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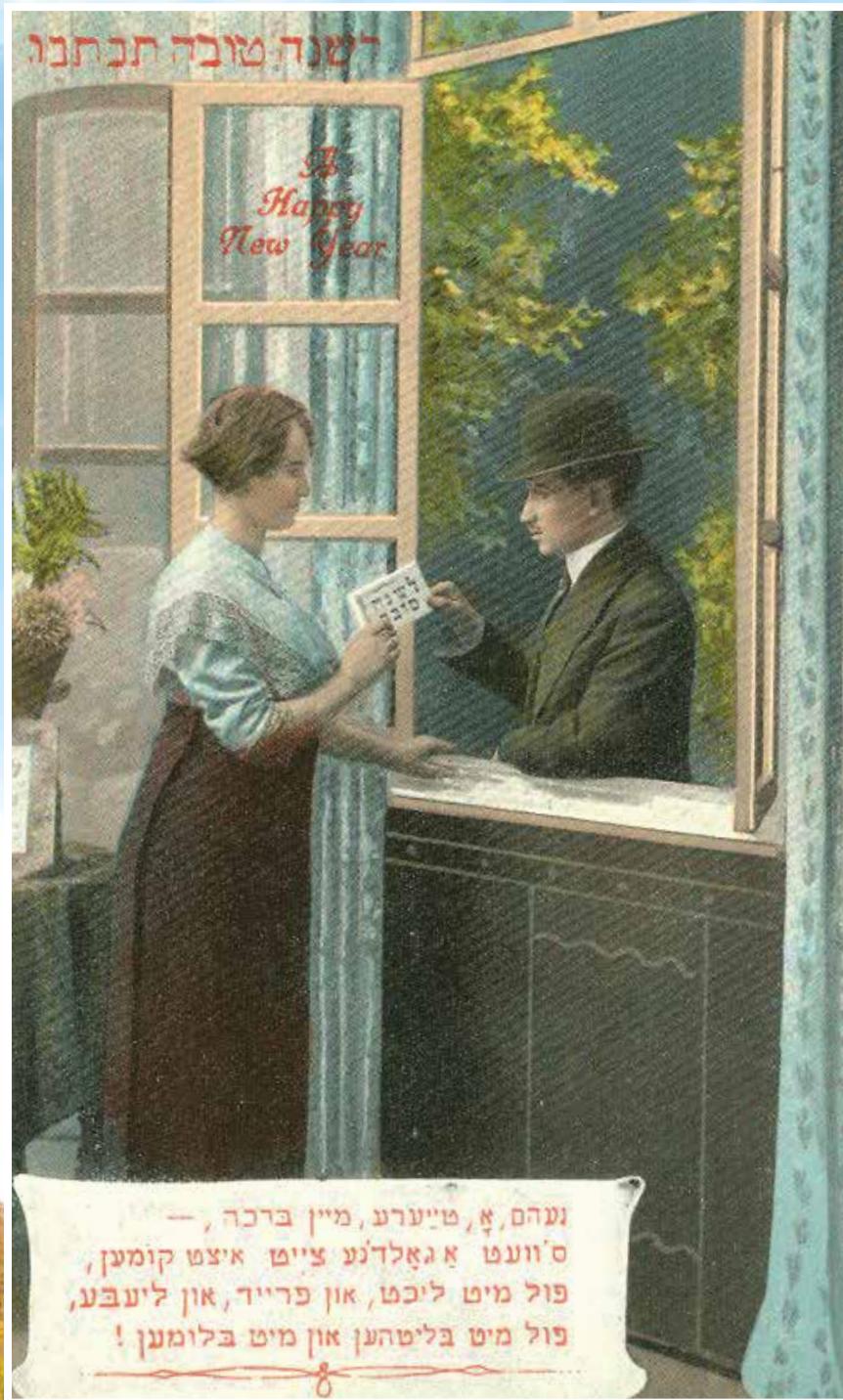
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OTTAWA JEWISH BULLETIN

SEPTEMBER 23, 2019 | ELUL 23, 5779

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Best wishes for
a sweet, healthy
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New Year.

*Shana Tova
Umetukah!*

Rosh Hashanah
5780

inside:



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An 'impressive array of new leaders'

A number of institutions in Ottawa's Jewish community have seen the arrival of new professional leaders in recent months. **Louise Rachlis** reports.

'New leadership brings new ideas, renewed energy and even more opportunities for positive partnerships," said Jewish Federation of Ottawa President and CEO Andrea Freedman, noting that several institutions in the community have new leadership in their professional ranks.

"I firmly believe that as a community we are strengthened when all organizations are optimally positioned for success," said Freedman. "A rising tide raises all ships, and so with the impressive array of new leaders, it is a wonderful time for Jewish Ottawa."

Freedman said she is "excited to work with all my Jewish communal colleagues and warmly look forward to forging productive relationships with everyone."

"It's an exciting time to be in Ottawa," said Rabbi Daniel Mikelberg, the new spiritual leader of Temple Israel. "I feel humbled to follow a number of longtime leaders in the community. Myself, and the cohort of leaders under 45 are continuing to walk the path of Torah, passing our values *l'dor v'dor* (from generation to generation). We bring renewed energy and appreciation for the opportunities and challenges of living Jewishly in the 21st century. I'm especially honoured to serve at Temple Israel as a steward of inclusivity and *tikkun olam*."

Rabbi Gavriel Rudin, the new spiritual leader of Young Israel of Ottawa is also "very excited to be part of the new leadership in the Ottawa Jewish community at this crucial time."

"There is so much potential for growth," said Rabbi Rudin, "and the positive energy from other community members and leaders creates the ideal atmosphere to allow this to happen. Since moving here, I have had a number of conversations with my colleagues about how we can help bring the community to the next level. I look forward to turning those ideas into actions

in the coming months and years."

Rabbi Boruch Perton, the new head of school at Torah Day School of Ottawa, an Orthodox elementary day school, says he has "the unique opportunity to look at Torah Day School from a new and fresh set of eyes."

"The words, 'we don't do it like this,' or 'that's never worked,' don't speak to me," said Rabbi Perton. "Anything and everything is possible."

"There is an excitement at Torah Day School as we welcome four new teachers joining us from around the globe – two rabbis from the States, one rabbi from Israel and a *morah* (female teacher) from Montreal," he said. "They bring with them exciting ideas and suggestions from other communities and schools that will enhance Torah Day. We are not afraid of change, we embrace it!"

Avi Marcovitz is the new head of Jewish studies at the Ottawa Jewish Community School (OJCS).

"It is a privilege to work in an institution which celebrates a love of being Jewish and a love of Israel," said Marcovitz. "Walking through the halls at OJCS, seeing the smiles first thing in the morning and listening to the tefilot, is truly priceless."

His colleague, Jon Mitzmacher, beginning his third year as head of school at OJCS, said the infusion of new leadership at his and other institutions in the community inspires him.

"Part of my decision-making process that brought me to Ottawa was not only the potential that I saw in the school, but the potential I saw in the Jewish community. I am confident that our success at the school – in growth, in excellence and in word of mouth – is tightly bound to the renewed commitments between our institutions. It is a blessing to work and live in a Jewish community whose institutions truly view themselves as partners, invested in each other's successes," said Mitzmacher.

Rabbi Dov Nimchinsky, the new principal of the Orthodox high schools Ottawa Torah Institute (for boys) and Machon Sarah (for girls), had been in Ottawa just 10 days when he spoke to the Ottawa Jewish Bulletin. He said that much of his career "has been spent bringing Jewish education, Torah education, to smaller communities."

"What I see in Ottawa is a city that is very warm and welcoming, filled with a tremendous amount of potential and energy. The city is at a turning point, ready to step forward. It's a point where it's coming

See Leaders on page 8



Sarah Caspi is the new executive director of Jewish Family Services of Ottawa.



Rabbi Boruch Perton is the new head of Torah Day School of Ottawa.

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Laughs galore at Federation's 2020 Annual Campaign Kickoff

BY MATTHEW HORWOOD

Comedian Elon Gold began his performance at the Jewish Federation of Ottawa's 2020 Annual Campaign Kickoff – September 10 at the Algonquin Commons Theatre – by taking a video of the sold-out theatre filled with Ottawa Jews.

Gold said he did this to prove a friend wrong – a friend who'd told him, "There are no Jews in Ottawa."

"The area code is 613. It doesn't get more Jewish than that. Every time you pick up the phone it's a mitzvah," Gold said.

Kickoff Co-Chairs Howard and Evelyn Silverman hosted the evening.

When the couple was first asked to host the event, Howard said, they "were surprised and took time to reflect on what the community means to us and why we chose Ottawa as our home."

Evelyn said while Jewish communities around the world are known for welcoming newcomers, Ottawa's Jewish community is made special by its humility.

"We have a wonderful, close-knit and caring community that prides itself on being modest, yet committed," she said. "Chairing Kickoff has deepened our sense of pride and belonging to this community."

Annual Campaign Co-Chairs Karen Palayew and Rabbi Reuven Bulka encouraged the community to give generously and to take advantage of the \$400,000 Challenge Fund, a matching incentive that will double the value of all new and increased gifts this year.

Palayew highlighted several new Federation initiatives, including Jewish Experience Microgrants and Jewish Jumpstart, and encouraged the audience to support Federation's ongoing vision

of the Jewish Superhighway.

Rabbi Bulka acknowledged the three donor families – Barbara Crook and Dan Greenberg, Roger and Robert Greenberg, and the Stephen Greenberg family – for once again creating the Challenge Fund, which is in its second and final year.

"The bar is high," said Rabbi Bulka, following the record success of the 2019 Annual Campaign. He joked that he hoped Gold's performance would "translate into money for the Federation's Campaign."

The 2020 Annual Campaign video, featuring Palayew and Rabbi Bulka and individuals impacted by programs from along Ottawa's "Jewish Superhighway," was shown before "community comedians," representing several Jewish organizations participated in a joke-off and spoke briefly about the importance of their organizations to Ottawa's Jewish community.

The community comedians included Ottawa Jewish Community School graduate Itzy Kamil, who also acted as MC for the comedy show; Irwin Kreisman, past-president of the Bess and Moe Greenberg Family Hillel Lodge; Rabbi Boruch Perton, Head of Torah Day School of Ottawa; Camp B'nai Brith of Ottawa staffer Jill Doctor with campers Elliott O'Meara and Georgia Smith; and Tamir participant Yehuda Coodin.

The brief bits by all of the community comedians were a hit with the supportive audience before Gold's headlining performance.

Much of Gold's performance centred on "poking fun" at some of the unique aspects of Judaism. For example, Gold said while New Year's celebrations for non-Jews often involves partying and drinking, "Jews are in shul repenting



(From left) Jewish Federation of Ottawa President and CEO Andrea Freedman, Annual Campaign Co-Chair Karen Palayew, Kickoff Co-Chair Evelyn Silverman, Annual Campaign Co-Chair Rabbi Reuven Bulka, headliner Elon Gold, Kickoff Co-Chair Howard Silverman and Federation Chair Michael Polowin gather at the dessert reception following Gold's performance.



Comedian Elon Gold performs at the Jewish Federation of Ottawa 2020 Annual Campaign Kickoff, September 10, at Algonquin Commons Theatre.

and reflecting. Our New Year's is more like everyone else's morning after New Year's," Gold joked.

Gold said he doesn't like to criticize the traditions of other religions, such as Ash Wednesday for Christians, because Jews have "all these holidays, rituals and traditions with their own sort of weirdness... We have a holiday where every day for a week we shake giant palm

branches and a big lemon in every direction like we won something," Gold said.

Gold said because of kashrut, Jews are obsessed with "time, food and timing our food." Non-Jews would never ask each other how long they wait to eat dairy after eating meat, as the answer would be, "I'm eating a cheeseburger right now, so I guess zero minutes."

"I wear two watches. Some people ask, 'New York and Los Angeles?' Nope, it's for meat and dairy," Gold joked.

One of Gold's funniest routines was a satirical impression of U.S. President Donald Trump on fast-forward. Another hilarious routine had Gold simultaneously impersonating an Israeli and an Italian-American New Yorker as they ask each other, "You got a problem?"

Gold said while he has heard many people say, "We live in crazy times," modern day problems pale in comparison to biblical problems.

"Things have calmed down considerably. I have two brothers, and while there may be some underlying sibling rivalry, I don't have to worry that they are going to sell me into slavery," he joked.

The Annual Campaign Kickoff wrapped up with a dessert reception in the theatre lobby, where audience members had the chance to meet and take photos with Gold.



Wishing you a happy New Year filled with good health, peace, and prosperity.

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Woodstock and its relevancy to our community

Jewish Federation of Ottawa President and CEO **Andrea Freedman** reflects on lessons we can learn from the legendary rock festival.

I recently watched a documentary on Woodstock, produced to commemorate the 50th anniversary, last month, of the legendary 1969 music festival. While the largest crowd estimates were 500,000 attendees, like all seminal events, I suspect that two million people now proudly claim to have been there! And many more have a story they tell about personal connections to the festival; some of these stories might even be true.

Max Yasgur, a successful Jewish dairy farmer who, by most accounts, was a staunch Republican and supporter of the Vietnam War, rented his farm, to the chagrin of his friends and neighbours, so that Woodstock could take place after the festival was not welcomed by other towns in the Catskills.

I suppose an occupational hazard of mine is to view most things through the prism of the work I am privileged to do. When I go to a museum, I spend time looking at the donor wall. I watch a doc-



“When we work collectively to build Jewish life... We truly are changing the world,” writes Federation President and CEO Andrea Freedman.

umentary on Woodstock, and begin to ponder its relevancy for Ottawa’s Jewish community. In this case, I believe there are three fundamental lessons.

WHAT WE CAN LEARN FROM MAX YASGUR

It is important to dialogue with the “other” and respect their rights. Yasgur was not a fan of the counterculture. He did not like how hippies dressed or wore their hair, but he respected freedom of expression. He rented his land for money and ended up providing the “kids” with free food and water, for the simple reason that they were hungry.

What I take away from this for Jewish Ottawa is two-fold. Firstly, despite our differences, we should prioritize finding common ground and focus our efforts in these areas. Secondly, we have a responsibility to help others and provide for those who are in need.

WHAT WE CAN LEARN FROM WOODSTOCK’S FOUR JEWISH ORGANIZERS

Dream big and don’t let anything stand in your way. There are always problems and there will always be naysayers who claim it cannot be done. Before the festival, Woodstock’s organizers almost didn’t have a venue. When the festival got underway, problems included hundreds of thousands more people than they prepared for, not enough food, too much rain, too many drugs, and the complete inability for cars to get in and out of the festival grounds – to name but a few. But if your vision is strong and clearly articulated, the impossible becomes possible.

In terms of Jewish Ottawa, the past year has been all about building the Jewish Superhighway. It is a metaphor for meaningful Jewish experiences, where Jewish life is vibrant and no one is left behind. The idea of the Jewish Superhighway has inspired giving at unprecedented levels and through strategic funding – for example, Jewish Jumpstart and Microgrants – it has created tremendous positivity and momentum in our community. I believe the Jewish Super-

highway is resonating and people are helping to build it, with more and more people beginning or expanding their Jewish journeys.

WHAT WE CAN LEARN FROM THE WOODSTOCK ATTENDEES

If something is important enough to you, then you are willing to endure and be inconvenienced for it. To be honest, no showers, sleeping on the ground, and having to walk miles and miles to get to the festival site does not sound like fun to me. But being part of something greater than yourself seemed worth the sacrifices to a generation of young people who wanted desperately to believe they could change the world.

Jewish life is not always easy. There are 613 separate *mitzvot* (commandments) – and 365 of them are don’ts. There are expenses. There are disagreements on how we observe, and we have disparate political points of view.

But when we work collectively to build Jewish life. When we engage newcomers to the community. When we take care of the vulnerable. When a child learns the aleph-bet. When an isolated senior receives compassionate care. When we support the Jewish State of Israel. We truly are changing the world ... one person at a time.

I am truly excited to continue building the Jewish Superhighway with all of you in 5780!13

Take the Foundation Legacy Challenge to help ensure the future of Ottawa’s Jewish community

Did you know that specifying a gift to an Ottawa Jewish Community Foundation fund in your will reaps great results in ensuring the long-term sustainability of our community?

And did you know that if you leave a gift to the Foundation in your will of \$10,000 or more, or one per cent or more of your estate, the Foundation Legacy Challenge will reimburse your legal fees (up to \$1,000) to create this bequest or codicil.

The Foundation Legacy Challenge was announced in 2011 by then-incoming Foundation chair Richard Roth who, with his wife Riva, provided the seed money to be used to pay the legal fees of community members wishing to create their Jewish legacy.

“Riva and I started the Legacy Challenge with the hope of facilitating the conversation around legacy giving through estate gifts. These are gifts a person makes through their will. With proper tax structuring, a legacy gift can help families save money in estate taxes

while at the same time, benefiting community,” said Roth in a spotlight posted on the Foundation website.

“Almost 30 people have taken advantage of this opportunity, pledging an estimated \$4.3 million dollars,” says Foundation Director of Development Micah Garten, “of which \$1.3 million has already been received.

Once these gifts are realized, Garten notes, they will generate hundreds of thousands of dollars for the chosen beneficiaries.

Garten explained that gifts to Foundation funds are invested and the specified beneficiary agency will receive a dividend of four per cent annually. That \$1.3 million already received resulted in disbursements last year of \$52,000 to beneficiaries including Camp B’nai Brith of Ottawa, Hillel Lodge and the Jewish Federation of Ottawa Annual Campaign.

“I think the important thing about this is that anybody can do it. Anybody can leave a percentage of their estate,” says Garten. “It’s about adding a bequest to your will.”

In a 2014 column in the Ottawa Jewish Bulletin, Lynne Oreck-Wener, then chair of the Foundation, noted, “Each of us has the power to make a difference and ensure that we leave a personal legacy. Individuals of all means can make a tremendous impact [and] by making a legacy gift, the causes we support in our lifetime can continue to reap the benefits of our philanthropy in perpetuity (May 12, 2014).”

“I look at the act of establishing a legacy in your will through the Foundation not only as a good deed, a *mitzvah*, enabling you to support the causes most important to you in perpetuity, but also as a smart financial tool and a great example of philanthropy for your children,” wrote Oreck-Wener in a follow-up column in the Bulletin the following year. “Legacy giving through the Foundation is a win-win for you, your heirs, your estate and your community. (April 13, 2015).”

Bernie Shaffer is one of the community members who has already answered the Legacy Challenge.

He says the offer of reimbursement for his legal fees “was timely because I was thinking about revising my will for a number of reasons, including making a legacy donation to the Sam and Mary Shaffer Memorial Fund.”

Shaffer says he decided to participate in the Legacy Challenge “because upon my death I wanted to make a larger than usual donation to the fund that I set up to honour my parents” so that it continues “to give annual donations to the fund’s designated beneficiaries.”

“I think it’s a great idea,” Shaffer adds. “Donors like myself can insert a clause in their wills, as I have done, to ensure that the annual donations continue, and to give their executors the power to make appropriate changes to donations and/or beneficiaries if circumstances change.”

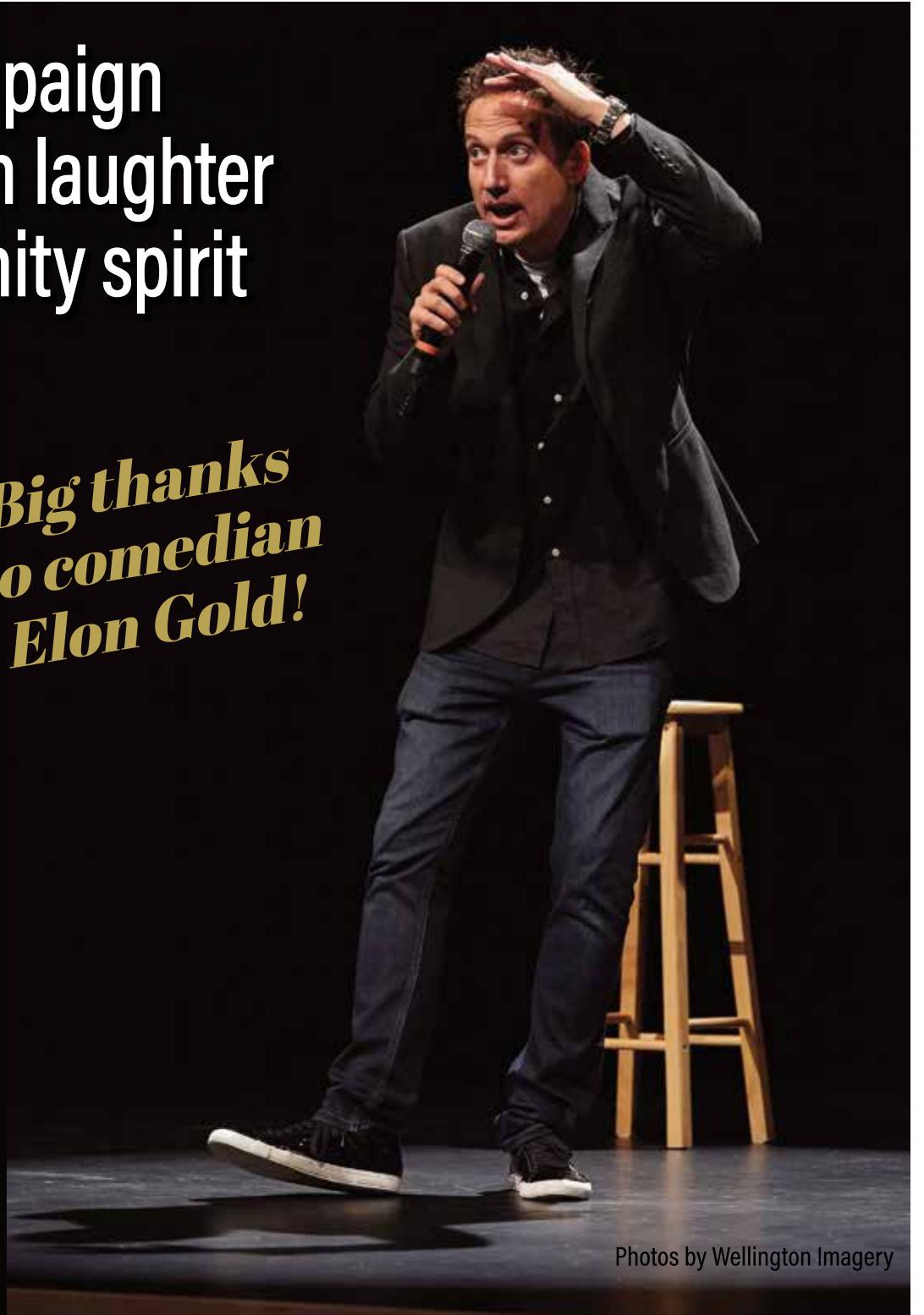
For more information on the Ottawa Jewish Community Foundation Legacy Challenge, contact Director of Development Micah Garten at mgarten@jewishottawa.com or 613-798-4696, ext. 270, who will be happy to explain the Legacy Challenge process to you.



2020 Campaign launched with laughter and community spirit



*Big thanks
to comedian
Elon Gold!*



Photos by Wellington Imagery

Top: Annual Campaign chairs Dr Karen Palayew and Rabbi Reuven Bulka
Below: Elon Gold with Kickoff chairs Evelyn and Howard Silverman

Thank you

to our chairs, Howard and Evelyn Silverman,
all participants, attendees and supporters!

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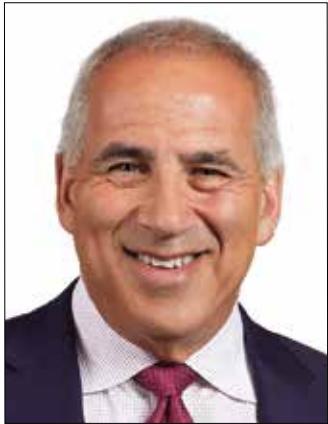


GOLD

SILVER



FEDERATION
REPORT



**MICHAEL POLOWIN, CHAIR,
JEWISH FEDERATION OF OTTAWA**

Get involved – it is our responsibility to preserve, build, enhance our community

the Roman god Janus, whose two heads looked forward and back.

In the first few months of my term as chair of the Jewish Federation of Ottawa, I have spent some real time looking back. I have had meetings with a number of our larger community agencies, to learn more about who they are and what great work they do in our community. I have learned a great deal, and the esteem in which I hold our agencies has grown as a result.

Yet I have also spent time looking forward. Over the spring, we finalized our new five-year strategic plan, which is looking forward in a significant way. We have tried to envision what will truly enhance our community over that period, and set our goals to achieve that enhancement. Truly, what our community needs is more engagement. Engagement can be at the individual level, or in larger groups.

Our community is embarking on a range of exciting initiatives that will

ensure the future and make it better and better. Smaller initiatives like Jewish Jumpstart and Federation Microgrants enhance Jewish engagement at the micro level. Larger initiatives, like our largest-ever endowment to preserve and enhance Jewish education in Ottawa, will increase engagement and benefit our community for years to come.

All of this, however, is built on the foundation given us by those who have come before. Our community is a trust, given to us to hold for a time, and then passed on, stronger than how we found it, to our children and grandchildren. Our forebears, both actual and notional, were giants. They built a community from nothing, often having not much themselves. Can we, who have personally benefited from their labours, do anything less?

Community is our responsibility. We all must pitch in to help. In a time where the pressures of the outside world seem to be growing; where we are

feeling the ancient wounds of antisemitism more and more, none of us can stand idly by and not get involved. Involvement can take a variety of forms. Attend community and agency events; get involved with our various agencies and Federation as a volunteer; donate your time, and yes, your money, to help others, and your community.

None of us can stand to the side waiting for community to be given to us. It is the responsibility of all of us to preserve, build and enhance. Get involved. Like getting into the water, it can be intimidating at first, and then it's just wonderful. We have schools, shuls, camps, and social agencies that would love to have you join the effort!

Melanie, our children, and I wish you and those you love, a Shana Tova Umetukah, and Gmar Chatimah Tova.

Michael Polowin is the chair of the board of the Jewish Federation of Ottawa. He can be reached at chair@jewishottawa.com.

Rosh Hashanah and the Days of Awe are a time when we at once look back and forward. Our traditions of looking back include asking for forgiveness of our fellow man, and of Hashem, for wrongs committed in the past year. We visit our departed loved ones. Yet at the same time, we look forward. The formula for the request we make of Hashem at Kol Nidre is expressed in terms of the future, not the past.

New years are like that. We look forward and back, at once. Indeed, in the secular calendar, January is named for

FROM THE
PULPIT



**RABBI ELIZABETH BOLTON,
OR HANESHAMAH**

Perfecting the world

The bowing of the Yom Tov Aleinu can be like our own personal tekiah gedolah.

seems so far away.

When we reach the shofarot moment at services, we will pronounce the Aleinu, a passage that began its liturgical life here, during Rosh Hashanah services, and then found its way into every service, every minyan, every time a group of Jews prays. Each time we recite it, we bow and invoke its vision of oneness and wholeness, “*letaken olam*,” to repair the entire world, for all peoples who dwell on this earth.

The bowing of the Yom Tov Aleinu can be like our own personal tekiah gedolah. With our bodies, or the *kavanah* (intention) we pour into the words, we can make ourselves hollow, like the ram’s horn. The filling of a vessel – us – with breath can remind us what we are capable of, and that reminder can echo throughout the year. As the sound blows through the curves of shofar, as we bend our bodies, we take in the truth of the inevitability as well as the randomness of challenges we are dealt, and, at the same time, the power we embody to rise to those challenges.

On Rosh Hashanah, we reach out for the perfection of the world by working

on ourselves, or, in the language of the Kotzker rebbe, “*arbeten af zikh*.” Working on oneself and committing oneself to participate in perfecting the world are thus intrinsically intertwined through these liturgical rites, the sounds heard, the songs sung – all of our communal and personal acts of prayer and reflection.

“When we are no longer able to change a situation, we are challenged to change ourselves,” teaches Victor Frankl. What matters, he wrote, “is to bear witness to the uniquely human potential at its best.”

Though each of us, individually and collectively, may have been buffeted and challenged in a thousand ways, we are not powerless. The Days of Awe are a tool to root ourselves in the potential for transformation that each year, each call of the shofar, and each Aleinu can bring.

Our teruahs and our crying can be heard as calls of hope; our shevarims and our silence include sighs of longing, our tekiahs and our songs can erupt with optimism.

On Rosh Hashanah, we reach out for the perfection of the world and of ourselves, knowing that next year, we will reach out again, and the following year, and again and again.

