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# OTTAWA JEWISH BULLETIN

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## We've seen far too much antisemitism in recent years

BY MICHAEL REGENSTREIF  
EDITOR

**M**y wife, Sylvie, and I were on vacation in Clearwater Beach, Florida in December. On December 23, the second night of Chanukah, we joined several hundred other people – locals and tourists alike – at the Chanukah party and giant menorah lighting organized by Chabad of Clearwater.

Held outdoors on the main drag on Clearwater Beach, less than a five-minute walk from where we were staying, it was a typical Chabad Chanukah event with speeches, songs, a magic show, latkes and sufganiyot. One of the big hits of the event was Rabbi Levi Hodakov singing his updated version of Adam Sandler's "Chanukah Song." Local politicians, including Mayor George Cretekos and several other members of Clearwater's city council, joined in the celebration.

There were a couple of police officers who stood on the edge of the crowd observing the event and the comings and goings but, thankfully, there were no incidents that required their attention.

However, less than two weeks before Chanukah, there was a mass shooting at the JC Kosher Supermarket in Jersey City, New Jersey carried out by a pair of antisemitic extremists. They murdered Mindy Ferencz, 33, an owner of the market; Douglas Miguel Rodriguez, 49, an employee; and rabbinical student Moshe Deutsch, 24, a customer. Three others, including two police officers, were also wounded in the incident. The assailants arrived at the market shortly after they killed a police detective in a separate incident.

Then, on December 28, the seventh night of Chanukah, a masked man invaded the home of Rabbi Chaim Rottenberg in Monsey, New York – a small community north of New York City with a largely Chasidic population – and randomly stabbed five Chasidic Jews attending a Chanukah party. Other guests fought back and the suspect escaped in a car. He was arrested by police later that night in Harlem. In the investigation, police found his handwritten journals filled with antisemitic views.

Thinking of those incidents just before and during Chanukah – as well as the antisemitic murders earlier last year at Chabad of Poway in California and at Tree of Life Synagogue in Pittsburgh in 2018 – made me stop and think about whether we were safe attending a Jewish event in an accessible public space in Florida, a state where it is easy to acquire weapons and a state with a history of mass shootings – including the high school massacre in Parkland in 2018 that killed 17, and the nightclub massacre in

Orlando in 2016 that killed 49.

Although, as already mentioned, there were a couple of police officers present at the Chanukah event on Clearwater Beach, there was no security screening. Anyone and everyone had unfettered access to the event. What would have happened if someone like the attackers from Jersey City or Monsey or Poway or Pittsburgh had been there that night? (By contrast, when we attended a couple of concerts in December at

See From the Editor on page 7



**Team TDSO to run half-marathon:** A team of 12 Ottawa-based rabbis is training to run the half-marathon on Sunday, May 24 during the Tamarack Ottawa Race Weekend, as members of Team TDSO (Torah Day School Ottawa). The captain is Head of School Rabbi Boruch Perton and the team is being trained and coached by running enthusiast Stacy Goldstein. Torah Day School is also recruiting other Team TDSO members, including a women's team.

(From left) Rabbis Chaim Boyarsky, David Rotenberg, Chaim Mendelsohn, Levy Teitlebaum, Reuven Bulka, Zischa Shaps, Gavriel Rudin, Boruch Perton, Moshe Fine, Moshe Farkas and Idan Scher. Absent from photo: Rabbis Menachem Blum and Dov Nimchinsky.

**inside:**

Shinshinim are a 'living bridge'  
between Ottawa and Israel > p. 3

Photo spread: Chanukah  
in Ottawa > p. 4

Leslie Feldman and Mike Klein  
on Mitzvah Day > p. 6



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The Ottawa Jewish Community Foundation and 14 of Ottawa's Jewish community agencies are participating in the Life & Legacy Initiative to be launched in March.

# A new Life & Legacy Initiative: deciding today on what to leave in the future

BY VICTOR RABINOVITCH, BOARD MEMBER  
JEWISH FEDERATION OF OTTAWA

Imagine the largest meeting room at the Soloway Jewish Community Centre (SJCC) on the evening of January 8, packed with 60 activists and leaders from 14 community organizations, who had gathered to talk about the new opportunity of legacy giving.

Picture these volunteers and staff from across Ottawa's Jewish spectrum, with different ages and personal backgrounds, yet working together to master the concepts of a different approach to sustainable funding.

Imagine their energy and enthusiasm as these groups committed to working together as partners for this amazing initiative.

This important January session happened because of a great decision by the Harold Grinspoon Foundation to include Ottawa in the Life & Legacy Initiative for communities across North America. So now we have made the decision to launch our local "Life & Legacy Initiative," led by the Ottawa Jewish Community Foundation, in March.

Legacy donating is not new, but it has not been widely used for many communities or organizations. Part of our Ottawa challenge is to break down a barrier in understanding by explaining the practical good sense of legacy giving.

Making a legacy gift means using a person's will or life insurance policy. Its deep spirit goes beyond donating money because it creates an opportunity to be remembered forever. It is a way of supporting activities in the Jewish community that are most meaningful to each of us – a school, the Jewish Federation of Ottawa, a synagogue, the SJCC, or others – and to do so in perpetuity.

The Harold Grinspoon Foundation and Ottawa Jewish Community Foundation will devote significant resources during the next four years to help Ottawa agencies and organizations work together on this major initiative. The ideas behind Life & Legacy should become widely known across our community. As this initiative expands, the words Life & Legacy will be seen and understood across our many community locations – such as walking into a synagogue, working with a Jewish social service agency, or attending a Federation event.

All the organizations that are taking part in this initiative are special for our community. They have touched Jewish lives in unique ways. Here are some typical examples:

- So many Ottawans enjoy circles of friendship that first formed when they were kids attending our own Camp B'nai Brith.
- So many Ottawans are consistent supporters of our Federation's Annual Campaign, with donations that are modest or large. Their actions sustain loyal connections to the great variety of Jewish activities taking place here.
- Or, you may happily recall your Sunday mornings and Summer Day Camp at the old downtown JCC on Chapel Street. But time moves on and it's your son now playing in the Jewish men's basketball league, while your daughter swims laps at the SJCC.
- Or, you may be a first, second or third generation Ottawan, with your kids getting their vital Jewish education at day school or supplementary school, while your family continues its membership in one of our synagogues.
- Or, you may be a volunteer at one of our network of social service organizations, helping to care for our elders and vulnerable community members.

These are just examples of typical Ottawa memories and connections. While some families have long roots here, so many of us came in the 1970s and more recently. We immediately got the benefits from what had been carefully built by the founding generations.

There are 14 agency partners in the Life & Legacy Initiative, with the Ottawa Jewish Community Foundation helping all of the partners. Each one reflects core parts of our shared values as Jews. Each one needs legacy support.

Legacy giving is a great financial equalizer in philanthropy. Many of us can only donate modestly when we are still spending heavily to care for families and ourselves. But through our wills and similar financial tools, our ability to donate a significant gift in the future is much greater because we can leave a legacy portion to be taken from our lifetime savings. (Any accountant or financial professional can explain this better than me.)

Thanks to the Life & Legacy Initiative, my wife and I are discussing a legacy gift to several Jewish organizations. This will be a practical way of helping Jewish Ottawa and it will be a perpetual gift that will endure forever – even though our own children and grandkids now live in other cities.

For more information, please contact Micah Garten at the Ottawa Jewish Community Foundation at 613-798-9818, ext. 270, or [mgarten@jewishottawa.com](mailto:mgarten@jewishottawa.com). Or visit [www.ojcf.ca/programs\\_awards/life-legacy](http://www.ojcf.ca/programs_awards/life-legacy).

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# Shinshinim are a 'living bridge' between Ottawa and Israel

Hila Beldoch has been a shinshin in Ottawa since late August, 2019. She was joined in November by Shai Sagi. **Dana Simpson** reports.

**O**n August 26, 2019, two recent high school graduates got on a plane and flew nearly 9,000 km from Israel to Ottawa.

Leaving behind friends, family, and better weather, Hila Beldoch and Snir Dachboach began their year of voluntary service, as the Jewish Federation of Ottawa's newest shinshinim. The shinshinim program sends recent Israeli high school graduates – on a gap year before entering the Israel Defense Forces – to serve in Diaspora communities.

Unfortunately, due to a back injury, Snir returned home to Israel in October.

In his absence, Shai Sagi, who is from Ramot HaShavim in central Israel, stepped up to the plate as Ottawa's newest shinshin. She arrived here on November 24.

Since 2016, the Federation's Shinshinim program has operated with the goal of building a *gesher chai* (living bridge) between Israel and Ottawa's Jewish community.

"Here it is harder to be Jewish," said Shai. "I think you have to do more things to feel Jewish than you need to do in Israel."

That feeling is shared by both shinshinim.

"They need to decide every day to be a Jewish person, to have a Jewish life," said Hila. "And here I think they have more appreciation than us. They have to put more money in, they have to learn more, drive further away to the kosher grocery. It's way harder."

Despite many differences between Israel and the Diaspora, the shinshinim are pleasantly surprised with the level of cultural and historical knowledge held by the Ottawa Jewish community.

"The topic this week was Israeli inventions and even kindergarten kids knew a lot," said Shai. "It's so incredible to hear that people here know so much about Israel."

*Shai and Hila say they have learned so much by exploring a new culture and sharing their own.*

This feeling of connection is particularly inspiring to Hila. She is excited to return home to tell her community of Ottawa's bond to Israel.

"It's important to bring kids and communities the feeling that they're not alone," Hila said. "It's good to have partners."

Both shinshinim said that coming to Ottawa was part of their desire to build better global connections for the future.

"When I go back maybe I'll think about how, from the Israeli side, we can do more," said Shai. "The connection right now, I feel, is a bit one-sided. And it is so important that in Israel we do something to know about Jewish culture around the world."

And while their experience hasn't been without its challenges – most notably the weather and having to make new friends – Shai and Hila say they have learned so much by exploring a new culture and sharing their own.

"When you come here, you come as you, but you also represent your country," said Shai. "It's a lot of responsibility."

"I never went to synagogue [in Israel] and now I'm there at least once a week," said Hila. "Maybe it is something I will look for in Israel: to have my Jewish community that's not specifically about being Israeli, it's about being Jewish."

Kara Goodwin, director of Community Collaboration at the Jewish Federation of Ottawa, said she is always impressed by the shinshinim.

"They care a lot about making sure that the program continues on," said Goodwin. "They really have a mandate and a passion to teach people about Israel."



Shinshinim Hila Beldoch (left) and Shai Sagi. "When you come here, you come as you, but you also represent your country," said Shai. "It's a lot of responsibility."

## Former Ottawa professor sues federal government

BY DAVID LAZARUS

(JTA) – A former Ottawa professor and his family are suing the federal government for \$90 million for extraditing him to France in 2014 for allegedly being involved in the deadly 1980 bombing of a Paris synagogue.

Hassan Diab, a Lebanon native who became a Canadian citizen in 1993, was sent back to France six years after a lengthy extradition process. French authorities alleged that Diab was a member of the Popular Front for the Liberation of Palestine and took part in the attack of a synagogue on Rue Copernic that killed four people and injured 40.

Diab, who was teaching sociology at Carleton University at the time of his arrest, spent three years in a Paris

jail before his release in January 2018 due to compelling evidence that he was in Beirut, Lebanon, at the time of the bombing.

In his lawsuit, which was filed earlier this month, Diab claims damages for a "negligent investigation, malicious prosecution, malfeasance in public office, spoliation of evidence, deceit, abuse of process, and intentional affliction of emotional distress."

Diab, 66, also is seeking damages based on having his Canadian charter rights allegedly breached.

A review of Canada's extradition process in 2019 cleared Canadian prosecutors of any wrongdoing but recommended improving the extradition process.

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# CHANUKAH 5780 IN OTTAWA



**Sens Game:** Ottawa Torah Centre and the Jewish Federation of Ottawa joined forces for a Chanukah menorah lighting on December 23, the second night of Chanukah, at the Canadian Tire Centre during the Ottawa Senators-Buffalo Sabres game. Several hundred people gathered to see the menorah lighting and enjoy Chanukah treats.



**Ottawa Torah Centre:** Rabbi Menachem Blum of the Ottawa Torah Centre (OTC) and Imam Ziad Delic of the Barrhaven Mosque stand in front of "The Peace Menorah" at OTC. The menorah was created by Christian, Jewish and Muslim children from Barrhaven at OTC to express their prayerful wishes for world peace. The menorah, a project coordinated by OTC, was on display at Loblaws in Barrhaven during the holiday season.



**Chabad Student Network at City Hall:** (From left) Rabbis Chaim Boyarsky and Reuven Bulka and students Tom Podolsky and Daniel Segal light the giant menorah on the first night of Chanukah, December 22, at the Chanukah celebration organized by Chabad Student Network Ottawa City Hall.



**Or Haneshamah:** Tamara Levine, Debbie Rubin and Jacki Langsner lead singing at the Or Haneshamah Chanukah party on the first night, December 22.



**AJA 50+:** Toby and Joel Yan were among the dancers celebrating at the AJA 50+ Chanukah party, December 23, at the SJCC. (Sheila Osterer)



**A Ripple Effect - Chanukah on Parliament Hill:** At the pre-Chanukah menorah lighting on Parliament Hill, the volunteers of A Ripple Effect were honoured with lighting a candle on the menorah, and were publicly congratulated for their efforts to help children.



**Merivale High School Jewish Culture Club:** The Merivale High School Jewish Culture Club held its annual Latkapalooza on December 20. (From left) Abby Marszowski, Alexa Barrett Taller, Eriana Vargas, Irv Osterer (teacher/adviser), Alexandre Kuttner (president), Mike Harr (head custodian) and Kaliyana Benisty.



**Machzikei Hadas:** Rabbi Idan Scher lights the menorah on the first night of Chanukah, December 22, at the Machzikei Hadas Chanukah party.



