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Israeli president thanks Canada for friendship, moral leadership

On a state visit to Ottawa, **Israeli President Reuven Rivlin**, spoke of the close bonds shared by Israel and Canada. **Matthew Horwood** reports.

The close bond between Israel and Canada stems from our shared values, including commitment to immigration and diversity and “cherishing democracy, equality and leadership,” said Israeli President Reuven Rivlin during a state visit to Ottawa on April 1.

Rivlin also commended the Canadian government for its “long standing commitment to stability in the Middle East,” and thanked Prime Minister Justin Trudeau for “not only your friendship, but your moral leadership.”

Rivlin was speaking at a luncheon hosted by Trudeau for Rivlin at the Shaw Centre.

Trudeau said Canada would continue to work with Israel to combat hatred and anti-Semitism around the world, including through the International Holocaust Remembrance Alliance and the Global Campaign to Stop Anti-Semitism.

Trudeau said his government would continue to speak out, “in the most forceful way,” against the anti-Israel BDS (boycott, divestment and sanc-



GPO - ISRAELI GOVERNMENT PRESS OFFICE
 Israeli President Reuven Rivlin shakes hands with Prime Minister Justin Trudeau after laying a wreath at the National Holocaust Monument, April 1.

tions) movement and against the annual Israel Apartheid Week on university campuses as they “hold Israel to an entirely different standard than any other country.”

Before the luncheon Trudeau met with Rivlin at Wilson House, overlooking Meech Lake in Gatineau Park.

According to a statement from the Prime Minister’s Office, Rivlin and Trudeau “discussed the benefits of progressive trade and how the updated Canada-Israel Free Trade Agreement will help economic growth and create new opportunities and jobs for people in both our countries ... paving the way for an even closer relationship ... [and] agreed on the need to always speak out in the strongest possible terms against anti-Semitism wherever it occurs, and to confront and counter all forms of hatred.”

After the luncheon, Trudeau accompanied Rivlin to the National Holocaust Monument where the Israeli president



MATTHEW HORWOOD
 Governor General Julie Payette shares a moment with Israeli President Reuven Rivlin inside Rideau Hall, April 1.

laid a wreath in memory of the six million Jews murdered in the Holocaust.

Rivlin began his day in Ottawa with an official welcoming ceremony – with military honours – hosted by Governor General Julie Payette at Rideau Hall.

In remarks following an inspection of the military honour guard, Rivlin thanked Canada for playing a key role in the fight against “global terrorism that

threatens the stability of our region and of the world.”

He also said Canada’s “vibrant Jewish community is a source of pride to all of us.”

Payette spoke about the importance of standing firm against discrimination, intolerance and hatred “in any form,” and said the president’s visit to Canada
See Rivlin on page 2

inside:



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Jeremy Roberts MPP
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Rivlin: Visit marks 70 years of diplomatic relations between Canada and Israel

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was testimony to the strength of Canada-Israel ties.

“On the global stage, Canada and Israel support each other quite often. Through collaboration, we create prosperity for our countries and solve the major common problems,” she said.

After the welcoming ceremony, Payette and Rivlin went inside Rideau Hall for a private meeting before emerging to plant a blue-beech tree on the grounds of Rideau Hall to commemorate the Israeli president’s visit to Canada.

“The long lifespan of the tree exemplifies the strong friendship between our two countries,” said Payette.

“This tree can live for more than 100 years. That is plenty of time to continue our relationship, since we have had bilateral relations for more than 70 years,” she added.

The day ended with a state dinner in Rivlin’s honour at Rideau Hall.

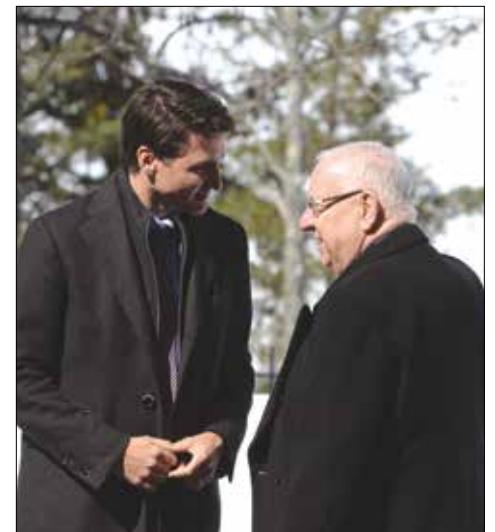
Rivlin’s visit to Canada marked 70 years of diplomatic relations between Canada and Israel. The visit began,



Israeli President Reuven Rivlin and Governor General Julie Payette plant a tree on the grounds of Rideau Hall to commemorate the president’s state visit to Canada, April 1.

March 31 in Niagara Falls, and was scheduled to conclude April 2, with events in Toronto.

Unfortunately, the Israeli president was forced to end his visit early on April 2 and return to Israel to be with



PO – ISRAELI GOVERNMENT PRESS OFFICE
Outside Wilson House, Prime Minister Justin Trudeau welcomes Israeli President Reuven Rivlin to Meech Lake in Gatineau Park.

his wife after her health suddenly deteriorated and she was placed on respiratory support. Nechama Rivlin had received a lung transplant on March 11.

Jewish community holds first conference on disabilities and inclusion

BY MATTHEW HORWOOD

There are two parts to the difficulties most people living with disabilities face: living their “ordinary and difficult lives,” and changing the structures and attitudes that “prevent us from living ordinarily,” according to Shelly Christensen, co-founder of Jewish Disability Awareness and Inclusion Month and author of *From Longing to Belonging*.

Christensen was a keynote speaker at “Pushing the Boundaries: Disability, Inclusion and the Ottawa Jewish Community.” The conference, which opened on the evening of April 2 at Kehillat Beth Israel (KBI) and continued throughout the day on April 3 at the Soloway Jewish Community Centre (SJCC), was the first community-wide conference on disabilities and inclusion in the city’s Jewish community.

According to Christensen, prejudices are the “most pervasive obstacle to belonging,” and are usually based on

myths and assumptions of what people can and cannot do.

“When we consider barriers to inclusion, we often think of accessible restrooms, elevators and ramps,” she said. “But obstacles can also exist in programs, services and events, in the forms of beliefs and stereotypes.”

Christensen said religious communities often “jump at including the broadest number of people,” without considering the individual preferences of how they want to be included.

“If we don’t talk about what people with disabilities and mental health conditions want, no amount of opening our doors is going to be enough,” she said at the opening night event.

The next day, Christensen discussed several concepts, including how to encourage the spirit of belonging and the processes that build a more inclusive community.

The goal of the conference – co-sponsored by the Jewish Federation of Ottawa,



(From left) Shelly Christensen introduces panelists Benjamin Leikin, Toby Brooks, Na’ama Uzan, David Uzan and Yehuda Coodin, during the “Pushing the Boundaries” conference at the SJCC, April 3.

wa, Jewish Family Services of Ottawa, the Jewish Ottawa Inclusion Network (JOIN) and Tamir – was to “educate about the barriers faced by people with disabilities, present best practices that foster inclusion, and help to inspire innovation in the Jewish community.”

Daniel Tammet, a best-selling author and poet, was a keynote speaker at the opening event at KBI. He spoke about his experiences living with both high-functioning autism and synesthesia, a neurological condition which
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Andrea Freedman

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Keynote speaker Shelly Christensen gathers with members of the "Pushing the Boundaries" organizing committee at the SJCC, April 3. (From left) Ruchama Uzan, Sarah Beutel, Madelaine Werier, Harvey Goldberg, Christensen, Mark Palmer and Rabbi Deborah Zuker.

MATHEW HORWOOD

Inclusion: 'Are we doing all we can?'

Continued from page 2

weaves together one's perception of words, numbers and colours.

Tammet said he had always felt he was different, "in a way that was not possible for me to express.

"For me, numbers and words are the bread and butter of my life," he said. "They have their own, colour, shape, texture and emotions."

For example, Tammet said the first time he witnessed snowfall he saw the number 89, and said he always felt like the number 757. His synesthesia also allowed him to recite the digits of Pi – from memory – to 22,514 decimal places.

David Lepofsky, chair of the Accessibility for Ontarians with Disabilities Act Alliance, was a featured speaker at the SJCC. He said the problems facing Ottawa's disabled Jewish community are the same as those facing disabled communities everywhere.

"We live in a society that is largely designed and operated on the premise that it's only for people without disabilities," he said.

Lepofsky called this idea "ridicu-

lous," not only because as it negatively impacts more than five million disabled Canadians, but because "everyone either has a disability now or gets one as they get older."

To prove his point, Lepofsky asked audience members to raise their hands if they didn't currently have a disability and "knew for certain they would never get one." No one raised their hand.

Lepofsky also spoke about the need to strengthen Bill C-81, the Accessible Canada Act: An Act to Ensure a Barrier-free Canada.

According to Lepofsky, a lawyer who is blind, Bill C-81 "gives the government commendable powers to make progress, but doesn't require it to ever use those powers or set timelines for using them."

A panel discussion, moderated by Christensen, discussed "what works and what doesn't work for being a part of the Jewish community." Panelists Benjamin Leikin, Toby Brooks, Na'ama Uzan, David Uzan and Yehuda Coodin provided perspectives of people with a variety of different disabilities.

Conference participants also split into



Daniel Tammet gives the keynote address at the opening session of "Pushing the Boundaries: Disability, Inclusion and the Ottawa Jewish Community," at Kehillat Beth Israel, April 2.

HOWARD SANDLER

small groups to discuss barriers to inclusion and ways to encourage inclusion in Ottawa's Jewish community.

Christensen ended the conference by encouraging participants to "ask yourself and every Jewish institution you

belong to or support if we are doing all we can to ensure access in all aspects of Jewish community life.

"We don't welcome people because they have disabilities. We welcome them because they are people," she said.



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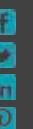


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Remembering Sheila Hartman

Devoted community volunteer **Sheila Hartman** died suddenly during Purim on March 21 at age 76. **Rabbi Chaim Mendelsohn** of Chabad of CentrepoinTE offers thoughts on her life and the impact she had on her family and her community.

In the Jewish tradition, when someone passes away, a shomer recites prayers near the deceased as a demonstration of respect until they are buried.

On Purim day, I was a shomer for the late Sheila Hartman. The hours that I spent as a shomer allowed me the opportunity to reflect on Sheila and what she meant to me specifically and more broadly of her impact on the Jewish community of Ottawa.

Sheila was kind, humble, sensitive and loving. She lived with conviction and moral clarity. She didn't need to lecture in order to influence family and friends. She led by example. She spoke with her eyes, with her smile and with her behaviour.

Sheila, an only child was born into humble beginnings. Her parents Samuel and Jean Akerman emigrated from Eastern Europe. She grew up in poverty, often mocked in school and camp for her tattered and mismatched clothing.

Despite the challenging financial situation, her parents lovingly instilled within her moral and ethical values imbued with Jewish tradition and culture.

The affection and pride that her parents had for "mein Sheila" was only matched by the respect and selflessness that she exhibited to her parents until

their dying days.

In her early 20s, she met Larry Hartman who would become her best friend and life partner. Larry, a few months older than Sheila, was smitten by her charming personality and made the best decision of his life when he asked for her hand in marriage.

For 54 years, they were an example of love and devotion. Sheila was the ultimate *eschet chayil* (woman of valour). She treated Larry like a king, fretting about his health and meals. In Larry's eyes, Sheila was a queen. They were each other's *bashert*, true soul mates.

Sheila's pride and joy were her children and grandchildren. She was a mom and bubby par excellence. Marni, Cindy, Kevin, Sam and Shia, Tracy, Shneur and Sophia were literally her everything. Her daughters knew they could count on her for anything. Whether it was bubby sitting, cooking, baking or just a listening ear, Sheila was always there.

She was a multitasker who could magically get anything done. Her life was such that anyone, particularly her husband and her children knew that for Sheila there was no challenge too difficult to overcome. In her presence one could feel a sense of security and



ISSIE SCAROWSKY

The late Sheila Hartman, seen at the Auxiliary of Hillel Lodge Tea on October 28, 2018, was a dedicated volunteer at the Lodge for many years.

comfort.

Sheila was ultrasensitive to the feelings of others. No email would go unanswered. There was never a visit that would not include a gift, and there was
See Sheila on page 5

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'Sheila could get anything done'

Continued from page 4

never a gift that did not include a handwritten note.

In my mind, her greatest legacy was one of caring for the elderly and less fortunate. She was a volunteer fixture at Hillel Lodge engaging with the residents, particularly those who felt lonely or isolated.

I vividly remember Sheila's dedication to her cousin Maureen after the passing of her husband, Jeff Katz. Jeff and Maureen had been members of our shul and his passing hit our congregation hard. Despite Sheila's personal sense of loss, it was her strength and compassion that helped others recover emotionally.

Most recently, Sheila and Larry were instrumental in the purchase and renovation of a new building for the Chabad Student Network (CSN). I have no doubt their motivation was that CSN and Rabbi Chaim and Yocheved Boyarsky created a centre that serves as a home away from home for Jewish

students.

I stood next to Sheila and I prayed. Sheila, a quintessential giver, passed away on Purim when we are mandated to give and share with others. Despite the fact that I may not have been celebrating Purim in synagogue, I felt privileged to stand in the presence of a woman who lived Purim every day of the year. I was finally given the opportunity to give to someone who never took anything.

On behalf of the Jewish community of Ottawa, we say thank you to the family for sharing Sheila with us. I can only imagine the sense of mourning and loss you must feel. Know that although you may not feel her physical embrace and touch, I promise you that from heaven, where she is now reunited with her parents, she continues to be present in your life. She will celebrate with you in your times of joy and give you strength when you are facing challenges. She is certainly radiating with a sense of pride in the accomplishments of her beloved family.

May her memory serve as a blessing.

Trump's peace plan

BY RON KAMPEAS

WASHINGTON (JTA) – Trump administration officials have been silent and notably leak-free about what exactly is in the Middle East peace plan that Trump's son-in-law, Jared Kushner, is shaping – until now.

Late last month, in speeches to the American Israel Public Affairs Committee (AIPAC), it became clear that the plan will likely not accommodate a Palestinian state, or at least the sovereignty that attaches to statehood.

David Friedman, Trump's ambassador to Israel and one of three members of the peace team, in his AIPAC speech outlined why Israel should seize the opportunity of the still-to-be-seen peace plan: It allows Israel to maintain security control of the West Bank, and a future U.S. administration might not be so understanding.

"Can we leave this to an administration that may not understand the

existential risk to Israel if Judea and Samaria are overcome by terrorists in the manner that befell the Gaza Strip after the IDF withdrew from this territory?" he asked, using the preferred Israeli name for the West Bank. "Can we leave this to an administration that may not understand the need for Israel to maintain overriding security control of Judea and Samaria and a permanent defence position in the Jordan Valley?"

JTA asked Jason Greenblatt, Trump's top Middle East negotiator and the third member of the Kushner peace team, whether this meant that Israeli control of the West Bank was in the deal, as opposed to a Palestinian state making its own defence and foreign policy decisions.

"I'm not going to address speculation of what may or may not be in the plan," he replied in an email. That was like his replies to many previous inquiries from

See Plan on page 12



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FEDERATION
REPORT



HARTLEY STERN
FEDERATION CHAIR

Thank you for answering the call of what you can do for your community

I reflected on Kennedy's famous "Ask not what your country can do for you" speech, and how relevant it was to me as I contemplate the end of my term as chair of the Jewish Federation of Ottawa.

I have mixed feelings about this departure. On one hand, I lead a busy life juggling my job, with significant travel time, my time with an expanding family, and the significant commitments Federation requires. On the other hand, there are very few opportunities like chairing Federation in which, with effort, vision and a superb management team, we can make serious contributions to the health, security, durability, and well-being of the community.

The choice to live in Ottawa was not entirely our own to make. While some of you were born here and have stayed and thrived here, others, like me, moved here for work; while others moved here for love. What is remarkable is how many of you have spontaneously, or with foresight, responded to the second half of Kennedy's admonition to "ask what you can do for your country" or, in

Our community is powered by hundreds of volunteers who give of their time, talent and energy.

this case, the Ottawa Jewish community.

Our community is filled with volunteers committed to enriching the lives of every Jew in the city as well as the broader community with which we interact. It is difficult to determine the number of volunteers we have, but some 450 of you attended Mitzvah Day in February, and a standing-room-only gathering of approximately 600 participated in the Pittsburgh vigil with just a few hours' notice.

Our community is powered by hundreds of volunteers who give of their time, talent and energy. We have raised the bar dramatically for fundraising at Federation. Through your warm embrace of the Jewish Superhighway, and the generosity of three donor families and their challenge fund, we are on track to

increase our Annual Campaign this past year from \$4.5 million to \$5.5 million! On second thought, it could have been the terrific volunteer song and dance acts at Kickoff that motivated everyone to increase their generosity!