So may it be, this year, for us all, and all who dwell on earth, a year of perfecting the world. Shana Tova Umetukah.

On Rosh Hashanah we reach out for the perfection of the world, because on the first of Tishrei, we remember the world is like a newborn, crying out with new life and hopefulness.

A personal way I understand this: I remember well the moment that I realized that there would not be one day on which my newborn first-born would not cry! It was her rightful, life-given need, for behind whatever might have been eliciting the persistent wail, the cries were fundamental sounds of life and growth, and therefore, of hopefulness.

A cry – something needs to change. A cry – I am feeling. A cry – someone hear me, listen! A cry – soon, things will be different, things must be different.

On Rosh Hashanah, we reach out for the perfection of the world, and we cry, as the shofar cries, because perfection

OTTAWA JEWISH BULLETIN

VOLUME 83 | ISSUE 19

Ottawa Jewish Bulletin Publishing Co. Ltd.
21 Nadolny Sachs Private, Ottawa, K2A 1R9
Tel: 613 798-4696 | Fax: 613 798-4730
Email: bulletin@ottawajewishbulletin.com
Published 19 times per year.
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The Bulletin, established in 1937 as “a force for constructive communal consciousness,” communicates the messages of the Jewish Federation of Ottawa and its agencies and, as the city’s only Jewish newspaper, welcomes a diversity of opinion as it strives to inform and enrich the community. Viewpoints expressed in these pages do not necessarily represent the policies and values of the Federation.

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

Funded by the Government of Canada.

Canada

ISSN: 1196-1929
Publication Mail Agreement No. 40018822

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

FROM THE EDITOR



MICHAEL REGENSTREIF

As a student of politics (my BA and MA are in political science), this is a fascinating time for me with the second Israeli election in less than five months about to take place on September 17 (after this issue of the Ottawa Jewish Bulletin goes to press but before it comes out), the October 21 federal election campaign here in Canada underway, and a possible election on the horizon in the United Kingdom. As well, of course, the battle in the Democratic Party to see who will take on Donald Trump in the 2020 U.S. presidential election is well underway.

This Israeli election was called because Prime Minister Benjamin Netanyahu could not put together a governing coalition of at least 61 of the Knesset's 120 seats in the weeks follow-

Who will form Israel's next government?

ing the April 9 election. The stumbling block was Yisrael Beiteinu party leader Avigdor Liberman (a former defence and foreign minister) who insists that exemptions from military service for haredi men studying Torah be ended. With that demand, Yisrael Beiteinu members will not serve in a coalition with the haredi Orthodox parties – whose support is crucial to Netanyahu's coalition numbers.

The last Smith Research poll published before the election suggests Netanyahu's Likud Party could win 33 seats and that his potential coalition partners (Yamina, Shas, and United Torah Judaism) could win a total of 24 seats for a possible coalition of 57 seats. If those predictions are accurate, Netanyahu will again not have enough support to govern.

Netanyahu's rival for the prime minister's office is Benny Gantz, a former chief of the Israel Defense Forces, who leads the Blue and White Party. That last Smith Research poll suggests Blue and White could win 32 seats, putting them in a neck-and-neck horserace with Likud.

The poll suggests Blue and White's likely coalition partners (the Democratic Union and Labor-Gesher) could win another 11 seats. The wild cards are the Joint List (an alliance of Arab parties)

which is predicted to take 12 seats and Yisrael Beiteinu which is predicted to win eight seats. If the Joint List and Yisrael Beiteinu join Gantz's potential coalition (and that's a very big if), he will be in a position to unseat Netanyahu and form a government. Such a coalition would be precedent-setting as Israel's Arab parties have never before participated in a governing coalition.

Another scenario being discussed is Blue and White forming a power-sharing unity government with Likud. This is a scenario Liberman is said to favour, as it would mean the haredi parties could be sidelined on the opposition benches. However, there has been speculation that both Gantz and Liberman would insist that Netanyahu step down from the Likud leadership. And Netanyahu has indicated that he's not interested in such a unity government.

In all likelihood, it will be some time before we know what's to be. It typically takes weeks of wheeling and dealing after an Israeli election to form a governing coalition. But if neither block is able to form a governing coalition, there may be no other choice but a unity government, as it is doubtful the public would stand for a third election in less than a year.

EDITOR'S NOTES

This Rosh Hashanah edition of the Ottawa Jewish Bulletin is one of the two community-wide issues of the paper that we publish each year – the other is at Passover – so the paper has been distributed to many in the community beyond our regular subscribers. We hope you'll want to subscribe and receive all 19 of the issues we publish each year. It's the best way to stay informed and engage with Ottawa's vibrant Jewish community. An annual subscription is still just \$36 per year in the Ottawa-Gatineau region. You can subscribe by calling our business manager, Eddie Peltzman, at 613-798-4616, ext. 256.

Unfortunately, for technical reasons beyond our control, we have been unable to add or update content to our website since August 9. We hope to unveil a new version of the site in the coming months. In the meantime, we have created a blog – www.ojbulletin.blogspot.com – to post our columns, some local articles and PDF versions of new print issues.

On behalf of the Bulletin staff – Patti, Eddie and myself – I extend our best wishes for a happy, healthy and sweet New Year. Shana Tova Umetukah.

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

The recent rising intensity in tone and content from the president of the United States about the State of Israel can't possibly go to a good place – even if the words are supportive. The divisiveness of the president in using Israel for his own domestic political reasons is why nothing good will come of it.

When President Donald Trump takes the few visceral anti-Israel voices in the Democratic Party to say American Jews can't vote Democratic without being "disloyal," as so many commentators have noted, those words conjure up old and ugly antisemitic boogymen and women from the past. It proves, how, when it comes to antisemitism, the past

Trump's claims of disloyalty are an outrage

and the present can so easily blend into one. Most thinking Jews never forget that.

But when the proven pro-Israel president, the president who moved the U.S. Embassy to Jerusalem, launched a loyalty grenade into the American election cycle, it was the act of a crass and politically unsophisticated despot.

Despots don't measure their words. Despots dispose of subtlety as if it were poison. Despots laugh at political compromise, and sometimes at necessary political nuance and ambiguity. The problem is, if there ever was a country that needs subtlety, compromise, nuance and ambiguity, it is the State of Israel. So, thank you President Trump for your help.

In this High Holy Day period you can imagine the renewed tension that will exist in U.S. synagogues when the subject of Israel comes up, if it comes up. Can you imagine the reluctance of rabbis to mention the state of affairs in the Holy Land? Tension is running high in all Jewish communities across the U.S. Bluntly put, not all American Jews support Israel's perceived hardline views as their president does.

Traditionally, most American Jews

support the Democratic Party although there has always been a good number of Jews who support the Republican Party. The stereotype that all Jews support the Democratic Party in the United States is as misguided as the long-held view in Canada that Jews vote Liberal. Increasingly, not all Jews think the same, pray the same, or vote the same.

And on both sides of the border, support for Israel is not the only consideration when Jews cast their ballots. If that were the case, every Jewish vote would have gone to former prime minister Stephen Harper's Conservative Party, which we know didn't happen.

What Trump has done fits the pattern of his taking down long held ways of doing politics. This time Israel and Jewish voters are made targets as the president wings his way through another outrage to get attention and, he thinks, political advantage.

Talking about Jewish voters being disloyal to Israel, to America, or to both, is such a disgusting outrage that you have to wonder if it is just a bad dream. But it's not – not when Trump is the most powerful leader in the world.

Trump's support of Israel is good to have – but it is necessary to note there

is not another world leader who supports what he is doing or saying about Israel. Israel is so alone in the world, and when the United States has a president who is often over the top on Israeli matters, the question for the medium and long term is whether Trump is causing more harm than good.

Since the birth of the State of Israel in 1948, every Rosh Hashanah has seen Israel in a state of war with most of its neighbours, and this year, 71 years later, there is not a glitter of hope that peace is anywhere on the horizon. The difference this year is the unworthy spectacle of Trump stirring the pot so ferociously.

There are those who think Trump says what needs to be said. The problem is that so much time has passed without resolution and, rightly or wrongly, the fires of frustration with Israel burn around the world.

The reality is how there is so much difficulty for Israel in the world and while Trump may think he is helping, there is no evidence of that.

Perhaps, on this Rosh Hashanah, we need to face the sad reality that our loud and powerful friend is not making anyone feel any better.

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HOLOCAUST SURVIVOR ADVISORY COMMITTEE

Jewish Family Services of Ottawa (JFS) is seeking Holocaust survivors and/or second generation family members to join our Holocaust Survivor Advisory Committee. This committee is tasked with advising JFS staff on the implementation of grants from the Claims Conference and the Azrieli Foundation to

support the needs of Holocaust survivors in Ottawa. The committee meets for one to two hours every three months at JFS (2255 Carling Avenue). For more information, please contact me at ibeer@jfsottawa.com or 613-722-2225, ext. 311.

Iris Beer, MSW, RSW,
Manager – Assistance Programs for Jewish Victims of Nazi Germany
Jewish Family Services of Ottawa

LETTERS WELCOME

Letters to the Editor are welcome. They should be brief, signed, timely, and of interest to our readership. The Bulletin reserves the right to refuse, edit or condense letters.

Send your letters to Michael Regenstreif at bulletin@ottawajewishbulletin.com

Leaders: Community in a great place

Continued from page 2

into its own," said Rabbi Nimchinsky.

Veteran social worker and administrator Sarah Caspi is the new executive director of Jewish Family Services of Ottawa.

Caspi said she is "very excited" about her new role, "as JFS is very special to me. This year we celebrate our 40th year and I am proud of all the programs and services that we offer," she said. "I look forward to continuing our excellent work for many years to come."

Caspi is pleased to be part of the new professional leadership in the community and looks forward to getting to know all of the new leaders. "The Ottawa Jewish community benefits when we work together to support our community."

"Building and preserving our community requires all of us, but energetic

leadership is where that effort begins," said Michael Polowin, who became Federation chair in June.

"I have spent my first two months as chair meeting with the leadership of some of our community agencies," he said, "and I firmly believe that we are in good hands as we move forward... We are embarking on some of the most exciting times in the history of Ottawa's Jewish community. The leadership we see around our community will encourage all of us to get involved."

"I am personally, as is Federation, committed to helping in every way possible," adds Freedman. "With all the strong new leaders and the overwhelming success of recent Federation initiatives, the future of Ottawa's Jewish Superhighway is very bright. Our community is in a great place right now."

Wishing all our friends and customers (and customers-to-be) a happy and healthy Rosh Hashanah!

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Jewish Experience Microgrants create funding opportunities for unique initiatives in the community

BY MATTHEW HORWOOD

Thanks to generous donations to the Jewish Federation of Ottawa's 2019 Annual Campaign, organizations and individuals in the community have begun benefitting from Federation's Jewish Experience Microgrants program.

The Jewish Experience Microgrants program is meant to fund events, projects and initiatives that "connect people, meet a unique need, or fill a gap in our Jewish community." The new iteration of Microgrants grew out of the Federation's Emerging Generation Grants program, and was developed to align with Federation's Jewish Superhighway initiative.

Sharon Diamond, chair of the Committee for Jewish Experience Microgrants, said Federation wanted to broaden the EG Grants program to "create more opportunities to engage different demographics, backgrounds and levels of connection to Jewish community."

Diamond said Jewish Experience Microgrants will fund up to 75 per cent of the cost of a project, and can provide up to \$2,500 in funding, decided on a "case-by-case basis."

Once an application is submitted, it is reviewed by the Jewish Experience Microgrants Committee. When an application is approved, a funding agreement is finalized between Federation and the microgrant recipient.

The Gatineau Pre-Shabbat Dinner, organized by Congregation Machzikei Hadas on July 12, happened in part due to a Jewish Experience Microgrants.

Stacy Goldstein, director of community building at Congregation Machzikei Hadas, said the aim of the pre-Shabbat dinner was to serve Jews who are underserved due to their geographic distance from the "Jewish superstructure," specifically those living in Gatineau and Orleans.

"We wanted to take down barriers and give Gatineau's Jewish families the chance to meet and develop their own community identity in Gatineau," she said.

Goldstein said the microgrant offset the costs associated with the dinner, made it inexpensive for families to attend, and made it



Rabbi Idan Scher of Congregation Machzikei Hadas leads the blessings at a pre-Shabbat dinner, July 12, at the home of Gail and Dan Pfeffer in Gatineau. The dinner, for Jews living in Gatineau, was supported by a Jewish Experience Microgrant from the Jewish Federation of Ottawa.

more affordable for the hosts – Gail and Dan Pfeffer – to offer their home to host the dinner.

Another Jewish Experience Microgrants recipient was the Ottawa Kosher Food Bank (OKFB) for its Stock the Freezer program, in which community members prepare dishes to be frozen for distribution to OKFB clients.

Dahlia Milech, manager of the OKFB, said the first session of Stock the Freezer was geared toward bar mitzvah-aged students and their parents, and the next four sessions will have different community groups preparing foods.

OKFB received a \$1,000 microgrant, which was spent on ingredients and packaging materials. Milech said she didn't think the program could have been possible without the funding.

"I think it was initially very important to use Jewish Experience Microgrants in order to create knowledge of what this program actually is, create interest and work out the kinks before going further with it," she said.

The PJ Library Book Club – which was created three years ago to allow women to discuss books and socialize – received an \$800 Jewish Experience Microgrant to cover expenses associated with hosting meetings at member's houses.

Emma Mallach said members would initially meet at the Soloway Jewish Community Centre. But as

the book club grew in size, members began hosting the gatherings at their homes.

Mallach said the PJ Library Book Club applied for a microgrant because members believed it would be a great way to offset the costs associated with hosting the gatherings, as well as "ensure the long-term sustainability of the club."

Mallach said the microgrant will enable the club to "continue to thrive and hopefully grow over the next year or two."

Other Jewish Experience Microgrants have funded a Shabbat Shopify Dinner held in the ByWard Market for young professionals, screenings of the films "Monkey Business" and "Punk Jews," and a community Havdalah potluck dinner at Stanley Park.

Diamond said the Jewish community's interest in Jewish Experience Microgrants has been "significantly higher" than she expected it would be.

"As somebody who has really been in the weeds in this community, I love seeing the new ideas coming through and success stories coming out of it," Diamond said. "So reach out to Federation if you have an idea."

Visit <https://jewishottawa.com/giving/jewish-experience-microgrants> for more information or to apply for a Jewish Experience Microgrant.

\$400,000 Challenge Fund returns for 2020 Annual Campaign

BY MATTHEW HORWOOD

In advance of the Jewish Federation of Ottawa's 2020 Annual Campaign, three generous donor families came together for a second and final year to create a \$400,000 Challenge Fund to match new and increased gifts to the Annual Campaign.

Through the Challenge Fund, gifts from new donors, and the increase in gifts from previous donors are matched. Thus, new donors' gifts are effectively doubled, as are the amount of any increase in the gifts of previous donors.

The 2019 Challenge Fund resulted in \$1 million in new funding available for Federation to support four key priorities: Jewish education, Jewish experiences, care for the vulnerable and security.

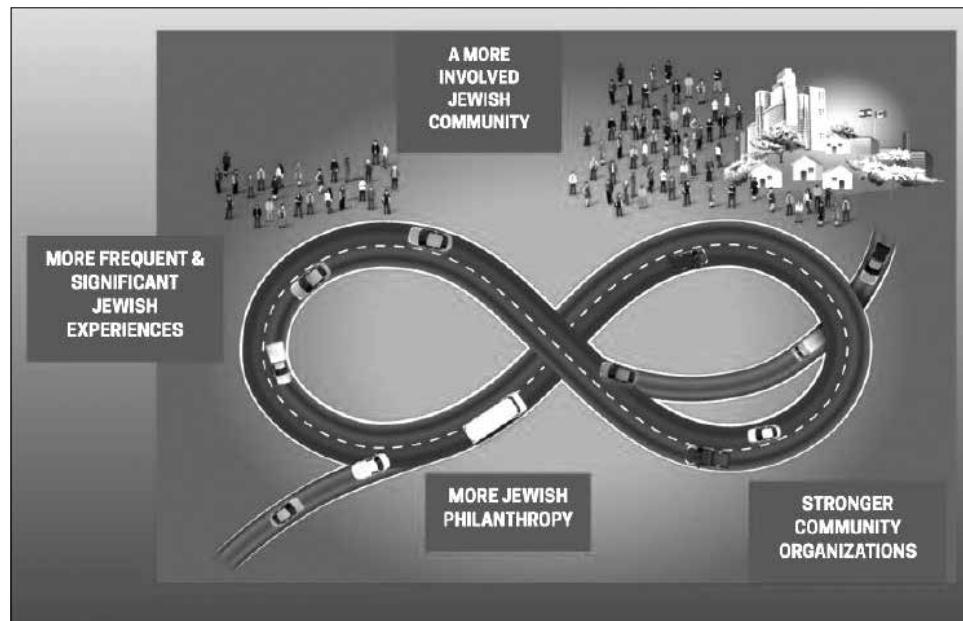
Ottawa's two Jewish day schools – the Ottawa Jewish Community School (OJCS) and Torah Day School of Ottawa – received a total of \$113,500 in strategic funding and \$76,000 for special education support from the 2019 Challenge Fund in addition to other funds.

Jon Mitzmacher, head of OJCS, said the Challenge Fund allowed the school to “better meet the needs of students with diverse learning needs.”

Mitzmacher said with the extra funding, OJCS was able to purchase new furniture and devices for children with special needs (including voice-to-text devices, sound-cancelling headphones, special chairs and desks), to purchase a new diagnostic tool for English-language reading and train the faculty in its operation, and increase resource contact time for children in both Hebrew and French.

“As a trilingual school, we have always been looking to be able to match what we do in English, French and Hebrew. We were able to begin doing more of that last year thanks to this gift,” Mitzmacher said.

The Challenge Fund allocated \$225,000 to support Jewish Jumpstart, a two-year incentive grant meant to encourage unaffiliated individuals and families to join the Soloway Jewish Community Centre (SJCC) and Ottawa's



The generosity of the Challenge Fund donors and Ottawa's Jewish community are helping to build and maintain the Jewish Superhighway.

Jewish congregations.

For synagogue membership costs, the Jewish Jumpstart grant covers up to 75 per cent in the first year and 50 per cent in the second year, while for SJCC membership costs, the grant covers up to 60 per cent for the first year and 40 per cent for the second year. Of the over 125 Jewish Jumpstart applicants, 57 per cent are families with children, and nearly 60 per cent recently moved to Ottawa.

Jewish Jumpstart has incentivized families and individuals to join Kehillat Beth Israel, Congregation Machzikei Hadas, Temple Israel, Or Haneshamah, Ottawa Torah Centre Chabad, Young Israel of Ottawa, Adath Shalom Congregation, Congregation Beit Tikvah – and the SJCC.

Rabbi Eytan Kenter of Kehillat Beth Israel said Jewish Jumpstart made membership possible for some families “in a way it hadn't been before” and gave others “the impetus to take the plunge.”

Rabbi Kenter said he is grateful to Federation for the Jewish Jumpstart program. “I think it is a wonderful opportunity for families to find a Jewish home in a place they feel is right for them.”

Stacy Goldstein, director of commu-

nity building at Congregation Machzikei Hadas, said Jewish Jumpstart has been “really enriching for a lot of people.”

“I spoke to people who have been coming to our shul for years for services and never got a membership, but because of this program they decided this was the year they would join,” she said.

Patrice Berdowski, the SJCC membership director at the SJCC, said over 30 families have joined the centre thanks to Jewish Jumpstart, including “many young families, a base we want to reach out to.”

Berdowski said several families have told her they had been wondering how to fit the SJCC into their budget, “and Jewish Jumpstart came along and made it affordable.”

Now that these families have memberships, Berdowski said the SJCC must continue to engage with them, show them “all we have to offer” and convince them to retain their membership.

Other allocations from the Challenge Fund have included \$50,000 for security enhancements; \$105,000 for Jewish Journeys; \$70,000 for Jewish Experience

Microgrants; \$240,000 for increased care for the vulnerable; and \$25,000 to a fund for excellence in supplementary schools.

“The Challenge Fund is a unique way of encouraging others to give so our Jewish community can continue to flourish,” said philanthropists Barbara Crook and Dan Greenberg, who created the \$400,000 Challenge Fund in 2018 with Roger and Robert Greenberg, and the Stephen Greenberg family.

Rabbi Reuven Bulka, co-chair of the Annual Campaign, said last year's challenge fund was “successful beyond our imagination.” Rabbi Bulka said he is confident the community can meet the high bar that was set last year.

Rabbi Bulka credited some of the success of the Challenge Fund to Aviva Ben-Choreen, co-chair of the 2019 Annual Campaign, and to Karen Palayew, the 2020 co-chair, who he said are both “terrific and hard workers.”

Rabbi Bulka said he hopes the 2020 Challenge Fund will “set the tone for the next generation to realize that community doesn't get built out of nowhere, and everyone has a part to play.”

Jewish Federation of Ottawa President and CEO Andrea Freedman said she feels “ecstatic” that the generosity of the Challenge Fund donors and Ottawa's Jewish community are allowing the Jewish Superhighway to be built and maintained.

Freedman said Federation aims to use the Challenge Fund to make investments that are “strategic, nimble and not permanent allocations,” but which are infusions of cash that make a difference for community members and the organizations that serve them.

As this is the final year the Challenge Fund will take place, Freedman said the community has “one final opportunity to recreate and reimagine the level of sustained funding for our community going forward.”

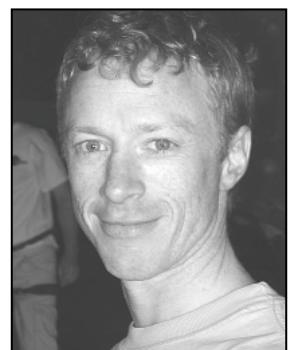
Visit <https://jewishottawa.com/giving/challenge-fund> for more information on the Challenge Fund or to donate to the Jewish Federation of Ottawa 2020 Annual Campaign.

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Meet Hila Beldoch and Snir Dachboach: Ottawa's new shinshinim

BY MATTHEW HORWOOD

Ottawa's new shinshinim, Hila Beldoch and Snir Dachboach, arrived here August 26 to begin a year of volunteer service in the Jewish community.

Hila, from Haifa, and Snir, from Barken, are Ottawa's fourth pair of shinshinim. The Jewish Federation of Ottawa's Shinshinim Program brings young Israeli emissaries – on a gap year between high school graduation and the beginning of their military service – to Ottawa for a year of volunteer service. They work with young people in Jewish schools, congregations, and camps to help enhance their Jewish identities and ties to Israel.

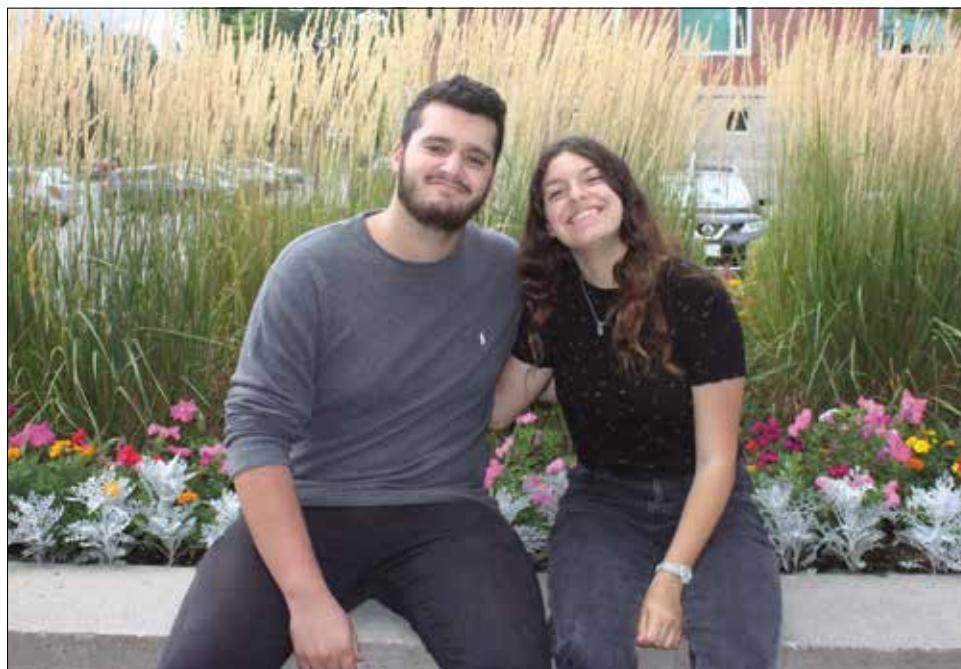
Hila said that while travelling with her high school's delegation to Uruguay and Argentina, she met shinshinim there and was inspired to join the program.

"I never knew about the whole Jewish world outside Israel, and I got very interested in it," she said.

Snir said he heard about the Shinshinim Program from a friend who was doing a year of service in Baltimore.

"What attracted me most is the fact that I can connect with a variety of Jewish communities here in Ottawa, and connect them to Israel," Snir said.

Hila said her first impression of Canada happened while she was still at the



Newly arrived Israeli Shinshinim Snir Dachboach (left) and Hila Beldoch enjoy a moment in the sun outside the Soloway Jewish Community Centre, August 29.

airport in Israel, when she was warmly welcomed by Ottawan Nicole Goldstone and staff from the Jewish Agency.

"She came over to us and said everyone in Ottawa was so excited to meet us. I felt like a celebrity," Hila said.

Snir said his Israeli friends told him about Canada's "polite and warm culture," and he has already witnessed this

first-hand while in Ottawa.

"We met with the Federation staff today, and after having met them I feel very confident approaching people to talk with them," he said.

The shinshinim stay with host families while they are in Ottawa, becoming part of the families and their day-to-day lives. Hila's first hosts are Sari Zelenietz

and Alec Mills, while Snir's are Mira and Ari Breiner.

Hila said she initially felt overwhelmed when she arrived in Canada, but her host family has showed her around the community and made her feel welcome. Snir said his host family has also given him a warm welcome, and he feels "almost like I am at home in Israel."

Federation Director of Community Collaboration Kara Goodwin said Hila and Snir will be a great asset to Ottawa's Jewish community.

"Like the rest of the community, I look forward to building a strong relationship with them and learning more about Israel and Jewish life by being their friend and co-worker," she said.

Hila said while in Ottawa, she would like to get to know people in the community and become involved in as many different projects as possible.

Snir said his main goal while in Ottawa is to "represent Israel the best I can," and said he also has a "big dream" of bringing all the different Ottawa synagogues together for an activity. Snir encouraged Ottawa Jews to visit with the shinshinim and "not be afraid to ask things about Israel or about us."

"I am sure we will have a good year. I'm very excited," Snir said.

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Federal Election: Help ensure Jewish community issues and priorities are understood and appreciated

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The federal election campaign is now in full throttle in anticipation of Election Day, October 21. The preceding weeks will provide many opportunities to engage with local candidates seeking support at community events, townhalls, or front doors – and it is important for all candidates to hear from the Jewish community.

By combining our voices, we are more likely to be heard. After consultation with grassroots community members, Jewish agencies, organizations and institutions, the Centre for Israel and Jewish Affairs (CIJA), the advocacy agency for the Jewish Federation of Ottawa, has identified several key issues for discussion with your local candidate during this election.

Real-world violence – including lethal antisemitism – can be fueled by online hate and radicalization, as seen in recent attacks on synagogues in Pittsburgh and San Diego County and on mosques in Christchurch and Quebec City. In 2019, the House of Commons Justice Committee conducted a study of online hate and made a series of recommendations,

including a robust plan to track online hate, prevent online hate through education, and make better use of legal tools to stop online hate. The Justice Committee study was an excellent first step. Now, the federal government should create a national strategy to tackle this issue using the Justice Committee's report as a foundation, and the effort should include a significant focus on online antisemitism, referencing the International Holocaust Remembrance Alliance definition of antisemitism.

From 2011 to 2016, the number of Canadians who reported they are Jewish by ethnic origin dropped by more than half. This was due not to demographic change but to the removal of "Jewish" as a specific example in a census question, which, in previous census surveys, had been regularly included as an example alongside other ethnic origins. If this omission is not corrected for 2021, the work of Jewish charities will be drastically undermined. Jewish federations and federation-funded social service agencies collectively spend tens of millions of dollars annually on charitable work throughout Canada, including projects to support seniors, alleviate poverty, educate students, and integrate new Canadians. This vital work requires access to accurate census data providing a clear portrait of Jewish communities across Canada. While Statistics Canada is working to address the issue, the federal government

should ensure the ethnic origin question is amended to prevent underreporting of Jewish Canadians in the next census.

