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Gilbert Greenberg Award: Steven Kimmel ‘personifies the qualities of leadership this award exemplifies’



HOWARD SANDLER

Steven Kimmel, described as “a true leader and a true mensch,” will receive the 2019 Gilbert Greenberg Distinguished Service Award.

BY BENITA BAKER

In recognition of his dedicated and longstanding commitment to Ottawa’s Jewish community, Steven Kimmel will receive the 2019 Gilbert Greenberg Distinguished Service Award.

The award – which is presented every second year – is the highest tribute which the Ottawa Jewish community bestows on an individual, honouring a lifetime of service and leadership in the community.

“It is a great honour to be counted among the illustrious previous winners,” said Kimmel. “It is especially wonderful that this is the Gilbert Greenberg Award as my family had and continues to have a close relationship with the Greenberg family. All the work I have done and continue to do is for the good of the community and not for the recognition, but it is nice and humbling to be recognized.”

An Ottawa native, Kimmel became involved in Jewish community work at a young age, beginning with BBYO, USY and shul bingo nights.

He went on to sit on the boards of Hillel Academy (now the Ottawa Jewish Community School) and Congregation Agudath Israel (now part of Kehillat Beth Israel), and served as synagogue board president for two years.

While it would appear as if he was already firmly entrenched in his volunteering commitments, it was a young leadership mission to Israel in 1995 that truly inspired Kimmel to enhance his community involvement. He turned his attention to the community at large and became a canvasser for the Capital Campaign and the Jewish Federation of Ottawa’s Annual Campaign.

Kimmel chaired the Annual Campaign for two years and went on to

assume the community’s most prominent leadership role as chair of the Federation from 2013 to 2015.

Jack Silverstein, a former Annual Campaign executive director, worked closely with Kimmel and nominated him for the award.

“Steven personifies the qualities of leadership that this award exemplifies,” said Silverstein. “He has made Ottawa’s Jewish community a stronger, more vibrant and more cohesive community and continues to be a leader and a mentor; and a person who can be relied upon for sage advice and support.”

Previous Gilbert Greenberg Leadership Award recipient Roger Greenberg agreed. “I have a lot of respect for Steven,” he said. “He lives up to the ideals of leadership that the award recognizes. He is a very worthy recipient.”

See Kimmel on page 2

Shem Tov Award: Charles Schachnow’s ‘acts of chesed truly make this world a better place’

BY BENITA BAKER

Charles Schachnow will receive the 2019 Shem Tov Community Volunteer Award. The award recognizes an outstanding volunteer for a lifetime of service dedicated to the betterment and enrichment of Jewish life in Ottawa.

“I wish there didn’t have to be an award,” said the modest Schachnow. “The reward is the good feeling I get when I do a mitzvah.”

Born and raised in Ottawa to parents Shelley and Morris, Schachnow began his lifelong volunteer commitment as a preteen making calls for the Tu B’Shevat

Telethon and helping at Congregation Beth Shalom bingo nights.

He went on to raise funds for the Ottawa Jewish community in a number of positions, including chair of the United Jewish Appeal’s Young Business Professional Division, co-chair of the Jewish Federation of Ottawa Annual Campaign

and division chair of the Community Capital Campaign.

Schachnow has also sat on various boards, including Hillel Lodge and Beth Shalom Synagogue (now part of Kehillat Beth Israel).

One of his most enduring volunteer See Schachnow on page 2

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Schachnow: 'Giving and helping is who Charles is'

Continued from page 1

commitments has been to Federation's annual golf tournament, which he chaired several times. "They didn't ask me, I volunteered," Schachnow said about his continuing involvement with the tournament. "I don't need to wait be asked. I just want to make a difference."

This is not the first time Schachnow has been recognized by the Ottawa Jewish Community for his dedication to volunteering. In 1998, then 35, he received the Freiman Family Young Leadership Award.

Schachnow was nominated for the Shem Tov Award by Leiba Krantzberg, who noted "his generosity of spirit knows no bounds and his acts of chesed truly make this world a better place."

She also described Schachnow's unique ability to make people feel good about themselves. "If you have been fortunate enough to be touched by his generous spirit, then you understand and have probably experienced his ability to get the job done while making everyone else around him feel special," she said.

"Everything I do is close to my heart," he explained. "I do things that make me feel good. I just want to make a difference."

Very close to his heart is his work with Jewish Family Services' Street Smarts outreach program. For the past several years, he has walked the ByWard Market once a week offering food, clothing, and

other necessities to the homeless.

Four years ago, during one of these volunteer stints, Schachnow came across a police officer being attacked by two men. He and another bystander helped subdue the attackers until police reinforcements arrived. In recognition of his actions, the Ottawa Police Service presented Schachnow with its Certificate of Valour.

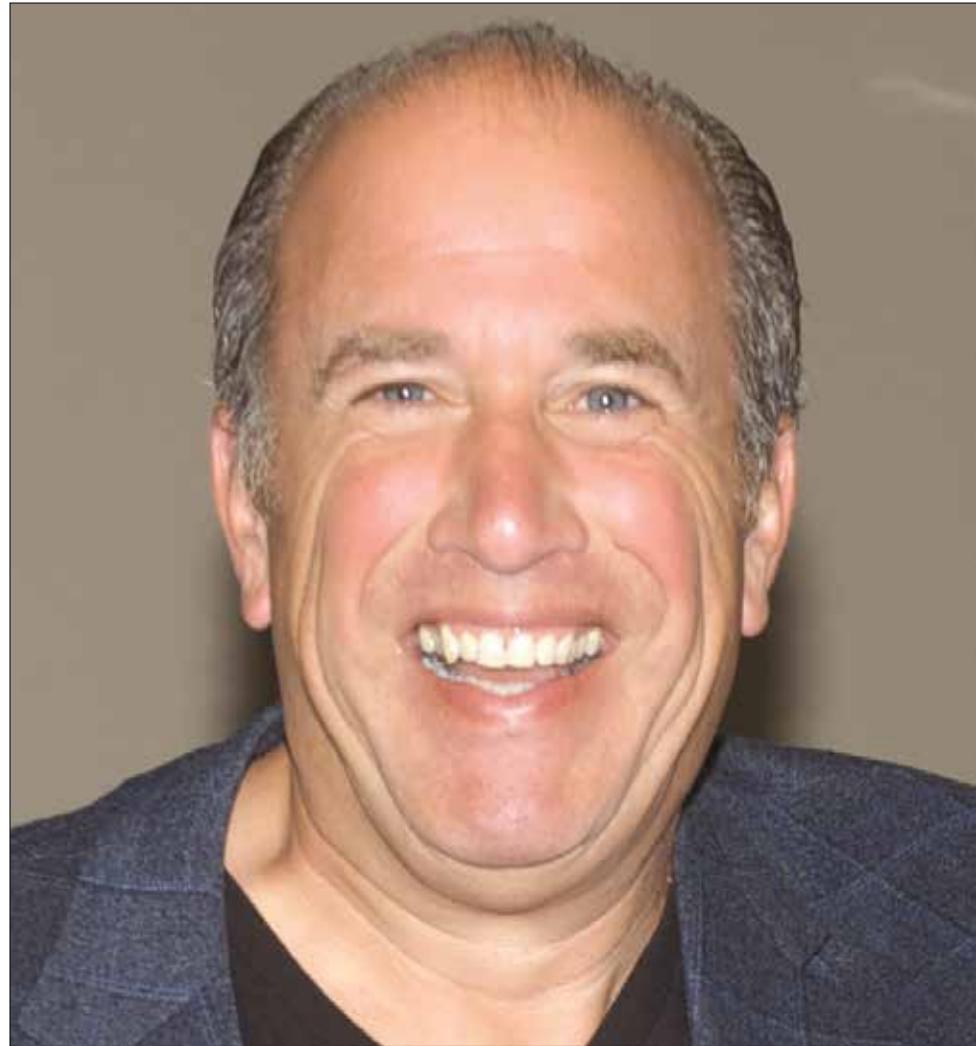
Schachnow's nomination was endorsed by Rabbi Idan Scher who said, "Giving and helping is who Charles is... This is a man most deserving of the Shem Tov Award."

The self-effacing Schachnow is a little uncomfortable with the recognition and the spotlight that comes with the award. "I prefer doing things behind the scenes," he said.

Since 2009, he has been truly behind the scenes as a regular volunteer for the Ottawa Chevra Kadisha. He volunteered when he became aware that the organization needed younger members.

"I wish that everyone in the community can experience the feeling you get when you perform a mitzvah," said Schachnow. "If you are not involved, step up. You can't imagine how good it feels to perform a mitzvah."

The Shem Tov Volunteer Award will be presented to Schachnow at the Jewish Federation of Ottawa annual general meeting, Wednesday, June 19, 7 pm, at the Soloway JCC.



"I just want to make a difference," says Charles Schachnow, who will receive the 2019 Shem Tov Community Volunteer Award.

Kimmel: Committed to community

Continued from page 1

While Kimmel admits that it is hard to ask for money, those who have worked with him talk about how he enjoys the challenge of taking on the hardest 'asks' – the unfulfilled pledges or the non-givers.

"I never judge anybody by how much they give or don't give," said Kimmel. "I try to educate them. I ask because I know the dollars make a difference in many people's lives."

He says one of his proudest volunteer experiences was in 2006 when he travelled to Northern Israel with a small group from Ottawa to help out after the Lebanon war.

Kimmel grew up in a traditional Jewish home with parents Lillian and Morris, both dedicated community vol-

unteers. "I learned to 'honour my father and mother' by the examples they set for me," said the devoted son who joined the family business at a young age and is now president of Westboro Flooring & Décor.

In his letter endorsing Kimmel's nomination, Rabbi Eytan Kenter of Kehillat Beth Israel called him "a true leader and a true mensch. He is deeply committed to the well-being and success of the Ottawa Jewish community and it is truly an honour to have him as a leader within our congregation."

Kimmel met his wife Shelli at the Jewish Community Centre (JCC) on Chapel Street in 1978. He was then a popular DJ and she was a Montreal native who chose to stay in Ottawa after graduating from Carleton University because she was offered a job at the JCC. In an unquestionably bashert situation, they were both working a teen dance, he as DJ and she as a staff chaperone. They have been married 37 years and have three daughters, Leora, Ariella and Dalia, a son-in-law, Ben, and a granddaughter, Avie.

The Gilbert Greenberg Distinguished Service Award will be presented to Kimmel at the Jewish Federation of Ottawa annual general meeting, Wednesday, June 19, 7 pm, at the Soloway JCC.



Rabbi Eytan Kenter is the spiritual leader of Kehillat Beth Israel.

CORRECTION: April 15 column was by Rabbi Kenter

The From the Pulpit column published in the April 15 edition, "The foundational story of the Jewish people," was written by Rabbi Eytan Kenter of Kehillat Beth Israel, but was inadvertently published under another rabbi's name and photo.

The online version published on the Ottawa Jewish Bulletin website, as well as the PDF and page-flip versions of the issue available on the site, have been corrected.

The Bulletin apologizes for the error.

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Sarah Caspi is new executive director at Jewish Family Services

Veteran social worker and administrator has worked in all JFS units

BY MICHAEL REGENSTREIF
EDITOR

Jewish Family Services of Ottawa (JFS) has announced the appointment of Sarah Caspi, a veteran social worker and administrator with the agency, as its new executive director.

Caspi, an assistant executive director at JFS since 2012, had been working alongside Andrea Gardner and Rebecca Fromowitz as a co-interim executive director while the JFS Board of Directors and an executive search team conducted a search.

“Sarah’s candidacy proved to far exceed benchmark standards” for the position, the JFS Board said in its announcement.

Caspi, a mother of two sons, who grew up north of Toronto, moved to Ottawa to study at the University of Ottawa where she earned a BA in religious studies. She then briefly left Ottawa to pursue a bachelor of social work degree at Dalhousie University in Halifax before returning to the city to earn her master of social work degree at Carleton.

She joined JFS in 2003 and has been with the agency ever since.

“When I started here,” she told the Ottawa Jewish Bulletin in an interview at her JFS office, “I worked primarily in the Tikvah and counselling units. And since that time I’ve worked in all of the units here.”

In 2012, Caspi became director of JFS’ Shalom Bayit unit, working with Jewish women who have experienced various types of domestic abuse – including violence, verbal abuse, financial abuse, sexual abuse and other forms harassment – by their present or past partners.

That same year, she became one of JFS’ assistant executive directors taking additional responsibility for all of the agency’s seniors’ services, including the Thelma Steinman unit for Jewish seniors support, the Claims Conference support services for Holocaust survivors, and the diverse seniors support unit which serves six other communities in Ottawa.

Many of the programs at JFS particularly serve the Jewish community.

“Our Jewish services include all of our Tikvah services, including our Miriam’s Well distribution,” which distributes fruits and vegetables to low income individuals and families in the Jewish community, “case management, counselling, referrals to the Ottawa Kosher Food Bank, as well as holiday distribution which helps clients with the expenses of celebrating [Jewish] holi-

days,” she said.

Caspi added that JFS assists clients in connecting with the community at holiday times, pointing out that the agency found Passover seders in the community which welcomed a number of individuals and families who might not otherwise have had a place to go.

“This is incredibly important,” Caspi said, pointing to the teaching in the Haggadah that all be welcomed at the seder table. “That’s a value that we really encourage – and we advocate with the community to make sure that people can find space.”

Caspi also pointed to the “Jewish origins” of the JFS Street Smarts program, an outreach program serving the homeless population of downtown Ottawa distributing needed items including seasonal clothing, snacks and toiletries.

“We felt there were [Jewish] people in need that were on the streets, who we didn’t have a place to connect with them,” she explained. So while Street Smarts serves the broader street population, it began with the recognition that there are Jewish people in Ottawa living in that circumstance “who need support in a non-judgmental way.”

JFS, Caspi explained, now has a staff of 77, including a strong complement of social workers and mental health professionals.