I am stunned by the success of PJ Library with close to 700 Ottawa children receiving Jewish books each month. Our day schools and after-school and Sunday Jewish programs are enjoying greater enthusiasm, confidence and enrolments than we have had in recent years. Hillel Ottawa and the Chabad Student Network collectively fought off the BDS movement at the University of Ottawa. There are countless other volunteer successes in the community that I do not have the space to review. I simply want to point out how extraordinary the volunteers of Ottawa's Jewish community are. I did not have to ask myself what I could do for my community. By giving me the honour of chairing Federation for the past two years, you asked the question for me, and I will be ever grateful for you doing so.

In Dallas, recently, I visited the Texas School Book Depository, the building from where U.S. president John F. Kennedy was shot, and which is now a museum marking that tragic 1963 event.

The Americans, unfortunately, suffer from many gun-inflicted tragedies, including the recent mass murders at Parkland High School in Florida and Tree of Life Synagogue in Pittsburgh, but, sadly, they seem unable to alter their laws, policies and attitudes towards guns. They are excellent, though, at honouring their heroes and the Kennedy museum is no exception. While there,

FROM THE
PULPIT



RABBI EYTAN KENTER,
KEHILLAT BETH ISRAEL

The foundational story of the Jewish people

of our first prime minister continues to shape how we look at our leaders and see ourselves as Canadians, as people who look outward and ahead rather than only inward and behind.

The Jewish people have a foundational story as well. It is meant to guide us and remind us of what we are called to do and be as Jews. Every year, we are called to tell that story and instil it in our children, to remind ourselves of our duties as Jews. That story is the account of the Exodus from Egypt and we tell it every year at the Passover seder. In its telling, we continue to learn what it means to be a Jewish person and our responsibilities in and to the world.

Perhaps, at its most basic, the story of the Exodus from Egypt serves to remind us of our relationship with God. It is an opportunity to remember that God freed us from bondage and brought us to freedom and it is therefore incumbent upon each of us to express our gratitude to God for that act. Additionally, we have in the story our eventual arrival in the land of Israel. This served as a reminder to our ancestors who lived without the modern State of Israel that no matter how bad things were, no matter what persecution we were

facing, God would someday free us from our own bondage and bring us back to our land.

For me, the most powerful lesson of the story is that we Jews are uniquely positioned to both remember what it is like to be persecuted and to have gained sufficient freedom that allows us to care for those who are still mistreated and oppressed. We are commanded to teach our children that we used to be slaves in Egypt, and were freed to make a better world for ourselves and others. The commandments that teach us how to treat the stranger, the widow, the orphan, and the least among us, remind us that we, too, were the stranger and the oppressed, so we need to treat all people with dignity and respect. What better foundational story to have for the Jewish people?

As a people who straddle two worlds, knowing what it means to be a minority while largely flourishing as part of the (visible) majority, we are called to remember where we came from and to acknowledge the power that we have to better our world. Every Passover we remember that each of us left Egypt and now we must decide what to do with the power that our freedom provides.

Successful leaders speak regularly about their foundational stories, the time in their lives where they felt called or inspired to actualize the fullest version of themselves. When (spoiler alert) Peter Parker stands by and lets a criminal escape, only to discover that the same criminal would kill his Uncle Ben, Spider-Man learns that he must fight against injustice wherever it may be. In other words, with great power, comes great responsibility. Sir John A. Macdonald was called "Old Tomorrow" because of his ability to delay and postpone or wear out his opponents. He was someone who tried to serve his caucus, rather than having his caucus serve him. He always looked towards tomorrow. This understanding

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PUBLISHER
Andrea Freedman

EDITOR
Michael Regenstreif

PRODUCTION CONSULTANT
Patti Moran

BUSINESS MANAGER
Eddie Peltzman

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FROM THE EDITOR



MICHAEL REGENSTREIF

Passover is a time to celebrate freedom

and Freedoms. And yet, late last month, the government of Quebec introduced Bill 21, “An Act Respecting the Laicity (secularism) of the State.” The law, if passed, will restrict freedom for persons of authority in the public sector who wear certain items – including kippot, hijabs, turbans, Stars of David, crucifixes, etc. – as expressions of their religious beliefs.

Knowing the law flies in the face of guarantees under both the Canadian and Quebec charters, the Quebec government will invoke the “notwithstanding clause” to override the charters. I’ve always felt that including the notwithstanding clause in the Canadian charter was a huge mistake. The purpose of a charter of rights should be to protect fundamental rights from the whims of ephemeral politicians or the “base” they might cater to. The notwithstanding clause means that rights are only as protected as a government of the day thinks they should be.

One would have thought the issue of public sector workers having the right to wear such religious symbols in Canada was settled decades ago. In 1990, RCMP officers who practice the Sikh religion won the right to wear turbans – as their religion mandates them to do – while on duty. It was a precedent that has been respected in the public service in Canada for nearly 30 years.

Bill 21 is a solution to a problem that

should never have been seen as a problem. A problem that rose to the surface in Quebec in 2007 when Hérouxville, a small village northeast of Shawinigan, passed a “code of conduct” for immigrants. The village, entirely white and francophone, had no immigrants – but its code sparked a long debate in Quebec about so-called “reasonable accommodation” that ultimately resulted in the introduction of the current bill.

The bill is in the initial stages of working its way through committee and second and third readings before it can be passed, and opposition to it is strong.

In a statement, Rabbi Reuben Poupko, Quebec co-chair of the Centre for Israel and Jewish Affairs, said the Jewish community is “firmly opposed to any restriction of the freedom of religion of individuals in the name of secularism.

“Our community believes that the secularism of the state is an institutional duty and not a personal one. The commitment to secularism does not rest on the outward appearance of individuals. Any legislation that aims to restrict individual freedoms must pass the test of its constitutionality and in this regard, we are troubled by the inclusion of the notwithstanding clause to shield this legislation from a legal challenge.

“We are closely studying this Bill and are committed to participating constructively in the special consultations

in order to voice our community’s concerns and opposition.”

ISRAELI ELECTION

The Israeli election is scheduled for April 9, a date that falls between when this issue of the Ottawa Jewish Bulletin goes to press, and when it arrives in subscribers’ homes. We will have up-to-date coverage of the election on our website – www.ottawajewishbulletin.com – as it becomes available.

Bear in mind, though, that it might well be days or even weeks before we know who will form the next government of Israel as it is not simply a matter of which party wins the most seats in the Knesset, it depends on which party among many can form a governing coalition.

BULLETIN SUBSCRIPTIONS

This Passover edition of the Bulletin is one of two “community-wide” issues that we send out each year – the other is at Rosh Hashanah – so you might have received a copy even though you’re not a subscriber. We hope you’re enjoying the paper and will take a moment to subscribe and receive all 19 issues we publish during the year. You can subscribe securely online on our website or over the phone by calling Eddie Peltzman at 613-798-4696, ext. 256. A local subscription is still only \$36 per year.

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

The power of the kippah

was a woman wearing a hijab. I couldn’t recall having ever seen a woman bus driver in Jerusalem, so seeing a Muslim in a hijab certainly caught my attention.

I am confident I saw what I saw, but now I wish I’d boarded that bus to sneak a photo of the driver. Besides having it to assure myself I wasn’t seeing things, I had the thought of sending the photo to Saudi Arabia where women are slowly beginning to have the right to drive a car. Ironic is one word to describe this strange twist. Insane is another.

Most bus drivers in Jerusalem are male, middle-aged, or older. Most are neither friendly nor helpful. Most also drive too fast – but that is a whole other story.

One morning I was on the No. 24 bus when it stopped to pick up waiting passengers. One person looking to board through the back door was a man in a wheelchair. There was a ramp at the back but the driver had to go to the back to manually open it – something this driver didn’t do. Seeing that nothing was happening, a young man took it upon

himself to open the ramp.

I recall how the helpful passenger, wearing a kippah, had difficulty getting the ramp to open and how he broke his key prying the latch. When the ramp opened, the disabled man boarded, and the cap-clad driver looked in the rear-view mirror and sped off.

On the 24 the next day, I noticed the driver did not fit the norm. He was much younger and was wearing a kippah. While it is not unusual to see Jerusalem transit drivers wearing kippah, what made this driver stand out were his tzitzit hanging over his seat.

What also set this driver apart was his smile and how he drove at a more reasonable speed. I was liking the ride when I noticed the same man in a wheelchair waiting at the same bus stop. I really liked what I saw next. The driver stopped the bus, put his flashers on, and without hesitation jumped out of his seat to get the ramp down so the man in the wheelchair could board.

It could be the driver was not jaded as his older colleague the day before. Or, maybe, being observant meant

doing a mitzvah over and above his job description. What shone brightly was his instinctive willingness to help someone.

I left Jerusalem a week later. It was early morning. It was still dark and it was pouring as I waited for the bus to bring me to the new high-speed train which would get me to Ben-Gurion Airport in 20 minutes. That last day would provide one last surprise.

With a knapsack on my back and a suitcase to lift, a passenger got off the bus to help me with my suitcase. Once aboard, he told me to sit down as he strapped the suitcase into place so it wouldn’t fall off and hurt someone.

When we arrived at the train station, my new best friend didn’t even give me a chance to get my suitcase. He got it right away and carried it off the bus into the train station. I wondered why the young man, who also wore a kippah, was being so attentive to me.

An act of kindness from a stranger is always heartwarming, and to experience and witness mitzvot on my Jerusalem bus rides made me think of their one common denominator: the power of the kippah.

I don’t drive while visiting family in Israel. I opt for public transportation and, seriously, what a treat that almost always is.

Getting the vibe of any city comes quicker when you are bussing. If you are a good people watcher you see so much. When you ride the same bus routes every day, you start feeling you belong, seeing so many of the same faces and same routines. But what is special in Jerusalem is how every day brings a surprise or two.

One morning a bus – not the one I was waiting for – pulled up by my stop. Through the window I saw the driver

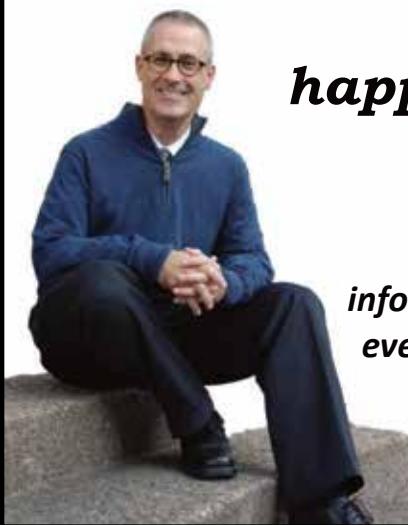


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NETANYAHU AND THE KAHANISTS

I applaud Ottawa Jewish Bulletin columnist Rabbi Steven Garten for expressing his dismay over the cynical move by Israeli Prime Minister Netanyahu to facilitate the entry of Kahanists into the Knesset (A View from the Bleachers, March 18).

Rabbi Garten points out this action drew rebuke from a number of mainstream U.S. Jewish organizations, including AIPAC, the American Israel

Public Affairs Committee. In Canada, progressive Zionist organizations – including Canadian Friends of Peace Now, the New Israel Fund of Canada and JSpace Canada – have denounced Netanyahu's embrace of unabashed racists. But mainstream Canadian Jewish organizations have been silent. As they say in Yiddish, that is a shande.

**Gabriella Goliger, Co-Chair
Canadian Friends of Peace Now**



Eliana Mandel-Carsen's twins, Koby and Jonah, resting under their Mitzvah Day blankets at CHEO.

Mitzvah Day efforts come full circle

BY ELIANA MANDEL-CARSEN

Being part of the Jewish community has always been a very important part of who I am. Participating in Jewish education, community events, and fundraising endeavours are some of the many ways that this community is part of my life.

For the past four years I have had the pleasure of being on the Jewish Federation of Ottawa Mitzvah Day Committee. This year, one of our projects was making blankets for the Children's Hospital of Eastern Ontario (CHEO). It was a wonderful project where children tied two pieces of fleece together to make a lovely, soft blanket.

A month after Mitzvah Day, I had the unique opportunity of seeing our

efforts come full circle when Koby and Jonah, my 13-month-old twins, were admitted to CHEO on March 5 for a couple weeks.

While we were there, one of the amazing and dedicated volunteers on 4 East gave us two warm, soft and plush blankets that had been made in the community and donated to CHEO. As soon as she brought the blankets into the room I recognized them as the blankets we had made on Mitzvah Day.

While I always knew the philanthropic endeavours of the Ottawa Jewish community were important and meaningful, this very personal experience really emphasized the importance of these programs. I feel so very fortunate to be part of this wonderful community.



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Rabbi Boruch Perton returning to Ottawa to head up Torah Day School

BY LOUISE RACHLIS

Rabbi Boruch Perton, who has been appointed head of school at Torah Day School of Ottawa, officially beginning for the next school year, was energetically moving throughout the school in early March, already working with the board and current administration to ensure a smooth transition.

Torah Day School is a full-time Torah-observant, Orthodox elementary school.

Rabbi Perton is currently commuting between Montreal and Ottawa, but he and wife Raize will move here permanently in July.

"I have six children – I need energy," laughs the rabbi, an avid marathon runner.

Rabbi Perton describes himself as a "hands-on" administrator. "There's nothing I won't do," he says. "I'm actively involved to support the teachers, and to hire the most qualified, experienced and inspirational faculty to make the educational experience for the children as positive as possible."

That includes ensuring that general studies are "exceptional, on a par if not better than other private and public schools," he said.

"Parents sending their children to a private Jewish day school don't want to compromise on general studies. That's why we've hired a veteran administrator, Christi Lancaster, as vice-principal. I'm excited about working with her because she brings a tremendous amount of experience and success."

Rabbi Perton holds a PhD in Talmudic law from Ner Yisroel Rabbinical College in Baltimore and has studied at rabbinical seminaries both in the U.S. and Israel. He also attended the State University of New York where he was inducted into the Phi Sigma Omicron Honour Society.

He served as the head of school at Hillel Academy (now the Ottawa Jewish Community School) from 2003 to 2006 and at Hebrew Academy of Montreal from 2006 to 2014.

"This is the first time I'm returning to a community I've been in before," said Rabbi Perton, who since 2014, has been senior rabbi of Congregation Beth Zion, a large Orthodox synagogue in Montreal. "I'm returning because I enjoyed living in Ottawa so much... It feels right."

Among Rabbi Perton's current priorities is recruiting Judaic faculty for next year.

"We're looking for dynamic, talented and engaging



"Our goal is to take a strong school and make it an exceptional school," says Rabbi Boruch Perton.

Judaic studies faculty, who can teach both text and, more importantly, inspire. Jewish schools need not only to educate, but to be fun and exciting. Children should come home exploding with excitement about what their morah or rebbe said that day."

He is also working with the school's board to establish a *va'ad ha'chinuch* (education committee).

"We want a board of education of rabbis and other communal leaders that represents the broader Jewish community," said Rabbi Perton.

"Our goal is to take a strong school and make it an exceptional school," said Rabbi Perton. "We have a dedicated faculty, a committed parent body, tireless and hardworking lay leaders, and a broader community that appreciates and supports the school."

Torah Day School currently has an enrolment of about 100 students, but Rabbi Perton projects significant growth in the coming years.

"Ottawa has the potential to be a community to which Jewish families across Canada would consider moving. Where there's a strong Orthodox elementary school and Orthodox high school. We look at the significant potential growth of the community as being linked to the school," he said.

Rabbi Perton is available to meet with parents interested in learning more about Torah Day School. He can be reached at rabbi.perton@torahday.ca.

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Beth Shalom legacy fund to support initiatives enhancing Jewish life in Ottawa

BY JANE EHRENWORTH SHORE
BETH SHALOM LEGACY ENDOWMENT COMMITTEE

Congregation Beth Shalom of Ottawa created a Legacy Endowment Fund before our amalgamation with Agudath Israel Congregation for the purpose of honouring the legacy of the shul and to keep the shul's memory alive in the Jewish community.

Beth Shalom has deep roots in the Ottawa community. Organized religious congregational life in Ottawa began in 1892 when Moses Bilsky and John Dover helped found Adath Jeshurun Synagogue. In 1895, the congregation's first synagogue was completed and within a decade it moved to a new building on King Edward Street.

In 1956, two Orthodox congregations, Adath Jeshurun and Agudath Achim, merged to form Congregation Beth Shalom. Facing declining membership, B'nai Jacob joined in 1972. Located on Chapel Street at Rideau, Beth Shalom was the focus of Jewish life in the downtown core for over 50 years. Throughout its history, the guiding vision of Beth Shalom was to both strengthen and expand its religious community, and to support the broader Jewish community of Ottawa.

After the sale of the property on Chapel Street, members of Beth Shalom wanted to create a permanent reminder in the community of their congregation. We wanted future generations to be aware of our histo-



The sanctuary of Congregation Beth Shalom in 2007.

ry, epitomizing the concept of *L'dor V'dor* (from generation to generation). The Beth Shalom Board therefore founded the Congregation Beth Shalom Legacy Endowment Fund to honour the original founding shuls of Chapel Street, its leadership, clergy and congregants.