Under the Elections Act, federal elections take place every four years on the third Monday in October. Unfortunately, this fixed date often overlaps with the Jewish High Holy Days, as was the case in 2008 and this year. On High Holy Days, observant Jews cannot work, drive, or write – basic activities required of candidates, volunteers, and voters. Elections Canada provides significant alternatives for voters who wish to cast their ballot early, including advance polls and special ballots, ensuring all Jewish voters can participate. However, this requires advertising and awareness campaigns – as well as logistical efforts – to engage Jewish voters. Advance voting options can also coincide with Jewish High Holy Days, and observant candidates and volunteers face even greater challenges. The next federal government can avoid this entirely by moving the fixed election date to later in the calendar to avoid all future scheduling conflicts with the Jewish High Holy Days. You can learn more about voting options for this year's federal election at CIJA's Election Hub. www.cija.ca/election-hub

The Disability Tax Credit (DTC) has proven to be a pillar of the financial health of Canadians with disabilities or special needs. Unfortunately, fewer than 40 per cent of adults who report qualify-

ing disabilities currently claim the DTC. A Senate study noted that people with certain disabilities are disadvantaged by the application criteria. The federal government should reform the DTC to ensure it is more inclusive, particularly for those with non-physical and/or episodic disabilities that make gaining employment difficult or impossible.

Talking about these issues with your candidates will ensure Jewish community priorities are understood and appreciated when the next federal government is formed. So, make sure to take every opportunity to engage with local candidates this election season, and enjoy what is sure to be an exciting race!

To learn more about this issues and the many other on our community's agenda, please refer to CIJA's Federal Election Issues Guide which can be downloaded at www.cija.ca/election43.

Allyson Grant is the advocacy adviser to the Jewish Federation of Ottawa and director of government and university relations at the Centre for Israel and Jewish Affairs.

The Jewish Federation of Ottawa, CIJA and CJPAC will host "The Federal Election, the Jewish Community and You," an evening of awareness, discussion and education about the upcoming federal election, on Thursday, October 3, 7 pm, at the Soloway Jewish Community Centre. Admission is free but advance registration at <https://tinyurl.com/y3jcb5sn> is required.

Remembering Shirley Berman 1930-2019

Shirley Berman, founder of the Ottawa Jewish Archives, died at home in Ottawa on September 2, at age 89, following a courageous battle with cancer. Two of her successors at the Archives, current archivist **Zoe Thrumston** and retired archivist **Dawn Logan**, remember Shirley and the impact she and her work had on them and on the community.

ZOE THRUMSTON WRITES...

This past summer, an acquisitions officer from the Yad Vashem Archives in Jerusalem made a visit to the Ottawa Jewish Archives. She was on a cross-Canada tour, in search of material related to the Holocaust, including scheduled stops in Toronto, Montreal, and at our own Archives here in Ottawa. While she knew she would find some material of interest, she was blown away by the scope of our small institution. For an archives as small as ours, she was impressed by

how well organized our vault was, by our metadata, by our online database, by our digitized photographs, and by how smoothly the archives ran.

While I was of course happy to receive the compliments, the credit really goes to our founding archivist, Shirley Berman.

As the current archivist for the Ottawa Jewish Archives, I cannot say enough about what a force Shirley was. Twenty years after she retired, Shirley routinely stopped in to offer advice and check on how things were running. Her appreci-

ation for history, and the importance of community memory, was an inspiration.

Shirley was born in Toronto in 1930, the daughter of Baruch (Benjamin) and Helena (Freedman) Hettler. Shirley and Shier Berman met in Toronto through their shared Zionist youth interests. They married on May 24, 1951 in Toronto and shortly afterwards spent a year in New York to lead a Zionist youth movement called Dror Habonim. They returned to Toronto in 1953 when Shier

began his post-graduate work at University of Toronto.

Shirley arrived in Ottawa in 1957, with her husband, when Shier began work at the National Research Council.

While Shirley was not a degree holding archivist, she took archival training courses at Carleton University and the National Archives of Canada. She became executive secretary of the Ottawa Jewish Historical Society in 1972 and

See Berman on page 15



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Members of the Jewish community gather, August 25, before marching in the Capital Pride Parade.



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Jewish community participates in Capital Pride

BY MATTHEW HORWOOD

An enthusiastic delegation of people from the Jewish community marched in this year's Capital Pride Parade in Ottawa on August 25. Marchers included representatives from the Jewish Federation of Ottawa, the Centre for Israel and Jewish Affairs (CIJA), Hillel Ottawa, Jewish Family Services of Ottawa, Kehillat Beth Israel, Temple Israel, and Or Haneshamah.

The parade was the culmination of the week-long Capital Pride Festival, which included more than 60 events held across the region.

Among the events was a potluck Shabbat dinner at Temple Israel on August 16 and a Shabbat dinner at Kehillat Beth Israel, co-sponsored by Federation and CIJA, on August 23.

Jess Burke, who staffs CIJA's LGBTQ2+ Advisory Council, said the August 23 Shabbat dinner was attended by 170 people, which made it the largest Pride Shabbat dinner since CIJA first began hosting the dinner three years ago.

CIJA received a grant from Federation's Jewish Experience Microgrants program to support the dinner, as well as a tailgate party that took place before the Pride Parade began.

"We are very grateful to the Federation Microgrant program for their continued support on meaningful, engaging community programs," Burke said.

Burke was also enthusiastic about community participation in Capital Pride.

"Through this channel and our strong community partnerships with the Jewish Federation of Ottawa, Temple Israel, Kehillat Beth Israel, Or Haneshamah and Hillel, we were able to mobilize a large marching contingent of both LGBTQ2+ Jewish community members and allies," she said.

Dara Lithwick, a member of CIJA's LGBTQ2+ Advisory Board, is a long-time supporter of Pride, having come out more than 20 years ago with the "instrumen-

tal support" of her rabbi.

Lithwick said her role with CIJA involves advocating for inclusivity, as well as working with local Prides to ensure that "Jewish spaces are queer friendly, and queer spaces are Jewish friendly."

Lithwick said in the future, she would like to see broad participation from all the major congregations and Jewish organizations in Ottawa.

"I think there has been a wonderful evolution over the past 15 to 20 years, and it's only going to get better. We are all created in God's image and we have a duty to both love our neighbour, and also love and care for the stranger," Lithwick said.

Miriam Izbinsky, who marched in the Pride Parade for a second year in a row, said she attended to support her Jewish friends in the LGBTQ community.

"I love coming out here and supporting them as much as I can. People who are Jewish and are a part of the Pride community need to be supported as much as possible," she said.

This year's Jewish Pride delegation included a homemade float: a car decorated with balloons and streamers, and topped with a giant inflatable unicorn. The car's owner, Sasha Kathron, Jewish student life coordinator at Hillel Ottawa, said she was "honoured" to march in the parade as an ally of the LGBTQ community.

"Times are changing and I think we are moving in the right direction. I think we need to lead by example and lead with love, not hate," Kathron said.

Jewish Federation of Ottawa President and CEO Andrea Freedman said she makes a point of attending Pride every year because she believes it's important for Jewish leaders in Ottawa to be allies to the LGBTQ community.

"Seeing Ottawa come together to have community groups and businesses marching – as well as families bringing their kids – was fantastic," Freedman said.

"It's such a remarkable message of inclusiveness and care for our fellow citizens."

Happy Rosh Hashanah!



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Berman: A unique and dedicated voice

Continued from page 13

held that position until 1998. Simultaneously, Shirley began collecting the history of the Ottawa Jewish Community and by the late 1970s, founded the Ottawa Jewish Archives.

Shirley's foresight for the importance of memory keeping was unique. She saw firsthand what our community needed, and took the correct steps toward making it happen. Shirley will be remembered throughout the community for her efforts in creating and moving forward the community's archives. Today, any researcher can comb through the archives' holdings and recognize Shirley's unique and dedicated voice.

Shirley is survived by her husband Shier, their three children, Reva, Eli and David, and four grandchildren.

DAWN LOGAN WRITES...

Last March, Shirley Berman hosted a luncheon for some of the former Ottawa Jewish Archives archivists including myself, Laurie Dougherty and Marcia Mordfield. It was a most enjoyable occasion and although we do not see each other often, there never was a lull in the conversation as we learned about our various archival interests since leaving 21 Nadolny Sachs Private.

None of us will forget that event and now we are thinking of Shirley, how we met and her many accomplishments.

Shirley and I met through a public relations project for *Those Pesky Weeds*, the diary of Harold Rubin. A team of soon-to-be graduates of an archives technology course at Algonquin College took up Shirley's request for posters to be used in promoting the book. Shirley oversaw all aspects of the book's production and reached out to this new archival course for assistance. It showed how she was forever observant to new possibilities that would create interest in Ottawa Jewish history.

Shirley understood the need for archival publicity and early in her career, curated an important exhibition at the National Archives entitled "Journey into our Heritage." Lowertown tours and reunions were engineered by Shirley and based around the York Street School, which so many Jewish children had attended. Shirley was a founding member of the Ottawa Jewish Historical Society and for many years she maintained a seamless thread of management between the society and the Archives.

The major vehicle for preserving Ottawa's Jewish history was establishing the Archives at the Jewish Community Centre on Chapel Street. It featured a temperature controlled vault and a bright workroom for researchers and staff. It was there that all the early editions of the Ottawa Jewish Bulletin and the Ottawa Jewish Telephone Directory were compiled, and the minutes from meetings of the Jewish Community Council of Ottawa/Vaad Ha'ir from its

inception were saved. Early synagogue records were also accumulated. Shirley understood the importance of these early building blocks. She worked closely with Hugo Levendel, who deposited his invaluable collection of ByWard Market photographs from the 1930s. She also made certain that groups such as the Labour Zionist Council of Ottawa and Dror Habonim were properly represented in the Archives.

Shirley also maintained an interest in Jewish artifacts – including the Murray Street Synagogue murals which she, along with art historian Reesa Greenberg and architect Martin Weil, saved – and collected them in the Archives with the hope of eventually starting a small museum.

When plans were formulated for the new Soloway Jewish Community Centre in the west end, Shirley made absolutely sure the Ottawa Jewish Archives would be part of the plan and the move. It was a proud moment for her when the move occurred in 1999 into a space within the Greenberg Families Library which includes a large vault, a workroom and an office.

With this major move, Shirley stepped back from day to day archival work and Marcia Mordfield and I became the archivists.

As Marcia recalled, "I don't ever remember Shirley coming into the Archives to tell us we were not doing things the way she had previously done them. Instead, she embraced the change and was our biggest supporter. She was a mentor of Dawn and Dawn became a mentor to me. I like to think that I mentor archival professionals and therefore Shirley's teachings are passed on. I will miss her kindness, warmth and smile. She is, and always will be, the reason the Ottawa Jewish community has a preserved history."

Laurie Dougherty followed me as archivist. She described Shirley as a "widely known and respected person for her pioneering efforts in Ontario's small archival community in the 1980s. She was a dedicated advocate for the Ottawa Jewish Historical Society and the Ottawa Jewish Archives for many years after her retirement."

Laurie confided that she "learned a lot about being a community archivist from Shirley. To her, it wasn't just about collecting the records – it was about documenting the lives of the people in the community. I looked forward to her occasional visits to the Ottawa Jewish Archives and feel privileged to have known her."

Laurie added that one of Shirley's major achievements was the series of oral history interviews she conducted in the late 1970s, some of which were in Yiddish. "She knew that by capturing the actual voices of members of the community, she was preserving more than just stories for the next generation."



COURTESY OF OTTAWA JEWISH ARCHIVES

Shirley Berman on vacation in the Florida Keys in 1996.

"Shirley Berman's name was legion in the history of the Ottawa Jewish Archives," said Janice Rosen, archivist of the Alex Dworkin Canadian Jewish Archives in Montreal. In the 1970s, archives were not more than a few piles of documents sitting in a corner. By the '80s, the new buzz words were 'sorting' and 'classification' and Shirley was in the thick of this."

When Shirley stepped back from the day to day operations of the Ottawa Jewish Archives in 1999, she had time to pursue other historical interests. At the top of her list was detailing the life of legendary community leader Lillian Bilsky Freiman. She reviewed all aspects of Freiman's life and her thoroughly

researched entry is now part of the *Dictionary of Canadian Biography*, v. XVI. This past May 23, Shirley attended the first lecture in the Ottawa Jewish Historical Society's Shirley Berman Lecture Series and took great delight that the lecture was entitled "Lillian Bilsky Freiman: A life of Giving."

Shirley's very last project was the editing, along with Judith Weinman, and publishing of Shirley Steinberg's book, *Men Darf Lakhn: A Collection of Yiddish Skits, Plays and Monologues*.

We are the richer for knowing Shirley Berman and her life of giving and the Ottawa Jewish community is richer for her archival foresight, perseverance and dedication in preserving its history.

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Rabbi Reuven P. Bulka, rabbi emeritus of Congregation Machzikei Hadas, served as spiritual leader of the shul from 1967 until 2015.

Ottawa renames park in honour of Rabbi Bulka

BY MICHAEL REGENSTREIF
EDITOR

A proposal to rename Featherston Park as “Rabbi Bulka Kindness Park” was approved by Ottawa City Council on September 11, following a consultation period in June and July in which the public was invited to submit comments on the proposal to the city.

The park is being renamed in honour of Rabbi Reuven P. Bulka, rabbi emeritus of Congregation Machzikei Hadas.

The park, on Virginia Drive in the Alta Vista neighbourhood, is adjacent to the synagogue, which Rabbi Bulka served as spiritual leader from 1967 until 2015.

In addition to his leadership in the Jewish community – he is currently co-chair of the Jewish Federation of Ottawa Annual Campaign and is a past co-president of the Canadian Jewish Congress – Rabbi Bulka’s leadership in the broader local and national communities is well known. He is the founder of Kind Canada, an organization committed to spreading acts of kindness, he has played important leading roles in a number of health care organizations, and has long played a role in national Remembrance Day ceremonies as honorary chaplain of the Royal Canadian Legion.

“Our local Jewish community is blessed to have a spiritual leader like Rabbi Bulka call Ottawa his home. His commitment to helping others extends to our community at large and is exemplified through his countless contributions and work with local and nationwide groups. The naming of this park is a small way Ottawa can express its gratitude to Rabbi Bulka and recognize the significant impact he has on our community,” said Ottawa Mayor Jim Watson.

“For over 50 years, Rabbi Dr. Reuven Bulka has worked tirelessly on behalf of our community. His acts of kindness, unity and reconciliation continue to serve as an inspiration to all who seek to improve their communities. I support this commemorative naming without reservation,” said City Councillor Jean Cloutier, whose Alta Vista Ward includes the park.

The proposal to rename the park in honour of Rabbi Bulka originated in a Machzikei Hadas committee organizing a celebration of both the congregation’s centennial and Rabbi Bulka’s half-century of leadership.

“Since coming to Ottawa in 1967, Rabbi Bulka has not stopped helping people regardless of their faith or background,” said the committee co-chair, Bram Bregman, who initiated the idea and led the process to rename the park after Rabbi Bulka. “Permanently naming a park in honour of Rabbi Bulka is a most fitting way to recognize the kind-

‘His commitment to helping others extends to our community at large and is exemplified through his countless contributions and work with local and nationwide groups.’

ness he has shown others and to inspire others to do the same.”

“I am so delighted that the city park adjacent to the synagogue that Rabbi Bulka led for 50 years will permanently bear his name,” added Ron Prehogan, the committee’s other co-chair. “There can be no more deserving honouree than Rabbi Bulka, who has given so much for so many years to the eternal betterment of our community.”

“Beyond the many civic contributions and his countless volunteer roles, it is the private, behind-the-scenes man whose day-to-day acts of compassion and care that perhaps make the most impact. Rabbi Bulka is always, always helping others. From small deeds to big ones, he does everything with kindness and good humour,” said Jewish Federation of Ottawa President and CEO Andrea Freedman. “Rabbi Bulka is unique in that he does much public promoting of kindness, and at the same time, truly leads by example. Rabbi Bulka makes time in his busy schedule to reach out, check in and offer support. And he does this for countless people. He is an inspiration.”

“I have known Rabbi Bulka for most of my life. I have played softball with him, and against him. Melanie and I were married by him. Whatever he does, he does with kindness and compassion, and not a little humour and wordplay,” added Federation Chair Michael Polowin. “He is a leader in our community, both Jewish and the broader city. He is a scholar and a gentleman, in the truest senses of both words. Our community and our city are better for his presence, and we all look forward to that continuing for many, many years.”

Asked to comment on the honour, Rabbi Bulka responded with humility and humour.

“Thanks to everyone who had a hand in making this Kindness Park happen,” said Rabbi Bulka. “Although I am too old for the Monkey Bars, I hope to never get too old to delight in others using the entire park, bar none!”

The City of Ottawa has not yet set a date for the official dedication of Rabbi Bulka Kindness Park.



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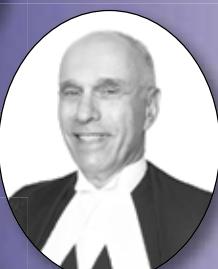
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A great summer at Ottawa's Jewish summer camps

BY MATTHEW HORWOOD

Ottawa's Jewish summer camps – Camp B'nai Brith of Ottawa (CBB), JCC of Ottawa Summer Camps, and Camp Gan Israel – are all reporting they had strong, successful seasons.

This year at CBB was an “absolute success,” said Cindy Presser Benedek, director of the sleepaway camp located in Quyon, Quebec, about a 45-minute drive from Ottawa.

CBB's mission is to allow children aged seven to 16 opportunities to “experience the outdoors, learn new skills and develop life-long friendships while enhancing Jewish values, traditions, affiliation and community.” The camp has numerous programs and activities divided into three categories: athletics, waterfront and arts.

Benedek notes that CBB had an Israeli flavour this year thanks to a record number of Israeli staff – 17 in total – who added to the campers' experience by immersing them in Israeli culture and allowing them to further their connections with Israel.

“I heard many, many campers say they were super excited to tell their parents they had the opportunity to learn more about Israel, and wanted to encourage their families to take them on a trip to Israel,” Benedek said.

CBB also had its largest ever number of counsellors-in-training, and Benedek said the camp is “looking forward to hiring them next summer as part of our junior staff.”

CBB ended the summer with a “colour war,” with campers divided into teams to compete in a series of challenges to earn points over a three day period.

Benedek said the Jewish summer camp experience is a “valuable gift” that everyone should consider giving their child.

“It's not just about going and experiencing the outdoors, but it's also connecting with your community and being passionate about being part of a Jewish community,” she said. “We welcome all families to come check us out.”

In fact, CBB began the summer with a family camp weekend – launched with a \$2,000 Jewish Experience Microgrant from the Jewish Federation of Ottawa



Israeli counsellor Liam Afota, one of the Jewish Federation of Ottawa's 2018-2019 shinshinim (second from left), with a group of boys preparing to go boating at Camp B'nai Brith of Ottawa.



Ottawa Redblacks players Corey Tindal and Johnathan Rose play a game of touch football with kids from the JCC Travelling Sports Camp during their visit on August 16.

JCC Day Camp (ages 2-14) offered different themes each week, such as Digging for Dinosaurs, Summer Superheroes, Animal Planet and Hollywood/Disney Extravaganza, as well as instructional swim lessons and a daily free swim.

The Travelling Sports camp (Grades 2-9) takes kids to locations around Ottawa to partake in a variety of sports, such as windsurfing, tubing, go-carting, bowling, zip-lining, gymnastics and swimming.

JCC Summer Camps also has more than 20 one-week specialty camps (ages 5-15) which allow children to “learn a new skill and be creative,” with themes such as JCC/Next Generation Hockey, Horseback Riding, Claymation/Animation, LEGO Robotics and Coding, and Magical Mysteries.

Braun credits the success of JCC Summer Camps to Ganon Preschool Directors Reesa Shinder and Angela Lowe, and Soloway Jewish Community Centre Youth Director Gail Lief. Braun said these programs are meant to teach kids the skills needed to become a JCC camp counsellor. “You still get to have the camp experience, but with a leadership role at the same time,” he said.

Aaron Kaiman, associate director of JCC Day Camps, said his primary focus was working within the day camps and collaborating with the CITs and LITs to ensure, “the kids are enjoying themselves and the camp counsellors are engaging with them professionally.”

Braun said for next year, JCC Summer camps are looking at adding new specialty camps, such as a golfing camp. “We are always looking to improve and add features. The beauty here is if you have an idea for a camp, you can make it happen,” Braun said.

Director Devora Caytak Director of Camp Gan Israel, located at the Jewish Youth Library, said the camp had 120 registrations, an all-time record.

Caytak said “Camp Gan Izzy” focuses on

See Camps on page 28

– which gave young families an opportunity to visit the camp before camp season officially began to “experience camp Shabbat and programming.”

Jon Braun, executive director of JCC Summer Camps, said there were more than 2,000 registrations this year, up

from less than 1,800 in 2018.

JCC offers three categories of summer camps, which Braun said allows parents with several children to “put them all over the place, and over the nine weeks they can move them around and still have them stay under one roof.”

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Babi's kosher restaurant thrives at SJCC

Restaurateur **Shabi Baruch** says the smiles on the faces of his loyal customers “makes my day, every day.” **Matthew Horwood** reports.

Four years ago, the city of Ottawa was without a kosher restaurant serving the Jewish community and the Soloway Jewish Community Centre (SJCC) did not have a food service available for the hundreds of people who use the building almost every day.

But then Israeli chef Shabi Baruch opened Babi's Restaurant on the second floor of the SJCC.

Babi's is a kosher dairy restaurant that offers all-day breakfast, a variety of vegetarian dishes, house-made bread, sandwiches, soups, smoothies and more. Its bakery also makes fresh baked goods every day, such as muffins, scones, cookies and cakes.

Baruch said he's worked in restaurants, in “every position imaginable” since he was 15, including at locations in New York, Los Angeles and Toronto. But none of those big cities appealed to him in the way Ottawa did.

“The smaller city is definitely my thing,” he said.

In 2015, Baruch moved to Ottawa and opened Babi's. The name “Babi,” he explained is a term of endearment in Hebrew, especially in Sephardic families.

In addition to the restaurant at the SJCC, Babi's also offers a catering service supplying food service to “anything you can imagine,” said Baruch, including meetings, bar and bat mitzvahs, brit milahs, and shivas.

As well, for the past two years,

Baruch has partnered with JCC Summer Camps to run the ‘Kids in the Kitchen’ specialty camp, which gives children aged 10 to 14 opportunities to learn how to create dishes such as pizza, sushi, challah and pasta from scratch.

Baruch said he owes the success of Babi's to his employees and to his loyal customers.

“If my employees didn't give 110 per cent every day, it would never work. If my customers didn't tell their friends and family and colleagues that we existed, we would never grow,” he said.

Asked about the most rewarding part of his job, Baruch said he enjoys socializing with customers and seeing the smiles on their faces. “That makes my day, every day.”

Babi's has a loyal cadre of customers, among them Cara Kaiserman, who has frequented Babi's since it first opened. She said she enjoys the restaurant because of how friendly Baruch is and because the food is “kosher and delicious.”

Josh Kumar, a yoga teacher at the SJCC, is also a frequent diner at Babi's – “at least three times a week.”

Kumar said he enjoys the restaurant because “the bread is amazing, Shabi is always upbeat, and it's a nice and quiet place to meet and chat with people.”

Meals from Babi's are also now available for delivery on the Uber Eats app. Baruch says the delivery menu is expected to change and get bigger in the coming months.



Shabi Baruch enjoys a quiet moment at Babi's, the kosher restaurant he runs on the second floor of the Soloway Jewish Community Centre.



Diners enjoy a meal at Babi's, the kosher restaurant on the second floor of the Soloway Jewish Community Centre.

Babi's is generally open Mondays to Thursdays from 7 am until 6:45 pm, Fridays from 8 am until 1:45 pm, and Sundays (until after the High Holidays) from 9 am until 1:45 pm. As of October

27, Sunday hours will be 8 am until 4:45 pm. The restaurant is closed on High Holidays and long weekends.

Visit www.babis.ca for menus and more information.

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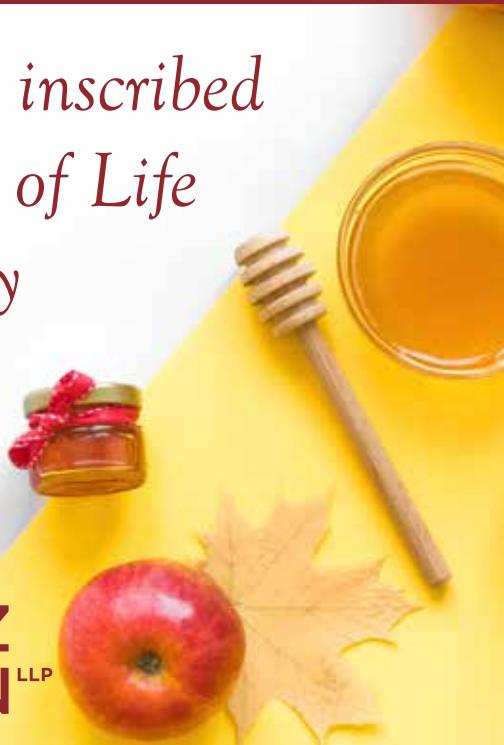
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Barbecue champs – Organizers Marcia Cantor (far left) and Rabbi Menachem Blum (far right) with Team Irving Rivers – (from left) Michael Osterer, Aaron Smith, Jordan Holley and Josh Brantz – the grand champions of Canada's first Kosher BBQ Cook-Off, held September 8 at Ottawa Torah Centre.

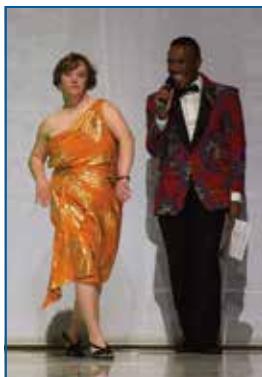


Ethiopian dinner – An Ethiopian dinner with traditional Ethiopian music was held August 25 at Congregation Beit Tikvah of Ottawa. Among those enjoying the feast were (standing, from left) Aberra Minywab, Getinet Wubet, Aklilu Afowark, (seated, from left) Ejigayehu Mekonen, Anguach Minywab, Yirgalem Hayley and Sarah Aklilu.

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Age 9-12

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Topics include: street smarts and bike safety, internet, kitchen safety, home fire safety, preventing accidents, emergencies and basic first aid. Parents are asked to attend the last 15 minutes of the class with their child.

- Sunday, September 22
- Sunday, November 3
- Sunday, February 23

9:00 am – 4:00 pm
\$75 SJCC Members • \$85 Non-Member

Red Cross Babysitting

Age 11-14

Learn to create and manage a babysitting business and to supervise siblings and other children in a safe and responsible manner. Aspiring babysitters learn basic first aid skills. Participants must be present for the entire course to become certified.

Topics include: Finding clients and earning money, caring for children of all ages, creating safe environments and preventing accidents, fire safety, what to do in an emergency, leadership skills, basic First Aid skills.

- Sunday, October 6
- Sunday, December 15
- Sunday, March 1

9:00 am – 4:00 pm
\$85 SJCC Members • \$95 Non-Member

My Safe Life

Age 7 – 9

A personal safety program created for the child that uses traditional gaming and digital media. Learn life skills that keep kids safe and help them make respectful decisions in their everyday lives. Children will take home a manual and a certificate of participation.

Topics include: A child's right to safety, tricky people/inappropriate adult behaviours, safe strangers and strangers to avoid, bullying prevention, basic self-defence, building strong communities (respect, kindness, and manners) and more.

Sunday, November 24
9:00 am – 4:00 pm
\$75 SJCC Members • \$85 Non-Member

Digital Superhero

Age 8 -11

An interactive seminar using the SMART model to empower kids with a super digital mindset. Learn about safeguarding your identity, how lurking predators use common apps and game features, how to avoid being a target, protect your online reputation and how to deal with cyber-bullying. Each student receives a certificate for completing the course and parents are given access to the Cyber Smart parent portal. Parents are asked to attend the last 15 minutes of the class with their child.

Sunday, January 19
8:30 am – 12:30 pm
\$65 SJCC Member • \$75 Non-Member

NEW! Digital Survival Training

Age 12 – 14

Teens love this screen free workshop full of interactive challenges designed to teach cyber safety awareness. How do we protect ourselves from online predators, how do we effectively build resiliency while dealing with cyberbullies, what are legal ramifications when sharing intimate images? Each participant earns a certificate of completion and parents are given access to the Cyber Smart Portal. Parents are asked to attend the last 15 minutes of the class with their child.

