Purim mitzvah, Mishloach Manot is about "creating and building relationships in order to build unity," within the Jewish community.

Shaps said that when JET's Mishloach Manot initiative first began 20 years ago, there were 60 gift baskets delivered "mostly to little kids" across Ottawa. This year, 1,188 gift bags were delivered to "young and old, connected and unaffiliated, rich and poor," according to Shaps.

JET Chair Ellie Greenberg said that in the months before Purim, people registered over the phone, through email or online to have Mishloach Manot gift bags delivered to their friends and relatives.

The gift bags – which contain foods such as hamantaschen, juice, fruit snacks and wafers – were packaged

by volunteers who gathered at Torah Day School of Ottawa on March 17, the Sunday before Purim. Each bag also contains a scroll listing all the people who contributed to the gift.

On Purim, volunteers crisscrossed Ottawa delivering Mishloach Manot to recipients' homes. Greenberg said this is "one of the largest – if not the largest – such program in Ottawa's Jewish community."

According to Greenberg, in the weeks before Purim, Shaps spends "countless hours" planning the delivery routes volunteers will take.

"The volunteers are people who attend JET classes and programs, as well as friends of JET," Greenberg said. "They're all feeling good the morning of Purim, and the people who open the packages feel good as well."

Shaps said she also sees Mishloach Manot as a "feel-good way" to connect people to the Jewish community.

"You have seniors, new immigrants and people who are disconnected from Judaism, and all of a sudden someone rings their doorbell and they get this gift package for Purim," Shaps said.

"They feel connected to Judaism and the Jewish community, and they are happy because someone was thinking of them," she said.

Rabbi Zischa Shaps, who founded JET in 1992, said the initiative has changed the face of Purim in Ottawa.



JET volunteers help prepare Mishloach Manot gift bags, March 17 at Torah Day School of Ottawa, for distribution on Purim.

"All these people – many of whom would not have done anything for Purim – are now celebrating it, and many look forward to it," he said.

Rabbi Shaps said a tremendous amount of work goes into the Mishloach Manot program.

"Unless you witness firsthand all the work done for the process, you cannot understand how much work actually goes into it. It is mindboggling," he said.

Volunteer Lisa Bogdonov said the Mishloach Manot project is a great opportunity for Ottawa Jews to "come together towards a project that benefits the whole community."

"It's also a good way for me to give back to and support an organization whose work I love," Bogdonov said.

Ottawa lawyer translates untranslatable

After retiring from a long career practicing law, **Murray Citron** developed a second ‘career’ as a translator of Yiddish poetry.

BY MICHAEL REGENSTREIF
EDITOR

Murray Citron might be best known in Ottawa as a real estate lawyer – he retired in 2001 – or in the pages of the Ottawa Jewish Bulletin as one of our contributing book reviewers. But he is also a published poet, one of the city’s leading Yiddishists, and a translator of some renown of Yiddish poetry – particularly the work of Itzik Manger (1901-1969), one of the 20th century’s most celebrated Yiddish poets.

Yiddish was his first language, explained Citron who was born in New York in 1928 and moved to Toronto as a child. As an adult, he moved to Ottawa where he established his law practice.

“I spoke Yiddish and English interchangeably at the age of five,” he said during a recent interview at the Bulletin office.

“I had at home *The Penguin Book of Modern Yiddish Verse*,” Citron said when asked how he became interested in translating Yiddish poetry. “I had it for many years and one day, for no rea-

son that I can remember, I took it down from the shelf and saw some poems that looked interesting, but particularly Itzik Manger. His poems struck me. There were English translations along with the Yiddish but I started hearing other translations in my head.”

One summer day, Citron said he found himself translating a couple of Manger’s poems, especially “Eve of the Apple Tree,” in his head while driving to Gananoque.

“I was fortunate that I didn’t get stopped by the OPP as a driver whose ability was impaired by a Yiddish poem,” he joked.

“When I got home, I wrote down the translation, and I went on from there.”

Soon Citron began to see his translations published.

“The first publication I received was in *Modern Poetry and Translation*, a highly-regarded magazine published in England at Oxford,” he said. “I sent them four translations of poems by Manger based on *The Book of Ruth* ... and with a few weeks I received a note from the editor saying, ‘We’re going to use them all.’”

The editor asked that the work to “be sent on the computer,” said Citron, “and this was a new thing in my life... Until then I didn’t have email.”

Soon, though, Citron was able to use the computer in his literary work and to send things off to editors via email.

Modern Poetry and Translation has since published Citron’s work in subsequent editions and other publications that have published Citron’s trans-

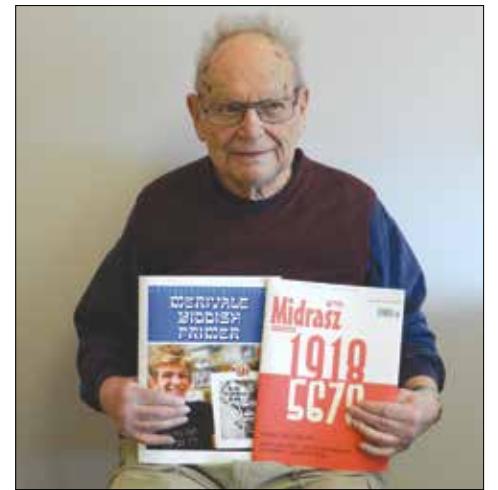
lations of Manger and other Yiddish poets include *Outlook*, *Jewish Currents*, *Tablet*, *In Geveb*, and *PaknTreger*, the online journal of the Yiddish Book Center in Amherst, Massachusetts.

Citron was published on *In Geveb*, an academic online journal of Yiddish studies, after reading an essay there that mentioned Manger’s poem, “I’ll Take Off My Shoes,” in its original Yiddish as being untranslatable into English.

“Lo and behold, I had an English translation, which I sent them” said Citron.

Two of the Yiddish poets whose works Citron has translated were Holocaust survivors Rokhl Korn and Chava Rosenfarb who both settled in Montreal and had significant writing careers in Canada in their later years.

Recently, *Midrasz*, a magazine in Poland included the Polish-language translation of Manger’s Yiddish-language article, “The Destiny of a Poem.” Citron’s English-language translation of the article appeared in *PaknTreger*, which *Midrasz* editor Bella Szwarzman-Czarnota read online. While translating his English version into Polish, she contacted Citron who sent her Manger’s original Yiddish version, which he’d first found in the Greenberg Families Library at the Soloway Jewish Com-



Murray Citron with copies of the Polish-language magazine *Midrasz* and the *Merivale Yiddish Primer*.

munity Centre.

“So her version is a Polish translation of my English and Itzik Manger’s Yiddish – I don’t know in what proportions,” said Citron.

As well, Irving Osterer’s Grade 12 graphic design class at Merivale High School published the “*Merivale Yiddish Primer*,” which it dedicated to Citron, “whose extraordinary efforts have made Yiddish literature accessible to a new generation.”

As part of its oral history project, the Yiddish Book Center has an online video interview that can be seen at <https://tinyurl.com/yyx98whe>.

Clearly, Citron’s efforts are being noticed here at home, and well beyond.



Birthday blood drive:

To help celebrate Cindy Poplove’s 50th birthday, March 7, 12 friends from the Jewish community donated blood in her honour at Canada Blood Services.

“It was such an easy thing for me to organize to mark this ‘not so easy’ milestone! How the heck can I be 50? I don’t feel it! I brought special snacks and treats and am also counting all the blood donations toward Machzikei Hadas’ 118 count goal. I was really touched by all the friends that came out and also were dedicated and so keen to do this lifesaving mitzvah with me,” Poplove said.

(From left) Linda Melamed and Cindy Poplove.

Yom HaShoah
Community
Commemoration
to honour the 6 million
Jews who perished
in the Holocaust.

Interview with
Elly Gotz
and Candle Lighting Ceremony

Wed. May 1
7 pm

Soloway JCC,
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Elly Gotz is a Holocaust survivor, a retired engineer, a businessman and a pilot. His story focuses on teaching tolerance and an understanding of the conditions that bring about genocide.

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A program of the Shoah Committee of
the Jewish Federation of Ottawa



Exciting developments at NCSY Ottawa

BY MIRIAM PERL
NCSY CANADA

How many rabbinically-ordained, stand-up comedians do you think are out there? Probably not too many – although the Ottawa Chapter of NCSY Canada and Torah High has Rabbi David Rotenberg, an Ottawa native who serves as an educator by day and a comedian by night.

Known as Rabbi Dave, his comedic funny bone certainly is an asset in reaching out to Ottawa's Jewish teens in his role as Torah High principal and NCSY Ottawa's director of programming and engagement. His credentials as an educator include rabbinical ordination, a master's degree in education, and certification in experiential Jewish education.

Prior to joining NCSY full-time in 2018, Rabbi Dave's career highlights included three years as the senior educator and adviser for Hillel Ottawa; 10 years at Ottawa Talmud Torah Afternoon School (including five years as principal); and six years of teaching at the Ottawa Jewish Community School.