Ian Sherman, then president of Beth Shalom, followed the precept that "Beth Shalom needed to continue to give back to the community as it had been inspired by its members and leadership to do for so

many decades."

The Congregation Beth Shalom of Ottawa Legacy Endowment Fund Committee was formed in June 2016 and a \$2 million fund – invested with the Ottawa Jewish Community Foundation – was created. An investment committee was established to guide the fund. It is chaired by Jane Ehrenworth Shore, a former first vice-president of Beth Shalom. Other committee members include former treasurer Jay Amdur, immediate past-president Ian Sherman, past-president Morris Schachnow and founding family members Sol Shinder, Arnie Kimmel and Lawrence Soloway.

The mandate of the committee was to steer the fund into existence and then use the income generated to support programs and causes that promote the continuity of the Jewish experience in the Ottawa Jewish community including unique programs that enhance Jewish life at Kehillat Beth Israel and other community agencies. The fund can provide seed monies for initiatives that are unable to be funded from within existing operational budgets. Funds are available to organizations that operate independent of community shuls and who have charitable standing with a charitable number.

To apply for funding, contact the committee at bethshalomlegacyfund@gmail.com and a committee member will happily send you an application form. Applicants should receive an acknowledgement within two or three weeks of submission.

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Happy Passover
to the Jewish
community.

Kidney transplant recipient and donor both doing well

BY MATTHEW HORWOOD

Kidney transplant recipient David Uzan and his donor, Rabbi Deborah Zuker, are both in good health and continuing to recover well from their surgeries.

The surgeries, which took place on February 21 at the Ottawa Hospital General Campus, went “great,” said Rabbi Zuker, the associate rabbi at Kehillat Beth Israel. “It went exactly as planned and we were prepared for what happened.”

Uzan said his surgery went “really well” and there were no major complications. “Within hours of the surgery I was able to walk a bit with assistance. The doctors were excellent, so I had a good stay in the hospital,” he said.

As previously reported in the Ottawa Jewish Bulletin, Uzan, a married father of four young children, suffered from IgA nephropathy, also known as Berger’s disease, which occurs when an antibody (immunoglobulin A) gets lodged in the kidneys, causing inflammation that hampers the kidney’s ability to filter wastes from the bloodstream.

Without the kidney transplant, Uzan would have faced a lifetime of dialysis treatments, each lasting several hours, several times per week.

When Uzan began his search for a kidney donor, Rabbi Zuker stepped forward to be tested and found she was a direct match for him.

Uzan said that he and Rabbi Zuker tried to spend as much time together as possible while they were in the surgical recovery ward.

“Our rooms were pretty far away, so my wife was also checking on Rabbi Zuker all the time,” Uzan said.

Rabbi Zuker recalled one of the Uzan children asking her if she and their father would be related after the surgeries.

“I said, ‘Not really, but we are good friends, and that’s what friends do for each other,’” Rabbi Zuker said laughing.

Uzan said his recovery has been going well, and he frequently checks on Rabbi Zuker to see how she is doing.

“In a way, it’s been easier for me than



Rabbi Deborah Zuker and David Uzan spend time together while recovering from surgeries performed February 21 at the Ottawa Hospital. Uzan was the recipient of a kidney donated by Rabbi Zuker.

for her,” he said. “I feel a little bit guilty, but I think she will fully recover.”

According to Rabbi Zuker, the surgery feels like a “big project” that is now behind her.

“It took a lot of advanced planning for my work and family responsibilities. When you have a project of any kind, it’s always nice to see it come to fruition,” she said.

Rabbi Zuker said she is willing to speak with anyone who is thinking of donating an organ, as she believes it is a “blessing,” and something everyone should try to do.

“Yes, it’s uncomfortable, but it’s been one of the most meaningful experiences of my life,” she said.

Since the surgery, Uzan said he spends “a lot of time each day just thinking of how fortunate I am.” He is grateful, he said, to the surgeons, the medicine, and of course, to Rabbi Zuker.

“I keep trying to thank her but she won’t accept it. So instead I praise the kidney,” Uzan said with laughter. “That’s my backhanded way of thanking her.”

Uzan expressed thanks to everyone who helped his family during this process.

“The community has been so supportive,” he said.

Rabbi Zuker said the outpouring of support and encouragement she received from the Ottawa community was “truly incredible.”

“Not only was it necessary and helpful for our families, but it’s just so heartening to see how much people will assist when you ask,” she said.

“We should all ask for help more often.”

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Plan: It's beginning to look a lot like one state

Continued from page 5

reporters about anonymously leaked details. This time, however, the question was about on-the-record remarks by one of the plan's architects to a hall packed with 18,000 activists.

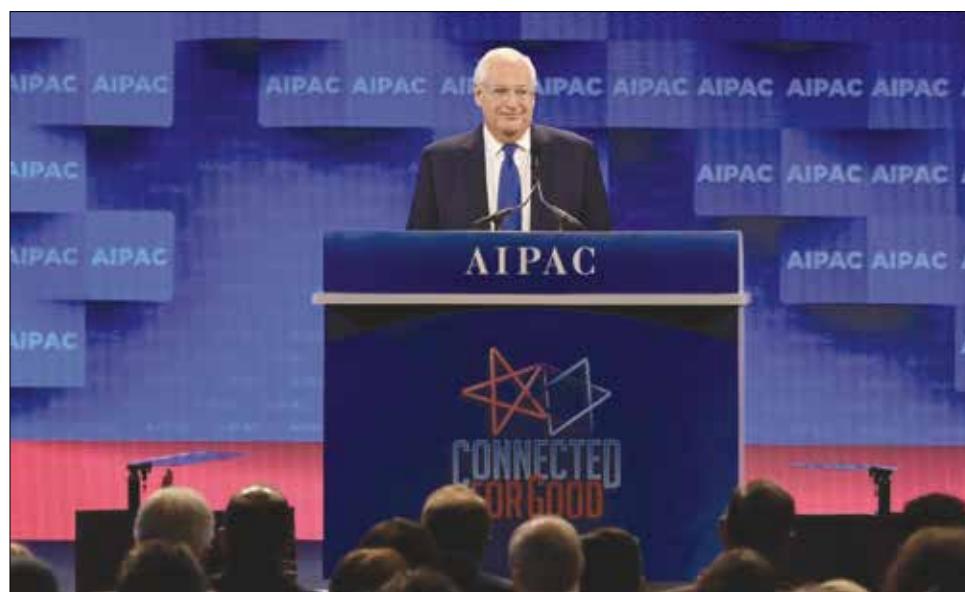
The next day, House Appropriations Chair Nita Lowey, D-N.Y., asked U.S. Secretary of State Mike Pompeo three times if the Trump administration believed in the two-state solution. Each time he demurred.

Instead, Pompeo in his Capitol Hill testimony referred to the other big Israel and territory news that week: Trump's formal recognition of Israel's sovereignty in the Golan Heights, which like the West Bank, was captured in the 1967 Six-Day War.

"We believe this increases the likelihood that we get resolution of the conflict between Israel and the Palestinians," Pompeo said. "We think it speaks with the clarity that takes this away from any uncertainty about how we'll proceed."

Tamara Cofman Wittes, a top Middle East policy official in the Obama administration, said she was able to read two possible meanings into what Pompeo meant by "clarity."

"One is that [it] relates to the content of the Trump peace plan," suggesting that the plan will recognize Israel's



U.S. Ambassador to Israel David Friedman speaks to AIPAC in Washington, D.C., March 26.

claim to at least part of the West Bank, said Cofman Wittes, a senior fellow in the Center for Middle East Policy at the Brookings Institution. "The other is that it relates to what will happen if the Trump peace plan is not accepted" by the Palestinians – the United States would greenlight an Israeli annexation.

(Spoiler alert: The Palestinians, already snubbing administration officials since Trump recognized Jerusalem as Israel's capital in 2017, are not likely

to accept a plan that keeps Israeli troops in the West Bank.)

Pompeo, asked whether the United States would now recognize other countries' annexation of occupied lands, said "absolutely not." (A number of pundits have said the Golan recognition could embolden Russia to do the same in Crimea.) However, in defending recognition of the Golan as Israeli territory, Pompeo seemed to set out the case Israel could invoke in

annexing the West Bank.

"Israel was fighting a defensive battle to save its nation, and it cannot be the case that a UN resolution is a suicide pact," he told reporters Thursday, apparently referring to Security Council Resolution 242 immediately following the 1967 war, which established the land-for-peace principle in the Israeli-Arab conflict.

It was a message that Israeli Prime Minister Benjamin Netanyahu echoed almost precisely the day before.

"There is a very important principle in international life," he said. "When you start wars of aggression, you lose territory, do not come and claim it afterwards. It belongs to us."

"It sounds like the Trump administration has no interest in advancing a contiguous completely sovereign Palestinian state," Dahlia Scheindlin, a policy fellow at Mitvim-The Israeli Institute for Regional Foreign Policies, told JTA.

That would be consistent with policies that Scheindlin said the Netanyahu government is advancing: expanding existing settlements, creating greater access between the settlements and Israel within the Green Line, and limiting Palestinian construction of Area C of the West Bank, the area that is still under total Israeli control.

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Glebe Shul founders and directors to be honoured at Jewish Unity Live event

BY DANIELLE ALTONAGA
JET

Mark your calendars! Two “amazing couples” – Rabbi Michael and Stacy Goldstein, the founders and first directors of the Glebe Shul, and Rabbi Yoey and Smin Shaps, the Glebe Shul’s current directors – will be honoured, Monday, May 27, at Jewish Unity Live, JET’s biggest annual event.

Jewish Unity Live is a celebration of JET (Jewish Education through Torah) and our supportive, vibrant community.

This will be our 16th annual Jewish Unity Live event. Rabbi Michael and Stacy Goldstein and Rabbi Yoey and Smin Shaps are being honoured for their outstanding contributions to Jewish life in Ottawa.

Rabbi Yoey and Smin bring sincerity, positivity and wisdom to young professionals through the Glebe Shul. They have played a tremendous role in countless Jewish journeys over the past four years by bringing young people together to enjoy social events, educational programs, and more.

Rabbi Michael and Stacy are smart, passionate, and tireless workers. In 2010, Rabbi Michael and Stacy founded the Glebe Shul as a hub connecting Ottawa’s Jewish young professionals. In 2015, they moved on to Congregation Machzikei Hadas, where Stacy became director of community building and Rabbi Michael served as executive director for nearly three years.

Jewish Unity Live includes delicious food and a wine bar, and entertainment from Rabbi Yom Tov Glaser.

Known as the “Jewish Bob Marley,” Rabbi Glaser imparts Jewish wisdom through storytelling, Kabbalah and music. After eight years of study, he received ordination from Aish HaTorah and the chief rabbi of Jerusalem. His areas of expertise include Kabbalah, spirituality and psychotherapy. A master orator, Rabbi Glaser captivates audiences of all ages and backgrounds worldwide.

Jewish Unity Live takes place Monday, May 27, at 6 pm (dinner reception) and 7:30 pm (program) at Ben Franklin Place, 101 Centrepointe Drive. Tickets are \$100 (dinner reception, program and dessert reception) and \$40 (program and dessert reception).

For tickets, sponsorship opportunities and more information visit JET at www.jetottawa.com or contact us at info@jetottawa.com or 613-695-4800. Rabbi Yom Tov Glaser will perform at Jewish Unity Live, May 27, at Ben Franklin Place.



Jewish Unity Live honourees Rabbi Michael and Stacy Goldstein founded the Glebe Shul in 2010.



Rabbi Yom Tov Glaser will perform at Jewish Unity Live, May 27, at Ben Franklin Place.



Jewish Unity Live honourees Rabbi Yoey and Smin Shaps became the Glebe Shul directors in 2015.

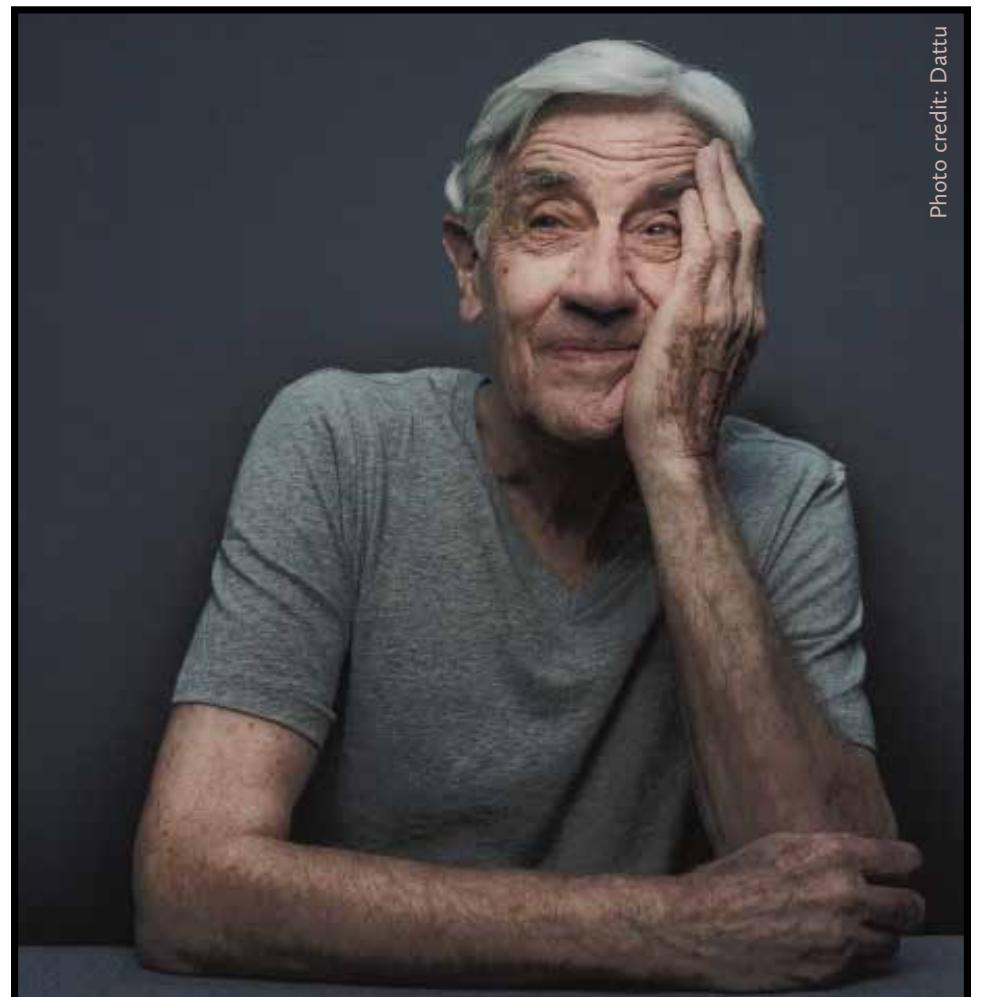


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The Bible to Bernstein, reconciliation to immigration

Limmud Ottawa featured a full day of panels, lectures, workshops and performances. **Matthew Horwood** and **Michael Regenstreif** report.

Close to 300 people filled social halls, meeting rooms, classrooms and the Greenberg Families Library at the Soloway Jewish Community Centre on Sunday March 31 for the annual day-long Limmud Ottawa festival of Jewish learning and culture.

The event featured a series of one-hour sessions (with 15-minute breaks between sessions) on a wide range of current, historical and cultural topics with as many as five sessions to choose from at any given time. The beginning and ending of each session was signalled with a blast from Harvey Goldberg's shofar.

In a session titled "Reconciliation," Claudette Commanda, an Algonquin Anishinabe from Kitigan Zibi Anishinabeg First Nation and professor at the University of Ottawa, spoke with moderator Adam Moscoe on how Indigenous and Jewish communities can learn from each other's trauma and injustice, as well as move forward towards healing, recovery and reconciliation.

Brian Goldman, an emergency room physician at Mount Sinai Hospital in Toronto and host of CBC Radio's medical show "White Coat, Black Art," was featured in two sessions. In "Kindness and Empathy: A Personal and Professional Search," Goldman spoke about "the moments when health professionals, as kind as they are hardwired to be, are not as kind as they could be," and some of the strategies that he and other health professionals use – or can use – in being kind and empathetic with their patients. The session was introduced by Rabbi Reuven Bulka, the originator of Kindness Week in Ottawa.

Then, in "Conversations of Compassion," Goldman was joined by former Ottawa mayor Jackie Holzman, Rabbi Eytan Kenter and Susan Landau Chark for a panel discussion on the need for "a change in our collective attitudes to the needs of the serious ill and the dying," as well as how loneliness and isolation can impact one's health.

Israeli activist Hen Mazzig, a former Israel Defense Forces (IDF) officer who acted as an intermediary between the IDF and the Palestinian Authority, and



Singer Adam Moscoe and pianist Evelyn Greenberg perform a Leonard Bernstein song.