Sunday, January 19
1:00 pm – 5:00 pm
\$65 SJCC Member • \$75 Non-Member

Safety Tree is dedicated to providing engaging safety education to children, youth and adults with developmental disabilities.

Participants must be the minimum age within 6 weeks of the class and must be in attendance for the entire length of the class to earn a certificate.

Register now at jccottawa.com

For more information contact SJCC Youth & Teen Program Manager Gail Lieff, glieff@jccottawa.com (613) 798-9818 ext. 303

Rabbi Shimshon Hamerman returns to Adath Shalom for High Holidays

BY PAUL ADLER
ADATH SHALOM

Rabbi Shimshon Hamerman is joining Adath Shalom Congregation once again as our spiritual leader for this year's High Holiday services.

Since retiring from his position as the director of education at the Bronfman Jewish Education Centre in Montreal, Rabbi Hamerman has been working at various projects in Montreal which have added to his diverse teaching experiences. He has been preparing pedagogical methodology for École Maimonide, writing an Israel education curriculum for Bialik High School, and perhaps most interestingly, has been helping to prepare educational materials for the Chassidic community.

In addition to his career in Jewish education, Rabbi Hamerman was the cantor at Congregation Tifereth Beth David Jerusalem in Montreal for 21 years.

Rabbi Hamerman recently led ser-



Rabbi Shimshon Hamerman Universalism and Particularism during his High Holiday sermons at Adath Shalom Congregation.

vices at Adath Shalom, where he taught new melodies for Shabbat services and did an analysis of Naomi Shemer's classic song, "Jerusalem of Gold." His children's services are always greatly

appreciated, and we anticipate that this year will be no different.

He will also return to Adath Shalom to lead a Shabbaton on: Did God really write the Bible? What does it mean if yes? And what does it mean if not?

Rabbi Hamerman is a consummate educator. His knowledge of Jewish ethics and values is firmly based in an in-depth knowledge of biblical and Talmudic texts, yet he is able to relate at both a cultural and spiritual level with both practicing and secular Jews. His down-to-earth presentation style, peppered with a vast store of practical examples and humour will inspire everyone.

Rabbi Hamerman will deliver three sermons and conduct two classes during the High Holidays and he will have running comments throughout the services, helping to provide context and meaning. His sermons will address:

- Universalism and Particularism. Do we identify as Jewish first, or as part of humanity? Why be Jewish?

- How is Universalism and Particularism reflected in the liturgy? Does the liturgy of the High Holidays primarily address our humanity or our Jewishness?
- Birth and Rebirth as a High Holidays message. Are the High Holidays about justice and punishment or are they about birth and rebirth?

Rabbi Hamerman's classes will address:

- Hineni. Abraham's image as reflected in the narrative of the Akeida (the Binding of Isaac).
- Kaddish. So central; so many versions; so many musical themes. A prayer for the living or the dead?

Adath Shalom Congregation's High Holiday services are egalitarian and welcoming and will be held in the social hall of the Soloway Jewish Community Centre. To join us, please consult the High Holidays membership information on the Adath Shalom website at www.adath-shalom.ca.

Resolve to increase your JQ with JET

BY DANIELLE ALTONAGA, JET

Rosh Hashanah is traditionally a time of self-reflection, a time to make resolutions for a better year. This year, make a resolution with lasting impact. Resolve to increase your JQ (your Jewish IQ) by attending a class or program with JET (Jewish Education through Torah)!

JET offers many exciting opportunities for anyone who is interested in enriching their Jewish life. Those who attend Wisdom through Talmud or Beis Medrash Nights at Beit Tikvah or Young Israel will have the chance to fine tune their analytic skills under the mentorship of Rabbi Michael Altonaga.

For text study and fascinating discussion of the stories of the Chumash, classes like Bible Basics or Dive into Torah are given by Lauren and Rabbi Zischa Shaps respectively and held regularly at the Soloway Jewish Community Centre. Those who attend come from a variety of ages and backgrounds. Best of all, no Hebrew or prior knowledge is

required to follow the conversation.

For those living in or near Alta Vista, Rabbi Michael and Danielle Altonaga host Shabbat meals, the Chocolate Circle, and Saturday Night Schmooze in their home.

Young adults in their 20s and 30s from all over Canada meet up regularly at the Glebe Shul where Rabbi Kasriel and Pessie Gewirtzman host regular Shabbat dinners, holiday parties, and classes, as well as launching a new program, BLT: Breakfast, Learning and Tefillin.

"What the Glebe shul and JET has and continues to provide for us is immeasurable. JET and the Glebe Shul is interwoven into the fabric of our family life," says Justin Levine.

This year, resolve to incorporate Jewish learning into your life with JET. Feed your soul, ask those big questions, meet new people, make new friends, and celebrate your Jewish heritage. Connect with your Jewish community and with yourself!

For more information, visit www.jetottawa.com or contact JET at info@jetottawa.com or 613-695-4800.

Café Menorah: Fostering community and nutritious meals for those in need

BY MAYER ALVO
CAFÉ MENORAH

We are pleased to announce the launch of Café Menorah, a monthly free meal program for those in our community experiencing financial hardship which often compromises healthy eating. This collaborative initiative, supported by the Jewish Federation of Ottawa together with Jewish Family Services of Ottawa, and hosted at Hillel Lodge, is designed to provide a nutritious meal to those in need while fostering a sense of community.

In a three-month pilot program, monthly meals will be hosted at Hillel Lodge on October 24, November 14 and December 10 between 5:30 and 7 pm.

As a new collaborative program, Café Menorah will complement other important support programs that our community currently offers

by providing a nutritious meal along with an opportunity to engage members of our Jewish community and foster community connection.

The inspiration behind this pilot program is came from a similar program sponsored by Federation CJA in Montreal. The program, established 10 years ago, attracted 300 participants, including many recent immigrants, experiencing financial hardship, loneliness and isolation.

To be successful, the program will require individual and corporate funding to offset the cost of the food, as well as community volunteers to help serve the meals. To learn more about the program or to volunteer, contact Mayer Alvo at cafemenorah@gmail.com or 613-729-8222.

Tax deductible donations may be made at www.tinyurl.com/cafemenorah or by calling Jewish Family Services of Ottawa at 613-722-2225.

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Na'amat provides school supplies for kids in shelters

BY DANIELLE SCHNEIDERMAN
NA'AMAT OTTAWA

For many families, back to school is an expensive time of year. For others, it is financially impossible. School Supplies for Kids has been an annual project run by Na'amat Ottawa for 20 years. This charitable project provides backpacks filled with school supplies to more than 170 children who are being cared for in Ottawa region domestic violence shelters.

One might ask why there is an urgent need for crayons, pencils, rulers and notebooks at a domestic violence shelter.

Typically, battered women and their children arrive at shelters with little or no money and very few possessions. Many arrive with just the clothes on their backs. These moms and kids leave everything behind in the hopes of starting a new life and the children have to enter new schools for safety reasons. This experience alone is stressful and having no school supplies just adds to their anxiety.

The project in Ottawa has grown

from providing 15 basic bags to a project allowing 170 children to receive a multitude of supplies in new backpacks. This growth is thanks to major sponsors who have generously provided grants for the project over the years. The Ottawa Community Foundation is the major sponsor this year and support has also come from local corporate and individual donors which allowed Na'amat Ottawa to continue this important community program.

Na'amat volunteers purchase supplies and prepare a variety of packs geared to school age children. This ensures that the supplies for kids from elementary through to high school will match age-appropriate requirements. On packing day in late August, volunteers get to meet representatives from the shelters as they hand off the backpacks.

Na'amat, translated as "movement of working women and volunteers," is a registered Canadian charity and part of a worldwide progressive Jewish women's organization dedicated to improving the quality of life for women, children and families in Canada and Israel since 1925.

For more information on the School



Na'amat Aviva Chapter volunteers (from left) Anna Bilsky, Maria Rubin and Marian Lederman pack school supplies for Na'amat's School Supplies for Kids project.

Supply for Kids Project and Na'amat Ottawa please visit our website at

www.naamat.com or contact us at ottawa.info@naamat.com.

Federal government will appeal court ruling against West Bank wines

BY DAVID LAZARUS

(JTA) – The federal government said it would appeal a federal court ruling that wines made in the West Bank cannot be labelled a "Product of Israel."

A July 29 ruling by the Federal Court of Canada said that Psagot and Shiloh-brand wines made in Jewish-controlled parts of the West Bank were not Israeli since the territory is not considered part of Israel by the international

community.

Calling the wines Israeli products is "false, misleading and deceptive," the Federal Court said.

Canada's Consumer Packaging and Labelling Act requires that food products, including wines, which are sold in Canada "bear truthful, non-deceptive and non-misleading country of origin labels."

The Canadian Jewish News reported

that the government's decision on September 6 to appeal the Federal Court ruling was based on the Canadian Charter of Rights and Freedoms and other issues.

The case goes back to 2017, when the Canadian Food Inspection Agency ordered the Liquor Control Board of Ontario to pull bottles of wine made in Psagot and Shiloh off provincial shelves but then reversed the decision.

Winnipeg pro-Palestinian activist

David Kattenburg then went to court to press the issue, resulting in the July ruling.

Jewish groups are confident that the federal government's appeal will succeed.

"It is our expectation that the Federal Court of Appeal will overturn the lower court's decision," said Shimon Koffler Fogel, CEO of the Centre for Israel and Jewish Affairs.

Shana Tovah

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AJA 50+
Active Jewish Adults 50+

We wish the entire community a healthy, meaningful and sweet 5780

May it be a year filled with exciting programming!

visit: www.aja50plus.ca

High Holiday Feature

Five suggestions for your family's Rosh Hashanah



SMITH COLLECTION/GADO/GETTY IMAGES

An apples and honey test is one way to make a joyous and lasting Jewish New Year's celebration.

BY BEATA ABRAHAM

(JTA via Kveller) – I can't help but wonder why Hallmark and the retail world at large haven't co-opted the Jewish New Year. True, while there may "only" be some five million to seven million Jews in North America (depending on who's counting), Rosh Hashanah is a particularly important holiday on the Jewish calendar.

Many Jews spend Rosh Hashanah at synagogue immersed in prayer, self-reflection, repentance, kicking off 10 days of "awe." But it's a family holiday, too, usually celebrated at home with a big family dinner.

So why aren't there any light-up shofars or tasteful Happy New Year banners to be found leading up to the big day?

But fear not. In lieu of tacky, ready-made accoutrements, you can design your own Instagram-worthy Rosh Hashanah celebration. Keeping in mind that the goal is to create joy and lasting memories, I have tried and tested a few ideas to make your Rosh Hashanah celebration personal and memorable.

CONDUCT AN APPLES AND HONEY TASTE TEST

Not all apples – nor honey – are created equal. So here's a fun way to see which varieties your family really prefers. Procure as many types of honey as you can (but remember, this is not a reality cooking show, so don't go crazy). Put out a variety of sliced apples to dip and create your own voting method, too. For a bit of extra flair, add a blindfold. The honey with the most votes will receive the honour of the blessing for a sweet new year.

CREATE A ROSH HASHANAH CRAFT MUSEUM

Remember all those New Year's crafts your kids brought home over the years from Sunday school or day school? It's time to unearth those boxes filled with clay honey pots, handcrafted Happy New Year cards and paper apple mobiles. (Bonus points if you can excavate the childhood Rosh Hashanah relics from your own youth.) And if kids never made them – or if you tossed them years ago – you can always make new Rosh Hashanah crafts, like a honey jar or shofar. Cluster these items in a special museum-style display for all to enjoy. Heart strings will be tugged, guaranteed.

THROW A BIRTHDAY PARTY FOR THE WORLD

Rosh Hashanah is not just a Jewish holiday. According to the Talmud, it is the birthday of humankind and the world. Considering that the universe is a pretty significant creation, some special treats to commemorate this day hardly

It's a family holiday, too, usually celebrated at home with a big family dinner.

seem like too much effort. Whether you celebrate with a spherical cake frosted to look like planet Earth or a candle on a single cupcake, or even just a Happy Birthday banner, let it spark a conversation about what each individual's part can be in making the world a better place – the ultimate birthday gift.

MAKE A ROSH HASHANAH TABLESCAPE

If you are overwhelmed just thinking about setting an elaborate table for the holiday, just remember that you are going to want to eat at some point, so it might as well be at a striking and impactfully set table. But that doesn't mean an overwrought one. Small touches can go a long way, like an apple-print tablecloth; a few carefully placed honey or bee-themed items; a decorative tray filled with apples and pomegranates; a shofar as centrepiece. Tip: Use your imagination, not Google.

SPARK MEANINGFUL CONVERSATION WITH REFLECTION CARDS

Rosh Hashanah is a mini workout for the soul, so you should probably break an existential sweat self-reflecting, soul-searching and resolution-making. Like any good workout, it will transform, strengthen and fortify you for navigating your daily life in the year to come.

Write some open-ended questions on cardstock, and arrange them on your table for your family or friends to select and answer aloud. Some examples: What were your biggest mistakes over the last year? Greatest achievements? What brought you the most joy? Which moments felt deeply meaningful? What have you resolved to do differently next year?

What you write is up to you – just make sure that each question can be answered by a responder of any age, and keep in mind that Rosh Hashanah is not just about looking backward but is an opportunity to look forward as well.

I hope you will use one or all these ideas to set the stage for a sweet and meaningful New Year. And, full disclosure: While they are undoubtedly fun, none of these ideas will absolutely guarantee that you will be written in the Book of Life – but they may get you featured in Martha Stewart Living.

Beata Abraham director of education at a Reform temple in Columbus, Ohio.

CHW Children Healthcare Women

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To Life! AJA 50+ celebrates chai anniversary

BY ERIC VERNON
AJA 50+

On anniversaries we reflect on the memories of yesterday, revel in the accomplishments of today and dream the hopes of tomorrow. This is particularly appropriate this year for Active Jewish Adults (AJA) 50+ as we celebrate our “chai” anniversary, an 18-year life of service to the Ottawa Jewish community.

In 1999, Ruth Levitan, Cecily Bregman, Estelle Gunner and the late Teena Hendelman – who had served on Jewish Family Services of Ottawa’s seniors’ task force – canvassed the community’s interest in a grassroots, volunteer-run association for Jewish seniors.

“There was a vacuum in Jewish Ottawa for seniors programming but we had retired community members with great skill sets eager to volunteer,” recalled Levitan.

The women spearheaded community-wide consultations that generated excitement and resources. Ottawa’s Jewish seniors endorsed an organization geared toward their demographic for low-cost social, recreational, educational and health-related programming.

By autumn 2000, the formal structure of Active Jewish Adults 50+ began to



AJA 50+ volunteers gather at the Orchard View Wedding and Event Centre, June 12, for the Annual Celebration of AJA 50+ Volunteers.

ANNETTE PAQUIN

emerge and the organization was founded in 2001 with Levitan as founding president, working closely with the “three brilliant women” from the task force.

AJA 50+ soon established Creative Connections for cognitively-well, physically-able “senior” seniors. Now partnered with the Soloway Jewish Community Centre, Creative Connections offers an all-day social, cultural and recreational program for mind, body and soul.

AJA 50+ has gone from strength to strength, epitomizing the observation of philosopher Will Durant, “We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

Over time, AJA 50+ developed this habit of excellence.

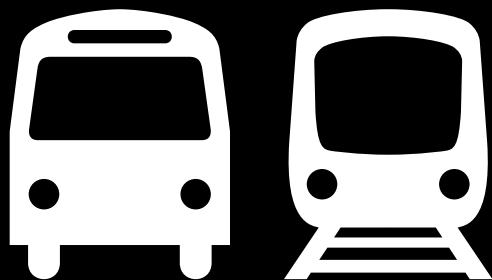
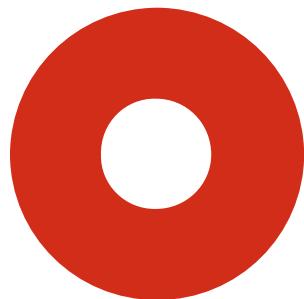
With a board of directors and two staff professionals, but operating as a grassroots association, AJA 50+ has become the address for active retirees to volunteer, network and apply their skills and experience in new ways.

The lifeblood of AJA 50+ has been outstanding programming. From weekly programs like mah jongg and scrabble to concerts, Jewish movies, art gallery visits, walking tours, nature hikes, and lectures on numerous topics, there has been something for everyone, including two extraordinary trips to Israel.

AJA 50+’s chai anniversary reflects the theme of “life”. Its nearly 400 members regard AJA 50+ as a quality-of-life organization that provides a year-round home for making friendships, staying active and working the mind.

AJA 50+ is also a lifeline to the community at-large for seniors to enjoy Jewish life in a secular setting and connect to the Jewish family of Ottawa.

AJA 50+ looks forward to building upon our 18-year foundation and working toward future success. AJA 50+ invites you to join and turn the dreams of tomorrow into reality. Visit www.aja50plus.ca for more information. To life!



YOUR ROUTE IS CHANGING OCTOBER 6

On October 6, OC Transpo’s bus network will undergo major changes. These changes will align bus service with the newly opened O-Train Line 1. Most customers and routes will be affected.

Please check the Travel Planner at octranspo.com/plan



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Ottawa Jewish Community School graduates Abby Shmorgun (left) and Emma Todd are former Camp Gan Israel of Ottawa campers who returned as junior counselors in 2019.

Camps have strong, successful season

Continued from page 19

“giving the kids a summer of a lifetime.”

Camp Gan Israel is a part of a group of Chabad summer camps, with branches around the world.

Caytak said the day camp, which runs for five weeks, allows children to participate in numerous activities in a Jewish environment, such as sailing, karate, boating, dance, crafts, and – new this year – archery.

Caytak said Camp Gan Izzy places a strong emphasis on swim lessons, and the camp ends every year with swim show, where kids are able to show off the skills they have learned over the summer.

Camp Gan Israel’s camp counsellors

come from all over the world and this year included counsellors from Florida, Nevada, Colorado, Guatemala and Costa Rica. Caytak said the counsellors’ involvement with camp “doesn’t just end at 4:00.” Through the “Goodnight Gan Izzy” program, counsellors visit different campers’ homes to read them a bedtime story, say an evening prayer or participate in crafts with them.

Caytak said for next year, Gan Israel is considering bringing the older kids on an overnight camping trip to Algonquin Park to learn new outdoor skills.

Caytak said Camp Gan Israel gives kids a “healthy sense of who they are, and allows them to feel proud to be Jewish.”

Thank you to our members, donors and friends for another successful year!

Wishing the entire Jewish community Shana Tova - Happy and Sweet New Year

Help make a difference this Rosh Hashana for the women, children and families in Israel.



For information on how to get involved contact naamat@naamat.com or call 1-888-278-0792

In new book, Obama speechwriter Sarah Hurwitz goes on a Jewish journey

BY ALIX WALL

When Sarah Hurwitz was working as a senior speechwriter for U.S. president Barack Obama, and later as head speechwriter for Michelle Obama, she often was assumed to be a good source of knowledge about Judaism.

Except Hurwitz wasn't.

She had grown up nominally Reform. And after her bat mitzvah, Hurwitz felt her relationship with Judaism was pretty much over.

"I don't think I'm the only Jew who has viewed Judaism as if it were a distant relative whom I loved in a vague familial way and was required to see a few times a year but had no desire to get to know further," Hurwitz wrote in her new book, *Here All Along: Finding Meaning, Spirituality, and a Deeper Connection to Life – in Judaism (After Finally Choosing to Look There)*.

Almost on a whim, Hurwitz decided to take an Introduction to Judaism class, supposing there were worse ways to spend her precious free time.

Being reintroduced to Judaism as an adult made Hurwitz curious to know what else she had missed out on – so much so that for the next five years she embarked on a spiritual journey of sorts. Figuring there were many others like her, Hurwitz resolved to write a book to explain to her fellow disaffected Jews what they've been missing.

"In that class, I was exposed to Jewish ethics and all of this really profound and insightful and wise thinking about what it means to be a good person," Hurwitz said in an interview. "I was exposed to Jewish spirituality and theology, which is incredibly sophisticated and moving and thoughtful and was so much more resonant with me than anything I had heard previously."

Being a Jew who didn't come from a strong Jewish background makes her story relatable to readers, Hurwitz said. She takes readers through her discovery of canonical Jewish thinkers like Mordecai Kaplan and Martin Buber, along with a wide range of contemporary figures whose books she read, including Rabbi Jill Jacobs, director of T'ruah-The Rabbinic Call for Human Rights, and Jewish ethics expert Rabbi Joseph Telushkin.

"In five years of intensive exploration, I spoke to such a wonderful range of people," she said. "I love the diversity of those who have mentored me. I got such a tremendous range of perspectives."

Concomitantly, Hurwitz's own Jewish engagement deepened. She experimented with observing Shabbat. In 2015, she travelled to Israel with REALITY, a week-long leadership journey run by the Charles and Lynn



For Sarah Hurwitz, an introductory course launched an exploration of Judaism.

Schusterman Family Foundation for "highly influential thinkers and trailblazers" that aims to "ignite their ambition to change the world." She also was recently named a Schusterman Fellow, which Hurwitz describes as "a phenomenal leadership development program for creating Jewish leaders."

Most notably, she said, her Jewish learning impacted how she treats others.

"The mitzvot include not just ritual practices, but also ethical ones," Hurwitz said. "My Jewish practice has very much deepened around those – how I use my speech, how I treat others, how I understand my commitments to those in need. I now see all of that and much more through a Jewish lens, and that affects the way I act on a daily basis."

Because her book is about Judaism and not a memoir about her time in the White House from 2009 to 2017, neither politics nor the Obamas get much play. Hurwitz, a graduate of Harvard College and Harvard Law School, also worked on Hillary Clinton's 2008 presidential campaign and wrote speeches for candidates John Kerry and Wesley Clark during the '04 presidential campaign.

But one anecdote about her work with the first lady shows how universal some themes in the Torah can be.

"One of the key animating insights of the Torah and all of Judaism, really, is that we are all created in the image of God," Hurwitz said. "What this phrase means is that we're all worthy, totally equal and completely unique."

When Hurwitz first came across that concept in the Torah, it occurred to her that it wasn't new to her at all, but rather "the animating idea of almost any speech I've written in my life."

She specifically remembered how it figured into a speech that Michelle Obama gave about girls' education.

"I wrote about girls in other countries who don't have the opportunity to go to school, and that each one is infinitely worthy and equal to any other girl and has something amazing to offer," Hurwitz said.

Quite early in her journey, Hurwitz attended a Jewish meditation retreat, where she had a transformational moment about her concept of God.

"Before that retreat, I had assumed that Judaism says that God is a man in the sky who rewards and punishes us, and with that as my only God option I was an atheist," she said. "But on this retreat, it was the first time I was exposed to Jewish conceptions of God that were a lot more sophisticated. I was exposed to Chasidic thinking, which talks about God not as a being in the sky but as everything, as the source of all life."

In a section of her book on how to pray, Hurwitz admits her own discomfort with some of the language in Jewish liturgy, such as the line in the evening prayer, Maariv [the prayer is the Maariv Aravim. The whole evening service is Maariv]: "Praised are you, Adonai our God, Ruler of the universe, who speaks the evening into being, skillfully opens the gates, thoughtfully alters the time and changes the seasons and arranges the stars in their heavenly courses according to plan."

It makes "God sound like a cross between an MC, an experienced doorman and a professional event planner," she wrote.

Quoting Hadar Institute CEO Rabbi Elie Kaunfer, Hurwitz advises readers to learn enough about each prayer to wonder what it could possibly mean for them. She also advises that scripted communal prayer is not the only way to pray.

"Meditation is a Jewish spiritual practice, as is unscripted personal prayer," she said. "We also have a beautiful blessing practice, with constant wake-up calls to be grateful for the daily blessings we have."

שנה טובה
ומתוקה



Congregation Beit Tikvah of Ottawa
wishes you and your loved ones
a Shana Tova U'metuka!



Temple Israel announces Sunday afternoon concert series

BY ALLAN SILBURT
FOR TEMPLE ISRAEL

Temple Israel is proud to announce the lineup for our 2019-2020 Sunday afternoon concerts. The five concerts range from an original klezmer-inspired silent film score to classical chamber quartets, jazz and more. The concerts welcome local chamber ensembles as well as visiting musicians.

Many of our concerts feature connections to our Jewish roots through composer, performer or genre. Music seldom heard before in Ottawa will be included. Tickets prices start at \$20 general admission for a single event and include discounted series subscription offers with reserved seats. All concerts will take place at Temple Israel on Sundays at 2 pm.

November 3 – “The Ancient Law” with violinist Alicia Svigals and pianist Donald Sosin.

After a sell out performance of “The Yellow Ticket” in February, we are thrilled to welcome back New York-based Alicia Svigals, a co-founder of the Klezmatiks. Alicia and Donald will perform her original score to the screening of the 1923 silent film, “The Ancient Law.” The film tells the story of the son of a shtetl rabbi

who leaves his home to pursue his dream of becoming a stage actor in Vienna at the turn of the 20th century.

December 1 – “On Wings of Song” with violinists Yosuke Kawasaki and Jessica Linnebach, violist Jethro Marks and cellist Paul Marleyn.

We also welcome back this all-star Ottawa-based chamber ensemble featuring works by Erwin Schulhoff, Felix Mendelssohn and Samuel Barber.

December 15 – “Cellobration – From Baroque to Rock and Roll” with cellists Chloe Dominguez, Paul Marleyn, Daniel Parker and Raphael Weinroth Brown.

This will be a treat for cello lovers. These musicians have put together a really fun program of short pieces arranged for four cellos that span the spectrum from Bach to Metallica with various stops along the way.

March 29 – “Hot Club Jazz” featuring Justin Duhaime’s Gypsy Muse (guitarists Justin Duhaime and Nabil Yashi, bassist Normand Glaude with special guest violinist William Lamoureux).

Take yourself back to Paris in the 1930s when the famous Hot Club featured the likes of violinist Stéphane Grappelli and guitarist Django Reinhardt. That’s the feel of this band. Jazz



Cellist Paul Marelyn will perform at Temple Israel concerts on December 1 and 15 with different ensembles.

on these acoustic instruments has a unique sensibility that is fun, soulful and always accessible to ears less familiar with jazz. The performance is sure to have your foot tapping.

April 19 – “Music of the Diaspora” with cellist Nina Gordon and pianist Dina Namer.

This program will feature rarely performed classical works by Jewish composers Mario Castelnuovo-Tedesco, Paul Ben-Haim, Freidrich Gernsheim

and Pancho Vladigerov. Much of the program is derived from the research of cellist Nina Gordon, who is on the music faculty at Illinois Wesleyan University, and Ottawa-based Dina Namer, who teaches piano at Queens University. Both are featured soloists at Temple Israel’s High Holiday services.

For more information visit www.templeisraelottawa.ca/concerts or contact concerts@templeisraelottawa.ca or 613-224-1802.



HAPPY NEW YEAR

Chag Sameach from Amica Westboro Park.
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How should Jews treat each other?

BY MARCY OSTER

JERUSALEM (JTA) – Despite our differences, Jews around the world have remained bound together by a shared history, by the Torah and by our core values, Israeli President Reuven Rivlin told Jewish thinkers from around the world.

The 30 scholars and activists met this month in Jerusalem to hammer out a Declaration of Our Common Destiny, meant to start a worldwide discussion about the shared values and principles by which world Jewry will treat, support and engage one another.

The project is a joint initiative of the Genesis Philanthropy Group and the State of Israel under the auspices of Israel's president.

"The future of the Jewish people depends on three things: preserving our core values, traditions and identity; mutual respect for our differences; and mutual responsibility to each other," Rivlin said in receiving the declaration. "We must embrace our unity and our diversity. We must see our diversity not as a source of weakness, but a source of



Jewish thought leaders and activists from around the world present the Declaration of Our Common Destiny to Israeli President Reuven Rivlin, Sept. 10, 2019.

strength.

The declaration says: "The purpose of this shared vision is to strengthen and deepen unity among our People brought together by celebrating our shared des-

tiny, to endorse and enhance our common values and moral code, and ground Jewish practice in every aspect of life on a broad and commonly accepted set of principles stemming from Jewish tradi-

tion and its vision for the world."

The document calls to strengthen the Jewish people by improving security and well-being through mutual responsibility and connection, and strengthening Jewish identity. It commits to promoting ethics and morality, to being a "light unto the nations," and to help develop and improve the world.