**Temple Israel Religious School:** For a Chanukah tikkun olam project, students of Temple Israel Religious School and their families volunteered at a soup kitchen. "It was an amazing experience for all of us at this annual event," said Sue Potechin, the school principal.



**JET:** Rabbi Idan Scher leads a class during JET's Chanukah Yom Iyun – a day of learning, December 15, at the SJCC.



**Kehillat Beth Israel:** Kids and parents enjoy the Chanukah Carnival, December 17, at Kehillat Beth Israel.



**SJCC Ganon Preschool:** Parents look on as students at the SJCC Ganon Preschool spin like dreidels at their Chanukah party.



# Ottawa Jewish Community Foundation Awards, Grant and Scholarships 2020

## GJ Cooper Scholarship Award

Valued at approximately \$16,000, this award is granted each year to support a member of the Ottawa Jewish Community, or Ottawa student, between the ages of 18 and 30, who has displayed leadership qualities, academic excellence and has an interest in the Jewish Community. The award must be used to advance one's formal education or apprenticeship in the fields of artistic, literary or social sciences. Deadline April 17, 2020

## Ilana and Steven Rubin Scholarship Award

Valued at \$1,800, the Ilana and Steven Rubin Scholarship aims to help students who are planning to attend a Canadian or Israeli post-secondary institution in a program of at least 2 years. This award is intended for high school students graduating in 2020 with a B average or higher, with demonstrated financial need, who are seeking their first academic award. Deadline April 17, 2020

## WCPP 2020 Grant Women Helping Women Grant



This year, there will be 2 grant cycles, totaling \$4000. Application for the first cycle is Jan 27 to Apr 17, and the second is Aug 31 to Nov 6.

If you have an idea for a new initiative that could make a positive difference in the lives of women and children in this community, please apply.

## Norman Lesh Philanthropy Award

Do you have an innovative philanthropic idea you need help seeing to fruition? Kickstart that great idea with \$3,500.

The Norman Lesh Philanthropy Award, which honours the legacy of Norman Lesh, a philanthropist and forward-thinking community leader, will grant \$3,500 to help creative-minded people and organizations make a difference. Deadline April 17, 2020

Awards are subject to the discretion of the Awards Committee and will be mentioned or presented at the Annual General Meeting in June 2020.

Full details at  
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FEDERATION  
REPORT

**LESLIE FELDMAN AND  
MIKE KLEIN, MITZVAH DAY  
CO-CHAIRS**

**W**e are thrilled to be co-chairing the Jewish Federation of Ottawa's 14th annual Mitzvah Day event to be held at the Soloway Jewish Community Centre (SJCC) on February 2.

The purpose of this day is two-fold: to play and be active in fun-filled creative ways, but also to instil the Jewish values of helping others and giving back to the community. While enjoying one of the many different activities at Mitzvah Day, we should all be mindful that helping others can be fun and fulfilling.

## Let's be 'Better Together' on Mitzvah Day

The theme this year is "Better Together" and it depicts how we are all stronger when we are united and working toward a common cause. In an effort to include all age groups, from toddlers to teens, there are activities embodying a wide variety of mitzvot, from creating blankets to be donated to CHEO, to planting herbs and building donation towers.

As an integral part of Mitzvah Day, each year we collect several items to give to the needy or disadvantaged. This year, we are collecting single socks and kosher food cans and boxed food items at the SJCC (in the lobby) until Mitzvah Day.

We will take your clean, unmatched socks in any size and colour. These socks will live on as cat toys being made as a Mitzvah Day activity for the Furry Tales Cat Rescue organization.

And we are looking for many hundreds of kosher food cans and food boxes to supply our "can-gineering for food security" activity on Mitzvah Day. All the items will then be donated to the Ottawa Kosher Food Bank. Items that will be especially appreciated are diced

*The theme this year is "Better Together" and it depicts how we are all stronger when we are united and working toward a common cause.*

tomatoes, cereal boxes, pasta boxes, matzo meal boxes, baby formula, granola bars, gluten-free items, canned tuna/salmon/corn/peas/fruit, and tomato paste.

The goal of these activities is to embrace tikkun olam and show our children how important it is to perform acts of kindness to better our world. As Jews, this is ingrained in our teachings and something we hope to pass on to the next generation.

Our favourite part of the day is seeing the children's eyes light up as they grasp that they have done something good to help someone else. The recognition they wear on their faces and the pride they exude is very rewarding. Understanding what it means to give back is a lesson one is never too young to be taught.

Our hope for this Mitzvah Day and for future ones, is that the children and the

community continue to recognize different and creative ways we can give back to the community and those around us. As our world continues to change, as will the diversity the mitzvot we can perform and the reach that they can extend to. We encourage future planners to jump on board and offer feedback and ideas to help make the future of Mitzvah Day even brighter for our Ottawa community. We can't think of a more relevant time in our recent history to remind the world of the significance of community, sharing and mitzvah. Much thanks to our committee for all their hard work: Deanna Bertrend, Irena Beylis, Julie Bennett, Jonathan and Naomi Mitchell, Melissa Thompson, Rabbi Gavriel Rudin, Ranit Braun, and Sara Miller.

We hope to see you all there! Visit [www.mitzvahdayottawa.com](http://www.mitzvahdayottawa.com) for more information and to register.

FROM THE  
PULPIT

**RABBI IDAN SCHER,  
MACHZIKEI HADAS**

**I** have been thinking a lot about being present, about really living. It seems as if a lack of living in the moment has forever been a human malady, but at this point in time, with technology glued to our bodies, it sometimes feels as if we are about to implode.

We spend an unbelievable amount of time on our phones. And as we look out for our next Instagram photo op, we often miss what is right in front of us.

It's like the joke I heard first from an Ottawa rabbi: Someone was at a funeral and he asked the officiating rabbi for the Wi-Fi password. "Have some respect for the dead!" the rabbi said. "Thanks Rabbi, is that all lowercase?"

Unfortunately this joke is inching ever closer to reality.

I think the description of Rabbeinu Behaye, the mystic, philosopher

## Living mindfully is at the heart of Judaism

and ethicist of the 11th century, is the best description of them all: "*pizur hanefesh* (the scattering of our soul or our spirit)." We are scattered and we are missing the peaceful soul, the equilibrium, the reflectiveness, that couldn't be more important for who we are.

And it's not like we aren't realizing this.

Apple's app of the year pick for 2017 was Calm, a meditation and relaxation aid based on mindfulness that is now valued at close to \$1 billion.

Living mindfully, in the present, has been at the heart of Judaism from the very beginning.

Just take a look at some of the most significant parts of our religious practice.

Prayer strategically placed three times a day – a time to stop and think and reflect on who we are and where we are going, a time to refocus and recalibrate.

Shabbat, what a brilliant construct. The Tech Sabbath is becoming more and more popular but Judaism brought this concept to the world. A day unplugged. A day of reflection. A day of experiencing the here and now, our loved ones and our spirituality. There has been no more powerful tool in the

history of mankind in inspiring living in the moment than Shabbat.

Or we think of *berakhot* (blessings). We are told of the benefit of saying 100 blessings a day and this should come as no surprise.

Because blessings are those moments of reflection. They are moments that allow us to refocus and soak in the richness of the experience we are about to have.

And as Rabbi Aryeh Kaplan – one of the most prolific English-language Jewish authors, who died way too young at the age of 48 and gave the layperson access to so much wisdom and many texts that were previously inaccessible – explained, a comparative study of meditative methods shows that the Jewish systems may have been among the most advanced in the world.

And these few examples are just the tip of the iceberg.

Judaism is about really living. Living with our hearts and eyes open, ready to soak in all of the wonders of existence being present has to offer.

Like those beautiful words of Rabbi Abraham Joshua Heschel: "The beginning of our happiness lies in the understanding that life without wonder is not worth living. What we lack is not a will to believe but a will to wonder."

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## FROM THE EDITOR



MICHAEL REGENSTREIF

Continued from page 1

theatres in Clearwater, we could only enter after emptying our pockets and being searched with metal-detecting wands by security guards.)

The sad fact is that we live in a world rife with resurging antisemitism – and antisemitism is coming from so many different directions: from the extreme right, from the extreme left, from Islamist extremists; from some parts of the anti-Israel movement; and from elsewhere. But as Professor Deborah Lipstadt, a world-renowned expert on antisemitism, explained during her visit to Ottawa in November, ultimately “they all sound the same.”

While the internet and its various social media platforms are a great tool to bring people of common interests together and to create and build com-

## Remain vigilant about antisemitism

*We live in a free and democratic society and... we must remain free to live Jewishly.*

munities, the internet and social media are also a tool for spreading misinformation – often through conspiracy theories – and hatred.

Sadly, statistics show that there are more hate crimes committed against Jewish targets in Canada than any other minority group. Thankfully, few of those crimes have been violent, but every hate crime is traumatic nonetheless. Who in this community can forget the string of antisemitic graffiti attacks on Jewish buildings in 2016?

In many ways, we’ve made great strides over the years in the fight against antisemitism. On many levels, antisemitism, racism and other forms of bigotry, are no longer acceptable. While just before and during the Holocaust, Canada had a government whose policy toward Jewish refugees was “none is too many,” we now have a government that has apologized for that. Not that many decades ago, the Montreal suburb of Hampstead would not allow Jews to

own property in the town, while now the majority of its residents are Jewish.

At the political level, antisemitism has almost ceased to be a factor in Canada in the years since the late Herb Gray became Canada’s first Jewish cabinet minister in 1969. Gray, himself, eventually served as deputy prime minister for four-and-a-half years between 1997 and 2002, and here in Ottawa, where we once had an antisemitic mayor, we have since had two Jewish mayors. There are countless other examples I could cite.

But that doesn’t mean we can stop being vigilant about antisemitism (and all other forms of racism and bigotry) in Canadian political life. The province of Quebec recently passed Bill 21, a law banning civil servants in positions of authority from displaying symbols of their religious belief – including the wearing of a kippah.

Meanwhile we can look to the United Kingdom for lessons on what might happen when variations of antisemitism become mainstreamed. The Labour Party – long the political home to the majority of British Jews – spent the last several years under the leadership of the once-obscure far-left anti-Zionist Jeremy Corbyn, who allowed antisemitism to flourish in the

party. Much of British Jewry regarded a potential Corbyn government as an existential threat to the community and breathed a collective sigh of relief in December when Corbyn led Labour to its worst election defeat since 1935 – with most British analysts agreeing that perceived antisemitism was a significant factor in turning many traditional Labour voters against the party.

As much as we need to remain vigilant against antisemitism and stand up to it and fight it whenever it rears its ugly head, we cannot, as Lipstadt warned, allow antisemitism to become central to our identity as Jews. “Then we turn Jews into an object – what’s *done* to Jews, instead of what Jews *do*,” she said.

We live in a free and democratic society and while being mindful of the security of our persons and our institutional buildings, we must remain free to live Jewishly – however we each may want to do that.

Next December, it’s likely that Sylvie and I will be back on vacation in Clearwater Beach. And, as usual, we’ll be at the Chabad of Clearwater Chanukah party.

**Note:** See also “The keys to understanding antisemitism – and fighting back” by Rabbi Lord Jonathan Sacks, the former chief rabbi of the United Kingdom, on page 12.

## IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

## This year’s holiday supper was different

standing traditional event, this year’s supper was different. The conversational lines of discussion were the same but, I am sorry to say, the tone was not. This year it was hard to turn any conversation to a positive place.

First and foremost, there were some personal health issues around our table this year. Major surgery in one case, ongoing health issues in another, and the aches and medical tests that 70-year-olds go through. All that is manageable and normal. We’re the lucky ones.

By contrast, 2019 was not a good year for so many of our other friends. Heart-breaking stories of friends with lung cancer and brain cancer. At times it seems to be like a bad dream or a bad movie, but the reality is that’s life as old age begins to set in. You’re healthy until you’re not.

A friend of mine whose wife is being treated for lung cancer recently lamented how he and his wife’s beautiful retirement suddenly turned sour. He left me with a haunting image: so happy and free until he found himself pushing his wife in a wheelchair in a cancer ward. There is no warning, and even if there were, there is no preparation for the shockingly abrupt fall from the good life.

It was no accident that brought all

this bad health news. People can and do get sick at any time, but 70 seems to be when serious life-threatening illnesses begin to register in significantly higher numbers. Let’s just say it wasn’t easy to avoid the reality of life and death at this year’s dinner.

Our discussion about politics and world affairs fared no better. As 2019 ended, it was hard to elevate our conversation to anywhere near a happy place. Trouble here. Trouble there. Trouble everywhere.

Around the world people are angry for more reasons than anyone can keep track of anymore. Social media fuels the anger, and like those wildfires in Australia, the firestorm of anger engulfs the world.

Raging antisemitism, one of the manifestations of that anger, is in our face. Yes, it is that bad and how much worse can it get is the only question to ask. Thankfully Jews in Canada continue to live comparatively charmed and safe lives, but we can never take it for granted. Not for a second.

At our dinner it was difficult to talk about Israel. It was difficult because of diverging points of view. In 2019, the backdrop to any conversation about Israel was the repeated inability to form

a government there. And how about Prime Minister Benjamin Netanyahu being formally charged with corruption?

While no one around our table was ever a fan of U.S. President Donald Trump, in the three years since he became president the only thing that has changed is the extent of disbelief about what he says and does. What spooked us this year is how much we now know that we didn’t know three years ago. Simply put, that so many Americans actually like Trump. They like his politics, his bluster, and they share his anger.

As 2019 ended, the impeachment of Trump was all about politics, not justice. The partisan interests of Democrats and Republicans dirtied the impeachment process.

An optimist would shake off a bad year and say 2020 will be better, but we are off to a really scary start. As I write this to deadline, there is no way of knowing the full picture of where Trump’s ordered assassination of a terrorist-supporting Iranian general will lead. After 2019 you have to worry.