Rabbi Elizabeth Bolton singing a Yiddish song.



Rabbi Howard Finkelstein leads a Limmud study session.



Dara Lithwick speaking about biblical lessons in Jewish leadership.



Limmud Ottawa organizer Jenny Roberge enjoying the moment she was thanked for her efforts.

an expert on Israel advocacy in the Diaspora and LGBTQ rights in Israel, was also featured in two sessions. In the first session, "Hen Mazzig: Israel's New Warrior," he told the story of his life highlighting his work in the IDF and efforts to "minimize the effect of conflicts for those that are not involved and help

guide areas in need."

Then, in "Anti-Semitism vs. Legitimate Criticism of Israel," he was joined in a dialogue by Rebecca Katzman, the Canadian representative of StandWithUs, an organization that works to counter anti-Zionism on university campuses, to discuss the challenges faced by pro-Israel students on campus and how to recognize when anti-Zionism crosses the line into anti-Semitism.

In "International Migration – Jewish Perspectives," Howard Spunt, a former Canadian diplomat, discussed a variety of topics related to immigration, such as the tensions between sovereignty and morality, refugee determination, the three historic waves of Jewish migration to Israel, and the practices that determine who "gets in" to a country.

A few of the many other sessions included University of Ottawa professor Peggy Kleinplatz's presentation of her research on infertility among women who survived the Holocaust; author Fred Litwin on anti-Semitism tied to JFK assassination conspiracy theories; lawyer and rabbinical student Dara Lithwick

on biblical lessons in Jewish leadership; and JET educator Lauren Shaps on the Torah's lessons for dealing with difficult people.

Musical presentations included Rabbi Elizabeth Bolton's participatory session on Yiddish folksongs and Roslyn Schwartz's performance of original songs tied to Jewish holidays.

Limmud's final session was Adam Moscoe's presentation, "Leonard Bernstein at 100: The Man, His Music, and His Judaism." Moscoe spoke about Bernstein's many contributions to music, highlighting the Jewish influences in his work. Moscoe and musical theatre performer Katie Shapiro each sang several of Bernstein's songs accompanied by master pianist Evelyn Greenberg.

The Bernstein session was the only one of the day that did not take place at the same time as other sessions and ended with Moscoe leading the large crowd in social hall A in a round of applause acknowledging Jenny Roberge, the driving force behind large corps of volunteers who organize and present Limmud Ottawa each year.

Passover Feature How to choose the right Haggadah

BY MJL STAFF

(My Jewish Learning via JTA) – With thousands of published Haggadahs available for purchase, choosing the one that is best for your seder can be overwhelming.

Here are some things you might want to consider when selecting a Haggadah.

Cost – Remember, you'll need a copy of the Haggadah for each guest (or every two guests, if people are comfortable sharing). Unless you plan to buy one copy and then do some extensive photocopying (which, we should note, is illegal for copyrighted publications), you'll have to multiply the book's price by the number of guests.

There are also many free downloadable PDF versions online, and you can also choose to make your own.

Length – If your guests are expecting the traditional seder, complete with Hebrew, they might be uncomfortable with an abridged Haggadah, an LGBTQ Haggadah, or one that emphasizes contemporary examples of oppression and slavery. On the other hand, if many are first-time seder-goers or lack the patience for a really long seder, something like *The 30-Minute Seder* or a book that relates the Exodus to modern social issues might be just the thing.

Children – Since children generally don't like sitting still at the table for long, we recommend an abbreviated or

child-oriented Haggadah. There are many great children's and "family" Haggadahs that engage adults as well as kids. Be sure to check out this list on Kveller – <http://tinyurl.com/yyvckxvz> – for the best Haggadahs for kids. For the older kids, think about acting out skits from the seder.

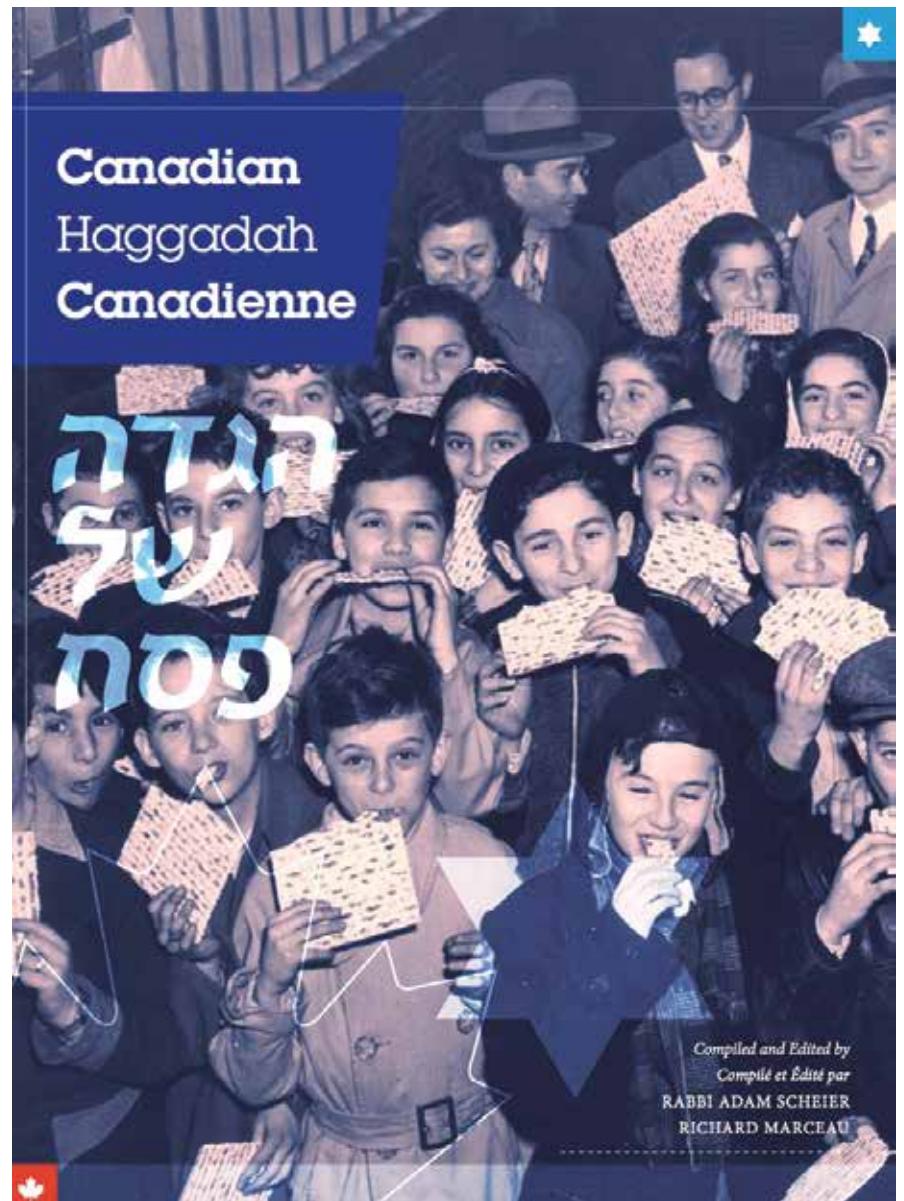
Beauty – Haggadahs come in an array of designs and styles, with art ranging from contemporary to ancient. The downside of a gorgeous tome, however, is that there's a good chance one of your guests will spill wine all over it. (That can happen with any Haggadah, but you probably won't mind so much if it's inexpensive or more about function than aesthetic.)

For a beautiful (and modern) Haggadah, check out the *New American Haggadah* or *The Bronfman Haggadah*.

The Syzk Haggadah, created in the 1930s, features illustrations in the style of illuminated manuscripts.

And for a particularly Canadian Haggadah, check out the *Canadian Haggadah Canadienne*, compiled and edited by Richard Marceau and Rabbi Adam Scheier, which features text in English, French and Hebrew, and includes commentaries from rabbis from across Canada and across the denominational spectrum – Orthodox, Conservative, Reform, Reconstructionist and Chabad.

The Ottawa Jewish Bulletin contributed to this article.



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Soloway JCC presents a celebration of Jewish music

BY ROSLYN WOLLOCK
SOLOWAY JEWISH COMMUNITY CENTRE

Whether it is music of the stage and screen, harmonious, soul-stirring liturgical pieces, or beautiful Yiddish and Hebrew repertoires, the Soloway Jewish Community Centre (SJCC)'s Afternoon of Jewish Music has something for everyone.

The 60-piece Ottawa Community Concert Band, under the baton of Jim Milne, will present an eclectic repertoire of familiar screen and stage favourites by Jewish composers – including Marvin Hamlisch, Leonard Bernstein, Richard Rodgers and Oscar Hammerstein – and music from Jacques Offenbach's popular operettas.

Cantor Jason Green will lead the Kehillat Beth Israel Choir in a number of popular liturgical selections, sung in four parts. A few pieces will divert from the familiar traditional tunes and will no doubt have the audience clapping, humming and toe tapping to the energetic beat.

The SJCC Ottawa Jewish Chorus, host choir for the afternoon, will close the program with an array of well-loved Yid-



Cantor Jason Green will lead the Kehillat Beth Israel Choir during the SJCC's Afternoon of Jewish Music, May 5.

dish and Hebrew songs, under the direction of Rachel Eugster and accompanist Aviva Lightstone.

The Afternoon of Jewish Music takes place Sunday, May 5, 2 pm, at the SJCC. Tickets will be available at the door.

For more information, contact Roslyn Wollock at rwollock@jccottawa.com or 613-798-9818, ext. 254.

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FOR MORE INFO OR TO RSVP CONTACT SUE POTECHIN, PRINCIPAL 613-224-3133 OR TIRS@TEMPLEISRAELOTTAWA.CA

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SUNDAY, MAY 5, 2:00 PM
\$5 AT THE DOOR

Featuring the Music of Jewish Composers of Stage and Screen, a Collection of Yiddish and Hebrew Songs and a Repertoire of Soul Stirring Liturgical Favourites





THE 60 MEMBER OTTAWA COMMUNITY CONCERT BAND




THE SJCC OTTAWA JEWISH CHORUS



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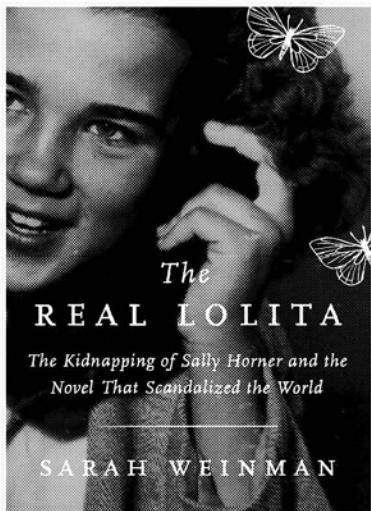
Contact: Roslyn Brozovsky Wollock
(613) 798-9818 ext. 254, rwollock@jccottawa.com

The Real Lolita:

The Kidnapping of Sally Horner AND THE Novel that Scandalized THE World

A gripping true-crime investigation of the 1948 abduction of Sally Horner and how it inspired Vladimir Nabokov's classic novel Lolita.

With author and Ottawa Native Sarah Weinman



"Weinman has compassionately given Sally Horner pride of place once more in her own life, a life that was first brutally warped by Frank La Salle, and then appropriated by one of the most brilliant writers of the 20th century."
- Maureen Corrigan, *The Washington Post*

"Riveting... Scrupulously researched... Nearly 70 years after Sally Horner's death, Weinman's dark and compulsively readable book will make readers aware of the absence of nearly forgotten girl's voice in discussions of one of the great works of American literature."
- Elizabeth Hand, *Los Angeles Times*

Tuesday, April 23
7:30 pm
\$5 at the door,
SJCC Social Hall A



SolowayJCC
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(613) 798-9818 ext. 254, rwollock@jccottawa.com

The Good Life

with Sabina Wasserlauf MSW, RSW & Lauren Shaps MSW, RSW




Tuesdays May 7 – May 28
2:00 pm – 3:15 pm
\$77 SJCC Member • \$87 Non Member

For course details please visit www.jccottawa.com

Shirley Berman Lecture Series

Lilian Bilsky Freiman – A Life of Giving

Wednesday, May 22, SJCC Social Hall 'A'

In this first presentation of the Shirley Berman Lecture Series, Dan McKay shares the fascinating life and times of this exceptional philanthropist – a woman beyond compare.

Presented by The Ottawa Jewish Historical Society, in partnership with the Soloway JCC,



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Donations over \$20 will receive a tax receipt.



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From Indigenous to Folk to Pop

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April 29-June 3
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\$169 Non Members
No Class: Monday, May 20



Please register online at www.jccottawa.com or in person at the SJCC Front Desk

Dan Mackay to speak about Lillian Bilsky Freiman

BY TERI LEVINE
OTTAWA JEWISH HISTORICAL SOCIETY

All are invited to the inaugural event of the Shirley Berman Lecture Series presented by the Ottawa Jewish Historical Society (OJHS), in partnership with the Soloway Jewish Community Centre (SJCC), on Wednesday, May 22, 7:30 pm, at the SJCC. Admission is free of charge.

The first lecture will feature Lt.-Col (Retired) Dan Mackay, who will speak about one of Ottawa's most prominent and beloved citizens, Lillian Bilsky Freiman.

Mackay is the historian and a past-president of the Army Officer's Mess on Somerset Street in Ottawa. The house was Freiman's home from 1913 until her death in 1940.

Freiman believed she could do so much for others by rolling up her sleeves and enlisting the help of as many people as she could find. From setting up sewing circles to make the first Remembrance Day poppies by hand, to founding Canadian Hadasah-WIZO, she helped provide better lives for so many.

Mackay will tell the story of how this



Lillian Bilsky Freiman (1885-1940), one of Ottawa's most prominent Jewish citizens, will be the subject of the inaugural event of the Shirley Berman Lecture Series, May 22, at the SJCC.

amazing woman, who grew up in Ottawa, changed the face of the city and helped countless veterans of the First World War.

You'll not want to miss this interesting and exciting lecture.

The Shirley Berman Lecture Series will present two more speakers this year, on September 18 and October 24. Be sure to save the dates.

The OJHS mandate is to preserve the history of Ottawa's Jewish community and while there is no admission charge for this lecture series, donations are appreciated.

Refreshments will be served at the lecture.

For more information, contact the OJHS office at ojhsoc@gmail.com or 613-798-9818, ext. 264.

New Seymour Mayne poetry collection published in four languages

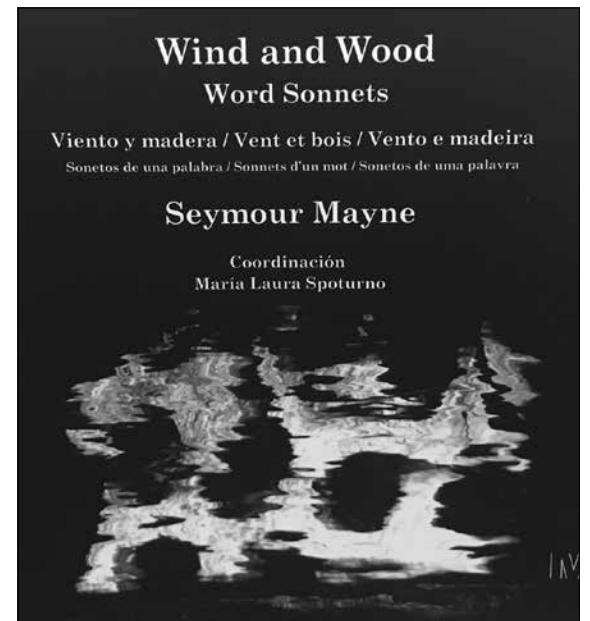
Wind and Wood: Word Sonnets, a new quadri-lingual collection by poet and University of Ottawa professor Seymour Mayne was recently published in South America. The translations into French, Portuguese and Spanish were done by translators in Canada, Brazil and Argentina.

The book is a sequence of short poems that draws on shorter forms such as haiku and also on the pithy expression that characterizes Pirkei

Avot (Sayings of the Sages), the Talmudic tractate of maxims, proverbs and resonant images. The book's editor was the Argentinian critic and translator María Laura Spoturno who has edited three earlier collections by Mayne in translation.

The book also includes a critical prefatory interview in which the author provides commentary on the word sonnet, the sub-genre for which he is known as the leading international innovator.

Copies of the book are available from Editorial Malisia – malisiaeditorial@gmail.com – at \$12 US per copy.



Happy Passover – Chag Sameach

to the Ottawa Jewish Community

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Free play is crucial to our children's health

Editor's Note: Welcome to the debut of the Ottawa Jewish Bulletin's new Health and Wellness column which will be written by variety of health professionals in the community. This issue's column is by Dr. Karen Palayew, a pediatrician in Ottawa.

Physical activity, in its various forms, is known to be important for both our bodies and our brains. Organized sports and free play each provide very different but equally important benefits to our overall health and well-being.