The document will travel to Jewish communities around the world to promote discussion and an expansion of its ideas.

"We are inviting Jews living in Israel and elsewhere to join in the crafting and completion of a document as ambitious as the Declaration of Our Common Destiny because we believe doing so has the potential to excite and engage Jews of all backgrounds and worldviews," Ilia Salita, president and CEO of Genesis Philanthropy Group, said in a statement. "We know the initial draft of the Declaration will be vastly improved by the input it receives from the world Jewish community. This is Jewish crowdsourcing on a whole new level."

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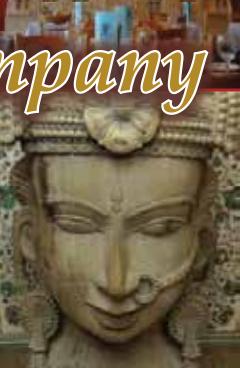
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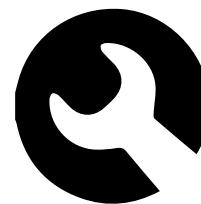
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Howard Jacobson on his new novel, British antisemitism

BY EMILY BURACK

(JTA) – Howard Jacobson is a funny writer. He has penned several comedic novels, and many commentators said his 2010 Man Booker prize-winning work *The Finkler Question* was the first humorous book to win the prestigious award for decades.

But Jacobson, one of the most celebrated authors in the United Kingdom and an outspoken liberal Zionist, has trouble finding much humour in the current state of a world dominated by politics and social media.

“People don’t get irony,” Jacobson, 77, said in a wide-ranging conversation with the Jewish Telegraphic Agency (JTA). “Because of the internet and Trump and Brexit and all that, we’re living in very non-ironical times. The mode of discourse of the moment is you say something, and I say something back, and you say something back, and we are separate, and we brutally contradict one another.”

Nevertheless, conversation is a central part of his latest novel, *Live a Little*, which was published this month. In this case, it’s conversation between Shimi and Beryl (at times called “the Princess”), two 90-year-olds who (sort of) fall in love. Shimi remembers everything, while Beryl is losing her memory.

Jacobson spoke about the novel, on the anxiety of being a British Jew in 2019, his self-definition as the “Jewish Jane Austen” and much more. The interview was condensed and edited for clarity.

JTA: What brought you to this story of these elderly folks who develop a surprising friendship, maybe romance?

Jacobson: It’s quite mysterious, really. I always do find where a book comes

from mysterious. You can trace some of these things, and some you can’t.

I suppose Shimi began as a more familiar figure for me. He’s a man who’s getting older, suffering the sorts of semi-comical ailments that beset men of that age. Shame, I like writing about, I’m very interested in shame. It’s a subject that’s been dear to my heart. I’ve always thought shame explains why I’m the kind of writer I am ... And then I got dissatisfied with it precisely because it was familiar territory. And I laid Shimi to one side and started to write some other things, and then a week or two later, I don’t know how, the Princess just appeared. She truly did appear.

How does a character just appear?

I’ve just come back from talking in Italy at the Mantova literary festival. I thought they would understand what I meant if I said she rose up from the sea of my imagination like Botticelli’s Venus. Out of the waves, she appeared. Botticelli’s Venus appeared naked on the seashore, of course. Beryl did not: She appeared swathed in her scarves and things. She was just there and I can’t account for it. ... Well, I suppose my history of talking to women, and thinking about women, and thinking about the women I’ve liked most. I have a taste for women with disdainfulness, as I have been often the object of it. I still like it. I like the way women scorn men.

Of all my characters, she is now my favourite. And I’m never going to write about anything else but 90-year-old women. From now on, that’s it. And maybe I’ve always been a 90-year-old woman.

Do you think your novels, and maybe “Live a Little” in particular, are received

differently in Britain and North America? I try not to read my reviews because it’s not healthy. But my wife passes a few good sentences by me. And I’ve just come back from Italy, where they really get it. ... Talking to an Italian audience is like talking to a Jewish audience. I felt that I was back talking to my Jewish audiences in North London or in Manchester; they smile at you and encourage you in the same way.

I’ll be very interested to see what Americans will make of it because Beryl does break some rules, which might be a bit more sacred in your country than they are in mine at the moment.

I don’t think anything is sacred in our country anymore. But maybe that’s just me.

Well, I say sacred in the sense of rigidly applied – sacred, no. Nothing’s sacred anymore ... I’ve not been to America since Trump took over, but I bet you can feel it. I bet you can feel conversation is different. Here, people just yell at one another all the time. It’s come all the way down to the street. People honk their motorcars more, cyclists drive at you, there’s a real belligerence in the air. It’s a very strange thing – quite frightening, actually, what’s happening here. What’s hard to know is whether Brexit caused it or, much more likely, is Brexit simply a symptom of something?

What’s it like being Jewish in Britain today?

Yeah, we don’t know. Yes, we worry about whether Brexit will affect Jews. I know Jews who voted for Brexit and who voted against it. ... I’m uncomfortable with Jews who voted for Brexit. But some did.

There are reasons to worry that if this goes on, the country becomes even

more restive, and as a consequence of Brexit – if and when it happens – there’s economic hardship. That’s never a good time for Jews, when there’s economic hardship, because you will always find the old tropes of Jews and money are still alive and well. They don’t go away. The other day, people invoked “Soros the banker.” And when people mention the word Soros, they don’t even have to say Jewish, it’s understated. I’m worried about that.

But most of all, and you know about all this, we’re worried about the Labour Party, which was once a home for Jews.

So where do British Jews go?

It would be nice to be rooting for the opposition, but I can’t root for Jeremy Corbyn or for Jeremy Corbyn’s party. What’s the more terrible? This is something that all the Jews I know say: What’s more terrible, Boris Johnson and his cynicism or Jeremy Corbyn and his rigid antisemitic ideology? He doesn’t think he’s an antisemite. He doesn’t call himself an antisemite, but he’s an antisemite. Everything he says, everything he does, all these predilections, all the things he doesn’t notice. It’s antisemitism. So we can’t want him to win.

I wouldn’t say it’s a perilous time for Jews, but it’s an anxious time for Jews.

Is the antisemitism people talk about in the U.K. as bad as it seems from the outside looking in?

Well, I mean, it’s not as though I go out onto the streets and fear for my life. I shouldn’t say that because I’m gonna get knifed today, but I don’t. I go around, I appear in public, I say things and I don’t get attacked for them. I’m not on Twitter, otherwise I might discover that peo-

See Jacobson on page 43



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Malca Pass Book Group: Can we do it again?

BY MAUREEN KAELL AND
ESTELLE MELZER
MALCA PASS LIBRARY

We think we can! To equal or possibly surpass last year's book reviews will be a challenge. Our book list was superb, taking us to numerous continents and various time periods. We enjoyed, we learned, we appreciated, we discussed. And we even experienced an exciting evening with the author of one of the books. So, how can we approach the heights of last year? Well, first, our hardworking book selection committee has produced another excellent list of books, some suggested by you, all highly praised by many. And, second, all of our reviewers have "wowed" you in the past. Do come and find out if we have done it again!

The book group welcomes returning and new members as well as drop-in participants. We now have 180 people on our mailing list and are proudly beginning our 29th year. Please join our enthusiastic group for consideration of acclaimed Canadian, Jewish, Israeli and international authors. Because our format is based on review and discussion, it is not necessary to read a book in advance of a review.

Meetings take place on Tuesdays at 7:30 pm at Kehillat Beth Israel, 1400 Coldrey Avenue, in the Simcha Room. Annual membership is \$15 per person or \$25 per couple. For individual sessions, the cost is \$5.

Our schedule for 2019-2020 began on September 17 with Alvina Ruprecht's review of *Washington Black* by Esi Edugyan. Upcoming sessions include:

November 12 – Gerald Halpern will review *Strangers with the Same Dream* by Alison Pick.

November 26 – Rabbi Steven Garten will review *If All the Seas Were Ink* by Ilana Kurshan.

March 17 – Kinneret Globerman will review *The Weight of Ink* by Rachel Kadish.

May 12 – Estelle Melzer will review *Dear Mrs. Bird* by AJ Pearce.

June 2 – Deborah Saginur will review *Immigrant City* by David Bezmozgis.

All book group books may be borrowed from the Malca Pass Library. For

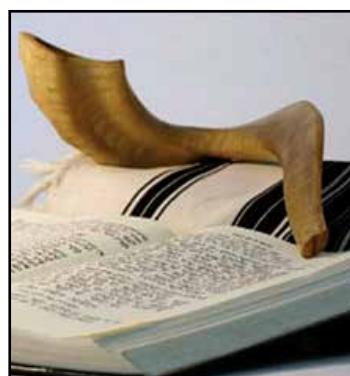
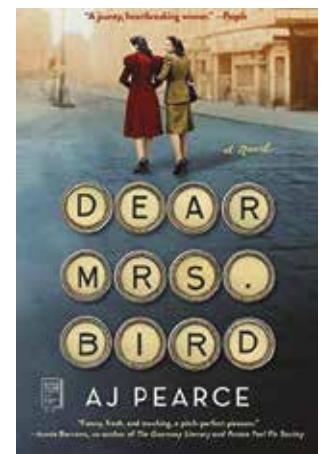
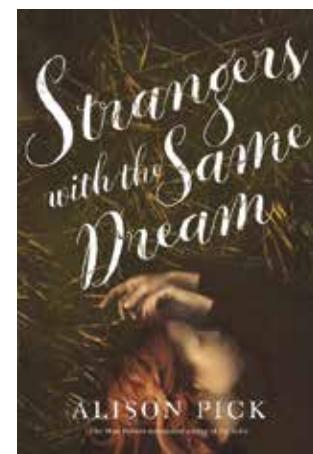
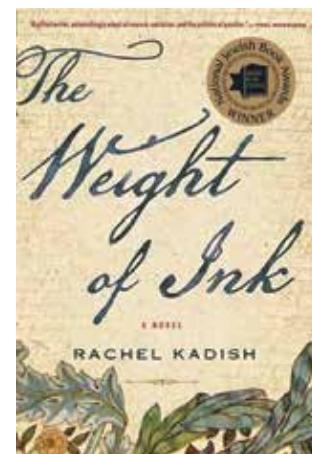
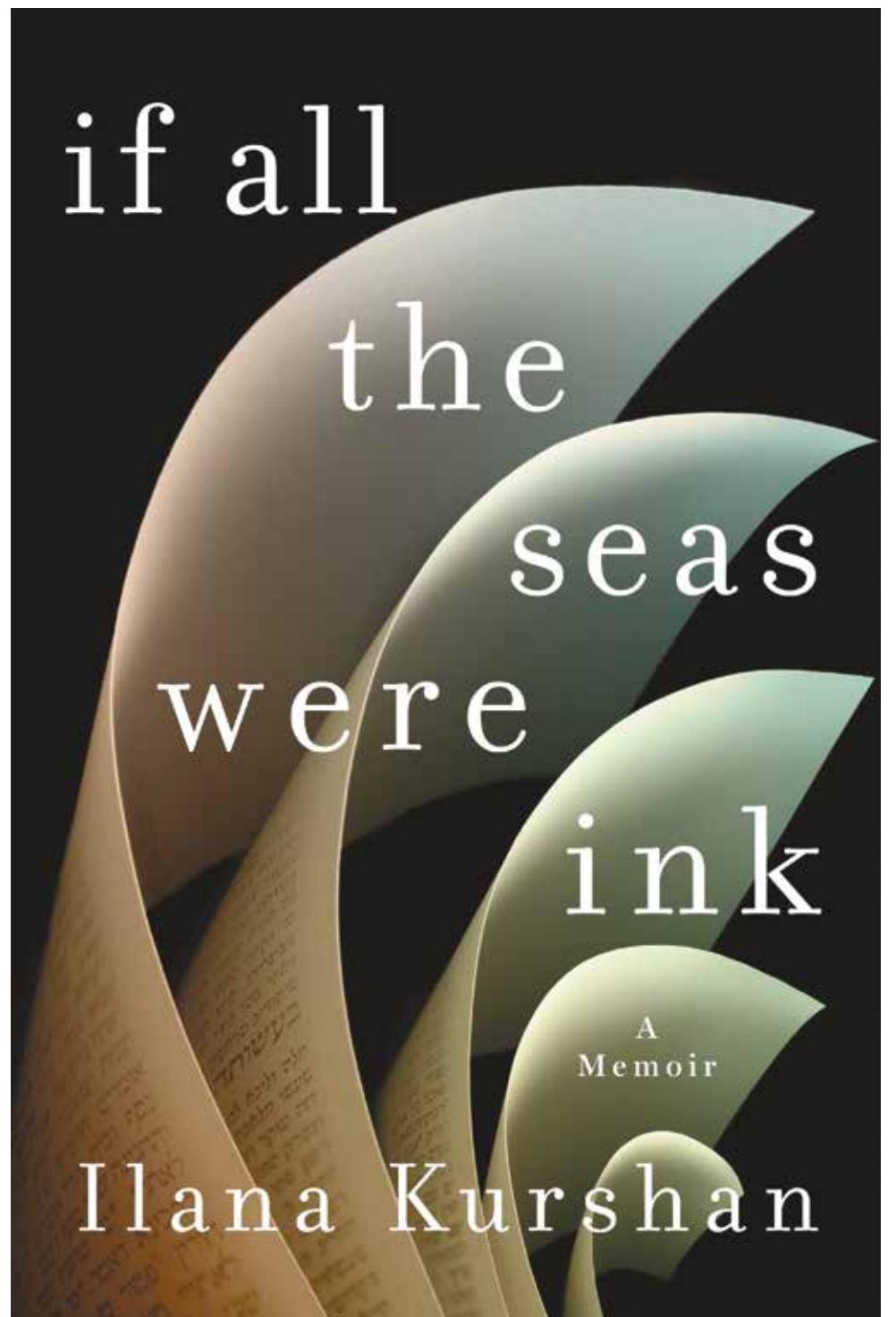
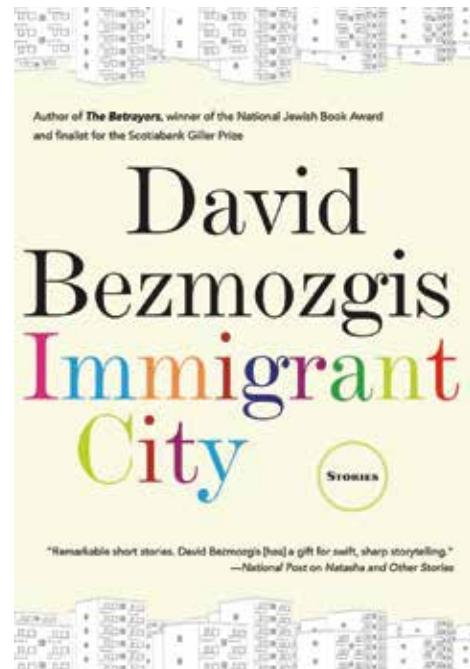
further book group information, contact Maureen Kaell at kaellmaureen@gmail.com or 613-224-8649.

The Malca Pass Library at Kehillat Beth Israel is run by a committed group of volunteers. The library is open from 10:30 am to 2:30 pm on Thursdays – and half an hour prior to each book group meeting.

To request that a book be held for you to be picked up, phone the library at 613-728-3501 during operating hours. If you are unable to come on a Thursday, ask for it to be held in the synagogue office where you can pick it up Monday-Thursday, 8:30 am-4:30 pm, and 8:30 am-2 pm on Friday.

Everyone in the community is welcome to use the Malca Pass Library, which has frequently updated fiction and non-fiction sections and an extensive collection of Jewish-themed DVDs and music CDs. Drop by, meet our volunteer and explore the wonderful collection of Judaica, Jewish content material and other works by Jewish authors.

If you would like to join our library volunteer team and donate your time for a two-hour shift once a month, contact Norma Goldsmith at nrgoldsmith@primus.ca. Help keep the treasures of the Malca Pass Library open to the Ottawa community.



*A happy
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to all my family
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Betty Baylin

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Merivale students produce a Yiddish primer

BY SHEILA HURTIG ROBERTSON
FOR CHES

Irving Osterer, an accomplished graphic designer and applied design teacher, quietly understates the significance of a project he led with the 22 students of his 2018-2019 senior graphic design class at Merivale High School.

“I’ve always had fun pushing the envelope and to be able to do a Jewish project is really, really nice,” he said simply.

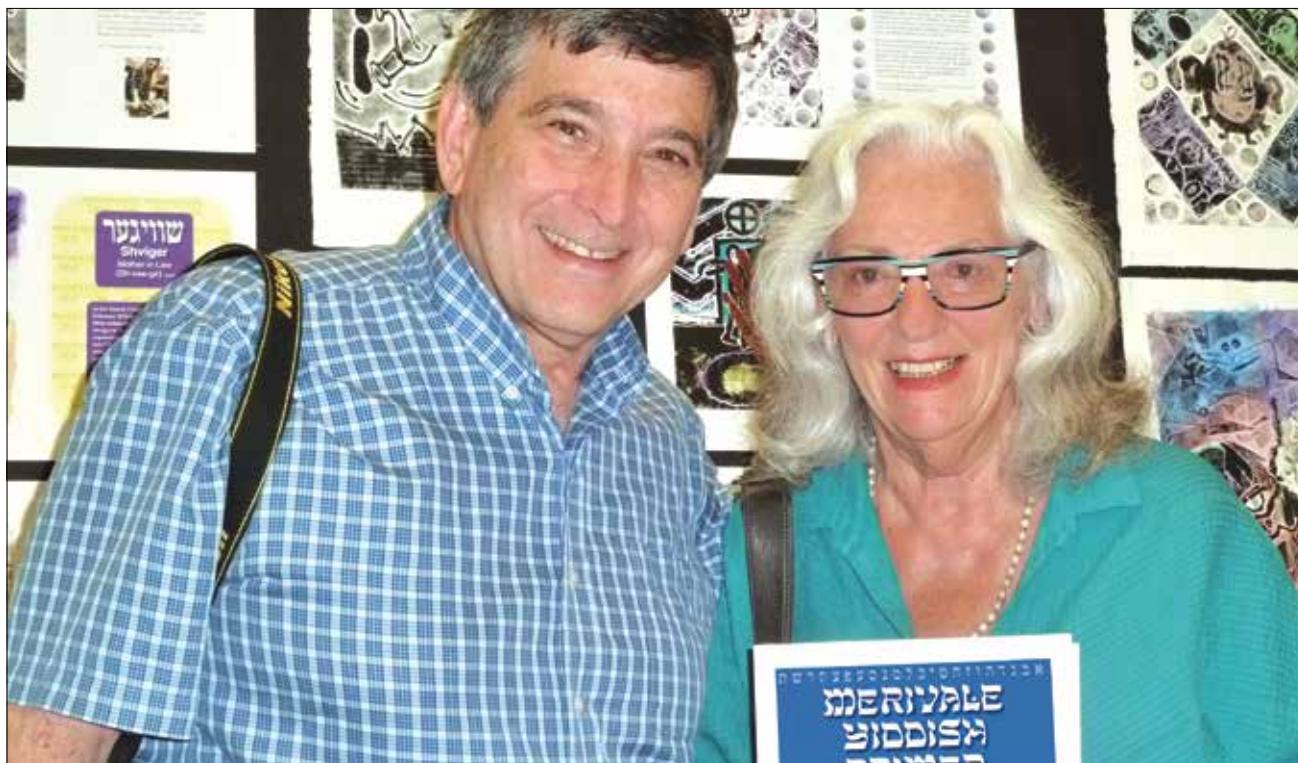
A unique publication, the *Merivale Yiddish Primer* grew out of Osterer’s infectious passion for the Yiddish language, for Jewish history, and for Jewish culture. It also reflects his upbringing by Yiddish-speaking parents and grandparents, seven years at Hillel Academy, and his in-laws, who spoke only Yiddish to each other.

To expand his knowledge, Osterer studied German at Carleton University. That, combined with his working knowledge of Hebrew, instilled a deep appreciation for Yiddish literature and culture, which had declined dramatically as a result of the Holocaust. Of the six million Jews who lost their lives, 85 per cent were Yiddish speakers. The decline accelerated after 1945 through assimilation and immigration to Israel although nowadays this trend is reversing.

Osterer, aware of the efforts being made to revive Yiddish, wanted to be part of it. After 38 years of teaching, retirement is not far off and so it was timely to realize his long-held desire to create a Yiddish primer.

“I am always looking for projects that will give my students a competitive advantage when they apply for design programs and I’ve made it a point to assign one project that combines a graphic solution with text in a language other than English,” he says. “The *Merivale Yiddish Primer* is an extension of that thinking. I want to foster pride and raise awareness. I think it makes the students stronger Canadians and encourages a belief in inclusion.”

Osterer explains that accessing the internet facilitated the primer’s development. He created an extensive lexicon of Yiddish words, expressions, and idioms – “gelt,” “gey gezunterheyt,” “schvitz,” and “fresser,” for example – that could easily be illustrated. To his surprise, some students recognized certain words, not realizing they are Yiddish.



Merivale High School applied design teacher Irving Osterer with Sheila Hurtig Robertson holding a copy of the *Merivale Yiddish Primer*, at the Merivale Art Show, June 7.

“Yiddish has crept into the vernacular because of the efforts to keep it alive,” he said, adding that the most recognized word was “tuchus,” apparently used regularly by rap artists and on talk shows.

He assigned each student a Yiddish word to illustrate. They created collograph plates that were inked and printed and learned to use the Quark Xpress glyph palette to access the characters in the Yiddish font. They were also given a short lesson on how Yiddish is read from right to left and were provided a sample page with the correct Yiddish spelling for their chosen word. Once completed, the illustrations were scanned, retouched, and imported into the layout. Then the students searched the internet for anecdotes to complement their illustrations.

“It was a very practical exercise because, as I told the students, if you’re going to make a living as a graphic

designer, you will likely have to deal with languages other than your own,” said Osterer, who has worked on design projects in Hebrew, Arabic, German, and Russian.

“Prior to this project, I had never heard of Yiddish,” said student Parker Stewart. “However, I have heard Yiddish words and phrases my whole life. Words like ‘klutz,’ ‘schpiel,’ ‘schlep’ and ‘schmooze’ are so prominent that it is weird Yiddish is not more known. I chose *hak mir nit kein chinek* (don’t knock a teakettle) as my expression because I think it’s hilarious. I wish we had a phrase like that in English.”

Recognition of the importance of Osterer’s dedication to diversity and inclusion reaches beyond Merivale High School.

“He is truly a testimony to what good teachers can accomplish,” said Mina Cohn, director of the Centre for Holocaust Education and Scholarship (CHES), which has often benefitted from his creativity. “Viewing the illustrations on display at the school’s annual art show was so moving that we have invited Irv to display the artwork at the CHES’ Second Generation Symposium to take place on November 17 at Kehillat Beth Israel.”

Osterer is gratified that his students “have come away with a really good learning experience. We have to do more of this; it’s not a task that ends. And every student who contributed to the *Merivale Yiddish Primer* will show it to at least two other people. As they grow older and travel, they will hear more Yiddish expressions, and it will strike an important chord.”

Wishing you a
very healthy and happy
Rosh Hashanah!



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Warm wishes to you and
your family for a happy
Rosh Hashanah

Andrea Freedman



Rosh Hashanah Recipes

Five gorgeous Rosh Hashanah recipes from Israel's top chefs

BY JESSICA HALFIN

Rosh Hashanah menus, while traditional and delicious, can also get a little stale year after year. With Israeli food trending across the globe, now is a perfect time to add some authentic Israeli flavours to your holiday.

We have gathered five exclusive recipes from some of Israel's top chefs: from a whole roasted fish to a sweet whiskey cocktail and an apple dessert that is sure to start your year off on a sweet and beautiful note.

SEA BASS WITH ROASTED PEPPERS AND HERB CREAM FILLING

From Chef Mor Cohen, Herbert Samuel Restaurant at the Ritz Carlton Herzliya

Cohen is a highly respected chef known for his haute kosher cuisine at the Ritz Carlton. While a fish head on the table might be considered off-putting, it is one of the most traditional symbols of the Jewish New Year, so this recipe serves double duty as delicious and symbolic.

Ingredients

For the fish

4 whole sea bass, deboned and descaled (each fish should weight about 1 pound)

2 lemons

Salt and pepper to flavour

For the herb cream

6 garlic cloves peeled

2 cups of freshly picked herb leaves (oregano, parsley, basil, celery)

1 baguette (just use the inside and not the crust)

5 tablespoons olive oil

Salt to taste

For the roasted peppers

4 medium-sized onions (cut in half and diced)

8 garlic cloves diced

1 hot green pepper, cut in rings (optional)

8 fresh peppers that have been grilled and singed. The peppers should be sliced in wide strips.

6 tomatoes similarly roasted and singed and sliced in strips



Sea Bass with Roasted Peppers and Herb Cream Filling

3 tablespoons olive oil

1/2 cup of arak, ouzo or other anise-flavoured liquor

1 teaspoon freshly ground oregano

Salt to taste

Directions

1. Preheat oven to 425 F.

2. Process the herbs in a food processor together with the garlic and baguette. The mixture should be lightly sprinkled with olive oil until it becomes a consistent yet creamy texture. Transfer to a piping bag and refrigerate.

3. To prepare the peppers: Heat a large saucepan with olive oil. Add the garlic cloves and hot peppers (if

desired) until the aromas start rising from the pan. Add the diced onions and cook until they become translucent and tender.

4. Add the peppers and tomatoes and stir generously. Add in the arak, bring to a boil and reduce the liquid to about half.

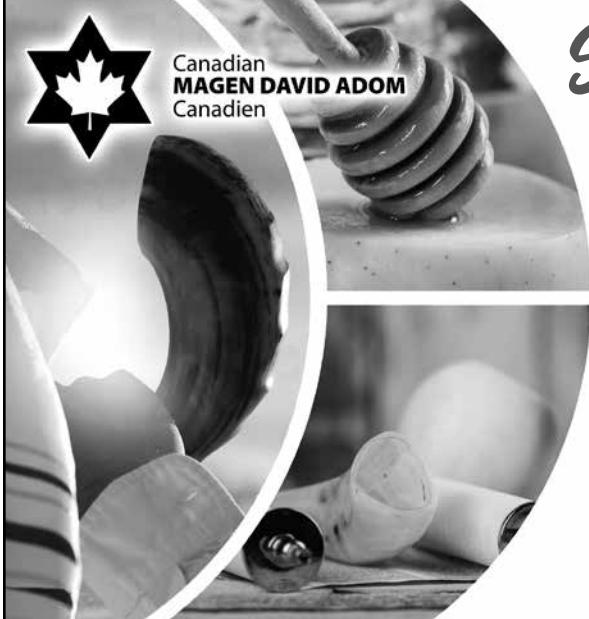
5. Add the oregano, reduce to a low heat and cover. Keep cooking for about 20 minutes, regularly checking and adjusting the taste with salt. Remove from heat and set aside until ready for serving.

6. With a sharp knife, pierce the sides of the fish ensuring the cut reaches the middle. Cuts should be along the sides and along the fish's spine. Sprinkle with salt and

See Israeli Recipes on page 40



Canadian
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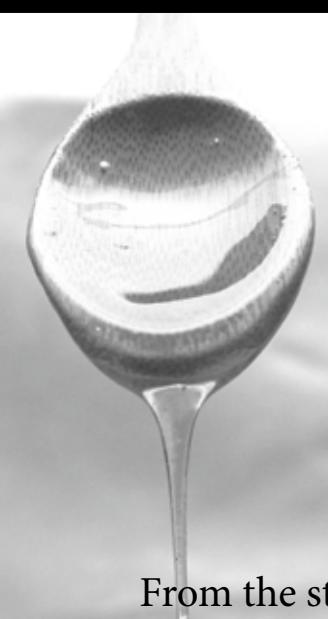
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New Year

From the staff of

OTTAWA JEWISH BULLETIN

Israeli Recipes: Main courses, desserts and even a cocktail

Continued from page 39

- pepper to taste and set the fish standing (as if swimming) on a baking dish. Insert a half a lemon in the fish's cavity and fill the incisions with the herb cream.
- Bake the fish for about 18 minutes, until the fish is completely cooked and you see the cream begin to take on a darker golden color.
 - Remove and serve the fish over a generous bed of the peppers. Garnish with parsley.