Rabbi Dave has recently taken on a more robust role directing operations at NCSY Ottawa, in addition to his principal duties at Torah High. This shift in Rabbi Dave's professional responsibilities follows executive director Rabbi Mark Rose's move to Toronto with his family. Rabbi Mark remains involved in an advisory and development capacity at NCSY Ottawa.

In addition to an all-star Torah High teaching staff, joining Rabbi Dave's NCSY programming team are staff advisers Mercedes Essebag and Leah Friedmann, and new local advisers Sarina Aarenau, JJ Benzaquen and Eyal Podolsky. With an expanded staff and a reinvestment in energy, the programming at NCSY has seen a corresponding growth, with more teens attending Jewish programming than ever before.

NCSY's Jewish student union program – running Jewish culture clubs in high schools – has expanded to include Woodroffe High School, Glebe Collegiate Institute and Nepean High School, as



A group of Ottawa teens attending an NCSY Shabbaton at Mont Gabriel in the Laurentian Mountains.

well as established clubs at Sir Robert Borden and Lisgar.

Regional and mini Shabbatons, Friday night dinners, Latte and Learning, holiday social events, and Israel advocacy workshops have taken off at NCSY Ottawa, demonstrating how today's teens are thirsty for connecting to their Jewish identity and socializing with peers who share these interests.

In addition to reaching NCSY and Torah High's core teen demographic, its junior division for students in Grades 6-8 has also been reinvigorated by Mindy Chein, NCSY's juniors' coordinator, who runs a weekly class on Thursday nights for the juniors, monthly social programs, and regional Shabbatons.

Rabbi Dave offers some insight into the reasons that NCSY and Torah High Ottawa is an attractive option for today's teens:

"It is difficult for teens today to maintain their Jewish engagement, especially with all of the demands on their time and attention," said Rabbi Dave. "The ability to earn high school credits in a relaxed, inclusive environment through Torah High makes continuing their Jewish education a fun and exciting option. Partnered with a variety of NCSY's other programs – from clubs in their own schools to weekend retreats to summer programs in Israel – NCSY allows our students to participate in Jewish life with like-minded teens in a way that is comfortable and meaningful to them."

For more information on NCSY's ongoing programs or Torah High registration for 2019-20, contact Rabbi Dave at 613-889-3283 or rabbidave@ncsy.ca or follow NCSY Ottawa on Facebook and Instagram.



Torah High Principal and NCSY Director of Programming Rabbi David Rotenberg is a Jewish educator by day and stand-up comedian by night.

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Executive Director

JNF is Past, Present, Future Building Israel since 1901



(From left) David Baker, incoming JNF Ottawa Board Chair; Lynda Taller-Wakter, Executive Director, JNF Ottawa; Sderot Mayor Alon Davidi; Shlomit Barkan; His Excellency Nimrod Barkan, Ambassador of Israel to Canada; and Rabbi Howard Finkelstein, event moderator.

On the border for everyone

Sderot Mayor Alon Davidi shares his leadership with Ottawa
Sderot Mayor Alon Davidi – who spoke at a JNF Ottawa event, March 3, at Congregation Beit Tikvah – helps his residents, especially children, cope with terror, live a normal life, and prosper. The father of seven says he takes a lesson from one of his daughters, “You take a problem and make it like a challenge.”

Sderot is 95% paradise

Davidi says it's 95 per cent paradise and five per cent hell to live in Sderot. On the paradise side, housing starts are up. Net immigration is positive. It's a 20-minute drive to the Mediterranean, a 55-minute train ride to Tel Aviv and, says Mayor Davidi, it has the best hummus in Israel as well as many tourist attractions. Home to Osem Soups in the 1950s, it is now also home to high-tech factories including Elbit Systems and Amdocs.

To deal the with 5% hell

Davidi says that residents view themselves as defending the border of Israel for everyone in the free world. Over 12,000 rockets within 10 years created a very disruptive life and gave residents no choice but to leave. Operation Protective Edge and the installation of the Iron Dome helped to mitigate the emotional havoc and physical destruction of the constant missile attacks stemming from Hamas in Gaza.

There are still casualties

Many adults and, especially, children, continue to feel the effects of a 15-second alert to find shelter. Post-traumatic stress disorder (PTSD) is not uncommon in children. The Sderot Resilience Centre houses an animal therapy centre and children choose an animal to work with alongside a therapist. In simplistic terms, when the child learns to care for the animal, that child has transitioned from the internal view of PTSD to the external view of wanting to care for another.

Ultimately we have the power within us

Davidi's views on the diaspora and community are rooted in Judaic tradition. When building the Temple, he said, people were asked to give a half-shekel. Why? Because everyone is needed in the mission. Everyone's halves combined makes whole communities. “It gives you power,” he says, “to be part of nation.” Ultimately, we have the power to help build our own internal strength, a stronger Sderot and a stronger Israel. Visit www.JNFottawa.ca to learn how to help Sderot.

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Daniel Goodwin

Jewish identity is a theme of Daniel Goodwin's latest novel

BY LOUISE RACHLIS

Asserting your identity is one of the themes in a new novel from writer Daniel Goodwin, who recently moved back to Ottawa from Calgary. His novel, *The Art of Being Lewis*, will be released April 27 by Cormorant Books.

Born in Montreal, Goodwin lived on the East Coast for a number of years, then moved to Ottawa and then out west.

“Now we're back,” he says of his wife Kara and three children. Kara joined the staff of the Jewish Federation of Ottawa last August as director of community collaboration.

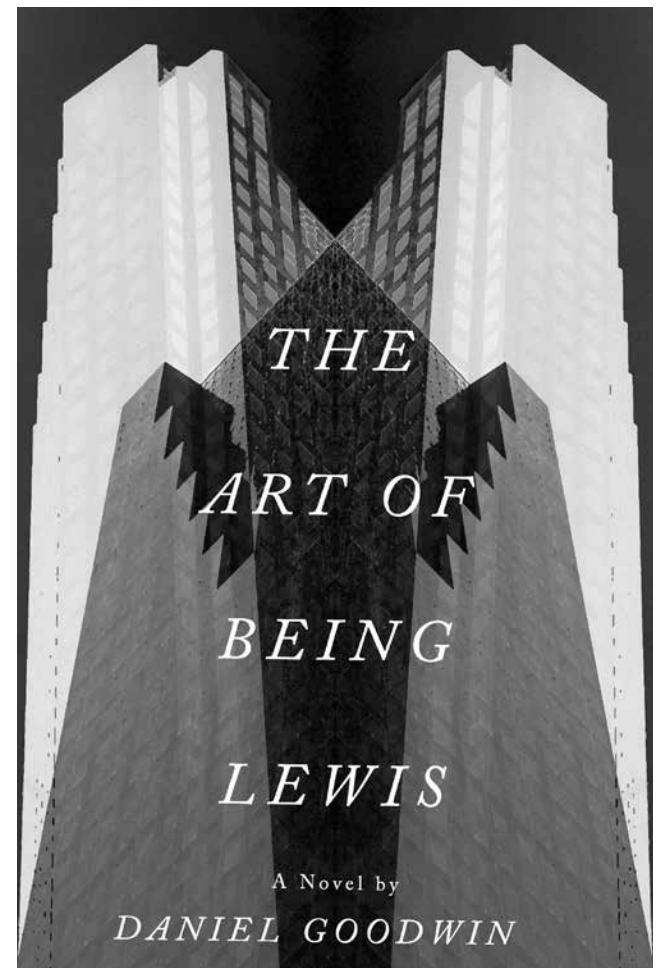
The family was just back in Calgary, where their daughter Anneke wanted to have her bat mitzvah because she has many friends there.

Daniel Goodwin's first book of poems won the 2016 Vine Award for Canadian Jewish Literature in poetry.

The author has had a longtime interest in the theme of identity.

“My family name was originally Goldberg,” he said. “The family name of the character in the book was originally Mortinsky, and it was changed to Morton before he was born. I've always been fascinated by the Jewish immigration experience and name changes.”

In the novel, the mother is very artistic and prone to depression, he said. “The father is a lawyer and has a relaxed attitude to Jewishness and organized religion. He



Author Daniel Goodwin's lead character in *The Art of Being Lewis* rethinks the role of religion as part of his identity after growing up with an ambivalent attitude to his Jewishness.

“The point of literature is to entertain. I hope people enjoy the humour and Morton's journey to overcome his difficulties.”

grows up with an ambivalent attitude to his Jewishness. He tries to cope in many ways, and then goes to synagogue quite despondent. He hasn't been there for many years and ends up reminiscing about his father. Generally, the book is about Lewis dealing with many issues,” including the role of religion as part of his identity.

Goodwin has worked as a teacher, journalist, corporate communicator and government relations executive, but has always strived to carefully balance his writing and his work life. He comes from a creative heritage – poet Irving Layton was a great-uncle and painter and sculptor Betty Goodwin was an aunt.