Organized sports are valuable in that they integrate physical activity into children's day-to-day lives, hopefully helping them avoid many age- and weight-related health issues in adulthood. In addition, following rules and the intricacy of a sport alongside peers encourages children to learn self-discipline, the value of teamwork, and strengthens their social skills. It helps them learn about and manage disappointment and failure and the importance of being a part of something greater than themselves, without simply focusing on the win.

And then there is free play, which is defined as "unstructured, voluntary, self-initiated activity that allows children to develop their imaginations while exploring and experiencing the world around them. It is the spontaneous play that comes from children's natural curiosity, love of discovery and enthusiasm."

My childhood memories of growing up in the 1960s include rolling up hills, free skiing, outdoor hide-and-seek, exploring the beaches and dunes of Cape Cod and trail running in the woods. I shared these experiences with my brothers and my friends, often with parents at a distance.

But, times have changed. Scientists are telling us



DR. KAREN PALAYEW
HEALTH & WELLNESS

My childhood memories of growing up in the 1960s include rolling up hills, free skiing, outdoor hide-and-seek, exploring the beaches and dunes of Cape Cod and trail running in the woods.

that we – as parents, as a community, as a society – have watched and perhaps facilitated the pendulum in swinging too far from allowing our children to learn from and experience the sheer joy of free play. Often, this is discouraged for fear of children getting hurt, although studies have shown that engaging in risk is an important factor in preventing injuries. There is also an (understandable) inherent concern on the part of parents with respect to safety and vulnerability of children being outside unsupervised.

However, free play is believed to be crucial to our children's psychological health. It provides an outlet for their creativity and allows them to interact with the world around them on their own terms. It gives children the opportunity to explore outdoors and connect to nature. Free play has been shown to have significant benefits in terms of developing social skills, emotional regulation and executive functioning –

including memory, attention, planning, reasoning, problem-solving and impulse control. It encourages children to connect with one another, to resolve conflict, and helps them develop empathy, compassion, trust and resilience.

Both organized sports and free play can help support children's mental health. Physical activity promotes positive feelings and self-esteem. It helps to reduce depressive symptoms and decreases feelings of stress and anxiety.

In 2018, a comprehensive assessment of child and youth physical activity in Canada was presented in the ParticipACTION Report. Important findings included that only 35 per cent of five- to 17-year-olds and 62 per cent of three- and four-year-olds are reaching their recommended daily physical activity level. In addition, it revealed that 51 per cent of five- to 17-year-olds and 76 per cent of three- and four-year-olds are engaging in more screen time than is recommended by the Canadian 24-Hour Movement Guidelines for recreational screen-based sedentary behaviours.

As a physician, I feel an obligation to work alongside and guide families to ensure the optimal growth and development of children under my care. My overriding belief lies in the importance of creating a balance of activities for our children. Teaching them healthy habits early on in life – whether it be in relation to their diet, sleep, physical activity or behaviour – sets the foundation for how they will continue to lead their lives into adulthood.

After a long and challenging winter, I wish everyone a healthy and active spring. Enjoy and engage in the outdoors with all forms of activity and embrace the beauty of nature in and around our amazing city.



■ Dr. Michel Bastien
■ Dr. Harry Prizant

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Dr. Amber McIntosh, second from left, is accepting new patients.

Top questions about eyes from Merivale Vision Care

Growing up we were told a lot of myths about our eyes (don't worry: if you cross your eyes they won't get stuck!). Here are our most commonly asked questions at **Merivale Vision Care!**

1 Will glasses make my vision worse?

Absolutely not! If you're wearing the correct prescription you're doing yourself a favour by allowing your eyes to see clearly. Glasses work by focusing light onto the back of your eye. Prescription changes can be due to many factors such as environmental influences, genetics and diseases.

2 If I can see fine with or without my glasses, why do I need an eye exam every two years?

An eye exam is more than just a prescription check. We can detect things like diabetes, high blood pressure, high cholesterol and even cancer by looking inside the eye!

3 Am I damaging my eyes by using computers and smartphones daily?

The verdict is still out on this. Some research says that harmful blue rays can cause permanent damage to the back of our eyes but others don't agree. We do know that certain blue rays can affect sleep cycles and cause eye strain. Having a blue light filter on your glasses can help with these issues.



4 When should I bring my child in for an eye exam?

Your child's first eye exam should be between 6-9 months. We're checking to see if all the eye structures are healthy and developing properly. We look for eye conditions like lazy eyes or eye turns and will see your child annually for a routine eye exam. Did

you know that kids' exams are covered under OHIP annually until they turn 20?

Come by **Merivale Vision Care** for an eye exam and ask us any other questions! Book an eye exam online or by phone (613) 226-8446.

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Linda Morin (owner) is a breast cancer survivor and author of the book *The Courage to Look Beyond*.

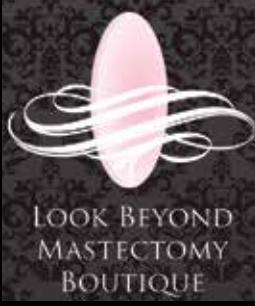
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Linda provides personal and private fitting consultations, and has gone through many of the same experiences as our clients.

Linda also offers classes and sessions led by guest speakers on various topics such as *Lymphatic Massage; Body and Self Image;* and much, much more.

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Peace Now leader to speak at SJCC, May 15

BY GABRIELLA GOLIGER
CANADIAN FRIENDS OF PEACE NOW

Shaqued Morag, 34, the dynamic young leader of Israel's Peace Now (*Shalom Achshav*) movement, will speak at the Soloway Jewish Community Centre on Wednesday, May 15, 7:30 pm, during a three-city speaking tour hosted by Canadian Friends of Peace Now.

Morag will discuss [what Peace Now believes is] the urgent need for Israel to change direction as the threat of annexation of the West Bank becomes more of a reality.

She will also analyze the results of Israel's April 9 election and the expected impact on the Israeli-Palestinian conflict.

For decades, Peace Now has protested the spread of Jewish settlements on the West Bank and urged a stop to what it calls "creeping annexation." But now, far-right forces in Israel are pressing for outright annexation – "a disastrous trend," according to progressive Israelis like Morag. Israel cannot be a Jewish state and a democracy while exerting military rule over another people, they argue, and that occupation without end will spell endless strife for generations of Israelis and Palestinians. Only a nego-



Shaqued Morag, executive director of Peace Now, will speak at the SJCC on May 15.

tiated two-state solution holds out hope for peace.

Morag will also discuss how Peace Now tries to change hearts and minds in Israel and will address the question often posed by naysayers on both the left and the right: "Is it too late for a two-state solution?"

Morag has been the executive direc-

tor of Peace Now since July 2018. She was chosen for the position for her activist credentials and leadership skills, as well as her ability to connect with youth.

A decade ago, Morag left a small town in central Israel to study in Jerusalem, and soon became an anti-poverty and women's rights community organizer.

Around the same time, she also joined protests against settlers taking over Arab houses in East Jerusalem. She was recruited by the Meretz Party to work on its 2013 election campaign, worked for four years as a parliamentary adviser, and then became the party's chief-of-staff.

Since taking the helm of the nonpartisan Peace Now organization, Morag has used her parliamentary knowledge to better convey the Peace Now message and strengthen communication with all Knesset members.

With Peace Now, Morag has also made her mark as a critic of current Israeli government policies. She has improved outreach and media campaigns and launched educational initiatives. One program, funded by Canadian Friends of Peace Now, provides scholarships to Israeli students active in influencing fellow students on peace and democracy issues.

Morag describes herself as a ninth-generation Israeli who cares deeply about her country and worries about its future – which is why she is so committed to working for peace. She holds a BA in philosophy and an MA in public policy from the Hebrew University of Jerusalem.

Federation's IMPACT

Advancing Communal Interests

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, and our advocacy partner, Centre for Israel and Jewish Affairs (CIJA) is there to help.

Advocacy Initiatives



120+

people joined Federation and our partners for a Pride Shabbat Dinner that celebrated our community's diversity.



3

separate attempts by Ottawa U's student government to pass Boycott, Divestment and Sanctions (BDS) against Israel, were defeated by a group of Jewish students.

Security



Ensuring the security of our community is a core priority. CIJA took part in a process to alter Bill C-75, a legislation concerning terror-related crimes. CIJA advocated that crimes of genocide always be treated with the full weight of the law as indictable offences. The committee heeded this advice and the text of the bill was altered with these guarantees.

Banning Genetic Discrimination



CIJA has engaged federal and provincial parliamentarians across party lines seeking support for this initiative. Jewish women of European descent, for example, are significantly more likely than other Canadian women to carry the BRCA marker connected with ovarian and breast cancer.



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



AJA 50+ announces spring and summer programs

BY ERIC VERNON
AJA 50+

The snowbirds have returned and buds are slowly popping out as the grass begins to green. Spring has sprung, and it's time to sign up for the AJA 50+ spring/summer programming session. One can register on-line, but the in-person registration is a terrific opportunity to meet old friends and make new ones, enjoy a nosh and sign up for some excellent programming on a wide range of fascinating and informative subjects. Our winter session included many fine programs and the May-to-August schedule builds on that success.

The spring registration takes place at the Soloway Jewish Community Centre (SJCC) on Wednesday, April 24, 9:30 am until 12:30 pm, and AJA 50+ looks forward to seeing you there.

Just a sample of upcoming AJA 50+ programming includes regular weekly favourites such as chess, Scrabble, bridge, ping-pong, mah-jongg and Sharing the Music. In May, the popular golf club resumes, so brush up your swings. This session features a new joint program with the SJCC led by Mika Posen, "History of Canadian Music: From Indigenous to Folk to Pop."

Regular multi-session programs include the Jewish film series and Creative Connections, the weekly Jewish all-day social and recreational program geared to cognitively well, older seniors.

We are also pleased to offer a new multi-session "55 Alive Driver Refresher Course," aimed at boosting the confidence and awareness of drivers 55 and over.

AJA 50+ also wants to get you moving in the nice weather. There will be hikes for fun and fitness in the Gatineau Hills; a nature walk at Mer Bleu; nature programs dealing with Ottawa's birds; a visit to the Urban Farm; historical walking tours in Carleton Place and Perth; and tours around Ottawa neighbourhoods and landmarks like New Edinburgh and Rideau Hall. An exciting visit is planned to Canopy Growth in Smiths Falls to learn about Canada's budding cannabis industry.



AJA 50+ is partnering with the SJCC for a series on the history of Canadian music led by Mika Posen.

There will also be several excellent speakers to expand our horizons about topics like "Ottawa's Tree Canopy," "How Nutrition Changes the Aging Brain," "Bauhaus and the White City of Tel Aviv," "All Planes Landed Safely: Canada's Air Traffic Control System," a current affairs look at "My Jerusalem", and "Hatikvah: Jewish Anthem or Israeli National Anthem?" Nestor Hobe will relate his fascinating wartime experience as a hidden child and Holocaust survivor.

Those interested in arts and culture can enjoy a classical music performance by 234 Strings, as well as two popular plays in Perth, and Gabriella Golliger reading from her novel, *Eva Salomon's War*.

This session also features fascinating workshops such as calligraphy and solving cryptic crossword puzzles.

The AJA 50+ spring/summer session is jam-packed with entertaining, healthy and informative programming. We look forward to seeing you at registration at the SJCC on April 24 or hearing from you online.



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From our family to yours

Steven, Linda and Lorne Kerzer

Jessica and Myles Kraut



Celebrate Israel's 71st Birthday with Israeli food and fun for the whole family!

Featuring Israeli DJ Lahit Barosh as he creates Israeli style mixes on stage

Face painting, inflatables, professional children's entertainment

YOM HA'ATZMAUT

Community wide celebration

Delicious Israeli food from Babi's (for purchase, cash only)

Thursday, May 9, 2019 • 5:00 pm - 9:00 pm
Free Admission • Soloway JCC, 21 Nadolny Sachs Private

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

SolowayJCC VERED ISRAEL CULTURAL AND EDUCATIONAL PROGRAM 

YOM HAZIKARON 2019

Memorial ceremony for Israel's fallen soldiers and victims of terror

Tuesday, May 7 • 7:00 pm

Soloway Jewish Community Centre • 21 Nadolny Sachs Private

SolowayJCC VERED ISRAEL CULTURAL AND EDUCATIONAL PROGRAM 

In partnership with Vered Israel Cultural and Educational Program and The Embassy of Israel in Canada



For more information please contact Ella Dagan:
613-798-9818 x243 • edagan@jccottawa.com



Flag Raising Ceremony

Help us pay tribute to Israel's 71st year of independence with a flag raising ceremony.

Thursday, May 9 • 11:15 am

Ottawa City Hall's Marion Dewar Square, 110 Laurier Ave

A bus will be available to take people to and from the event. If you are interested in taking the bus please contact Ella to reserve your spot (613) 798-9818 ext. 243, edagan@jccottawa.com.

The bus will leave the SJCC at 10:30 am.

SolowayJCC VERED ISRAEL CULTURAL AND EDUCATIONAL PROGRAM 

Elly Gotz to tell his powerful story on Yom HaShoah

BY LOUISE RACHLIS

Elly Gotz will tell the story of how he survived the Holocaust at Ottawa's Yom HaShoah commemoration on Wednesday, May 1, 7 pm, at the Soloway Jewish Community Centre.

It's a story the veteran Holocaust educator has told many times before. In the past year alone, Gotz spoke to more than 17,000 students at Canadian high schools and universities.

"It's an important subject," he told the Ottawa Jewish Bulletin, "I'm obliged."

Gotz has been telling his story for decades on behalf of the Holocaust Centre of Toronto, which he was inspired to do in order to help counter the efforts of Ernst Zündel, a notorious German anti-Semite who lived in Canada from 1958 to 2000 publishing streams of material denying the Holocaust.

Hearing Zündel's lies, Gotz joined with other survivors who felt they must speak out and tell their stories.

Even now, he often speaks to students to combat Holocaust deniers, showing the students German documents that prove the deniers are lying.

"I want them to know how lucky they are to be living in Canada, in a free country. I'm a very proud Canadian."

He said that Canadian schools are now making a greater effort to teach about the Holocaust although there's very little about it in the curriculum.

"Teachers are very keen that we bring the reality of the Holocaust to the students... I usually get invited to speak when they're discussing European history in Grade 10."

Gotz has three children and six grandchildren. "My grandchildren," now aged 18 to 26, "have all heard my stories," he said.

His first objective when speaking to students, Gotz said, is to make them



Holocaust survivor Elly Gotz spent four years as a teenage slave labourer at Dachau.

aware that six million Jewish people were murdered in the Holocaust, "and then I tell them my story."

Gotz was born in Kovno, Lithuania in 1928. Only about five per cent of Lithuanian Jews survived the Holocaust.

"Most were killed in the first six months of the war. I happened to be lucky enough to be in one of the big cities because they made a ghetto, where I spent three years. We started out with 30,000 Jews in the Kovno Ghetto, and ended up with 8,000 left after three years when the Russian army was getting close. Then they took us to Germany for slave labour," he said.

In 1941, Gotz was deported to Dachau with his father, surviving separation from his mother and four years of forced labour constructing a bombproof aircraft factory.

At 17, he was liberated by the U.S. Army but "no one wanted us after the war," he said.

"The surviving Jews had nowhere to go. Nobody wanted Jews. After living in Germany for two years after the war, Norway said they'd take 900 Jews. I only stayed in Norway about a year and then our relatives in Africa managed to get us to Rhodesia where I learned English for the first time."

Gotz was in Africa from 1947 until 1964.

"By that time, I had a wife and three children and we came to Canada. I graduated as an electronics engineer in South Africa and I had various businesses. Later I had a family business and in Canada we started a company for electronic welding of plastics. After a time, we were successful and I became a pilot and bought an airplane. It was my dream to be an engineer and to be a pilot. I flew a small airplane."

In 2017, at age 89, he fulfilled another aeronautical dream by skydiving in celebration of Canada's 150th birthday.

During his presentations, Gotz said he shows a lot of photographs, including from the ghetto.

"They had a school for the kids 12 to 15 to learn a trade. I learned metal work, locksmithing, and tool making, all the metal trades," he said. "When I was 15, I graduated and became a teacher because I was a good student, and I taught other students."

Gotz found a photograph in the U.S. Holocaust Memorial Museum in Washington of himself teaching the students in the ghetto.

"It is the only picture I have of myself during the war," he said.

Gotz said he tells Canadian students, "not to hate other people, not to be prejudiced against minorities... and to be accepting of refugees... I tell them they should be interested and curious about other people who are different than themselves. Then they will discover their common humanity."

The Yom HaShoah commemoration is organized by the Shoah (Holocaust) Committee of the Jewish Federation of Ottawa. Admission is free of charge and all are welcome. Those wishing to attend are asked to RSVP to Lindsay Gottheil at lgottheil@jewishottawa.com or 613-798-4696, ext. 355.