STUFFED CHARD LEAVES WITH POMEGRANATE MOLASSES

From Chef Merav Barzilay, Meshek Barzilay

The Neve Tzedek neighbourhood in Tel Aviv is the culmination of its artist residents boasting an unmistakable relaxed bohemian chic vibe, which of course extends to its restaurants and cafés. Right at the heart of the newly declared "vegan capital of the world" sits Meshek Barzilay, the city's pioneering vegan restaurant, 17 years young, and its newer delicatessen (opened in April 2018), that serves the ready-made organic and vegan dishes in high demand.

For Rosh Hashanah one of the restaurant's specialties are these stuffed chard leaves stuffed with grains, dried fruits, nuts and tart pomegranate molasses. It is a nod to the pomegranate, a major sign of the holiday.

Ingredients

For the stuffed chard leaves

- Large bunch chard leaves (best if you can get it with large uniform leaves)
- 2 cups cooked freekeh or quinoa
- Purple onion, cut into small cubes and caramelized
- 1/2 cup chopped celery
- 1/2 cup chopped fresh mint
- 1/2 cup mixed dried fruits, such as dried cranberries, dried figs and dried apples

- 2 tablespoons chopped almonds
- 3 tablespoons pomegranate molasses
- 1 tablespoon salt
- Pinch white pepper

For the sauce

- 2 tablespoons olive oil
- Half a white onion, sliced
- 8 tomatoes, coarsely chopped
- 1 clove garlic
- 2 tablespoons pomegranate molasses
- Pinch cinnamon
- Pinch Baharat spice

Directions

- Preheat oven to 350 F.
- Blanch whole chard leaves in boiling water for 20-30 seconds to soften, carefully open up each leaf and set down single file on a smooth surface.
- Remove the stem from each chard leaf with a paring knife.
- Prepare the filling: Mix all the filling ingredients together in a large bowl, and adjust seasoning to taste.
- Fill the centre of each leaf with a bit of filling (about 1 1/2 tablespoons, but the amount of filling will vary according to your leaf size).
- Fold the sides of the leaf inwards toward the centre and roll from the cut portion inward. Tightly pack the stuffed chard leaves into a baking dish and set aside.
- Prepare the sauce: Sauté the onion and olive oil until golden. Add the garlic and tomatoes. Cook until the tomatoes start to fall apart, but not so much that the tomatoes start to lose their color.
- Add the spices and a bit of water if needed to get a thin sauce.
- Taste and adjust seasoning to taste, then pour over the stuffed chard.
- Cover the baking dish and bake for about 20 minutes, until sauce is bubbly and the chard leaves are cooked through.
- Serve with a garnish of chopped mint leaves and a light drizzle of pomegranate molasses.

APPLE STREUSEL HONEY CAKE

From Chefs Rossella Jona and Amir Porat, Biscotti Bakery
What started out as a very small Tel Aviv business 15 years ago is now a booming catering business with a staff of 200 and plans to become an Israeli café chain. Now located in Bnei Brak, just east of the big city, they are committed to using high-quality ingredients to make their mark on the Israeli pastry shop scene. To replicate their famous apple streusel-topped honey cake at home, just follow this recipe.

Ingredients

- For the cake
- 4 large eggs
 - 3/4 cup vegetable oil

- 1/2 cup plus 1 1/2 tablespoons honey
- 3/4 cup sugar
- 3 cups sifted all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 cup strong fruit tea, brewed and cooled
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 green apple, peeled and sliced for garnishing the unbaked cake

For the streusel topping

- 3/4 cup sugar
- 3/4 cup cold butter, cut into cubes
- 1 cup plus 2 tablespoons all-purpose flour
- Pinch cinnamon
- Pinch salt

Directions

- To make the topping: In a food processor, blend all the ingredients in short pulses until you get a coarse crumb.
- Transfer the crumbs to a sealed container and chill until use.
- To make the cake: Preheat oven to 350 F.
- Whip eggs with the sugar until the mixture becomes thick and triples in size.
- Add the oil and mix to combine, then add the honey and do the same.
- In a medium bowl, combine the spices flour, baking powder and baking soda. Add to the eggs mixture, and add the cooled tea. You can also add fresh peeled and chopped apples or pears, or cherries to the batter at this stage if you wish.
- Pour into 2 loaf pans and top with a light layer of streusel and 12-13 apple slices in vertical line down the centre. Bake for about 40 minutes.
- Cake is done when a toothpick comes out dry with a few moist crumbs attached.

APPLE & HONEY WHISKEY COCKTAIL

From Milk & Honey Whiskey Distillery, Tel Aviv

It's definitely the time for Israeli whiskey on the international scene, and Rosh Hashanah is the perfect occasion to treat yourself to a bottle of the first official batches of the stuff. With at least five Israeli whiskey distilleries having popped up in the past few years, the race is on to see which one can produce the best barrels the fastest. The warm climate in Israel actually speeds up the distilling process.

Milk & Honey's whiskey has a smooth taste, which just happens to be perfect for blending into a sweet apple and honey cocktail.

Ingredients:

- 1/4 Granny Smith apple, diced
- 1 tablespoon plus 2 teaspoons honey syrup

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**May the
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and Joy**

Continued from page 40

- squeezed lime juice
- 1 tablespoon Calvados (apple brandy)
- 3 tablespoons Milk & Honey whiskey or other "New Make" whiskey

Directions:

1. Make honey syrup: Mix 3 parts honey with 1 part hot water and stir thoroughly until liquid unifies. For example: 10 ounces honey and a little more than 3 ounces of hot water. Bottle and keep refrigerated.
2. In a cocktail shaker, muddle the apple with honey syrup.
3. Add the rest of the ingredients, fill with ice and shake vigorously.
4. Strain into a cocktail glass and garnish with an apple slice.

CREAM PUFFS WITH CANDIED PECAN AND DATE HONEY CUSTARD

From Pastry Chefs Itzik and Keren Kadosh from Kadosh Café in Jerusalem

Kadosh bakery and café in Jerusalem is practically a city landmark. The establishment got its start back to 1967 and has been in the Kadosh family ever since. Now run by a husband-and-wife pastry chef team, Itzik and Keren Kadosh, the place preserves the European café culture of the family's Hungarian roots while having modernized the menu to include Israeli treats, sourdough breads, French pastries and fresh pastas, all handmade.

Creating variations on their delicacies for the New Year, this is an exclusive recipe we got from the legendary chefs for Paris-Brest, a doughnut-shaped cream puff filled with a candied pecan and date honey pastry cream.

Ingredients

For the choux pastry

- 1/2 cup full-fat milk
- 1/2 cup water
- 8 tablespoons butter
- 1 teaspoon salt
- 1 tablespoon plus 1 teaspoon sugar
- 1 cup plus 2 tablespoons sifted all-purpose flour
- 4 large eggs

For the garnish

- 2 tablespoons sliced almonds
- 1 teaspoon egg white
- 1/2 teaspoon powdered sugar

For the pecan and date honey custard filling

- 1/4 cup cornstarch
- 1 cup plus 1 tablespoon full-fat milk
- 3 egg yolks
- Scant 1/4 cup sugar
- 1/2 vanilla bean (or 1 1/2 teaspoons vanilla extract)
- 1 cup chopped honey roasted, or candied pecans
- 1/4 cup date honey
- 1/2 cup whipped heavy cream (from 1/4 cup heavy cream)

Directions

1. Preheat oven to 350 F.
2. To make the choux pastry: In a pan,

bring the milk, water, sugar, salt and butter to a boil. Immediately take the pan off the heat and add the full flour amount all at once.

3. Mix with a wooden spoon and put the pan back on a medium low flame. Cook until the mixture starts to dry out and the dough pulls away from the sides of the pan to form a ball around your spoon. Take the mixture off the heat and let the mixture cool slightly.
4. In a mixer on low speed (or in a medium bowl by hand), add the eggs one at a time, beating until each egg is thoroughly combined before adding the next egg. (The mixture will curdle initially, but then come back together as you beat it.)
5. Prep a baking sheet by lining with baking paper and tacking the paper down with a small dot of the choux pastry mixture on the underside of each corner.
6. Fill a large pastry bag with the mixture. Using a 6-inch round cookie cutter to guide you, pipe a fat 7-inch circle. The circle should be a bit raised and not completely flat.
7. Mix the almonds, egg white and powdered sugar and spread it on top of the piped circles. Bake for 40 minutes, until deep golden brown, take out of the oven and set aside to let cool.
8. To make the pecan and date honey custard: Dissolve cornstarch in 1/4 cup cold milk. Add the egg yolks and sugar, and lightly beat into a fully combined mixture.
9. Pour the rest of the milk (3/4 cup plus 1 tablespoon) into a saucepan. Add the vanilla bean and bring to a boil. Remove the vanilla bean from the pot with a slotted spoon, split and with the help of a spoon scrape the seeds into the saucepan. Return the vanilla pod to the pot and lower the heat.
10. Add a third of the hot milk to the egg yolk mixture and beat well. Pour the tempered egg yolk mixture back into the hot milk mixture and cook over a low flame, stirring constantly for about 2 minutes, or until the mixture thickens and can coat the back of a spoon.
11. Remove the empty vanilla pod, add chopped pecans and date honey, and mix to combine.
12. Pour the mixture into a bowl and cover with a piece of plastic wrap directly covering the surface of the custard. Let cool to room temperature, then transfer to the fridge to chill for 2 hours.
13. After chilling, whisk the custard for about half a minute to get a smooth mixture without clumps. Whip cream, and fold into the custard mixture and transfer to a piping bag fitted with a large round piping tip.
14. To assemble: Cut the cooled choux pastries in half lengthwise, pipe a fat layer of custard and seal with the other half like a sandwich. Sift powdered sugar over the top as a garnish.



Stuffed Chard Leaves with Pomegranate Molasses

MESHEK BARZILAY



High Holidays Schedule
You are invited to the only authentic Sephardi High Holiday experience in Ottawa!

We wish the Ottawa Sephardi community, as well as all of the Ottawa Jewish community, a happy, healthy and sweet New Year.

Rosh Hashanah

- | | |
|----------------------|---------|
| Sunday, September 29 | 6:30 pm |
| Monday, September 30 | 9:00 am |
| Tuesday, October 1 | 9:00 am |

Yom Kippur

- | | |
|---------------------------------|---------|
| Tuesday, October 9 (Kol Nidrei) | 6:00 pm |
| Wednesday, October 10 | 9:00 am |
| Ne'ila | 6:00 pm |

Rosh Hashanah services take place at Shikun Oz, 57 Bateman
Please note that Yom Kippur services will take place in the social hall of Congregation Beit Tikvah (15 Chartwell Avenue)

All are welcome to attend!

As Space is Limited, We Encourage You To RSVP In Advance By Emailing info@sephardiottawa.ca

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GENERAL EDUCATION

After The Cold War: Conflict and Development in Europe and Post-Soviet Countries

with Dr. Milana Nikolka

Monday 1:00 pm – 3:00 pm
October 7 – November 25
No class: October 14, 21

The Cultural Migration to Ottawa of the Jewish, Irish, Italian, Chinese and Lebanese Communities

with author, columnist Phil Jenkins.

Thursday 1:00 pm – 3:00 pm
October 3 – October 31
In partnership with AJA50+

LITERATURE

Women and Writing in the 20th Century

with Nick Milne

Wednesday 10:00 am – 12:00 pm
September 25 – October 30

MUSIC

SJCC Ottawa Jewish Chorus

with Rachel Eugster and Aviva Lightstone

Thursday 1:30 pm – 3:00 pm
September 19 – December 5

Music Concert Series

Lady Composers – Presented by Lady Musicians

Female composers have been ignored for hundreds of years, but these days they are making their mark as equals in the classical music world. In this program, Anna Baksheeva (violin), Sophie Bertrand (soprano) and Katherine Addleman (piano) present a varied selection of music written by women past and the present.

Monday, November 18
1:30 pm
\$20 at the door

ART

Hebrew Calligraphy with Hy Cooper

Wednesday 10:00 am – 12:00 pm
October 16- 30

Watercolour for Beginners

with Janet Agulnik

Monday 9:45 am – 11:45 am
October 7 – November 25
In partnership with AJA50+
No class: October 14, 21



LANGUAGE

Evening Conversational Hebrew – Intermediate Beginner with Yochi Sirota

Wednesday 7:00 pm – 8:30 pm
September 25 – November 20

Daytime Conversational Hebrew for Beginners with Ella Dagan

Thursday 10:00 am – 11:30 am
October 3 – November 21

S'iz Besser Oyf Yiddish (It's Better in Yiddish) For Lovers of Mamaloshen with Shirley Steinberg & Rubin Friedman

Tuesday 10:00 am – 11:30 am
September 17, October 29, November 19

Yiddish Conversation Circle

1:30 pm – 3:00 pm • Bi-weekly
September 18; October 2, 16, 30;
November 13, 27; December 11

DANCE

Tango on Sunday Afternoons

with Armand Solomonescu and friends

Sunday 2:00 pm – 3:30 pm
October 27 – November 17

SPECIAL INTEREST

Global Warming with Peter Black & Gerald Oakham

Monday, September 23 • 7:30 pm

Among the questions to be looked at are the following: What is global warming? What causes it? How does it affect humanity? What are governments doing to combat it? What can we as individual consumers, citizens and voters do to combat it? What do we and governments need to do to adapt to it?

Shirley Berman Lecture Series

In partnership with the Ottawa Jewish Historical Society

Jews and The Law: Through the Years and The Eyes of Some of Ottawa's Best

Thursday, October 24 • 7:30 pm

Audience members will be captivated by the stories of long time Ottawa lawyers Sol Shinder, Abe Feinstein, Leonard Shore, Stephen Victor and Lawrence Soloway. Refreshments. Donations to the OJHS appreciated. Donations over \$20 will be receipted.

Yiddish Cinema Yesterday and Today

with Professor Rebecca Margolis

Sunday, October 27 • 10:30 am

Yiddish cinema is undergoing a revival in international productions that feature Yiddish dialogue. This talk will present two Yiddish films: the Classic 1937 avant-garde Dybbuk and the 2015 drama Demon and discuss the uses of the Jewish supernatural before and after the Holocaust. \$5 at the door.

A Journey Through the Ukrainian-Jewish Encounter

with Alti Rodal

Sunday, November 17 • 10:30 am

A presentational overview of the long history of Jews on Ukrainian lands and their interactions with Ukrainians, and others, in the context of empires and changing political regimes, times of crisis, and centuries of co-existence and cross-cultural fertilization in music, language, folk art, folklore, literature, and cuisine. \$10 at the door

Leonard Cohen Concert/Sing Along

with Jerry Golland and the Leonard Cohen Band

Sunday, December 8 • 2:00 pm

\$10 at the door



Howard Jacobson's novel, *Live a Little*, centres on two 90-year-olds.

Jacobson: Author refers to himself as 'The Jewish Jane Austen'

Continued from page 36

ple are abusing me roundly all the time. And there are places, of course, where people are attacked. There are places where if you were an Orthodox-looking Jew, and you've got a kippah and you've got your tzitzit, then you could be attacked, and some are attacked.

It's an intellectual tone that's discomforting. You never know how these things move from the opinion makers, the intellectuals, the politicians, the universities down into the mob. I think we can call them a mob again; they're behaving like a mob. The universities are hotbeds of that form of antisemitism which claims it isn't antisemitism, and says it's anti-Zionism, which is nonetheless antisemitism. Those who say "I'm an anti-Zionist, I'm not an antisemite," I will not admit that distinction. If they say "I don't like Israel's foreign policy, I don't care for Netanyahu," fine. That's not antisemitism.

To not see the necessity of Zionism, or to refuse to see the necessity of Zionism, and to think of it as an ideology of cruelty, you have to be an antisemite, you have to be uneducated and ignorant. Then once you've been shown the truth, to persist in the idea, as Corbyn does, that "Zionism is a racist endeavor" – that's the phrase Corbyn likes – I think that's a deeply antisemitic thing to say.

So as a writer, a Jewish writer, how do you process all this? How does it enter your work? Do you try not to let it into your work?

It does enter my work. I mean, sometimes it enters my work overtly. In *The Finkler Question*, it was out there openly and talked about. I did write a very bleak novel called *J*, which did well in America, which took to its logical conclusion the non-Jewish longing to rid the world of Jews. Which is sometimes been explicitly stated: [to] imagine the world without Jews in it. That was a fair-

ly bleak view. Because I do feel now that antisemitism can't go away.

As a Jewish writer, you've been called the "English Philip Roth," but you've sort of rebuked that and called yourself the "Jewish Jane Austen." I just love this idea. I was wondering, does that quote come back to haunt you? I apologize if you're tired of hearing it by now.

No, no, no, it's fine. People don't quote it back at me, I quote it back at them.

Can you expand on that a little?

It was something I spoke spontaneously. It was at a literary festival, and somebody asked that same question, "You're often talked about as the English Philip Roth, does that phrase haunt you?"

And I said, when I first started writing, there hadn't been many male Jewish novelists in England at that time, still aren't many, and they see that we're funny and I reminded the English of Woody Allen and Philip Roth and Saul Bellow, and then that's what I became. I was called the English Phillip Roth because he's a novelist, and I am, and there are similarities. And I thought that was fine. I took it as a compliment; Philip Roth is a great writer. But I had not read Philip Roth and Saul Bellow and then made myself a novelist in their image, or even influenced by them.

But then I got bored with it because it was said with every novel. And I just said yeah, I'm fed up with it! So I said, "I rather think of myself as the Jewish Jane Austen," cause that's a good joke, and people got it as a joke. But I meant a few things by it: One is that my education, I was not in the American Jewish tradition. My education was in the English novel. When I went on to become a lecturer for seven or eight years, it was the English novel I taught. It was Dickens and George Eliot and Jane Austen – they were the people that

I loved, and they still are. They were the influences on me. I was much more influenced by Jane Austen than I was by Philip Roth.

Shimi and The Princess talk a lot about their childhoods. I was wondering if your Jewish childhood or Jewish upbringing influences any of your characters.

I suppose it does in the sense that I live permanently with my childhood, as

does Shimi. I think that's a very Jewish thing. It can be debilitating; anything that's always with you is debilitating. It's beneficent also, there's a feeling that I'm always rethinking my childhood. The serious family ethical obligations that being Jewish determines your whole subject matter. To that degree, whether I'm writing about Jews or not, the fact that I'm Jewish determines the nature of the way that I write.



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Paula Agulnik and Yaffa Greenbaum organize second Israel tour for Ottawa women

BY SHIRLEY M. SIEGEL
FOR OTTAWA WOMEN'S TOUR TO ISRAEL

In 2018, 15 women experienced what many called the trip of a lifetime. Inspired and led by Paula Agulnik and Yaffa Greenbaum, "Seeing Israel through a Feminist Lens: Ottawa Women's Tour to Israel" proved to be a wonderful adventure. The program was educational and thought-provoking with lots of opportunities for fun with an exceptional group of women.

Based on feedback from participants and those who wished they had gone, organization of the "Ottawa Tour to Israel: Celebrating Women's Voices" is underway. This trip is scheduled for May 17-27, 2020 with Paula and Yaffa again leading.

An array of opportunities to learn and be inspired are on the agenda.

Spend three days in and around Tel Aviv with an opening address by Executive Director Sharon Abraham Weiss of the Association for Civil Rights in Israel (ACRI), visits to Caesarea and Zichron Yaacov, a dialogue with Johanna Czamanski-Cohen, a researcher from the Haifa University School of Creative Arts Therapy and dinner at *Nalgaat* (Black Out), one of 14 restaurants in the world where you say goodbye to your sight and feel how other senses are sharpened in total darkness.

Travel to the Negev to visit the Culinary Queens of Yeroham, a social project where women invite people into their homes to enjoy ethnic delicacies, and a visit to Lakiya Negev Bedouin Weaving, established as an income generation project for Bedouin women in the Negev.



Participants in the 2018 Ottawa Women's Tour to Israel with Israeli soldiers near the Syrian border in the Golan.

Spend six nights in Jerusalem with a Shabbat celebration with Women of the Wall prior to Rosh Chodesh at the Kotel, and a Knesset visit highlighted by a discussion with Arab Israeli MK Aida Touma-Sliman, chair of the Standing Committee on the Status of Women and Gender Equality.

Hear a panel of experts discuss Palestinian and Jewish-Israeli perspectives on political and social issues moderated by Eetta Prince-Gibson, former editor of *The Jerusalem Report* and visit the Jerusalem Museum of Tolerance with an opportunity to discuss the critical situation of Ethiopian Jewry in Israel.

Visit Yad Vashem, the World Holocaust Remem-

brance Centre and have dinner at Shalva, the Association for Care and Inclusion of Persons with Disabilities, an organization dedicated to providing transformative care for individuals with disabilities where we hope to enjoy the music of the award winning Shalva band.

There will also be time for visiting markets, galleries, shopping and relaxing experiences such as yoga on the beach and Dead Sea spa treatments. Seven dinners plus one lunch are included in the program.

For more information about this unique women's tour of Israel, contact Paula Agulnik at agulnikpaula@gmail.com or 613-298-7520, or Yaffa Greenbaum at yaffa.greenbaum@gmail.com or 613-266-6677.

Photo by Rikki Austin on Unsplash

L'Shanah Tovah

Wishing you a sweet, happy and healthy New Year.

From the Board of Directors and staff of the
Jewish Federation of Ottawa and the
Ottawa Jewish Community Foundation



High Holiday Feature

My Rosh Hashanah resolution: Accepting my child with ADD

BY BRYAN SCHWARTZMAN

(JTA via Kveller) – Why did I get the child who doesn't work right?

What did I do to deserve the child who doesn't eat when she's supposed to – if she eats at all – who doesn't sleep when she's supposed to sleep, who doesn't learn what she's supposed to learn and often doesn't do what she's supposed to do?

I really hate to admit it, but in some of my most trying moments of parenthood, the word “unlucky” plays in my mind like a background song trying to be heard. “I'm unlucky,” I'll find myself thinking – even though, intellectually, I know that of the 7.4 billion people on the planet, I'm in the top one percent when it comes to luck. I've got two healthy children who shower me with affection; a loving spouse; parents who are actively involved in my children's lives; a fine house in a desirable, safe neighbourhood; a rewarding career. I could go on and on.

Yet I can't shake the sense that within my greatest joy I've experienced misfortune. Sometimes I'll remember that I'm far from alone: My partner is with me in raising a child one could call “challenging,” and there are clearly millions of other parents in similar situations. Undoubtedly, when the word “unlucky” resurfaces in my mind, I'll feel guilt or shame. But the word remains, ready to reveal itself at the exact moment when I need positive, life-affirming thoughts.

You see, my older daughter has been “diagnosed” with Attention Deficit Disorder (ADD). Whether you'd call it a diagnosis – and whether or not this is something to lament – is a question that can fill many books and blog posts. But now that she has this label, it's all too easy to overlook my daughter's many wondrous qualities, like her creativity and curiosity. But you take her ADD, throw in some anxiety and a litany of food allergies and eating issues, and you've got a combustible cocktail.

Being a parent of a child with ADD can be so much more demanding than I ever realized. And while I truly believe being a parent is my most important mission in life, there's so much I want to do: I want to write, be fit, be active in my community, maintain a romantic relationship with my partner, advance my career. Yes, I can practically hear you say, “Being pulled in multiple directions is the essence of modern parenthood.” But so often, attending to my child's unique needs seems to require skipping a workout, putting off the latest essay or surrendering any semblance of down time. I know it doesn't sound like much, but when you look forward to small things, missing them feels like a big sacrifice.

With the High Holidays upon us, I take solace in the fact that Judaism places a much higher value on what people do and how we act – and not what we think. I also know that so many parents lose patience or have selfish thoughts. That doesn't mean we don't love our children or that we're ineffective parents.

At the same time, however, everything from the Rosh Hashanah liturgy to modern psychology reinforces the notion that what and how we think influences how we behave. So as I prepare to sit for hours in shul, I'm pledging to work on my thinking, to reframe the narrative from one of burden to one of gratitude, to focus on nourishing my child's gifts rather than lamenting her faults. I hope to use this time to focus on what I'm gaining through the joys and challenges of raising both my daughters rather



“I've recently realized that on some level, I've failed to empathize with my own child,” writes author Bryan Schwartzman.

than what I am losing. I don't think I'll make it all the way to my destination, but I'm optimistic I can cover a lot of ground.

I'm being aided by a wonderful book, *Superparenting for ADD: An Innovative Approach to Raising Your Distracted Child*. Both authors – Edward M. Hallowell and Peter S. Jensen – are leading psychiatrists who have lived with ADD in their families. They offer a range of parenting techniques and medical advice, but more than anything, they remind us that at its heart, parenting is about love and empathy. The book provides real hope that with love, expert advice, passionate teachers and possibly medication, my daughter can fulfil her potential in school and in life. She can lead a life of joy, meaning and achievement.

Over the years, I've worked to cultivate empathy for others – those with stark differences in life situations, socio-economic backgrounds or political views. But I've recently realized that on some level, I've failed to empathize with my own child. But my book got me thinking about what it is like to be a seven-year-old with ADD, to have a brain that works too fast, to want to please but to be unable to refrain from “bad” behaviour – and to therefore face criticism from well-meaning adults and, at times, cruelty from other children.

Our fractured society suffers from a lack of empathy. But maybe a first step toward a broader societal healing might entail parents taking a closer look at their own children. What if we encourage our kids rather than find fault with them? What if we comfort them rather than chasten them?

This is my assignment for the Jewish New Year. I

know it's a tough one. As I confront the liturgy and life's frailty and impermanence, I'll try to focus the mind and spirit on how lucky I am. I'm sure I'll falter – I'm only human. I'm just a dad, trying to do the best he can. Here's hoping my best gets better.

Bryan Schwartzman is an award-winning writer living in Ambler, Pennsylvania. He and his partner, Amy, are the parents of two daughters.

SHANA TOVA

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Limited-time offer. MSRP of \$23,695 on 2019 Crosstrek Convenience Package Manual Transmission (MT) (KX1CP). *Advertised pricing consists of MSRP plus charges for Freight/PDI (\$1,725) Air Conditioning Charge (\$100), Tire Recycling Charge (\$20), OMVIC Fee (\$10), Dealer Admin (\$249). Freight/PDI charge includes a full tank of gas. Taxes, license, registration and insurance are extra. \$0 security deposit. 2019 Crosstrek Convenience (MT) (KX1CP) lease offer includes \$500 additional cash credit. **Lease rate of (2.49%) for 48 months. Lease payments of (\$74) weekly, 208 payments in total with (\$1,000) down payment. Lease end value (\$10,809) with (\$1,453) due on delivery. Lease based on a maximum of (20,000 km/year or 80,000 km total), with excess charged at \$0.10/km. Subject to credit approval by Subaru Financial Services by TCCI. Leasing and financing programs available through Subaru Financial Services by TCCI. Other lease and finance rates and terms available; down payment or equivalent trade-in may be required. Model shown: 2019 Crosstrek Touring MT (KX1TP) with an MSRP of \$25,395. Dealers may sell or lease for less or may have to order or trade. Vehicle(s) shown solely for purposes of illustration and may not be equipped exactly as shown. EyeSight™ is a driver assist system, which may not operate optimally under all driving conditions. The driver is always responsible for safe and attentive driving. System effectiveness depends on many factors such as vehicle maintenance, and weather and road conditions. See Owner's Manual for complete details on system operation and limitations. Crosstrek and Subaru are registered trademarks. Offer ends September 30, 2019. Offer subject to change or cancellation without notice. See Otto's Subaru or subaruottawa.ca for complete program details.

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Superfoods to help keep your eyes healthy

SUBMITTED BY MERIVALE VISION

These days there is a lot of focus on what foods are good for the body, but have you ever thought about what specific foods are good for the eyes? We need to fuel them with rich nutrients so they can keep up with the visual demands we encounter on a daily basis!

Did you know that when you read a book for an hour, the muscles make approximately 10,000 coordinated movements? Amazing, isn't it? Our eyes have some of the hardest working muscles in our body.

Any time we think about the eyes and food, we always think about carrots. It's true that carrots are a great source of nutrients for the eyes. Carrots have a high source of beta-carotene. Beta carotene is converted into vitamin A and helps create a protective barrier on the surface of our eye to fight off bacteria and viruses. This in turn helps reduce the risk of eye infections like pink eye (conjunctivitis)!

There are also other eye conditions that could benefit from certain types of foods. Age-related macular degeneration is the leading cause of vision loss among people aged 50 and over. In AMD the central portion of the vision, the macula, is damaged, which affects central vision over time. In the macula there are two main carotenoids that exist: lutein and zeaxanthin. These carotenoids have been found to have protective properties for the macula.

Foods that are rich in lutein can help protect the



macula such as dark green leafy vegetables – kale, spinach and collard greens.