Worry for sure, but I know that next year, my friends and I will mark our 40th supper together, and no matter what happens, I know we’ll all be there.

The year 2019 ended for me in the same way every year has ended for 39 years. Since 1980, I have had a holiday supper with the same two other couples. It started with the six of us and three little children. By 1990 there were nine children. Today there are 18 grandchildren.

We have seen each other’s children grow, marry and multiply. We have seen ourselves grow from young professionals to senior citizens. Being three journalists around the table always assured spirited conversation about politics and world events coupled with personal stuff about families, friends and acquaintances. A lot happens in four decades.

For all the sameness of any long



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## UN VOTE

Congratulations on your front-page commentary in the December 9 issue of the Ottawa Jewish Bulletin (“Analysis: Canada’s sudden shift on support for Israel at the UN”). It certainly indicates how important is Canada’s unexpected “Yes” vote to one of those pro forma pro-Palestinian non-binding resolutions that come regularly before the United Nation General Assembly.

I also congratulate you on your moderate review of the situation. However, I want to take issue with your article on one point that was missing from your review and then present an alternative perspective that reflects the views of progressive Zionism. The missing point was Israeli Prime Minister Netanyahu’s statement about annexing the Jordan Valley. I doubt that it was only a coincidence that the statement about annexation followed closely upon U.S. President Donald Trump’s conclusion that Israeli settlements are not illegal. Both statements go beyond being unhelpful to any peace process to being deliberately provocative. Coming so close together, they created a moment when someone had to call a halt to the process, and, though I have no idea of what really went into the thinking of Canadian officials, I prefer to think that support for an eventual resolution of the Israeli-Palestinian conflict was one of the reasons why Canada voted the way that it did at that moment in time.

In support of Canada’s vote, here is an excerpt from the position paper that JSpaceCanada formulated on November 22 shortly after the resolution at the United

Nations.

“At a time when the United States has made a drastic change in its position on Israeli settlements in the West Bank, it is critical for Canada to step up, reinforce both Jewish and Palestinian rights to self-determination, and proudly state its support for the two-state solution.

In spite of its flaws, we would be wrong to think this is a harbinger of decreased Canadian support for Israel. The current government of Canada has a strong record on Israel and the Jewish Community—from modernizing the Canada-Israel Free Trade Agreement, adopting the IHRA definition of antisemitism, issuing the historic St. Louis apology, and unequivocally supporting Israel’s right to defend itself. The recent vote at the UN does not change the Canadian government’s policy of support for Israel...

“The resolution for Palestinian solidarity is far from perfect. As many in the Canadian Jewish community have expressed, the resolution’s language lacks nuance – it does not affirm Israel’s right to secure borders, it fails to recognize the complex status of Jerusalem, and it does not hold Palestinians accountable for any past failures in negotiations and for continued bombing of civilians. Neither does it reaffirm the right of the Jewish people to self-determination. However, as progressive Zionists, JSpaceCanada cannot accept the status quo in the Israeli/Palestinian conflict and the occupation. We fear for Israel’s democracy when the current prime minister threatens to annex occupied territory. We fear for the future of Israel’s security when settle-

ments continue to expand, further jeopardizing prospects for peace with the Palestinians.

This vote can be seen as an indication that the Canadian government wishes to be more proactive in promoting movement towards change in the current deadlock.”

Similar sentiments were expressed by Ameinu Canada and by Canadian Friends of Peace Now in Israel.

**David B. Brooks, Board Member,  
JSpaceCanada**

## FOCUS ON FITNESS

Thank you for producing such an informative and balanced newspaper. You touch on such a broad range of interesting topics.

As I struggle to keep active and follow a health-promoting lifestyle, I eagerly await each Focus on Fitness column by Gloria Schwartz.

I often share her articles with others who don’t receive the newspaper. A couple of the columns that stand out were those on the importance of gait speed in one’s 40s as a predictor of later health, and on the vitality we lose when we stop exercising for a short time.

It is so difficult to assess the veracity of health information with which we are constantly bombarded. Gloria amazingly distills relevant information in a manner that motivates us to do more. Thank you!

**Susan Livergant**

## Proposals now being accepted for new fund to care for the vulnerable

**BY KEVIN BARWIN, CHAIR  
GRANTS AND EVALUATION COMMITTEE  
JEWISH FEDERATION OF OTTAWA**

The Jewish Federation of Ottawa’s Grants and Evaluation Committee will soon have the privilege of reviewing grant applications for a new Federation initiative: the Fund to Ensure Care for the Vulnerable. From seniors, isolated community members, people with special needs, or those living in poverty this fund is designed to make Jewish life in Ottawa more caring, accessible, and inclusive for everyone.

The initiative is part of the new strategic funding made possible by generous donations to the 2019

Annual Campaign Challenge Fund. This matching grant initiative provided our community with the opportunity to add strategic funding to our complement of community supports. Strategic funding brings fresh, flexible funding to our community and allows Federation to support new programs, and shorter-term projects.

This new fund will provide grants of up to \$50,000 to Ottawa Jewish community organizations or partnerships with these organizations. We expect that the proposals will bring new ideas to the table. We hope this investment will help our partner agencies meet gaps in our current vulnerable care programs and encourage initiatives that make Jewish life more accessible and inclusive.

We are excited with the potential this new invest-

ment has to help those in need in our community.

To help our community measure the results of these grants, it is a requirement that both qualitative and quantitative results will be measured. For example, we want to know the number of individuals served, how access to services increased and whether programs supported efforts to make Jewish life more inclusive.


Stay tuned to learn more about this grant and the projects we will be funding. In the meantime, contact Federation Director of Community Collaboration Kara Goodwin at [kgoodwin@jewishottawa.com](mailto:kgoodwin@jewishottawa.com) or 613-798-4696, ext. 200, or visit [www.jewishottawa.com/giving/vulnerable](http://www.jewishottawa.com/giving/vulnerable) for more information on how your organization can apply.



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**Canadian Jewish Experience in Israel:** Canadian Ambassador to Israel Deborah Lyons (left), seen with officials of the Canada Centre in Metulla, Israel, attended the opening of the Canadian Jewish Experience exhibit last month at the Canada Centre.



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**Larry and the late Sheila Hartman:** With courageous tenacity and community devotion, Larry ensures that Sheila's light of generosity and sensitivity continues to shine.

## Special Chanukah donation helps six families in need

**"This Chanukah, the light of the late Sheila Hartman radiated with love and kindness."**

**BY RABBI CHAIM MENDELSON  
 CHABAD OF CENTREPOINTE**

**"Y**ou saved our Chanukah! For the first time in months, I had a good night's sleep without the constant stresses that come with being a single full-time mom living on a very low fixed income," wrote one recipient of a special Chanukah gift. "Your gift helped me pay bills, get our 10-year-old minivan repaired so I can safely keep driving it, fill our fridge with food for the holidays, surprise my children with a gift every day of Chanukah."

This was an example of some of the heartfelt letters we received following an incredible act of generosity by Larry Hartman in memory of his beloved late wife Sheila.

Sheila was a pillar of light giving up of her time and energy to help the elderly and less fortunate. She was a constant fixture at Hillel Lodge providing companionship and comfort for the residents.

With her passing nine months ago, it seemed like this pillar of light was extinguished. With courageous tenacity and community devotion, her husband Larry ensures that her light of generosity and sensitivity continues to shine.

A few days before Chanukah, Larry called me to his office. He had something important to discuss with me. He looked directly into my eyes and asked me what can be done to help families before the holidays who may need financial assistance due to disability or illness. Without waiting for a response, he asked me to distribute \$30,000 to six families – \$5,000 to each family. Larry wanted to make sure these families feel support and love; that they feel included. For some, the holiday season is a time of excitement while for others it is filled with anxiety and vulnerability.

We are very blessed to live in a Jewish community that takes the responsibility of ensuring inclusion for

those of all abilities emotionally or physically. Organizations like Tamir, Jewish Family Services of Ottawa and, more recently, JOIN (Jewish Ottawa Inclusion Network) have been champions of facilitating programming, services and awareness for adults and children with exceptionalities.

Chabad of CentrepoinTE recently launched a teen-led initiative called A Ripple Effect. Its objectives are to bring fun and friendship to children who are dealing with illness, disability or trauma. A group of over 30 selfless teens go out every week to visit their kid buddies. They may watch a movie together, play games, read books or go on an outing. These visits also give the parents an opportunity for some respite; they may catch up on laundry or may simply rest or relax.

As the co-directors of A Ripple Effect, my wife Bassy and I were given the distinct pleasure of distributing these generous Chanukah gifts.

In the subsequent feedback I received, one dad told me how they had planned an annual trip to drive to visit family during the holidays but were so disappointed because they did not have the funding. In a thank-you note they wrote, "Our real one and only time to see our cousins and take the kids on a much needed family time for Chanukah was in ruins. All the money we had carefully saved up all year for this trip was now gone. And then came a Chanukah miracle. Rabbi Mendelsohn called us with the exciting news and when we opened and saw your incredible gift, we actually cried. Thank you for being our Chanukah miracle."

Another grateful mom wrote, "With all these payments I was a bit overwhelmed with the holidays. How will I pay for all of this? ... Then there it was... Bassy presenting me with this cheque of \$5000. I was shocked...couldn't believe this was real."

There is no question that this Chanukah, the light of the late Sheila Hartman radiated with love and kindness.



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The majority of clients who wear breast shapers to balance uneven breasts is a small percentage of clients — they have either had breast-conserving surgery or a mastectomy with subsequent breast reconstruction. Many find that after reconstruction, their breasts are different sizes and that they need some help with the asymmetry. Breast implants also lack the curvature of a natural breast. Silicone

implants are rather flat at the front and as a result, the breast often doesn't sit correctly in the bra cup.

In addition, radiation treatment can lead to shrinkage of the breast tissue, creating the need for a partial prosthesis. My experience in the last few years is that women know very little about breast shapers. Some BCS patients are advised by their doctors that they are entitled to these products — others find out by word of mouth from friends, family or women who are in a similar situation.

The best advice? Find a fitter that will make you feel comfortable and knows her products. She will properly measure you and ensure both a prosthesis and a brassiere fit you correctly. Your local fitter will have information and will be able to guide toward the correct products for your particular needs.

For more information, contact Kelly's Boutique at 613-248-8989.

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# The difference between osteoporosis and osteoarthritis

Despite the fact that osteoporosis and osteoarthritis (a form of arthritis) are completely different conditions, they are often confused because both names start with “osteo.”

Osteoporosis is a bone disease. The word “osteoporosis” literally means porous bones. It’s a bone disorder characterized by decreased bone strength as a result of reduced bone quantity and quality. A person with osteoporosis has an increased risk of breaking a bone (fracturing) easily.

Osteoarthritis is the most common form of arthritis. It’s a degenerative joint disease that involves thinning or destruction of the smooth cartilage that covers the ends of bones, as well as changes to the bone underlying the joint cartilage. Osteoarthritis produces pain, stiffness and reduced movement of the affected joint, which ultimately affects one’s ability to do physical activities.

It’s important to understand the differences between both because management will vary depending on the diag-

nosis, including lifestyle interventions (diet and physical activity), medication (if appropriate), and pain management. Although these are 2 different conditions, you can have both osteoporosis and osteoarthritis at the same time.

Contact Osteoporosis Canada, Toronto, ON, 800-463-6842. If you have concerns go speak to your doctor to discuss them. For more information on osteoporosis you can visit Osteoporosis Canada’s website at [osteoporosis.ca](http://osteoporosis.ca).

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# The keys to understanding antisemitism – and fighting back

GUEST COLUMN

## RABBI LORD JONATHAN SACKS

LONDON (JTA) – The last two festivals to be added to the Jewish calendar prior to modern times – Purim and Chanukah – are both about antisemitism. There is one obvious difference between them: Haman, of the Purim story, wanted to kill Jews. Antiochus, of the Chanukah story, wanted to kill Judaism. It was the difference between Nazi Germany and Soviet Communism.

But there is another difference that has renewed salience after the horrifying knife attack in Monsey, N.Y. What saved Jews on Purim was behind-the-scenes influence: Esther's influence in the royal court. But the danger of antisemitism remained. What if hatred returned and this time there was no Esther around to save the Jews? That is one reason, according to the Talmud, why we do not say Hallel on Purim.

On Chanukah, by contrast, Jews fought back and won. The Maccabees became a symbol of Jewish activism, of refusing to live in fear. As a symbol of this, the original custom was to light Chanukah lights outside the front door of the house, or at least in a window facing the street, to publicize the miracle. Today, we see the lighting of giant menorahs in prominent public places of cities throughout the world.

Chanukah tells us not to curse the darkness, but instead to bring light to the world. It tells us to fight back and not to be afraid.

The shocking events in Monsey, together with those in Jersey City, Poway, Pittsburgh and elsewhere, are proof that the darkness has returned. It has returned likewise to virtually every country in Europe. That this should have happened within living memory of the Holocaust, after the most systematic attempt ever made by a civilization to find a cure for the virus of the world's longest hate – more than half a century of Holocaust

education and anti-racist legislation – is almost unbelievable. It is particularly traumatic that this has happened in the United States, the country where Jews felt more at home than anywhere else in the Diaspora. Why is it happening now?

First, because of everything associated with the internet, smartphones, viral videos and above all, social media. These have what is called a “disinhibition effect.” People are far more hateful when communicating electronically than when speaking face-to-face.

Cyberspace has proved to be the most effective incubator of resentment, rancour and conspiracy theories ever invented. Antisemitism thrives on conspiracy theories, versions of the Blood Libel and the Protocols of the Elders of Zion, updated for the 21st century.

Second, because of the way people encounter these phenomena: often alone, in the privacy of their own home. This allows them to be radicalized without anyone realizing it is happening. Time and again, we read of people carrying out horrific attacks, while those who knew them recall not having seen any warning signs that they were intent on committing evil attacks.