“I don't watch TV, I don't have regular hobbies like playing golf,” he said. “I get up a little early every morning and I write. I always carry a little notebook as I ride the bus. I write non-sequentially, not the first line to the last line, and so there's a lot of revising and rewriting.”

He holds an MA in English from Concordia University where, he says, a teacher told him, “Writing cannot be taught, but it can be learned... You only really learn by writing, and making mistakes.”

Quoting Somerset Maugham, he quips, “There are three rules for writing a novel. Unfortunately, no one knows what they are.”

“The point of literature is to entertain,” said Goodwin. “I hope people enjoy the humour and Morton's journey to overcome his difficulties. I hope they find some relevance to their life, and that there are some universal elements. Each of us is on a journey to become who we are and to find out what we're made of.”

Visit <https://danielgoodwin.me/> for more information about Daniel Goodwin and his books.

FEDERATION
REPORT



LENORA ZELIKOVITZ AND JENNY SHINDER, CO-CHAIRS, PARTY WITH A PURPOSE

Friend-raising, fund-raising at new women's event

Choices, promises a fresh platform and innovative concept, one we are sure will leave attendees feeling inspired, connected, accepted, fulfilled, and wanting to return for more.

What is Party with a Purpose? In a nutshell, it is a two-hour cocktail, hors d'oeuvre and dessert reception, focused on friend-raising and fund-raising. This women's-only event is about schmoozing and connecting with both new and old friends, which is always a party. And it's also about finding a connection for purposeful, targeted community fundraising. We are hopeful this new concept will help you in finding your "purpose" for your community. Three Jewish community programs will make a pitch – a short presentation showcasing their work and a specific need that those in attendance can connect with and directly support. All participants

will then have an opportunity to make an immediate donation to their choice of the presented programs.

Our goals for Party with a Purpose are fourfold: 1. Enjoy a fun party! Take time for yourself to engage with old and new faces; 2. We want to try something new by educating, in a direct and powerful way, about some select and incredible programs and initiatives in our Jewish community; 3. We all know how important fundraising and tikkun olam is. We want to create fundraising opportunities for important community needs in an entertaining, targeted and meaningful way, by empowering the women of our great community with an opportunity to choose what and where their community support can be directed; 4. Lastly, we want to make the Party with a Purpose experience totally inclusive. All women in the community should feel welcome, regardless of affiliation, socio-economic

background, or age.

As co-chairs of this new event, we are truly excited to welcome women in the Ottawa community to come out to Party with a Purpose. What's the worst that can happen? You can come and enjoy a well-deserved drink and nosh with friends, catered by Creative Kosher Catering, and you can find out about some great community programs and initiatives that need your support.

Details for Party with a Purpose are below. Tickets are limited so please register as soon as possible!

Party with a Purpose will be held Tuesday, May 21, 7-9 pm, at Bayview Yards (RBC Foundry) 7 Bayview Road. Tickets are \$18. At the event, your generosity will be sought for a donation of \$18 or more during the "Purpose" portion of the evening. Tickets may be purchased online at <http://jewishottawa.com/pwp>. For more information, contact Tanya Poirier at tpoirier@jewishottawa.com.

There are two things in life we can all agree are fun, memorable and meaningful. A party to celebrate, whether you host or attend one, and on a larger scale, having a purpose in life, something we all strive for. When you put those two things together it can only be an amazing experience. Well, that's exactly what we have done. We are excited to introduce, "Party with a Purpose," the new flagship women's event for the Jewish Federation of Ottawa. This event, which replaces Federation's

FROM THE
PULPIT



RABBI ELIZABETH BOLTON, OR HANESHAMAH

Tazria – the rabbi says I've got Tazria!

was Tazria! (Try singing the headline of this column to the tune of "Maria" from "West Side Story.")

I had a fleeting impulse to direct them to a different Shabbat. Although as a rabbinical student I had embraced reading and interpreting these passages with a wide variety of analytical and hermeneutical tools, there was no getting away from the parsha's challenges.

With its descriptions of ancient priestly rituals, along with purity laws that lay bare a very male perspective on women and girls, the book of Leviticus can be, well, challenging. Tazria, with its focus on skin ailments and bodily emissions, is certainly not among the topics I would imagine a young teen eager to talk about in front of her new congregation.

I was happily proved very wrong. She eagerly embraced the parsha, and developed a sophisticated D'var Torah that addressed concerns around the treatment of people physical disabilities, mental illness, and AIDS, along with global warming.

Although that year, and this year as well, the traditional haftarah was set aside for a special haftarah marking Shabbat HaChodesh – the first of the month of Nissan – the regular prophetic reading is a part of this story.

That reading tells about Elisha, and how he cured the skin ailment of Naaman, an Aramean general. When Naaman first hears the prescription Elisha offers that will rid him of his affliction – a simple instruction to go the Jordan River and dip in it seven times – he is furious.

He wanted pageantry, not a simple message to dunk himself in a local river. Naaman relents, dips himself in the Jordan seven times, and emerges with his flesh as clean as the flesh of a young child (II Kings 5:14). He pleads for two loads of earth to bring back to his homeland, Aram, so that he can build an altar to Adonai, pledging never again to offer a sacrifice or burnt offering to any other gods.

Naaman understood the need to ritualize the transformation he had undergone. The simplicity of the watery immersion had altered the condition of his skin. Now he wanted to demonstrate, with a ritual act, what else had been transformed within.

My young student had already chosen her commitment. Through the power of ritual, she affirmed what had been transformed within. No matter the parsha, she staked her claim, and her place, in the tradition of her ancestors. She got Tazria!

Chodesh Nissan Tov.

The young girl from my daughter's middle school class in Baltimore really wanted a bat mitzvah, really wanted to belong to the congregation, really really wanted to be Jewish. In a way I fully understood, she thought she was Jewish, even though neither of her parents identified as Jewish. She lived with her dad, who had a Jewish father. On her mother's side, her closest relationship with a grandparental figure was with a step-bubbie and a clan full of Jewish aunts and cousins.

The congregation was guided to accept a "teen membership." I guided her and her dad towards understanding, accepting, and embracing the value of a formal conversion and immersion, aligning her Jewish identity with Jewish status. And then came identifying the bat mitzvah date, and portion, and it

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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.

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FROM THE EDITOR



MICHAEL REGENSTREIF

Continued from page 1

the “national” results are close to what would have been found here. The survey authors did note that the Jewish populations of Ottawa, along with Toronto, Calgary (also not sampled in the survey) and Vancouver are growing, as is the Jewish population of Canada as a whole, while the Jewish populations of Montreal and Winnipeg are declining.

For several years, Ottawa’s Jewish community has been close in size to Winnipeg’s – and with our community continuing to grow while Winnipeg’s continues to decline, I expect Ottawa will soon be Canada’s fourth largest Jewish community.

Asked to define their Jewish identity, almost half of respondents identified one of three main characteristics: culture (22 per cent); ancestry (15 per cent); or religion (12 per cent). The

Jews are likely the most highly educated ethnicity in Canada

other half of the respondents identified either two of the three characteristics (16 per cent) or all three (33 per cent). The vast majority of respondents said being Jewish was either very important (64 per cent) or somewhat important (27 per cent). Only eight per cent said being Jewish was of little or no importance to them.

More than 60 per cent of Canadian Jews identified with a particular denomination. The largest denomination in Canada is Conservative Judaism at 26 per cent. Orthodoxy and modern Orthodoxy represents 17 per cent of respondents; Reform Judaism is at 16 per cent; and Reconstructionist Judaism at four per cent. A high number, 28 per cent, said they had no denomination or were “just Jewish.”

About 58 per cent of Canadian Jews said they belong to a synagogue – but asked how often they attend services other than for special occasions like bar/bat mitzvahs, weddings or funerals, only about 15 per cent said they attend once or more per week. Another 13 per cent attend once or twice per month. Forty per cent said they attend services

a few times per year, while 31 per cent said they seldom or never attend.

Forty-seven per cent of Canadian Jews belong to Jewish organizations other than synagogues (JCCs for example), but fully 80 per cent of Canadian Jews live in households that made contributions to Jewish causes in 2017 – a remarkable level of engagement.

We are also a highly educated community, with 80 per cent of Canadian Jews aged 25 to 64 holding at least a bachelor’s degree – compared to 29 per cent of the Canadian population at large. And with 37 per cent of Canadian Jews holding a post-graduate or professional degree, the study suggests that “it may well be that Canadian Jews form the most highly educated ethnic group in the country.”

In terms of Jewish education, 43 per cent of Canadians attended Jewish day school for all or part of their elementary and high school years while 58 per cent have attended a Jewish overnight summer camp. As well, 67 per cent participated in some other type of Jewish educational program (supplemental schools, teen programs, etc.) while

growing up.

While the 2013 Pew survey showed that the intermarriage rate had reached 50 per cent in the United States, it is much lower in Canada. Fully 77 per cent of Jewish Canadians over 18 who are married or in a common-law relationship have a Jewish partner. Perhaps surprisingly, the age group in which both partners are most likely to be Jewish is 18- to 29-year-olds at 84 per cent.