Zeaxanthin is the more dominant component in the macula. Foods that are more rich in zeaxanthin than lutein are bell peppers. Did you know that the color matters when choosing which one has the highest amount of zeaxanthin? If you are going to choose a pepper choose orange first then yellow, red and green!

Berries are also wonderful anti-oxidants that can

protect the eyes. Goji berries and blueberries are definitely two items you want to have on your grocery list!

At Merivale Vision Care, our friendly optometrists check for any signs of eye diseases, such as age-related macular degeneration, at your annual eye exam. We also retail supplements for people who would benefit from taking lutein and zeaxanthin so drop by for a visit and speak to one of our friendly staff for more information!



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

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Many experts say weight-loss apps and diets for children may be harmful

Earlier this year, Weight Watchers rebranded itself as WW in an attempt to distance itself from its half-century-long focus on concepts that are falling out of favour: weight loss and dieting. All diets have one thing in common – poor long-term success rates. Most diets are not sustainable and the majority of people who lose weight while dieting gain it back once they stop dieting. Then they try another diet. It's a vicious cycle.

Ironically, while WW is trying to give the impression that it's more about health and wellness than dieting, it released an app in August called Kurbo that is supposed to help children ages eight to 17 "reach a healthier weight" (www.kurbo.com) by logging everything they eat. The app categorizes each food item as green (eat anytime), red (limit) or yellow (watch your portions).

The app is free but offers services you can purchase such as weekly video chats with a "health coach." None of the nine coaches on the website are registered dietitians or therapists, yet their job is to counsel and advise children on how to lose weight. Before-and-after photos of kids as young as eight and testimonials about their weight-loss contradict best practices recommended by experts.

Overweight and obesity are prevalent in children and teenagers as well as adults. Obesity has been recognized by the World Health Organization, the Canadian Medical Association and the American Medical Association as a complex chronic disease that requires medical attention. Excess body weight (fat) puts children at increased risk of health issues such as joint pain, Type 2 diabetes, high blood pressure and cholesterol – issues that used to be primarily seen in adults. A high body mass index during adolescence puts teens at three times the risk of developing diabetes and five times the risk of developing coronary artery disease in adulthood.

According to dietitians, healthcare professions and clinicians specializing in eating disorders, putting children on weight-loss diets is irresponsible and can result in vulnerable children developing eating disorders (www.cbc.ca/amp/1.5250433). A 2016 study by the American Academy of Pediatrics found that adolescents who diet, even if they're not overweight, are more likely to be overweight and develop eating disorders within a few years than those who don't diet (<https://tinyurl.com/yymznusb>).

What can you do if you think your child is overweight? A good place to start is with your child's pediatrician who can determine if there's reason for concern. Sometimes extra weight simply precedes a growth spurt after which the child slims down naturally.

As a parent, instead of discussing weight and diets



GLORIA SCHWARTZ
FOCUS ON FITNESS

Model positive behaviours associated with a healthy lifestyle.

with your children, model positive behaviours associated with a healthy lifestyle. Educate yourself about food and fitness so you can begin to make better choices. From grocery shopping to meal planning and cooking, you can involve your children and employ age-appropriate strategies. For example, you can give a young child a couple of snack options so they're involved in the decision-making. You can't expect children to eat healthy foods if your kitchen is filled with processed food or if you routinely take your children to fast-food restaurants. Other tips include having family dinner time at the table as often as possible and serving smaller portions at mealtime and allowing your child to ask for more if he's still hungry. Limit but don't vilify unhealthy snacks. Make healthy ones readily available. Replace sugary drinks with water.

Set limits on screen time and replace some daily sedentary time with physical activities. Participate with your children when possible, such as going on a bike ride or a hike. At least one hour per day of active play or sports can improve health, weight, energy and sleep for all family members. Don't single out your overweight child or make negative remarks about his appearance as this can lead to children developing negative self-images that can last a lifetime. By

involving the family in the lifestyle changes, you'll all enjoy the health benefits.

Apps geared for adults (e.g., MyFitnessPal) and food journaling can be useful tools in the short-term for increasing self-awareness. They can help you identify your eating patterns (e.g., how many calories do I actually eat daily versus need, what percentage of my daily intake is from unhealthy food). However, effective long-term weight management requires a range of behavioral and lifestyle changes. Experts agree that ditching diets and developing positive, sustainable habits for yourself and your children is a healthy approach.

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High Holiday Kid Lit

Six new children's books for the Jewish New Year

BY PENNY SCHWARTZ

(JTA) – Six engaging and fun reads for kids of all ages seize the spirit of the Jewish holidays and the excitement and anticipation of beginning anew, reflecting on the past, and celebrating the warmth and joy of Jewish traditions with family and friends.

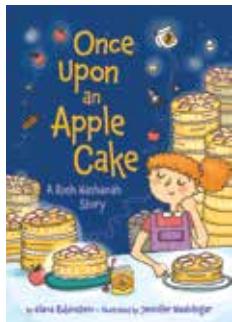
Once Upon an Apple Cake: A Rosh Hashanah Story

By Elana Rubinstein

Illustrated by Jennifer Naalchigar

Apples & Honey Press, 112 pages

Ages 7-10



In this humour-filled, heartwarming chapter book, readers meet Saralee, an endearing 10-year-old Jewish girl whose cute-looking nose possesses the unusual superpower to sniff out

scents and flavours. As Rosh Hashanah approaches, Saralee, whose family owns a restaurant, is excited to bake her grandfather's popular apple cake with a mystery ingredient that even Saralee can't figure

out. But troubles lie ahead when a new family opens a restaurant and threatens to take over the apple cake business.

When Zayde bumps his head, he temporarily forgets the secret to the cake. Will Saralee rise to the occasion, bake the perfect cakes and win a contest judged by a famous food critic? More than anything, Saralee wishes that her grandfather returns home from the hospital for Rosh Hashanah.

The cartoon illustrations by Jennifer Naalchigar add zest to Rubinstein's efforts. The recipe is included at the end of the book.

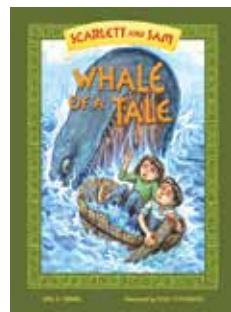
Whale of a Tale

By Eric A. Kimmel

Illustrations by Ivica Stevanovic

Kar-Ben, 152 pages

Ages 6-10



Travel back in time in the third installment of the Scarlett and Sam Jewish-themed chapter book series. The lighthearted adventure begins when the brother and sister twins offer to

take their Grandma Mina's centuries-old carpet to be cleaned at the local rug shop. Engrossed in conversation with their mysterious ride-hailing service driver, Jonah, they forget to take the prized carpet with its aura of magic that their proudly Iran-born grandmother brought with her as she fled tyranny in her country.

Suddenly they find themselves transported to Jaffa in ancient Israel amid carpet sellers in the shouk. They stow away on a ship, where they reunite with Jonah, who they learn is the biblical prophet. The stormy caper shines with references to the biblical tale, as the kids and Jonah go overboard and are swallowed up in the slimy belly of a big fish (is it really a prehistoric shark, they fear?). With fierce determination, the clever kids prod the reluctant Jonah to travel to Nineveh, to be faithful to God and justice, and to speak out to the ruthless Assyrian king.

Ivica Stevanovic's animated illustrations embellish the drama.

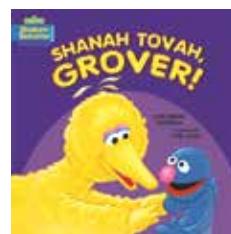
Shanah Tovah, Grover!

By Joni Kibort Sussman

Illustrated by Tom Leigh

Kar-Ben, 12 pages

Ages 1-4



Join Grover, Big Bird and other beloved Sesame Street characters as they welcome Rosh Hashanah with honey and apples, a shofar,

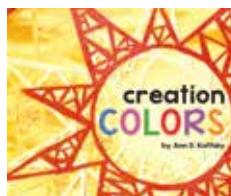
and a festive meal with songs and blessings. Joni Sussman's simple verse is perfect for reading aloud to little ones and for preschoolers eager to read on their own, paired with veteran Sesame Street artist Tom Leigh's delightful, colourful illustrations.

Creation Colors

By Ann D. Koffsky

Apples & Honey Press, 24 pages

Ages 2-5



In this gloriously illustrated picture book of papercut art, Koffsky presents young kids with the biblical story of Creation

through the prism of colour: from separating light from dark to the bubbling blues of the water, to the yellows of the sun, and the stripes and spots of the animals. After God created the first two people, a world full of people of all shades and hues followed. And then, on the seventh day, God rested.

This simple, lyrically told story is perfect for Simchat Torah, the joyful festival

at the end of the High Holidays that anticipates the start of the new cycle of the weekly Torah reading that unfolds with Genesis.

Jackie and Jesse and Joni and Jae

By Chris Barash

Illustrations by Christine Battuz

Apples & Honey Press, 24 pages

Ages 3-8



On a crisp fall day, four good friends stroll hand in hand toward the river clutching small bags of

sliced bread. The diverse group is following their rabbi and neighbours to tashlich, the custom during Rosh Hashanah of tossing crumbs or other small objects into moving water to symbolically cast away mistakes from the past year. Kids will relate as the friends recall misdeeds, like when Jae shared Jackie's secret.

Chris Barash's lovely rhyming verse comes to life in Christine Battuz's cartoon-like drawings in warm autumn tones of browns, orange and green. On the closing page, the friends are seen from behind, walking home, again hand in hand – a palpable reminder of the power of asking for and extending forgiveness, a theme central to the High Holidays.

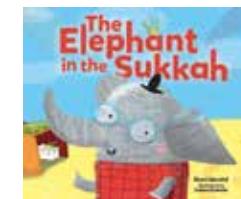
The Elephant in the Sukkah

By Sherri Mandell

Illustrated by Ivana Kuman

Kar-Ben, 32 pages

Ages 3-8



Nothing will get between a young boy named Ori and Henry, a lively elephant who once was a circus star but now is

sent to a farm for old elephants where no one sings or has fun. When Henry wanders out one evening, he is enchanted by the joyful music and singing he hears from the Brenner's family sukkah. After a few nights, he even learns the Hebrew words.

Young Ori hears Henry singing along outside the sukkah and is determined to find a way to bring the animal inside to fulfil the mitzvah of welcoming guests. The boy's surprising solution shines with kid-friendly inventive thinking.

Kids will chuckle at illustrator Ivana Kuman's double-page spread as Henry, in his red-checkered shirt and small black cap, tries every which way to squeeze into the sukkah. On an author's page, readers discover that the out-of-the-ordinary idea of elephants in a sukkah crossed the legalistic minds of the Talmud's rabbis.

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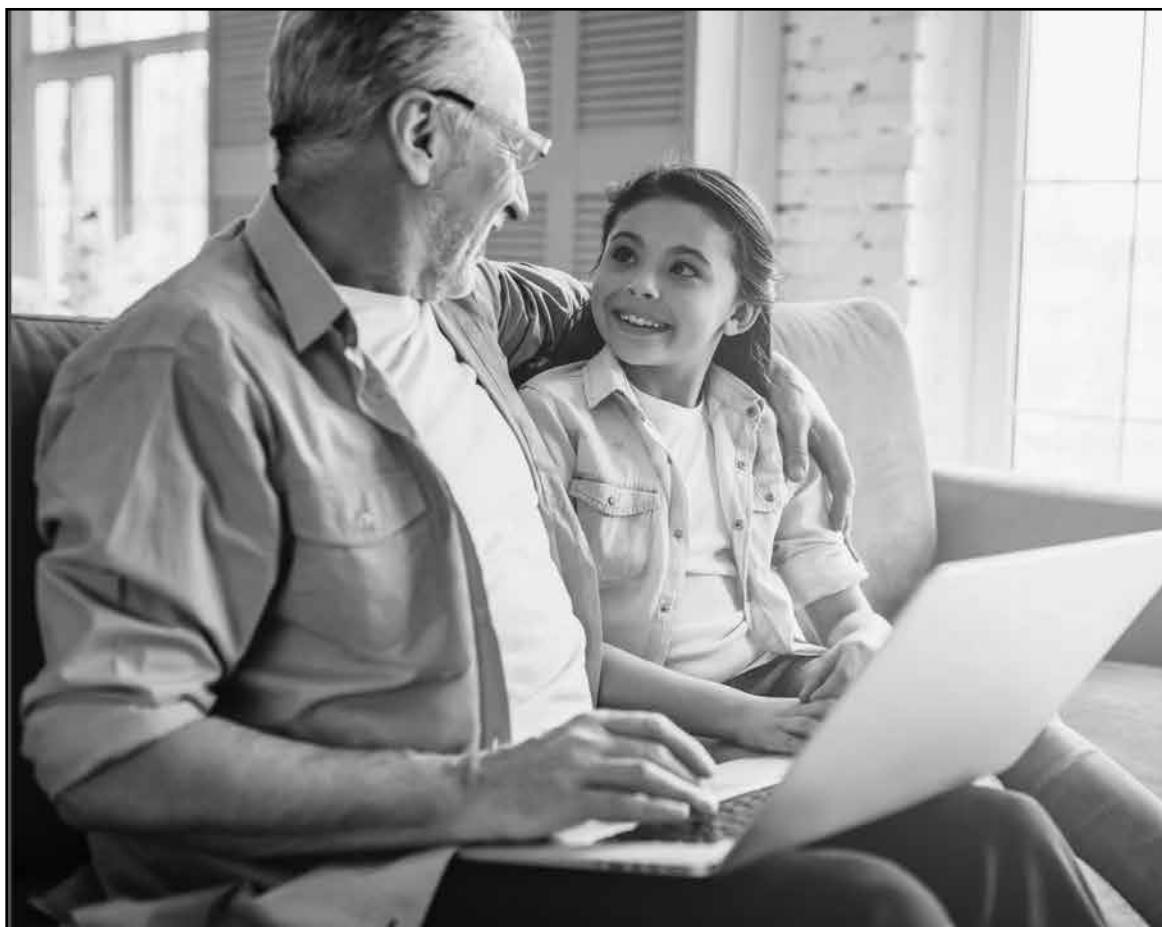
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Rosh Hashanah Recipe

This Apple Cake recipe is a perfect dessert for Rosh Hashanah if you're gluten-free

BY RACHEL PATTISON

(JTA via The Nosh) – In recent years, it seems that more and more of my family members and friends have developed food allergies and food intolerances. This can make it difficult to determine what to serve at holidays and family events. So a gluten-free, dairy-free apple cake for Rosh Hashanah is a delicious way to celebrate the holiday while also suiting everyone at my table.

Nut allergy? You can absolutely leave out the walnuts here.

My preferred gluten-free flour to use is Bob's Red Mill Gluten-Free 1-to-1 Baking Flour, which can be used as a direct substitution for all-purpose flour and doesn't require additional thickeners such as xanthan gum.

Ingredients

- 1/4 cup coconut sugar or brown sugar
- 1 cup extra-virgin olive oil
- 2 large eggs, room temperature
- 2/3 cup honey
- 1 teaspoon vanilla extract
- 2 1/2 cups gluten-free baking flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 1/8 teaspoon allspice
- 3 apples, peeled, cored, chopped into 1/4-inch pieces (I recommend using a mixture of green and red apples)
- 2/3 cup walnuts, finely chopped (optional)
- Unsweetened plain almond milk (optional)

Directions

1. Preheat oven to 325 F. Grease and lightly flour a 9-inch bundt pan (nonstick, if you have one).
2. In a stand mixer, beat together the sugar and olive oil. Beat in the eggs, then the honey and vanilla. Turn off the stand mixer.
3. In a separate large bowl, stir together the gluten-free flour, baking powder, baking soda, cinnamon, salt and allspice.
4. Turn the stand mixer back on, and very slowly add the flour mixture to the wet ingredients. Use a spatula to scrape down the sides of the bowl, ensuring that all the ingredients become well incorporated.
5. Fold in the diced apples and walnuts. If you find that the mixture is too thick, you can add some almond milk, 1 tablespoon at a time, not to surpass 1/4 cup.
6. Pour the batter into the prepared bundt pan and bake in the oven for 1 hour. Check the cake at the 50-minute mark. It is done when a toothpick inserted comes out clean. Once done, allow the cake to cool in the bundt pan for 15 minutes. Then place a cake plate on top of the bundt pan, and while holding the pan and the plate together, very carefully flip the bundt pan so the cake lands directly onto the cake plate.
7. Allow the cake to cool completely and then dust lightly with confectioners' sugar. Serves 6-8.

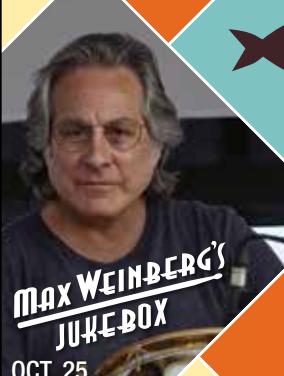


Rachel Pattison is a healthy food blogger living in Los Angeles. She loves taking traditional recipes (including Jewish family reci-

pes) and finding ways to make them healthier. You can find more of her recipes on her blog, www.littlechefbigappetite.com.

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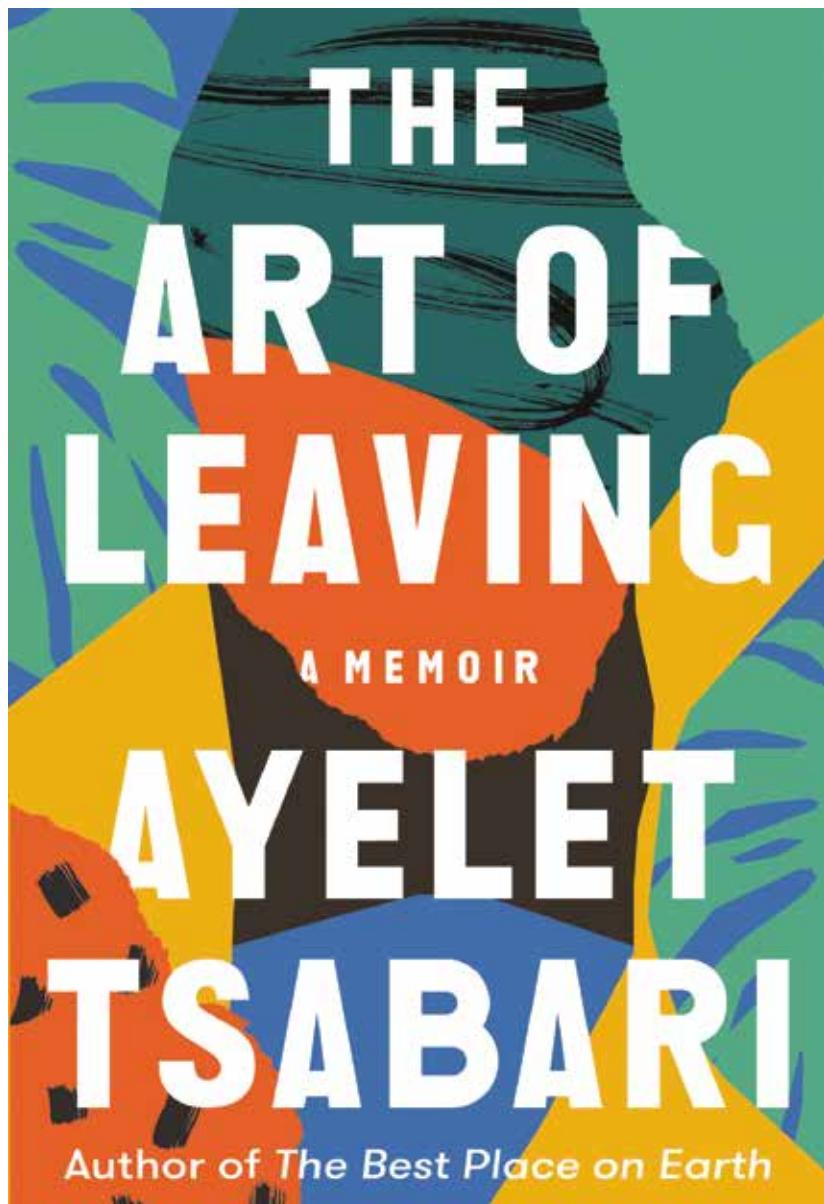
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A search for belonging and understanding of identity

RUBIN FRIEDMAN BOOK REVIEW

The Art of Leaving

By Ayelet Tsabari
HarperCollins Canada
326 pages

The *Art of Leaving*, a memoir by Ayelet Tsabari, an Israeli Mizrahi of Yemenite descent – who has also lived and worked in Canada – chronicles her personal *Odyssey* to find “home” and to be reconciled with her family’s culture and history both as Yemenite Jews and as Israelis.

Unlike Odysseus who leaves based on a call to duty, Tsabari undertakes her travels in response to her ongoing sense of alienation, a feeling first of being alone and misunderstood, as well as a feeling of not belonging anywhere, and rebellion.

But like the wanderer in the Greek story, she must undergo many trials and losses before she can reach some semblance of peace with herself, with the world around her, and with the nature of the multiple components of her identity: Mizrahi, Yemenite, Israeli, Canadian, woman, mother, and wife.

The arc of the story is a strong one, but some might find some of the steps she takes along the way troublesome and to some extent repetitive.

The memoir is divided into sections relating to periods of Tsabari’s life and what she identifies as the predominant theme of each: “Home”, “Leaving” and “Return.” Each section is further divided into episodes.

As in real life, such divisions are not clean and definite. There is some overlap and reappearance of events at a point later than the time frame in which they occurred. So an uncomfortable and frightening experience with a friend’s father are not told in the time when she and the friend were in the army, but many years later when they meet by chance in Vancouver.

This tendency is especially noticeable in the section, “Leaving.” The publication history of the various parts of the memoir show the reason for this tendency, namely that they were not published chronologically but appeared separately in the years they were apparently written. It was only later that these were organized into *The Art of Leaving*.

I am familiar with this difficulty and

the challenges of recalling and retelling incidents in one’s life, which came first, which ones later, as well as the changing perception of what these actually meant as one gains both experience and perhaps, wisdom.

Some of the strongest writing and the most relevant I found in the “Home” and “Return” sections of book. In the former, Tsabari describes in simple and effective language the effects of the death of her father on her attitudes and her life as a 10-year-old, as a teen, and as a young woman. She becomes cynical about everything in her life: her own Yemenite Mizrahi background, the dominant Israeli culture, which she sees as Ashkenazi; and her relations with lovers, friends and family.

I was less satisfied with the middle section which seems to be an effort to recount her years of hedonistic and alienated search for meaning, drugs, sex, new cultural experiences. This section sometimes seems too self-pitying, too self-absorbed. Perhaps accurate, but less interesting.

The final section of the book, “Return,” is a sensitive portrait of an individual who has matured and has finally reconciled with her father’s death, her mother and her whole background. She finally learns the art of “Coming Home.”

Tsabari conveys with great delicacy the sense of being divided both from one’s ancestors who grew up in another country, and from one’s children who are growing up in a whole new environment, each generation dominated by another language: Arabic, Hebrew, English. Her writing here had the power to move a reader like me to tears.

Both Tsabari and her parents were born in Israel. Her alienation came in part from her perception of how Mizrahi in general and Yemenite women in particular were portrayed in the dominant Israeli culture and its stereotypes.

Tsabari is able nevertheless to portray, some of the experience and suffering of the Yemenites who had to walk across a desert to reach the port of Oman in the early 20th century in order to reach Haifa by ships via Egypt. For this brief glimpse of a different culture and its challenges, especially for women, we should be grateful and motivated to hear more of this from her and other Jewish voices.

Rubin Friedman is the author of *Our Family Holocaust Chronicle – Part I: Running for Their Lives* and *Part II: Fitting into Toronto*.

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Welsh synagogue to become Jewish museum

BY CNAAN LIPSHIZ

(JTA) – Since 2006, the only occupants of the United Kingdom’s spectacular Merthyr Tydfil Synagogue have been bats, as it crumbled away into disrepair.

Now, preservation activists in London have bought the unique building in Merthyr Tydfil in Wales that used to house a once-vibrant synagogue with plans to open there the first major museum of the history of the Jews of Wales.

The Foundation for Jewish Heritage announced on September 12 that it had purchased for an undisclosed amount the Victorian stone structure, which was built in 1872 in Gothic Revival style.

The building, which last functioned as a synagogue in 1983, is considered one of the United Kingdom’s most important and has been awarded Grade II listed status out of three distinctions ranked in ascending order of significance.

The tall and narrow building, whose imposing double spires form a vestibule of sorts in front of the main hall, used to be the heart of a community with some



400 members in the first half of the 20th century.

But it fell into disuse as the population of the Jewish communities of the U.K. gradually reconsolidated itself around the three main cities of London, Manchester and Newcastle.

It was sold in 2006 and has not been used since. The Foundation for Jewish Heritage snapped it up after it went on sale again recently, Michael Mail, the Foundation’s chief executive, said in a statement.

His organization is now looking for funding to renovate the building with help from the Merthyr Borough Council, the local municipality, he wrote.

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- **Launch Event:** A lecture in memory of *Kristallnacht* with **Professor Deborah Lipstadt** world-renowned American Holocaust historian on “Antisemitism: Old Wine in New Bottles” (Nov. 10th)
- A **symposium** for descendants of Holocaust survivors: “Learning from the Past for the Future” (Nov. 17th)

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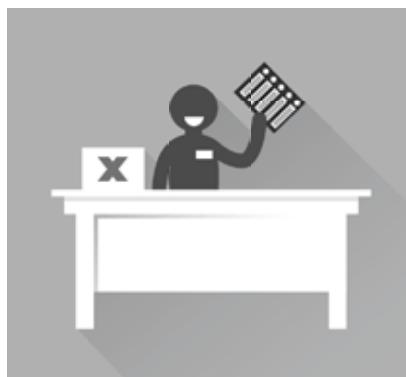
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Continued on page 57

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Continued from page 56

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Alec and Barbara Okun Thank you for your hospitality and friendship by Joni and Chummus Spunt

Ingrid Levitz wishing you a Happy Birthday by Sid and Cally Kardash

Josh and Randy Rose Mazel Tov on the birth of your son by Charles Schachnow

Ralph and Linda Levenstein Mazel Tov on your Anniversary by Bill and Laurie Chochinov

David Hertz, who uses food for social change, wins Charles Bronfman Prize

BY SAM SOKOL

(JTA) – David Hertz, a Jewish social entrepreneur from Brazil, was named the winner of the 2019 Charles Bronfman Prize this month in recognition of his efforts to alleviate global hunger. The award comes with \$100,000 US in prize money.

Hertz is the co-founder of *Gastromotiva*, a Brazilian-based organization that fights unemployment and social inequality and uses cooking classes and nutrition education as tools to “create opportunities for those living on the margins of society.”

The Charles Bronfman Prize, established by the children of the Jewish Canadian philanthropist, honours humanitarians under age 50 “whose innovative work, informed by Jewish values, has significantly improved the world.”

In a statement, Hertz said his 13-year-old group provides “free vocational kitchen training, entrepreneurial classes and nutrition classes across Brazil, El Salvador, South Africa and Mexico.” During the 2016 Rio Olympics, Hertz opened the *Refettorio Gastromotiva*



David Hertz is the cofounder of *Gastromotiva*, a Brazilian-based organization that fights unemployment and social inequality.

in collaboration with renowned chef Massimo Botura and journalist Alexandra Forbes as a no-food-waste cooking school and restaurant.

Previous winners of the prize include criminal justice reformer Amy Bach, refugee rights activist Rebecca Heller and Israeli writer Etgar Keret.

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The real story behind 'The Spy,' Sacha Baron Cohen's new Netflix series

BY JOSEFIN DOLSTEN

(JTA) — For “Borat,” his 2006 film, Sacha Baron Cohen went undercover as a made-up Kazakh journalist who travels America and gets unwitting targets to share his boorish and sometimes bigoted opinions. In “Who Is America,” the Jewish actor creates a variety of characters who manage to get prominent Americans to say shockingly offensive things.

In “The Spy,” he once again goes undercover, but in a very different way. The Jewish actor and filmmaker portrays the real-life Eli Cohen, a daring Israeli agent who embedded himself in the upper echelons of Syrian society in the 1960s and provided crucial intelligence to the Jewish state.

Released this month on Netflix, the espionage thriller is already getting plenty of buzz. Here’s a look at the wild and true story that it is based on.