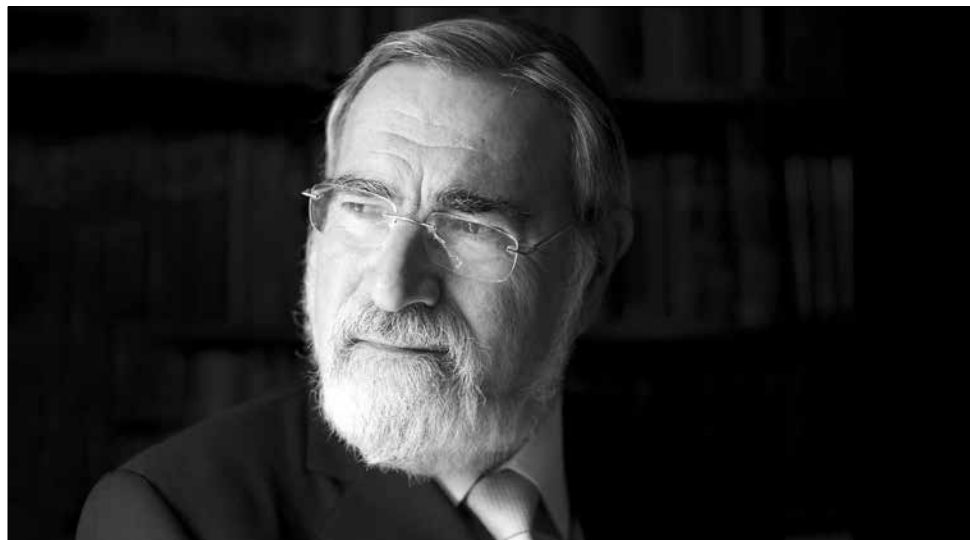
The most dangerous phenomenon of our time is the “lone wolf” attack, because it is so hard to predict. The internet is particularly dangerous for loners, people in whom the normal process of socialization – learning to live with others who are not like us – has broken down.

Historically though, the most important factor in the rise of anti-Semitism is the sense among a group that the world as it is now is not the way it used to be, or ought to be.

The far left has not recovered from the global collapse of communism and socialism as ideologies. Hence the assault on Jews as capitalists and libertarians.

The far right feels threatened by the changing composition of Western societies, because of immigration on an unprecedented scale and low birth rates among the native population. Hence white supremacists.

Many radical Islamists are troubled



Rabbi Lord Jonathan Sacks is the former chief rabbi of the United Kingdom.

COURTESY OF RABBI SACKS

*Cyberspace has proved to be the most effective incubator of resentment, rancour and conspiracy theories ever invented. Antisemitism thrives on conspiracy theories, versions of the Blood Libel and the Protocols of the Elders of Zion, updated for the 21st century.*

by dysfunctions in the Muslim world. Hence the emergence of anti-Zionism as the new antisemitism.

These concerns do not, in and of themselves, lead to antisemitism. One other factor must be added.

When bad things happen, good people ask, “What did I do wrong?” They put their house in order. But bad people ask, “Who did this to me?” They cast themselves as victims and search for scapegoats to blame.

The scapegoat of choice has long been the Jews. They were the archetypal outsiders. For a thousand years, they were the most prominent non-Christian minority in Europe. Today, the State of Israel is the most significant non-Muslim presence in the Middle East. It is easy to blame Jews because they are conspicuous, because they are a minority and because they are there.

Antisemitism has little to do with Jews – they are its object, not its cause – and everything to do with dysfunction in the communities that harbour it.

Antisemitism, or any hate, becomes dangerous in any society when three things happen: when it moves from the fringes of politics to a mainstream party and its leadership; when the party sees that its popularity with the general public is not harmed thereby; and when those who stand up and protest are vilified and abused for doing so.

All three factors exist in Britain now. The same must not be allowed to happen in America.

What, then, must we do? The first priority must be to strengthen security in Jewish venues, to intensify police patrols and to develop habits of vigilance. The

British Jewish community has a fine example in its Community Security Trust which, with the support of government grants, monitors risks, enlists thousands of volunteers to stand security duty and works closely with the government and local police forces. “Lone wolves” tend to seek soft targets, and the Jewish community must ensure as far as possible that there are no soft targets.

Next, we must recognize that while we have enemies, we also have friends – and they are many and strong. In Britain, as we faced a leader of the opposition who many of us felt has made his party a safe haven for anti-Zionists and antisemites, it was enormously important that non-Jews from all walks of life came out in our support. It made us feel we were not alone.

Many surveys in the United States have shown that Jews are the most admired of all minorities. We cannot fight antisemitism alone. The victim cannot cure the crime. We need to make friends who will stand with us and help lead the fight. This is best done by explaining how antisemitism endangers everyone, because the hate that begins with Jews never ends with Jews.

Lastly, we must never forget the message of Chanukah: Fight back. Never be afraid. Whatever the threats, be proud to be Jewish and share this pride with others.

At times our history has been written in tears, yet we have outlived every empire and every civilization that sought to destroy us. Our spirit, symbolized by the Chanukah candles, is indomitable. Where others spread darkness, let us bring light.



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Rabbi Gavriel Rudin is seen in a screen capture from the webcast of 13th global Siyum HaShas at Metlife Stadium in East Rutherford, New Jersey.

## Inspirational gathering of 90,000 celebrates Talmud study

BY RABBI GAVRIEL RUDIN  
YOUNG ISRAEL OF OTTAWA

**O**n January 1, a time when many are partying and drinking, I found myself in a football stadium, surrounded by over 90,000 people celebrating and rejoicing. Although this stadium was only a few km from the home I grew up in, we were not there celebrating a win by my favourite football team. In fact, we were not attending a football game. Instead, I had the awesome privilege of attending the 13th global Siyum HaShas at Metlife Stadium in East Rutherford, New Jersey.

The Siyum HaShas is the celebration of the completion of studying the entire Talmud through an initiative called *Daf Yomi* (daily page). Those who participate in *Daf Yomi* study one page of Talmud each day and complete all 2,711 pages over the course of seven-and-a-half years. *Daf Yomi* was started by Rabbi Meir Shapiro in 1923 and has continued, uninterrupted, ever since.

The Siyum HaShas was beautiful, powerful and inspirational for all participants and attendees. There were speeches, prayers, music and dancing. Everyone who participated in the Siyum, either in person or electronically, could not help but be touched and uplifted by its holiness, and by the deep joy of celebrating the study of Talmud. Aside from participants, many letters and notes have been received from stadium staff and volunteers, sharing the impression that the Siyum had on them as well.

While there were so many take home messages from the Siyum, for me, there was one aspect that touched me very deeply and has pushed me to become a better rabbi and a better Jew.

There are many reasons why people gather and celebrate. Approximately 12 hours before the Siyum Hashas began, over one million people gathered on the other side of the Hudson River to watch the ball drop in Times Square, celebrating the start of 2020. Metlife Stadium has (occasionally) been the site of celebrations after a successful

Giants or Jets win. As Jews, we have many opportunities to celebrate. We celebrate our holidays, our births, bar mitzvahs and weddings. We celebrate our freedom, our relative safety, and our many accomplishments. We have contributed to the world of science and technology, built beautiful communities and institutions, in North America, and all over the world.

But that's not why we celebrated on that cold day in New Jersey. When we celebrated, we were rejoicing over the study of Torah! Some of the participants in the Siyum had completed the seven-and-a-half year study cycle, but many, myself included, had not. Yet, all of us who were there celebrating, made a profound statement to ourselves, and to the world. We as Jews came together to celebrate the study of Torah. Torah is something that every Jew, regardless of age, background and affiliation, can and must connect with. How can we connect to God without reading the words that He wrote? How can we live our lives, without studying the masterful blueprint that He gave to us?

Whether you study *Daf Yomi*, *Parsha*, *Kabbalah* or *Halachah* (Jewish law), we all must find our own unique places in Torah. The Talmud points out that there are 600,000 letters in the Torah. This is the same number of Jews that received the Torah. This number connection teaches us that each Jew has a letter, or a part of the Torah, that he or she can connect to, in one's own way.

In the aftermath of this beautiful event, I was inspired to join the new *Daf Yomi* cycle. God willing, I too will be able to complete the cycle and celebrate my own studying at its completion on June 7, 2027! And if *Daf Yomi* doesn't do it for you – and it's certainly not for everyone – pick something else. Grab a book, join a class, listen to a podcast, or study with a friend. And no matter what you choose, make sure to join us for the next Siyum, in seven-and-a-half years. Looking forward to celebrating with you!

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# COMMUNITY SERVICE AWARDS

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

## Freiman Family Young Leadership Award

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

## Student Leadership Award

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

The deadline for nominations is **March 31, 2020.**  
Please visit [jewishottawa.com/awards](http://jewishottawa.com/awards) for more information or to download a nomination form.

All Community Service Award nominees must be members in good standing of the Jewish Federation of Ottawa (minimum gift to the Annual Campaign) and cannot previously have received the award for which they are nominated.

To be considered, nominations must include 2 letters of support, including one from an organization.

The nomination must specifically address all the outlined criteria.

Nominations for all awards will be considered for the year in which they are received and will be carried over once.

Registration opens **February 3, 2020.**

Awards will be presented at Federation's Annual General Meeting in **June, 2020.**

### Questions?

Please email [info@jewishottawa.com](mailto:info@jewishottawa.com) or call 613-798-4696 x236



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# Oscars 2020 nominations: Scarlett Johansson enters elite company, Adam Sandler snubbed

BY GABE FRIEDMAN

(JTA) – The 2020 Academy Award nominations are out, and unsurprisingly, they already caused a firestorm on social media.

The Oscar nomination list, announced January 13, didn't do much to quell longstanding concerns that the awards have issues with race and gender equality. Only one actor of colour was nominated – Cynthia Erivo, for her role in "Harriet" – and the best director category is once again all male, despite the fact that Greta Gerwig's adaptation of "Little Women" was a massive critical and commercial success.

The Jewish snub of the year goes to "Uncut Gems" – the Diamond District thriller by the Jewish Safdie brothers, starring Adam Sandler, which earned rave reviews. The film, one of the most Jewish mainstream flicks in years, earned no nominations, not even for Sandler, who some critics had picked to win the best actor award.

The full nominations list does include other Jewish names who have a decent chance of bringing home some hardware. Scarlett Johansson is the first actress in over a decade to be nominated in two different categories, and only the 11th ever. Sam Mendes, who already won big at the Golden Globes, is a strong contender in the director category for "1917," which garnered several other nominations as well.

Here are the list of Jewish nominees:

Sam Mendes – Best Director, "1917." The renowned director's latest is set in the First World War and has



In "Jojo's Rabbit," Scarlett Johansson plays Jojo's mother, who takes in a Jewish girl to hide her from the Nazis. The performance earned Johansson an Oscar nomination as Best Supporting Actress. She is also nominated as Best Actress for her role in "Marriage Story."

been lauded for its cinematography.

Joaquin Phoenix – Best Actor, "Joker." The acclaimed actor, born to a Jewish mother, is likely a favourite to win for his gritty, dark performance.

Scarlett Johansson – Best Actress, "Marriage Story"; Best Supporting Actress, "Jojo Rabbit." In Taika Waititi's anti-Nazi satire "Jojo Rabbit," Johansson plays a German mother who hides a Jewish child in her home.

Taika Waititi – Best Adapted Screenplay, "Jojo Rab-

bit." Waititi, a Maori Jew from New Zealand, said in the film's production notes that he experienced prejudice growing up for his dual identity.

Noah Baumbach – Best Original Screenplay, "Marriage Story." Baumbach partly based the film on his real-life divorce from Jewish actress Jennifer Jason Leigh.

The Academy Awards ceremony takes place on February 9.

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## New program to help faith communities reduce energy costs

BY KAI WANG  
GREENING SACRED SPACES

Understanding your current energy use is the first step in reducing it – you can't manage if you don't measure. Greening Sacred Spaces Ottawa is seeking congregations to participate in our free Energy Benchmarking Program funded by the Ontario Trillium Foundation to help faith communities lower and track their energy use and emissions.

Energy benchmarking refers to the process of measuring a building's energy performance against its past performance and other similar buildings. Because buildings typically account for 42 per cent of a faith community's carbon footprint, understanding your energy consumption is a vital first step to creating a greener, more sustainable community. Benchmarking provides information that enables you to more accurately assess the effectiveness of your energy-saving measures and better plan for future projects. In addition, it supports financial stewardship: benchmarked buildings on average reduce usage by 2.4 per cent annually.

The Energy Benchmarking Program was first launched as a pilot in Toronto in 2017 and has since successfully reached over 100 GTA communities. Toronto synagogues have already seen benefits from participating, including Shaarei Shomayim Congregation which serves nearly 700 families in North York. Having undergone a massive renovation in 2015, it signed up for the program in 2019 because it felt there was still work to be done on the energy reduction side.

"The program was very advantageous to us because it helped assess our usage over the last number of years and showed us the areas we needed to work on," said Nicole Toledano, Shaarei Shomayim's executive director.

Ultimately, they found the building was doing well compared to others and that benchmarking was an effective way of engaging in practical and economic climate action. Other Jewish congregations in the GTA participating in the program include Congregation Darchei Noam, Temple Sinai Congregation, Beth Tzedec Congregation, Beth Tikvah Synagogue, and Beth Jacob; as well as the Joseph & Wolf Lebovic Jewish Community Campus.

In Ottawa, a total of 50 faith communities will receive an annual benchmarking report for the next two years. Data is compiled using the U.S. EPA-designed "Energy Star Portfolio Manager®" online tool – the same program used by Natural Resources Canada – to create a baseline report from the participating community's previous three years of utility bills. Sent out during the first year of the program, the resulting baseline report provides the total cost of energy, greenhouse gas emissions, and weather normalized site EUI. This last metric measures the building's total energy use divided by its square footage and is adjusted for annual differences in weather to accurately compare energy use from year to year. Greening Sacred Spaces will send out a final personalized report during year two of the program, along with an anonymous comparison of similar faith buildings in the region.