To all our valued readers and advertisers

Happy Passover

Chag Pesach Sameach

OTTAWA JEWISH BULLETIN

From the staff at the Ottawa Jewish Bulletin, your community paper
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CHES is fulfilling our mandate for Holocaust education



Kati Morrison, a member of CHES' Speakers Bureau of Holocaust Survivors, helps young students find an understanding of the Holocaust.

BY SHEILA HURTIG ROBERTSON
CENTRE FOR HOLOCAUST EDUCATION AND
SCHOLARSHIP

The library of St. Mark Catholic High School in Manotick quickly filled to capacity as 150 Grade 8 students and their teachers assembled to hear the personal testimony of Holocaust survivor Kati Morrison, who was four years old in 1944 when the Germans occupied her homeland, Hungary.

Such learning is particularly important today as anti-Semitism rises worldwide. A recent study for the Azrieli Foundation found there were a record number of incidents of harassment, vandalism, and violence against Canada's Jewish population in 2018. The study "exposed critical gaps when it comes to Holocaust awareness and knowledge among Canadian adults" and suggested that "a broad-scale strategy to optimize Holocaust education at the high school level can fundamentally combat the increase in neo-Nazism and anti-Semitism we are seeing." Giving students the opportunity to listen to and question survivors such as Kati is a vital antidote.

The volunteer-driven Canadian Centre for Holocaust Education and Scholarship (CHES), based at Carleton University in Ottawa, was inaugurated in 2015 to develop educational programs that promote knowledge and understanding of the history and legacy of the Holocaust. Educational institutions are a primary focus and CHES, recognizing the lack of professional development opportunities in Holocaust education, is committed to providing Holocaust resources that empower local teachers and enable positive learning outcomes.

A recent study for the Azrieli Foundation found there were a record number of incidents of harassment, vandalism, and violence against Canada's Jewish population in 2018.

Listening to survivors tell their story has proven to be a powerful educational tool. Since the fall of 2018, CHES' Speakers Bureau of Holocaust Survivors has reached over 2,500 students in Ottawa and Kingston. Kati has been one of those speakers from the beginning, and as the St. Mark students discovered, her eloquence leaves a deep and lasting impression as she brings the horrors of the Holocaust to life.

CHES' testimonial recordings (<https://tinyurl.com/y7mtggu7>) are widely used when survivors visit educational institutions. Our annual teachers' workshops continue to attract new and returning teachers. This past November, we collaborated with Facing History and Ourselves (www.facinghistory.org/) on a meaningful workshop about Kristallnacht. This spring, we are planning workshops for Ottawa-Carleton District School Board at its professional development day and for Limestone District School Board in Kingston, both in cooperation with the Azrieli Foundation. The topic is "Hidden Children, Identity, and the Holocaust: Surviving in the Margin of the Catastrophe."

For this essential work to continue, CHES needs ongoing financial backing. Visit <https://carleton.ca/ches/> for more information about CHES and our programs.

Chag Sameach

Happy
Passover

From the boards and staff of the
Jewish Federation of Ottawa
and the

Ottawa Jewish Community Foundation



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BYRON FLEISHER
Photographer Kali Spitzer, whose father is Kaska Dena, was primarily raised by her Jewish mother.



KALI SPITZER
The photographer uses a process that give her work a weathered, antique look.



From our family to yours, best wishes for a very happy Passover.

Randi & Ian Sherman;
Inna & Jonathan;
Matthew and Adam



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Indigenous and Jewish photographer wants to tell her people's story before it's too late

BY JOSEFIN DOLSTEN

(JTA) – At the age of 20, Kali Spitzer left her home in Victoria, British Columbia, to travel north and immerse herself in the culture of her father, who is a member of the Kaska Dena, a First Nations people native to Canada.

For around seven months, she lived among her relatives in and near the area of Daylu, where she learned traditional skills such as beading, hunting, fishing, trapping and tanning moose and caribou hides.

“It was so beautiful and challenging and humbling,” the 31-year-old photographer told JTA in a phone interview from her home in Vancouver. “And also there was a lot of sadness too that came from it, not being able to grow up immersed in my culture.”

Spitzer, who until then had primarily been raised by her Ashkenazi Jewish mother, came back inspired and eager to teach others about indigenous culture. She found that the best way to do so was through a long-time passion of hers: photography.

As part of a series titled “An Exploration of Resilience and Resistance,” Spitzer photographed a diverse range of women and gender non-conforming people, many of whom are either indigenous or mixed race. Images from that series have been exhibited in internationally – including in Canada, the United States, England and Germany – and were recently featured in

National Geographic.

In exhibition, the large-scale photographs are accompanied by voice recordings of the subjects telling their stories.

“The main objective is to make a safe space where we’re seen and heard, and I hope through doing that maybe some people would come into space that they wouldn’t usually and have a really human connection with the people in the images,” she said.

Spitzer’s project explores the challenges of being mixed race.

“Being Jewish and native, [I was] always having people tell me that they don’t think I look native, or things like that, or just my identity constantly being questioned,” she said. “Knowing that other people go through that too, I think it’s really important to show how diverse we are and that we all fit in, in some context.”

Though Spitzer has mostly focused on her indigenous roots in her work, she also hopes to document her Jewish heritage in future projects, including by traveling to where her relatives came from in Romania and Poland.

She says that even when her work does not directly address Judaism, it always lingers in the background.

“I think my Jewish ancestry informed me as a human,

See Indigenous on page 35

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Ten Yad opens kosher pantry at CHEO

BY SARI ZELENIEZ
FOR TEN YAD OF OTTAWA

Having a child admitted to the hospital is a stressful experience. For Jewish families, extra challenges can make it even more difficult. While hospitals provide kosher food for patients, there is limited access to kosher food on site for parents, family members and caregivers. In addition, basic ritual items are often not available. Ten Yad of Ottawa is helping close this gap for families with a child at the Children's Hospital of Eastern Ontario (CHEO) with the inauguration of a kosher pantry.

Ten Yad is a grassroots, community-based, charitable organization dedicated to undertaking acts of *chesed* (kindness). Our mission is to help individuals in the Ottawa Jewish community during life-altering situations, including hospital admissions. Ten Yad also operates kosher pantries at the Civic and General campuses of the Ottawa Hospital and the Queensway-Carleton Hospital.

These kosher pantries are stocked with non-perishable kosher food, electric Shabbat candles, grape juice, Siddurim and Chumashim, as well as other religious and inspirational items. The pantries are cleaned for Pesach and stocked with kosher-for-Passover food. The kosher pantry items are all available free of charge and Ten Yad volunteers check the pantries regularly to ensure that they remain well-stocked. The Kosher Pantry at CHEO is dedicated in honour of the late Joel Taller, Z"l and is located in the cafete-



The new kosher pantry at CHEO.

ria on the first floor.

The kosher pantries are a part of Ten Yad's larger Bikkur Cholim program, which assists anyone in the Ottawa Jewish community who is hospitalized or housebound during an acute illness. Ten Yad volunteers are accredited patient visitors at the Montfort Hospital, and are available to visit patients at the other Ottawa hospitals by family request. In addition, we help drive family members to visit patients, assist with running errands, and help with food when necessary.

If you are interested in any of the services Ten Yad provides, contact us at info@tenyad.ca.



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For information please call Roslyn Wollock, Adult Education/Melton Administrator at (613)798-9818 ext. 254

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Happy Passover
Wishing you peace, happiness, and prosperity on Passover and always. Chag Pesach Sameach!

Catherine McKenney
City Councillor for Somerset Ward



Stefania Podgorska Burzminski (left) and her sister, Helena Podgorska, in Poland just after the Second World War. BURZMINSKI FAMILY ARCHIVES/HOLOCAUSTHEROINE.COM

Chag Sameach!
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A single violin closes a circle

BY MINA COHN
CENTRE FOR HOLOCAUST EDUCATION
AND SCHOLARSHIP

A single violin displayed in a corner of the room was visible from the entrance to the Cutler Plotkin Jewish Heritage Center in Phoenix, Arizona, one Sunday in early February. The occasion was an exhibit by photographer Daniel Levin about Amnon Weinstein, the luthier behind the Violins of Hope project, which restores violins played by Jewish musicians during the Holocaust.

Showcasing a Violin of Hope last November at the launch event for Holocaust Education Month in Ottawa, and moved by the power of the music performed by virtuoso violinist Niv Ashkenzi, compelled me to walk towards the violin on display in Phoenix. The note beside the violin told the story of a local family who is lending the violin to Amnon Weinstein and the Violins of Hope project. The name “Stefania,” described as the wife of Max Diamant (later known as Josef Burzminski), the violin’s owner, caught my attention. I read that Stefania had hidden Max for two years in an attic in Przemysl, Poland.

Stefania! My head started racing. I wondered, how many Stefanias in Przemysl had saved Jews during the Holocaust? Could she be the same Stefania I had heard about several years earlier?

I had to find out. But how?

As Julee Landau, co-chair of the Violins of Hope event, walked by, I approached her and asked if it was possible to meet Stefania. Within minutes, with

the help of Jeffrey Schesnol, associate director of the Heritage Center, I heard that her daughter, Krystyna Diamant, was about to join the visitors to the exhibit. I could not wait to meet her. Could her mother be the same Stefania who had saved my relatives in Przemysl?

COINCIDENCE OR FATE?

In 2014, while planning a visit to Poland, I was searching for an English-speaking guide to help me navigate family records found in the city archives of Kanczuga, a small village in south-eastern Poland. On a previous trip, I had found such records with the help of the mayor. However, because of the language barrier, I could not understand them. This time I was making the effort to be better prepared. The Polish embassy in Ottawa provided a recommendation and I emailed my potential guide my trip dates, location, and the name of the family whose records I wanted to search. Within minutes a response arrived from Lukasz Biedka. It said: “You are a relative of Jack Zimmerman from Przemysl!”

I had no clue who Zimmerman was or how Lukasz connected me to him. Eventually, I discovered that a few years earlier, Lukasz had helped Jack trace information in Poland and had become familiar with his family tree. I soon learned that Jack and his sister, Cesia, along with their mother, Malvina Schachter, my father’s cousin, had survived the war and now resided in the United States. They were among 13 Jews who survived, thanks to the bravery and kindness of a young woman named Stefania Podgorska!

See Stefania on page 39



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Recipes to try for your Passover kitchen

Editor's note: Welcome to "What's Cooking," the Ottawa Jewish Bulletin's new reader-contributed recipe column. This issue we present Passover recipes curated by Lynn Gillman. Contact me at mregenstreif@ottawajewishbulletin.com if you would like to contribute to future editions of "What's Cooking."

—Michael Regenstreif

LEMON CHICKEN AND ARTICHOKE WITH DILL SAUCE

Serves 6 to 8

My friend Terry Schwarzfeld passed away 10 years ago in March. There was extensive media coverage of the attack and tragedy of her death.

Terry was a wife, mother, grandmother, national president of Canadian Hadasah-WIZO, a hiker, dragon boat racer, cross-country skier and remarkable friend. She was also an amazing cook, accomplished baker and great hostess. When she passed away, her friends put together *Terry's Cookbook* with her favourite recipes.

You can buy the cookbook which includes great recipes and stories about Terry from friends and family by calling 613-699-0802. All proceeds go to the CHW Terry Schwarzfeld Ottawa Daycare Centre in Acco, Israel.

- 2 lemons, halved
- 8 large artichokes (after trimming and slicing place in lemony water so they don't turn brown)
- 2/3 cup dry white wine
- 1/2 cup fresh lemon juice
- 1/3 cup olive oil
- 12 garlic cloves minced
- 2 chickens (each 3 3/4 lbs.) giblets removed, each cut into 8 pieces
- 3 large egg yolks
- 2 tablespoons chopped fresh dill
- Salt and pepper

Squeeze juice from lemons into large pot of salted water. Add lemons. Trim artichokes and cut lengthwise into quarters; add to pot. Bring to boil over medium-high heat. Cover partially and boil until artichokes are tender; about 20 minutes. Drain. Using shears cut half-inch of tips and leaves. Scoop out choke. (Can be prepared 1 day ahead. Cool. Wrap tightly in plastic and refrigerate.)

Preheat oven to 375 F. Whisk wine, lemon juice, oil, and garlic in a large bowl to blend. Add chicken. Turn to coat. Let marinate for 20 minutes. Remove chicken from marinade and arrange, skin side up on large rimmed baking sheet. Reserve marinade. Bake chicken 30 minutes.

Meanwhile, add artichokes to marinade in large bowl and toss to coat. Let marinate 25 minutes. Transfer artichokes to another rimmed baking sheet; place in oven with chicken and bake another 10 minutes. Pour marinade into sauce-



pan and bring to boil. Baste chicken and artichokes with one-third of marinade. Continue baking until chicken is cooked through, about 15 minutes.

Used slotted spoon to transfer chicken and artichokes to platter, tent with foil.

Strain pan juices from baking sheets into a 2-cup glass measuring cup. Transfer 1 1/4 cups pan juices to medium saucepan. Whisk in egg yolks. Whisk constantly over medium high heat until mixture boils and thickens, about 3 minutes. Stir in dill. Season with salt and pepper. Spoon some sauce over chicken and artichokes and serve. Also serve the remaining sauce.

POTATO TUNA PATTIES

Makes 8 patties – enough to feed 4 people with salad

I said "sure" when my husband Bobby decided to retire early. However, since I cooked for 29 years, I told him it was his turn for the next 29. He has proven to be more creative than me and is always trying new recipes. He was inspired by a recipe on the Home Cooking Adventure website (www.homecookingadventure.com) and he adapted this one for Passover – but he makes it all year round.

- 10 oz. (300 grams) potatoes, boiled with their skin on and chilled
- 2 cans (7 oz. or 185 grams) tuna, drained and flaked
- 2 spring onions, finely chopped
- 1/2 green pepper, very finely chopped
- 1 egg
- Lemon zest from 1 lemon
- 1 cup matzah meal (split into 2 half-cups)
- Salt and freshly ground pepper
- 2 tablespoons olive oil

Mash potatoes using potato masher.

Add the tuna flakes and mix with a fork. Add the spring onions, chopped green pepper, egg and 1/2 cup of matzah meal. Add in lemon zest and season with salt and pepper. Stir well to combine.

Divide the mixture into 12 portions. Shape them into patties.

Place 1/2 cup matzah meal on a plate and coat the patties.

Heat oil over medium heat in a non-stick pan. Cook patties for 3 minutes on each side until golden brown.

Transfer the patties to a plate lined with paper towels to remove excess oil.

Clean the pan with paper towels and repeat until all the patties are made.

Serve with a green salad and your favourite sauce or dressing.

PECAN COOKIES

Makes about 5-6 dozen

Twenty years ago, my sister in Toronto sent me a copy of *The When You Live in Hawaii You Get Very Creative During Passover Cookbook*. She figured if they could get the ingredients in Hawaii then they would be readily available in Ottawa! My extended family loves these cookies and insists I make them every year. They are so easy is almost embarrassing. I have updated the recipe based on experience.

- 12 oz. package Passover coffee cake mix
- 1 large egg
- 2 tablespoons oil
- 1 tablespoon water
- 1/2 cup finely chopped pecans

Empty contents of large bag (mix) into bowl. Add egg, oil and water.

Using electric mixer, beat at medium speed about 4 minutes.

Fold in nuts and content of small bag (crumb topping).

With a measuring teaspoon or measuring 1/2 tablespoon, drop onto well-greased cookie sheet. Place 2 inches apart.

Preheat oven to 375 F.

Bake 1 tray at a time in the middle of oven for approximately 9 to 11 minutes or until lightly brown.

Store in container.



CHOCOLATE CHIP MERINGUES

This cookie recipe is also from *Terry's Cookbook*.

- 6 egg whites
- 1 to 1 1/2 cups sugar
- 1 chocolate bar, cut into tiny pieces

Beat 6 egg whites until frothy.

Add sugar, 2 tablespoons at a time, beating 2 minutes after each addition until very stiff.

Gently fold in chocolate bar pieces. Spoon onto parchment paper lined cookie sheets.

Start oven at 275 F. and turn down to 250 F. when you put them in the oven.

Let them sit in the warm oven for 2 hours to set.

Cool. Store in air tight containers.

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Passover Kid Lit Stories from Grover's seder to Miriam's afikoman

BY PENNY SCHWARTZ
JTA

Four questions. Four cups of wine. Four types of children. At Passover, the number four figures prominently in the rituals of the seder, the ceremonial holiday meal that can be mesmerizing and mystifying.

Four new delightful and brightly illustrated books for young kids will enliven and help explain the popular eight-day spring holiday.

A Seder for Grover

By Joni Kibort Sussman
Illustrated by Tom Leigh
Kar-Ben; ages 1-4
12 pages

In this first of four planned Sesame Street board books from Kar-Ben, publisher and children's author Joni Kibort Sussman teams with longtime Sesame Street and Muppet book illustrator Tom Leigh to offer little ones an entertaining introduction to the Passover rituals and traditions.