“Our roots as a Jewish agency are incredibly important to all of the people that work here,” she said pointing to JFS’ deeply held Jewish values, and the concept of tikkun olam. “We really want to walk the talk and use the resources that we have.

“We have an incredibly professional and skilled group of staff here in all of our departments,” she said. “We want to build on those strengths. We want to continue to build ties within the Jewish community, as well as with our diverse community partners.”

Caspi also said JFS will continue to deepen its ties with all levels of government and other potential funders, noting the need to be nimble and strategic “so that we don’t lose services for our clients” in the face of potential cutbacks.

Caspi also spoke about the importance of volunteers at JFS.

“We’re always looking for volunteers,” she said, noting that programs such as Kosher-Meals-on-Wheels depend on volunteers to deliver the food to clients. “We have volunteer drivers who take clients to medical appointments. We have ‘friendly visitors,’ who we match with isolated seniors. We have volunteers who sit on all of our committees; so there are lots of places for people to



MICHAEL REGENSTREIF

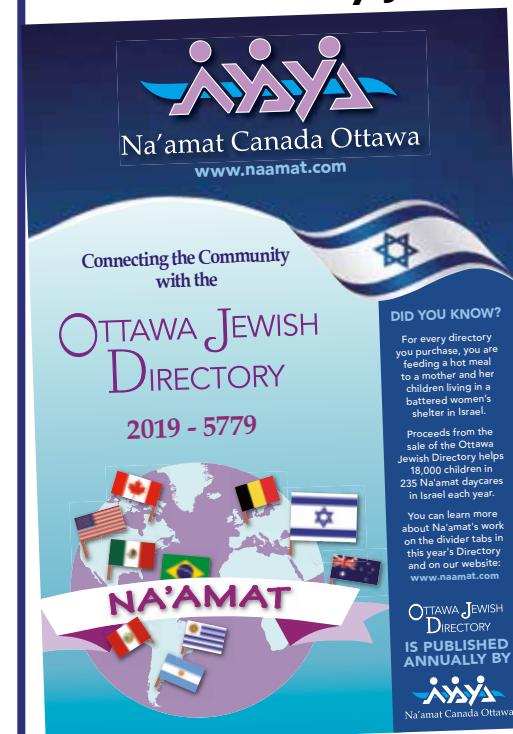
Jewish values and the concept of tikkun olam are very important to Jewish Family Services of Ottawa, says Sarah Caspi, the agency’s new executive director.

volunteer.”

Caspi said anyone wishing to volunteer at JFS is welcome to call the agency at 613-722-2225 and added that one of

the most difficult decisions to make each year is the choice of Volunteer of the Year, to be honoured at the JFS annual general meeting.

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The Ottawa Jewish Community Foundation

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Annual General Meeting

Thursday, June 6, 2019

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Soloway JCC, 21 Nadolny Sachs Pvt.



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Seth Kerzner credits his family for instilling in him the values of tzedakah and volunteerism.



Tom Podolsky is passionate about volunteer work.

Tom Podolsky and Seth Kerzner to share Student Leadership Award

BY BENITA BAKER

Tom Podolsky and Seth Kerzner have been selected as co-recipients of the Student Leadership Award, an honour established in 2016 to recognize a student pursuing a post-secondary degree who demonstrates leadership and outstanding commitment to the Ottawa Jewish community.

Both recipients are University of Ottawa students whose passion for Jewish learning, Jewish life and community involvement is impressive.

"I don't do community work with the expectation of winning an award but it's very nice to be recognized," said Podolsky. "I thank the community for recognizing that I enjoy and am passionate about the volunteer work I do."

"I am truly honoured to receive this tremendous award, as a testament to my leadership in the Jewish community on campus over the past four years," said Kerzner, a fourth year business student.

Born in Toronto, Kerzner credits his family, who have a rich tradition of community service and leadership, for instilling in him the values of tzedakah and volunteerism. Growing up, he was actively involved in the annual Chanukah toy drive as well as his shul's helping the homeless program.

At uOttawa, Kerzner assumed various Jewish leadership roles on campus, including serving three years on the Hillel Ottawa executive and two years on the Chabad Student Network board.

In his nomination letter on behalf of Kerzner, Hillel Ottawa Director Dovi Chein applauded his "confidence, humility and general understanding of his surroundings" and described him as "someone who will set a standard for what it means to be a recipient [of the award]."

In addition to amassing a remarkable

list of volunteer activities, Podolsky is very successfully filling the impressive shoes of his big brother Eyal, who received the Student Leadership Award in 2017.

As a young BBYOer singing Chanukah songs to Hillel Lodge residents he was moved by how such a simple effort could make people feel so good. This inspired him to get more involved as a volunteer – Mitzvah Day, Chanukah Gift Fair, Sir Robert Borden High School (SRB) Student Council, president of the SRB Jewish Culture Club, and three years as a volunteer coach for a little league baseball team, which was particularly meaningful to him.

"The idea that I actually made a difference to those kids was an incredible feeling," he said. "The idea that you are doing something that isn't for yourself is a feeling I enjoy."

Podolsky was nominated for the award by Rabbi Chaim Boyarsky, director of the Rohr Chabad Student Network, who was impressed by Podolsky's zeal in engaging uOttawa students in Jewish learning.

"Tommy's pleasant personality and genuine appreciation for others has earned him respect from his peers, which play a large part in his effectiveness as a leader," said Rabbi Boyarsky. "He is very popular and has been instrumental in drawing other students to participate in religious and social events at the centre."

The 20-year-old, who moved here from Israel with his family at the age of one, is the incoming student president of the Chabad Student Network.

The Student Leadership Awards will be presented at the Jewish Federation of Ottawa annual general meeting, Wednesday, June 19, 7 pm, at the Soloway JCC.

Freiman Family Young Leadership Award: Allan Shefrin is passionate in his commitment to community

BY BENITA BAKER

Allan Shefrin is the recipient of the 2019 Freiman Family Young Leadership Award. The award recognizes a young leader who has demonstrated proven leadership to the benefit of Ottawa's Jewish community.

"I don't think anyone volunteers to win an award," said Shefrin. "The real reward is making a positive change for the community. I am extremely honoured and humbled to have been selected."

A Winnipeg native, Shefrin first moved to Ottawa to attend medical school, where he met his wife, Stephanie Levitz. Returning to Ottawa following several years away to complete his medical residency, it was important for him to contribute to the community.

"When we moved back to Ottawa, we wanted to get involved in a meaningful way in the community that we were going to live and raise a family in," said the 40-year-old emergency room pediatrician at the Children's Hospital of Eastern Ontario.

That was eight years ago, and Shefrin began his community involvement as a member of the Soloway Jewish Community Centre (SJCC)'s board of directors. He went on to become a member of its executive committee, assuming the roles of treasurer and vice-chair and will become chair in 2020.

"He is insightful, articulate, and able to express himself in ways that others hear and respect," said Barry Sohn, SJCC president and COO, in his letter endorsing Shefrin's nomination.

Shefrin is a third-generation Holocaust survivor. His grandfather miraculously survived Auschwitz and his grandmother was hidden by non-Jewish neighbours in Budapest – so he keenly feels the responsibility of ensuring that the lessons of the Shoah are never forgotten. He has been extensively involved with the March of the Living program, as both a committee member and as the trip physician and is now the March's Ottawa chair. Since 2014, he has also been an active member of the Shoah Committee of the Jewish Federation of Ottawa.

Shefrin is also a Federation member, has been a team captain for the Federation Annual Campaign, has sat on numerous committees and is a member of Federation's Ben-Gurion Society, a leadership development and recognition program for individuals aged 25 to 40. He participated in a young leadership mission to Israel in 2017 and will be leading an emergency ultrasound course in Israel next month.

In her letter endorsing Shefrin's nomination, Shoah Committee Chair Debbie Halton-Weiss, a past Federation chair,



Allan Shefrin, described as "kind and gentle... so genuine in his interactions with others," will receive the Freiman Family Young Leadership Award and the Lawrence Greenberg Young Leadership Development Award.

described him as someone who takes on leadership roles because he understands, "if not me, then whom?"

"He recognizes his responsibility and commitment to the community as something he is passionate about and lives his life to ensure he is giving everything he can to contribute to its success," she said.

Karen Palayew, past chair of the March of the Living Committee, echoed those sentiments in her endorsement letter. "He listens respectfully to others, and he has sound judgement," Palayew said. "He is a kind and gentle individual and is so genuine in his interactions with others. He is a true mensch."

Another of Shefrin's enthusiastic supporters is Gillian Presner, the 2017 recipient of the Freiman Family Young Leadership Award.

"Beyond all of these amazing contributions, Allan is always ready to step up and lead when it is needed, even before he is asked to do so," Presner said. "This willingness inspires others to lead as well – and in case it doesn't, he's not afraid to come out and ask others to take on roles."

As recipient of the Freiman Family Young Leadership Award, Shefrin also receives the Lawrence Greenberg Young Leadership Development Award which will allow him to attend the Jewish Federations of North America General Assembly where he will be among the young Jewish leaders from around the continent recognized at the gathering.

The two awards will be presented to Shefrin at the Jewish Federation of Ottawa annual general meeting, Wednesday, June 19, 7 pm, at the SJCC.

Please join us

Jewish Federation of Ottawa's 85th Annual General Meeting

Wed. June 19, 2019
7 pm

PRESENTATION OF COMMUNITY SERVICE AWARDS

Gilbert Greenberg Distinguished Leadership Award

STEVEN KIMMEL

Shem Tov Community Volunteer Award

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**FEDERATION
REPORT**



**RICHARD ZUKER,
BOARD PRESIDENT, TAMIR**

Tamir ensures participants live every day with dignity and respect

As the sole Jewish organization of 16 developmental services agencies in Ottawa funded by the Ministry of Children, Community and Social Services (MCCSS), our mission is to ensure that our participants are well cared for and have opportunities to thrive as full citizens within our Jewish community and the community at large.

Tamir continues to provide opportunities for our participants to learn and excel. In the spring of 2018, 12 Tamir participants and eight staff travelled to Israel as part of the Partnership 2Gether program. The trip began with three days of engagement with sister developmental service organizations in the Kiryat Shmona area, followed by seven days of travel elsewhere in the country.

“The trip was a dream come true,” said Tamir participant Debbie Wasserman.

Tamir staged our first-ever fashion show involving Tamir participants, professional models, community leaders, and local celebrities strutting their stuff

on the runway at the Canadian War Museum to a sellout crowd. We thank the numerous fashion enterprises and our community for their overwhelming support. Tamir is planning a bigger and better fashion show sequel on November 4 in the Great Hall of the Canadian Museum of History. Don't miss it!

In September of last year, the Jewish Federation of Ottawa held the first ever lip-sync battle as part of the Annual Campaign kickoff at which Tamir won the coveted Golden Challah People's Choice Award. Congratulations Tamir participants and yasher koach to Federation for organizing such a wonderful event.

Joel Yan, our Judaic adviser, has created an exciting Judaic program over the past few years. In February, as part of Disability Awareness and Inclusion Month, Joel collaborated with Rabbi Eytan Kenter to organize a Kehillat Beth Israel Shabbat morning service led in large part by Tamir participants. Tamir's Neshama Choir, directed by Nigel Harris, continues to inspire with performances

at Tamir events and throughout the city.

Last month, Tamir partnered with Federation, Jewish Family Services, and the new Jewish Ottawa Inclusion Network (JOIN) in hosting “Pushing the Boundaries”, a conference focused on improving inclusion in the Ottawa Jewish community. The conference was a great success and the steering committee is developing next steps.

Tamir faces a number of challenges including a cohort of participants who are aging and require higher levels of care, and an upcoming generation of children with complex needs. It is to meet these and other challenges that we are continuing to work on our plans for the Integrated Living Centre (ILC).

A sincere thank you to all those who support Tamir: the Board, dedicated staff, volunteers, partners, our generous donors, and MCCSS. Together, we will continue to ensure that people like Danny, Claire, and Edith live every day with dignity and respect as integral members of our community.

At Tamir's annual third seder, Danny Grinfeld, a 22-year-old with autism, kicked off proceedings with a spirited rendition of “O Canada.” More than 70 participants sang along with Danny and were inspired by his musical talent and his obvious passion for the national anthem. Another star turn was Claire and Edith Zloten, sisters in their 70s, who recited with great pride the four questions in Yiddish, as taught to them by their grandmother when they were children. They have sung at Tamir seders for the past 17 years.

**FROM THE
PULPIT**



**RABBI MENACHEM BLUM,
OTTAWA TORAH CENTRE CHABAD**

After Poway: Defeat evil through acts of kindness

We just need to look at Rabbi Yisroel Goldstein who, with fingers blown up, stood on a chair and addressed the panicked congregation in the minutes after the shooting. Imagine, a wounded rabbi whose congregation was struck by terror, who lost a close friend, supporter and congregant, became a voice of courage and hope. Instead of surrendering to fear and grief, he comforted his people. What happened over the next few days is extraordinary. With his missing finger, this rabbi has continued to share his inspirational message with millions of people; to discover God and to realize that every human being is created in the image of God.

This is the message that my beloved teacher, Rabbi Menachem M. Schneerson OB”M, would share in times like these. He would encourage us not to lose it, but rather to add on more light to dispel the great darkness. The Rebbe would always emphasize that we cannot allow these terrorists to win. If their desire is to diminish the Jewish people and Judaism we must redouble our efforts and do even more.

The Rebbe taught us that during a time of intense sorrow, we must turn our pain into gain. We need to turn grief into action. We will defeat evil

and terrorism through acts of goodness and kindness. Where terrorists hope to create fear and hatred, we need to create love and joy. Wanton hate must be countered with wanton love.

As Rabbi Goldstein wrote in the New York Times (“A Terrorist Tried to Kill Me Because I Am a Jew. I Will Never Back Down,” April 29, 2019): “From here on in I am going to be more brazen. I am going to be even more proud about walking down the street wearing my tzitzit and kippah, acknowledging God's presence. And I'm going to use my voice until I am hoarse to urge my fellow Jews to do Jewish. To light candles before Shabbat. To put up mezuzahs on their doorposts. To do acts of kindness. And to show up in synagogue – especially this coming Shabbat.”