The program also provides participants with additional resources including energy-efficiency tools, green audit funding, information on energy-saving incentives, and educational workshops, to work closely alongside communities in identifying means of decreasing energy consumption.

To find out more or to sign up, visit [www.faithcommongood.org/energy\\_benchmarking](http://www.faithcommongood.org/energy_benchmarking) or contact Kai Wang at [gssenergy@faithcommongood.org](mailto:gssenergy@faithcommongood.org) or 647-885-0793.



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Continued on page 20



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JOSEPH AND JEAN  
LICHTENSTEIN ENDOWMENT  
FUND

**MAZEL TOV TO:**  
Joseph Lichtenstein on his special  
birthday by Ruth, Barbara, Cayla,  
David, Howard and Harold Geller

IRVING AND ELLEN LITHWICK  
ENDOWMENT FUND

**MAZEL TOV TO:**  
Vicki and Earle Weiss on their anniversa-  
ry by Harvey and Yvonne Lithwick

SAMUEL AND LEEMA MAGIDSON  
ENDOWMENT FUND

**IN MEMORY OF:**  
Deborah Magidson by Tracy and  
Ray Kronick; and by Leonard and  
Barbara Farber

NORMAN AND ANNE MIRSKY  
MEMORIAL FUND

**REFUAH SHLEMA TO:**  
Michael Green by Millie and Steve Mirsky

JERRY NUDELMAN, EILEEN AND  
LOUIS DUBROVSKY MEMORIAL  
FUND

**MAZEL TOV TO:**  
Lynn and Stan Margolese by  
Lois Nudelman

OTTAWA JEWISH COMMUNITY  
ENDOWMENT FUND

**IN MEMORY OF:**  
Elianna Saidenberg by Allison Geffen  
and Michael Geist  
Jean Monson by Harriet and  
Mark Podolak

OTTAWA JEWISH COMMUNITY  
SCHOOL ENDOWMENT FUND  
(FORMERLY KNOWN AS HILLEL  
ACADEMY ENDOWMENT FUND)

**MAZEL TOV TO:**  
Debi Zaret on her special birthday by  
Sharon and David Appotive  
Donna and Joey Kruger on their spe-  
cial wedding anniversary by Devra  
Freedman  
Rhoda and Joe Levitan on the engage-  
ment of their son Josh to Esther by  
Randi, Ian and Matthew Sherman

NANCY AND LARRY PLEET  
ENDOWMENT FUND

**IN MEMORY OF:**  
Nancy Pleet by Malvina Greenspon  
and family; by Shirley Marcus; by Nancy  
Marcus and Mervin Blumberg; by Laura  
Greenberg; by Barbara and Jayne  
Larocque; by Lorne Goldenberg; by  
Marlene Rabinovitch; by Brenda Patlik;  
by Sarah Sairnie; and by Donna Levin

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**MAZEL TOV TO:**  
Benita Siemiatycki and Andre Potvin on  
their marriage by Frances Freedman-  
Kesler

SYDNEY SLOAN POTECHIN  
MEMORIAL FUND

**MAZEL TOV TO:**  
Ena Greengarten on her special birthday  
by Dodie and Bram Potechin

**IN MEMORY OF:**  
Corinne Levine by Dodie and Bram  
Potechin

PHYLLIS AND ALAN RACKOW  
ENDOWMENT FUND

**IN MEMORY OF:**  
Phyllis Sadowski by Valerie and Brian  
Rackow

ALTI AND BEREL RODAL  
FAMILY FUND

**IN MEMORY OF:**  
Jean Monson by Alti and Berel Rodal  
Dora Litwack by Alti and Berel Rodal  
Shirley Berman by Alti and Berel Rodal  
Martin Rudner by Alti and Berel Rodal

FLORENCE AND GDALYAH  
ROSENFELD ENDOWMENT FUND

**IN MEMORY OF:**  
Jean Monson by Anita Rosenfeld



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FRANCES AND MORTON ROSS  
FAMILY FUND

**IN MEMORY OF:**  
Phyllis Sadowski by Frances and  
Morton Ross  
Jean Monson by Frances and  
Morton Ross  
Martin Rudner by Frances and  
Morton Ross

**MAZEL TOV TO:**  
Sol and Zelaine Shinder on their joint  
milestones by Frances and Morton Ross

RICHARD ROTH AND RIVA  
LEVITAN FAMILY FUND

**IN MEMORY OF:**  
Phyllis Sadowski by Riva Levitan and  
Richard Roth

SAMUEL AND RUTH ROTHMAN  
MEMORIAL FUND

**IN MEMORY OF:**  
Corinne Levine by Sheldon and  
Corinne Taylor  
David Balsam by Sheldon and  
Corinne Taylor  
Donna Klaiman by Sheldon and  
Corinne Taylor  
Yudie Brozovsky by Sheldon and  
Corinne Taylor  
Fred Ballon by Sheldon and  
Corinne Taylor

**MAZEL TOV TO:**  
Zvi and Kim Horovitz and family on  
their son’s wedding by Sheldon and  
Corinne Taylor

SHELLEY AND SID ROTHMAN  
FAMILY FUND

**IN MEMORY OF:**  
Corinne Levine by Shelley Rothman

**MAZEL TOV TO:**  
Valerie Eisen and Butch Zinman on the  
engagement of Mark to Nika by  
Shelley Rothman and family

RICKIE AND MARTIN SASLOVE  
FAMILY FUND

**REFUAH SHLEMA TO:**  
Barbara Hart by Martin Saslove

ELAYNE AND WESLEY SCHACTER  
ENDOWMENT FUND

**IN MEMORY OF:**  
Corinne Levine by Wesley and  
Elayne Schacter  
David Timsit by Wesley and  
Elayne Schacter

DAHLIA AND ZACHARY  
SHABSOVE B’NAI MITZVAH FUND

**MAZEL TOV TO:**  
Adrienne Shabsove on her special  
birthday by Sharon and Paul Finn; and  
by Pam and Jeremy Rosenberg

LIONEL AND LESLIE SHINDER  
MEMORIAL FUND

**HAPPY CHANUKAH TO:**  
Jason Shinder by Doris and  
Steve Ramphos

SOL AND ZELAIN SHINDER  
ENDOWMENT FUND

**MAZEL TOV TO:**  
Sol and Zelaine Shinder on their joint  
special birthdays and anniversary by  
Stuart and Pearl Freedman; by Marcia  
Friedberg; by Suzanne Kert-Cohen; by  
Lenny and Barbara Farber; by Marjorie  
and Michael Feldman; by Sandford and  
Addie Libow; by Daniel and Marilyn  
Kimmel; and by Jerry and Kinnie Gorelick

SHMELZER- HOROVITCH  
ENDOWMENT FUND

**IN APPRECIATION OF:**  
Rabbi Levy Teitlebaum for all his great  
work by Sol and Anne Shmelzer

ISRAEL AND REBECCA SHORE  
MEMORIAL FUND

**IN MEMORY OF:**  
Corinne Levine by Leonard and  
Jane Shore

JULES AND BARBARA SIGLER  
COMMUNITY ENDOWMENT FUND

**MAZEL TOV TO:**  
Jules and Barbara Sigler on the birth of  
their first granddaughter by David and  
Brittany Cantor; by Carol and Stuart  
Levine; and by Micah and Jessica Garten

ZACHARY SILBER B’NAI MITZVAH  
FUND

**MAZEL TOV TO:**  
Adrienne Shabsove on her special  
birthday by Shari and Lawrence Silber  
Sharon Finn on her special birthday by  
Shari and Lawrence Silber

JACK AND SARAH SILVERSTEIN  
FAMILY ENDOWMENT FUND

**MAZEL TOV TO:**  
Corinne and Herb Zagerman on their  
anniversary by Jack and  
Sarah Silverstein

MOE AND CHARLOTTE SLACK  
MEMORIAL FUND

**IN MEMORY OF:**  
Corinne Levine by Marlene Levine and  
Andrew Siman

STELLA AND LOUIS SLACK  
MEMORIAL FUND

**IN MEMORY OF:**  
Corinne Levine by Myra and  
Lester Aronson  
Sandra Hanan by Myra and  
Lester Aronson

LINDA SLOTIN AND JONATHAN  
FISHER ENDOWMENT FUND

**REFUAH SHLEMA TO:**  
Linda Mirsky by Linda Slotin and  
Jonathan Fisher  
Beth Shore by Linda Slotin and  
Jonathan Fisher

**IN MEMORY OF:**  
Rae Simces by Linda Slotin and  
Jonathan Fisher  
Jean Monson by Linda Slotin and  
Jonathan Fisher

**MAZEL TOV TO:**  
Ariane Gold and Jonathan Kosow on  
the occasion of their marriage by Linda  
Slotin and Jonathan Fisher

DORIS AND RICHARD STERN  
FAMILY FUND

**MAZEL TOV TO:**  
Paul and Linda Braude on their 45th  
wedding anniversary by Doris and  
Richard Stern

CASEY AND BESS SWEDLOVE  
LEGACY FUND

**HAPPY CHANUKAH TO:**  
Rabbi Menachem and Dina Blum and  
family, Rabbi Eytan Kenter and Staci  
Zemlak-Kenter and family, Cantor Jason  
Green and family, Dr. William and Mera  
Goldstein, Leiba Krantzberg and Mike  
Metz, Phyllis and Weldon Cleiman,  
Rabbi and Mrs. Benjamin Friedberg, and  
Marjorie Achbar by Carol-Sue and Jack  
Shapiro

TAMIR ENDOWMENT FUND

**MAZEL TOV TO:**  
Micah and Jessica Garten on the birth of  
their son Issie by Sharon and Paul Finn  
Sharon and Paul Finn on their daughter  
Davina’s engagement by Norman and  
Debra Ferkin  
Isabel Lesh on her granddaughter  
Davina’s engagement by Norman and  
Debra Ferkin  
Elissa Iny on her special birthday by  
Norman and Debra Ferkin  
Hartley Stern on his special birthday by  
Debi and Neil Zaret

**REFUAH SHLEMA TO:**  
Michael Green by Norman and  
Debra Ferkin

**BEST WISHES TO:**  
John Diener by Norman and  
Debra Ferkin

MOSES, CHENYA AND HENRY  
TORONTOW MEMORIAL FUND

**REFUAH SHLEMA TO:**  
Reba Diener by Beatrice Torontow

STEPHEN AND GAIL VICTOR  
ENDOWMENT FUND

**IN MEMORY OF:**  
Phyllis Sadowski by Gail and  
Stephen Victor  
Asher Cyrulnik by Gail and  
Stephen Victor

**MAZEL TOV TO:**  
Shelli Kimmel on being awarded  
Volunteer of the Year by Jewish Family  
Services  
Sol and Zelaine Shinder on their many  
milestones by Gail and Stephen Victor  
Goldie Cantor on her special birthday  
by Gail and Stephen Victor  
Elaine Shapiro on her special birthday  
by Gail and Stephen Victor

**REFUAH SHLEMA TO:**  
Anna Lee Chiprout by Gail and  
Stephen Victor

SONIA AND ARTHUR VINER  
MEMORIAL FUND

**MAZEL TOV TO:**  
John Greenberg on his special birthday  
by Oded and Pamela Ravek and family

WEISBLOOM FAMILY FUND

**MAZEL TOV TO:**  
Jeff and Felice Pleet on the birth of  
their new grandson by Eric and Joy  
Weisbloom

SAM AND HELENE ZARET  
MEMORIAL FUND

**MAZEL TOV TO:**  
Jeff and Felice Pleet on the birth of their  
grandson by Debi and Neil Zaret

Contributions may be made  
online at [www.OJCF.ca](http://www.OJCF.ca) or  
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or email [mgarten@jewishottawa.com](mailto:mgarten@jewishottawa.com)







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

# 613-728-3990

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

### Card Donations

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

On behalf of the residents and their families, we extend sincere appreciation to the following individuals and families who made card donations to the Hillel Lodge Long-Term Care Foundation **between November 21, 2019 to January 7, 2020 inclusive.**

### HONOUR FUNDS

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

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

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

#### Bill and Leona Adler Memorial Fund

##### In Memory of:

Alla Velikovski by Marilyn Adler  
Phyllis Sadowski by Marilyn Adler  
Ben Kane by Marilyn Adler  
Tibor Schatteles by Marilyn Adler  
David Van Praagh by Marilyn Adler  
Helen Cohen by Elayne (Adler), Jordan and Benjamin  
Heather Cross by Marilyn Adler  
Bernie Breski by Dave, Elayne (Adler), Jordan and Benjamin

##### In Honour of:

Zahava and Barry Farber Mazel Tov on the marriage of Asher to Allie by Dave and Elayne (Adler)

#### Marcia and Stephen Aronson Family Fund

##### R'Fuah Shlema:

Estelle Gunner by Marcia and Stephen Aronson  
Bryna Rumstein by Marcia and Stephen Aronson

##### In Memory of:

Tibor Schatteles by Marcia and Stephen Aronson

##### In Honour of:

Sol and Estelle Gunner Mazel Tov on the birth of your grandson by Stephen and Marcia Aronson

#### Elsie Baker Fund

##### In Memory of:

Nancy Pleet by Kenneth Kavanat  
Jean Monson by Kenneth Kavanat

#### Fred and Esther Ballon Family Fund

##### In Memory of:

Fred Ballon by Ethel Schultz, Brenda and Jerry Rip, Cynthia Cowan and Helen Gura

#### Stella and Norman Beck Family Fund

##### In Memory of:

Bruce Goldstein by Stella and Sheila Beck and Family and Irit and Harry Beck and family  
Jean Monson by Stella and Sheila Beck  
Corinne Levine by Sheila Beck