Canadian Jews also report a high level of connection to Israel. Forty-eight per cent say they are very attached and 31 per cent somewhat attached to the Jewish state. Only 11 per cent report being not very attached while eight per cent feel no attachment to Israel. Interestingly, the combined total of very and somewhat attached, 79 per cent, mirrors the proportion of Canadian Jews who have visited Israel at least once.

I’ve only had space in this column to scratch the surface of the results of the 2018 Survey of Jews in Canada. I hope to delve into more in a future column. In the meantime, though, you can visit <https://tinyurl.com/jews-in-canada-survey> to read or download the entire survey.

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

Justin Trudeau knows his ship is leaking

leader in politics is significantly wounded, as Trudeau is, the sharks are everywhere – including people in his own party. That is when you know the story, as they say, has legs. These troubles for Trudeau are now entrenched.

No one will say so, but it is obvious future leadership candidates are assessing whether being loyal to Trudeau now will hurt their chances later. The safe bet is loyalty, but Jody Wilson-Raybould and Jane Philpott are the two wild cards who have Liberal stomachs churning. A fundamental truism about politics is how everything revolves around leadership when any leader falters.

When strong respected ministers slam the door in Trudeau’s face while telling the country they have lost faith in the prime minister and his government, there is no clearer declaration of war. Internal wars like this can’t get better over time. There is too much anger, too many hurt feelings, and enough distrust to last a lifetime.

In the early-1970s, John Turner went after Pierre Trudeau’s leadership like Paul Martin openly challenged Jean Chrétien’s in the ‘90s. The Liberals know about creating havoc in their own ranks. Justin Trudeau knows the score and he knows his ship is leaking.

So much is going wrong beside the SNC-Lavalin fire. The new budget needed to be an election-style budget filled with goodies, but that was hard to sell with the economy of the country slipping downward with the six-month countdown to Election Day.

No one expected it, but 2018 ended with a dismal GDP for the last quarter as the economy grew by only 0.4 per cent, well below expectations. Oil prices keep slipping and Alberta keeps hurting with deepening resentment over the ingrained perception of Trudeau falling over himself to save jobs in Quebec while not giving a hoot about oil patch jobs in Alberta.

Pierre Trudeau was despised in western Canada especially after he once said, “Why should I sell your wheat?” For years, Pierre Trudeau’s Liberals could not win a seat in Western Canada and while Justin Trudeau showed he could and did win there in 2015, the chances of retaining anything significant in October are about zero. The long sought western foothold is gone.

Ironically, as much as he was committed to doing better, Justin Trudeau now finds himself in the same political space his father was. With the Liberals once again becoming a dirty word in

Western Canada, the Liberals need to win virtually every seat in Quebec to win an election. His father did it and Justin Trudeau could do it, too, but having a national government that is top heavy in one part of the country is, understandably, terribly detrimental to national unity.

What set Trudeau apart in 2015 was how he pledged to do politics differently. His brand, which he nurtured with such great care, reflected a modern, forward thinking leader who was not afraid to break with political convention.

The record will show he was doing that in many positive ways until SNC-Lavalin came rolling down the tracks. Everything new became old again as highly paid lobbyists and influencers in Quebec put on the full-court press, as they would have done regardless of who was in power in Ottawa.

SNC-Lavalin was the latest Quebec sacred cow that cried out for special treatment and Trudeau did what Liberals have almost always done: say “yes” to Quebec. Trudeau and his advisers saw it as a political imperative.

The rest of the country saw, rightly or wrongly, the old story of Liberal corruption in Quebec.

For many Canadians, Donald Trump is the forgotten scandal as Justin Trudeau has taken over the talk at Tim Hortons. Even in Trumpland, CNN recently took a short breather from the Donald to tell the world about our prime minister and his follies.

CNN used words like “corruption” and “impropriety with impunity.” They called Trudeau the golden boy who fell hard and fast and said the turmoil in the wake of the SNC-Lavalin scandal was high on the political Richter scale. International media once thought Trudeau was the cat’s meow but journalists, like voters, can turn on a dime as if yesterday never happened.

The biggest prize in political journalism is to get the top guy or gal. When a

PASSOVER פסח



2⁹⁹

Kedem juice
selected varieties
1.89 L
20314022003



5⁴⁹

Elite instant coffee
200 g
20081513



5⁹⁹

King David
matzos
6x454 g
21085731



1⁷⁹

Ceres juice 1 L or
Elite chocolates 85-100 g
selected varieties
20130429/20187493002



1⁷⁹

Mehoudar hearts of palm
whole 398 mL or
Motola cucumbers in brine 670 g
selected varieties
20024052/20214491001



2²⁹

Haddar or Glicks ketchup
680 g or Haddar jams 340 g
selected varieties
20357237/20770510



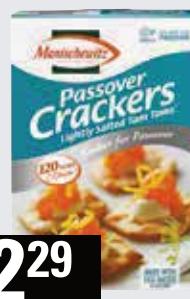
3⁴⁹

Gefen macaroons
selected varieties
284 g
20873801



1⁶⁹

Manischewitz matzo ball mix
127-142 g or Croyden matzo ball mix
172 g selected varieties
20176971001/20295852001



2²⁹

Manischewitz Tam Tam
crackers, Passover
selected varieties
227 g
20303280003



2²⁹

Mishpacha potato starch
681 g
20959089



2²⁹

Pizzazz fruit slices or
Manischewitz fruit slices 227 g
20024301/20354919



99¢

Galil corn or rice cakes
selected varieties
100 g
21059190



39¢

Aish Tamid memorial candle tin or
Rokeach memorial candle tins each
21060115/20183692



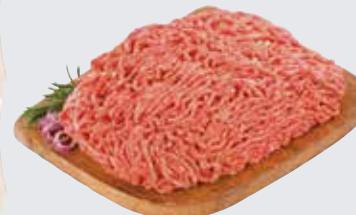
13⁹⁹_{lb}

Continental beef rib steak
cap off
30.84/kg
20076703



6⁹⁹

Ungars gefilte fish Passover
selected varieties frozen
623 g
20024333



9⁹⁹_{lb}

Continental lean ground beef
club pack
22.02/kg
20182503



2⁹⁹_{lb}

Marvid whole chicken
cut up 4 pcs
6.59/kg
20147949



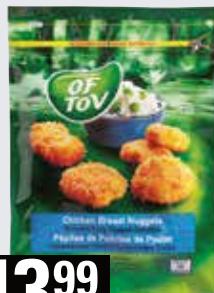
9⁹⁹

Continental salami torpedo
750 g
20154227



17⁹⁹

Nanuk Coho salmon
frozen
300 g
20114139



13⁹⁹

Of Tov chicken breast nuggets
or bites selected varieties
frozen
907 g
20325564



3⁹⁹

Nathan's pickles
selected varieties
1 L
20755678



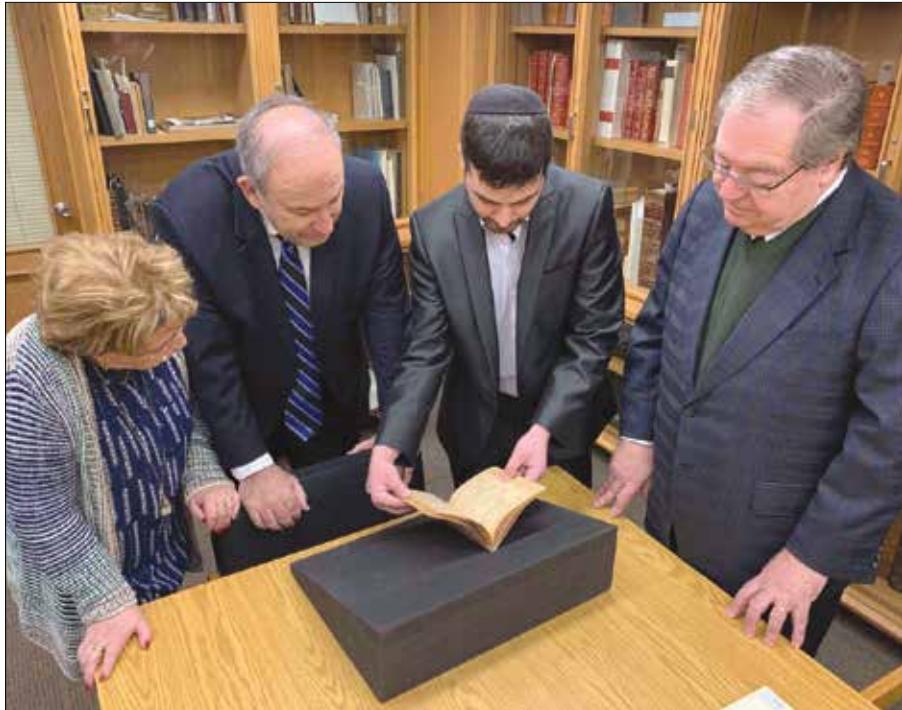
5⁹⁹

Ariel round cakes or cookies
selected varieties
300-450 g
21179813



1⁹⁹

Yom Tov horseradish
selected varieties
250-375 mL
20774292



Israeli ambassador visits Library and Archives Canada: Ambassador of Israel to Canada Nimrod Barkan, and his wife, Shlomit Shulov-Barkan, visited Library and Archives Canada, March 14, to view the recently obtained book, *Statistics, Media, and Organizations of Jewry in the United States and Canada*, a book with significant historical and cultural value to the Jewish community.