We can't allow our haters to win. In the presence of such terror, we must be more Jewish! We need to get more involved in Judaism. We need to come to shul more often and embrace more Yiddishkeit in our lives. We need to increase in goodness and kindness and fill the world with love, or as Rabbi Goldstein, referring to the Rebbe's teaching, put it, “a little light dispels a lot of darkness.”

A lot of light dispels even more darkness.

Iwrite these lines as I am trying to process the horrific attack on the last day of Passover, when an individual attacked the Chabad of Poway Synagogue killing Lori Gilbert-Kaye OB”M and wounding three, including the congregation's rabbi, Rabbi Yisroel Goldstein. As a Chabad representative in Ottawa, I am humbled by and grateful for the kind and supportive words so many people in our community have shared with us.

There's no way that our minds can deal with so much pain and suffering. We do not begin to understand God's ways; we know that we are not expected to. However, we do know that it is precisely in a time like this that we must affirm our faith and resolutely increase our actions of goodness and kindness.

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FROM THE EDITOR



MICHAEL REGENSTREIF

Fighting hate crimes in Ottawa – and online

Pfeffer reports that a follow-up statement by Superintendent Chris Renwick of the criminal investigations directorate said, “The Ottawa Police Service does not have a Hate Crime Unit, in fact we never had a dedicated investigative unit for hate crimes.”

Renwick added that criminal acts “motivated by hate are assigned and investigated by our General Assignment Units (GAS)... Our Security and Intelligence Section (SIS) can offer investigative support to the GAS investigators during an investigation [into a crime] which is motivated by hate or extremism.”

And in yet a further clarification, Renwick explained that a constable’s position was created in the in the 1990s “to address hate crimes,” but that the position “has an intelligence focus and not an investigative one.”

According to Pfeffer, “that appears to contradict specific references to a hate crime unit in public statements and media reports dating back years, including a reference on the OPS website and in an internal policy document obtained by CBC.”

As of this writing, the OPS website still includes a hate crime unit information page. www.ottawapolice.ca/en/about-us/Hate-Crime-Unit.aspx

Also, according to Pfeffer, “several

police sources tell CBC the hate crime unit did exist, but has not had dedicated officers assigned to it in more than a year.”

Finally, after several days of confusion, Interim OPS Chief Steve Bell told CBC News that the hate crime unit was “renamed or moved over to the Security and Intelligence” section in January 2017.

Although Bell noted that OPS takes hate crimes seriously, he admitted “you go to our website and it directs you to a hate crime unit, and we actually don’t have that specific entity.”

The confusion and contradictions about the hate crime unit is unacceptable. Hate crimes have been on the increase in Canada and around the world and Jews are the most targeted minority in many places. Dedicated police units with specific expertise in preventing and investigating hate crimes can be an important component in helping minority communities at risk feel secure in contemporary society.

The Internet and social media, which provide great opportunities for people of common interests to come together, also provide opportunities for hate-mongers to spread their beliefs. The most heinous hate crimes in recent years have included murderous attacks on two synagogues in the U.S. and on mosques in

Canada and New Zealand, and the killers in these cases have been shown to be active on social media sites – the gunman in the Christchurch mosque attack in March even livestreamed part of his killing spree on Facebook.

To begin a concerted international effort to combat online hate, the leaders of many major countries, including Canada, New Zealand, France, the United Kingdom and the European Union met in a “Christchurch Call” summit in Paris this month that also included representatives of Google, Microsoft, Twitter and several other tech companies.

These leaders and companies are well aware of the scope and magnitude of the problem. As Shimon Koffler Fogel, CEO of the Centre for Israel and Jewish Affairs, noted in a statement commending Canada’s participation in this effort, “Online radicalization has quickly become one of the most urgent and complex challenges facing security officials. As demonstrated in recent attacks on synagogues in Pittsburgh and Poway, as well as the attack on mosques in Christchurch, there is a clear link between online radicalization and real-world violence.”

Sadly, the Trump administration in the United States has declined to participate in this international effort.

The Ottawa Police Services hate crime unit is investigating incidents of anti-Semitic graffiti at Ottawa’s two largest synagogues and at a home in the Glebe neighbourhood used as a Jewish Renewal prayer and study centre,” was the lede to the front page story I wrote for the November 28, 2016 edition of the Ottawa Jewish Bulletin.

The reason I referred to that article was that reports surfaced this month questioning the very existence of the Ottawa Police Services (OPS) hate crime unit – and even whether it ever actually existed.

Early this month, a black family’s home in Ottawa was spray-painted with disgusting racist graffiti. According to CBC reporter Amanda Pfeffer, when CBC News asked if the hate crime unit was investigating the case, the police spokesperson said the unit had been “retired.”

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

Donald Trump’s perfect, toxic storm

believe he is unfit and unworthy to be president. But there he sits making plans on how he can win the 2020 election and stay in the Oval Office.

The very experts who wrote him off as a joke, a fringe, or just a nuisance candidate when the run-up to the 2016 presidential election began are now faced with the reality that, despite everything, including more than 10,000 documented lies, the man with the yellow hair can possibly win again. Wow!

The “wow” comes from my consistently getting everything about Trump wrong. I never thought he would win the Republican primary. I never thought he would win the presidency. And then, even after he did win, I thought his Russian connections would drive him out of office before his term was completed. Wrong, wrong, and, at least so far, wrong again.

It is interesting how so many of the experts got Trump so wrong. I remember the Sunday before the 2016 election, I was at a well-attended post-minyan breakfast at shul and people were talking Trump. Some late polls indicated he could win.

Asked what I thought, I deadpanned

that a Trump victory would never happen. I was so sure of that. Every political instinct I had told me that. I wasn’t alone. Many of us on both sides of the border with first-hand knowledge of politics shared a long-held view that high office and decency went hand-in-hand.

To the experts, Trump’s crudeness, not his policies, were the ultimate weak link which would deprive him of victory – but crudeness won. When Trump arrived at the White House reporters were genuinely confused. There was a long tradition of being straight up about “respecting the office,” and suddenly there was a new president who had a hard time respecting anybody or anything.

Respecting the office meant the person occupying the White House was traditionally put on a political pedestal. That didn’t mean the reporting couldn’t be tough, but tough reporting had to be factually correct to the letter, and secondarily, as respectful in tone as possible.

There was actually a time those rules went too far. History tells us it took a long time, with the exception of the Washington Post, for the media to go after Richard Nixon after the Watergate break-in. In fact, a year after the break-

in was news, Nixon won a massive re-election victory in the 1972 election. The media at the time didn’t believe that a president, any president, would do the terrible things Bob Woodward and Carl Bernstein were reporting.

Watergate was a wake-up call and political reporters got the message that respect for high office could go too far. More than ever, there was a need to create a fine, delicate, nuanced balance. That was fine until Trump got to the White House and it became clear that he was not delicate or nuanced.

I miss the old days. I know in this age of social media having no norms, no rigour and no limits that, yes, we are in a different universe. But old timers can still lament the loss of respect and decency which served us so much better than this wild free-for-all with the president of the United States being the tweeter-in-chief.

There is no going back and there is now a new set of norms. It seems like an eternity ago when people thought Trump would stop tweeting once he was sworn in as president.

The toxic combination of social media and Trump were the perfect storm that turned politics upside down.

I haven’t written about U.S. President Donald Trump in a few months because sometimes I feel like taking a shower and forgetting about him. Trump is so “greasy.”

The word “greasy,” I learned in reporter’s locker room talk, was the worst label to pin on a politician. “Greasy” meant a politician on the edge, or over the edge; but regardless of which side of the edge, a greasy politician was either corrupt or corruptible, either morally, financially, or both.

In a free world, you can think, and more importantly, say what you want, just as Trump does. He is often neither nice, nor honest, and seldom is he respectful, polite or decent. Many

Elly Gotz warns young people to be vigilant

Holocaust survivor tells his story at Yom HaShoah commemoration. **Matthew Horwood reports.**

Young people today must “watch for hate” and be vigilant about who they listen to, says Holocaust survivor Elly Gotz.

Gotz, who was born in Lithuania in 1928 and now lives in Toronto, poignantly told his story at the Yom HaShoah commemoration presented by the Shoah Committee of the Jewish Federation of Ottawa, May 1, at the Soloway Jewish Community Centre. He was interviewed by journalist Stephanie Levitz.

Gotz said Lithuania used to have a “rich Jewish life,” but when the Nazis invaded in 1941, the local population immediately orchestrated an attack on the Jewish community.

“The Lithuanians took rifles, put on white arm bands and went hunting for Jews. They robbed and then killed them. They formed concentration camps and killed over 6,000 Jews in the first six weeks of the war, even before the Nazis had taken over Lithuania,” Gotz said.

Gotz and his family were forced to live in the Kovno Ghetto for three years. By 1944, only 8,000 Jews remained in the ghetto of the original 30,000, he said.

When the Russian Army was marching towards Germany, the ghetto was liquidated and Gotz and his father were deported to the Dachau concentration camp, where they performed forced labour in the construction of an aircraft factory.

According to Gotz, the prisoners in the camp had no washing facilities, worked 12-hour shifts and only received “a bowl of watery vegetable soup and one slice of bread” to eat per day.

“One morning I shook my friend to wake him and found he had died. I looked in his pocket to see if he had left a piece of bread, but he had eaten it. I carried him out. He weighed nothing,” Gotz said.

Asked by Levitz to describe his moment of liberation from the concentration camp, Gotz said he had been bringing food to his bed-ridden father.

“I looked out the window and saw an American jeep. I said, ‘Father, we made it.’ And he said, ‘That’s wonderful. Have you got the bread?’ That was my moment of liberation,” Gotz said.

After liberation, Gotz and his family spent six months recovering in hospital. Gotz said when he was released from



Holocaust survivor Elly Gotz (right) tells journalist Stephanie Levitz about Jewish life in Lithuania before the Second World War at Ottawa’s Yom HaShoah commemoration, May 1, at the SJCC.

the hospital he was OK physically, but was “full of hate” and wanted to “go kill Germans.”

“I experienced that hate so clearly I wasn’t thinking of anything else, of my own life, or what would happen when I killed civilians,” he said.

Gotz said he has still not forgiven the Germans who did terrible things during the Holocaust, as “forgiveness has to be earned according to Jewish law,” but now he does not hate. “I said to myself, ‘You can’t accuse a whole nation of being murderers, because they are not.’”

After the war, Gotz stayed in Germany for two years, as “no country wanted us,” but he eventually moved to Norway for a brief time before living in Africa from 1947 until 1964, when he came to Canada.

“We are living in a very difficult time,” Gotz said when asked by Levitz about the current political climate. “Anti-Semitism is raising its head once again, but the scariest thing is young people are learning to hate. That is why I speak to over 100 schools and universities every year.

“I tell them, be careful who you follow and believe. Listen to others, not to one person who speaks hate. It’s very important to talk to young people today to make sure they understand where the world is going,” Gotz said.

Other speakers during the Yom HaShoah commemoration included Shoah Committee Chair Shelli Kimmel,



Holocaust survivor Tibor Egervari is assisted by March of the Living participant Daniella Springer during the memorial candle lighting ceremony at the Yom HaShoah commemoration, May 1, at the SJCC.

Israeli Ambassador Nimrod Barkan, and March of the Living participants Anne Khazzam and Adam Freedman.

Six memorial candles – each representing one million Jews murdered during the Holocaust – were lit on the Zacher menorah by Holocaust survivors Tom Deri, Robert Lantos, Kati Morrison, Bernard Lipski and Tibor Egervari. They were assisted by students Stefanie Ages, Ben Dodek, David Khazzam, Dalia Miller, Neilah Shapiro and Daniella Springer, all recent participants in the March of

the Living.

“Kel Maleh Rachamim,” “Kaddish” and “Zog Nit Keyn Mol (Partisan Song)” were sung by Cantor Jason Green, while “O Canada” and “Hatikvah” were led by the Tamir Neshama Choir.”

Following the Yom HaShoah commemoration, a memorial service was held for Lori Gilbert-Kaye, who was murdered during the anti-Semitic hate-crime shooting at Chabad of Poway in California, four days earlier on the final day of Passover.

Operations officer from Operation Entebbe rescue mission to speak at SJCC

BY PAMELA ROSENBERG
SOLOWAY JEWISH COMMUNITY CENTRE

On June 27, 1976, an Air France flight left Tel Aviv for Paris with 248 passengers and 12 crew members on board. During a planned stop in Athens, the plane was hijacked setting in motion a week-long hostage situation in Entebbe, Uganda.

Rami Sherman was the operations officer for Israel's Operation Entebbe rescue mission. On Thursday, June 20, 7 pm, he will be at the Soloway Jewish Community Centre (SJCC) to share his personal experiences as part of the rescue mission and his thoughts on why it is important for Jews today to remember and discuss this historical event.