#### Boris and Dolly Blacher Family Fund

##### In Memory of:

Nancy Pleet by Neil and Daniel Blacher and Marilyn Adler and Marla Blacher  
Jean Monson by Neil Blacher and Marilyn Adler  
Corinne Levine by Neil Blacher and Marilyn Adler and Marla Blacher  
Idie Winestock by Susan, Doug and Carly, Neil, Marilyn and Daniel, Mark and Molly and Marla

#### Jenny and Murray Citron Family Fund

##### In Memory of:

Donna Klaiman by Murray Citron  
Helen Cohen by Murray Citron

#### Barbara and Joel Diener Family Fund

##### In Memory of:

Phyllis Sadowski by Joel and Barbara Diener

#### Dr. Mark and Nina Dover Family Fund

##### In Memory of:

Mark Dover by Jason and Helen Rivers, Christine Foley and Jennifer Palmer, Barbara Hollander and Michael and Heather Kaminer,  
Phyllis Sadowski by Nina Dover  
Nancy Pleet by Nina Dover

#### Shmuel and Malka Feig Family Fund

##### In Honour of:

Barry and Zahava Farber Mazel Tov on the upcoming marriage of Asher to Allie by Sam Kacew and Jack, Sarah, David and Lev Silverstein

#### Tania Firestone Family Fund

##### In Honour of:

Sam and Susan Firestone Wishing you the very best at this time of year by Lindsay and Bob, Jack and Lois and Ellie

#### Nell Gluck Memorial Fund

##### In Memory of:

Tait Gofton by Cheryle and Manny Gluck  
Mark Dover by Cheryle and Manny Gluck  
Corinne Levine by Maureen and Henry Molot  
Martin Gendron by Maureen and Henry Molot  
Donna Klaiman by Henry and Maureen Molot

##### In Honour of:

Yael Bendat-Appell Wishing you a happy Birthday by Julia Gluck and Ted Overton  
Bob McCulloch Wishing you a happy 75th Birthday by Julia Gluck and Ted Overton  
Jennette Affleck Mazel Tov on your milestone Birthday by Julia Gluck and Ted Overton  
Maureen and Henry Molot Happy "Aliyanni-versary" by Julia Gluck and Ted Overton  
Goldie Cantor Mazel Tov on your Birthday by Julia Gluck and Ted Overton  
Tom and Cathy McDowell Mazel Tov on your milestone Birthday and the marriage of your daughter Mary Catherine by Julia Gluck and Ted Overton

##### R'Fuah Shlema:

Ruth Fyman by Julia Gluck and Ted Overton and Maureen and Henry Molot  
Eileen Goldstein by Cheryle and Manny Gluck  
Jake Levant by Julia Gluck and Ted Overton and Jess and Ayelet Overton

#### Gunner Family Fund

##### In Memory of:

Miriam Weigensberg by Sol and Estelle Gunner  
Phyllis Sadowski by Sol and Estelle Gunner  
Tibor Schatteles by Sol and Estelle Gunner

##### R'Fuah Shlema:

Estelle Gunner by Mera and Bill Goldstein and Anna and Sam Wex

##### In Honour of:

Sol and Estelle Gunner Mazel Tov on the birth of your grandson, Grant Jack Gunner by Ingrid Levitz, Sharon and David Appotive and family, Joy and Seymour Mender and family,

#### Evelyn and Isadore Hoffman Family Fund

##### In Memory of:

Nancy Pleet by Issie and Evelyn Hoffman  
Luigi Epifano by Issie and Evelyn Hoffman  
In Observance of the Yahrzeit of:  
Annette Hockman by Issie and Evelyn Hoffman  
**R'Fuah Shlema:**  
David Hoffman by Issie and Evelyn Hoffman

##### In Honour of:

Barry and Zahava Farber Mazel Tov on Asher's Aufruf by Issie and Evelyn Hoffman  
Rabbi Levy Teitelbaum Happy special Birthday by Issie and Evelyn Hoffman

#### David, Harvey, Victor Kardish Family Fund

##### In Memory of:

Nancy Pleet by Margo and David Kardish and Family  
David Balsam by Margo and David Kardish and Family

#### Dorothy and Maurie Karp Endowment Fund

##### In Memory of:

Dorothy Karp by Stephen deBlois

#### Morris and Lillian Kimmel Family Fund

##### In Memory of:

Nancy Pleet by Brenda, Nathan, Jesse and Daniel Levine, Janet and Stephen Kaiman and Family

##### In Honour of:

Lois and Jon Calof Mazel Tov on Michael's engagement to Kayla by Brenda, Nathan, Jesse and Daniel Levine

##### In Observance of the Yahrzeit of:

Lillian Kimmel Beloved mother and grandmother by Stephen and Janet Kaiman and family

#### Joan and Russell Kronick Family Fund

##### In Honour of:

Sol and Zelaine Shinder Wishing you both all the best on your Birthdays and Anniversary by Joan and Russell Kronick

#### Ken and Leah Miller Family Fund

##### In Memory of:

Jerry Borins by Mitch, Lisa, Dalia and Haley Miller  
Shirley Pinsky by Lisa, Mitch, Dalia and Haley Miller

##### In Honour of:

Sharon Finn Wishing you all the best on your 60th Birthday by Ken and Leah Miller  
Annie and Bunny Breslow Happy 73rd Anniversary by Leah and Ken Miller  
Joe Lichtenstein Happy 90th Birthday by Ken and Leah Miller, Mitch and Lisa Miller and Ellen and David Turoff and families

#### Pencer Family Fund

##### In Memory of:

Donna Klaiman by Marcia and Irwin Pencer and family

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

### “GIVING IS RECEIVING” – ATTRACTIVE CARDS AVAILABLE FOR ALL OCCASIONS

Here's a great opportunity to recognize an event or convey the appropriate sentiment to someone important to you and at the same time support the Lodge.

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“Donate Now” button to make your donations. Cards may be paid for by Visa or Mastercard. Contributions are tax deductible.





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

# **613-728-3990**

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

### ***Morton and Sylvia Pleet Family Fund***

#### **In Memory of:**

Goldie Minuk by Jeff and Felice Pleet and  
Harris Pleet and Aurete Lavie  
Corinne Levine by Jeff and Felice Pleet

#### **In Honour of:**

Jeff and Felice Pleet Mazel Tov on the birth of  
your grandson by Sarah, Jack David and  
Lev Silverstein and Carol and Laurie Pascoe  
Jeff Pleet With much appreciation by Kristina  
Guiguet and Janis Kazakas

### ***Malca and Chuck Polowin Family Fund***

#### **R'Fuah Shlema:**

Estelle Gunner by Malca and Chuck Polowin

#### **In Memory of:**

Corinne Levine by Chuck and Malca Polowin

### ***Roslyn and Lee Raskin Family Fund***

#### **In Memory of:**

Eddy Weinberg by Roz and Lee Raskin  
Beatty Tobias by Roz and Lee Raskin

#### **R'Fuah Shlema:**

Lillian Zunder by Roz and Lee Raskin

### ***Ratner/Levine Family Fund***

#### **In Memory of:**

Phyllis Sadowski by Danny and Rhonda  
Levine

### ***Sonia Rawicki Agulnik Music Therapy Fund***

#### **In Memory of:**

Donna Klaiman by Paula and Manny Agulnik

### ***Shirley and Maurice Rose Memorial Fund***

#### **In Honour of:**

Ruth and Terry Hall Congratulations on the  
marriage of Jeremy to Ashley by Mavis and  
Simon Wasserberger  
Kim and Zvi Horovitz Congratulations on the  
marriage of Avery to Shana by Mavis and  
Simon Wasserberger

#### **In Memory of:**

Bert Trollope by Mavis and Simon Wasser-  
berger

### ***Shelley and Sidney Rothman Family Fund***

#### **In Honour of:**

Jeff and Felice Pleet Mazel Tov on the birth of  
your grandson by Shelley Rothman

#### **In Memory of:**

Donna Klaiman by Shelley Rothman

### ***Schacter Fund***

#### **In Memory of:**

Myra Shinwell by Sharon Rosentzveig and  
Alan Freed

### ***Stephen and Debra Schneiderman Family Fund***

#### **In Memory of:**

Donna Klaiman by Debra and Stephen Schnei-  
derman

### ***Linda and Stanley Shiff Family Fund***

#### **R'Fuah Shlema:**

Stanley Shiff by David and Judith Kalin

### ***Label and Leona Silver Family Fund***

#### **In Memory of:**

Eddy Weinberg by David Silver

#### **In Honour of:**

Louis Silver Happy 92nd Birthday by  
David Silver

### ***Monica and Alvin Stein Family Fund***

#### **In Honour of:**

Sol and Zelaine Shinder Mazel Tov and best  
wishes on your milestone Birthdays and  
Happy Anniversary by Alvin and Monica  
Stein

#### **In Memory of:**

Phyllis Sadowski by Monica and Alvin Stein

### ***The Sternberg / Jacobsen Family Fund***

#### **In Memory of:**

Nancy Pleet by Laya and Howard Kaplan  
Dr. Phillip Friedman by Laya and Howard  
Kaplan

Jean Monson by Laya and Howard Kaplan

### ***Sarah and Arnie Swedler Family Fund***

#### **In Honour of:**

Sol and Zelaine Shinder Mazel Tov on the  
many simchas to celebrate by Arnie Swedler  
and Rhoda Zaitlin

#### **In Memory of:**

Donna Klaiman by Arnie Swedler and Rhoda  
Zaitlin

Eddy Weinberg by Arnie Swedler and Rhoda  
Zaitlin

### ***Roslyn and Myles Taller Family Fund***

#### **In Memory of:**

Nancy Pleet by Roz Taller  
Bernice Seward by Roz Taller

### ***Louis and Diane Tannenbaum Family Fund***

#### **In Memory of:**

George Fisher by Diane and Louis Tannen-  
baum

### ***Ethel and Irving Taylor Family Fund***

#### **In Memory of:**

Alvin Bloom by Barbara and Larry Hershorn  
Corinne Levine by Risa, Brent and Shira Tay-  
lor

#### **In Honour of:**

John Greenberg Wishing you a Happy Birth-  
day by Risa, Brent and Shira Taylor

### ***Anna and Sam Wex Family Fund***

#### **In Honour of:**

Anna and Sam Wex Wishing you a very happy  
Anniversary by Ingrid Levitz

### ***Donald, Elaine and Amanda Whittemore Fund***

#### **In Honour of:**

Donald and Elaine Whittemore and family  
Wishing you all the best for the holiday sea-  
son by your friends

### ***Toby and Joel Yan Family Fund***

#### **In Memory of:**

Phyllis Sadowski by Toby and Joel Yan  
Jean Monson by Toby and Joel Yan  
Tibor Schatteles by Toby and Joel Yan

### ***Carole and Norman Zagerman Family Fund***

#### **In Memory of:**

Corinne Levine by Carole Zagerman and Ruth  
and Manny Shacter

\*\*\*\*\*

### ***Feeding Program***

#### **In Memory of:**

Phyllis Sadowski by Lynne Oreck Wener and  
Bob Wener

Mark Dover by Dee and Yale Gaffen and Anne  
Steinberg

Nancy Pleet by Dee and Yale Gaffen, Glenda  
Goldmaker and David Moss and Susan  
Feldberg

Jean Monson by Donna and Eric Levin and  
Ingrid Levitz,

David Timset by David and Marilyn Akman  
Corinne Levine by Clair Krantzberg, Ingrid

Levitz, Sharon and David Appotive, Melissa  
and Ian Shabinsky, Stan and Cathy Levine,  
John and Ann Hamilton, Gloria (Good)  
and Ken Draper, Sara Shabsove, Charlyne  
and Murray Ashford, Diane and Rickey  
Adler, Marilyn and Howard Borts, Janet  
Williams and Family, Diana Malomet, Rick  
and Hella Bertrand, Julie Kanter and Joe  
Silverman, Carol and Laurie Pascoe, Myra  
and Sam Krane, Michael Boyle, Sonia and  
Sheldon Shaffer and David and Judith Kalin  
Donna Klaiman by David and Annie and Elana  
Garmaise and family, Sharon and David  
Appotive, Stacey and Stephen Rich, Julie  
Kanter and family and David and Judith Kalin

#### **In Honour of:**

Rueben and Ruth Malz Congratulations on  
Jessica's upcoming wedding and Michael's  
engagement by Marilyn and David Akman  
Sharon Finn Mazel Tov on your 60th Birthday  
by Barbara and Steve Levinson  
Joe and Rhoda Levitan Mazel Tov on Josh and  
Ester's engagement by Joy and Seymour  
Mender and family  
Dr. Allan and Jill Bellack Wishing you a happy  
Chanukah by Bill and Phyllis Cleiman  
Stephen and Brenda Saslove Wishing you a  
happy Chanukah by Bill and Phyllis Cleiman  
Grace and Jim Hillel Wishing you a happy  
Chanukah by Bill and Phyllis Cleiman  
Irwin Kreisman and Michael Malek Mazel Tov  
on a great performance of Mama Mia by  
Anne Steinberg  
Sam and Sandra Zunder Happy Birthday by  
Myra and Sam Krane and family  
Agnes Serman Wishing you a Happy 90th  
Birthday by David and Judith Kalin

\*\*\*\*\*

### ***Recreation Program***

#### **In Memory of:**

Ben Kane by Evelyn Monson  
David Balsam by Evelyn Monson  
Nancy Pleet by Margo and Frank Rosen  
Miriam Weigensberg by Noreen Slack  
Phyllis Sadowski by Barbara and Larry Her-  
shorn and Pam, Sandy and Lee Allen  
Jean Monson by Evelyn Monson  
David Van Praagh by Debra and Gary Viner

#### **In Honour of:**

Jim and Debbie Farrow With great apprecia-  
tion by Debra and Gary Viner  
Agnes Schatteltes Wishing you a Happy Birth-  
day by Ilana and Eric Rabin  
Annette Albert Wishing you a happy Chanu-  
kah by Bill and Phyllis Cleiman  
Roz and Fred Tabachnick Wishing you a happy  
Chanukah by Bill and Phyllis Cleiman  
Sol and Estelle Gunner Wishing you a happy  
Chanukah by Bill and Phyllis Cleiman  
Larry and Barbara Hershorn Wishing you a  
happy Chanukah by Bill and Phyllis Cleiman