“This book is a tremendous contribution to Holocaust education, a reminder of the atrocities committed by the Nazis, and what the stakes could have been had the Allied Forces not been victorious. I am pleased that this book is now in the possession of Library and Archives Canada, allowing for Canadians, and all visitors, to witness the stark lessons of indifference in the face of anti-Semitism during the darkest chapter of human history,” Barkan said.

They also viewed Library and Archives Canada’s Jacob M. Lowy Collection, an incomparable collection of rare Judaica books.

(From left) Shlomit Shulov-Barkan, Israeli Ambassador Nimrod Barkan, Lowy Collection Curator Michael Kent and Librarian and Archivist of Canada Guy Berthiaume.



BMX B’nai Mitzvah Experience: Rabbis Idan Scher and Menachem Blum join participants in the BMX B’nai Mitzvah Experience in the kitchen at Ottawa Torah Centre Chabad (OTC) as they prepare food to be distributed to families by the Ottawa Kosher Food Bank. BMX B’nai Mitzvah Experience is a joint program of OTC, Machzikei Hadas, Beit Tikvah, the Soloway JCC and NCSY.

Friend Raising Fund Raising

Party! with a PURPOSE

May 21, 2019 - 7 pm

Chairs: Jenny Shinder
and Lenora Zelikovitz

We are pleased to invite you to the Jewish Federation of Ottawa's new flagship event for women, Party with a Purpose, (formerly the event known as CHOICES).

This is a cocktail and dessert reception where you will meet friends – old and new, and learn about three incredible initiatives that care for members of our Jewish community. The first hour will be dedicated to friend-raising. The second hour will be dedicated to fund-raising. By the end of the evening, you will have the opportunity to make an immediate and direct impact on one of the three presenting initiatives.

Please note tickets are \$18 and can be purchased online at jewishottawa.com/pwp or by contacting Tanya at tpoirier@jewishottawa.com, or 613-798-4696 x241. One ticket can be purchased at a time.

At the event, your generosity will be sought for a donation of \$18 or more during the ‘Purpose’ part of the event.



Building meaningful Jewish journeys where no one is left behind.

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2018 BMW X1 xDrive28i Demo (B16185P) leasing details listed for \$399.99 per month, taxes extra, based on 48 months (\$1000 down and 12000km/yr), base MSRP \$45,645. 2018 BMW 330i xDrive Sedan Demo (B15932P) leasing details listed for \$499 per month, taxes extra, based on 48 months (\$1000 down and 12000km/yr), base MSRP \$52,585. Rates are provided by BMW Financial Services, a division of BMW Canada Inc., on approved credit with terms. Please see dealership for details. Upfront and admin fees may apply, which could change the APR. Offers valid until April 30, 2019, and subject to change. Vehicle may not be exactly as shown.

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Limited Time Offers. Offers subject to change without notice *MSRP of (\$29,295) on 2019 Outback 4-cyl 2.5i CVT (KD225). Advertised pricing consists of MSRP plus charges for Freight/PDI (\$1,800) Air Conditioning Charge (\$100), Tire Stewardship Levy (\$16.50), OMVIC Fee (\$10), Dealer Admin (\$249). Freight/PDI charge includes a full tank of gas. Taxes, license, registration and insurance are extra. \$0 security deposit. **Lease rate of (1.49%) for 36 months. Lease payments of (\$159) bi-weekly with (\$4,542) down payment. Purchase Option (\$15,423) with (\$4,889) due on signing. Model shown: 2019 Outback 6-cyl 3.6R Premier w/ Eyesight CVT (KD2PE6) with an MSRP of \$42,295. MSRP of (\$20,895) on 2019 Impreza 5-dr Convenience (KG1CP). Advertised pricing consists of MSRP plus charges for Freight/PDI (\$1,650), Air Conditioning Charge (\$100), Tire Stewardship Levy (\$16.50), OMVIC Fee (\$10), Dealer Admin (\$249). Freight/PDI charge includes a full tank of gas. Taxes, license, registration and insurance are extra. \$0 security deposit. **Lease rate of (1.99%) for 48 months. Lease payments of (\$65) weekly with (\$0) down payment. Purchase option of (\$11,850) with (\$441) due on signing. Lease rates include additional \$500 Stackable Subaru Dollars available to lease/finance customers using Subaru Canada supported rates only. Lease based on a maximum of (20,000 km/year for 48 months), with excess charged at \$0.10/km. Lease end value of \$10,342. Subject to credit approval by Subaru Financial Services by TCCI. Leasing and financing programs available through Subaru Financial Services by TCCI. Other lease and finance rates and terms available; down payment or equivalent trade-in may be required. Model shown: 2019 Impreza 5-dr Sport-Tech EyeSight Pkg AT with an MSRP of \$31,095. Dealers may sell or lease for less or may have to order or trade. Vehicles shown solely for purposes of illustration, and may not be equipped exactly as shown. EyeSight® is a driver-assist system which may not operate optimally under all driving conditions. The driver is always responsible for safe and attentive driving. System effectiveness depends on many factors such as vehicle maintenance, and weather and road conditions. See Owner's Manual for complete details on system operation and limitations. Offers available until April 30, 2019. Offer subject to change or cancellation without notice. See Otto's Subaru or visit www.subaruottawa.ca for complete program details.

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Steven Kimmel by Diana Malomet

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Paul Sherratt on being inducted into the PGA of Canada Hall of Fame by Blossom Read

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Myra and Lester Aronson on the engagement of their son Jordan by Carol and Stuart Levine

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Stephen and Michelle Pincus and family by Doris and Richard Stern

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MAZEL TOV TO:
Josh Engel on becoming managing partner of GGFL by Carol-Sue and Jack Shapiro

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Eleanor Torontow by Beatrice Torontow and family

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Sandy Forester by Gary and Debra Viner

REFUAH SHLEMA TO:
Steven Kimmel by Gary and Debra Viner

Federation's IMPACT

Empowering Local Organizations

THE ISSUE: Strong Jewish institutions and organizations are the underpinnings of a vibrant Jewish life. Today's non-profit organizations operate in a competitive field, with limited resources where technology and society are changing at a rapid pace.

HOW WE HELP: Federation builds capacity by strengthening local Jewish organizations in various ways.

Volunteer Centre



30

volunteers were matched with opportunities in 7 different organizations.



Training Sessions



150

community members and representatives of Jewish organizations attended professional development sessions.



Capacity Building Fund

9 grants for innovative projects, injected over \$50,000 into local organizations to build capacity in our partner agencies. Two examples:

\$5,000

for Hillel Lodge's new Human Resource System to monitor ongoing needs of the largest workforce on the Ottawa Jewish Community Campus.

\$3,000

for Jewish Spiritual Care for training clergy, as part of the Ottawa Hospital Spiritual Care Program.

See the full *Our Impact* report online at jewishottawa.com/reports

For more information contact Sarah Beutel at sbeutel@jewishottawa.com or 613-798-4696 x253



YOU'RE INVITED TO OUR FASHION SHOW

Amica Westboro Park, a senior lifestyles residence, invites you for an afternoon on the runway as our staff and residents model upcoming fashion trends provided by local Westboro clothing stores and boutiques. Enjoy finger foods, cocktails and wine.

Monday, April 22, 2019

2:00-4:00pm

491 Richmond Road, Ottawa

RSVP to Julia at 613-728-9274 by April 17

AMICA

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WESTBORO PARK



**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 28 to March 12, 2019 inclusive.**

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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.

Marcia and Stephen Aronson Family Fund

In Observance of the Yahrzeit of:
Saul Green by Marcia Aronson

In Memory of:
Edith Birns by Marcia and Steve Aronson
R'Fuah Shlema:

Deborah Zuker by Marcia and Steve Aronson
Tedd Nathanson by Marcia and Steve Aronson

In Honour of:
Rabbi Steven Garten Mazel Tov on receiving the Ben Karp Volunteer Award by Marcia and Steve Aronson
Paula and Manny Agulnik Mazel Tov on your 50th Anniversary by Marcia and Steve Aronson

Auxiliary of Hillel Lodge Fund

In Memory of:
E Max Cohen by Myra and Harry Kamen

Fred and Esther Ballon Family Fund

In Memory of:
Hermy Lior by Fred and Esther Ballon
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Sam Zunder by Fred and Esther Ballon

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In Memory of:
Judy Eskin by Neil and Daniel Blacher and Marilyn Adler

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In Memory of:
Norman Garnet by Murray Citron

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In Honour of:
Murray and Bryna Cohen A hearty Mazel Tov on the birth of your new baby grandson by Barbara Cohen
In Memory of:
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In Memory of:
Eleanor Torontow by Henry and Maureen Molot

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A post-Holocaust marriage contract features a Star of David between the words Bergen-Belsen, a notorious concentration camp.