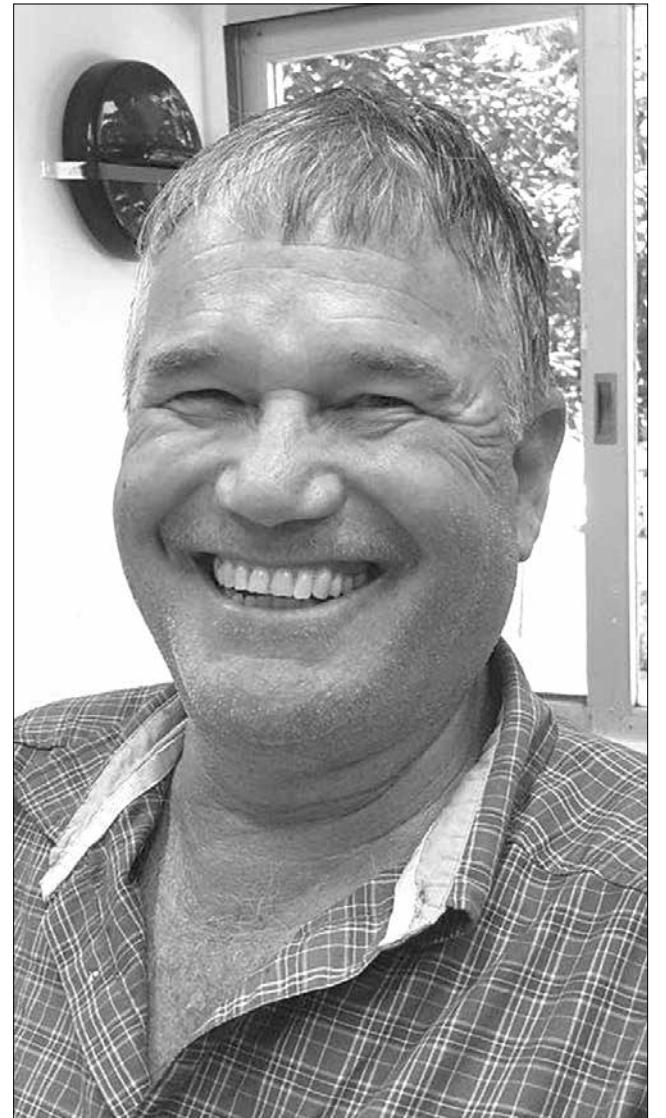
"I am thrilled to have the opportunity to bring Rami to Ottawa," said Ella Dagan, Vered Israel Cultural and Educational Program manager. "Operation Entebbe was one of most astonishing military missions ever seen and one of the proudest events in Israel's history. This is a unique, and likely never-to-be-repeated, opportunity to hear the amazing story of this rescue, first hand."

In 1972, Sherman was accepted into an elite unit of the Israeli Army known today as *Sayeret Matkal* (General Staff Special Forces). Four years after enlisting, when the Air France airliner was taken over and rerouted to Entebbe, he was made operations officer of the unit that performed the rescue mission under the command of Yoni Netanyahu, whose brother, Benjamin Netanyahu, is now prime minister of Israel. Yoni Netanyahu was the only Israeli killed in the rescue.

In his capacity as operations officer, Sherman prepared his unit for the mission by coordinating with the commander, and the Israeli Air Force. During the operation, he was aboard the first Hercules military transport aircraft to land and was part of the contingent of soldiers who made up the first assault group who freed the hostages at the old airport terminal in Entebbe.

After Netanyahu was shot, Sherman drove the wounded officer to the waiting Hercules aircraft where a team of medical professionals attempted to save his life.

It was not until 2016, 40 years after the hostage res-



Israeli Rami Sherman was operations officer for the Operation Entebbe rescue mission in 1976. He will discuss the mission, June 20, at the SJCC.

cue, that Sherman was able to reflect on that life altering week and began, for the first time, writing personal stories of his memories from the operation. Since then he has been invited by Jewish communities around the world to share his story.

During his talk, Sherman will discuss the concept of *harvut hadadit* (mutual responsibility) and his belief that we must educate our children and the generations to come. His talk will also include his thoughts on why what happened at Entebbe remains relevant today in addition to first-hand stories of Operation Entebbe.

Tickets are \$10 at the door. For more information, contact Ella Dagan at edagan@jccottawa.com or 613-798-9818, ext. 243.

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Hundreds gather for National Holocaust Remembrance Day ceremony

BY MATTHEW HORWOOD

Although Yom HaShoah took place this year on May 1-2, the National Holocaust Remembrance Day ceremony presented by the Canadian Society for Yad Vashem (CSYV) was held at the Canadian War Museum in Ottawa on May 7. The theme of this year's ceremony was "Struggle for Survival: Jewish Resistance during the Holocaust."

"While the vast majority of those who participated in resistance efforts against the Nazi regime did not outlive the Shoah, their acts of bravery remain a testament to the spirit of the people who endured," said CSYV National Chair Fran Sonshine.

The ceremony was attended by hundreds of guests, including Holocaust survivors, members of Parliament, Supreme Court justices, and diplomats from more than 60 countries.

Six memorial candles were lit in honour of the six million Jews who perished during the Holocaust.

The keynote address was delivered by Prime Minister Justin Trudeau, who said it was our solemn duty "as leaders and as human beings to stand united – with one voice – and say that anti-Semitic hatred has no place in Canada or anywhere else."

Last November 7, Trudeau stood in the House of Commons to deliver an apology for the Canadian government's 1939 decision to turn away the M.S. St. Louis, a ship carrying 907 Jewish refugees fleeing Nazi Germany. The prime minister said the apology was "long overdue."

Trudeau also spoke briefly about the steps the federal government has taken to combat hate and anti-Semitism, which included increasing funding for

security for places of worship and stepping up investigations into hate groups.

"Offering thoughts and prayers won't be enough. We have to loudly declare that hatred will not be tolerated in our communities, in our places of worship, or on our campuses," he said.

Conservative MP Peter Kent, representing Opposition Leader Andrew Scheer, pointed to the "alarming resurgence" of anti-Semitism in recent years as evidence of the importance of continuing to address Holocaust remembrance.

"We must honour every single individual life lost. Never again will Jews stand alone," Kent said.

One of the greatest new challenges in the 21st century is combating the spread of online hate speech, according to Kent, as it "quickly turns into real life violence and terror that knows no geographic boundaries."

NDP Leader Jagmeet Singh said that when remembering the Holocaust, we often forget the "stories of resilience and struggle. Every act of celebrating Jewish faith is an accent of resistance, and pays homage to those who survived the Holocaust," he said.

Israeli Ambassador Nimrod Barkan said the fight against anti-Semitism should be done "as part of the fight against all forms of hate."

Barkan also spoke of the "courageous" resistance efforts of Jews during the Warsaw Ghetto Uprising, in which Jews resisted the Nazis' final effort to transport



(From left) Second generation Holocaust survivor Lou Greenbaum, fourth generation Holocaust survivor Kyle Goldenberg, Prime Minister Justin Trudeau and Canadian Society for Yad Vashem National Executive Director Ester Driham light the first candle in memory of the six million Jewish victims of the Holocaust at the National Holocaust Remembrance Day ceremony, May 7, at the Canadian War Museum.

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the remaining ghetto population to concentration camps.

Joe Gottdenker, a CSYV board member and Holocaust survivor, warned that something "like the Holocaust can happen again," and said because survivors like himself will soon be gone, the best way to remember is to listen to survivors' stories "while you still can."

Louis Greenbaum, a CSYV board member and second-generation Holocaust survivor, and Kyle Goldenberg, a fourth-generation Holocaust survivor, also spoke.

Greenbaum said while Canada and the United States have come a long way in welcoming Jews, "ignorance, if not countered with education, can and will lead to the growth of anti-Semitism."

Goldenberg warned that when there are no longer Holocaust survivors to share their personal stories and educate future generations, "it will be much easier for Holocaust deniers to say these events never took place."

Rabbi Reuven Bulka delivered a D'var Torah and Cantor Pinchas Levinson sang "Kel Maleh Rachamim" and "Kaddish."

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Fireside chat with Shopify's Harley Finkelstein

As a student, Shopify's COO pledged to help rabbi build a synagogue, if he ever had the money.

BY MATTHEW HORWOOD

Ottawa's Jewish community is unique in its community involvement, said Shopify COO Harley Finkelstein at a fireside chat presented by the Ottawa Jewish Community Foundation.

The event, May 6 at the Ottawa offices of Gowling WLG, featured an interview with Finkelstein conducted by broadcaster and writer Mark Sutcliffe. Finkelstein discussed how he came to work at Shopify, how the e-commerce company is assisting entrepreneurs, and his involvement in Ottawa's Jewish community.

At 17, while attending McGill University in Montreal, Finkelstein founded a T-shirt company. Selling T-shirts, he said, made him fall in love with entrepreneurship, and gave him the "confidence and swagger to say, 'hey, maybe I am an entrepreneur.'"

In 2005, Finkelstein moved to Ottawa to study law at the University of Ottawa, where he was soon befriended by Rabbi Chaim Boyarsky, director of the Chabad Student Network.

One night, while having dinner at Rabbi Boyarsky's home, Finkelstein said he would like to help the rabbi build a synagogue in Ottawa, if he ever had enough money.

"About a year ago, I called Rabbi Chaim and said, 'I can't believe this, but I'm ready to build this synagogue with you,'" Finkelstein recalled.

The Finkelstein Chabad Jewish Centre, located at 254 Friel Street, includes a synagogue, library, commercial kitchen, student lounge, and guest suites. Fin-



Ottawa is "one of the most underrated places on the planet," says Shopify COO Harley Finkelstein (left) in a fireside chat with Mark Sutcliffe presented by the Ottawa Jewish Community Foundation, May 6, at Gowling WLG.

kelstein says the centre is packed with students "every day of the week."

"Some of them are there because they're learning about Judaism. Some are studying Torah, and some are just hanging out. It's really become a community centre for Jewish students in Ottawa," he said.

Building the synagogue with Rabbi Boyarsky is "probably the thing I'm most proud of in my entire life," said Finkelstein.

In 2009, having completed a law degree and MBA at uOttawa, Finkelstein met with Shopify co-founder and CEO Tobias Lütke to discuss opportunities at the e-commerce company. Finkelstein was soon appointed Shopify's chief operating officer.

Finkelstein said he was drawn to Shopify because, "in the same way I loved entrepreneurship for being such a meritocracy, I thought Shopify was this

place where anyone with an idea could build an online store."

According to Finkelstein, Shopify allows people to "build a global business for 29 dollars," but it is also "bending the learning curve for entrepreneurs."

One of Shopify's chief advantages is being headquartered in Ottawa, according to Finkelstein, because the city has "more access to talent than anywhere else I've encountered, and a loyalty from the people living here as well."

Finkelstein said he hopes Shopify has helped Ottawa to become a better community.

"I think Shopify's team contributes to the community in a way that doesn't feel lavish, but in a way that feels incredibly productive," he said.

"If you walk into [Shopify's] garage you don't see Lamborghinis and Ferraris. What you see is new restaurants and ice cream shops popping up in Ottawa,"

Finkelstein said.

Ottawa's Jewish community is so unique, according to Finkelstein, because while it isn't a large Jewish community, "there is a disproportionate amount of community involvement and value created."

"I think we are one of the most underrated places on the planet. I will proudly spend the rest of my life in Ottawa," Finkelstein told the large audience.

"I think Ottawa is doing so many cool things, but we struggle to tell people. I'm not saying we need to be like Toronto or Los Angeles, but we should be a little bit more confident and have more pride in how great we are."

Asked by Sutcliffe where he will be turning his philanthropic attention to next, Finkelstein said he and his wife, Lindsay, care about initiatives involving mental health, the Jewish community and entrepreneurship.

Israel's fallen soldiers and victims of terrorism remembered on Yom Hazikaron

BY MATTHEW HORWOOD

"We gather here on this difficult day to remember those who have fallen in defence of the state of Israel," said Jonathan Ben-Choreen Freedman, an Israel Defense Forces (IDF) veteran and master of ceremonies for a Yom Hazikaron ceremony held May 7 at the Soloway Jewish Community Centre (SJCC).

Yom Hazikaron is Israel's day of remembrance for its fallen soldiers and those who have died in terror attacks.

"A nation that remembers its fallen is

a strong nation," Freedman said.

The program began with the Israeli flag being lowered to half-mast by Shinshinim Inbar Haimovich and Liam Afota, followed by the sounding of the siren and a moment of silence.

Israeli Ambassador Nimrod Barkan lit a memorial candle during the ceremony and recited the poem, "Let the Memorial Hill Remember," written by the late Yehuda Amichai, considered one of Israel's greatest poets.

Barkan said Israel was "not handed on a silver platter. It was given life by those who made the ultimate sacrifice,

either as soldiers or civilians."

Jewish Federation of Ottawa President and CEO Andrea Freedman also lit a memorial candle and said Yom Hazikaron is a time to reflect on "the lives lost and the tremendous pain that never leaves their loved ones."

A memorial candle was also lit by Sergeant Gady Sirota of the IDF in memory of his friend, Sergeant-Major Roee Yaish, one of 12 IDF reservists killed in a Katyusha rocket attack on August 6, 2006.

A video, "The Last Conversation," created in memory of IDF soldier Daniel Pomerantz, who was killed when the IDF

entered the Gaza Strip during Operation Protective Edge in 2014, was shown, and the IDF Order of the Day was delivered by Major Shlomi Barshan, Israel's deputy defence attaché to Canada.

Also participating in the Yom Hazikaron commemoration were the SJCC Ottawa Jewish Chorus and Ottawa Jewish Community School students who presented a poem. Rabbi Menachem Blum read the "Yizkor Prayer" and the "Prayer for the Well-Being of the IDF," while Cantor Jason Green led "Kel Maleh Rachamim," "Kaddish," "O Canada" and "Hatikvah."

Ottawa celebrates Yom Ha'Atzmaut

BY MATTHEW HORWOOD

Hundreds of people, from young children to great-grandparents, gathered at the Soloway Jewish Community Centre, May 9, to celebrate Yom Ha'Atzmaut, Israel's Independence Day, marking the 71st anniversary of the founding of the modern State of Israel.

Ella Dagan, director of the Vered Israel Cultural and Educational Program, said the Yom Ha'Atzmaut celebration is an "important opportunity to express solidarity with the State of Israel and to strengthen our alliance."

"It is one of the few occasions where many Jewish organizations and people from different backgrounds come together for a common celebration," she said.

The downstairs gymnasium featured activities for children, including the Superhero Training Academy, face painting, balloon animals, various Israeli crafts and a bouncy castle and obstacle course.

Upstairs in the social hall, adults danced to Israeli-style dance mixes created by Israeli DJ Lahit Barosh and enjoyed a performance by the Cleopatra dance troupe from Montreal.

Throughout the Yom Ha'Atzmaut celebration, Babi's Restaurant served authentic Israeli cuisine and several of Ottawa's Jewish organizations and agencies had information tables highlighting their services and activities.