\*\*\*\*\*

### ***Therapeutic Program***

#### **In Memory of:**

Donna Klaiman by Debbie Baylin

\*\*\*\*\*

#### **In Memory of:**

Phyllis Sadowski by Richard and Lorie, Matt,  
Debbie, Adam and Alex Sadowski, Mera and  
Bill Goldstein, Sheila Bahar, Anna Bilsky,  
Merrijo Hershoran, Jackie and Lucian Sit-  
well, Marcia and Dick Zuker, Bill and Laurie  
Chochinov, Heather and Mark Evenchick,  
Joan Rotenberg, Norm Leckie and Robin  
Chernick and Shauna Van Praagh

Alla Velikovski, Ben Kane, Bernice Seward,  
Nancy Pleet, Corinne Levine, Heather  
Cross and David Van Praagh by the resi-  
dents, staff and Boards of the Lodge and  
LTC Foundation

Ben Kane by Derek and Lisa Vexler

Alla Velikovski by Sheila Bahar

Bernice Seward by Evelyn Monson

Nancy Pleet by Froma Rose, Sheila Bahar, Nes-  
sie Cohen-Liebovitch and Sam and Sandra  
Zunder,

Fred Ballon by Sam and Sandra Zunder and  
Ruth Calof and David Moskovic

Mark Dover by Barbara and Len Farber

Jean Monson by Murray and Marsha Kaiser-  
man and Sam and Sandra Zunder

Mervyn Chochinov by Bill and Laurie Chochinov  
Pearl Witenoff by Bill and Laurie Chochinov

Al Shore by Sheila Bahar

Harry Postner by Lisa, Darryl, Emilie and  
Olivia Stal

Corinne Levine by Evelyn Eisenberg, Barbara  
and Len Farber, Evelyn Monson, Barb Car-  
manico and Bob Kaye and Bryna Cohen  
Donna Klaiman by Carol and Eric Zulman  
and family

#### **In Observance of the Yahrzeit of:**

Dan Landen by Edith Landen

Bertha Gruenspecht by Dale and Ruth Fyman

#### **In Honour of:**

Mr. and Mrs. Ralph Sullivan and Mr. and Mrs.  
Phillip Yung Thank you for being wonder-  
ful friends by Carl and Lorna Raskin

Margaret and Keith Barnaby Thank you for  
your support by Carl and Lorna Raskin  
Helen and Mayer Alvo In appreciation for all  
you have done to bring Café Menorah to  
life by Joan and Howard Spunt

Rona Shaffran and Brian Tannenbaum Thank  
you for your friendship by Joni and Chum-  
mus Spunt

Barry and Zahava Farber Mazel Tov on your  
son Asher's Aufruf by Michael and Annie  
Salzman

Issie Scarowsky In honour of your fundraising  
efforts for Biking for Bubbies by Ora Kendall

Sol and Zelaine Shinder Mazel Tov on your  
Birthdays and Anniversary by Bill and Jane  
James

Barry Baker Wishing you much happiness in  
your new suite by Cathy and Stan Levine

Rabbi Levy Teitlebaum Happy 50th Birthday  
by Hillel Lodge LTC Foundation

Goldie Cantor Wishing you a very Happy  
Birthday by Dale and Ruth Fyman

Hillel Lodge Staff Thank you for the won-  
derful care you gave to our father David  
Van Praagh by Shauna, Jaya and Peter Van  
Praagh

#### **R'Fuah Shlema:**

Bruce Bercovitch by the residents, staff and  
Boards of the Lodge and LTC Foundation



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## The rollicking adventure of a young mystery-solving musician

**RUBIN FRIEDMAN  
BOOK REVIEW**

***The Clarinetist***  
By Herschel Katz  
Self-published  
284 pages

**T**he *Clarinetist* is the first book by Herschel Katz, a former Montrealer who has lived in Jerusalem since 1984 where he is now retired after working as an urban planner for 29 years. His biographical notes also indicate he worked as a part time book reviewer several years ago and as a result of this experience, decided to try his hand at writing a story himself.

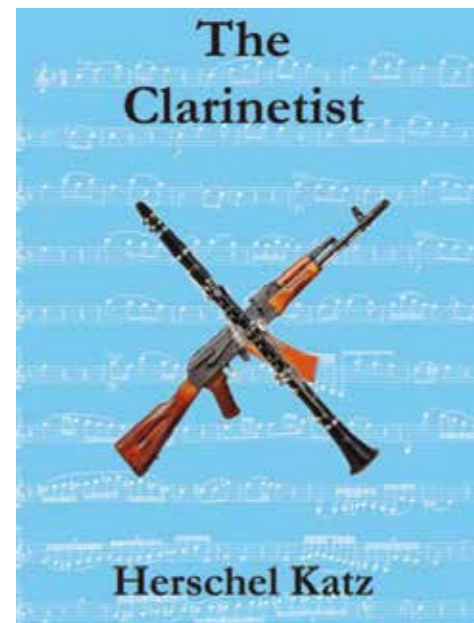
The novel he has written is a good first effort and seems to reflect some of his own interests. He is an amateur clarinetist and seems to have developed an interest in various aspects of the Holocaust. Against this background, Katz focuses on Danny Kahn, a 17-year-old Jewish teen from Montreal who is launched into an adventure in the winter of 1967, with all of these various elements playing a role.

Danny Kahn is the narrator of *The Clarinetist* and Katz does an excellent job of using the teen's perspective. We are plunged into the story at a key moment when Danny his love interest. We soon discover that his father had died a number of years ago; that he lives with his mother and older brother; that he demonstrates mature judgment and behaviour and is often complimented for it; and finally, that he is a musician – a clarinetist – who has been given the chance to audition for a place in an international youth wind band to play in Israel over the summer, under the auspices of a Rubin Academy in Jerusalem.

Katz makes excellent use of Danny as the narrator, who does not give away what he already knows since the whole tale is told in the past tense.

As the tale unfolds we discover more and more about the teen narrator, his love of CSI, his fascination with detective stories and his keen ability to observe details in the appearance and behaviour of others. His mastery of music and his keen interest in the past, as well as his attention to detail are just what is required for him to figure out the mysteries he is presented with and to survive the threats to his life he meets along the way.

Except for two later chapters that do not further the main plots, the story gallops at a fast pace in the other 25, with new mysteries and dangers at almost every step. His girlfriend's father is a lawyer for the mob who implies there



was something not on the up and up about the way his father did business. He is given a tip that “the Mossad” will be present at his audition and their judgment will be part of the selection process. He is later given a mysterious key to deliver to a particular individual in Israel, by an attractive older woman. Just before he leaves he is asked by his aunt to be on the lookout for his first cousin, Charlotte.

He is accosted on the airplane by a beautiful stewardess and is given a note from someone claiming to know his father. He will soon discover that not everyone is who they claimed to be.

The 17-year-old teen has a kind of mutual attraction with a number young women, including the stewardess, who bestow kisses and hugs upon him, a few offering more, in addition to giving him clues to solving all the mysteries he is presented with. And although he resists their attractions, almost every one of them indicate that his girlfriend “is very lucky” and promises their availability for a relationship if the one with his girlfriend does not work out.

Some of them actively help him carry out everything he needs to do in order to solve the mysteries as well as save his first cousin, Charlotte, and his love interest, Naomi, from danger.

There are a number of coincidences in the novel which give Danny exactly what he needs at exactly the right time and of course some of these have already been set up by Danny having the very specific talents and interests he has previously demonstrated, including familiarity with Hebrew biblical texts.

In end, Katz has created a rollicking adventure of a stellar young man, irresistible to young women and mature beyond his years, who through mystery and danger, finally solves the mystery of his deceased father's role in history and the issue central to his own adventure.

Contact Herschel Katz at [katz1401@gmail.com](mailto:katz1401@gmail.com) for more information or to order a copy of *The Clarinetist*.



# ‘Practice makes permanent’ even in living a Jewish life

**M**y dad is forever fond of the phrase, “practice makes permanent.” As a music teacher and b’nai mitzvah tutor, he would try to impress on his students that practicing something incorrectly will create an uphill battle. As a kid and student, I was scared this meant I would be stuck with false information or incorrect music scales forever, like eternal earworms.

As an adult, I’ve come to see this phrase as comforting.

Let’s put a pin in that thought.

In my less-than-tidy dining room, my three-year-old saw me clear a space on the table for a breadboard. On it, I placed a loaf of bread and the bread cover. He watched me hunt for my last IKEA candle, which I had to cut in half and put in two candleholders. He watched all of this and said, “Challah! Shabbat!”

My heart burst. My Shabbat was utterly imperfect. The table had notebooks, a bullet journal, my stack of ‘to-read’ books, some confiscated soothers and half-drunk mugs of coffee. I was 100 per cent going to be using my phone and television over the next 24 hours. We’re talking about a far-from-kosher Shabbat here. The Talmudic sages would probably have turned their noses at my Shabbat table, but whatever! My three-year-old was demonstrating that for him, a challah cover and candles means Shabbat! Shabbat means special bread with a special name. Hopefully, more deeply than this, he will come to feel excited and happy when those objects and traditions make their weekly appearance.



JENNY T. BURNS  
**MODERN  
MISHPOCHA**

Practice makes permanent. This is how I’m going to raise a Jew. Repetition. Practice. The comforting concept of what is practiced becoming permanent.

It does not matter how haphazard our weekly Shabbat dinner is. Yes, we aim for our multigenerational affair with home-baked goodies and my parents’ stunning dining room table. Other times, though, our Shabbat is not-enough-chairs for everyone, guests leaving early and roast chicken from Costco. What is practiced and permanent, however, is that we do it. We do the thing. We light the candles and say the blessings. We bless the wine/juice. We say “L’Chaim.” We bless the challah after the flourish of uncovering it (even if that means we’re opening a box of pizza). The framework is permanent. It’s practiced and in place and thus flexible and adaptable to the chaos of the week.

I also know that this framework and permanence exists in my life because my parents fought for it. Fancy desserts, chocolate milk, and sometimes a Torah story after dinner. These were the Shabbat dinners I remember from my childhood, and as I grew older, those dinners and rituals did not disappear. Sometimes

we were at the family dinner service at our synagogue. Sometimes we had guests. Sometimes, our Shabbat dinner started hours after sundown because my dad was working overtime. A few times, we did our Shabbat blessings in a restaurant because my dad was playing a jazz gig at said restaurant.

Sometimes I loved it. Sometimes I thought it was embarrassing and limiting! Now, I get it. My parents were giving me an ongoing gift of Jewish identity. They were helping me practice. They were making Shabbat permanent. They made Shabbat so much a part of my life that when I was living in England, I would call them on Friday nights to make sure I was included in the Shabbat blessings at home. What a gift? I want to give the same one to my children, too.

Now, I’ve been going on and on about Shabbat, but let’s clarify something – you do not have to practice a weekly Shabbat dinner. You are your own Jew doing your best in this crazy world. Shabbat is just my example of something concrete in my Jewish identity. What permanent Jewish traditions are you instilling in your life? What warm, safe memories are you cultivating in your family for comfort and even identity down the road? Is there room for more? Maybe the answer is ‘Not right now you nosy writer!’ but you know what, maybe the answer is yes. Maybe it’s about including a PJ Library book at bedtime every night. Maybe it’s inviting guests to a Shabbat dinner once a month. The choice is yours. It’s always yours. It’s a gift of practicing to permanence that we give ourselves and the next generation.

## We have always worried about the next generation

**A**true story told by Robert H. Mnookin in his book *The Jewish American Paradox: Embracing Choice in a Changing World*.

“I was on sabbatical in Oxford and enrolled my daughter in school. At that time English schools had a required course called Religious Education. The course would be taught by the headmistress. In the first class meeting the headmistress asked if there were any students not of the Christian faith, so my daughter raised her hand and told the class that she was Jewish. The headmistress asked my daughter if her parents would object if they were to read selections from the New Testament as part of the course. The headmistress was assured that even though they were from a different background that there would be no objection. When told what occurred I asked my daughter, ‘how did it make you feel?’ to which she responded, ‘When are we actually going to become Jewish?’”

The episode was one of many which led Mnookin to begin thinking about what it means to be Jewish. Like many bright, well-educated and successful people, he thought it was enough to simply say that he was Jewish. Being Jewish, he thought, was a matter of descent. Yet, here he was in Oxford, England, and his high-school-age daughter was challenging this view, arguing that if being Jewish is going to be more than a nominal residual identity of no inherent value, then it should be a religious identity that needed to be studied and practiced. The paradox, as per the book’s title, emerges when he discovers that in America – and, one could argue, in Canada as well – the diversity of beliefs, diversity of practices, and diversity of affiliations leaves



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

one wondering what standard of religious practice could be established that deserves to be called “Jewish.” Though left unstated, it appears that his real concern is how one can perpetuate Judaism unto the next generations in the absence of a clearly defined path.

The dilemma being described is not new. We have always worried about the next generation. Tevye did not spring ex nihilo out of Shalom Aleichem’s imagination. There were Tevyes in every generation asking how we would survive. What is challenging to our peoples’ survival is that in this current age, when hyper-individualism reigns and so many Jews imagine it is necessary to recast their distinctive religion in “universal” terms in order to survive, what will serve as the foundation for the path forward? The older paradigms promoted as salvational no longer seem effective.