What a Bergen-Belsen prenup teaches us about Jewish resilience

BY HENRY ABRAMSON

(JTA) – It is jarring to see a Star of David placed between the Hebrew transliteration of the words Bergen-Belsen, the notorious Nazi concentration camp where 37,000 Jews, including Anne Frank, were murdered – and on a marriage contract, no less.

But there it was, a small bureaucratic form, typed in Rabbinic Hebrew, meant to address the heartbreaking implications of marrying in the aftermath of genocide.

When British troops liberated Bergen-Belsen in April 1945, they found 10,000 emaciated corpses scattered about the prison grounds, a horrific vision of apocalyptic proportion that has been memorialized in photographs and newsreels from the period. Many of the some 60,000 inmates still alive were seriously ill – about 13,000 died post-liberation, according to the U.S. Holocaust Memorial Museum.

Yet within months, the site became the epicentre of a furious revival of the Jewish population, as survivors engaged in what historian Atina Grossman called “biological revenge”: Jews affirming life in the most elemental manner by marrying and bearing children.

By 1948, according to Grossman, the displaced persons (DP) camps (of which Bergen-Belsen was the largest) witnessed a birth rate of 36 children per 1,000 Jewish women, approximately seven times the rate for German women. The children were called *moshiachs-kinder*, meaning children born as part of the messianic redemption of the world.

The Star of David found on a Bergen-Belsen ketubah is an expression of that life-affirming impetus. Like the famous Survivor’s Talmud, a full edition of the Widow and Brothers Romm Talmud published in 1948 in Heidelberg on the very same presses that once produced Nazi propaganda, Jewish Holocaust survivors refused to grant Hitler a posthumous victory: In a place of terrible death, they would create life.

I was asked to present the story of resurgent Jewish life in the DP camps to the Project Witness Educators’ Conference on Women in the Holocaust, a remarkable annual gathering of teachers in Jewish schools to share ideas and network with other educators, many of whom struggle to teach the Holocaust in haredi Orthodox institutions that ban the use of Internet-based resources.

The YIVO Archives preserves an impressive collection of DP-related artifacts, and I spent several

hours looking for documents to assist the educators’ classroom work: The microfilmed images generally were poorly typed work authorization letters, printed notices for public lectures, and handwritten letters in Yiddish, Polish and German.

But when I came across a terse prenuptial agreement, my blood ran cold.

The DP camps in Germany and Italy contained some 300,000 Jews, most of whom emerged from the death camps before the Nazis could complete their Final Solution. Many married before the war could not determine whether or not their spouses were still among the living. Neither divorced nor widowed, the survivors remained “chained” to their former husbands and wives, unable to remarry under Jewish law until the fate of their spouses could be ascertained.

The situation for such women, known as “agunot,” was more dire than for men, as women are prohibited from remarrying if their husband has not agreed to a divorce or if there is no proof that he has died. So the rabbis of the DP camps employed the full arsenal of Talmudic logic to declare missing husbands dead and allow their widows to remarry.

The document I found, however, was not for women. It was something I had never seen before: a sobering prenuptial agreement for a prospective groom who wishes to remarry after his wife disappeared in the maelstrom of the Holocaust.

Addressed to the “Honorable Court of Justice Established to Address Agunot in the Central Office of the British Zone (in Germany),” the form has the groom agreeing to abide by the dictates of the court should

See Prenup on page 16

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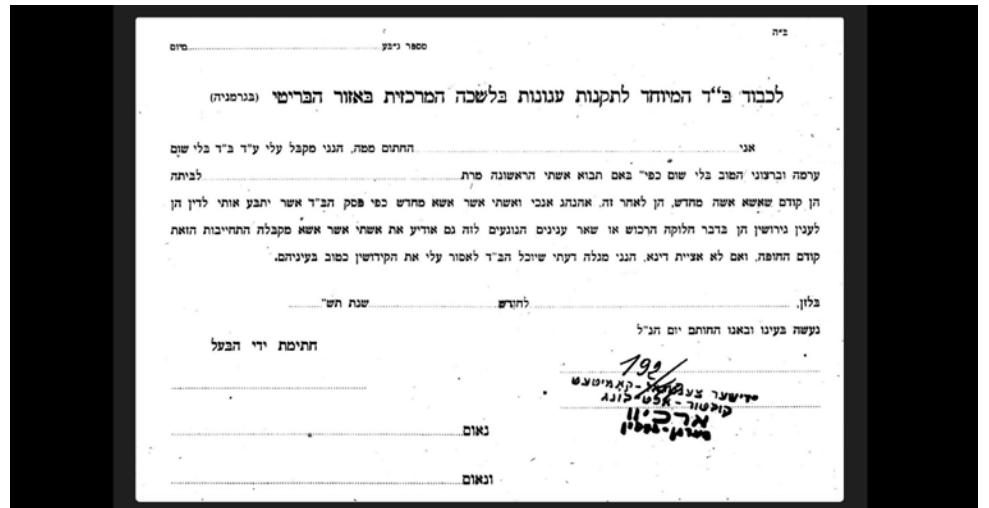
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A post-Holocaust prenuptial agreement shows touching obligation toward the presumed dead.

Prenup: Hope mixed with tragedy

Continued from page 15

his first wife somehow emerge from the ashes of the Holocaust. The text reads in part: “I, the undersigned, accept upon myself without any duplicity and with good will, without being coerced in any way, that if my first wife returns home ...”

A blank space is reserved for the groom to enter the name of the missing woman.

“I, and the woman that I will marry, will abide by the ruling of the Bet Din, whether it requires divorce and the division of assets, or any other matter,” the document says.

This post-Holocaust prenuptial agreement, which involved obligation to the presumed dead as well as the living, required the groom “to inform my [subsequent] wife of this obligation prior to the chuppah.” Finally, the groom affirms that “if I fail to obey the dictates of the Bet Din, behold I accept that the Bet Din may nullify my [subsequent] marriage, as the court sees fit.”

One can only imagine the tearful conversations between groom and bride, poised on the cusp of their blissful

future together, as they reviewed the implications of this painful document. Hope inescapably mixed with tragedy, rebirth entwined with death. The emotional heroism of these survivors must have been overwhelming.

As a historian, however, I reflect also on the fact that this artifact in the YIVO Archives is not a personalized, handwritten document that reflects the misfortune of a single family. It is rather a form letter, composed and reproduced for repeated use. It is the blank spaces, left unmarked, that provide silent witness to the thousands upon thousands of unspoken tragedies extending well beyond the war’s end.

I have the honour of working in a college environment where many of my young students make the transition to the sacred marriage canopy. I doubt that many of them contemplate the fragility of life – that is a privilege that seems to be reserved for the elderly. But documents like this post-Holocaust prenuptial agreement illustrate how as Jews we must appreciate the drive of these elderly, after unspeakable tragedy, to nevertheless survive and endure.

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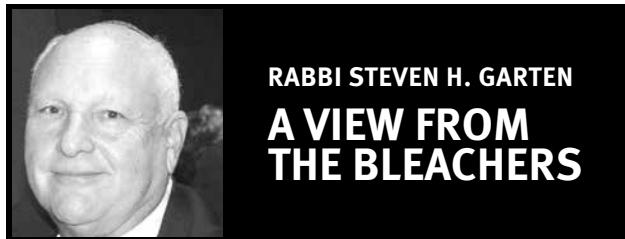
We must decry racism and bigotry with loud voices

When John Kennedy ran for president of the United States in 1960 he was accused of dual loyalty. His political opponents, and some in the media, wanted to suggest that as a Catholic he would have political allegiance to the Pope in Rome that would interfere with his loyalty to the constitution of the United States.

In the aftermath of the 1995 referendum on Quebec independence, Jacques Parizeau, premier of Quebec, told his supporters that 60 per cent of francophones voted for separation and that he would address French-speaking Quebecers as *nous* (we), and that they had clearly voted for separation. He then stated that the one thing that stopped the “yes” side was “money and the ethnic vote.”

He further suggested that a few less of *them* and a few more of *us* would guarantee independence. It was obvious that he was accusing certain ethnic and religious groups of disloyalty.

In 2000, senator Joe Lieberman was the vice-presidential candidate on the Democratic ticket with Al Gore. Though Gore and Lieberman won the popular vote, they lost in the Electoral College. During the campaign, Lieberman’s religious observance became an issue. He was also asked about whether his lifelong commitment to the State of Israel would place him in situations where his loyalty to the United States would be compromised. The charge of dual loyalty has not been relegated to waste heap of history. Not long after taking office in the U.S. Congress, first term Congresswomen Ilhan Omar and Rashida Tlaib charged American Jews with being disloyal. Tlaib tweeted, “They



forgot what country they represent.”