Earlier in the day, community members and a delegation of students from Torah Day School of Ottawa gathered to see the Israeli flag raised at Ottawa City Hall. The flag-raising ceremony included remarks by Jewish Federation of Ottawa President and CEO Andrea Freedman, Israeli Ambassador Nimrod Barkan, Mayor Jim Watson, Liberal MP Michael Levitt representing Prime Minister Justin Trudeau, and Conservative MP Rachael Harder representing Opposition Leader Andrew Scheer.



Members of the Cleopatra dance troupe perform during Yom Ha'Atzmaut celebrations, May 9, at the SJCC.

HOWARD SANDLER



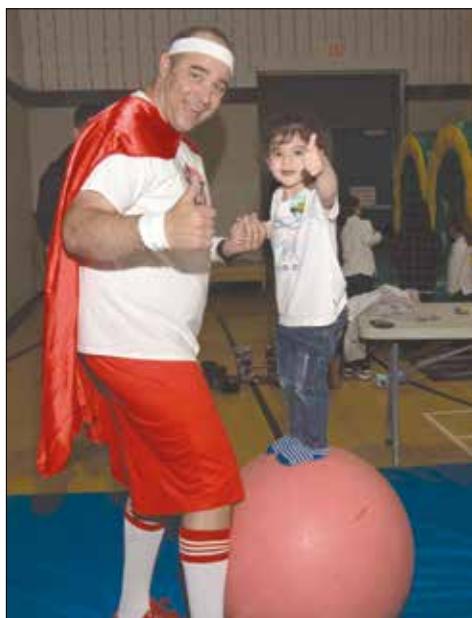
Israeli Ambassador Nimrod Barkan speaks during the Yom Ha'Atzmaut flag-raising ceremony outside Ottawa City Hall, May 9.

MICHAEL REGENSTREIF



Dancers celebrate Yom Ha'Atzmaut, May 9, at the SJCC.

HOWARD SANDLER



Children's activities for Yom Ha'Atzmaut included the Superhero Training Academy.

HOWARD SANDLER



The flags of Israel and Canada flying above Ottawa City Hall on Yom Ha'Atzmaut, May 9.

MICHAEL REGENSTREIF



Israeli Shinshinim Inbar Haimovich (left) and Liam Afota celebrate Yom Ha'Atzmaut, May 9, at the SJCC.

HOWARD SANDLER

Five acclaimed Israeli films to be screened in June

BY MAXINE MISKA
SOLOWAY JEWISH COMMUNITY CENTRE

The 16th annual Israeli Film Festival, taking place at the Ottawa Art Gallery Theatre between June 6 and 27, highlights transitions including the cultural shock of aliyah, becoming religious or leaving Orthodoxy, and a woman entering the business world.

The festival opens Thursday, June 6, 7 pm, with director Avi Nesher's "The Other Story." Yonatan, a wunderkind psychologist living in the U.S. and mired in a lawsuit, is called back to Jerusalem to wrest his estranged daughter from the ultra-Orthodox lifestyle she and her fiancé have adopted as a refuge from their druggy, pop music former lives. In counterpoint, Yonatan's father, also a psychologist, asks him to mediate a child custody dispute related to a formerly Orthodox mother's worship of a Canaanite fertility goddess.

In director Joseph Madmony's "Redemption," to be screened Sunday, June 16, 4 pm, Menachem, lead singer in a formerly popular rock band has been a Chasid for 15 years. To provide expensive experimental cancer treatments for his six-year-old daughter, he connects with his former band to gig together for Orthodox weddings.

Two films will be shown on Sunday, June 23.

Ethiopian-Israeli writer-director Aäläm-Wärqe Davidian relies on her memories of emigrating from Ethiopia in "Fig Tree" – to be screened at 4 pm – a love story set in 1989 amid the chaos and brutality of the ongoing civil war there. While her family prepared to leave for Israel, 16-year-old Mina strives to protect her soulmate Eli, who is in hiding in

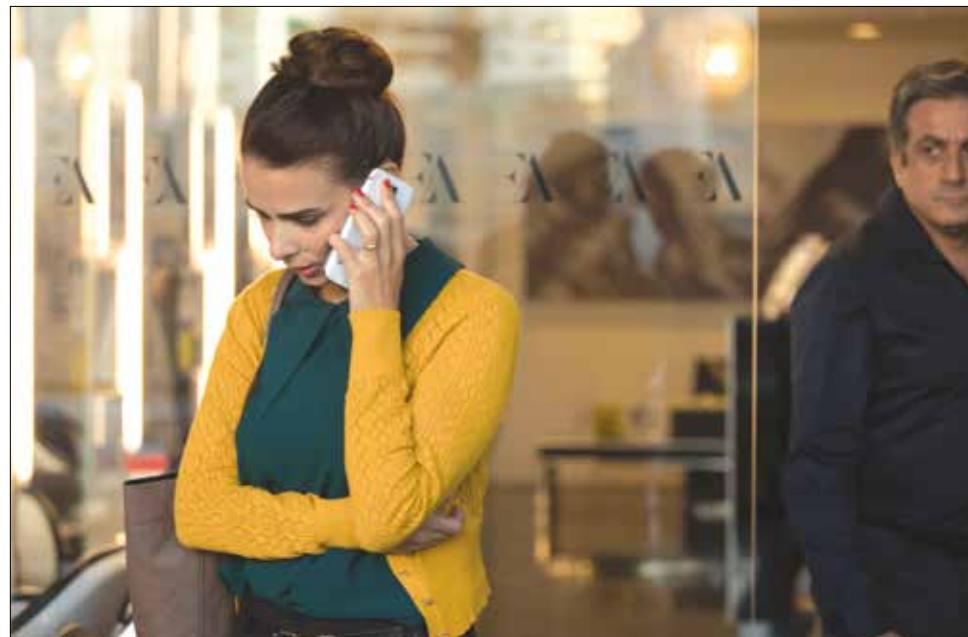
the forest to avoid conscription into the army. Though their families live together, Eli is Christian and not included in the aliyah.

In director Roman Shumunov's "Here and Now" – to be screened at 7 pm – Andrey, a Russian immigrant living in a poor neighbourhood in Ashdod forms a hip-hop band with his three best friends as they struggle in low-paying jobs. Andrey's father, has been hospitalized for months, leaving Andrey responsible for mortgage payments and the care of his little sister. In this precarious situation, the good choices attenuate.

The festival concludes Thursday, June 27, 7 pm, with director Michael Aviad's "Working Woman," a timely exposition of the #MeToo movement. Orna, a mother of three returning to the work force, is hired by her former army commander, a luxury real estate developer. Orna is a natural. She knows what foreign buyers want and speaks English and French. She can do everything except deal with her boss's increasingly overt sexual advances. But she needs the job to support her husband's fledgling restaurant and her family. Liron Ben Shlush as Orna provides a complex performance of stress, shame, honesty and that unique Israeli psychological buoyancy which propels the nation forward.

All films have English subtitles.

The Israeli Film Festival is held in the Ottawa Art Gallery theatre at 2 Daly Avenue and is sponsored by the Canadian Film Institute, the Soloway Jewish Community Centre (SJCC), the Vered Israel Cultural and Educational Program, the Embassy of Israel, the Jewish Federation of Ottawa and the Canada Israel Cultural Foundation.



Liron Ben Shlush as Orna and Menashe Noy as Benny in a scene from "Working Woman," to be screened June 27 during the Israeli Film Festival.



Nathan Goshen as Shachar (left) and Joy Rieger as Anat in a scene from "The Other Story," to be screened June 6 during the Israeli Film Festival.

Tickets are available at the door before each film at \$13 for the general public and \$9 for SJCC members, Canadian Film Institute members, seniors,

and students.

For more information, contact Ella Dagan at edagan@jccottawa.com or 613-798-9818, ext. 243.

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How your body changes when you stop exercising



GLORIA SCHWARTZ
FOCUS ON FITNESS

There are times when sticking to an exercise routine becomes difficult and you may be unable to exercise for a few days or a week. Sometimes circumstances prevent you from getting in your strength training or cardio workouts for an extended period of time, such as a few weeks or months. You may have an injury or illness, a hectic schedule, or simply a lack of motivation. Maybe you're away on vacation. Unfortunately, you can't bank exercise. Most of the physiological benefits of exercise start to wane just a few weeks after you become inactive. You may know from experience that when you don't exercise, you get weaker, slower and fatter; but what actually happens to your body when you take an extended break from exercise?

The level of decline you experience when you stop exercising is based on factors such as your age, gender, genetics and fitness level. One of the first things you'll notice is a decrease in your physical endurance. You may get out of breath more easily. This is because your maximal oxygen uptake (VO₂ max) decreases. VO₂ max measures the difference between the oxygen concentration in the blood leaving the heart and returning to the heart. Regular endurance exercise leads to improvements in your heart, blood vessels, capillaries and mitochondria; therefore, your body more efficiently uses oxygen and nutrients. After refraining from cardio exercise (e.g., High Intensity Interval Training, running, aerobics classes, swimming, cycling, brisk walking) for just two weeks, your VO₂ max can decrease by 10 per cent and in three months by 20 per cent.

Just as exercise has positive effects on the brain in terms of neurogenesis, cognition and emotional state,



lack of exercise has negative effects. A study of master endurance runners (over age 50) found that after 10 days of exercise cessation, they had decreased blood flow to various parts of the brain, though they did not experience immediate cognitive changes (<https://tinyurl.com/yxadxadr>). Taking an extended break from exercise can impact your mood. You may feel depressed, anxious or lacking in energy as the levels of your neurochemicals (e.g., dopamine and serotonin) and hormones (e.g., cortisol) change.

Strength seems to decrease at a slower rate than endurance. After two to four weeks without strength training, you lose some of your strength and muscle tissue. After six to eight weeks, you may start to gain body fat and feel your clothes not fitting as well as your waist circumference increases. Muscle does not turn into fat. If you stop working out, you don't need as many calories. If you keep eating the same way as when you worked out, you'll gain body fat. Even very athletic people experience these unwanted changes. For example, a study measuring body characteristics of collegiate swimmers and divers before and after a training season found significant changes in body composition following a break from training. The athletes had an increase in body fat, body weight and waist circumference and a decrease in muscle mass, even though they were not completely sedentary during

that period. <https://tinyurl.com/y3ers7vr>

Flexibility can decrease by as much as 30 per cent within just four weeks of inactivity. You may also experience a decline in speed, power, agility and coordination.

If you're not concerned about losing strength, endurance or flexibility, perhaps you'll be convinced to return to a good exercise routine when you realize that your blood pressure and glucose levels can sharply rise when you become sedentary. Almost 50 per cent of the gains you made from your commitment to exercise are lost after just two weeks of inactivity. This can be a serious health concern, especially if you have diabetes or high blood pressure. A study of overweight, previously sedentary people who did strength and aerobic exercises for eight months lost almost half of the improvements to their blood glucose levels after just two weeks of inactivity (<https://tinyurl.com/y22kq2f6>). Another study found glycemic control decreased in healthy, active men who reduced their daily activity by half for just five days, walking 5,000 instead of 10,000 steps per day. <https://tinyurl.com/y4jsobwj>

The good news is that if you get back into a good exercise routine, you can slowly and safely return to your previous level of fitness, though it may take longer to regain it than it did to lose it. Even if you've been sedentary for years, it's never too late to start.

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**PROFESSOR ARNOLD AGES
BOOK REVIEW**

The Art of Bible Translation
By Robert Alter
Princeton University Press
127 pages

The author of this powerful treatise on Bible translation is an emeritus professor of Hebrew and comparative literature at the University of California in Berkeley who has already translated the entire corpus of the Hebrew Bible into English. He has composed this slim volume to explore, analyze and criticize the major English translations of Jewish scripture, from the much venerated 17th century King James version to modern ones representing individuals, as well as Protestant, Catholic and Jewish renderings. While he honours the beautiful English cadences of the first text, Alter takes no prisoners and is an equal opportunity detractor of bad or inadequate translations in the King James work and rather surprisingly, even in the Jewish Publication Society's highly praised work, given that its editors, among whom were rabbinic scholars well versed in Hebrew.

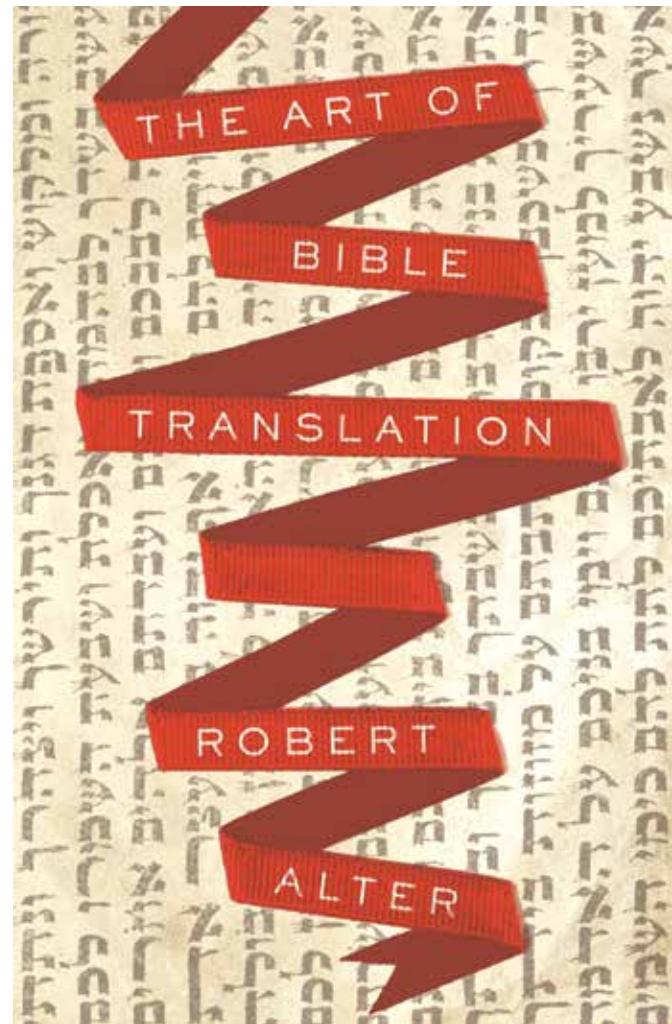
Before alluding to Alter's criticism of specific translation problems, this reviewer wishes to record his appreciation for the formidable exertions Alter expended in his translation of the Chumash – the Pentateuch, which, as he mentions in the current volume, was the spring board for his courageous continuation in translating the rest of the Hebrew Bible. His interpretation in that first volume contains one of the most highly original translation-interpretations of a controversial verse in Genesis 49:10 – seen by Christians (as well as some Jewish commentators) as a prediction of the Messiah in the use of the word "Shilo." Alter has no theological axe to grind because his approach to the Bible is primarily literary, but his deep knowledge of the architecture of biblical Hebrew leads him to dispose quite effectively of the alleged messianic resonance in the passage.