We do not engage in uniform religious practices, if we practice at all. While the level of anti-Jewish feelings and events is on the rise, most of us do not consider ourselves persecuted. Our lives are not noticeably inconvenienced by hatred and prejudice, they are at best challenged. Israel has become a source of com-

munal conflict instead of unity. We no longer loudly proclaim “We are one” as the clarion call of a community campaign. The unifying power of Israel’s survival has devolved into cells of pro-Israeli political choices, anti-governmental choices, and yes, even cells of Jewish groups unsure of the need for a Jewish state. The last challenge to our survival as a community is the growing number of intermarriages. Though the majority of Canadian Jews continue to marry within the faith, according to the 2018 survey of Jews in Canada, the issue remains divisive. Some promote ideas of welcoming, some still promote ideas of neutrality, and yes, some still actively preach the evils of intermarriage.

Chanukah has passed. It is one of the most observed festivals on our religious calendar. It is the perfect example of our paradoxical existence. We want our children and grandchildren to learn to love our holiday. Yet how many of us taught the “miracle story” as truth? Religious practice requires that the miracle is the underpinning for a celebration of lights. How many taught their progeny that Judah Maccabee was the progenitor of the IDF, a strong resilient Jewish army that can protect our people from the next oppressor? How many of taught our descendants that eight days of presents is certainly better than one day of Christmas? The variety of approaches is myriad. Which one we take reflects how we see our identity, though of course, there could be mixed identities and mixed messages.

Purim is the next chag that we observe. Perhaps the winter will be a wonderful time to consider how the celebration we envision complements the identity we wish to express.

# Pickleball: Is this fast-growing sport for you?

**A**re you a natural-born athlete? Have you always excelled at sports? If you answered “yes,” you might enjoy pickleball. If you answered “no,” you might also enjoy pickleball.

Pickleball is one of the fastest growing sports in North America, due in part to ageing baby boomers and the suitability of the game to all levels of athleticism. Millions of people play pickleball. Pickleball requires less strength and speed than tennis, so it's suited to people who may not be as fast or agile as they used to be. Pickleball is also suited to people who don't want to risk injuries that can occur in contact sports. Pickleball is also gaining popularity with children because it's easy to learn and it's inexpensive.

If tennis and badminton had a baby, it would be pickleball. The game was haphazardly invented in 1965 by two American men who cobbled together the sport using a badminton net and ping-pong paddles. According to legend, one of them had a dog named Pickles who'd fetch the ball, hence the name Pickleball.

You play pickleball with a paddle similar to a ping-pong paddle. You use a lightweight hollow ball about the size of a tennis ball that looks like a golf Wiffle Ball. You can play pickleball indoors or outdoors on a court with a net. Two players can play in a singles match or four players in a doubles match.

I first heard of pickleball about three years ago while on a cruise. I didn't know how to play but I tried to hit the ball back and forth over the net with my husband on the cruise ship's deck. The wind and the motion of the ship made it a bit difficult. On that cruise we met an older American couple who told us



**GLORIA SCHWARTZ**  
**FOCUS ON**  
**FITNESS**

*You play pickleball with a paddle similar to a ping-pong paddle.*

*You use a lightweight hollow ball about the size of a tennis ball that looks like a golf Wiffle Ball.*

about the fun they have playing pickleball outdoors in their Florida retirement community.

Fast-forward three years and I learned the Soloway Jewish Community Centre (SJCC) now has pickleball sessions three times per week. I peeked in the gym one day to see what it was about. Some of the players seemed quite skilled, other less so. They let me give it a try. It was fun! I forgot about pickleball until recently when I decided it might be a fun activity to do weekly.

At first, I didn't know the rules or how to keep score. I didn't know the terminology such as “dinking,” lightly tapping the ball over the net, “falafel,” hitting the ball too short, and “the kitchen” the demarcated area in front of the net from which you're not allowed to hit the ball unless it first bounces. I didn't know

how to properly hit backhand. I didn't know how hard or how gently to hit the ball in order to stay within the lines of the court. It turned out that what I didn't know was less important than my enthusiasm and effort. The other players were mostly men of an age group older than myself and a few women. Everyone was helpful and encouraging. After a couple of sessions, I felt comfortable playing. We sometimes rotated players on teams to allow less experienced players such as myself and my friend to play with more experienced players. The players were there to have a good time and give everyone a chance to learn.

After a few weeks, I purchased my own pickleball paddle and became a self-proclaimed official pickleballer. I learned the rules and how to keep score. With each game I became increasingly proficient at serving, staying within the boundaries most of the time and hitting backhand.

I even invented a new way of hitting that I call the “Schwartz Manoeuvre.” When the ball comes at me at high speed and I don't have time to run backwards, I instinctively go into a goofy-looking squat and whack the ball upwards with my paddle between my knees. It's unconventional, but it works. I have fun playing pickleball and for me that's the most important aspect.

It's never too late to try something new. Even if you're out of shape or not used to playing sports, you can enjoy pickleball. You can learn more about pickleball, including the rules, and find places to play at [www.pickleballcanada.org](http://www.pickleballcanada.org). If you're a member of the SJCC, pickleball is included in your membership. You can register for a session at [www.jccottawa.com/pickleball-registration](http://www.jccottawa.com/pickleball-registration).

LAZAR MARKOVITCH

**ELISSITSKY** (1875-1943)  
ARTIST, ARCHITECT, REVOLUTIONARY



with Ian Ferguson

**SUNDAY, FEBRUARY 9 | 10:30 am**  
Soloway JCC, 21 Nadolny Sachs Private  
\$5 at the door

This talk explores the life and extraordinarily varied oeuvre of the Russian avant garde artist El Lissitzky. In addition to official work alongside such artists as Chagall, he served as an important bridge between Soviet artists and their counterparts at the Bauhaus and the West. His art was expressed in architecture, painting, photography, typography, exhibition design, and illustrations of Jewish folklore. El Lissitzky made an enduring contribution to modern art in general. He retained his faith in the Revolution, in radical new art, and his Jewish origins even as he prepared a last propaganda poster for the war effort against Nazi Germany.

**SolowayJCC**

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

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## ONGOING EVENTS

**Motzei Shabbat Video Torah Lecture**

7 - 8:30 pm, weekly on Saturdays until April 25, 2020, 1724 Kilborn Ave.  
 Contact: Elie Benzaquen, 343-882-3702 [eliebenz@gmail.com](mailto:eliebenz@gmail.com)  
 Join us every Motzei Shabbat for a video Torah Lecture presented by top English speakers in the Jewish world, followed by open Q & A. For men and women. Please text to confirm the event as we will occasionally be out of town some weekends.

**Connecting to Hashem Meaningfully Through Hebrew Prayers**

7 - 9:00 pm, weekly on Mondays until April 27, 2020, Congregation Machzikei Hadas, 2310 Virginia Dr.,  
 Contact: Ilana Sultan-Benzaquen 613-523-0279, [helene.ilana@gmail.com](mailto:helene.ilana@gmail.com)  
 Ilana Sultan-Benzaquen will give you the meaning behind prayers and how to work through your connection to Hashem. Come and discover the *Lashon Hakodesh* (Holy Language of Hebrew) from the prism of your prayer book.

**Judaism's Gifts To The World – New Course with Rabbi Blum**

7 - 8:30 pm, weekly on Tuesdays until March 3, 2020, Ottawa Torah Centre 111 Lamplighters Dr.  
 Contact: 613-843-7770 [rabbi@theotc.org](mailto:rabbi@theotc.org)  
 Cost: \$90. By most indications, modern society is a model of moral progress. Yet when it comes to everyday values, we still grapple with the big ones. Join us to unpack six of the world's most cherished values and how they were delivered to humankind by the Torah.

**Kol Miriam Choir New Season**

7 - 8:30 pm, weekly on Tuesdays until June 9, 2020, Hillel Lodge, 10 Nadolny Sacks Pvt.

Contact: Katherine Moss, 613-276-6289, [katherine.moss@sympatico.ca](mailto:katherine.moss@sympatico.ca)

Kol Miriam begins its new season under the musical direction of Aura Giles, MMus. A diverse group of women united by a love of music, singing together and being Jewish. Perform a variety of music from traditional to contemporary. The ability to read music is not essential. A willingness to learn and participate in a shared choral and social experience is.

**TUESDAY, JANUARY 28****Myths of Mourning**

7:30 - 9 pm, Congregation Machzikei Hadas, 2310 Virginia Dr.  
 Contact: Jeffrey Fine, 613-371-1243 [jcfine@telepraxis.com](mailto:jcfine@telepraxis.com)  
 “Myths of Mourning,” a talk by Rabbi Dr. Reuven Bulka marking the end of the shloshim, the formal period of mourning for Donna Klaiman z”l. Light refreshments to follow. Sponsored by: Jeffrey C Fine, Myrna and Len Simon

**THURSDAY, JANUARY 30****Disability Rights 101 - A JOIN Workshop**

7- 9 pm, Jewish Family Services, 300-2255 Carling Ave.  
 Contact: Deborah Zuker [deborahzuker@gmail.com](mailto:deborahzuker@gmail.com)  
 The ins and outs of human rights may seem elusive, but they are public, important, and for everyone. Join us for an evening of learning and discussion with Harvey Goldberg, human rights advocate and expert.

**FRIDAY, JANUARY 31****1Table Shabbat Dinner Queer Jews**

6:30 - 9 pm, Kehillat Beth Israel 1400 Coldrey Ave.  
 Contact: Rabbi Zuker, 613-728-3501 [rabbizuker@kehillatbethisrael.com](mailto:rabbizuker@kehillatbethisrael.com)

Cost: \$25. Join with old and new friends for a casual Friday night dinner.

**SUNDAY, FEBRUARY 2****Mitzvah Day**

8:30 am - 12 pm  
 Contact: Tanya Poirier 613-798-4696, ext. 241 [sbeutel@jewishottawa.com](mailto:sbeutel@jewishottawa.com)  
 Join Jewish Federation of Ottawa for a day of doing good together! Mitzvah Day is about teaching our children, and experiencing for ourselves, the value and importance of one person helping another. It is about hands-on Judaism and making our community better together! This year, there are more than 12 family-fun activities that highlight the theme of “Better Together” and explore the mitzvot of helping the sick and hungry, passing on Jewish traditions, Jewish learning, and more. Register by visiting [MitzvahDayOttawa.com](http://MitzvahDayOttawa.com).  
 Event Chairs: Mike Klein and Leslie Feldman.

**CMH Superbowl Party**

6 - 11:55 pm, Congregation Machzikei Hadas, 2310 Virginia Dr.  
 Contact: 613-521-9700 [office@cmhottawa.com](mailto:office@cmhottawa.com)  
 Cost: \$45. Watch the big game on the big screen with good friends and an amazing football feast! Menu includes Shillow beer tent, beef and chicken sliders, wraps, hot appetizers and a return of Justin's chili! Pre-Registration: \$35 · Event Chair: Justin Levine. RSVP at <http://www.cmhottawa.com> or by contacting the shul office.

**WEDNESDAY, FEBRUARY 5****Redemption - Movie Screening Event**

7 - 9 pm, Kehillat Beth Israel, 1400 Coldrey Ave.  
 Contact: Rabbi Zuker, 613-728-3501

[rabbizuker@kehillatbethisrael.com](mailto:rabbizuker@kehillatbethisrael.com)  
 Cost: \$10. The former front-man for a once-popular rock band considers a reunion tour to pay for his daughter's cancer treatments. Subtitled

**FRIDAY, FEBRUARY 7****Jbaby Oneg Shabbat at Hillel Lodge**

10:30 - 11 am  
 Contact: Ranit Braun, 613-400-3430 [jyg@templeisraelottawa.com](mailto:jyg@templeisraelottawa.com)  
 Bring your little one for playtime and Shabbat songs with the residents at Hillel Lodge! Ages 0-4

**1Table Shabbat Dinner New Members**

6:30 - 9 pm, Kehillat Beth Israel 1400 Coldrey Ave.  
 Contact: Rabbi Zuker, 613-728-3501 [rabbizuker@kehillatbethisrael.com](mailto:rabbizuker@kehillatbethisrael.com)  
 Cost: \$25. Join with old friends and new for a fun and casual Friday night dinner.

**“El Lissitsky”: Artist, Architect, Revolutionary**

10:30 am - 12 pm  
 Contact: Roslyn Wollock, 613-798-9818, ext 254 [rwollock@jccottawa.com](mailto:rwollock@jccottawa.com)  
 Cost: Complimentary. Ian Ferguson will explore the life and extraordinarily varied oeuvre, of the Russian avant garde artist El Lissitsky, who made an enduring contribution to modern art in general.

**CANDLE LIGHTING BEFORE**

FRIDAY, JANUARY 31	4:50 PM
FRIDAY, FEBRUARY 7	5:00 PM
FRIDAY, FEBRUARY 14	5:10 PM
FRIDAY, FEBRUARY 21	5:20 P

**BULLETIN DEADLINES**

FOR ISSUE	DEADLINE
FEBRUARY 24	FEBRUARY 5
MARCH 9	FEBRUARY 19
MARCH 23	MARCH 4

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:**

**Helen Cohen**  
**Mathilde Elhiany**  
**Donna Klaiman**  
**Rose Kostiner**  
**Frances Lazar**

**Corinne Levine**  
**Jean Monson,**  
 Mother of Maureen  
 Monson Katz  
**Martin Rudner**

**Tibor Schatteles**  
**Bernice Seward**  
**Michel Tapiero**

**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.*



# OUR SERVICE DEPARTMENT IS NOW OPEN!

Jaguar Hunt Club



The Mark Motors Group is excited to announce the opening of their new Jaguar dealership in West Ottawa! Construction of the Showroom and Sales Department is underway and opening soon. However, the Service Department is open for business and now welcoming all current Jaguar owners for vehicle maintenance and repair. Follow the new Jaguar Hunt Club on social media or visit our website for contact information, updates and any news we have to share.  
Jaguar Hunt Club, part of the Mark Motors Group.

**Jaguar Hunt Club**, 295 West Hunt Club Road, Nepean, K2E 1A6, Canada  
613-727-5577 [jaguarhuntclub.ca](http://jaguarhuntclub.ca)

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