The litany of incidents where we Jews have been accused of not being sufficiently loyal to the country in which we live is lengthy. Likewise, the list of laws and behaviours which led to our isolation is unending.

Yet, since the emancipation of European Jews in the mid-18th century, and the granting of civil liberties to the Jews of Canada and the United States, our loyalty to the countries where we reside and make our homes has been unassailable. We see ourselves as loyal citizens of our homelands. In addition, here are multiple self-protection organizations which ensure our rights are not trampled upon. They are ever-vigilant at calling out those who would deny our place within Canada or the United States. We are ever so fortunate they exist.

Israeli elections are not for the faint of heart. They are an exciting amalgam of Western democracy and Middle Eastern hyperbole. This spring’s election is no different. The new Blue and White party led by retired general Benny Ganz and politician Yair Lapid are crafting a centralist party designed to end the decade-long reign of the Likud party and Prime Minister Benjamin Netanyahu. As often happens during election campaigns, the rhetoric gets overheated. Recently Miri

Regev, culture minister in the current government, accused Blue and White of secretly promising to form a government with the Arab parties in the Knesset. This is an anathema in Israeli politics.

The Arab parties have increasingly become extreme in their support for Palestinian rights, often ignoring the significant issues of discrimination and under-funded services which plague their constituents. In response to Regev, Israeli TV personality Rotem Sela wrote, “What is the problems with the Arabs? Dear God, there are also Arab citizens in this country. When the hell will someone in this government convey to the public that Israel is a state of all its citizens and that all people are created equal – even the Arabs and Druze?”

This Instagram posting led to Netanyahu commenting, that Israel is “not a country of all its citizens,” but rather “the nation-state of the Jewish people.”

Israeli President Reuven Rivlin delivered a harsh attack on Netanyahu’s comments, as did the Anti-Defamation League and other liberal Jewish organizations. Yet, it seemed so muted. Perhaps the promise of an American Embassy in Jerusalem or great investment returns has clouded our perception of what is acceptable and unacceptable. It is the most ardent lovers of Israel who should protest the loudest. It is those who support the promise of a Jewish homeland who should decry racism and bigotry with the loudest voices. That is how those of us who do not serve in the IDF protect Israel.

Joshua Hammerman said it best: “This is our home, this is where we live our lives, and Israel is the canvas where our lives will have mattered a millennium from now.”

Sometimes a snack is just what you need

Snacking: So many of us do it. Snacking means eating food between regular meals. Snacking often gets a bad rap. Growing up, many of us were ingrained with the idea that snacking would ruin our appetite at meal time.

Some people eat three square meals and don’t feel the need to snack in between. Everyone has different nutritional needs and habits. The problem is when you’re snacking frequently and consuming more calories than you need, or if your snacks typically include unhealthy foods. The results of such habits can be unwanted weight gain or damaging effects on your health such as high blood pressure. Avoiding unnecessary evening snacking due to boredom or stress, especially during the winter months, can be a challenge.

A healthy snack containing some protein helps repair and strengthen your muscles after physical activity. Snacking on healthy foods is beneficial as it replenishes your energy and keeps you feeling satiated. If you feel voracious at most mealtimes, a modest snack between meals can prevent overeating. Snacking may also be important if you have certain health conditions. Your dietician may advise you to snack on certain foods between meals. If you’re underweight, have a medical condition or are undergoing treatment that makes it difficult to eat an adequate amount of food at one time, you may find it helpful to break up your daily nutritional requirements into several smaller meals and snacks. Snacking is a personal choice. There’s nothing to be ashamed about if you have unhealthy snacking habits; it may be something to consider modifying for the betterment of your long-term health.



All work and no play make John a dull boy so taking a few minutes to doodle, write, listen to music that you enjoy or to read a chapter in a good book can add something positive into what might otherwise be a humdrum day.

Have you ever heard of an exercise snack? If getting in a 30- to 60-minute workout per day does not mesh with your schedule, you can do something physically active several times per day in shorter spurts; for example, a walk around the block, climbing stairs or a few exercises wherever you happen to be. These exercise snacks embedded throughout your day add up. Getting in five or 10 minutes a few times per day can help you meet your health and fitness goals. Just like with food, exercise snacking is not suited to everyone. Some people prefer to regularly exercise for a half-hour or hour; others do better with mini-portions of exercise. Whatever works for you is the best way to approach exercise.

The concept of snacking can also be applied to mindfulness. If your busy day doesn’t allow you to fit in a yoga or meditation class, you can destress your mind and body with a few minutes of peacefulness.

Find a quiet space or zone out with headphones and some soothing music. Close your eyes, focus on your breathing and clear your mind of your mind-cluttering thoughts. Just a few minutes of this escapism and slowing down can leave you feeling refreshed.

When it comes to sleep, nothing beats a good night’s seven or eight hours of uninterrupted ZZZs. If you’re feeling tired during the day, you might benefit from a 20-minute sleep snack or nap. In our society, napping is usually thought of as something reserved for babies, sick people and the elderly, but everyone from teens to adults of all ages can benefit from a nap. Whether you nap on an as-needed basis or routinely, naps can improve your alertness and performance and reduce errors. Don’t be embarrassed if you take a nap. You’re in good company. Albert Einstein was a napper. <https://tinyurl.com/y4yabtbf>

Creativity snacking is a strategy for fitting art, music or literature into your hectic life. All work and no play make John a dull boy so taking a few minutes to doodle, write, listen to music that you enjoy or to read a chapter in a good book can add something positive into what might otherwise be a humdrum day. Some hobbies and interests are very time-consuming – golf, for example. While putting a few balls on the office floor or in your living room may not be as satisfying as a round of golf outdoors, it might just whet your appetite, lift your mood and get you excited for your next game.

If your day-to-day life is replete with commitments, if you’re always running against the clock, or if time management is simply not your strong suit, you can still fit in a variety of activities and round out your healthy lifestyle by employing the concept of snacking.

Mining the Talmud for Jewish values

RABBI RACHEL ESSERMAN
THE REPORTER, VESTAL, NY
BOOK REVIEW

The Talmud of Relationships, Volume 1: God, Self, and Family

By Rabbi Amy Scheinerman
Jewish Publication Society
256 pages

The Talmud of Relationships, Volume 2: The Jewish Community and Beyond

By Rabbi Amy Scheinerman
Jewish Publication Society
296 pages

What is the central study text for the Jewish community? According to Rabbi Amy Scheinerman, most modern, liberal Jews focus on the Tanach, also known as the Written Torah. However, over the centuries, the traditional Jewish study text has been the Talmud, the Oral Torah. That work is considered to be the foundation text of rabbinic Judaism, which is what most Jews have practiced since the destruction of the Second Temple in Jerusalem.

In her books, *The Talmud of Relationships, Volume 1: God, Self, and Family* and *The Talmud of Relationships, Volume 2: The Jewish Community and Beyond* Rabbi Scheinerman seeks to teach value-based Judaism through a Talmudic lens.

Although Rabbi Scheinerman offers a basic review of the history and traditions of the Talmud, the main focus of her work is showing how Talmudic stories offer ethical and practical suggestions for bettering our relationships. She notes that she selected these particular stories because “they are marvelous stories in and of themselves and because they offer us a lens through which to examine pressing concerns in our lives and issues of greater importance in our world.”

Rabbi Scheinerman opens each chapter by explaining why she thinks each particular text is important. She then places the text in a broader context before exploring the moral and theological questions it raises. Then she analyses the specific text in English translation before offering questions for readers to ponder about how the text relates to contemporary moral and ethical dilemmas. Each chapter concludes with a summary that places the greater discussions into perspective.