As one who has been involved in professional translations from French to English, this reviewer understands but cannot always agree with Alter's blanket criticism about making the target language easily accessible to the reader by changing the word order, eliminating parataxis ("and"), inverting syntax and using "dynamic equivalence" to render the original text more amenable to the English-speaking reader. The

author would not endorse this approach because he is dealing with the Hebrew text of Scripture – in which otherwise excusable linguistic manipulations of the text often betray scanty knowledge of Hebrew roots, grammar, poetic rhythms and word order. The thorough possession of these elements by Alter leads him into controversial explorations, such as his surmise that "tohu vavohu" in the creation story was a couplet invented by the Hebrew author in the same way "helter-skelter" was coined in California. Alter's selection of "Welter" ("tohu") seems infelicitous.

The decades which Alter has spent converting the Hebrew text of the Bible to not only an accurate parsing of the original, but also to capturing the oral quality of both the prose and poetic texts, has prompted him to unravel a Ten Commandments for translators bent upon making the Hebrew Bible amenable to modern English-speaking public. The problem is that most translators, from the great executors of the King James edition to the current crop, have sought to make scripture not only amenable but understandable, and in so doing, have distanced themselves from the compactness and rawness of the Hebrew original, and have thus deprived it of what Bergson called its "élan vital." However, in his own exegesis of the text, Alter frequently (and happily from the reader's perspective) violates his own prime directive ("Let the Bible speak – don't simplify, don't change the word order or explain") by indulging in learned clarifications of the real meaning of specific Hebrew passages. Thus he unpacks the delicious erotic sensibilities of Sarah's response to the three angels in Genesis who announce a geriatric pregnancy for her by suggesting that at her advanced age she might actually experience, once again, sexual pleasure.

The author is also very critical of English representations of basic Hebrew words by recourse to bureaucratic or political terms which do not fit the context. He is therefore unhappy with the Jewish Publication Society's use of the term "dominate" to describe the functions of the sun and moon in the creation segments of Genesis because that verb suggests political domination as in "The Soviet Union dominated its satellites." In the same vein Alter faults a modern Biblical translation for describing the Pharaoh in Exodus using the term "issued instructions" to kill male Israelite children at birth – a bureaucratic phrase totally out of synchronization with the simplicity of the Hebrew original. In his survey of Samuel 3:20-25 and the release of Abner, Alter shows that clumsy English renderings of key words conveys ideas completely alien to the



Hebrew text.

The preceding sections represent only a very small sampling of Alter's corrections and emendations of the English that can be found in Bible translations

right across the theological spectrum. This small book can deliver very large benefits.

Arnold Ages is a distinguished emeritus professor at the University of Waterloo.

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Beth Kosowski by Rebecca Nagrodski
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IN MEMORY OF:

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Conference in 2020 to mark 75th anniversary of liberation of Holocaust survivors

BY TOBY HERSCOVITCH
CENTRE FOR HOLOCAUST EDUCATION
AND SCHOLARSHIP

The Centre for Holocaust Education and Scholarship (CHES) will represent Ottawa – among some 70 international Jewish, governmental and educational organizations – at Liberation75, next year’s global conference to mark the 75th anniversary of the liberation of Holocaust survivors. The event, to be held at the Metro Toronto Convention Centre from May 31 to June 2, 2020 was launched in Toronto on May 2, Yom HaShoah.

“The goal of Liberation75 – remembering the victims, honouring the survivors, celebrating the liberators and bringing Holocaust education into the future – are among our own goals,” said CHES Director Mina Cohn. “This is a very timely event and we are looking forward to the development of a meaningful symposium. We will be encouraging our own members and supporters to participate next year.”

Liberation75 also aims to use the global ideas it generates – combined with new methods in Holocaust education – to help educators better combat anti-Semitism and racism in the future, and help protect freedom, diversity and inclusion.

A recent poll of some 1,100 Canadians, conducted for Azrieli Foundation and the Conference on Jewish Material Claims against Germany, revealed that 54 per cent of respondents did not know six million Jews perished during the Holocaust, and that 22 per cent of millennials and generation Z have not heard of the Holocaust. These and other such awareness gaps were also found in similar polling of Americans.

“CHES already offers teachers in Ottawa resources and guidance. This symposium will help us explore additional ways to include more dynamic Holocaust education in our schools,”

“This symposium will help us explore additional ways to include more dynamic Holocaust education in our schools.”

said Cohn.

For example, one unique aspect of this event is the close collaboration with the Toronto Board of Education to introduce a more comprehensive Holocaust education program across its schools next year. The new materials and techniques can potentially be shared with other school boards across Canada, benefiting Ottawa too.

The conference was founded by Marilyn Sinclair, a daughter of Holocaust survivors, with the support of other fellow descendants, including the late Honey Sherman, before the untimely deaths of her and her philanthropist husband, Barry Sherman. Their daughter, Alex Krawczyk, who now heads the Sherman Foundation, spoke of her pride in carrying on her mother’s dedication to Holocaust education, as she announced the Foundation’s role as lead sponsor.

The launch was held at William Lyon Mackenzie Collegiate Institute, which was attended by the children of many Holocaust survivors. At the launch, the school’s dance students contributed to a new Holocaust narrative by creating and performing an original piece titled “Yet We Persist,” honouring the remarkable resilience of the Jewish people.

Liberation75 organizers anticipate the conference will attract some 4,500 attendees from around the world, including Holocaust survivors, their descendants, educators, students and the wider community. For more information visit www.liberation75.org.



Students at William Lyon Mackenzie Collegiate Institute perform “Yet We Persist,” an original Holocaust-themed dance at the launch of Liberation75.



“Beyond the Pale”: Written and performed by Sherri Rose, “Beyond the Pale” was inspired by her family’s journey from the Pale of Settlement in Russia to the United States. Sherri will be performing “Beyond the Pale” several times at Arts Court during the Ottawa Fringe Festival, June 13 – June 23. Visit www.ottawafringe.com for more information and performance dates and times.

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‘Echoes of the Soul’ concert at KBI to feature works by Julian Dawes

Acclaimed British composer was inspired by his Jewish journey

BY MICHAEL REGENSTREIF
EDITOR

In 2013, Cantor Jason Green moved to England to become cantor at the New London Synagogue. Located on Abbey Road about a five-minute walk from one of the world’s most iconic crosswalks, the congregation’s musical consultant and former president was Julian Dawes, a prominent British composer.

According to Cantor Green, who joined Kehillat Beth Israel (KBI) here in Ottawa a year ago, Dawes quickly “became my composer, my accompanist, my mentor, my guardian, and my dear friend.”

Before leaving London, Cantor Green participated in the recording of *Echoes of the Soul*, a CD of Dawes’ compositions on Jewish themes, and is using the opportunity of a visit by Dawes to Canada, to present an “Echoes of the Soul” concert at KBI on Tuesday, June 18, 7 pm.

Joining Dawes and Cantor Green will be Kol Beit Yisrael (the KBI choir), pianist Roland Graham, cellist Gabriela Ruiz, and the Ottawa Regional Youth Choir under the direction of Jamie Loback.

Dawes, born in 1942, began composing as a teenager and is particularly well known in Europe for his theatre music, including widely performed scores for such plays as Bertolt Brecht’s “Caucasian Chalk Circle.”

Reached in London earlier this month, Dawes explained that his Jewish-themed compositions were an outcome of his Jewish journey.

“I wasn’t born Jewish,” Dawes said, “I was brought up in the Christian church. Because I had a talent for music, I was in two cathedral choirs from about age eight to 13... and that exposed me to the great legacy of English choral cathedral music.”

Dawes said he rejected Christianity when he was about 21. “I didn’t believe that Jesus was God incarnate and I didn’t believe in the resurrection.”

After about 20 years without a specific religious affiliation, Dawes met his wife, who was Jewish.

“She persuaded me to go to a Kol Nidre service and I immediately fell into

exactly where I wanted to be... I suddenly found the things I could believe in without the things I couldn’t believe in,” he said.

Dawes converted to Judaism under the tutelage of Rabbi Louis Jacobs, the founder of Masorti (Conservative) movement in the United Kingdom. And although he wasn’t born Jewish, Dawes said he believes he’s always been Jewish.

“I became very deeply involved in Judaism, in the synagogue, and for the last 25 years I’ve been writing a lot of music on Jewish themes,” he said.

Dawes’ Jewish-themed compositions include some liturgical music, but most are intended for the concert hall. These works include an oratorio, “The Death of Moses,” and a musical setting of “The Book of Ruth.”

His “Pesach Cantata,” was written specifically for Cantor Green and his son, Zev, to sing. “The libretto is the story of a grandfather telling the story of Passover to his grandchild. It brings in a number of characters from the Haggadah,” Dawes explained.

“I’ve also written a lot of song-cycles on Jewish themes – including two on the Holocaust, one of which, ‘Songs of Ashes,’ has been broadcast in Israel on three different Yom HaShoahs. The other is ‘I Never Saw Another Butterfly,’ settings of poems written by children in Theresienstadt, none of whom survived.”

The concert at KBI will feature Jewish-themed music written by Dawes in recent years featured on the *Echoes of the Soul* CD, including some liturgical music, some song cycles and some instrumental music – all to be introduced by the composer – featuring various combinations of the participating artists.

The CD and concert “represents the different areas of Jewish music I’ve been involved in,” said Dawes.

Dawes said he is excited to work with Cantor Green again – this time in Ottawa.

“There are not many cantors who can make that good crossing between cantorial activity and classical concert activity – and Jason was able to do that very successfully. So he became very important to me in terms of the things I was writing,” he said. “I wrote some things that I might not have written had he not been there.”

Dawes’ music, said Cantor Green, “is inspired by Julian’s Jewish journey and is deliciously rich and varied and gloriously unique in its musical character. I want to show that off on this side of the pond.”



Jewish-themed works of British composer Julian Dawes will be featured in the “Echoes of the Soul” concert, June 18, at Kehillat Beth Israel.



Cantor Jason Green of Kehillat Beth Israel describes Julian Dawes as “my composer, my accompanist, my mentor, my guardian, and my dear friend.”

General admission tickets are \$20 (students \$15) in advance or \$25 (students \$20) at the door. Tickets for reserved seats with reception to follow

are \$100. For more information, contact Cantor Green at KBI at 613-728-3501. Visit www.kehillatbethisrael.com/echoes-concert to order tickets.


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In Memory of:
Shirley Cohen by Barbara Levinson
Anne "Honey" Baylin by Carole Zagerman

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Limmud Ottawa founder Jenny Roberge to speak at Emunah event

BY GLADYS ZARECKI
EMUNAH

Emunah's Family-In-Israel event on Sunday, June 23 will focus on "The Challenge of Learning," a lecture topic chosen by guest speaker Jenny Roberge, founder and chair of Limmud Ottawa.

Limmud Ottawa is an ambitious and passionate organization, part of the global Limmud movement which creates events with a lively approach to Jewish learning. Limmud, which comes from the Hebrew word meaning learning, has inspired over 65 communities worldwide to adopt its model. Limmud's mission is to celebrate Jewish life and learning in all of its diversity by bringing together Jews of all backgrounds and all ages. It is entirely inspired, led and run by volunteers.

Jenny was born in New York City, the eldest of eight children. Yeshiva educated, in 1968 she was a youth leader in Bnei Akiva and was selected to represent the movement at Israel's 20th Yom Ha'Atzmaut celebrations, where she met the late Golda Meir, who would become Israel's prime minister the following year.

In 1973, when the Yom Kippur War broke out, Jenny joined a select group of volunteers from New York who were dispatched to various Israeli communities. Remaining in Israel, she became a



Organizer Jenny Roberge enjoying the moment she was thanked for her efforts during Limmud Ottawa 2019, March 31, at the Soloway Jewish Community Centre.

member of Kibbutz Shaar Ha'amakim in Northern Galilee.

Serving in the diplomatic corps with her husband, Jean Roberge, Jenny lived in various locations around the world

and held executive board positions in most of the Jewish communities where she has resided. As such, she is a role model for members of the Emunah community.

In 1968, Jenny was a youth leader in Bnei Akiva and was selected to represent the movement at Israel's 20th Yom Ha'Atzmaut celebrations, where she met the late Golda Meir, who would become Israel's prime minister the following year.

We will also hear Rabbi Howard Finkelstein speak about his experiences as a guest lecturer at Limmud Ottawa over the years.

Emunah is a non-profit international organization aimed at promoting the education of Israeli children and strengthening their families with the goal of building a strong and independent Israeli society.

Emunah's Family-In-Israel brunch and learn event will be held Sunday, June 23, 11 am at Congregation Beit Tikvah of Ottawa, 15 Chartwell Avenue. A joint event with Beit Tikvah, both men and women are welcome to attend. Cost is \$30 for Emunah members and \$36 for non-members.

Contact marsha.kaiserman@rogers.com to RSVP.