The youngest kids and their grownup readers will want to join Grover, Big Bird and their Sesame Street friends at Avigail's Passover seder to eat matzah, read the Haggadah and ask the Four Questions. Cookie Monster can come along, too – but only if he eats special Passover cookies. Grover tells his friends it's good to invite guests to the seder. Even Moishe Oofnik, the grouch is included.

Pippa's Passover Plate

By Vivian Kirkfield
Illustrated by Jill Weber
Holiday House; ages 4-8
40 pages

In this lively, rhyming story, an adorable mouse named Pippa is preparing for the seder. She sets the table and stirs the chicken stew. But where's the special shiny gold seder plate placed in the centre of the table to display the ritual foods eaten at the ceremonial meal?

The kids will have fun as they follow Pippa in her search – from inside her



Four questions. Four cups of wine. Four types of children. At Passover, the number four figures prominently in the rituals of the seder, the ceremonial holiday meal that can be mesmerizing and mystifying.

house to the garden, fields and ponds outdoors. Along the way, the feisty Pippa asks for help from a cat, snake and wise owl, who are big and scary and make Pippa “cringe and quake.”

Vivian Kirkfield's playful verse introduces kid to the seder rituals, while artist Jill Weber puts readers in the scene with the cute gray and pink mouse. Her bright, large format illustrations are brightened with yellows and greens to match the springtime festival. The last page features Pippa's Passover plate, which identifies all of the symbolic seder foods.

The Best Four Questions

By Rachele Burk
Illustrated by Melanie Florian
Kar-Ben; ages 3-8
32 pages

Marcy, the youngest child in the family, has just learned to read and it's her turn to ask the Four Questions at the seder. But Marcy's older brother, Jake, isn't happy to relinquish the ritual that won him lots of praise from his relatives. Marcy, a vivacious and inquisitive girl, turns down all offers of help to practice reciting the Four Questions.

Older kids may figure out that Marcy

doesn't realize that she's expected to read the traditional questions from the Haggadah. She's come up with her own questions all by herself. Here's one: How many matzah balls in Grandma's chicken soup? Read to see how the family and Jake react.

Rachele Burke's lively and engaging storytelling underscores the tenet of Passover that encourages participants to ask questions. Melanie Florian's brightly coloured animated illustrations capture Marcy's enthusiasm for the festive holiday.

Matzah Belowstairs

By Susan Lynn Meyer
Illustrated by Mette Engell
Kar-Ben; ages 4-8
24 pages

In Susan Lynn Meyer's humour-filled tale, two families share a home in Apartment 4B, where they are eager to celebrate Passover. Young Eli Winkler is welcoming his human family's guests to their seder in their “Abovestairs” apartment. Under the Winkler's floor is the young Miriam Mouse and her mouse family, who live “Belowstairs” and occasionally enter the Winkler apartment through a tiny round mouse hole.

This year, the Winklers have stored their matzah in a tightly sealed tin box and Miriam Mouse hasn't been able to find any stray pieces – not even crumbs – for her family's holiday. When the determined Miriam crawls through her hole, she spies Eli's father hiding the afikoman, the piece of matzah needed to conclude the seder meal. Who will find the hidden matzah first, Eli or Miriam Mouse? Kids will delight when Miriam Mouse finds the perfect solution for both families.

Mette Engell's large and colourful illustrations provide readers the unusual view from the mouse perspective. In a double-page illustration, Eli is kneeling and wide eyed when he discovers Miriam under a bookcase with the afikoman wrapped in a bright blue napkin embroidered by his grandmother.



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Indigenous: Spitzer hopes to document her Jewish heritage in future projects

Continued from page 27

so therefore [it informs] everything that I do," she said.

The Vancouver-based artist believes it is important to capture the stories of indigenous people before elders die – and with that, their culture.

"I feel there's more of an urgency for documenting our culture, our language and our people, because we're kind of in a race against time in losing our knowledge," she said.

As a young child, Spitzer's father was taken away from his family as part of a federal government policy in which indigenous youths were sent to church-run residential schools. The goal of the program, which ran until 1996, was to assimilate native children into Canadian society.

"Children were forcibly removed from their homes and the land and placed in these really abusive institutions where the goal was assimilation and to kill the Indian and assimilate into white, religious culture," Spitzer said. "I think that a lot of the time my work focuses more on that because it's so recent."

Spitzer has been doing photography since the age of 12. During her studies in Santa Fe at the Institute of American Indian Arts and Santa Fe Community College, she became interested in alternative photography processes. She started using a wet collodion, or tintype, process, in which a piece of metal or glass is coated with lacquer or enamel to develop a photograph. The result is a weathered, antique-looking image. In her work, Spitzer's subjects appear almost illuminated, against a darker, sometimes splotchy or uneven background.

"There's a lot of different variables to it and it's definitely possible to get a really clean image, but I also like those variables and not really knowing how it's going to turn out," she said.

Spitzer said growing up Jewish and Kaska Dena came with heavy baggage.

"There was definitely a lot of challenging parts of it, to come from two pretty oppressed people in different ways," she said.

But she sees no conflict between her roots.

"I thought they were always both complementary of each other."



In "An Exploration of Resilience and Resistance," Kali Spitzer photographed indigenous and mixed race women and gender non-conforming people.



Kali Spitzer's mother Eloise.



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SONiA disappear fear

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Sisters Sonia Rutstein and Cindy Frank founded disappear fear as a folk rock band whose material included a focus on social justice issues. Now working as a solo artist, Rutstein tours and records as SONiA disappear fear.

By My Silence, Rutstein's latest album, was inspired by the growing waves of anti-Semitism that she has observed and encountered in recent years.

Perhaps the most powerful of Rutstein's original songs on the album is "Wandering Jew," a joyous, anthemic song in which she asserts her Jewish identity, recalls that her own ancestors were refugees and finds common cause with contemporary refugees. Another is "A Voice for Nudem Durak," a song of solidarity, sung in both Kurdish and English, with a Sunni Muslim woman who was sentenced to 19.5 years in prison because she sang publicly in Kurdish in Turkey.

A couple of songs mark Jewish holidays. She wrote "Light in You" for a young neighbour disappointed that there were no Chanukah songs included in his



school's holiday concert while "Ahavnu (We Have Loved)" is her setting of Rabbi Abraham Isaac Kook's words for a Yom Kippur prayer.

She also includes compelling versions of "By My Silence," a song by Nick Annis and Ellen Bukstel based on the famous Holocaust-era poem by Reverend Martin Niemoller, and Leonard Cohen's "Hallelujah."

Also of note are her versions of Israeli folksongs "Elle Chamda Libi" and "Oseh Shalom," sung in Hebrew, as is a stunningly beautiful version of "Hatikvah," sung as a prayer-like meditation that reflects on the feelings of hope at the heart of the Israeli national anthem.

And in "Who I Am (say amen)," Rutstein, a lesbian, seems to be in dialogues with her mother and with God about her sexuality. "Mom, is it OK if I am who I am," she asks at the end of the first verse. She puts the question to God in the second verse along with a plea for God to say it's OK. It is OK she concludes at the end of the song and says "Amen."

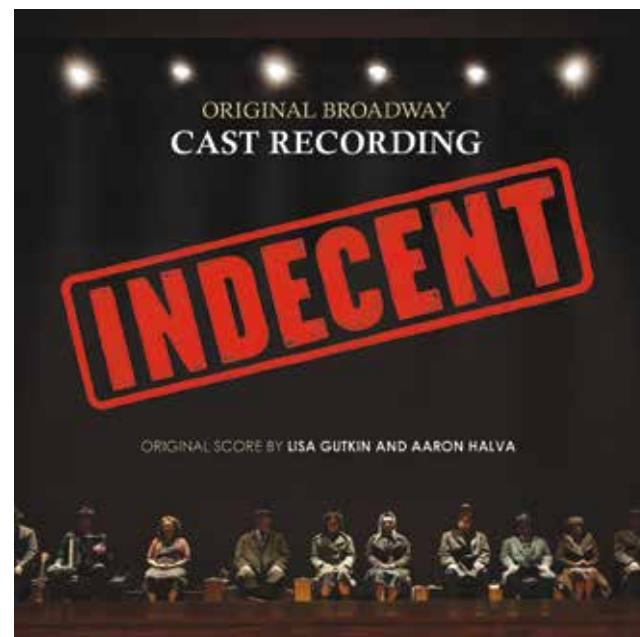
Rutstein and I chatted when we were both at a folk music conference in Montreal in February. She told me that when she finished making this album on Friday, October 26, 2018, she then turned off her TV and all electronic devices for Shabbat. The next night, when she turned on the news, she learned of the massacre of 11 Jewish worshippers at Tree of Life Synagogue in Pittsburgh.

As the songs on *By My Silence* show, SONiA disappear fear is a convincing and truly fearless artist.

Indecent: Original Broadway Cast Recording

Original Score by Lisa Gutkin and Aaron Halva
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www.yellowsoundlabel.com

Paula Vogel's play, "Indecent," which had a Tony Award-winning run on Broadway in 2017, tells the



story of Yiddish playwright Sholem Asch's controversial – especially for the times – play, "The God of Vengeance," which was produced successfully in both Europe and New York, where it played for several years on the Lower East Side. In 1923, an English-language version opened and closed in one night in New York when the entire cast was arrested on obscenity charges.

Central to the Broadway production of "Indecent" is the musical score created by violinist Lisa Gutkin, well known in klezmer music circles as a member of the Klezmatics, and accordionist-pianist Aaron Halva. The pair were joined onstage by clarinetist Matt Darriau, also of the Klezmatics. While a few of the pieces in the score, including "Ale Brier" and "Bei Mir Bistu Shein," are familiar, most of the numbers were composed by Gutkin and Halva specifically for the show.

You don't really have to know the plot of the play to appreciate this music. Whether instrumentals featuring the band or songs with vocals by the production's actors, the music will appeal to anyone who loves traditional klezmer or Yiddish theatre music.

The Segal Centre in Montreal has a production of "Indecent" set to run from April 28 until May 19.

Michael Regenstreif's music blog, *Folk Roots/Folk Branches*, is at <https://frfb.blogspot.com/>.

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Passover Feature

What it means to keep kosher for Passover

BY MJL STAFF

(My Jewish Learning via JTA) – Keeping kosher for Passover means abstaining from chametz, the fermented products of five principal grains: wheat, rye, spelt, barley and oats. Though matzah, the unleavened bread eaten on Passover, is made from grain, it is produced under highly controlled conditions to ensure that it does not ferment.

Ashkenazi Jews who keep kosher for Passover have also traditionally avoided eating kitniyot, a category of foods that includes corn, rice, beans and lentils, though the Conservative movement's rabbinic authorities overturned the kitniyot prohibition in 2015. Sephardic Jews do not abstain from kitniyot. Some haredi Orthodox add an additional stringency by avoiding gebrochts – unleavened matzah products that become wet, such as matzah balls or matzah meal.

Among observant Jews, it is common practice to avoid most processed food that is not explicitly labeled "kosher for Passover." This is true even for products like cheese or juice that do not contain any chametz, but may have been processed in a plant alongside products containing chametz. Some products that are kosher year-round are modified slightly to be kosher for Passover – most famously Coca-Cola, which substitutes cane sugar for corn syrup in some regions over the holiday and is marked by a distinctive yellow cap.

A guide to kosher-for-Passover foods is published each year by the Orthodox Union (OU), which also maintains a searchable database of Passover foods on its website (www.ou.org). The OU also has information on food products that can be used without explicit Passover certification.

There are a range of additional practices common to Jews who keep kosher for Passover. Chief among them is ridding the home of any chametz products. This is typically done in the days leading up to Passover when homes are cleaned of all chametz. For chametz products that are too valuable or difficult to discard, it is also possible to sell the chametz to a non-Jew. Generally, a rabbi performs this service on behalf of his congregants and then repurchases the chametz for them when the holiday concludes. In these cases, the seller rarely delivers the food to the purchaser, but instead packs it away.

Making a kitchen kosher for Passover is an elaborate process. Countertop surfaces and sinks are either kashered (made kosher) with boiling water or covered for the duration of the holiday, depending on the material. Metal pots and utensils can usually be kashered with boiling water, and various appliances have their own requirements. The OU has a guide to kitchen preparation.

Given the difficulties involved, many observant Jews maintain separate Passover cookware, dishes and utensils that are used only during the holiday.



Many Jews who do not follow all these restrictions nonetheless make some dietary changes in honour of the holiday. Some people avoid eating chametz but do not thoroughly purge their kitchens of it, while others cut out bread and pasta, yet continue to eat some traditionally forbidden items.

In recent years, many affluent observant Jews have opted to avoid the rigours of cleaning their kitchen for Passover by going on special kosher-for-Passover cruises or to kosher-for-Passover resorts. The trend, while costly, not only makes the holiday easier to observe, but often provides a welcome opportunity for an extended family to get together without the burden of having to host and cook for large numbers of guests.

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Stefania: Hid 13 Jews in her attic

Continued from page 30

I did know that my father, Elieazer Kalter, came from a large extended family in Oswiecim and that most perished in the Holocaust. I also knew that some of his relatives had lived in Przemysl, including a great-uncle and an uncle, and that my father found refuge in their home for about a year following his escape from the Nazis. He last saw them in the spring of 1941 before the Nazis occupied the area and before he fled eastward.

My father knew and accepted that his family members, together with most of the Jewish community who remained in Przemysl after the Nazi occupation of this part of Poland (which was under Russian control from the autumn of 1939 until the summer of 1941), did not survive. He lived with this knowledge all his life.

So, many years later, I was dazed by the news that three family members from Przemysl – Malvina and her children – had survived the war.

Following a short email exchange, I called Jack and Cesia in Los Angeles. It was heart-warming to learn that they owed their survival to Stefania Podgorska, a Catholic teenager who hid 13 Jews in a secret space in the attic of her apartment.

I was overwhelmed to find relatives who survived the Holocaust 70 years after the end of the war. This is

something that happens to others, I kept thinking. It is hard to describe the emotions engulfing me as I heard the gruesome details of the fate of the other members of the family, including my father's great-uncle. I was so grateful that my father did not live to hear what befell his family in Przemysl.

There was another strange coincidence. Seven years ago, knowing nothing of my family's connection to Stefania, I included her story as part of the yearly teachers' workshop on the Holocaust sponsored by Shoah Committee of the Jewish Federation of Ottawa, of which I was then chair. I had discovered her story while researching the topic of Righteous Among the Nations. Hers was one of a few I used from various countries. I could have chosen anyone from a long list of the righteous, but I chose Stefania.

Walking into the Cutler Plotkin Jewish Heritage Center that Sunday morning, I could have never imagined that a visit to a photographic exhibit would turn into an emotional closing of a circle that included the honour of meeting Stefania's daughter, Krystyna, who confirmed that it was indeed her mother who saved my relatives in Przemysl.

A website – www.holocaustheroine.com – tells Stefania's story. She died on September 29, 2018 at age 97.

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Bess and Moe Greenberg Family Hillel Lodge

Get To Know Us



Dr. Mark and Nina Dover

completed, they returned to Ottawa in 1959 – and thankfully for Ottawans – they made Ottawa their home.

Mark and Nina were always active. Mark attended Glebe High School and played football, was a member of the downhill ski team, and an avid golfer. Nina didn't play football when she attended the High School of Commerce and Lisgar, but she did share Mark's passion for golf in the summer and skiing in the winter. Mark and Nina loved skiing so much that they would start teaching their children to love the sport an early age. Nina describes Mark taking their daughter Karen skiing when she was only two years old. Imagine Mark lacing up everyone's skis and then skiing down the hill with Karen on his shoulders.

Nina and Mark are very proud of their three children (Howard, Karen, and Jeffrey), and their six grandchildren. In 2005, The University of Ottawa's Faculty of Medicine honoured both Dr. Mark and Dr. Jeffrey Dover with the Award for Professionalism. Both are graduates of the U of O Faculty of Medicine – Mark graduated in '55 and Jeffrey in '81. In presenting the award, the article listed a full paragraph of Dr. Mark Dover's accomplishments starting with "in honour of

a dedicated career that spanned over 50 years..." and concluding with these are "a mere sample of his accomplishments, these activities speak to Dr. Dover's commitment to his community."

The list of his accomplishments is certainly impressive, but it was what his wife of over 65 years and counting told me that is most impressive. Nina shared with me how proud she was and how humble Mark always was when someone stopped them on the street to thank him for "saving their life" or "improving their quality of life". Mark had a "wonderful bedside manner and always treated people, his patients, like human beings" said Nina. After being thanked, and the former patient continued on their way – Mark remembered almost everything about the surgery. It reminded me of listening to NFL champions like John Elway, Emmet Smith and Joe Montana describing football plays that took place decades ago – as though they had occurred a few moments before we met.