Each volume is divided into two sec-

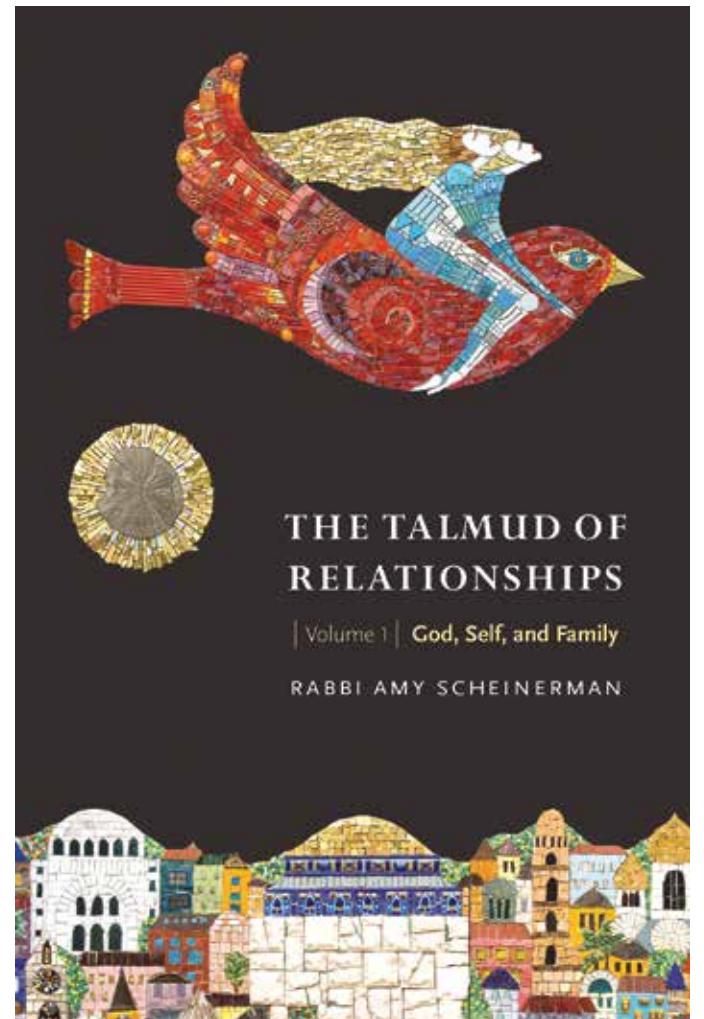
tions. The first volume looks at “The Core: Relationships with God and Self” – which includes stories about how to control anger, understand suffering and approach prayer – and “First Sphere: Family Relationships,” which explores our relationships to our parents and sexuality, along with the difficulty of balancing family and study. The second volume expands this focus outward: “Second Sphere: Relationships within the Jewish community” speaks to self-control, human dignity and consensus within a community, while the “Third Sphere: Relationships in the Larger World” focuses on the land of Israel versus the Diaspora, in addition to exploring a community’s responsibility toward its poorer members.

The best way to understand Rabbi Scheinerman’s approach is to look at a particular chapter. “Respecting Human Dignity” speaks to leadership styles and opens with a general philosophical discussion of what leadership and dignity mean in western culture, before offering ideas about them from several rabbinic sources. The Talmudic story under discussion tells of a conflict between two rabbis – Rabban Gamliel and Rabbi Yehoshua – who disagree about whether or not the evening prayer service (Maariv) is optional or obligatory. Rabbi Scheinerman offers two different types of background about the issue. The first places the debate in the context of Jewish history: the time period is after the destruction of the Second Temple, when the ancient rabbis were trying to bring their version of Judaism to the populace. Rabbi Scheinerman also looks at the history of the two men, who had battled before, something that makes it easier to understand their reactions to what occurred during this debate. The story continues with one of the rabbis disrespecting the other, an action that led to a change of leadership and the acceptance of a large number of new students. Rabbi Scheinerman outlines the story with enough detail and explanation in a way readers can easily understand.

However, Rabbi Scheinerman is interested in more than retelling the story.

She reflects on what happens when power struggles and jealousy threaten the rabbinic community, saying that finding a way to treat everyone with an appropriate level of respect is not easy. Rabbi Scheinerman also wants readers to think about the meaning behind the men’s reactions and apply the text’s ideas to their own lives. For example, in the “Continuing the Conversation” section, she questions the nature of dignity, whether leaders should inherit their positions or receive them by merit, and what it means to treat people with dignity. Rabbi Scheinerman ends by noting “balancing power and authority with respecting others’ dignity, especially under adverse conditions, can be challenging. Yet, time and again, the Rabbis emphasize the fundamental importance of promoting and protecting human dignity in all we do. Dignity is a divine endowment, they explain, and respecting it is our human obligation.”

Both volumes of *The Talmud of Relationships* are well written. Readers do not need any previous experience with the Talmudic text since Rabbi Scheinerman does an excellent job explaining its history and meaning in clear, easy-to-read prose. Her work manages to combine religious and scholarly understanding of the text in ways that will appeal to those unfamiliar with the Talmud. The volumes can be studied on one’s own, although they would also make a perfect text for a synagogue adult education class.



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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@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
Female voices singing spiritual, joyful Jewish music for women by women. No musical experience required. Everyone welcome. Led by new director Aura Giles.

Guf Va'Nefesh – Body-Mind-Spirit Integration Classes
7:30 - 9 pm, first Wednesdays of the month until June 5, 2019,
Or Haneshamah, 30 Cleary Ave., Rm 5.
Contact: Tana Saler
tana.saler@rogers.com
Guf Va'Nefesh means Body and Mind (Soul). Simply expressed, your mind affects your body and your body state affects your state of mind. Participants engage in gentle movement, verbal and non-verbal interaction, conscious breathing styles and visualization. Class leader Tana Saler, a member of Or Haneshamah, brings Jewish concepts to an embodied experience, and their applications to real life.

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
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Chanting and Chocolate
7:30 - 9 pm, monthly on the 1st Sunday until June 2, 2019, Or Haneshamah
30 Cleary Ave
Contact: Michael Salter
learning@orh.ca
An evening of sacred Jewish chant, followed by delicious chocolate treats! Donations accepted at the door (suggested \$10) with all proceeds supporting the education of orphans from the Abayudaya Jewish community in Uganda. Sponsored by: Or Haneshamah.

TUESDAY, APRIL 2 & WEDNESDAY, APRIL 3

Pushing the Boundaries: Disability, Inclusion in the Jewish Community
April 2, 7 - 9 pm at Kehillat Beth Israel, 1400 Coldrey Ave. – April 3, 9 am - 3:30 pm at SJCC, 21 Nadolny Sachs Pvt.
Contact: Sarah Beutel
sbeutel@jewishottawa.com
April 2 and 3, 2019 – discussions about disability and inclusion with best-selling author Daniel Tammet and inclusion expert Shelly Christensen. Desserts and refreshments will be served. Presented in partnership by: Tamir, Jewish Family Services, Jewish Federation of Ottawa, and Jewish Ottawa Inclusion Network (JOIN). All are welcome.

WEDNESDAY, APRIL 3

Celebrating the 500th Anniversary of the Bomberg Talmud
7 - 9 pm, Library and Archives Canada
395 Wellington St.
Contact: Michael Kent
rabbimkent@gmail.com
Celebrating the 500th anniversary of the Bomberg Talmud, the first complete print edition of the Talmud. Featuring a keynote lecture by University of Pennsylvania's Bruce Nielsen, an internationally recognized expert on the Bomberg Talmud, as well as a round table discussion with other experts on the legacy of the Bomberg Talmud. Visitors will have an opportunity to see a volume of the Bomberg Talmud on display. Refreshments will be served. Sponsored by: Library and Archives Canada, The Concordia Institute for Canadian Jewish Studies

SUNDAY, APRIL 7

Interfaith Youth Lunch with JACCUSY and St. Helen's Anglican Church
11 am - 1 pm, Kehillat Beth Israel, 1400 Coldrey Ave.
Contact: Dayna Goldfarb
youth@kehillatbethisrael.com
Cost: \$5. USY teens, join our friends across faiths! We're partnering with St. Helen's Anglican Church for a youth lunch, activities, synagogue tour, and Q&A about our faiths. You must pre-register online by April 1.

Scholastic Book Fair
12 - 4 pm, The Ottawa Jewish Community School, 31 Nadolny Sachs Pvt.
Contact: Jenn Greenberg
j.greenberg@theoics.ca
A reading event that brings the books kids want to read right into our school. It's a wonderful selection of engaging and affordable books for every reading level.

Please make plans to visit our Book Fair and be involved in shaping your child's reading habits.
Passover PJ Library Event
1:30 - 3:30 pm, The Ottawa Jewish Community School, 31 Nadolny Sachs Pvt.
Contact: Jenn Greenberg
j.greenberg@theoics.ca
Come join PJ library and OJCS for exciting Passover activities in our gym.

TUESDAY, APRIL 9

Malca Pass Library Book Discussion Group
7:30 - 9 pm, Kehillat Beth Israel
1400 Coldrey Ave.
Contact: Maureen Kaell
mkaell@rogers.com
Book review and discussion.

Classic Israeli Film Series

6:35 - 9 pm
Contact: Ella Dagan
edagan@jccottawa.com
A Winter series of classic Israeli films. This event continues on March 7 and April 11. Refreshments will be served. 7pm – a short talk by Israeli cultural attaché to Canada, Itay Tavor, followed by the film. Sponsored by: Vered Israel Cultural and Educational Program, SJCC, The Embassy of Israel, CICEF.

CANDLE LIGHTING BEFORE

APRIL 5	7:18 PM
APRIL 12	7:27 PM
APRIL 19	7:36 PM
APRIL 26	7:45 PM

BULLETIN DEADLINES

MONDAY, APRIL 15	FOR MAY 6
WEDNESDAY, MAY 8	FOR MAY 27
TUESDAY, JUNE 4	FOR JUNE 24
WEDNESDAY, JULY 3	FOR JULY 22
WEDNESDAY, JULY 31	FOR AUGUST 19

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:

Shirley Cohen
Sheila Hartman
Harry (Hyman) Schwartz
Jonathan Wouk

May their memory be a blessing always.

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



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