According to My Jewish Learning, Eli Cohen was born in 1924 in a Jewish family in Alexandria, Egypt. Like many Jews in Arab countries, his family left Egypt after the establishment of the State of Israel, as they faced increased antisemitism. But Cohen stayed behind to finish his degree in electronics. He also participated in Zionist activities in Egypt, for which he was at one point arrested, and took part in Israeli spy missions there.

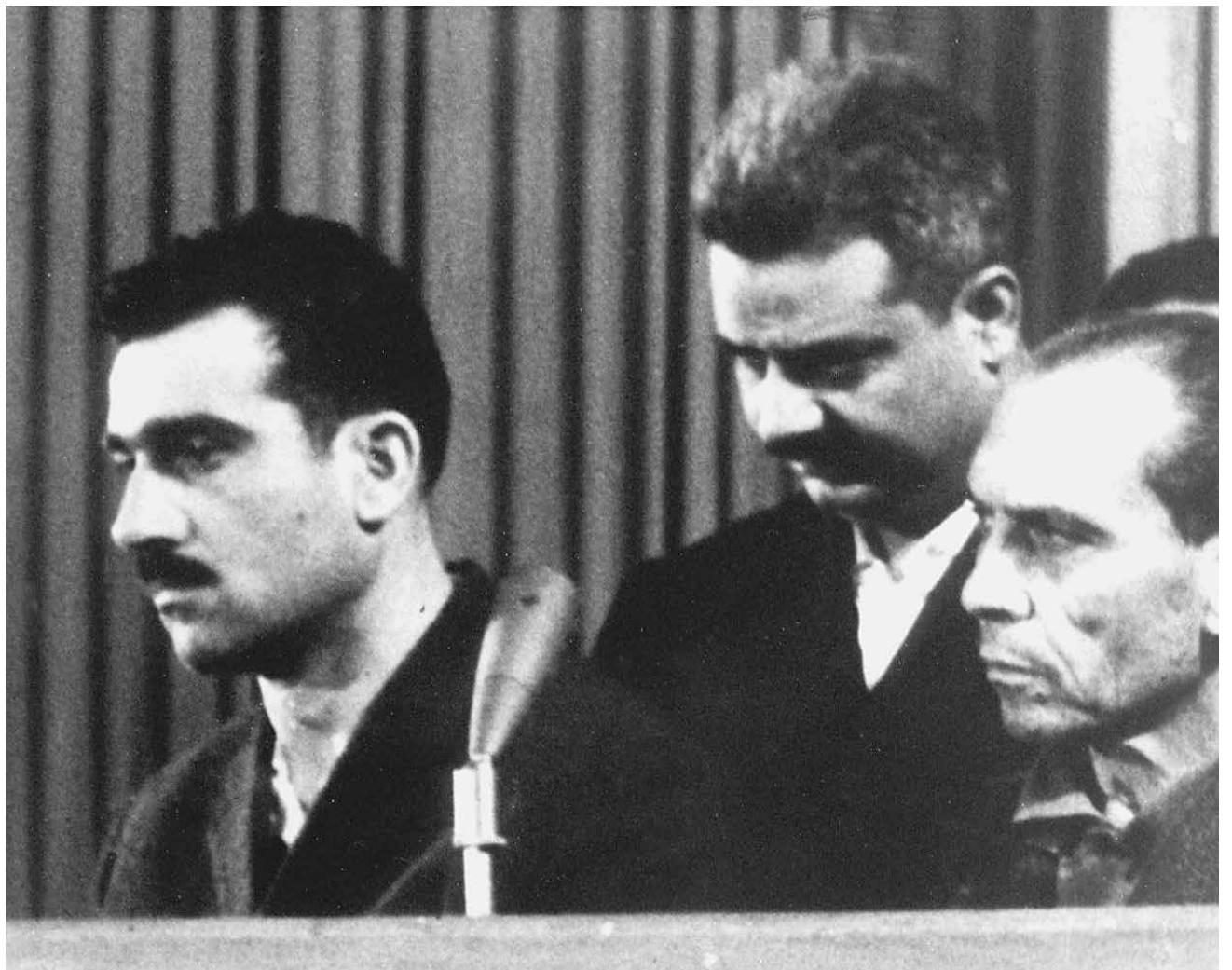
In 1956, Cohen was expelled from his native country along with many other Jews. He then immigrated to Israel, where he joined military intelligence the following year. He attempted to join the Mossad but was initially rejected. He married Nadia Majald, an immigrant from Iraq, and settled in the coastal city of Bat Yam.

In 1960, he was recruited to join the Mossad for a special mission in which he was to pretend to be a Syrian businessman returning to the country after having lived in Argentina. The goal was to gather intelligence from high-ranking Syrian politicians and military officials.

Cohen wasn’t allowed tell anyone of the plans and told his wife that he was working abroad for Israel’s Defense Ministry.

Ahead of the mission, Cohen had learn to speak Arabic in a Syrian accent rather than his native Egyptian. He took on the name Kamel Amin Thaabet and went to live in Argentina for a period of time to build a name for himself in the Syrian expat community. There he gained the trust of Amin al-Hafez, who would later become Syria’s president.

In February 1962, Cohen moved to Damascus. He was quickly able to infiltrate the highest levels of Syrian society. He would entertain high-ranking politicians and military officials at extravagant parties where there would be many women and lots of booze. The drunk guests would often end up blabbering about



Israeli spy Eli Cohen, left, and two other unidentified co-defendants, during their trial in Damascus, ten days before his execution, May 9, 1965.

AFP/GETTY IMAGES

their work to Cohen, who was sober but would pretend to be intoxicated. He made friends with many of the guests and ended up receiving classified military briefings and coming along visit Syrian military sites.

Cohen would then send intelligence back to Israel using a hidden radio transmitter.

He returned home to his family only a few times during his mission. On his last visit, in 1964, he told intelligence officers he wanted to come in from the cold because he was concerned a new Syrian intelligence commander did not like him. But the intelligence officers convinced him to go back one last time.

The following year, Syria was able to find out about Cohen by tracing his intelligence transmissions to Israel.

He was convicted in a trial without a defence and sentenced to death. Israel desperately tried to commute his sentence, and despite requests from world leaders and Pope Paul VI for clemency, Cohen was hanged publicly in May of that year.

His remains have yet to be returned, despite pleas from his family. Reports earlier this year said a Russian

delegation had removed his remains from Syria in an attempt to bring them to Israel. Last year, Israel was able to retrieve Cohen’s wristwatch from Syria and return it to his family.

Information provided by Cohen is thought to have been crucial to Israel’s victory in the 1967 Six-Day War. For example, on a trip to the Golan Heights, Cohen suggested to an army officer that he should plant trees to provide shade for troops stationed there. Those trees helped Israel identify where Syrian troops were located. Levi Eshkol, the late Israeli prime minister, credited Cohen’s intelligence with saving countless Israeli lives and “having a great deal to do” with Israel’s victory in the Six-Day War.

Cohen wasn’t the only Israeli who went on such a mission, though he’s perhaps the best known.

Israel “took a lot of ideas from the Soviet-style of playing the spy game,” in sending out citizens on long-term spy missions where they had to adopt false identities, said Dan Raviv, a correspondent for 124News and the author of *Spies Against Armageddon*, a history of

Continued on next page

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Israeli prime minister Ehud Barak receives a picture of a new postage stamp commemorating Eli Cohen, from his widow Nadia Cohen, January 25, 2000.

Continued from page 58

Israeli intelligence.

“The Israelis were softer about this than the Soviets were because the Israelis generally allowed their long duration agents to come home on family visits,” Raviv told the Jewish Telegraphic Agency.

Though these types of missions were a part of Soviet intelligence work – as dramatized in the FX series “The Americans” – it differed from strategies used by the Central Intelligence Agency, according to Raviv.

“American spies go to foreign countries using false identities for very short missions, but it’s just not in America’s nature to expect employees to give up their normal life to that extent,” he said. “In Israel, from the very beginning, that’s what Israeli intelligence looked for.”

One thing that helped Israel with such missions was that its citizens came from many countries and spoke those languages fluently.

“In the case of Eli Cohen, the mission was even more ambitious,” Raviv said. “To set him up as really rich man who flamboyantly and visibly would climb up the ladder of influence in Syria, it was a very bold mission but the Israeli intelligence chiefs thought Eli Cohen was up to it.”

Though it is impossible to say how many missions



Sacha Baron Cohen as Eli Cohen in “The Spy.”

like Cohen’s took place, Raviv said that they were at their height in the 1960s. As immigration and border technology became more sophisticated with each coming decade, it got harder and harder for spies to adopt

new identities without being detected.

“Israel in the 1960s was just a master at taking advantage of these loose systems in so many countries,” he said.

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What is meant when speaking of dual loyalty

On August 20, the Republican president of the United States stated that Jews who support Democrats are “disloyal.”

The response was predictable. Those who support the president noted that what he was doing was calling out Jews who vote Democratic as disloyal to their own people. Not to the United States. Those who are less enamored with the 45th U.S. president charged that this was a classic antisemitic canard.

It is never simple to unpack the musings of the president. He is not given to precision, even when speaking from a prepared text. If, as some suggested, he was calling upon Jews to be loyal to Israel, it is not really the point. We Jews have an obligation to protect and defend Israel because it is the ingathering of the exiles after two millennia. We Jews are not disloyal when we offer alternative opinions about the political path chosen by Israeli political leaders. We are not disloyal if we disagree with those who call themselves friends of Israel, but whose politics do not jibe with our personal values.

Yet, we have always been anxious about the charge of disloyalty. In 1806, when Napoleon convened an assembly of Jewish notables to respond to 11 questions designed to clarify the Jewish community’s relationship to France, he specifically asked if “Jews acknowledge France as their country.”

In 1841, when Kahal Kadosh Beth Elohim in Charleston, South Carolina dedicated its first permanent home (it was founded in 1749), the president of the congregation proclaimed, “This city is our Jerusalem. This country is our Palestine.” There was to be no ambiguity about loyalty.



RABBI STEVEN H. GARTEN
A VIEW FROM THE BLEACHERS

In 1917, when Lord Balfour was struggling to craft a document that would appease both Zionists in the British cabinet and those opposed to agitating Arab leaders who might support British war efforts, a third voice was noticeable. Anglo Jews pressured Balfour and Churchill to write nothing that could be construed as hinting at dual loyalty among British Jewry.

That is why the phrase, “it being clearly understood that nothing shall be done which may prejudice the civil and religious rights of existing non-Jewish communities in Palestine or the rights and political status enjoyed by Jews in any other country,” became part of the Balfour Declaration.

We are a people whose loyalty is often challenged and somewhat tenuous at times. But, in spite of our history and our discomfort when the issue is raised, few serious political leaders in the post-Second World War era have given us much cause for concern.

What should be more concerning to us is where our loyalties lie within the Jewish community. There was a time when we galvanized around the slogan “We are one.” However, some thought the slogan was too narrow and not reflective of our growing diversity. There was a time when our loyalties were to religious institutions: syna-

gogues and temples. Individuals not only prayed within the four walls, they found community and friendship.

Alas, synagogues and temples no longer are the focus of our individual loyalties. We see fewer and fewer seats filled on Shabbat and chagim. Friendship groups are easily formed outside the synagogues.

While some direct their loyalties to individual institutions and Jewish charities, it is interesting that many who do so are responding to the perceived needs that the institutions fulfil in their personal lives, such as supporting an old age home because a parent needs a secure, warm, friendly, kosher venue, or fundraising for a program that supports emotionally and educationally challenged adults because their own child fits the profile.

These are all worthy causes deserving of our commitment, but there can never be enough individuals with direct needs to support these places eternally.

Loyalty is more than just an acknowledgement of individual needs. Loyalty sees beyond the immediate. Loyalty is faithfulness in the face of adversity. Loyalty requires honesty about thoughts and emotions. Loyalty demands an everlasting commitment to something and or someone beyond ourselves. Loyalty demands strong feelings of support and allegiance.

The loyalty which supersedes our personal proclivities and opinions is loyalty to the Jewish community. It is through that loyalty that many of our personal causes and interests are made real. As individuals, we cannot insure the survival of our people, community and institutions. As a united community we can.

This year divide your loyalties if you must, but commit to your community, who will preserve all our divided loyalties.



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Happy Rosh Hashanah to the Jewish community.

Teshuva is not always easy to teach or model for our children

Rosh Hashanah and Yom Kippur are two of my favourite holidays. I love the spirit of introspection and renewal as we reflect on the past, make amends, and make our supplications (in whatever form they make take) for a peaceful and healthy year. Apples, honey, challah and grape juice (or wine) don't hurt either!

Teshuva (repentance) is a central theme at this point in our Jewish year yet it is a core value that is not always easy to teach or model for our children. *Teshuva* is about accepting responsibility for our actions and seeing our faults or mistakes without shame but with an intention to always grow and improve. The literal translation is 'return.' Returning to our true selves, our true belief systems and to being the best people we can be.

I am a firm believer in the power of personal growth. It is one of the many amazing abilities bestowed upon human beings. Granted, we are not always open and ready to change. Sometimes we lack the desire, insight or tools to be able to do so. *Teshuva* is a productive and positive ritual that takes us through the process of change and personal growth allowing us to understand ourselves and others, rectify mistakes, and propel us to greater heights and abilities.

Some years ago, a PJ Library book entitled *Sorry is the Hardest Word* arrived at our home. Perhaps you've got a copy of it as well. The story follows a bird who comes to learn both the challenge and importance of apologies. Few people enjoy apologizing but it is a skill



JEN PERZOW
**MODERN
MISHPOCHA**

Kids know when an apology is genuine and they certainly know when it's not. Forcing kids to apologize immediately and before they've had a chance to process the reasons for their actions does them a disservice.

central to both the act of *teshuva* and the process of personal growth for children and adults alike.

Should kids be forced to apologize when they've done something wrong or hurtful? While I certainly have been known to request (um, demand) an apology from my kids, the most meaningful apologies come without any coercion. Kids know when an apology is genuine and they certainly know when it's not. Forcing kids to apologize immediately and before they've had

a chance to process the reasons for their actions does them a disservice. Some of my most sacred parenting moments have come when, without any intervention from me, I overhear my kids saying to one another "I'm sorry – do you want to regroup?" Regret transformed into changed behaviour is true *teshuva* and you can't always rush that.

The inherent purpose of a time out is to allow the person – child or grown up, we all need them from time to time – a chance to calm down, consider both the reason for and impact of an action, and identify some ways to make amends. I prefer to think of it as "taking space" because it leaves behind the punitive connotations that so many of us and our children associate with time outs. Whatever you call it, the more we are in the habit of stepping away to regroup and reflect in or after a tense moment, the more our kids will learn to do the same. Focus shifts from shame and punishment to understanding, restitution and connection.

It is equally important to remind ourselves and teach our kids how to forgive. Forgiveness is not an endorsement of unacceptable behaviour. Forgiveness is a release of anger, hostility and expectation. Sometimes kids will need to forgive and forget. Sometimes they will need to forgive and remember. Either way, forgiving oneself and others is an essential component of *teshuva* and personal growth.

Shana Tova Umetukah. Gmar Chatima Tova. Have a Sweet and Happy New Year. May You be Inscribed for Good.

ADVERTORIAL



CHES' Corner News & Views from the Centre for Holocaust Education and Scholarship

Who Will Remember?

— Dr. Art Leader, CHES

"There are events of such overbearing magnitude that one ought to not remember them all the time, but one must not forget them either. Such an event is the Holocaust."

*The Rabbi of Bluzhov, Rabbi Israel Spira
Hasidic Tales of the Holocaust*

For Holocaust survivors, there is no forgetting. For everyone else, we need to capture survivor testimonies so we can remember. However, with each day, another survivor and another eyewitness to the evils of the Holocaust disappears. Today, the children of survivors (*Second Generation or G2*) and their children (*Third Generation or G3*) must continue to remind society what the Holocaust meant to Jewish families and mankind, and to combat the antisemitic merchants of hate who deny the Holocaust.

The children of survivors face their own personal challenges. For those raised in homes where Holocaust experiences were discussed in too much detail, too soon, or too often, there can be secondary traumatization, shame, and PTSD symptoms. Others raised in homes of silence and hidden mystery may have experienced a culture of repression. On the other hand, those resilient traits that enabled parents to survive may be passed on to their children. Given the diverse experiences, it is not surprising that some G2 and G3 children come to

Holocaust education needing understanding and recognition; others need to keep defense mechanisms on active alert.

Today, in the face of much violence, we face increasing indifference. In 1999, Elie Wiesel warned against the perils of indifference. Hidden or even visible anguish becomes of no interest. Indifference reduces the other to an abstraction and renders us inhuman. We are left with the need to re-double our efforts to honour our parents and grandparents and those who perished, but how? We promise, "Never Again", but how do we keep the promise?

With the Centre for Holocaust Education and Scholarship (CHES) at Carleton University, Canada's capital now has a permanent organization to promote a deeper understanding of the legacy and lessons of the Holocaust.

CHES is based on three pillars:

- **HOLOCAUST EDUCATION MONTH:** Each November CHES organizes Holocaust-related programs for the community, launched by a commemoration of *Kristallnacht*.
- **OUTREACH to SCHOOLS and TEACHERS:** CHES organizes teacher workshops and sends survivor speakers or testimonial films to reach students at schools across the region.
- **PROGRAMS FOR G2 and G3:** CHES develops programs to help and prepare descendants of survivors to understand their trauma and to speak out on behalf of families that were/are victims of antisemitic hate.

Teacher and student workshops in November and April address the expectations of the Ontario Curriculum and provide a forum to inspire teachers and students to recognize and deal with hate and antisemitism. The workshops bring together survivors, students, educators and community leaders "to discuss the dangers of forgetting and the imperative of remembrance, the danger of indifference and the responsibility to act," said the Honourable Irwin Cotler.

Sadly, hate works 24/7 and is everywhere. Educators from across Eastern Ontario have requested more frequent and local workshops as they deal with hate in their communities. Resources and volunteers are needed to train teachers and to provide anti-hate education year-round. While national Holocaust remembrance occurs annually, we lack the resources to develop a smart phone-based application that would enrich the understanding of the Holocaust for visitors to the Holocaust Monument. Involving G2 and G3 has been a challenge, but we must redouble our efforts to make Holocaust education our cause and the cause of our children.

Almost 75 years ago our parents and surviving family members emerged from their personal hell. They were "carried by profound fear and extraordinary hope" to Canada. "Indifference always means coming down on the side of the aggressor, never on the side of the victim. It is this teaching which makes the Centre's work so crucial," said Professor Cotler.

It is our duty to speak up and stand up against hatred — every day.

A klezmer musical and songs from under the Ontario moon



Ben Caplan

Old Stock
Rhyme & Reason Records
www.bencaplan.ca

One of the most magnificent productions I've seen in recent years was "Old Stock: A Refugee Love Story," a play co-created by playwright Hannah Moscovitch, who grew up in Ottawa, singer-songwriter Ben Caplan and director Christian Barry, which tells the story of Moscovitch's great-grandparents who fled antisemitism in Romania in 1908 for Canada.

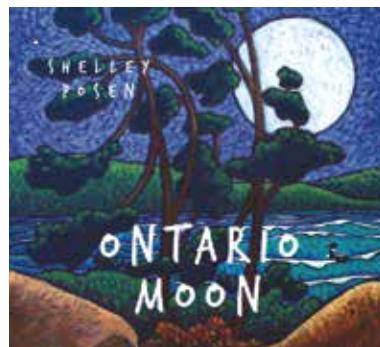
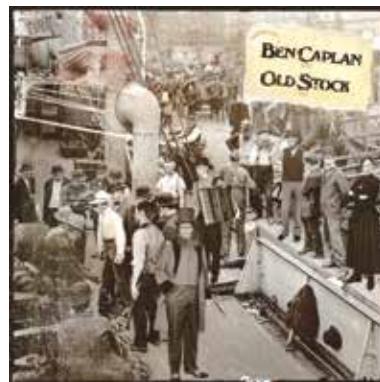
Caplan plays The Wanderer, the play's narrator who moves the story forward with a series of monologues and songs – most of them klezmer influenced – that he performs with a theatricality that is equal parts Tevye and Tom Waits. The *Old Stock* CD collects the songs that Caplan performs in the show along with a couple of his monologues, and while it helps to be familiar with the play, these pieces stand on their own and include songs that relate both explicitly and

implicitly to the play's narrative. Some of the latter serve as modern day Talmudic interpretations as imagined through lenses of the period (early 20th century) or of today.

As well as original material written or co-written by Caplan, Moscovitch and Barry for the play, *Old Stock* includes two well-chosen songs written by Geoff Berner, an instrumental by Danny Rubenstein and a passage from *Jeremiah* set to music by Rabbi Shlomo Carlebach.

Warning: Some of the songs on *Old Stock* have mature themes and are not suitable for young children or those offended by profane language and/or frank references to sexuality.

"Old Stock: A Refugee Love Story," starring Ben Caplan, returns to the Babs Asper Theatre at the National Arts Centre from October 17-27. Visit <https://nac-cna.ca/en/event/21514> for more information.



Shelley Posen

Ontario Moon
Well Done Music
www.borealisrecords.com

Shelley Posen is well known throughout the folk music world as a member of *Finest Kind*, a mostly-retired Ottawa vocal trio known for its glorious harmonies, and as a versatile singer and songwriter whose work touches many genres. *Ontario Moon* is his fifth solo album and while two of his previous CDs were on specifically Jewish themes, the dozen songs here are purely secular in nature.

One of the things that's really nice about this album is that each track is uniquely arranged with musicians specifically recruited for the song in question. For example, the title track, a jazzy, romantic tune that

recalls the Tin Pan Alley songs that songwriters like Irving Berlin were writing in the 1930s, features a swinging quintet that includes Django Reinhardt-influ-

enced guitarists Christian Flores and Andrew Tesolin, bassist Mike Mopasi, clarinetist Martin van de Ven of the klezmer band *Beyond the Pale*, and violinist Mika Posen, the artist's daughter.

One of the songs I relate to most on the album is "Night Nurse," a blues featuring the bottleneck guitar virtuosity of Michael Jerome Browne. The song is a tribute to the care Posen received several years ago when he underwent surgery at the University of Ottawa Heart Institute. The song mirrors my own experiences with the night nurses when I had my own surgery at the Heart Institute a few years after Posen.

Other favourites include "The Best Song Ever Written," a fun country song about songwriting; "Back at Bub's," a rock 'n' roller about a favourite barbecue joint; "Sugar Bush Breakfast," a very sweet duet with Montreal singer Linda Morrison; "Tea Time," a clever paean to afternoon tea at the Royal York featuring a classical string quartet; and "Walking in the Rain," a delightful little piece that sounds like it could have come from a 1940s musical.

While I've mentioned about half the songs on the album, all of the others are just as good.

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

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WHAT'S GOING ON | September 23 to October 6, 2019

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ONGOING EVENTS

Bible Basics with Lauren Shaps

9:15 - 10:15 am, Thursdays until December 13, 2019
Contact: Lauren Shaps
lauren@jetottawa.com
See how the events of the Exodus (*Shmot*) speak to the challenges you face today.

Foundations of Jewish Living Classes for Parents – Fall session

7:30 - 9 pm, Thursdays until November 21, 2019
Contact: Roslyn Wollock
rwollock@jccottawa.com
Cost: \$150. Subsidies available. An opportunity for parents to enrich their own Jewish education and learn about Jewish life in the context of parenting.

MONDAY, SEPTEMBER 23

Jewish Federation of Ottawa Telethon for the 2020 Annual Campaign

5 - 7:30 pm,
Contact: Lindsay Newman
lnewman@jewishottawa.com
Join Telethon chairs, the March of the Living alumni, as well as 2020 Annual Campaign co-chairs Rabbi Bulka and Dr. Karen Palayew for Telethon!

Telethon is an important source of funds for the Annual Campaign. During Telethon teams of volunteers contact community members who have donated before to ask them to make a gift to the Annual Campaign.

These gifts fund the important work of the community agencies we value and this year represents our final opportunity to take advantage of the \$400,000 Challenge Fund!

We are seeking as many volunteers as possible to select a shift and reach out to their fellow community members!

- there will be food at each shift (a

meal and snacks throughout!)
- training and support will be provided
- the atmosphere is fun - we are working toward a common goal!
- participation will count as volunteer hours for high school credit
- 3 shifts are available to choose from
This will be a meaningful and much-appreciated way of giving back to the community - thank you!

If you are interested in canvassing with us, please contact Lindsay at lnewman@jewishottawa.com or (613) 798-4696 x 272. Please invite your friends - all are welcome to join!

Global Warming with Peter Black and Gerald Oakham

7:30 - 9:30 pm
Contact: Roslyn Wollock
rwollock@jccottawa.com
Gerald Oakham, a retired professor of physics and Distinguished Research Professor at Carleton University and Peter Black, former Assistant Director of Policy Analysis in the Federal Office of Energy, address the causes of global warming, how it affects humanity and what governments are doing to combat this issue.

TUESDAY, SEPTEMBER 24

Kol Miriam Women's Choir Open House

7:00 - 8 pm, Hillel Lodge, 10 Nadolny Sachs Pvt.
Contact: Katherine Moss
katherine.moss@sympatico.ca
Come and enjoy spiritual, uplifting Jewish music sung by women for women. If you love to sing and can carry a tune, this is for you! Tuesdays 7 - 8:30 pm, beginning in November after the High holidays and then weekly until June 9, 2020.

March of the Living Trip, Info-Session

7 - 8:30 pm

RSVP: sarah beutel

sbeutel@jewishottawa.com

High school students in Grades 10 - 12, are invited to learn about the 10-day trip to Poland and Israel that takes place in April/May 2020 (dates to be announced). This info session will provide details about the trip, and the opportunity to hear about the impact of the MOL experience from trip alumni and parents of past participants.

THURSDAY, OCTOBER 3

The Federal Election, the Jewish Community & You

7 - 9 pm Contact
Sandra Esposito
sesposito@cija.ca
Join us for an evening of awareness, discussion and education about the upcoming Federal Election.. Topics to be covered include CIJA - the public policy issues that matter to the Jewish community, and CJPAC- why and how you should get involved in an election campaign. Light refreshments will be provided and Kasthruth will be observed. Advanced registration required; please confirm your attendance by Wednesday, October 2.

COMING SOON

SUNDAY, OCTOBER 20

PJ Celebrates Sukkot with Grandparents!

9:30 - 11 am
Contact: Jordan Waldman
jwaldman@jewishottawa.com
PJ Grandparents come join us in the Sukkah to celebrate Sukkot!
Parents Optional

THURSDAY, OCTOBER 24

Sisters on Board

7:30 - 9:30 pm
Contact: Solange Ashe
sashe@jewishottawa.com
Cost: \$36. The Ottawa Jewish Community Foundation is proud to host Sisters on Board, a new, innovative Jewish women's event that aims to promote the benefits of leaning into leadership roles by participating on community boards. Sisters on Board seeks to be inclusive to women of all professional and philanthropic experience levels. Keynote speaker Erica Ehm will deliver a talk: "Courageous Leadership: Put Your Bold Face On". Erica is an executive, a mom, a creative entrepreneur, as well as an inspirational speaker. Drinks and desserts will be served. Event Chair: Adina Libin

SUNDAY, OCTOBER 27

Tammy Bottner A True Story of How a Family Survived the Holocaust

9:30 am - 12 pm, Temple Israel, 1301 Prince of Wales Dr.
Contact: Sheila Osterer
HEMsvp2019@gmail.com
Tammy Bottner is the child and grandchild of Holocaust survivors. In her book she recounts the moving story of her own family's travails in war-torn Europe. In her memoir of her family's experiences during the Holocaust.

CANDLE LIGHTING BEFORE

| | |
|-----------------------------|---------------|
| SEPTEMBER 27 | 6:33 PM |
| ROSH HASHANAH, SEPTEMBER 29 | 6:30 PM |
| ROSH HASHANAH, SEPTEMBER 30 | after 7:29 PM |
| OCTOBER 4 | 6:20 PM |

BULLETIN DEADLINES

| | |
|-----------------------|-----------------|
| WEDNESDAY, OCTOBER 2 | FOR OCTOBER 28 |
| WEDNESDAY, OCTOBER 23 | FOR NOVEMBER 11 |
| WEDNESDAY, NOVEMBER 6 | FOR NOVEMBER 25 |

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

CONDOLENCES

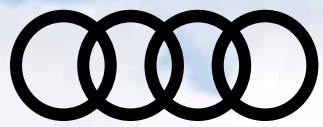
Condolences are extended to the families of:

Shirley Berman
Sam Goldmaker
Herbert Laks

Mitch Podolak, Winnipeg
Brother of Mark Podolak
Glee Shapiro

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

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



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