Mark is now a resident at Hillel Lodge, and a member of the Hillel Lodge family. Mark continues to remind us of what is important. He enjoys music programming at the Lodge from the very talented students who visit to sing Shabbat and Jewish Holiday songs to the classically trained musicians and singers who come to perform for the residents. On Saturdays you will find Mark in the Lodge's synagogue - participating in the weekly Shabbat service.

Recognizing how important the Bess and Moe Greenberg Family Hillel Lodge is to our community, the Dover family opened an endowment fund at the Hillel Lodge LTC Foundation, aptly named the "Dr. Mark and Nina Dover Family Fund". The Dovers invite everyone to mark (pun intended) life's milestones by making a donation to their family fund and supporting the Lodge's residents of today and tomorrow.

By Mitch Miller, Executive Director, Hillel Lodge LTC Foundation



ADVERTORIAL

Let us use tragedies to open dialogue and collaboration

Our people's history is replete with murderous events. The rampaging Crusades haunted our European ancestors during the Middle Ages. The pogroms of czarist Russia were not simply roughing up exercises as depicted in the musical "Fiddler on the Roof." Entire communities were looted and hundreds murdered and violated.

The list is endless so one might think that we are collectively immune to the emotional shock that accompanies senseless mass murder. Yet that has not been the case. In the past 18 months, 75 people at prayer have been murdered and it has been a blow to our well defined sense of well-being. The attack at the Islamic Cultural Centre in Quebec City left six worshippers dead and 19 others injured. The murderous intrusion at Shabbat services at Tree of Life Synagogue in Pittsburgh resulted in 11 deaths and seven injured. On March 15, the world witnessed the massacre of 50 individuals praying at two mosques in Christchurch, New Zealand.

The world, unfortunately, has become accustomed to stories from the Middle East where Muslim fanatics murder "non-believers." The media gleefully reports stories of Arab or Jewish terrorist attacks in Israel. But the killing of worshipping Muslims and praying Jews by third parties places the descendants of Abraham in a unique situation. We are not the perpetrators, we are the victims.

There have been many responses to these tragedies. But one that is under-reported and that deserves widespread attention is the efforts of Celebrate Mercy, a Muslim non-profit organization that in the past 18 months has raised \$400,000 US to help restore



RABBI STEVEN H. GARTEN

A VIEW FROM THE BLEACHERS

vandalized Jewish cemeteries, vandalized Holocaust memorials, and recently assigned funds for the repair of the Tree of Life Synagogue in Pittsburgh. As The Forward reported, "The campaigns started in February 2017, after more than 100 headstones were overturned at a Jewish cemetery in St. Louis and a nationwide spike in anti-Jewish hate crimes."

<https://tinyurl.com/y4rmbhez>

Nearly all the funds raised have been distributed to Jewish renovations. A small amount has been directed to the Islamic Centre of Pittsburgh to be used to help foster Jewish-Muslim collaboration, dialogue and solidarity. While some members of the Jewish community have sought to find sinister motivations behind this effort at outreach, the director of the Jewish Federation of Greater Pittsburgh's Community Relations Council spoke strongly in support of the project. Tree of Life Synagogue, the Islamic Centre, and Celebrate Mercy have signed two formal agreements governing the distribution of funds in Pittsburgh.

I know a small part of this story as I served a congregation in St. Louis many years ago and still have an interest in its Jewish community. However, I was overwhelmed to learn how the initial effort has grown and,

more significantly, matured from a response to singular events into a sophisticated approach to communal harmony.

So, what does it take to transform two communities who struggle to find places of intersection into communities committed to taking bold and innovative steps forward? There are individuals among the two communities here who have personal relationships. There are members of our community who join with members of the Muslim community on the board of the Multifaith Housing Initiative (MHI). Many of our community's rabbis were instrumental in working with the imam of the Ottawa Mosque 25 years ago to establish MHI. Synagogues, Jewish schools and individual mosques have some program relations – all of which is to be praised. As is being able to claim a Muslim friend or having an imam on speed dial. However, what relationships do we have in Ottawa between our two communities that are transformative? What relationships have we created, outside of national organizational relationships, which resonate within the halls of the Soloway JCC, our synagogues, our schools? How can the tragedies of the past 18 months be converted into the energy to create a process of ongoing dialogue, collaboration and solidarity?

There are myriad circumstances interfering with our two communities establishing serious interface. Events in Israel, the Palestinian territories, Afghanistan, Iran, and Iraq, just to name a few, pull us in different directions. But Abraham's lineage is strong enough to bring us together without the death of 75 individuals who were calling out to the one God of their ancestors.

Save the Date!

CELEBRATING THE CAREER OF
RABBI HOWARD FINKELSTEIN

Join Congregation Beit Tikvah of Ottawa in honouring Rabbi Finkelstein as he retires after 28 years of service. Be part of this inspiring evening as we recognize the impact he has made as a spiritual leader, educator, and community builder.

Sunday, June 2, 2019
7:00 p.m.

Congregation Beit Tikvah of Ottawa,
15 Chartwell Avenue

FOR MORE INFORMATION AND TO SECURE
YOUR TICKETS VISIT WWW.CBTO.ORG/RABBI

Finding the way to say 'dayenu' as a parent

The Jewish holiday that dominates above all others in my childhood memory is Passover. My mother's ritualistic cleaning, the sacred job of bringing up the Passover plates and bringing down the toaster. My father, kneeling by my bed, rehearsing the four questions with my sister and me so we'd be ready come seder night. The later-than-usual family get-together, the rapid scramble to be first to find the afikoman and get the IOU from our uncle for five bucks.

But most of all I remember the singing. Maybe it was all the wine the adults drank and all the grape juice we kids received, but some of my clearest and fondest memories are of my entire family repeatedly bursting into loud boisterous song at every opportunity the Haggadah provided.

And the best of them was Dayenu.

The traditional Dayenu lays out all the things that God did for the Jewish people in biblical times, with the chorus of "Dayenu (it would have been enough)." The tune is catchy, the verses fun, and we wrap up all out of breath and ready to eat.

Previously in this space, I considered one of the liturgical standards of Yom Kippur, the Al Chet prayer, and the way it could be reimagined in the context of parenting. In that prayer, we list sins and seek forgiveness for them. (Modern Mishpocha, September 18, 2017).

At the time, I reflected on how parents get so much advice and instruction it is challenging not to feel like we're always doing the wrong thing, and from whom are we supposed to seek forgiveness?

There's room to consider the Dayenu in the context of being a parent as well.



STEPHANIE SHEFRIN
MODERN MISHPOCHA

I reflected on how parents get so much advice and instruction it is challenging not to feel like we're always doing the wrong thing, and from whom are we supposed to seek forgiveness?

Witness the scandal in the U.S. where dozens of parents have been criminally charged for outright bribery to get their children into the best schools.

Some consider this an example of a newish trend in parenting known as snowplowing – people who seek to get every obstacle out of their child's way so they can succeed, not just in the moment but in the future. If the path ahead is cleared, well, the child's life will be perfect.

But at what point? At what point as a parent do you point to your child and say "dayenu," what they have achieved is enough for me?

And, in turn, at what point do we look inward at ourselves and accept that what we are doing is enough? It is enough for us, enough for them.

Pinterest, Instagram, the mommy blogs – all push

us daily to strive for some kind of fictional perfection that leaves us frustrated and angry if it doesn't work out, afraid we are letting down our kids.

An easy approach to say we should sing our parenting Dayenus by finding the ability to be grateful for, and focus on, the small things: the nap that worked out, the child's proud first steps or first words read aloud from the page, even just getting a few minutes alone to take a shower. Dayenu!

It is harder to do the work that allows us to say what we're doing as parents is enough.

When I went back to work after the birth of my first child, I had no idea how I'd get dinner on the table and a kid to bed at a reasonable hour if my job didn't put me home much before 6 pm.

But I realized one day, I don't remember when, that what I had to do was give up my idea of what dinner meant – a "proper" meal, as opposed to the simpler options available at breakfast and lunch. The food could be whatever.

We could have eggs, for example. No one ever wasted away by eating omelets for dinner.

Feeding my kids healthy options that worked for our lifestyle and schedule. Dayenu!

As we tell the Passover story this year, there is so much going on in the world around us that resonates with its themes of redemption and liberation. And with Dayenu as well. Growing income inequality raises honestly the question of whether what we have is enough for us; are our efforts to combat climate change enough for us to make a difference?

So, may you find a way to make Passover meaningful for your family this year. Chag Sameach!

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Simon Bensimon, Executive Director

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Dogs can improve your health and quality of life

When I was a child, my parents didn't allow us to have a dog because they thought it would trigger my allergies. What they didn't know then, which studies have since shown, is that children who grow up with a dog in the home have a reduced risk of allergies and may also have a boosted immune system. <https://tinyurl.com/yaxlsd4r>

Whether it's a pet, a trained service dog or a visiting therapy dog, dogs provide many mental and physical health benefits. Dogs have a calming effect. So do cats and other pets. However, if you have a dog, you probably get more exercise than if you have a cat, a bird or no pet; this contributes to lower blood pressure. Dog owners tend to cope better with stress; they experience less reactivity when under stress; their heart rate and blood pressure go up less and return to normal more quickly than people who do not have dogs. <https://tinyurl.com/ybxgu2p3>

For people suffering from post-traumatic stress disorder (PTSD), such as military veterans and survivors of other traumatic events, a trained service dog has been shown to reduce the symptoms of PTSD and improve various measures of physical and emotional well-being (<https://tinyurl.com/y2egzqlx>). Dogs also have positive emotional effects on recovering addicts, people with Alzheimer's disease, intellectual disabilities and autism.

My friend Debbie Geller takes her certified therapy dog, a border collie named Kayleigh, to seniors' residences. She observes that the elderly residents, including a 101-year-old woman, enjoy the visits and brighten up when they spend time with Kayleigh. To request a visit from a therapy dog, contact Ottawa Therapy Dogs (www.ottawatherapydogs.ca) or St. John's Ambulance



(<https://tinyurl.com/yx8qejwe>).

Pet therapy can be a valuable resource for people who stutter. One per cent of children and .5 per cent of the general population, about 290,000 Canadians and 70 million people worldwide, suffer from stuttering (<https://tinyurl.com/y5qyf8xq>). Stuttering may be the result of a combination of genetic, physiological, environmental and experiential factors. When talking to an animal, there's no social anxiety or fear of being ridiculed. As part of a therapeutic program, stutterers can practice non-anxious speaking with a dog or other animal and develop positive memories of normal speech (<https://tinyurl.com/yxaa5svt>).

Owning a dog is linked to longer life. A 12-year study followed 3.4 million people with no history of cardiovascular disease. During this period, there was a lower rate of heart attacks and death from all causes among dog owners compared to participants who did not own dogs. The biggest effect was seen in people who live alone, a group that has a higher risk for early death. During the study, there were 33 per cent fewer deaths among those who lived alone but had a dog than those who lived alone without a dog. <https://tinyurl.com/y8vlg03x>

It's possible that dog owners tend to be generally more

active anyway, but it's also possible that owning a dog motivates people to be more active and provides many psychological comforts. Breed analysis showed that the best protection from cardiovascular disease was associated with dogs originally bred for hunting (e.g., terriers, retrievers, hounds) and the least protective factor was associated with mixed-breed dogs. Owning a dog decreases the incidence of depression in some isolated populations such as elderly women and HIV-positive men.

Some university campuses have therapy dog programs to help students deal with stress. A few minutes of playing with a dog can provide comfort to students who are away from home and missing family and pets or dealing with other stressors.

Some people with epilepsy benefit from having a dog that is trained to provide them with emotional support during seizures and to detect and alert them before the seizures begin.

My two dachshunds, Twinkie and Schneider, often stress me out. Because one of them is physically disabled and the other one never fully mastered house-training, I have lots of messes to clean up. They bark whenever the phone or doorbell rings or when the garage door opens. The stress they cause, however, is outweighed by the boundless unconditional love they give me. Whether I'm happy or sad, a cuddle with my dogs makes me feel good.

If you're considering getting a dog, keep in mind that it's a long-term, time-consuming and expensive commitment and it's important to know what type of dog (breed, size, coat, temperament, and energy level) would best fit into your life. A visit to your local animal shelter might put you on track to better health.

Children's Safety Classes at the SJCC

Home Alone

Age 9-12

Prepare your child to stay home alone.

Sunday, April 14 or Sunday, June 23

9:00 am – 4:00 pm

\$75 SJCC Member

\$85 Non Member

Red Cross Babysitting

Age 11-14

Learn to manage a babysitting business and how to supervise younger children in a safe and responsible manner. Includes basic First Aid skills

April 7 or May 26 or June 23

9:00 am – 4:00 pm

\$85 SJCC Member

\$95 Non Member

NEW! Digital Superhero Training

Age 8-11

An interactive seminar using teaching kids how to be smart and safe online.

Sunday, May 5

1:00 pm – 4:00 pm

\$65 SJCC Member

\$75 Non Member



Family Sundays at the J

Have fun as a family with unique hands on classes and activities at the Soloway JCC. Sign up for individual classes or all three. Children must be at least 5 years old to participate.

Sundays from 1:30 pm – 2:30 pm

Karate and Self-Defence with Sensai from 6 Tigers

Sunday, April 14

Family Zumba

Sunday, May 26

Family Yoga

Sunday, June 2

SJCC Members

\$25 per family for each individual class

\$65 per family for all three classes

Non Members

\$30 per family for each individual class

\$80 per family/non-members for all 3 classes

Register online now at jccottawa.com

Contact Gail Lieff for more information (613)798-9818 ext. 303, glieff@jccottawa.com

WHAT'S GOING ON | April 15 to May 5, 2019

FOR MORE CALENDAR LISTINGS, OR TO SUBMIT EVENT LISTINGS, VISIT WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR

PASSOVER EVENTS

Please see <https://jewishottawa.com/our-community/passover> for info and schedules of Passover 2019 Ottawa community events.

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.

Caregiver Group - Connecting with your Loved One

1:30 - 3 pm, every third Wednesday until August 21, 2019
The Bess and Moe Greenberg Family
Hillel Lodge, 10 Nadolny Sachs Pvt.
Contact: Lisa Rossman or Joanna Abrams
at Hillel Lodge 613-728-3900 ext 114
This discussion and supportive group offers family members and caregivers encouragement, comfort and self care techniques.

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
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

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.

MONDAY, APRIL 15

A Very Chocolate Seder

6:30 - 8:30 pm, Temple Israel, 1301 Prince of Wales Dr.
RSVP: Sue Potechin
tirs@templeisraelottawa.ca
Cost: \$2. For all youth in Grades 6-12. Everyone is welcome! Sponsored by TIRS, FROSTY and JYG

MONDAY, APRIL 22

Open Playroom Holiday Monday

9:30 - 11:30 am, Kehillat Beth Israel Congregation, 1400 Coldrey Ave.
Contact: Deborah Zuker
rabbizuker@kehillatbethisrael.com
Looking for something to do with your kids on Holiday Monday? Come play with us! Free and open to the community. Drinks and snacks provided.

TUESDAY, APRIL 23

The Real Lolita - Author Talk with Sarah Weinman

7:30 - 9 pm
Contact: Roslyn Wollock
rwollock@jccottawa.com
The Real Lolita: The Kidnapping of Sally Horner and the Novel That Scandalized the World - Author Talk with Ottawa Native Sarah Weinman.

WEDNESDAY, APRIL 24

Tamir's 3rd Seder

5 - 7 pm, Kehillat Beth Israel Congregation, 1400 Coldrey Ave.
Contact: Jessica Borenstein
admin@tamir.ca
Hosting the observance of the Passover Seder each year for participants and their families to attend, along with other members of the community.

SUNDAY, APRIL 28

Mimouna Extravaganza

2 - 5 pm
Contact: info@sephardiottawa.com
Cost: \$18. DJ and dancing, authentic Moroccan pastries, moufletas, silent auction, and more! Sponsor: Sephardi Association of Ottawa, Soloway Jewish Community Centre, Vered Israel Program, Jewish Federation of Ottawa.

WEDNESDAY, MAY 1

Yom HaShoah Community Commemoration

7 - 9 pm
Contact: Lindsay Gottheil
lgottheil@jewishottawa.com
Community Yom HaShoah commemoration featuring survivor Elly Gotz.

SUNDAY, MAY 5

A Celebration of Music

2 - 3:30 pm
Contact: Roslyn Wollock
rwollock@jccottawa.com
The Soloway JCC presents A Celebration of Jewish Music featuring the 65-member Ottawa Community Concert Band, The Soloway JCC Ottawa Jewish Chorus and Cantor Jason Green and the KBI Choir.

CANDLE LIGHTING BEFORE

APRIL 19	7:36PM
APRIL 26	7:45 PM
MAY 3	7:54 PM
MAY 10	8:02 PM
MAY 17	8:10 PM

BULLETIN DEADLINES

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:

Sheila Hartman

David Levine

Shirley Levine

Philip Melnick

Anita Rappaport

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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