Continued from page 22

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"Honey" Baylin by Barbara Levinson and Donna and Eric Levin
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In Memory of:

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Barbara Rosenberg Best wishes on your special Birthday by Carol Gradus
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Mohawk storyteller presents Wampum Belt Chronicles at Temple Israel

BY LOUISE RACHLIS
FOR TEMPLE ISRAEL

More than 100 people were at Temple Israel, May 6, to hear Mohawk storyteller Darren Bonaparte present his “Wampum Belt Chronicles.”

It was the first time Bonaparte had spoken to a Jewish audience.

“I’m returning knowledge that was commonplace,” said the performer, writer and artist from Akwesasne. “Every Canadian has a right to know this. It’s not just native history, it’s everybody’s history.”

The event was organized by Temple Israel’s Task Force on the Truth and Reconciliation Commission.

Wearing a head dress of eagle feathers, Bonaparte shared the significance of wampum belts, “a symbol of the most solemn of commitments,” in the interface between natives and colonists.

“This is as serious as it gets, our cosmology,” he said, gesturing to a display of wampum belts.

Bonaparte said that ‘wampum’ is an old term for shell beads made from whelk shells and clam shells.

“It had something of a life force in those shells. Three-hundred-year-old belts in museums are organic yet eternal. It’s precious to us. Because of new interest, we’re back into a wampum age... We steeped it with so much spirituality that



Mohawk storyteller Darren Bonaparte discusses the tradition of wampum belts in a presentation, May 6, at Temple Israel.

it’s an insult to say it’s money.”

He passed around strings of beads for the audience to examine and showed individual wampum belts like that of the Five Nations Confederacy, a chain with a tree in the centre. Each belt has a meaning and tells a story, he said.

“Staying light on the land” is the philosophy that emerged. “I still come away angry when I read textbooks that

picture us as eco-friendly and primitive... You miss out on the relationship between natives and colonists... To us we were not just the victims of history. We changed others as much as they changed us.”

After Bonaparte’s presentation, Rabbi Rob Morais of Temple Israel reflected on similarities between wampum belts and Jewish practices. The Torah, too, has

“We steeped it with so much spirituality that it’s an insult to say it’s money.”

been made by hand in the natural world from the beginning, he explained.

“Something that is so valuable, we want to make it as beautiful as we can.” Rabbi Morais also noted “adopting” and “adapting” is familiar to both Indigenous and Jewish communities.

Temple Israel created the Task Force to reflect on and respond to the Commission recommendations, to learn more about First Nations histories and cultures and to build, in an ongoing and open-ended manner, community with Ottawa-area Indigenous peoples,” said Anne Alper, co-chair with Fran Klodawsky of the Task Force.

“The Task Force is planning a series of programs and encounters,” she said. “The drawing of connections with Jewish life has been and will continue to be an important component of each event, including those involving the Temple Israel Religious School students.”

Visit Bonaparte’s website at www.wampumchronicles.com for more information about the traditions he discussed during the presentation.

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Accused Poway gunman faces hate crime charges

BY MARCY OSTER

(JTA) – The accused gunman in the shooting at the Chabad of Poway synagogue pleaded not guilty to U.S. federal hate crime charges.

John T. Earnest appeared in federal court in San Diego on May 14. He was shackled at his wrists and ankles while in court.

Federal prosecutors announced 109 hate crime and other charges against Earnest. The charges against Earnest also include an earlier arson at a nearby mosque. Earnest pleaded not guilty last month to state charges in both cases.

The federal hate crime charges make Earnest eligible for the death penalty if convicted. He could also face the death penalty from the state charges against him in the synagogue attack, which left one woman dead.

Peter Ko, an assistant U.S. attorney, told the judge that the government had not decided whether to seek the death penalty for the federal charges.

The state and federal cases are expected to continue simultaneously, which reportedly is uncommon.

After the April 27 attack on the synagogue, which killed Lori Gilbert-Kaye,



John T. Earnest at his arraignment in San Diego, Calif.

60, and wounded an eight-year-old girl, her uncle and the rabbi, Earnest called 911 from his car and told a dispatcher what he had done. He said he thought had killed some people, and the he did so because “I’m just trying to defend my nation from the Jewish people... They’re destroying our people,” according to the affidavit. He then told the dispatcher, “The Jewish people are destroying the white race.”

Documentary on 'Dr. Ruth' delves into the sex therapist's Holocaust past

BY CURT SCHLEIER

(JTA) – Judging by all the media attention, the world loves short Jewish women named Ruth.

One of them, Ruth Westheimer – better known as the renowned sex therapist 'Dr. Ruth' – is on the phone to talk about her life and a new documentary about it. But first she notes a similarity between her story and that of the other Ruth who recently had a documentary made about her – the one who sits on the U.S. Supreme Court.

"I saw the [documentary 'RBG'], and in it Ruth Bader Ginsburg said an interesting sentence: What happened to her could only have happened in the U.S.," Westheimer said. "What happened to me, starting with my radio show, could only happen in New York City, where the people are very generous with immigrants and very generous with people who have different accents."

Westheimer, who turns 91 next month, is talking about "Sexually Speaking," which launched in 1980 on the now defunct WYNY-FM. It broke broadcasting taboos about talking about sex and helped make her the most famous sex therapist in the world – one also known for her diminutive stature (about 4'7"), motherly demeanor and thick German accent.

But as the viewer learns in "Ask Dr. Ruth," which is now playing in a few New York theatres and streams June 1 on Hulu, there's a lot more to Westheimer's story than sex.

Westheimer was born Karola Ruth Siegel in Germany, the only daughter of Orthodox Jews. She was 10 years old the last time she saw her father – from her apartment window as he was arrested by Nazis. It was November 1938, the day after Kristallnacht, and his detention was a clear portent of what awaited the country's Jews. Shortly thereafter, her mother arranged for her to leave Germany for Switzerland as a member of a 300-strong Kindertransport. She never saw her parents again, and believes they perished at Auschwitz.

In Switzerland she was sent to an orphanage where, in the film, Westheimer says the Jewish children were treated like second-class citizens, forced to take care of the Swiss orphans and do housekeeping. Still, she says, the Swiss saved her life.

"I have wonderful memories of the Swiss," she said. "Otherwise I would not be alive. I have only one complaint: Girls couldn't go to high school. They made all the girls get household helper diplomas, so I spent two years learning how to be a housemaid. Luckily for me I didn't have to use it."

At war's end, she immigrated to then-Palestine, lived on a kibbutz and joined the Haganah, the precursor to the Israel Defense Forces. Westheimer



"Ask Dr. Ruth" chronicles the life of Ruth Westheimer, a Holocaust survivor who became a world-famous therapist.

AUSTIN HARGRAVE

trained as a scout – and also a sniper. She never shot anyone, but was severely wounded by an artillery shell during the War of Independence in 1948.

She moved to Paris with her first husband, to New York with her second. She has earned degrees in psychology (Sorbonne), a master's in sociology (from the New School) and a doctorate in education from Teacher's College at Columbia University. She married her third husband, Manfred Westheimer, in 1961, and they were together until his death in 1997.

Westheimer says her career as a sex therapist was an accident. She was teaching public health at Columbia when the funding for her program ran out.

"I needed a part-time job while my children were growing up, and I was offered a position doing research for Planned Parenthood and I thought, all these people, all they do is talk about sex," she said.

Fascinated, she did postdoctoral work with the noted sex therapist Helen Singer Kaplan and taught at various colleges until she was hired by a local radio station for a 15-minute show that aired at midnight Sundays – a time when it was presumably safer to discuss contraception and orgasms.

The show took off, and in relatively

short order she became a star. From 1984 into the early '90s, Westheimer hosted multiple cable TV shows on sex.

As the film documents, the woman once described in a newspaper article as "the happy munchkin of sex" is still very feisty. On several occasions she interrupts director Ryan White to say he is asking "a stupid question."

Westheimer suppresses a giggle when I mention that.

"Yes, I very often say to journalists, 'next question,'" she says.

Is it possible that the career path she wandered into is, in a strange way, a culmination of all the bad things that happened to her as a youngster – losing her parents, the orphanage? That all that freed her to speak freely about taboo topics?

Westheimer doesn't answer immediately, then says: "That's a very interesting question. I would have to think about it." She does, but not for very long.

"If I would have stayed in Frankfurt in the Orthodox Jewish milieu, I don't think I would have talked about orgasms and erections," she said. "It's very interesting. Because I was an orphan at a very early age, I was determined to speak up explicitly about things I believe in."

Through all the years of hardship,

she says she has not cursed God. Westheimer adds that she belongs to two synagogues, one in the Washington Heights neighbourhood of Manhattan where she lives, the other nearby in the Bronx. She also occasionally attends services at Central Synagogue and at the Park East Synagogue, both in Manhattan.

As if that's not enough, Westheimer is active as well with The Museum of Jewish Heritage – A Living Memorial to the Holocaust. She was heading there later that evening to help host a VIP opening of a new exhibit: "Auschwitz. Not long ago. Not far away."

"I want everyone to go to see it," she said. "It's like a grave for my family who don't have [real] graves."

Westheimer is active as a writer, too, most recently of *Roller Coaster Grandma*, a graphic novel-style autobiography for eight- to 12-year-olds that talks about her experiences during the Holocaust. In one section, she recalls taking two of her four grandchildren to an amusement park, where they all rode on the roller coaster. Well, not all: Westheimer herself was too short.

There seemed only one more thing to ask: Was her own sex life good?

She was ready with the answer: "Next question."

'Anxiety is on the rise in Canadian Jewish communities'

Gary was my friend, then he was my mortal enemy. How did Gary G. transform from friend into foe? An age-old story: Jewish hatred.

Gary and I went to the same elementary school in Long Branch, New Jersey. It was not uncommon for us to follow the same route home and eventually we started chatting and spending time together. We played baseball in the same summer league and rode our bikes together to and from the games. Most nights we'd stop for soft ice cream on the boardwalk after the game. All this changed in an instant when a schoolyard game turned violent.

I was playing catcher during a recess game of baseball. Gary came running around third base and tried to score by knocking the ball out of my hands. He was unsuccessful but in the collision, the ball, my hands, and his stomach collided. In the heat of the game he called me a "kike."

I told him to take it back but his response was to call me a "dirty Jew." My response was to punch him in the mouth. We were both suspended for three days. It was a tough policy back then, no fighting on the playground.

After our principal excused us to get our coats and books, we returned to our homerooms. Upon entering my classroom, the teacher proceeded to lecture me on non-violence. He was a Quaker and believed nothing justified violence. I explained what had happened and suggested that in the circumstances defending my heritage was very appropriate. (The language has been massaged as the Ottawa Jewish Bulletin is a family paper). I was suspended an additional day for rudeness.



RABBI STEVEN H. GARTEN
A VIEW FROM THE BLEACHERS

My experience was not unusual for its time and place. Everyone I grew up with could tell stories like mine. Being called anti-Semitic names, having others marginalize us, or exclude us from schools, hotels, restaurants, etc. was fairly common.

Fortunately, most of our children and grandchildren will not live with such personal incidents of anti-Semitism. Unfortunately, anti-Semitism has simply morphed into something more personal and far more lethal. The murders in Pittsburgh and Poway of Jews at prayer revealed to us what our kishkes told us: buried within the dark corners of the Internet is a warren of sites challenging our very existence. B'nai Brith Canada suggests that "anti-Semitism is becoming mainstream," based on the number of highly public incidents that occurred in 2017. The Anti-Defamation League in the United States also registered an increase in anti-Semitic incidents in 2017. Both organizations are quick to point out that the number of physical incidents are down, but all other forms of anti-Semitism are up.

What the reports also document is that it is not left wing anti-Israel behaviour that is increasing, it is an expanding white nationalistic anti-Semitism focused on a fictional Jewish plot to destroy white North Amer-

ica by encouraging mass non-white immigration. While left-wing anti-Semitism arises primarily, though not exclusively, out of Israel-Palestinian grievances, the more violent right-wing anti-Semitism emerges out of xenophobia and racial grievances.

Both of the shooters in Pittsburgh and Poway left long documents on the Internet purporting to explain their actions. The writings are eerily similar. Both speak of grievances and hatred based upon the belief that Jews are responsible for a meticulously planned plot to subjugate and enslave the white population of the United States. We in Canada have been fortunate that this kind of violence has not been directed toward us. Our Muslim neighbours in Quebec City and Christchurch, New Zealand have not been so lucky.

Some have suggested that it is simply a matter of time before one of these "lone wolf" gunmen finds an open door to a synagogue or Jewish community in Canada. Though that may or may not be true, what is true is that anxiety is on the rise in Canadian Jewish communities. The best response to anxiety is concrete actions. Assurances from the authorities that assure us there is no increased danger rarely have the calming impact that they are meant to have.

The events of the past six months, coupled with the disturbing statistical trends in Canada and the United States, the release of both the Canada and U.S. statistics should incite more vigorous public responses. Jewish community leaders should rethink their approach to security, with a focus on assuaging the growing concerns of communities themselves. We may have nothing to fear except fear itself, but the same old responses will not assuage that building anxiety and fear.



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Celebrate our community's athletic heroes and volunteers from the past year.

SUNDAY
June 2, 2019

11:00 am – 12:30 pm
Soloway JCC

Kosher Buffet Breakfast
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Adults \$15

Contact Jon Braun for more information
(613) 798-9818 ext 267
jbraun@jccottawa.com



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The pampered parent: self-care is important

‘**W**hat are you buying us for Mother’s Day and Father’s Day now that you have some money from babysitting?’ a friend recently joked with her teenage son.

The son looked at the mom, utterly exasperated, and said, “Do you really want me to buy you something?”

The mom laughed and said, “No, of course not, just spending time with you is all I’d like for Mother’s Day.”

Without missing a beat, her son stared at her, completely deadpan, and said, “I’ll get you a gift.”

It’s easy to absorb the commercial pressure leading up to Mother’s Day and Father’s Day. Of course, there is nothing wrong with sharing gifts with the people we love, whether handmade or purchased. I cherish every gift that has come home from school over the years and I am definitely the first one to put my hand up for a day of relaxation and pampering.

When it comes to truly taking care of ourselves, pampering can be a treat, but it is not enough. It is both tough and important to ensure that self-care – and sometimes radical self-care – is integrated into our actions every day.

What activities and experiences recharge us and help us to keep going? Self-care for one person might be inviting guests for Shabbat lunch. For someone else it could be going to the gym or reading a book. The options are endless.

Fitting self-care into our busy lives, however, can be difficult. Particularly when we’re deep in the thick of parenting challenges and struggles, it can be really hard to see how self-care is possible or even if it will make any difference at all. But those are the moments



JEN PERZOW
**MODERN
MISHPOCHA**

The most fundamental component of self-care doesn’t require any extra time or organization. It has to do with our ongoing internal conversations.

You know the ones I mean.

when we most need to be taking care of ourselves.

How do we take care of ourselves when we are moving at light speed, often from one crisis to another, constantly putting out fires? When there is simply no time or space for the things we love to do and that help us to recharge?

Luckily, self-care does not require grand gestures. One of my most profound moments of self-care involves locking the bathroom door so that no one can come in and ask to sit on my lap while I pee. It happens way more often than you would think.

The most fundamental component of self-care

doesn’t require any extra time or organization. It has to do with our ongoing internal conversations. You know the ones I mean. The things we say to ourselves that we would never say to someone that we love. The often negative and critical voice that has made itself a permanent home in many of our heads.

Several years ago, during a very difficult time in parenting, I realized that I could not do anything to give myself the self-care I desperately needed. No time for a spa and no energy to see friends or go to the gym. The only thing I could do was pay attention to my thoughts. And so I started to practice being really deliberate about them. I started to notice when my thoughts were helping me and when they were making things worse. That one change made a huge difference in how I approached parenting and in my ability to be the mom that I wanted, and that my kids needed me, to be. When temper tantrums came to visit, I helped myself to calm down first and noticed that the more calm and grounded I became, the more quickly the tantrum would dissipate.

Parenting isn’t always easy and it takes a lot of resilience. If you don’t have time for a solid self-care regime, start with your thoughts. This includes a rule of feeling no guilt for taking care of yourself. Self-care is a fundamental component of well-being.

For Mother’s Day this year we had brunch and opened gifts made in school. Our family dance party playlist also made an appearance. Then we each created our own self-care lists and shared them with one another. My hope is that modelling self-care and resiliency in this way will give our kids valuable tools to carry with them into adulthood.

Federation’s IMPACT

Support and Connection to Israel

THE ISSUE: Connecting the next generation to Israel is crucial to ensure a strong and bright future for the State of Israel and world Jewry.

HOW WE HELP: Federation invests in a variety of programs and opportunities to provide meaningful and life-changing experiences for those in our community.

Jewish Women’s Renaissance Project



36

women joined a transformative experience in Israel, connecting them with their Jewish roots.



30+

events, shabbat dinners, classes and challah bakes for JWRP participants involving 6 local organizations.



70

people from 3 groups of Ottawans visited communities in our Israel partner region, learning about the joys and challenges of living in Israel’s northernmost communities.



200

students from OJCS and Temple Israel School were partnered with schools in Israel through the Geshar Chai (Living Bridge) program, where they interacted and learned about each other.



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





HOWARD SANDLER

Mimouna: Celebrants wear traditional caftans at the community Mimouna celebration, April 28, at the Soloway Jewish Community Centre. Mimouna, held the day after Passover, marks the return to eating chametz. The event was organized by the Sephardi Association Ottawa and the Vered Israel Cultural and Educational Program.



Passover at Merivale High: The Merivale High School Jewish Culture Club held its fourth annual Matzah Brie Fry on April 24. "Mass quantities of matzah were consumed," reports club adviser Irv Osterer. "My wife Sheila supervised the cooking with my good friend Neil Blacher. Our amazing foods teacher Allison McCann provided the venue and helped with all aspects of the program!"

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Torah Study Saturday	9:00 am
Saturday Shabbat Services	10:15 am
Thursday morning minyanim Second and fourth Thursdays	7:30 am

President: Stephen Asherman
Sr. Rabbi: Robert Morais
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Executive Director: Heather Cohen

Administrative Officer: Cathy Loves
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FOR MORE CALENDAR LISTINGS, OR TO SUBMIT EVENT LISTINGS, VISIT WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR

MONDAY, MAY 27

Jewish Unity Live

6 - 9:30 pm, Ben Franklin Place,
101 Centrepointe Dr.
info@jetottawa.com

Cost: \$100 including dinner, program and dessert, or \$40 for program and dessert. Honourees are Rabbi Michael and Stacy Goldstein and Rabbi Yoey and Smin Shaps. www.jetottawa.com

TUESDAY, MAY 28

Auxiliary of Hillel Lodge Telethon

6 - 8:30 pm, 11 Elvaston Ave.

Contact: Ruth Tal
saftatal@togers.com

Auxiliary's annual fundraiser for the residents of Hillel Lodge.

Musica Ebraica Spring Concert

7 - 9 pm, Temple Israel
1305 Prince of Wales Dr.
Ottawa, ON K2C1N2

Contact: Toby Yan
Tobyyan@rogers.com

Cost: \$20. Retrospective of music including Israeli, Yiddish and Canadian compositions and a lively Klezmer duo from Montreal.

The Future of Canadian Jewry, Presentation by Survey Co-Authors

7 - 8:30 pm

RSVP: Sarah Beutel

sbeutel@jewishottawa.com

Presentation of research by "Survey of Canadian Jewry" Rhonda Lenton and Robert Brym. All welcome, free of charge. Sponsor: Jewish Federation of Ottawa

SUNDAY, JUNE 2

Ottawa Modern Jewish School Open House

10 am - 12 pm

Contact: Jodi Green

principal@omjs.ca

For 60 years, Ottawa Modern Jewish School (OMJS) established itself in Ottawa as the non-affiliated, supplemental school offering quality Jewish education for Kindergarten to Grade 7.

PJ in the Park

10 am - 12 pm, Centrepointe Park
260 Centrepointe Dr.

Contact: Jordan Waldman
jwaldman@jewishottawa.com

Cost: \$10/family. Join PJ Library for our annual PJ in the Park including a BBQ!

CHW Ottawa Spring Tea

2 - 4 pm, 11 Craigmohr Crt.

Contact: Linda

613-699-0802

Fundraising tea honouring Lily and Jerry Penso and raising funds for the "Healing Broken Families" program at CHW Hadassim Children and Youth Village.

CBTO event to honour Rabbi and Rivka Finkelstein

7 - 11 pm, Congregation Beit Tikvah of Ottawa, 15 Chartwell Ave.

Contact: Marsha Kaiserman
Marsha.kaiserman@rogers.com

Cocktail reception in honour of Rabbi Howard Finkelstein's retirement.

Global Iftar Project

9 - 11:30 pm, 108 Richmond Rd.

Contact: Tamara Fathi
tfathi29@yahoo.com

At the end of each day of Ramadan the Muslim community comes together for an "Iftar," breaking of the fast. The Ottawa Jewish Community, in conjunction with CIJA and the WJC, will host a Jewish-Muslim Iftar to build/enhance the relationships between the Muslim and Jewish Communities. Supported EG Grants through the Jewish Federation of Ottawa.

TUESDAY, JUNE 4

Malca Pass Library Book Discussion Group

7:30 - 9 pm, Kehillat Beth Israel
1400 Coldrey Ave.

Contact: Maureen Kaell
mkaell@rogers.com

Book review and discussion

THURSDAY, JUNE 6

16th Annual Israeli Film Festival

7 - 9 pm, 2 Daly Ave.

Contact: Ella Dagan
edagan@jccottawa.com

Cost: \$13. Sponsored by Vered Israel Cultural and Educational Program, SJCC, The Embassy of Israel, CFI, CICC, JFO. Continues on June 16 and 23.

Ottawa Jewish Community Foundation Annual General Meeting

7 - 9 pm

Contact: Solange Ashe
sashe@jewishottawa.com

More details to follow.

SUNDAY, JUNE 9

Shavout Dairy Feast and Ice Cream Party

11 am - 1 pm, Finkelstien Chabad Jewish Centre, 254 Friel St.

Contact: Yocheved & Rabbi Chaim Boyarsky

rabbichaimb@gmail.com

Join us for the reading of the 10 Commandments followed by a Shavuot dairy feast.

WEDNESDAY, JUNE 12

Jewish Memorial Gardens AGM

7 - 9 pm

Contact: Leon Bronstein
lbronstein@sympatico.ca

Annual General Meeting at SJCC.

THURSDAY, JUNE 13

Farewell to Inbar & Liam - Israeli ShinShinim

6 - 7:30 pm

RSVP: Kara Goodwin

kgoodwin@jewishottawa.com

Join us to thank our ShinShinim, Inbar and Liam, and say farewell as they finish up their time working with our agencies, schools, and synagogues. Delicious Kosher Pizza Party! Sponsor: Jewish Federation of Ottawa

WEDNESDAY, JUNE 19

Jewish Federation of Ottawa Annual General Meeting

7 - 9 pm

Contact: Solange Ashe
sashe@jewishottawa.com

85th Annual General Meeting

THURSDAY, JUNE 20

Entebbe Hostage Rescue - Rami Sherman "I was there"

7 - 8:30 pm

Contact: Ella Dagan
edagan@jccottawa.com

Cost: \$10. "I was part of the command group who planned the operation. I was in the assault team that launched from the first aircraft and proceeded to the terminal building, where the terrorists and Ugandan troops were engaged and the hostages freed. My task was leading the hostages to the C-130- Hercules- aircraft. I was there..." Sponsor: SJCC, Vered Israel Cultural and Rducational Program.

CANDLE LIGHTING BEFORE

MAY 31	8:25 PM
JUNE 7	8:30 PM
JUNE 14	8:34 PM
JUNE 21	8:37 PM

BULLETIN DEADLINES

TUESDAY, JUNE 4	FOR JUNE 24
WEDNESDAY, JULY 3	FOR JULY 22
WEDNESDAY, JULY 31	FOR AUGUST 19
WEDNESDAY, AUGUST 14	FOR SEPTEMBER 2

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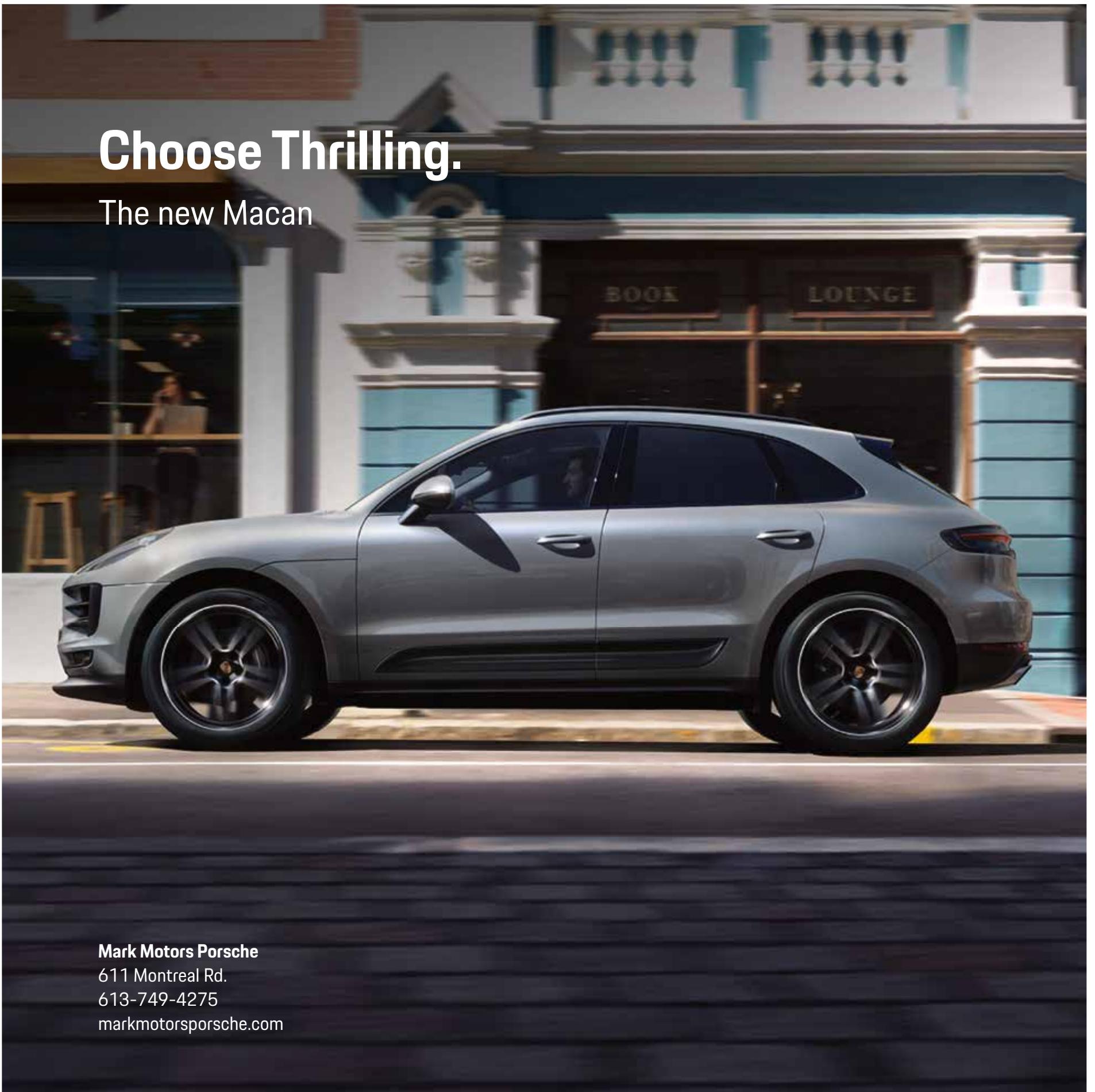
Myles Taller

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